

# Health Hunter<sup>®</sup>

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NEWSLETTER

MAY 2002

## Natural fat yes, added fat no

by Donald R. Davis, Ph.D.

**W**e all get daily messages—overt and subtle—that dietary fat is bad. Low-fat foods are in, and high-fat foods like nuts and avocados are out, at least until recently. Junk foods carry proud “low fat” labels. Some experts recommend avoiding fatty fish. Markets offer low-fat peanut butter and tofu.

*We must learn to strongly distinguish between fat that is naturally present in foods and fat that humans add.*

Dietary fat has a bad reputation because worldwide fat intakes often (but not always) correlate with heart disease, cancer, and obesity. Some fats, and especially saturated fats, raise blood cholesterol levels. Weight-conscious Americans are impressed to learn that fat carries twice the calories of carbohydrate and protein.

The low-fat message is so common and long-standing that the case against dietary fat is widely accepted as beyond dispute. Partly it is, but we must modify the message, because it is seriously oversimplified and partly wrong. In fact, it harms efforts to prevent the very problems it was intended to help—heart disease, obesity, cancer, and others.

We must learn to strongly distinguish between fat that is naturally present in foods and fat that humans add. There is much evidence that nuts, peanut butter, avocados, fatty fish, and tofu actually help prevent and cure heart disease and obesity, if not cancer. We

should eat more of these foods, not less. Yet there remain good reasons to reduce or avoid *added* fats. Added fats include all vegetable oils, vegetable shortening, margarine, butter, and lard. They supply roughly half of the fat that Americans eat. The old message still applies to these fats, though to some more than others.

Heart disease has the best evidence favoring fats from natural fat sources. Over a dozen studies find that eating various nuts, peanuts, or avocados, or preferably substituting these for added fats, improves blood lipids. More importantly, these foods greatly reduce the risk of heart disease.

What about obesity? Americans on average have reduced their fat intake over the last 20 years. Many experts expected obesity to decline, but instead it surged. Two studies show that nuts and avocados, at least, improve weight-loss diets, despite the higher calorie content of fat. Low-fat diets usually “work” initially, but seldom for long, as the diets are not well sustained. Also, they often raise blood triglycerides (fats). With nuts or avocados added, triglycerides drop, people feel less hungry or deprived, and long-term results improve. That finding suggests that nuts and avocados might help prevent weight gain in the first place.

Breast cancer is very low in countries where fat intakes are low, relative to the U.S. and other countries with high fat intakes. This *correlation* never proved that fat causes breast cancer, but that conclusion was widely accepted. No longer. Harvard researchers found that low-fat *Ameri-*

*continued on page 2*

## Childhood obesity and diabetes epidemic

With childhood obesity now declared an epidemic in the U.S., is glucose intolerance and diabetes also on the rise? Ranjana Sinha, M.D., and colleagues wanted to find out.

In their multi-ethnic study of obese children and adolescents published in *The New England Journal of Medicine*, they found that both insulin resistance and diabetes are on the rise. From a 2-hour glucose tolerance test of 55 children (4 to 10 years of age) and 112 adolescents (11 to 18 years of age) the researchers discovered that 25% of the children and 21% of the adolescents had impaired glucose tolerance and 4% of adolescents were discovered to have type 2 diabetes.

“In summary this cross-sectional study suggests that insulin resistance initially associated with [high insulin] and [high proinsulin], is the most important risk factor linked to the development of impaired glucose tolerance with severe childhood obesity,” concluded Dr. Sinha. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## “Good” vs. intelligent

I have a small beef to vent: since when is cholesterol “good” or “bad?” With all due respect to Dr. Davis’ excellent lead article, when did fat become a moral issue? Fat and cholesterol are biochemical substances, at best “neutral” in the world of morality.


Ah, the reader says, “good” does not refer to the cholesterol or fat but to the human subject who has or wants “good” cholesterol and “good” fat. Indeed, what the human subject really wants is good health. The implication is that proper dietary choices will mean the intake of “good” fats and improvement in the blood levels of “good” cholesterol.

