

Health Hunter[®]

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N E W S L E T T E R

MAY 2001

How to conceive a healthy baby

by Ron Hunninghake, M.D.

People want to reduce the chance of having a baby with birth defects. People want to have a healthy child. But how?

...only 11% of Americans eat enough of the folic acid foods to meet their RDA.

Let's take a look at my 24-year-old cousin's perception of how to do it. She is a couple of years out of college and is considering getting pregnant. She has been married just over a year, has a new career, a new home, facing a number of money issues and they are wondering where a family fits in. I asked her a series of questions to get her ideas on what she could do to have a healthy baby.

"Do you want to have children?" Yes, she answered, maybe even four.

"What is your major concern?" "Getting pregnant," she answered. She has a medical history of anemia and is wondering about how this might affect the baby. She wants to be in tiptop physical shape and, as a journalist, she wants to be informed.

"Where would you get good information?" The internet, pregnancy books, communication with her spouse, her parents, her pregnant friends, and even an appointment with her OB/GYN doctor.

Next I asked her, "What factors affect conception?" She answered stress, physical conditioning, and (with prompting) dietary factors.

So I asked her, "What dietary factors play into conceiving a healthy baby?" She said fresh, wholesome foods

and folic acid. She is conscious of folic acid, she believes, because she has been taking 400 mcg of folic acid a day for the last three or four years for a medical condition.

"Did you know folic acid prevents spina bifida?" She answered, "What's that?" Spina bifida is an improper spinal canal closure caused by inadequate folic acid at the time of conception. Anencephaly, another birth defect caused by inadequate folic acid, is where a major part of the brain is missing. She was conscious that birth defects were caused by low folic acid, but believed that good physical conditioning was the best preventative.

"What are some food sources of folic acid?" Green leafy veggies are a wonderful source. Also broccoli, kale, beets, and corn have good folic acid. "Enriched" grains and white flour are another good source. Unfortunately, they take most of the nutrients and fiber away during the milling process and then add back a few of them. Folic acid was a recent addition to those added back. Beef, especially liver and kidney, is also high in folic acid.

"My mother ate fish five times a week during my pregnancy," she said. Fish is good, but not a great source of folic acid. Cooking knocks out about 90% of the folic acid in a food so you want to use foods that are high in folic acid.

Another interesting point is that only 11% of Americans eat enough of the folic acid foods to meet their RDA (recommended daily allowance).

"What about your wonderful husband? Do you think he is important?"

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Do antioxidants help asthma sufferers?

Asthma season is in full swing and asthma sufferers have both runny eyes and runny noses. There may be help, though, from antioxidants, according to a recent study.

In this study, the researchers used 14 asthmatic children and 12 health controls and checked their serum levels of vitamins E, C, and beta carotene, along with lipid peroxidation products.

All antioxidant vitamins were significantly lower in the asthmatic children when compared to controls. When the antioxidant levels were compared at the time of the asthma attacks to periods of remission, only beta carotene varied.

The researchers concluded that, "this study shows that antioxidant vitamins are decreased in sera of asthmatic patients even during the asymptomatic periods of the disease, and that this decrease is not totally dependent on the increased oxidant stress as reflected by lipid peroxidation products." [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Un-tax yourself

In this taxing time, when so many are feeling more overwhelmed than usual, it would be helpful to pause and contemplate what follows.

There's really nothing more taxing than *words*! Words can be beautiful, expressive, poignant...but they can never take the place of *being in the actual experience*. Words can only describe an experience as if you were on the outside, looking in. But when you are truly *IN* an experience, words disappear. Life's greatest experiences are essentially *wordless*.

Like the first time you saw, smelled, tasted, and walked in the ocean. Words cannot capture that.

Remember your first adolescent kiss...the one you really "got into." Were there many...or *any* words?

Healthy baby—Continued from page 1

She didn't think he was all that important except for the sperm donation. "The quality of his sperm can be affected by the adequacy of his nutritional reserves... just like yours!" She said that she would make him toe the lifestyle line, just like her!

