

Health Hunters

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NEWSLETTER

MAY 2009

Preventing kidney stones

by Donald R. Davis, Ph.D.

In the United States about one in seven men and one in fifteen women will be affected by kidney stones during their lives. Nearly all kidney stones grow from substances normally present in urine, caused by lack of other substances that prevent stone formation. Most stones pass spontaneously, sometimes without notice, but they can be extremely painful and debilitating. Fortunately, those that don't pass by themselves can be removed by various means, though at significant cost and risk. Recurrences are common, but much has been learned about prevention. Here I highlight key findings, some of which are poorly known.

Topping the list of successful measures [for prevention] is drinking plenty of fluid, preferably water.

About 80 percent of kidney stones are composed of calcium oxalate, sometimes with phosphate. The calcium and phosphate come from diet, but the oxalate usually comes about equally from diet and internal synthesis. Everyone's urine is capable of forming calcium oxalate stones, but stone initiation and growth normally are prevented by inhibitors that interfere with calcium's ability to combine with oxalate. The known inhibitors include citrate, phytate, and magnesium.

Citrate Inhibitor. Normally we excrete about 500 to 800 mg of citrate daily. It comes mostly from internal synthesis, with usually little from diet. Deficient

excretion is estimated to cause about one-third of calcium-containing stones. Low excretion results primarily from excessively acid urine, which causes citrate to be metabolized by kidneys. The main remedy is to increase urine pH to the desirable range of 5.5 to 6.0. However, dietary or supplemental citrate can help. Potassium citrate is a prescription drug widely used to increase urine pH and citrate. Unfortunately, it tends to cause gastrointestinal irritation, despite divided doses of 6 to 12 slow-release tablets daily. Side effects, inconvenience, and cost cause many patients to abandon this drug, which needs to be taken for life if more natural remedies are not used.

The most natural ways to increase urine pH and citrate are by reducing meat consumption or by balancing its acidifying effect with alkali from increased intakes of vegetables, fruits, and whole grains. Orange juice, or preferably the whole fruit, seems especially promising as a source of both alkali and citrate. Citrate in lemons seems less beneficial, and grapefruit unexpectedly increased stone risk in some studies. Also, there are available nutritional supplements of calcium citrate and magnesium citrate that increase urine pH and citrate with far fewer side effects than potassium citrate.

Phytate Inhibitor. Phytate is the major form of phosphate in plant foods. It is especially rich in whole grains, beans, and nuts. Phytate is best known for reducing intestinal absorption of some minerals. But its mineral-binding abilities are beneficial too, including

continued on page 2

Should we screen for prostate cancer?

Screening for prostate cancer seems sensible, but there is a downside. Most screening-detected cancers grow slowly and harmlessly. Treating them benefits only a few men, usually 10 or more years later, while those who choose treatment face immediate risks of lifelong side effects from therapy. Long-awaited, early results from two large studies give less support to screening than proponents hoped. In 76,000 American men there was no mortality benefit after 6 years of annual screening, compared to "usual care" in which half the men had limited screening. A study of 162,000 European men compared screening about twice in 9 years with no screening. It found 7 fewer deaths per 10,000 screened men, a 20% decrease. Both studies continue. Meanwhile, researchers seek ways to distinguish those prostate cancers that treatment may help from the majority that is best left untreated.

—*New Engl J Med* 2009; 360:1310, 1320, [H]

Inside this issue...

Make yourself a priority.	2
The secrets of Chinese longevity.	3
Information worth knowing.	4
Test of the Month—Essential fatty acids	4
Learning and eating.	5
Do it Yourself Detox—Glycine.	5
Food of the Month—Halibut.	5
Rhythms of life.	6
What is a heidelberg?.	6
Case of the month.	6
Special discounts.	7
Upcoming events.	8
Promising treatment for severe food allergies.	8

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Nutritional Medicine

by Rebecca K. Kirby, M.D., M.S., R.D.

