

# Alternative approaches for treating children and teens with mental disorders

by Mary Braud, M.D.

**T**oo many parents face the dilemma of medicating their children. Problems with school, difficult behavior at home, depression, anxiety, and suicidal behavior are only some of the reasons that prompt parents to seek professional help for their children. When needing this kind of help, most parents are overwhelmed and don't know how to proceed.

***Alternative health care providers are more likely to pursue finding a cause.***

The purpose of this article is twofold. It is meant to provide parents with an explanation regarding how to obtain a mental health evaluation and to serve as an introduction to alternative treatments for children or teens with learning, behavioral, or emotional disorders.

Mental health assessments can be conducted by psychiatrists, psychologists, and other therapists. While most therapists are trained to work with people with a variety of conditions, some decline to pronounce diagnoses and refer patients to other professionals if this information is required. Some primary care providers, such as pediatricians and family physicians, treat children and teens with emotional or behavioral problems. This is typically not an area of expertise for such providers, and they may lack the experience needed to make an accurate diagnosis. While it may be necessary to begin treatment under the care of a primary

care provider, a mental health evaluation should be obtained whenever possible.

Even with the help of a psychiatrist or psychologist, it can be difficult to obtain a clear answer regarding a diagnosis. There are no definitive laboratory tests used in psychiatry to guide this process. Instead, mental and emotional disorders are diagnosed based upon the presence of certain symptoms, their severity, and duration, in addition to other criteria. These criteria and symptoms can be interpreted differently by different providers, a fact that leads to great confusion for families at times. Conventional providers do not aggressively seek to determine the cause of any mental or emotional symptoms. Many mental disorders are presumed to have a genetic link, so it is expected to have the same disorder appear in subsequent generations. Alternative health care providers are more likely to pursue finding a cause, whether it be a nutritional deficit, hormonal imbalance, or gastrointestinal dysfunction.


Conventional mental health treatment includes both medication and psychosocial treatments or therapy. Medications alone are generally insufficient to produce lasting and substantial changes in behavior, thoughts, or feelings. Sometimes, the benefits of therapy are passed over by families who are unaware of its potential to influence change. Finding the right therapist to help your family can be complicated, however. Get references from people you trust. Be prepared to interview any

*continued on page 2*

# Vitamin D in southern Arizona found low

Vitamin D is the sunshine vitamin—this means that sun shining on your skin helps produce vitamin D. It is also known that people living in southern Arizona receive more direct sunshine each day than people living in Minneapolis, Minnesota, especially in the wintertime. So one would expect people in southern Arizona to have excellent vitamin D levels.

This is not true, according to a report in *The American Journal of Clinical Nutrition*. “Despite residing in a region with high chronic sun exposure, adults living in southern Arizona are commonly deficient in vitamin D, particularly blacks and Hispanics,” wrote Dr. Elizabeth Jacobs and colleagues.

The researchers checked vitamin D levels in the blood of 619 participants and had them record the amount of time spent indoors and outdoors. They found that about 25% were low in vitamin D. So, you may need to take supplemental vitamin D, especially in the winter. 

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## Alternative approaches—Cont'd from page 1

your child or teen to meet with them. Ask about their approach, get to know their style by meeting them in person, and be certain you feel comfortable before beginning treatment. Therapy, by its nature, involves change and thus may not always be comfortable. It should not be confrontational, however. If you feel you are being pushed to do things that do not fit for your family, seek help elsewhere.

Mainstream mental health professionals are typically unaware of the benefits of alternative and complementary treatments. Some are opposed to their use, and this can create conflict for families who want to avoid or minimize the use of medication. This is unfortunate for both families and children. While much remains to be done in order to prove the effectiveness of alternative treatments, there are effective alternatives that are safe and well-tolerated. Because information and access to professionals who are knowledgeable is limited, it is parents who must ultimately decide whether to utilize an alternative form of treatment. To be avoided are those providers of alternative care who insist their therapy is the only treatment, those who claim to help every patient, or those who insist that other therapies cannot be used simultaneously.

