

Health Hunters 20 YEARS

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NEWSLETTER

MAY 2007

The new patient experience

by Ron Hunninghake, M.D.

In 1975, Hugh Riordan, M.D., the Center's founder, envisioned a new paradigm of patient-centered care that focused on a health-building approach.

Building your health is a more active process when compared to conventional disease management. Because we seek to identify the underlying causes of illness, we invite each patient to become more involved in the discovery process...as a co-learner.

Co-learners embody the idea behind Dr. Riordan's favorite quote from the Greek philosopher, Epictetus – "A man cannot begin to learn what he thinks he already knows." Together, we take a fresh and comprehensive look at each patient's illness.

The New Patient Experience is an opportunity to become a co-learner where a person is empowered to enter into a deep process of discovery.

The discovery process each patient will be going through is designed to be more than simply "jumping through diagnostic hoops." Our intent is for them to have an experience that will give them new insights into their illness.

Through a better understanding of their medical past, through measurements of their current level of human functioning, and by virtue of a step-by-step follow-up program, we will help identify new pathways to healing and better functioning.

Becoming a co-learner ideally is a five-visit process. Allow me to briefly map out these five visits below.

First visit – The new patient will meet their doctor and many support staff who will guide them through two days of careful data collection and testing, followed by nutritional counseling.

Second visit – In about 2 weeks, they will return to review the results of their testing. A preliminary treatment plan will be formulated.

Third visit – About a month later, they will return to update their treatment plan and review all of their drawings.

Fourth Visit – Their fourth visit is a retesting appointment. We will retest key abnormalities and their Bio-Age test to assure that progress is being made.

Fifth Visit – Their fifth visit is a comprehensive review of their overall progress. If possible, we will begin consolidating their treatment plan.

The New Patient Experience is designed to help each patient become a co-learner so that they can more effectively participate in the discovery process needed to identify causes and cures for their illness.

Modern illnesses are complex. Many of our patients have seen multiple specialists, undergone elaborate treatments, and suffered many years without achieving satisfactory results.


Often, this is due to a simple fact: the underlying causes of their illness have not been identified and,

continued on page 2

Is dark chocolate really good for you?

Dark chocolate is high in flavonoids, those phytochemicals that help your blood by working to prevent clotting. These flavonoids are also found in red wine, tea, and many fruits and vegetables. But dark chocolate in its pure cocoa bean form is *REALLY* bitter.

To make a chocolate bar more palatable, the manufacturers add sugar and milk fat. Milk chocolate bars are very high in sugar and milk fat content, so much so that they are not recommended. Dark chocolate bars that have about 70% of the bitter cocoa bean or higher are the ones The Center recommends as a way to get the enjoyment of chocolate with low sugar and milk fat. Some dark chocolate bars are even up in the 85% range for the bitter cocoa bean, but they still taste good.

As long as you eat dark chocolate, about an ounce or two a day, you will add to your flavonoid content—that is as long as you eat the chocolate that is higher in the percentage of cocoa beans. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

Five "bodies"

When we think of health, we think of the body. Physical health is the most obvious manifestation of living our lives in balance. Modern scientific medicine is most concerned about our physical body.

A new arena of health that has come into better focus in recent years is so-called "mind-body medicine." Research has clearly shown that we are more than just a physical body, and that these inner "bodies" can also affect our health.

Our emotional "body" is often ignored when it comes to understanding an illness. Anger is an example of a symptom of this body. Feeling cared for could be described as a nutrient for this body.

Our mental "body" is tied up with our beliefs/attitudes. A defeatist attitude, in regards to a serious illness, can kill you just as surely as a bullet through the heart. It is also at this level that images evoke powerful emotional and physical responses that can heal or hurt. For example,

seeing your white blood cells chewing on a tumor can be a powerful help to the immune system's fight against cancer.

The causal "body" is probably not very familiar to you. This is "us" in time. We all have a history of cause and effects that constitute the results we now experience. What we are today is the sum total of what has happened to us on the level of our "causal body." It is intimately tied to our sense of self-responsibility for our health and well-being.

The spiritual "body" is our perspective. Some say it is our ultimate self, or our soul. Without the spiritual perspective, it is difficult to achieve optimal health in all areas of our lives. Prayer and attention to relationships are two of the many domains of the "spiritual body."

By living in all five "bodies" in a full and conscious way, we can gain a deeper balance that is the basis of an ever-growing health and wholeness. [H]

*The New Patient Experience—
Cont'd from page 1*

therefore, have not been corrected.