Make yourself a priority

Take pause and give consideration to what stress can do to your body. Then take pause and release that stress. Seventy to 90% of visits to doctors are for stress-related ailments or complications. OSHA has declared stress a hazard in the workplace.

The human body has a very elaborate response to stress that includes the release of neurotransmitters that impact a plethora of systems in the body. This fight or flight mode (sympathetic nervous system) enabled us in more primitive times to run from danger or defend ourselves. So, now that we have survived the saber-tooth tiger, do we have less stressors? That, of course, is a redundant question.

Today, the stressors are ongoing. Whether it is bad news, worries about money, relationships, obligations, (or taxes), we can continue to be in a type of fight or flight mode. What this means to the body is that it continues to be washed with the neurotransmitters and hormones that keep the muscles tense, the blood pressure up, the digestion slow, and the blood sugar and insulin

elevated. This may spell hypertension, hyperglycemia (prediabetes), obesity, depression, muscle tension, and more.

What to do? The body has a mechanism to dampen down the overdrive; it is called the rest and digest maintenance system (parasympathetic nervous system). The good news is that this system can be activated through relaxation techniques! Our goal, therefore, is to learn to handle stress (it will always be with us) and de-stress.

There are many methods to achieve this goal and many techniques. Discover something you enjoy doing that works to help you relax. There is exercising, stretching, yoga, and gardening. Also, you may enjoy listening to music, petting your pet, hobbies, laughing, meditation, or prayer. You can do biofeedback to concentrate on relaxing certain muscle groups or take an epsom salts bath, just to name a few ideas. Get a good night's sleep to help recharge the system and don't forget to breathe. Remember the glass is half full. [H]

Preventing kidney stones—Cont'd from page 1

preventing cancer and calcium stones. Some phytate is absorbed intact and excreted in urine. There, it seems to function like citrate. A Spanish study found that urinary phytate averaged about 40 percent lower in stone formers than in healthy controls. In a large study of U.S. nurses, there was a 37 percent reduced risk of kidney stones in those who consumed relatively large amounts of phytate.

Magnesium Inhibitor. Magnesium in urine reduces the ability of oxalate to combine with calcium. Further, dietary or supplemental magnesium (with meals) hinders intestinal absorption of oxalate and sometimes reduces excessive absorption of calcium. Magnesium-rich foods and supplements also help raise urine pH and citrate. Several studies with magnesium supplements

(as the oxide or hydroxide) have found at least some decrease in stone formation. Magnesium citrate has the advantages of superior solubility and its citrate content. Large doses of magnesium are used as a laxative. Even modest supplements sometimes have a similar effect that can be countered by combining calcium with magnesium.


Other Measures. Besides getting enough stone inhibitors, several other measures have been used to prevent kidney stones. Some work well, but others are questionable or wrong. Topping the list of successful measures is drinking plenty of fluid, preferably water. Fluid dilutes the stone-forming substances in urine. Doctors commonly recommend sufficient fluids to produce two quarts of urine per day.

continued on page 3

Another measure is to get plenty of dietary calcium. Until recently, doctors recommended the opposite, reasoning that dietary calcium increases urinary calcium and, thus, the tendency to make calcium stones. We now know that dietary calcium, or supplemental calcium *taken with meals*, has another, more powerful effect. It combines with dietary oxalate in the intestines, thereby blocking absorption of oxalate that would otherwise appear in urine. Three large studies of men and women have all found that stone risk decreases as dietary calcium increases (mostly from dairy sources). However, calcium supplements probably do not help, or may increase stone risk if they are not taken with meals.