Unfortunately, the other unstated implication is that the human subject with “bad” cholesterol levels and a high intake of “bad” fats is...well, “bad.” This semantic game has had a rather untoward consequence (and this is the essence of my beef.) Food choices are now viewed by many as moral issues. Too often my patients begin their appointment “confessing.” “I just couldn’t

resist those brownies.” “The fries smelled too good to resist.” In other words: “bless me, doctor, for I have sinned!”

Well, this doctor does not give out absolutism. My plea to them: “give up food-guilt!” Guilt, after all, is what you feel when you know you are going to do (eat) it again. While you are so busy feeling horribly guilty, you are distracted from heeding the subtle responses your body has to whatever food you have eaten. So feeling guilty actually makes you more likely to perpetuate any cursed eating behavior. So what does work?

By analogy, I always ask if putting diesel fuel in a passenger car is morally wrong? Of course not! It would not, however, be very intelligent to do so. Putting hydrogenated fats into your body is also not intelligent. If you do so, you are not bad...and there will be consequences.

If you must repent, repent ignorance. For your penance, read three scientific articles on intelligent nutrition. Go, my child, and eat not of the tree of non-whole foods again! 

*Natural fat yes—Continued from page 1*

can diets show not even a hint of preventing breast cancer.

What is wrong with added fats? Nearly “empty calories,” for starters. Unlike added fats, nuts, avocados, fish, tofu, and all other natural fat sources are rich in many nutrients and phyto-chemicals (except fish). They also have structure, protein, fiber (usually), flavors, water, and other substances that limit their palatability and consumption, unlike added fats that pour or spread and require no chewing. These same factors also slow fat absorption. With carbohydrates, we value slow absorption as measured by a low “glycemic index” (low impact on blood sugar). One day we may similarly value slow absorption of fat, measured by a low “lipemic index” (impact on blood lipids). Fi-

nally, partially hydrogenated fats like stick margarine and vegetable shortening have these disadvantages, plus one more. They contain *trans* fatty acids and other unnatural molecules that interfere with natural fat functions and disrupt hormone-like prostaglandins. Some countries ban such fats, and prominent researchers call for the U.S. to follow their lead.

Are meats natural sources of fat? Yes, if animals are raised on natural diets. Unfortunately, grain-fed beef, pork, and chicken have about triple the fat of their naturally fed kin, and the ratios of omega-3, omega-6, and saturated fats are much harmed. It makes sense to remove most of the fat from grain-fed meats, and to be sure to get omega-3 fat from other

*continued on page 3*


sources such as fish, walnuts, and tofu (not the low-fat kind!). The fat in fish is much less affected by farming methods.

Look for ways to use more natural fat sources and less added fats. Eat nuts and oily seeds plain, with fruit, on cereal, in vegetable dishes, and on pasta. On bread try peanut butter, other nut butters, and cheese instead of butter. ("Old-fashioned" peanut butter is not partially hydrogenated.) Use nuts, avocados, and cheese on salads instead of oily dressing. In sandwiches use avocados or cheese in place of mayonnaise.

The fat story resembles the sugar story. We enjoy and seek sugar, because natural sources of sugar build health (fruits, berries, melons, and sweet vegetables). The problem with sugar is *added* (refined) sugar, which does not build health, especially in the large amounts that refining enables. We don't discourage fruit because of its sugar. We shouldn't discourage nuts, avocados, tofu, or fish **because of their fat.**

Fat is clearly part of Nature's plan for children. Breast milk has more fat than whole cow's milk, and pediatricians no longer advocate low-fat milk for children. Early this year the American Diabetes Association (ADA) began recommending high-mono-unsaturated-fat diets for diabetics (nuts, avocados, peanuts, and olive oil), an alternative to its previous low-fat advice. Such diets improve "HDL cholesterol, triglycerides, and most importantly, diabetes control." The ADA also advised against partially hydrogenated fats.

To sum up, we badly need to distinguish between natural sources of fat and added fats, especially added fat that is partially hydrogenated. The daily messages should not be "low fat," but "low *added* fat." Three words instead of two. It shouldn't be that hard to make a big step toward better health.