Then I asked her, "Should you PLAN for a healthy pregnancy?" The answer to this is a resounding YES! The financial planning model is a good example:

- Knowing and building your assets (nutrient reserves)
 - Reducing your liabilities (bad diet choices)
 - Investing time, energy, and capital (lifestyle and wellness programs)
- The same things hold true for your baby.


"How do you know you are getting enough folic acid?" I often suggest that women take at least 400 mcg a day. I take 800 mcg a day. In one study of women taking 200 mcg of folic acid a day, the researchers found out that this level produced inadequate blood levels of folic acid. They also found that the 200 mcg of folic acid did not prevent elevated homocysteine. We will talk about homocysteine levels in just a

moment.

How about when that cute little baby fell asleep in your arms. What could you possibly say?

Or when you looked into the eyes of your best friend, suddenly realizing that he or she was your true love. Were you gabbing away, only to be dumbstruck in that awesome recognition?

These are holy moments in the sacramental flow of our life story. We kneel in silence before them, our heads uplifted, our arms outstretched, ready to receive that precious communion with the Eternal Now.

Hey...you still there? or did you momentarily get transported into that wonderful wordless region within? Isn't it great! And guess what...no taxes! (...at least for the Moment.) 

moment.

Another research project followed women eating 400 mcg of folic acid from food. These researchers found that eating this level of folic acid did not raise the serum level in the blood to the degree that a 400 mcg supplement would raise it. Contrary to the universal advice that "you will get what you need from a healthy diet," you can't count on it.

"What about MEASURING your nutritional assets?" "You mean you can test folic acid levels in your blood?" she asked. I answered we can and we can test many other nutrient levels in your blood as well. This was amazing to her and she thought she just might do it.

"Now, how about measuring your homocysteine level?" "Never heard of it," she said. "Since you would get lost in the biochemistry of homocysteine, I will have to tell you a little parable," I said. This is it:

"Once upon a time there was a land where carbon was like gold. Through the magic of photosynthesis, carbon in the air (carbon dioxide) was

continued on page 3

converted into living food. This carbon food created 'The Biochemical Kingdom.'

"The Biochemical Kingdom was populated by strange little creatures called 'methyls.' A methyl had a carbon body with two legs and two arms. But, what was strange, methyls had one very short arm and one regular arm. So methyls were always trying to find other methyls so they could connect their two short arms. That made the methyls feel like they had two good arms.

"King S-adenosyl-Methionine, King SAME for short, reined over all the methyls. He organized their every move in every part of the biological kingdom. (In the body, SAME regulates methyls.) King SAME was assisted by Queen Methionine. She was a co-ruler of the kingdom. In fact, Queen Methionine was the mother of all the methyls.

"In the most sacred temple of the Holy Chromosomes, the methyls had a crucial job to play. The two wizards, RNA and DNA, controlled the creation of health by weaving and unweaving biochemical spells.

"Enter Homocysteine, the King's evil son—often called the Son of SAME. The Son of SAME was envious of the wizards and wanted to steal their helper methyls. Without the methyls, the wizards RNA and DNA were casting broken spells and creating cancer, heart disease, and birth defects throughout the kingdom.

"Ah, but Fearless Folate, the good prince, with a mighty helper, Vitamin B12 appeared on the scene. Fearlessly, they rode into the chromosomal temple and donated his loyal methyls to the voracious Son of SAME. Thus, did they neutralize the Son of SAME with their generous bravery. The broken spells were fixed and RNA and DNA were free to create new spells of abundant health for all the Kingdom and everyone lived happily ever after."

Well, like other stories similar to this, there has to be a moral. The moral of this story is for those considering conceiving a baby:

- Get your folic acid, vitamin B12, and homocysteine levels checked.

continued on page 4

HEALTH HUNTERS AT HOME

Remember when mom wanted you home for dinner?

For children today, eating a meal at home is becoming the unusual occurrence. When I was a teenager, it was the regular thing to do. We did not go out to eat.