Some recommend restricting oxalate-containing foods such as spinach, other greens, carrots, green beans, sweet potatoes, peanuts, and chocolate. However, the amounts in individual foods are quite variable in amount and absorbability. So, tables of oxalate in foods have low relevance. Further, the many oxalate-containing foods have multiple virtues, including stone-preventing qualities. The better approach seems to be minimizing oxalate absorption with dietary and supplemental calcium and magnesium (with meals) and creating urine conditions unfavorable for stone formation. Those who make excessive oxalate may be able to reduce internal synthesis with vitamin B₆ supplements of 10 to 100 mg per day.

Claims that vitamin C supplements should be avoided are based on flawed experiments or speculation. Large studies in men and women have found no evidence of harm from supplements of over 1.5 grams per day.

More information is available in a video presentation by the author, "Preventing The #2 Worst Pain: Kidney Stones," available for viewing in the Center's Mabee Library or for purchasing in the Gift of Health. 

The really happy person is one who can enjoy the scenery when on a detour.

—Unknown author

HEALTH HUNTERS AT HOME

The secrets of Chinese longevity

by Xiaolong Meng, M.D.

According to the World Health Organization (WHO) reports, seven of the world's 10 most polluted cities in air quality were in China in 1998, and the total expenditure on health per capita in China in 2006 was only \$342 (vs US \$6714). However, the life expectancy in China in 2006 reached 72/75 (years, m/f). These numbers were even higher in some big cities like Beijing and Shanghai in 2005 (>78/81, vs 75/80 in the US in 2006). Why do the Chinese live so long in relatively worse environments and with lower health expenses?

If you travel in Beijing, you will see thousands of people doing various morning exercises in parks, such as Tai Chi, Chi Gong, singing, dancing, playing games, etc. People group together by interests or even by diseases such as cancer. Anyone can join or leave any group freely. Most people are over 40 years old. The exercises are usually moderate or slow and take about 1-2 hours. Many people knead and massage special points or areas during their exercises. People also talk and laugh. The benefits of the exercises are not only in burning calories but also in breathing fresh air, strengthening muscle tone and bone density, reducing stiffness, social interaction, and enhancing mood. All of those are good for underlying wound healing, leading to longevity.

Chinese medicine was a black box system developed over thousands of years. People noticed various effects depending on what they ate and used the knowledge to treat and prevent diseases. This system also benefits the longevity of the Chinese at low cost after acute diseases are treated by modern medicine. One part of it is the balance of the cold-heat syndrome differentiation of the body by food attributes. In Chinese medicine, the major symptoms of cold syndrome include aversion to cold and preference for warmth, inability to taste, cold limbs, clear and profuse urine, and loose stools. On examination, there is a pale tongue with a white moist coating. Symptoms of heat syndrome include fever, sweating, irritability, a thirst preference for cold drinks, constipation, deep yellow scanty urine, and the tongue is red with


a yellow, dry coating. Foods are also classified into cold/cool, hot/warm, and neutral attributes.

Cold/cool foods include wheat, crab, oyster, apple, orange, strawberry, grapefruit, banana, kiwi fruit, watermelon, cantaloupe, tomato, celery, spinach, lettuce, cauliflower, cucumber, green tea, honey, and salt.

Hot/warm foods include chicken, shrimp, mussel, catfish, trout, peach, apricot, lemon, papaya, walnut, cherry, onion, ginger, garlic, hot pepper, black tea, coffee, and wine.

Neutral foods include rice, corn, barley, potato, sweet potato, pea, lentil, bean, oat, pork, egg, milk, soy milk, yogurt, salmon, plum, pineapple, grape, olive, sunflower seed, pumpkin seed, peanut, hazelnut, carrot, cabbage, dry mushroom, vegetable oil, and sugar.

Neutral foods are good to eat all of the time. Cold/cool foods are good for heat syndrome but should be avoided for cold syndrome. Hot/warm foods are good for cold syndrome but not for heat syndrome. Neutral foods are good for all seasons. Cold/cool foods should be avoided in winter and hot/warm foods should be avoided in summer. It is better to eat cold foods as little as possible especially if a person is middle aged or elderly. If eaten, take them with some hot foods, such as ginger, garlic, hot pepper, wine, or black tea.