We also need to remember that there is more to good nutrition than fat. Junk foods can be "low added fat," and still contribute nothing to our health. 

## HEALTH HUNTERS AT HOME

### The sugar blues

"Hello, my name is (withheld) and I am a sugar addict," wrote a man recently.

Unfortunately, there are no sugar anonymous meetings where he could stand up and say such a thing and get into his sugar addiction. But he feels that if he eats one brownie, he has to have three or more. He can't eat just one chocolate; he has to eat half the box. To call a dessert "addictive," in fact, is a high compliment.

After eating sugar, he says that he gets that sick, poisoned feeling over and over again. He is really a sugar addict.

"Alcohol and drug addiction are starker threats, but with the dismayingly sharp rise in obesity and related maladies, sugar abuse is no joke," he wrote.

I mention this because my wife, Jackie, and I are almost as bad. I remember a night my wife went out about midnight to buy me some chocolate because I was taking all the **canned goods out of the kitchen pantry** because I was sure there was some candy in there somewhere. That was many years ago, but I still have a sugar addiction.

Jackie is much the same. She will get into a sugar eating binge until her weight starts creeping up and her candida yeast gets to the point that she cannot ignore it any longer and she quits. She has been in one of those eating binges recently and I have to "protect" her by eating half of the candy she brings into the house until it is gone (generally in an evening) or she will eat it all. At least, that is what I tell myself as I try to get the last two pieces in the bag.

I read the book, *Sugar Blues*, a few years ago and actually wrote about it in this column. The authors describe how sugar actually creates the need for more sugar until you are hooked on it. That made me a believer and I have stayed away from sugar until the last year when I have had to "protect" Jackie from eating too much of it.

The person who started this piece was much the same way, but worse. He read *Sugar Blues* when it first came out and gave up sugar. He went "cold turkey" and he was pleasantly surprised he

had no withdrawal symptoms except he started feeling better.

I felt the same way after reading *Sugar Blues* and giving up sugar a few years ago. I felt better when I got off the sugar and started eating more fruit in its place. I had no side effects. I just felt better.

"With few exceptions," said the sugar addict, "like a piece of wedding cake, I stuck by it for seven years. No desserts. No sweetened cereals. No foods with more than a trace of sugar. (You go crazy eliminating it all.) And I felt great as if I'd emerged from a gooey, chocolate-coated haze."


After seven years, he began slipping back into the world of sugar and its effects. Being a new parent probably started it. He found himself back on the half box of chocolates again rather than just eating one. Eating three or more cookies rather than eating just one.

Then he read *Lick the Sugar Habit* by Dr. Nancy Appleton. Sugar is "more like a pharmaceutical than it is a natural food," she said. "Your sugar cravings are a direct indication that sugar is at work destroying your body."

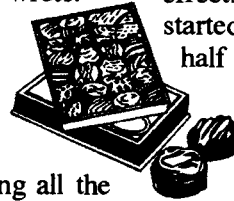
Well, that did it. He drew a line on the table that said no more desserts. He said that instead of hiding chocolate chips around the house, he rewarded himself after climbing a mountain in the Adirondacks by picking the few chocolate chips out of the trail mix he was enjoying as a treat.

Jackie and I are much the same way, but not as bad. To get back on the road to health, we are eating more fruit for snacks and dessert much like The Center's restaurant, The Taste of Health, serves daily for lunch. Sometimes, I get a pint of it to take home for dessert.

She still has the urge to eat sugar, as do I, but we are both working to get it behind us and get back to eating a more healthy way. It is rewarding in the way you feel and the way you work and play. We just feel better.

We are no longer in a "gooey, chocolate-coated haze." 

—Richard Lewis



## INFORMATION WORTH KNOWING

Do you or someone you love suffer from pain and inflammation? Drs. Jacob and Lawrence in their book, *The Miracle of MSM*, say that MSM can benefit many people who deal with pain and inflammation from arthritis, chronic back pain, to fibromyalgia. It is a nutritional supplement, an odorless metabolite of DMSO, and is nontoxic. MSM is gaining a reputation as a safe, natural, and effective solution to many types of pain and inflammation. MSM stands for methylsulfonylmethane, a natural substance present in food and in the human body. The questions this month are taken from their book.