The field of nutrition has much to offer in the way of alternative and complementary treatments for emotional and behavioral problems. At The Center, treatment with nutrition is done with the guidance of laboratory assessment. This is ideal because treatment can be targeted to an individual's specific needs. Experts in the field of nutrition know that individual requirements for nutrients can vary widely. Levels of nutrients can vary from one person to another or even, over time, as a result of differences in absorption, metabolism, utilization, and excretion.

The nutrient that is most widely studied and likely to be of help in more conditions than any other is omega-3 fatty acids. These fats are critical for brain development and are essential, meaning they must be obtained in the diet. Most Americans do not consume enough, and it safe to presume a deficiency for anyone who does not eat fish often or

take supplements. This affects American children from the womb, since their mothers are also deficient. The amounts used in treatment studies range widely. What seems clear from this research is that higher doses may be needed to obtain noticeable improvement in a short time, and this may play a role in those studies that don't show positive results. The brain competes with every other cell in the body for these fats when they are included in the diet. Higher doses satisfy the body's hunger for them more rapidly. Improvements in behavior or mood will appear only when adequate amounts in the brain have accumulated.

Iron is another nutrient that may produce significant improvement when there is evidence of deficiency. In a study of children presenting at a pediatric clinic, iron deficiency was found in 84% of children with ADHD symptoms and only 18% of children who did not have behavior problems. These children did not have anemia, but they did have inadequate iron levels in their bodies. Their iron levels were assessed by measuring a protein in the blood responsible for transporting iron, which is a very sensitive measure of iron in the body. Supplementation with iron produced significant improvement in ADHD symptoms for those children with low iron levels.

Other nutrients can play a role in mental disorders. The B vitamins are all very important in brain health. The minerals zinc and magnesium are also vital for regulating moods. All nutrients work together to allow the body to create the chemical messengers used by the brain, which are known as neurotransmitters. Many Americans do not consume adequate amounts of these nutrients from their diets, especially if they are eating processed foods and fast food.

The link between the health of the gut and the brain may not be obvious to many, but it can be very important. Hidden food allergies, abnormal numbers or types of intestinal bacteria, and changes in digestion due to stress are only some of the possible disturbances in digestive function that can play a role in brain health. It is best to consult with a health care provider familiar with nutritional

*continued on page 3*

## HEALTH HUNTERS AT HOME

### Weight loss and cardiovascular disease

medicine to determine if these problems are involved in your child's behavior.

While a link between sugar consumption and behavior has not been proven, several studies now show a link between consumption of food additives and behavior. This is further evidence to support parents in making the effort to avoid processed foods as much as possible. Choose foods that come in Nature's packages to avoid excess salt, sugar, flavorings, and preservatives. Whole foods provide higher levels of desired nutrients which nourish the body and brain.

Nutrition is far from the only alternative intervention that can be used to treat emotional problems. Mind-body medicine holds great promise for helping children and their families. It can have enormous impact to decrease the effects of stress. It is also useful for helping those who have experienced trauma or loss. The goal in mind-body medicine is to provide education regarding the link between our bodies and minds, as well as information about how stress can impact our health and behavior. With this understanding, children and teens can be given specific instructions, either alone or in groups, to learn how to manage their emotions, stay in control of their bodies, and improve their focus. When these skills are taught and practiced, children become better students, are less likely to engage in violence, and are better able to solve problems in all areas of their lives. Parents can ask if their therapist knows and teaches these skills. Other resources can be used if no one is available to teach these skills in person. There are books and audio CDs for all ages. Here are some suggestions: *Be the Boss of Your Stress: Self-Care for Kids* by Timothy Culbert and Rebecca Kajander, *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* by Dawn Huebner, and *Stress-Proofing Your Child: Mind-Body Exercises to Enhance Your Child's Health* by Sheldon Lewis and Sheila Kay.

Many other alternative treatments are available, but not all can be covered in this space. Please let us know if you have had a positive experience with another treatment for your child or if you have questions about some other therapy. [H]

Low carbohydrate diets, such as the Atkins Diet, are high in saturated fats and are popular weight loss diets. But are they safe for individuals who have cardiovascular disease (CVD) or its precursors?