In the Western diet, foods are appraised for their vitamins, minerals, proteins, carbohydrates, calories, and fiber. However, those might not be enough for our health since our normal cellular metabolism needs not only enough essential nutrients but also the balance of thousands of molecules. Different foods may affect the metabolism of different proteins, enzymes, hormones, and neurotransmitters. Due to the complexity, modern science has figured out only a small part of the molecular metabolism influenced by foods. Therefore, Chinese medicine based on the black box system is still useful today. Of course, it is not a precise system. A food good for one may not be good for another, but the Chinese love to try it for longevity. 

INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

As we discussed in last month's "Information Worth Knowing," the digestive system plays an important role in total body health. As time goes by, we are finding more and more how important the digestive system is in protecting us from microbes and toxic substances. It also plays a role in how well our immune system works by providing the first line of defense. It acts as a barrier between the bloodstream and substances that should not enter the bloodstream. Elizabeth Lipski, M.S., C.C.N., gives valuable information about this syndrome in her book, *Leaky Gut Syndrome*. She is a clinical nutritionist who has worked in the field of nutrition since she received her master's degree in 1979. She is also certified by the Clinical Nutrition Certification Board and has many other roles in the nutrition field. Ms. Lipski's approach is from a biological rather than a medical viewpoint – looking for the root causes of disease. Knowing what leaky gut syndrome is, what leads to its development, and what can be done about it are all discussed in her book. This is another small book that packs valuable information. The questions this month are taken from her book.

1 Leaky gut syndrome is really a nickname for a more formal term called _____.

- increased intestinal permeability
- intestinal dilations action
- absorption digestive action
- decreased action intestines

2 Our digestive system provides us with our most intimate contact with the environment. Our digestive tract is a _____ hose that runs from mouth to anus.

- 5 foot to 10 foot
- 12 foot to 18 foot
- 25 foot to 35 foot
- 50 foot to 60 foot

3 The intestinal tract has as many nerve endings as the spine and plays an important role in immune function.

- True
- False

4 Our digestive system would cover an area the size of a tennis court if it were laid out flat. It repairs and replaces itself every _____.

- three to five days
- two to three weeks
- six to nine months
- nine months to a year

5 You must be able to digest food by breaking it into tiny particles, absorbing the resulting food mash through the intestinal lining and into the bloodstream, bringing nutrients into the cells, and eliminating waste products through the kidney and bowels. Leaky gut syndrome is primarily a/an _____ problem.

- lack of water
- elimination
- lack of fiber
- absorption

6 Although it is called the small intestine, it is hardly small since if it were uncoiled it would average 30 to 40 feet in length.

- True
- False

7 It is impossible to discuss leaky gut syndrome without discussing another important organ. The _____ is the organ primarily responsible for converting toxic or harmful substances into safe byproducts that can be easily excreted.

- gallbladder
- liver
- appendix
- kidneys

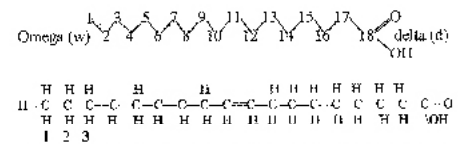
• FOR ANSWERS, SEE PAGE 7 •

Test of the Month

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

Essential fatty acids

Here is that word "essential" again. Well, as I have said before, there are about 45 nutrients that your body cannot make that you need in order to survive; hence, the word essential. Here are two more: omega-3 fatty acid (alpha-linolenic) and omega-6 fatty acid (linoleic acid). The omega-3 has the first double bond at carbon number 3 from the omega or methyl end while, as you may have guessed, omega-6 has the first double bond at carbon number 6. Humans only have an enzyme that will allow us to put the first double bond at carbon number seven.