1 MSM is an exciting and natural option for pain relief that supplies biologically active \_\_\_\_\_.

- a. sulfur
- b. vitamin C
- c. glycosamine
- d. none of the above

2 According to a July 1997 *Science News Report* issued by the American Medical Association, \_\_\_\_\_ has reached "epidemic" proportions.

- a. flu
- b. scurvy
- c. pain
- d. all the above

3 According to *The Management of Pain*, a reference book for physicians published in 1990, more than one-third of the American population have chronic painful conditions and of those, \_\_\_\_\_ or more are partially or totally disabled for periods of days, weeks, months, years, or permanently.

- a. one-fourth
- b. one-third
- c. one-half
- d. two-thirds

4 Adverse reactions to medical drugs are believed responsible for more than 100,000 deaths and 1.5

million hospitalizations in the U.S. each year.

- a. True
- b. False

5 DMSO, dimethyl sulfoxide, was synthesized by a Russian chemist over 130 years ago. DMSO is a remarkable agent that \_\_\_\_\_.

- a. works as a diuretic
- b. has antibacterial effects
- c. has an annoying odor
- d. all the above

6 When DMSO enters the body approximately 15% is converted to MSM. The one disadvantage is that MSM remains in the body a much shorter time than DMSO.

- a. True
- b. False

7 Sulfur is a major ingredient of amino acids—the building blocks of proteins. Proteins are the primary constituents of \_\_\_\_\_.

- a. enzymes
- b. hormones
- c. antibodies
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

## Green tea and health

Tea is a beverage that has been in use around the world longer than any other drink, except water. It continues to be the world's second most popular beverage behind water, even today.



After all the years of people drinking tea because it tastes good, studies now find there may be good medical reasons for people to drink tea in general, and specifically green tea. Green tea is the least processed and, therefore, the best for health.

Studies around the world have shown tea to be able to do a broad range of things, including stopping the growth of tumors, reducing the rate of heart and kidney disease, or helping with dental hygiene. For now, not all the studies have been conclusive.

In Japan and China, studies of both men and women showed that those who drank 10 cups of tea a day had both significantly lower cholesterol levels and mortality rates when compared with the average population. They also showed that green tea helped patients with chronic kidney disease or brain disorders.

Studies on green tea and cancer have been far less conclusive. Some of the studies show green tea to have a very strong effect in reducing cancer, while others show that it does nothing. Also, many of the studies disagree on how much tea a person should drink a day. For now, the data remains inconclusive.

One thing that is conclusive is the effect of green tea on cavities. In a study involving adults, those who rinsed their mouths with only green tea but did not brush had much lower cavity levels than those who used a placebo rinse.

Although tea has been seen to have many important benefits, those who drink it must be careful. Pregnant or nursing women should be careful in drinking tea. People on chemotherapy may also have adverse reactions. And finally, if the tea is for health, it should be drunk plain. Adding milk reduces the absorption of beneficial nutrients.



## Health Hunter contest winners

Janice Krehbiel - Grand Prize of \$1,500 in Center goods and services.

Essay contests winners - \$150 in Center goods and services:

1. Carly Swenson - *I like the Health Hunter Newsletter because...*
2. Kelly McFarland - *My favorite Health Hunter Newsletter article was because...*
3. Janice Strecker - *What Health Hunter has meant to me*

## Vegetarians have higher homocysteine

Vegetarians have a higher blood plasma homocysteine than meat eaters, according to a recent study published in *The Journal of Nutrition*.

People with mildly elevated homocysteine levels in their blood plasma have a higher risk factor for heart attacks. Deficiencies in folic acid, vitamin B6, and vitamin B12 often cause elevated homocysteine.

In this study the researchers compared 45 female lacto-vegetarians with 45 meat eating females. They found that the vegetarians' vitamin B12 level was at the lower end of the normal range and was 50% lower than those who ate meat. Folic acid was also low, adding to the risk of heart disease.