But I was a kid a long time ago. Now times are different. My 20-year-old daughter would rather eat out with friends than eat at home. This is beginning to change a little since she has moved into her own apartment and she is striving to be independent.

In 1970, though, about a quarter of the money spent on food was spent on meals away from home. In 1998, this figure had risen to 47% of the budget being away from home, according to research by Clauson in *Food Review*.

In their 1998 Report card on Dietary Quality of Children, Lino and colleagues showed that for 76% of children ages two to five, 88% of children ages six to 12, and 94% of children ages 13 to 18 diet was considered poor.

Increase of fast foods eaten away from home is one cause for this. These meals tend to be higher in total fat and lower in fiber and calcium than the meals they get at home. Male teens prefer fast foods.

"Adolescents state that they eat less nutritious foods because it tastes better than fruits, vegetables, dairy, and low-fat foods. In addition, healthy foods are not available, promoted, visible, attractive, inexpensive or convenient as other foods," Chris Stockmeyer, M.P.H., RN., wrote in *Nutrition Review*.

She went on to point out that the consumption of these away-from-home foods increased during the last two decades.

Schools often promote these high fat, high sugar foods because part of their budget comes from the vending machines that are loaded with these options—that is candy bars, high fat snacks, fried foods, and soda.

Parents influence children in their food choices. One cause of more fast foods is the increased demands on the 24 hours we are given each day. I am impressed by the number of cars with

two or three children in the back seats sitting in the line at the fast food restaurant drive-through windows to get an evening meal to eat in the car as they rush to baseball or ballet. Some of these cars have a single parent while others have two parents.

While I have painted a picture of doom for the eating habits of children, there is some hope.

First of all, you can affect the children that come under your influence—children, grandchildren, and neighborhood children. Give them a chance to eat a low fat, low sugar, low sodium, and high fiber meal at home.


And when you go out to eat with them, suggest they eat some veggies, a salad, and even some fresh fruit for dessert. It will help the child over the short haul and could influence their choices when they are on their own.

A good example of this is Dr. Donald Davis in Austin, Texas, a consultant at The Center. He has developed a complete menu for his grandchildren.

For instance, he has developed several smoothies, a frozen fruit and soy milk drink. This way he gives them fruit that they now prefer. Another preference these grandchildren have is French fries.

These are potatoes cut up in French fry strips and cooked in a nonstick skillet with very little cooking oil. The kids love them. These are just a couple of examples of what he discussed in a Lunch and Lecture. The video is available from the Gift of Health.

My daughter is another example. She is a semi-vegetarian by her own preference. She doesn't eat red meat. She is drinking a lot less soda these days and is replacing soda with water and/or iced tea. She often eats a salad with chicken pieces in it as her meal. Cheese pizza is also one of her choices. She eats very seldom at a fast food place.

Children can learn to eat in a healthy way if you give them a chance. 

—Richard Lewis



INFORMATION WORTH KNOWING

The illness known as fibromyalgia can start off quite subtly: some muscle pain, along with generalized aches and stiffness. Concentration may be impossible from time to time. There may be overwhelming fatigue with a little dizziness or cramps and diarrhea. You might think it was the flu or maybe too much stress in your life. Then you may realize that it is hanging on and you haven't felt really good for a long time. R. Paul St. Amand, M.D., and Claudia Craig Marek have written *What Your Doctor May NOT Tell You About Fibromyalgia*. The questions this month are taken from their book.

1 Fibromyalgia is present in all ethnic groups in all parts of the world. In North America it is estimated that approximately _____% of the population has the disease.

- a. 1
- b. 5
- c. 10
- d. 50

2 On New Year's Day 1993, fibromyalgia was officially declared a syndrome by the World Health Organization. They detailed the location of _____ tender points located around the human body.

- a. three
- b. five
- c. eighteen
- d. twenty-one

3 Fibromyalgia is a complex disease that causes widespread pain and profound fatigue. It is accompanied by a range of symptoms.