Well, up until now, there was no research showing the low carbohydrate diet was either good or bad for the heart and its related blood vessels.

Now, a recent issue of *The American Journal of Clinical Nutrition* has a research report by Jennifer Keogh, M.D., and colleagues, that looks at the low carbohydrate diet (LC) and cardiovascular disease and endothelial (the thin inner lining of the blood vessels) function.

Obesity is associated with impaired endothelial function when it is checked by the blood vessel flow-mediated dilatation (expanding beyond normal). Increased flow-mediated dilatation (FMD) precedes the appearance of clinical CVD and is possibly involved in atherosclerosis. Not only is FMD a precursor of future heart attacks, its results are independent of other known risk factors. But the effect of weight loss on FMD is something that is controversial. Some studies have reported improvement in circulation and others either claim no improvement or a decline in the quality of the FMD.

Dr. Keogh and colleagues report that, "the main finding of this study was that weight loss with LC did not impair FMD or have any adverse effects on the other measures of endothelial function." To their knowledge this has not been reported previously.

They go on to say that they had previously found that FMD was reduced by 50% after eating a high saturated fat (20% of energy) meal in a weight-stable setting. But it appears that weight-loss may negate this adverse effect of saturated fat. Other dietary factors, such as eating walnuts and fatty fish, show beneficial effects on FMD.

So cardiovascular disease may be lessened by a low-carbohydrate diet, but what is a low-carbohydrate

diet? Low carbohydrate vegetables include broccoli, cauliflower, yellow squash, tomatoes, eggplant, mushrooms, green beans, red and yellow bell peppers, and asparagus—just to name a few of these vegetables. In short, as Dr. Ron Hunninghake says, "Eat all the colorful vegetables." This does not include the high-carbohydrate vegetables, such as potatoes, along with white flour, white rice, sugar, corn syrup, and processed and refined foods of all kinds.

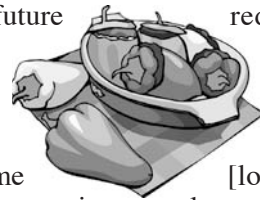
The other side of this diet is saturated fat. It recommends beef, chicken, fatty fish, cheese, and nuts. These are high in fat, but the carbohydrates in the diet are low in calories and you eat a lot of them. In short, the diet works well, you will lose weight, and you can maintain the weight loss through a maintenance program that is reasonably easy to follow.

Various other items were uncovered in this research project. For instance, the researchers said, "A reduction in carbohydrate in the diet with a concomitant increase in saturated fat has been shown to attenuate the expected increase in [low-density lipoprotein] cholesterol, which may help explain the reduction in [low-density lipoprotein] cholesterol seen in the present study." Those who were on the LC diet had a significant reduction in their low-density lipoprotein when compared with the slight increase for those on the control diet.

The researchers added, "In conclusion, short-term weight loss with the LC did not impair FMD. We observed beneficial effects on most of the traditional and new disease risk factors measured with both dietary factors."

This research, by the way, was performed in Australia where the researchers have had an ongoing interest in the low carbohydrate, high saturated fat diet—more so than in the United States. This research, along with many of the 65 references, sheds light on the diet. [H]

—Richard Lewis





## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Did you know that being overweight can be a factor in the development of diabetes? Diabetes usually does not happen overnight. Now we know that there is a prediabetic stage that calls for action to be taken before full-blown diabetes develops. The up-and-down of blood-sugar swings throughout the day increases your hunger jags, snacking, and overeating. Being overweight and prediabetic doesn't always go together. In fact, one fourth of thin people are also prediabetic. Personal nutrition coach and health author, Jack Challem and Ron Hunninghake, M.D., Medical Director of The Center for the Improvement of Human Functioning, explore the causes and cures for prediabetes in their book, *Stop Prediabetes Now*. They have included helpful strategies to improve your health with natural supplements that can help lower your blood sugar. Included is advice on how to increase your physical activity while enjoying it. Sections on figuring out what food labels mean and how to shop at supermarkets give practical advice. The questions this month are taken from their book.