If you are a vegetarian (or know someone who is a vegetarian) we would suggest you have yourself tested for folic acid and vitamin B12 and if they are low, supplement with these vitamins to get them up closer to optimal. [H]

## Hugh Riordan, M.D. and The Center receive awards

Hugh Desaix Riordan, M.D., was named the "Outstanding Orthomolecular Physician of the Year" at the annual meeting of The International Society for Orthomolecular Medicine (ISOM). Dr. Riordan also accepted an award for "World Leadership in Orthomolecular Medicine" presented to The Center for the Improvement of Human Functioning International, Inc. The Center received the award for "its 27 years of outstanding work in the field of orthomolecular based clinical, educational, and research service to the benefit of humankind."

Orthomolecular medicine is based upon the use, whenever possible, of optimal amounts of substances that ordinarily occur within the human body. The word ortho means straight or correct. Orthomolecular implies the correction of an individual's biochemistry at the molecular level. The term orthomolecular was first coined by Linus Pauling, a two-time Nobel Prize winner. [H]

# Herbal History

## Cranberry, *Vaccinium macrocarpon*

Cranberry, one of three berries native to the U.S., grows from South Carolina up into Canada. The red berries are harvested in June and July.

The early European settlers in North America called this wild berry "crane berry" because the stem and flower resembled the head, neck, and beak of the crane. Cranberry was first cultivated in North America in 1816. Today, 400 million pounds of cranberries are produced each year yielding more than \$1.25 billion worth of cranberry products.

In the mid 1800's, a German physician discovered that if one ingests cranberries, one produces hippuric acid in the urine, making the environment of the urinary tract inhospitable to bacteria.

Today, researchers believe the medicinal properties are related to a high-molecular-weight polymer not yet discovered. But it is clear that cranberry

products inhibit type P-fimbriated *Escherichia coli*.

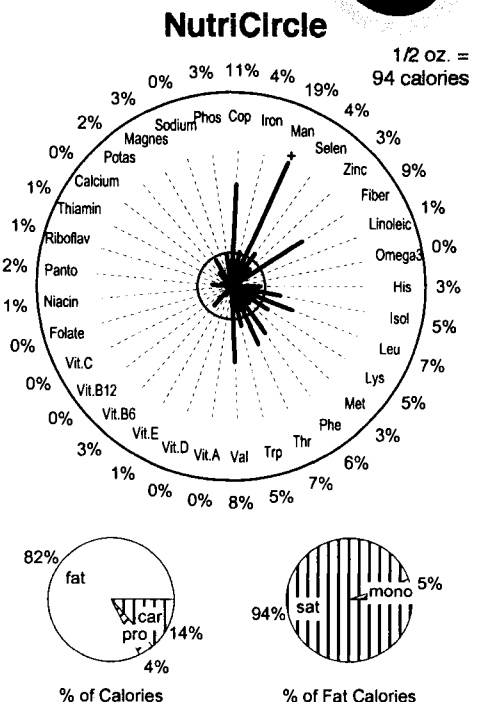
Cranberries are well known as a treatment for urinary conditions, particularly urinary tract infections (UTIs). Ninety percent of all UTIs are caused by 5 strains of *E. coli*. These five strains have fimbriae, or feelers, that easily attach to the bladder walls. *E. coli* infection can destroy the superficial lining of the bladder, causing small amounts of blood to be excreted through the urine.

Several studies have been completed in the last several years including four done in the last couple of years that involve cranberries or cranberry products. One of the interesting things that have come from these and other research projects is that there are no known contraindications, drug interactions, adverse effects, or overdose concerns associated with cranberry use. [H]

# Food of the Month

by Donald R. Davis, Ph.D.

COCONUT is the seed of the coconut palm tree and the world's largest nut crop. Fresh coconuts contain white meat and coconut water—a nutritious, clear liquid. Coconut cream is pressed from grated coconut and is nutritionally like the meat. It is used in Thai soups and American desserts. Coconut milk is similar, but more watery. Shown here is dried coconut (unsweetened), nutritionally like the meat or cream. Try it sprinkled on cereal or fruit, or in smoothies. Coconut is most notable for copper, manganese, and fiber. The fat is mostly saturated (8 grams per 1/2 oz., about 3 Tbsp.), yet coconut islanders on native diets rarely have heart disease.