- a. True
- b. False

4 Lists available that detail the multiple symptoms of the disease including a/some little known one(s) such as _____.

- a. tenderness in the neck region
- b. frequent bladder infections
- c. brittle nails
- d. all the above

5 Some doctors believe fibromyalgia has a genetic component. Since _____% of people with fibromyalgia are women it is believed that the X chromosome may be involved.

- a. 55
- b. 69
- c. 85
- d. 90

6 Most of the symptoms of fibromyalgia can be grouped into five categories. The cerebral category includes symptoms of _____.

- a. fatigue, irritation, and brain fog
- b. widespread, aching pain and stiffness in muscles and tendons
- c. crawling feelings, itching, rashes, and burning palms and soles of feet
- d. all the above

7 Doctor St. Amand believes that although some people may have their symptoms diagnosed as either chronic fatigue syndrome or fibromyalgia, they are probably the same condition which presents itself differently.

- a. True
- b. False

• FOR ANSWERS, SEE PAGE 7 •

Healthy Behaviors List

- Take folic acid and B6
- Eat more nuts
- Use bio-identical hormones
- Cultivate intimacy
- Favor whole foods
- Eat breakfast

Healthy baby—Continued from page 3


- Consume adequate amounts of folic acid and vitamin B12 to protect against chromosomal damage.

- Knowing these levels and correcting deficiencies helps to prevent birth defects, cancer, and arterial damage.

SAME can manage anything in the body, except damage to the chromosomes in the cells caused by homocysteine and radical methyl groups. Damage in the chromosomes can cause birth defects, cancer, and arterial damage.

The good news is that this damage to chromosomes by radical methyl groups can be prevented by adequate amounts of folic acid and vitamin B12. In addition, vitamin B6 tends to convert dangerous homocysteine back to friendly methionine.

Folic acid and vitamin B12, along with vitamin B6 in adequate amounts should help you or someone you know have a healthy baby and the key is in the testing.


As a postscript, you may want to do an amino acid panel as well. Taurine helps protect the central nervous system and may also help prevent system birth defects. 

Coffee may reduce risk of Parkinson's disease

Men enrolled in the Honolulu Heart Program who drank coffee had less Parkinson's disease than men who didn't, according to research reported in the *Journal of the American Medical Association*.



The researchers followed the men enrolled in the research study for 30 years and one of the side benefits was the effect of coffee on Parkinson's disease.

The occurrence of Parkinson's disease was 10.4 per 10,000 person-years in men who did not drink coffee while it was only 1.9 per 10,000 person-years for men who drank at least 28 ounces of coffee a day. That is good odds. 

Low thyroid and heart disease

What does low thyroid, or sub-clinical hypothyroidism, have to do with heart disease? A lot, say Irwin Klein, M.D., and Kaie Ojamaa, Ph.D., in a recent article in the *New England Journal of Medicine*.

For instance, people with low thyroid often have low to low normal heart rate, cardiac output, and blood volume, to name a few.

But if you have these symptoms and some other heart symptoms, what can you do?

Ron Hunninghake, M.D., the medical director at The Center, often says that subclinical hypothyroid, or even full fledged hypothyroid is often one of the causes for disease, including heart disease.

"The [blood circulation dynamic] changes typical of hypothyroidism...are accompanied by fewer symptoms and signs," says Dr. Klein. The most common signs are a slow heart rate, mild hypertension, a narrow pulse rate, and attenuated activity on a chest examination. A higher serum concentration of cholesterol is sometimes a consideration.

About 7 to 10% of older women have subclinical hypothyroidism. This is often characterized by a high serum thyrotropin concentration and a low normal thyroid hormone concentration. Dr. Hunninghake said that low normal concentrations of thyroid hormones are often an example of sub-clinical hypothyroidism along with a degree or two cooler than a normal 98.6° degree axial (arm pit) temperature taken first thing in the morning.