The Five-Visit Plan was designed to ensure that all facets of their illness are properly addressed, causes are identified, and proper treatment plans are devised to help achieve satisfactory results.

The first visit, as mentioned above, is a recollection of the life events, medical interventions, and personal observations that weave themselves into the story of the new patient's illness. Our job here at The Center is to enter into that story with them in the manner of Sherlock Holmes. In a very real sense, we become "co-detectives" with them in the search for underlying causes of the illness.

We lean heavily on our Bio-Center Laboratory to help us characterize

their unique nutritional biochemistry. Their laboratory evaluation will serve as an inventory of their key nutrient levels. We are looking for "gaps" in their nutrient team. Because nutrients work together in a team-like fashion, the weakest links will greatly diminish the functional capacity of the cells. By identifying and correcting these deficiencies, the body's remarkable healing power can be greatly strengthened and rehabilitated.

A careful physical exam is performed on all new patients in the search for clues and signs of correctable issues. A bio-electrical exam in the form of auricular acupuncture point testing is another avenue of testing that each patient receives.

Finally, a comprehensive Biolog-

continued on page 3

ical Age determination is performed to assess functional capabilities as compared to a population of similar chronological age. This will show functional or biological age based upon nutritional reserves and the overall cellular health of the organ systems. Finally, the brain dominance determination, temperature biofeedback, and special drawings will help to identify mind/body interactions that can serve to stimulate the healing process.

Rounding out the first visit is a tour of our library where they will be introduced to Co-learner Resource Sheets that will serve as a discovery map to help them better understand their disease patterns. Then, they will walk The Gratitude Trail to experience the healing power of expressing gratitude. They will enjoy a whole foods meal at our Taste of Health Restaurant and throw blue rock as a stress reliever for dessert!

They will encounter many helpful staff members as they walk this pathway to better health. We are here to help them get the most from their experience. Our staff is friendly, knowledgeable, and loyal with an average longevity here at The Center of 10 years or greater! They like it here! And they want to share that enthusiasm.

The New Patient Experience is an opportunity to become a co-learner where a person is empowered to enter into a deep process of discovery. By uncovering the root causes of illness and actually correcting them, a co-learner can tap into the amazing healing resources of their body. By identifying and correcting nutritional deficiencies, sustained illness gives way to the emergence of better health. Through detoxification strategies, blockages to healing are removed. The net result is that they begin to feel better and function better.

We welcome each person to The Center where some of the most wonderful people in the world have come to discover better health. Together we can help them learn how to help themselves heal. [H]

HEALTH HUNTERS AT HOME

A book review

The other day my phone rang and a doctor from New Mexico was on the line. He said that he was a reader of the *Health Hunter Newsletter* and the article on the front page was his reason for calling.

He went on to say that a book, *The China Study* by T. Colin Campbell, Ph.D., and Thomas M. Campbell II is one he recommends to his patients and may become one that he requires them to read. Then, he asked if I had read it. I said that no, I hadn't read it.

He suggested that I should. He did not suggest that I should make the book a part of the next *Health Hunter Newsletter*; he just wanted me to read it. The library bought the book and I took it home and thought I would quickly scan it. I ended up reading it completely.

The book is very good, even though I don't agree with it totally, but probably 98% of what it suggests. For instance, he says in Chapter II, "The benefits of a healthy lifestyle are enormous. I want you to know that you can:

- Live longer
- Look and feel younger
- Have more energy
- Lose weight
- Lower your blood cholesterol
- Prevent and even reverse heart disease
- Lower your risk of prostate, breast, and other cancers...
- Avoid strokes
- Prevent kidney disease
- Keep your baby from getting Type I diabetes
- Lower your blood pressure
- Avoid Alzheimer's disease
- Beat arthritis"
- And more...

to name just some that he lists.

Sounds good; doesn't it? But take heart disease, for instance. The heart is essential for life to begin and to continue.

And, he added, heart disease has also been the number one cause of death for almost 100 years.

"One of the key components [of heart disease] is plaque. Plaque is a greasy layer of proteins, fats (including cholesterol), immune system cells, and

other components that accumulate on the inner walls of the coronary arteries." When plaque builds in your arteries, you have the beginning of heart disease.