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.


## Chicken thieves

"The chicken thieves have returned," my father hissed in a low but angry voice. The Saturday night before, while we were in "town" for our weekly trip, chicken thieves had stolen some of our best chickens. Now it seems that they had returned for the rest of them. My dad had heard the sound of a car when it parked around the corner from our house and now he was ready to go in hot pursuit of the thieves. He put on his boots, jammed his straw hat on his head, and headed out the door.

He gently closed the door on the car, backed out of the driveway and headed up the road with his car lights turned off. As he turned the corner, he flashed his bright lights and the chase was on. We stood at the upstairs window in our old farm house and could see or hear the cars as they raced a mile east then a mile north, and then they went west for a couple of miles until we could no longer hear them. We could all picture our dad lying in the ditch injured by the "thieves."



After what seemed like an eternity we heard a car coming from the west and south. Soon our car was pulling into the driveway. Dad came into the house laughing. He said he didn't know who was more surprised, the driver of the other car or him. The car had pulled in a driveway and stopped. Dad jumped out of his car and confronted the "thieves." They said, "Oh, you're not who we thought you were," and my dad suddenly became aware that he was only wearing his pajamas with his hat and boots. He said, "You're not who I thought you were either." The young couple in the car explained that they had stopped for a little light romance. Her father had told them that if he ever caught them parked again they would be in trouble. We all had a good laugh and went back to bed.

Sometimes we need to get facts straight before we act because things are not always the way they seem. Remember the chicken thieves the next time you jump to conclusions. 

## CENTER UPDATE

### Diabetes and obesity go hand in hand

The effect of obesity on the diagnosis of type II diabetes was amplified by two recent studies.


One study, conducted by F. B. Hu, M.D., and colleagues, used information from the Nurses' Health Study and was published in *The New England Journal of Medicine*. At the beginning, the 84,941 nurses were free of cardiovascular disease, cancer, and diabetes.

During the 16 year follow-up period, the researchers documented 3,330 new cases of type II diabetes. Obesity was the primary cause. A sedentary lifestyle without exercise, a poor diet, and current tobacco use were also associated with a higher risk of diabetes, but obesity was the primary cause.

The second study was conducted by A. H. Mocdad, Ph.D., and colleagues and reported in *The Journal of the American Medical Association*. In this study, the researchers surveyed 184,450 people 18 years of age and older in all 50 states who

were not institutionalized to find data on the prevalence of obesity, diabetes, and the use of weight control strategies.

They discovered that 19.8% of Americans were obese in 2000 with 22 states having rates of 20% or more. The majority of U.S. adults were overweight. Mississippi had the highest rate of obesity (24.3%) and the highest rate of reported diabetes (8.8%). Colorado was the lowest with 13.3% obese. The researchers found obesity to be a major cause of diabetes.

What can we do to correct this overweight problem or keep it from becoming a problem? One solution would be to eat a whole foods diet. If we would eat more whole foods, we would begin losing those extra pounds. Another simple way is to drink at least eight glasses of water a day. Thirdly, exercise. Take a walk. Start slowly for a short amount of time. These three steps will help you gain the body you want. 

### Case of the month

On September 17, 2001, a 58-year-old man came to The Center complaining of ulcerative proctitis and rectal bleeding as well as arthritis, atherosclerosis, fatigue, sinusitis, tendonitis, and mild obesity.


After the initial evaluation, Dr. Riordan suggested he chew Vermox, one a day for three days and then repeat a week later for his gas problems. He also suggested that he read the book, *The Wonderful World Within You*, and do deep breathing four times a day.

In three weeks from his initial appointment, he had an appointment with Jeanette Lochridge, P.A., to find out what we had learned from his initial laboratory testing. First of all, she started him on a 15 gram vitamin C intravenous drip.