A study in the Netherlands tested 1146 postmenopausal women and found that those with subclinical hypothyroidism were more likely to have a history of heart attacks and had a higher frequency of calcification of the aorta.

What is the best way to find out if your thyroid is running low? Have your doctor check your serum thyrotropin and thyroid hormone levels and take your arm pit temperature first thing in the morning. If the numbers are low and your temperature is low, your thyroid is probably running low. [H]

Herbal History

Flowering spurge, *Euphorbia corellata*

The flowering spurge grows in dry, rocky prairies, open woodlands fields, roadsides, and disturbed areas in the eastern half of the United States to the middle of Texas up to South Dakota. It was used by the Native Americans as well as the settlers who came out from the east coast.

A perennial herb, the flowering spurge grows from 3/4 to 3 1/4 feet tall with one to several stems that contain a milky sap. At the top of the stem, it branches into several stems that have small flowers from June to October.

The small flowers have five white petals around the centers. There are two or more tiny male flowers with one larger female flower. Fruit stalks are smooth and three sided containing three grayish seeds.

The flowers can be grown in the garden either from root pieces or seeds. The seeds are often hard to find because

they explode from the capsules when they are ripe. One warning: the stalks are brittle and must be handled carefully.

For medicinal purposes, the Mesquakies pounded about a one-half inch piece of the root and boiled it in water as a before breakfast laxative. They also used the root in a mixture with other root plants for a laxative.

The Ponca, according to an informant, would boil the plant and then give the plant to young mothers whose milk flow was scant or lacking, as a remedy for this condition.

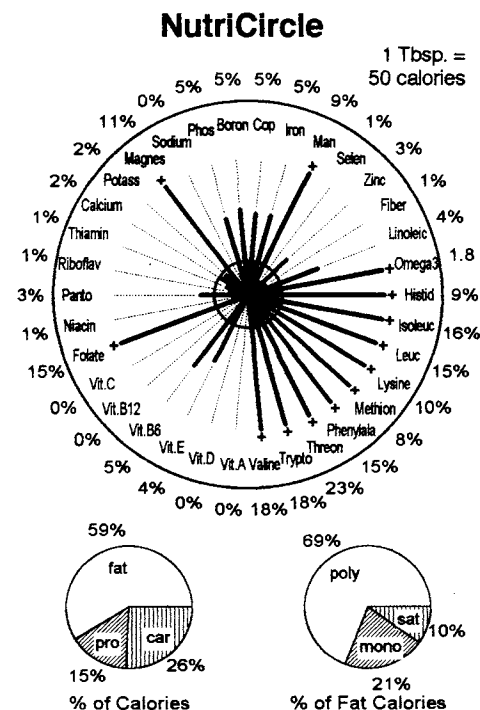
The settlers at one time believed that vomiting was a means to remove toxins from the body and return to health. The flowering spurge was one of the plants used for this. Its properties were uncertain and the flowering spurge was eventually abandoned.

Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher [H]

Food of the Month

by Donald R. Davis, Ph.D.

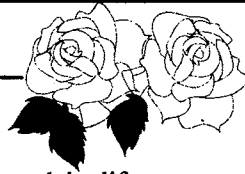
FLAX SEED is more familiar in Europe than in the U.S. The oil is used as an omega-3 supplement that helps prevent heart disease and hypertension. But unlike the seeds and meal, the oil is highly perishable, and it lacks nearly all other nutrients shown here. One tablespoon of meal contains 1.8 RDAs of omega-3 fat, plus 8% to 23% of the RDAs for folate, magnesium, manganese, and nine amino acids. It also contains phytochemicals believed to help prevent cancer. Seeds can be ground to meal in a coffee grinder or high-speed blender, and added to bread and rice recipes, soups, stews, pasta sauce, and smoothies.



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.



Advantages of growing older?


Last weekend my OLDER brothers and I got together for a mini-reunion. As I looked at their graying hair, it was apparent that they were getting to be the senior citizens generation (not me, of course). At The Center we believe that the body has a wisdom that heals itself over and over in its lifetime. There is usually a positive intention even when the outcome is not positive. I asked my brothers what they thought could be positive about getting to be senior citizens.