Doctors found that heart disease led to heart attacks and that in the U.S., we have the highest rate of heart disease among 20 countries. "They realized that:

- Excess fat and cholesterol consumption causes atherosclerosis...in experimental animals
- Eating cholesterol in food caused a rise in cholesterol in the blood
- High cholesterol might predict and/or cause heart disease
- Most of the world's population didn't have heart disease, and these heart disease-free cultures had radically different dietary patterns consuming less fat and cholesterol."

The book goes on to say that consuming a diet high in whole foods and low in (or completely avoiding) animal protein is the way other countries work to avoid heart disease and heart attacks. The authors are on a plant-based diet.

Dr. Campbell didn't start out as a vegetarian. Through his research, he slowly became one. He grew up on a dairy farm where they emphasized an animal based diet so he got started eating beef, pork, chicken, and eggs, along with a few vegetables. Later in life, after he got his Ph.D. and spent many years in research, he discovered that animal protein is a major contributor to heart disease as well as obesity; breast, prostate, colon, and rectal cancer; autoimmune diseases; and a wide range of bone, kidney, eye, and brain diseases—all of which are covered in this well-documented book.

I must admit, I don't agree with him completely, but I have started reducing the amount of animal protein I eat and I will see what happens in the future. [H]

—Richard Lewis



INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Are you one of the millions of Americans who suffer from too much to do in too little time? Do you find yourself drinking more coffee and colas to get yourself started in the morning? Do you feel run down and stressed for no reason that you know of? Are you struggling to keep up with the daily demands of your life? It could be that you are experiencing adrenal fatigue. The adrenal glands help your body cope with stress. Your energy and endurance depend on its proper functioning. James L. Wilson, N.D., D.C., Ph.D., has written *Adrenal Fatigue: The 21st Century Stress Syndrome*. His book is written for the "many, many people who are suffering from this invisible epidemic of adrenal fatigue." His hope is that his book will provide information, guidance, encouragement, and tools to help in dealing with this disease. The questions this month are taken from his book.

1 Just as Napoleon's small stature did not keep him from mobilizing an army that made his presence felt in every part of the world, so do your small adrenal glands send out powerful _____ to every part of your body.

- a. sparks
- b. hormones
- c. enzymes
- d. cells

2 The adrenal glands affect the functioning of every tissue, organ, and gland in your body. The glands largely determine the energy of your responses to every change in your internal and external _____.

- a. environment
- b. clock
- c. fortitude
- d. temperature

3 Cortisol (synthetic corticosteroids) imitate the actions of the adrenal hormone. Among other uses listed for hydrocortisone (a corticosteroid) are the treatment of diseases and disorders of the heart, blood, and respiratory tract to name just a few.

- a. True
- b. False

4 The hormones secreted by your adrenal glands influence the _____.

- a. utilization of carbohydrates and fats
- b. conversion of fats and proteins into energy

- c. distribution of stored fat
- d. all of the above.

5 After mid-life, the adrenal glands gradually become the major source of the _____ hormone circulating throughout the body of both men and women.

- a. androgenous
- b. antioxidant
- c. sex
- d. female

6 Your adrenal glands do not affect the likelihood of developing certain kinds of disease and your ability to respond to chronic illness.

- a. True
- b. False

7 Lack of _____ is a common sign of both low and high cortisol levels. It can be a significant body burden leading to decreased immunity and impaired glucose tolerance.

- a. blood
- b. sleep
- c. oxygen
- d. water

How about this weather?



by Gary D. Branum, Ph.D.

Planting times are usually determined by looking at the average last killing frost date for a specific location. That date for Wichita is April 9. Cold-tolerant crops like cabbage and broccoli can be planted before that date, potatoes are planted about March 17 (St. Patrick's Day), and other crops are planted after April 9.

This year has been a little odd. From March 20 to March 30, the nighttime lows in Wichita never dropped below 50°. Drought conditions were relieved, with 2.2 inches of rain on the 20th (breaking a 103-year-old record) and 1.7 inches on the 30th, again breaking a record. Normal rainfall for the entire month of March is only 2.71 inches. This year we got 5.6 inches during March.

The weather in March this year, coupled with the media attention being paid to global warming, may have fooled a few people. It looked like an early spring, and people descended on the local nurseries looking for spring bedding plants. Some were available, some were planted. Trees were budding and showing leaves, seeds were sprouting.....

Then the averages kicked in. On April 7, the temperature dropped to 22°, cold enough to damage even cold-hardy plants like cabbage. On April 13-14, the lows were around 32° and we got 1.5 inches of snow.