She also started him on Rowasa suppositories for rectal bleeding, Wobenzyme digestive enzymes to help with inflammation, Colostrum, Prolive to help with proctitis, and Efalex to decrease his inflammation. She reduced his vitamin E to one 400 IU a day. She also suggested that he bring all the nutrients he is taking to his next appointment with Dr. Ron Hunninghake.

At this appointment, four weeks later, Dr. Ron Hunninghake started him on 30 mg Armour Thyroid which was increased to 60 mg in April, 2002. He also started taking MSM powder in a glass of water to help the pain in his back and knee.

When he came in April, 2002, he said he was, "Terrific." The rectal bleeding from the proctitis stopped in December of last year. That was part of why he was feeling so good. Since he started taking the thyroid and the colostrum he has more energy. He has much less gas now than he has had for years. The food rotation diet has helped him so much with the gas that he has not started the diet for type O persons. He also said that he was doing so much better with his knees that Dr. Hunninghake reduced the MSM powder to once a day.

In short, life is good again since he is feeling so much better. 

Answers from page 4

- 1 a. Sulfur is a mineral that has a long tradition of healing and is necessary for the normal function and structure of the body.
- 2 c. The report said that tens of millions of Americans suffer from some form of pain each year.
- 3 c. Pain comes from headaches, back pain, arthritis, neck pain, and the list goes on.
- 4 a. Fatal drug reactions are among the leading causes of death.
- 5 d. MSM delivers many of the healing properties of DMSO but without the annoying odor.
- 6 b. MSM stays in the body for a longer time than DMSO. Some researchers have theorized that the benefits of DMSO could be attributed to MSM.
- 7 d. Countless biochemical activities which are continually going on in the body are related to protein. FH

## SPECIAL DISCOUNTS

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

**THE MIRACLE OF MSM:  
 The Natural Solution for Pain**  
*by Stanley W. Jacob, M.D., Ronald M. Lawrence, M.D., Ph.D., & Martin Zucker*

MSM, or methylsulfonylmethane, is a remedy for many types of pain and inflammatory conditions, according to the authors. It is a safe, natural, and side-effect-free method for relief from pain. Learn how much, when, with what foods, and in what forms to take MSM. Softcover.  
 Retail Price: \$12.00  
 Health Hunter: \$10.80

**INFLAMMATION AND AGING**  
*with Ronald Hunninghake, M.D.*  
 Inflammation is the body's response to injury and infection. With inflammation comes pain. Merely suppressing the symptom of pain does nothing to treat the infection or repair the injury. Sustained inflammation slowly degen-

erates blood vessels (heart attacks and strokes), brain (Alzheimer's), joints (arthritis and rheumatism), liver (hepatitis C), lungs (asthma and COPD), skin (psoriasis), teeth and gums (gingivitis), GI (colitis and ulcers), and other miscellaneous forms of chronic inflammation including cancer, sinusitis, obesity, and diabetes. All this together speeds aging. Learn how to measure your own level of inflammation and discover the drug free way to reduce it.

**IS THAT TENDER AREA ON YOUR EXTERNAL EAR MEANINGFUL? Maybe so.**

*with Marsha McCray, R.N.*  
 Auricular therapy is an effective and modern approach to treating pain and addictions. Stimulation of the external ear is utilized to alleviate health conditions in other parts of the body. Learn what your ears can tell you about how your body is functioning.

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# Upcoming Events...

## Lunch & Lectures:

- 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-4*
- May 23 *Paramagnetic Research*

**Thank you to everyone who entered the Health Hunter contests.**

## Got indigestion, eat a red pepper

Although it would seem that eating spicy foods would increase indigestion, there is a new study that found a chemical in red pepper, capsaicin, can be used to reduce indigestion.

Thirty patients who had chronic indigestion or stomach pain were given 2.5 grams of red pepper or a placebo for five weeks. To begin with, the patients receiving peppers reported that they had an increase in symptoms, but by the end of the study they had a 60% decrease in levels of discomfort.

Dr. Mauro Bortolotti, who led the research, believes that the chemicals in the peppers blocked the pain transmitting nerves in the stomach.

- Natural fat yes, added fat no
- The sugar blues
- Green tea and health
- Diabetes and obesity go hand in hand

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