**1** Two factors characterize diabetes: abnormally high blood sugar (glucose) levels, either before breakfast or after eating, and abnormally high levels of \_\_\_\_\_.

- a. insulin
- b. pancreatin
- c. DHEA
- d. glycotoxins

**2** In prediabetes both of the above levels have begun to creep up. Other names for prediabetes are impaired fasting glucose, impaired glucose tolerance, hyperinsulinemia, hypoglycemia, metabolic syndrome, and \_\_\_\_\_.

- a. impaired melatonin
- b. metformin syndrome
- c. Syndrome X
- d. Zyprexa

**3** If you are glucose tolerant, your body can deal with large amounts of sugars and carbohydrates. If you have been diagnosed as being glucose intolerant, you are considered to be prediabetic.

- a. True
- b. False

**4** Body proportion is a good guide to determine if a person is prediabetic. Some people gain weight in their buttocks, while others gain weight around their belly. Belly fat results from two types of fat deposits—subcutaneous fat and \_\_\_\_\_ fat.

- a. omega-3
- b. visceral
- c. interesterified
- d. trans

**5** Glucose is the main fuel of the body and brain. Your body breaks down other types of sugar, carbohydrates, and protein into glucose. \_\_\_\_\_ in most vegetables, fruits, and some whole grains slows the digestion of starches and sugars.

- a. Protein
- b. Fiber
- c. Gunk
- d. Vanadium

**6** Insulin promotes the production of new tissue. It can stimulate the development of muscle. At high levels, insulin can change from the production of muscle to the production of fat.

- a. True
- b. False

**7** There are three medical tests that are beneficial in clarifying your risk of developing prediabetes. The tests are: fasting glucose test, fasting insulin test, and \_\_\_\_\_.

- a. white blood count
- b. vitamin C level
- c. red blood count
- d. hemoglobin A<sub>1c</sub>

• FOR ANSWERS, SEE PAGE 7 •

## Test of the Month

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


### Lycopene

Lycopene is a carotenoid that gives red color to tomatoes, guava, rosehip, watermelon, and pink grapefruit. Lycopene concentration in tissues is the highest of any of the carotenoids. The liver, lungs, prostate gland, colon, and skin have the highest levels of lycopene. It is a proven antioxidant and helps neutralize free radicals, or oxidants.

Research has shown that lycopene can be absorbed more efficiently if tomatoes are processed into juice, sauce, pasta, and/or ketchup. When tomatoes are heated (cooked especially in oil) lycopene is concentrated and the heat converts the lycopene to a form that is more easily absorbed by the body. A summary of lycopene in different forms is shown below:

| Product         | Serving Size       | Lycopene (mg/serving) |
|-----------------|--------------------|-----------------------|
| Tomato Juice    | 1 cup 240 mL       | 22.5                  |
| Tomato Ketchup  | 1 tbsp 15 mL       | 2.9                   |
| Spaghetti Sauce | ½ cup 125 gms      | 20.0                  |
| Tomato Paste    | 2 tbsp 30 gms      | 8.8                   |
| Tomato Sauce    | ¼ cup 60 gms       | 9.6                   |
| Raw Tomato      | 1 med 148 gms      | 4.5                   |
| Cocktail Sauce  | ¼ cup 60 gms       | 7.3                   |
| Watermelon      | 280 gms 1/16 melon | 13.6                  |
| Pink Grapefruit | ½ medium 154 gms   | 2.3                   |

Researchers have shown that as the concentration of lycopene in the blood goes up, the level of oxidized products goes down. Other studies have shown that high intake of lycopene-containing vegetables is inversely associated with the incidence of certain types of cancer: lower risk of digestive, prostate, lung, bladder, cervix, and skin cancers. It has been demonstrated in several studies that men in Italy have a significant decrease in the incidence of prostate cancer compared to men in England and the U.S.

So, unless you have an allergy to tomatoes or “night shade” plants (tomatoes, potatoes, egg plant, green peppers, and tobacco products) squeeze out that ketchup, spaghetti sauce, enjoy that watermelon, and think red, red, red! 

## A simple, inexpensive home organic garden

by Gary Branum, Ph.D.