Fortunately, a combination of wet soil and a healthy cynical attitude saved the Bright Spot garden from disaster. We were waiting patiently for April 9. Prior to the April cold snap and the snow, only a few cold-hardy seeds (turnips and beets) had been sown, and the seedlings were still in the greenhouse waiting for drier conditions so we could plant them outside.

Today, April 16, we're planting everything from cabbage and lettuce to tomatoes and peppers. The average date of the last killing frost has passed and we feel relatively safe.....

...All the while remembering that the record for the latest spring freeze in Wichita is May 13, 1966.

PH

• FOR ANSWERS, SEE PAGE 7 •

Test of the Month

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

Magnesium

The Bio-Center Laboratory can measure magnesium (Mg^{2+}) in hair, urine, serum, and red blood cells (RBCs). Measurements in hair or RBCs are useful in that both results will show the status of magnesium in the body over the last three months. Serum magnesium constitutes only a small portion of the total body's stores and may not predict magnesium status correctly. Serum magnesium does have prognostic value in congestive heart failure. Urine excretion of magnesium controls magnesium balance.

Why test magnesium? The body cannot make this very important mineral. It is a cofactor in over 300 enzymatic reactions in the body. Also, the USDA has reported that a very high percentage of Americans may be deficient in Mg^{2+} due to the difficulty in absorption. Magnesium deficiency (hypomagnesemia) produces neuromuscular disorders and may cause weakness, tremors, tetany and convulsions, low blood calcium, low blood potassium, cardiac arrhythmias, etc. cisplatin, blood alcohol, diuretics, steroids, aldosterone, and aminoglycoside antibiotics may cause increased renal excretion of Mg^{2+} .

Increased magnesium (hypermagnesemia) is seen in patients with renal failure, patients taking magnesium salts (antacids), Addison's disease, etc. Hypermagnesemia may cause decreased reflexes, somnolence (drowsiness, sleepiness), and heart block.

So, when a Center physician orders a test for Mg^{2+} , they are doing so based on your symptoms and history, not just to be ordering an extra test. As stated before, this very important mineral is one of 51 nutrients that your body cannot make. The only way to see if you are absorbing what you are taking in (foods and supplements), is to measure it in the blood, hair, or urine. [H]

Herbal History

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

Withania complex

Withania complex is an adaptive tonic formula that works well for those who are "wired but tired." It is most often used to relieve nervous tension, stress, and anxiety. However, it can be useful for improving overall endurance and stamina and supporting the immune system.

It shouldn't be used with hypertension, congestive heart failure, low potassium levels, or water retention due to its licorice content.

Withania complex contains Withania (Ashwaganda), Licorice, Skullcap, and Korean Ginseng. Withania works as an immune stimulant, anti-inflammatory, diuretic, and has been shown to improve memory in animal experiments. Withania produces calming and sedative effects through stimulation of

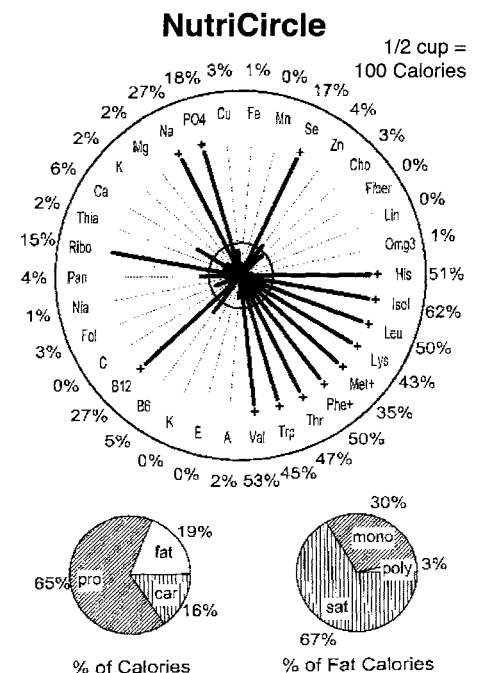
GABA receptors. Licorice works as an anti-inflammatory, mucoprotective (protects the mucous linings of the body), and adrenal tonic (keeps cortisol levels elevated). Skullcap promotes nervous system health, eases tension, encourages sleep, and promotes general relaxation. Korean Ginseng works as an adaptogen (conserves energy, increases the ability to cope with stress, and maintains balance). Panax Ginseng is antiviral, antioxidant, antispasmodic, analgesic, and immune stimulating. Panax is most often used for general endocrine/nervous system support.