They replied in unison that we were still here and breathing. My oldest brother then went on to say that he thought wisdom was something positive about growing older and that you had pretty much made all the stupid decisions earlier. We all agreed that while our bodies might be a little worn, we thought we were at least wiser than we were at eighteen. Back then we knew that we were smart. Now we have

been humbled enough by life events to know that we don't know everything.

My younger, OLDER brother was big into denial. He thought that if you just didn't think about growing older then you wouldn't.

Gratitude and time to contemplate the mysteries of life were my contribution to the discussion. When we move a little slower maybe that is one way for us to stop and smell the roses as we hobble past. As one sense dims, we are grateful for the ones that remain. When everything is working in tiptop shape, we often take our good health for granted.

We also agreed that events that were embarrassing or painful in the past now are very funny. As Edward W. Howe said, *If you don't learn to laugh at troubles, you won't have anything to laugh at when you grow old.* Now wouldn't you like to know some of the things we laughed about? 

Case of the month

When this 41-year-old woman came to The Center, she weighed 251 pounds, was 5'2 1/2" tall, was taking 40 mg of prednisone a day for her asthma, and had arthritis as well. She had gained 100 pounds in seven months after starting on the prednisone and her weight continued to go up.


She said, "I am not the same person. I was energetic, positive, and an outgoing member of society. Now I am just getting by."

From her laboratory tests, she learned that her vitamin C reserves were zero, her pyrroles were high, her vitamin B6 was extremely low, two of her omega-3 fatty acids were very low, plasma vitamin C was low, and candida antibodies were high. She also learned that she had some food sensitivities, primarily broccoli, chicken, and strawberries.

In addition to working on these nutritional areas and starting to reduce the prednisone a little each month, Dr. Hunninghake suggested she start injections every two weeks in a particular area of the shoulder blades that was very sore to help with her asthma. She did. As the weeks went along, she started losing weight as well as finding that her asthma was getting in better control and she was reducing the amount of prednisone she was taking.

Recently, her appointment for the injections fell on the day Dr. Hunninghake was presenting a lecture on asthma. She had stretched out the appointments for injections from every two weeks to every six weeks.

At the lecture, she told the crowd that she has lost 70 pounds (she brought pictures of what she looked like at 250 plus pounds), she has been asthma free since December of 2000, she has reduced the prednisone to 5 mg and plans to reduce it 1 mg a month, and she has returned to an energetic, positive, outgoing member of society.

She mentioned that she had had a fibroid tumor in her stomach which had grown to the size of a cantaloupe during the time she was on the prednisone and gaining weight. Both hid the mass. She feels better since the fibroid tumor was removed. In short, she is feeling great. 

CENTER UPDATE

Food sensitivity testing becomes FDA focus

One of the first tests we began doing after The Center and its laboratory opened 25 years ago was food sensitivity testing. We continue to do these tests today to find out what may be one of the causes for a patient/co-learner's symptoms.

Dr. Jackson, the laboratory director and senior research associate, wrote an article explaining that the food sensitivity test is good for finding out what may be the cause of migraine headaches, muscle and joint pain, and chronic fatigue.

He was looking through a recent issue of *Food Safety Magazine* and discovered that the U. S. Food and Drug Administration (FDA) had placed a significant interest in food sensitive testing in the year 2001.


In this case, the FDA is looking at peanut and soy allergies primarily. "For sensitive individuals, the presence of allergens in food is potentially life-threatening. Currently, there is no cure for food allergy. The only successful method to manage food allergy is avoid-

ance of foods containing the allergen," the authors wrote.

They went on to point out that people with a peanut allergy could avoid whole peanuts. But they may have a problem recognizing peanuts that are included in various prepared foods.

The FDA is concerned, and rightfully so, with food allergies that may cause fatal or near fatal results. They are most interested in eight foods—milk, eggs, fish, wheat, tree nuts, legumes (particularly peanuts and soybeans), crustaceans, and mollusks. They suggest that these foods may cause 90% of the food allergies in the U. S.