It doesn't take much to grow your own organic produce. All you need is a small plot of land and the desire to grow. Organic gardening is beset with the same problems as mainstream agriculture—bugs, soil problems, weather, and weeds. However, the home gardener can control these problems with much greater ease than the operator of a large farm.

First, find a nice spot. Your garden spot will need at least 6 hours of direct sunlight a day. For the home gardener, it's best not to plant more area than you can take care of. You won't be able to produce all the vegetables your family will eat, but you can certainly improve the quality of your table.

Next, prepare the soil. For spring planting, add finished compost only. Turn the soil with a spading fork or a small tiller, then work as much compost as you can into the soil.


Form your plot into raised beds, about 6-10 inches high and about 3 feet wide, with about 2 inches between beds. This allows for better access to the plants and an area between the beds for walking.

Plant your vegetables. For a small garden, it's best to stick with one or two varieties of each vegetable. Buy seeds for root crops (beets, turnips, carrots, and radishes), and buy seedlings for everything else. Try to find organically grown seedlings, if possible.

Be sure to provide space in your garden for flowers and herbs. These will attract beneficial insects and will help keep destructive pests away.

When planting, be sure to plant seeds and seedlings at the proper depth, at the right time of year, and thin the seedlings to the proper distance. This information is available on the seed packet or at the website <http://www.oznet.ksu.edu/library/hort2/mf315.pdf>.

After the seeds sprout, add 2-3 inches of mulch around and between the plants. Mulch can be old newspapers, wood chips, grass clippings, or even plastic. Mulch traps moisture and helps maintain the ground temperature.

Water about 1-2 inches a week and watch your garden grow. Then, enjoy your fresh organic vegetables! 

# Herbal History

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


## Gallbladder herbals

In supporting the health of the gallbladder, two categories of herbals come to mind: Cholagogues and cholagogues. Cholagogues are known for increasing bile secretion by the liver and for increasing the solubility of the bile. The more soluble the bile, the less likely the bile will form stones. Cholagogues are known for stimulating the contraction of the gallbladder and promoting the flow of bile. The gallbladder is responsible for storing and concentrating the liver bile, releasing the bile when needed for fat digestion. Many bitter herbals work as both cholagogues and cholagogues.

Dandelion root (*Taraxacum officinale*), *Silybum marianum* (Milk thistle), *Cynarascolymus* (Artichoke), *Curcuma longa* (Turmeric), and *Chelidonium majus* (Celandine) are all herbals that benefit the gallbladder.

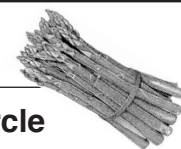
Dandelion root is widely regarded as the supreme liver tonic. It increases both the production and the

flow of bile. Milk thistle alters bile makeup, potentially reducing the risk of gallstones. Milk thistle extract may protect the cells of the liver by blocking the entrance of toxins and helping metabolize these toxins. Standardized Artichoke extract has proven effective for reducing nausea, abdominal pain, constipation, and flatulence (gallbladder symptoms). Turmeric contains the constituent curcumin which interferes with intestinal cholesterol-uptake, increases the conversion of cholesterol into bile acids, and increases bile acid secretion. Celandine acts as a cholagogue. Animal and in vitro studies have shown that the alkaloids in Celandine and the whole plant extract can relieve gallbladder spasms and stimulate an under-active gallbladder.

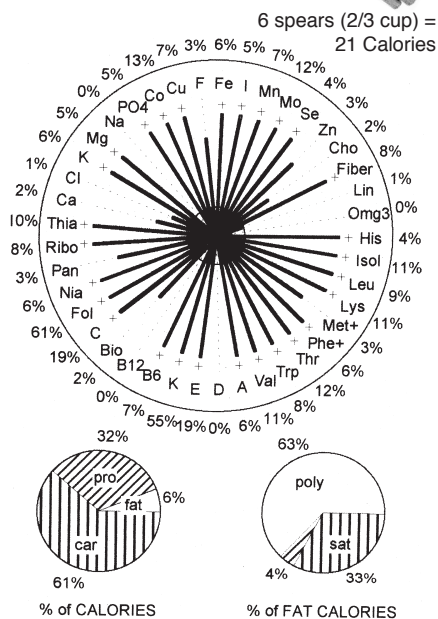
Most of the gallbladder friendly herbals improve the health of both the gallbladder and the liver while promoting digestion and improving the body's detoxification mechanisms. 