In acute stress situations, I recommend 1 tab 5-6 times per day for adults. For chronic conditions, 1 tab 3 times per day can be helpful. [H]

Food of the Month

by Donald R. Davis, Ph.D.

COTTAGE CHEESE is a simple cheese once made at home in the cottages of early America. Milk is coagulated by heat and the acid of friendly bacteria or the enzyme rennin from calfs' stomachs. The result is a mixture of "curds and whey," which Little Miss Muffet was eating when the spider sat down beside her. The watery whey is mostly drained off to produce cottage cheese. Like all cheeses, it has proportionally more protein than the original milk, but less carbohydrate and other nutrients, such as calcium, magnesium, potassium, and most vitamins. Fat content varies commonly from 1% to 4.5% by weight; 2% fat is shown here.



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.

Kindness makes a difference


A little over four years ago my mother's life changed drastically. At that time we learned that she was no longer able to live by herself so we moved her to our home. It was quite an adjustment for all of us. She had lived in her small town in Oklahoma all her life and had to choose between going to a nursing home in Oklahoma or living with us.

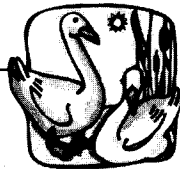
After she came to live with us, although she still thought longingly of her former home, she enjoyed looking out our sliding doors to see the ducks, geese, and squirrels that called our yard home. Mom enjoyed my husband's teasing and the visits of her grandchildren and great-grandchildren.

Then, she fell and broke her shoulder and her femur in three places. After a stay in the hospital, it became apparent that we could no longer take care of her in our home and she needed to go to a skilled nursing home. We found the best placement possible; a home that had just opened in conjunction with a program

in which she was already enrolled.

She has had to make another adjustment in her life. At 91 years of age, it has been very difficult for her. She does not like to think that she is "old" and does not want to be with all those elderly people. It has caused me to think a great deal about the nursing home/aging problem.

Most people cringe at the thought that they might have to go to a nursing home someday. When you visit a home, at first sight, you can understand why. Some of the patients seem to have lost a great deal of what has made them the people they once were. From what I have seen, there are a great many wonderful, caring people who are entrusted with our loved ones. The ones that are best loved by the elderly are the ones that have compassion and kindness. Henri-Dominique Lacordaire said, "It is not genius, nor glory, nor love that reflects the greatness of the human soul; it is kindness." 



Case of the month


A 15-year-old young woman came to The Center with concerns about her asthma, acne, fatigue, and headaches. She had the asthma diagnosed when she was eight years old and the acne was a result of the Prednisone she was taking for asthma.

She saw Ron Hunninghake, M.D., for her initial evaluation. After the evaluation, she agreed to do the following laboratory tests: C-reactive protein; homocysteine; Free T3 thyroid; vitamins A, C, E, B12, and folate profile; B assessment profile; vitamin D; the trace mineral zinc; candida yeast profile; essential fatty acid and red blood cell profile, and hair tissue profile; all in the blood. She also had a urinalysis, a urine vitamin C, and pyrroles tests. She was unable to take the cytotoxic food sensitivity test because of a positive initial test.

A couple of weeks later, she saw Dr. Krier to get her laboratory results. He told her that her urine vitamin C was zero, meaning that she had no vitamin C reserves. Her GLA and EPA fatty acids were very low; vitamins A, C, and E were low as were all her B vitamins; zinc; DHA fatty acids, and her total omega-3 fatty acids. She also had high trace mineral copper in her hair, a high candida yeast, and high C-reactive protein.

Dr. Krier recommended a Basic 3 multivitamin, Zinc Orotate, Evening Primrose Oil capsules, Pro EPA capsules, Enteropro (a probiotic), and a sinus cleanser. He also suggested that she take ADP, which is an anti-fungal, for her high candida yeast, for six weeks.

In November, Dr. Krier suggested she add quercetin, grape seed extract, and carotenoids to her regimen and get a magnesium sulfate injection. She continued this, showing signs of gradual improvement.

In February, she said that she was doing soccer training and that she was off two inhalers. She just uses her Xopenex inhaler before soccer practice. She also said that she had no serious allergies last fall. Dr. Hunninghake saw her recently and she noted that she is continuing to improve. 

CENTER UPDATE

Health Hunter celebrates its 20th anniversary


"April showers bring May flowers." Well, that is wrong—at least it was wrong on April 5. That was the day of the Health Hunter Open House to celebrate its 20th anniversary.