The laboratory and the clinical area of The Center have found that there may be 90 or more foods and food additives that can cause problems for your body. We test for 90 food sensitivities when the clinic orders the test for an individual.

We are glad to learn that the FDA is finally catching up and looking at food sensitivities as we have for 25 years. 

Answers from page 4

- 1 b. Conservatively, about twenty million Americans suffer from fibromyalgia.
- 2 c. The presence of eleven out of the eighteen points is a standard for the diagnosis of fibromyalgia along with muscle pain.
- 3 a. Those symptoms make simple, everyday tasks daunting, difficult, and sometimes even impossible.
- 4 d. In many ways it remains a phantom illness that has few concrete findings to the casual examiner. It still lacks a laboratory test to confirm its existence.
- 5 c. There may be more than one gene involved since the illness can begin as early as the age of four and as late as the age of seventy-four.
- 6 a. The 'b' answer refers to the musculoskeletal category and the other one refers to the dermal category.
- 7 a. They could both be described as having faulty energy which ascribes the patient's fatigue and cellular failure to the same basic metabolic cause. FH

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WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT FIBROMYALGIA

by R. Paul St. Amand, M.D., & Claudia Craig Marek

Do you know someone who suffers from muscle pain along with generalized aches and stiffness? Do they sometimes have a difficult time concentrating followed with fatigue? They may be dealing with fibromyalgia, which has been described as "rheumatism with painful hard places." Now you can find out why fibromyalgia is often misdiagnosed and how you can cope with symptoms.

Retail Price: \$14.99
 Health Hunter: \$13.50

KEYS TO STAYING HEALTHY: Why is Selenium Important?

with Hugh D. Riordan, M.D.

Learn how the essential trace mineral selenium is of fundamental importance to human health. You may be amazed at its many functions. You will learn at least five functions of seleno proteins within the human body, including their usefulness for the immune system.

HOW YOU CAN GET OVER CHRONIC FATIGUE

with Ronald Hunninghake, M.D.

Over 800,000 Americans suffer with Chronic Fatigue Immune Dysfunction Syndrome (CFS). Unfortunately, many practicing clinicians remain unconvinced that CFS is a genuine illness. A recent randomized, placebo-controlled study by Teitelbaum has demonstrated the scientific effectiveness of a holistic approach to treatment and care of people who have CFS.

FIND OUT HOW WOMEN CAN REDUCE THEIR RISKS OF HEART DISEASE

with Donald R. Davis, Ph.D., and Ron Hunninghake, M.D.

Heart disease is the leading cause of death for both men and women in the U.S. Many diet and lifestyle risk factors are known, but which ones are most important? A new report gives answers from the Nurses' Health Study and shows how some women reduced their risk by over 80%. Men likely respond similarly.

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Upcoming Events. . .

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
COMING SOON! Watch for the new Lunch & Lecture brochure.				
21	22	23	24	25
28	29	30	31	

Lunch & Lectures will begin in early June and continue through August.

Procyanidins in chocolate and apples

Procyanidins, food based bio-chemicals, have received much attention these days because of their potent antioxidant activities, their ability to scavenge reactive oxygen and nitrogen species, their immune modulation, and platelet activation properties.

In a recent study reported in the *Journal of Nutrition*, Hammerstone and colleagues measured the procyanidin content of red wine (Cabernet Sauvignon), five samples of dark chocolate, cranberry juice, and four varieties of apples (Golden Delicious, Red Delicious, Granny Smith, and McIntosh).

Chocolate and apples easily came out on top. Procyanidin content of chocolate was 164.7 mg per serving with the apples close behind with 147.1 mg compared with red wine at 22 mg and cranberry juice at 31.9 mg.

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- How to conceive a healthy baby
- Coffee may reduce risk of Parkinson's disease
- Low thyroid and heart disease
- Advantages of growing older?