# Food of the Month


by Donald R. Davis, Ph.D.



## NutriCircle

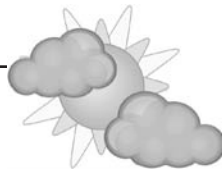


**ASPARAGUS** spears are fast-growing sprouts of stalks that would become six-foot tall and inedible if we let them. Like other vegetables, they are extraordinarily rich in nutrients compared to calories. Only 21 calories (about 1% of daily needs) supplies 5% or more of the recommended intakes of nine vitamins, nine minerals, fiber, and seven of the nine essential amino acids (3 o'clock to 5 o'clock). Folic acid and vitamins C, E, and K stand out (6 o'clock to 8 o'clock).

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). 

# Mental Medicine

by Marilyn Landreth, M.A.



## Power of words

Have you ever had a stretch of time that made your days seem as gray and cloudy as the weather—machines don't want to do what you want them to do; your timing, electricity, or something is not right; the more you try, the harder it is to accomplish anything?

The last couple of weeks have been that way for me. The computer didn't work the way it has always worked in the past. We couldn't connect with the internet or send and receive emails. It was enough to slow down and then grind to a halt any progress.

Having help from our children without asking them always lightens the load: our son helping his father construct our patio; my favorite daughter-in-law (I only have one) taking a great deal of her precious time to make memory books for us; our daughter filing her grandmother's income tax. All these helped tremendously.

Little communications with others can turn gloomy days around. Yesterday I was working with a young man. After we had completed our tasks he turned to me and asked, "Are you a K-State fan or a KU fan?" This was just after KU had won the National Basketball Championship. I told him, "I probably shouldn't admit this right now but I am a K-State fan." He gave me a thumbs up sign and said, "So am I." It seems like such a simple conversation, but for the moment we were kindred spirits.

Something nice happening to one of my friends can lift my spirits. "I've sold my house," one of my friends said with a big smile and a gleeful note to her voice. Her house had been on the market for several months and she had almost given up on selling it. Sharing her joy with me brought a smile to my face. [H]

## Case of the month

A 61-year-old woman first came to The Center in May of 2007. She wanted to correct the feeling of a charley horse in her biceps and chest, aching knees, weakness in her legs, general fatigue, high cholesterol, hypertension, acid reflux, and hearing loss. These had been going on for quite a while.

She saw Rebecca Kirby, M.D., for her initial appointment that lasted over an hour. At the end of the appointment, Dr. Kirby suggested the following laboratory work: coenzyme Q10; CRP-hs; homocysteine; vitamins A, C, E, B12, and folate; vitamins B1, B2, B3, B5, and B6; vitamin D; red blood cell magnesium and zinc; candida; chemistry profile; red blood cell essential fatty acids; lipid profile; and standard cytotoxic list—all in the blood. In the urine, Dr. Kirby suggested doing an indican test, potassium to sodium ratio, pyrroles, and a urinalysis, plus vitamin C tests. She did all of these and continued the daylong examination. She also received a magnesium injection that day.

When she returned for the laboratory results, Dr. Kirby suggested that she eat more yogurt; start Enteropro (a refrigerated probiotic); eat Ryvita crackers (rye crackers) and brown soda bread; start taking B50 complex, Emergen-C, coenzyme Q10 tablets, and Pro EPA (a fatty acid); increase the Cal-Citrate to two at bedtime; and try smoothies made of yogurt, fruit, and ice. She started these.

When she returned a month later, she said that there was no change in her, but she wasn't as exhausted. Two months later she said that she was much improved. Her energy was better. Even her work friends said that her energy was coming back. Her urine Indican test had improved from a +3 to a +2, which is still not quite in the normal range but better. She continued to improve through 2007 and into 2008.