It started snowing in the morning. Yes, I said snowing on April 5. It kept on snowing and began accumulating in the early afternoon. I was sure that we would have no one attend the open house because snow in April is as scarce as hen's teeth. It rarely, if ever, happens.

About an hour before the Open House was scheduled to begin, I wandered over to Dome 2 where preparations were underway for the gala. Barbara and Dean had hung the *Health Hunter Newsletters* in rows by the year, tables were set up with tablecloths in place, and chairs were in place around the walls. We started blowing up balloons and set out rows of small slices of a delicious carrot cake in preparation

for the people to come. I was sure we would have to eat all of the cake as it continued snowing outside.

When the starting time for the Open House came around, no one had come in. About three minutes later one person came up from the library where he had been waiting for the Open House to begin. Then another person showed up. Well, that at least makes the drawing for prizes a little more competitive. Then two more came.

Soon, we had a big crowd talking, eating cake, and drinking punch. As the Open House ended, we had had a good crowd, only had about six pieces of cake left over, and all the punch was gone. The people enjoyed themselves, ate cake, read the *Health Hunter Newsletters* hanging on the wall, and talked to each other and to The Center staff. ...and the snow kept falling and the accumulating continued. 

Answers from page 4

- 1 b. About the size of a walnut and weighing less than a grape, your two adrenal glands sit on top of your kidneys.
- 2 a. They are centrally located and have an important effect on the way you think and feel.
- 3 a. Hydrocortisone is used for swelling, inflammation, allergies, cancer, viral infection, and immune and autoimmune diseases.
- 4 d. The hormones secreted by your adrenals also normalize blood sugar regulation and help maintain proper cardiovascular and gastrointestinal function.
- 5 c. These hormones have a host of physical, emotional, and psychological effects, from the level of your sex drive to the tendency to gain weight.
- 6 b. The more chronic the illness the more critical the adrenal response becomes.
- 7 b. Chronic lack of sleep is a health hazard and can slow healing and prolong the recovery period. [H]

SPECIAL DISCOUNTS

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 CDs: Regular Price—\$14.95; Health Hunter Price—\$13.45
 DVDs: Regular Price—\$14.95; Health Hunter Price—\$13.45

ADRENAL FATIGUE

James L. Wilson, N.D., D.C., Ph.D.
 Although there has been a plethora of books to improve your health, few have described the not-uncommon problem of weak adrenal gland function. This problem has been primarily overlooked. Softcover book. Regular Price: \$14.95; Health Hunter Price: \$13.45

DIET AND BEHAVIOR: WHAT CAN MAKE YOUR BRAIN A TOXIC DUMP?

by James Jackson, MT(ASCP), Ph.D.
 Are junk food, food allergies, and environmental toxins affecting your life? ADHD, autism, OCD, oppositional defiant behavior, and depression have become rampant in today's children. Dr. Jackson discusses the cause, diagnosis, and helpful hints to improve brain function.

THE FOOD PHARMACY II with Chad Krier, N.D., D.C.

Many common nutrient deficiencies are seen on laboratory testing. Can we get adequate nutrients from eating common foods? Nutrients are known to affect various disease states. Foods are nutrient powerhouses complexed in a unique fashion. Find out how foods can help treat illnesses as we explore the use of various foods for healing common conditions.

AGING BONES

with Rebecca Kirby, M.D., M.S., R.D.
 Bones undergo constant remodeling. Mineral density of bones naturally declines with age. There is a lot more to healthy bones than just calcium and vitamin D. Learn the whole story for maintaining healthy bones and reducing your risk of fractures.

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Upcoming Events. . .

Lunch & Lectures:

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"

Watch for the new Lunch & Lecture Series
which will begin in late June.

Cocoa powder reduces LDL oxidation and increases HDL cholesterol

A study was undertaken by Seigo Baba of the Food and Health R&D Laboratories in Japan and colleagues to find out if cocoa powder would lower oxidized low-density cholesterol (LDL) that cause plaque in blood vessels causing heart disease. In this study, they had subjects drink 26 grams of cocoa powder mixed with 12 grams of sugar in water twice a day for 12 weeks.

At the end of the study, they discovered that "daily intake of cocoa powder decreased the susceptibility of LDL to oxidation and increased HDL-cholesterol concentrations in the [blood] plasma in human beings." They went on to say consuming cocoa, tea, wine, fruit, and vegetables should reduce arteriosclerotic disease.

- The new patient experience
- How about this weather?
- Test of the Month: Magnesium
- Kindness makes a difference

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