When she came in April 2008 for a magnesium injection and an appointment with Dr. Kirby, she said that, "I am doing so much better and I don't think I would be here at all if I hadn't come to The Center." [H]

## CENTER UPDATE

### A daily dose of walnuts

Dr. Riordan often recommended English walnut tea to combat depression. He would have the person steep one half of an English walnut in a cup of hot water for a few minutes and then drink it as you would a cup of tea. When you finish the cup of tea, you would eat the walnut in the bottom of the cup. It worked, too.

Walnuts have been used for centuries. The ancient Romans regarded walnuts as the food of the gods. In Medieval times, walnuts and other tree nuts were considered easy to digest. People in the 16<sup>th</sup> and 17<sup>th</sup> centuries used walnuts to treat head ailments, induce calm, and boost intellect.

Even though black walnuts (*Juglans nigra*) are native to North America, the English walnut (*Juglans regia*) dominates the marketplace in America. The English walnut actually comes from Persia. The English part of the name comes from the mariners who trans-

ported walnuts around the world in trade when sailing ships were the norm.

Walnuts are the only nuts that have a significant supply of the omega-3, alpha-linolenic acid (ALA) that has several health benefits. Just one ounce of walnuts will easily satisfy the suggested daily intake of ALA. It won't hurt you to eat more than one ounce of walnuts a day.

Walnuts are good for your waistline, too. Just like most nuts, walnuts are rich in unsaturated fat, the beneficial type. If you keep calories in balance with exercise, walnuts won't add inches to your waist, according to scientific research.

A recent European research study that involved 400 subjects at risk for heart disease found that eating an ounce of nuts a day (half as walnuts) reduced the bad cholesterol.

So, it is good to eat your walnuts. [H]



Answers from page 4

- 1 a. Insulin is a hormone that normally helps your body use the sugar in your blood.
- 2 c. Another name is insulin resistance syndrome. Doctors may use any of the correct names listed as well as Syndrome X.
- 3 a. Sugar intolerant and carbohydrate intolerant or sugar sensitive and carbohydrate sensitive may be more accurate terms.
- 4 b. Subcutaneous fat is stored under the skin of the belly and visceral fat is intertwined around the organs in the midsection.
- 5 b. This leads to a gradual increase in blood sugar. The more stable your blood sugar, the less likely you will experience hunger jags.
- 6 a. It can produce fat around the belly, which is why it is considered a fat-storage hormone.
- 7 d. This test looks at how blood sugar has damaged proteins in your blood and is measured as a percentage. The risk of health problems increases as the HbA<sub>1c</sub> increases. H

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; Health Hunter Price—\$7.16  
 Video Tapes: Regular Price—\$9.95; Health Hunter Price—\$8.95  
 CDs: Regular Price—\$14.95; Health Hunter Price—\$13.45  
 DVDs: Regular Price—\$14.95; Health Hunter Price—\$13.45

**STOP PREDIABETES NOW** by Jack Challem & Ron Hunninghake, M.D. Obesity has reached epic proportions. Research indicates that being overweight contributes to the mounting number of people with prediabetes. The authors explain how the foods you eat contribute to food cravings and increase weight while boosting blood-sugar levels. Hardcover. (\$24.95 HH price \$22.46)

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# Upcoming Events. . .

## Lunch & Lectures:

### May:

- 8 Supporting the Health of the Gallbladder Naturally: Part 2
- 15 Healing the Body with the Mind
- 22 The Newest Methods in Organic Pest Control

Watch for the new Summer Lunch & Lecture Series beginning in June.



## Eggs are great

For decades, eggs have been accused of being a cause of atherosclerosis and other heart problems, but you may have noticed that eggs for breakfast keep you satisfied all morning long. This happens because an egg is high in protein and has 75 calories, along with many nutrients.

The average egg contains vitamin A to help maintain your immune system. It includes the B vitamins, including folate, that are critical for building cells, and vitamin D for your bone health, as well as calcium absorption. In addition, it has vitamin E as an antioxidant to protect against free radicals and zinc to help with your absorption of protein. Eggs are a well-balanced food.