This is a diagram of alpha linoleic acid-omega 3. Note that there are a total of three double bonds, making this a polyunsaturated fatty acid. Of course, if the first double bond was at carbon 6, it would be an omega-6. Amazing, isn't it?

To further confuse you, there are trans-fats and cis-fats. The naturally occurring and nutritional ones are in the cis-configuration. The fatty acid is actually bent at a double bond and the two hydrogens are on the same side. Confused yet? When a perfectly good polyunsaturated fatty acid is heated to high temperature (French fries, fast foods, margarine, shortening) the hydrogens at the double bond go to different sides, the fatty acid straightens out and acts like saturated fats, and they are hard for the body to destroy.

Our bodies use essential fatty acids for vital hormone functions, to construct membranes, create electrical potentials, and move electrical potentials. Omega-3 fatty acids (LNA) are found in flaxseed (50% LNA), hemp seed (20% LNA), canola (10% LNA),

continued on page 6

There is more treasure in books than in all the pirates' loot on Treasure Island and best of all, you can enjoy the riches every day of your life.—Walt Disney

from *The Writers Quotation Book*, edited by James Charlton

This book is part of the Mabee Library Collection.

Library hours: Monday – Friday 9 a.m. until 4 p.m.

Learning and eating

by Sue Eddy, Center Gardener

If you would like to eat a greater variety of vegetables but don't know tasty preparations for them, there's a cookbook for you. *Farmer John's Cookbook: The Real Dirt on Vegetables* is an entertaining, educational read. Farmer John heads up Angelic Organics, a community supported agricultural (CSA) venture, which is a partnership between food growers in the country and urban consumers, the shareholders in the farming operation. The farmer contracts with the consumer to provide vegetables throughout the growing season, so a relationship evolves in which both parties learn the needs and preferences of the other.

Farmer John's Cookbook is loaded with insights from growers, cooks, consumers, and pioneers in the Biodynamic Agricultural movement. Angelic Organics bases much of its philosophy of farming on biodynamics, somewhat of a forerunner to our current organic movement. Farmer John explains it as going "...way beyond...homeopathy. It takes into account the sky, the earth, the flowers, the birds, the orchard. Worms. Vegetables. Livestock. The manure from the livestock—totally important for building compost that's sort of a celestial beacon. Biodynamics covers everything a healthy farm can be, and it puts the whole thing together in a harmonious way."

Photographs throughout the farming season show robust young men and women sorting produce, working the soil, planting, and harvesting. On a single page you might discover a recipe, a quote from a cook on the farm, comments from the crew, and a day's journal entry from Farmer John. Here's one example from a cook: "Green beans used to bore me. They come into season at the same time as more assertive vegetables like tomatoes and sweet corn. It was easy to overlook the mild-mannered beans on the side of my plate." Or, "These, my friends, are the days of salsa and spaghetti, the days of pesto and sweet corn." These folks are genuinely connected to the land they work.

It isn't difficult to give this book a quick scan or to spend some time with it. It is available for reading in the Mabee Library. So, entertain yourself while you whip up something healthy. [H]

Do it Yourself Detox

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

Glycine – the detox nutrient

Glycine is an amino acid derived from protein food sources in our diet. We have the capabilities to make glycine in our bodies, so it is not viewed as an essential amino acid. However, because most proteins contain only small quantities of glycine, it can be important to supplement this amino acid for optimal liver detoxification functioning.

The liver is the primary organ of detoxification. It has two unique enzyme systems labeled phase 1 and phase 2. Phase 1 enzymes help turn fat soluble toxins into activated water soluble toxins. Phase 2 enzymes then bind onto the activated water soluble toxins to render them less toxic. The toxins can then be excreted through the urine or bile.

Glutathione (a tripeptide composed of three amino acids—cysteine, glutamic acid, and **glycine**) promotes the elimination of fat-soluble compounds, especially heavy metals like mercury and lead. Adequate levels of glutathione

are dependent upon adequate levels of glycine.

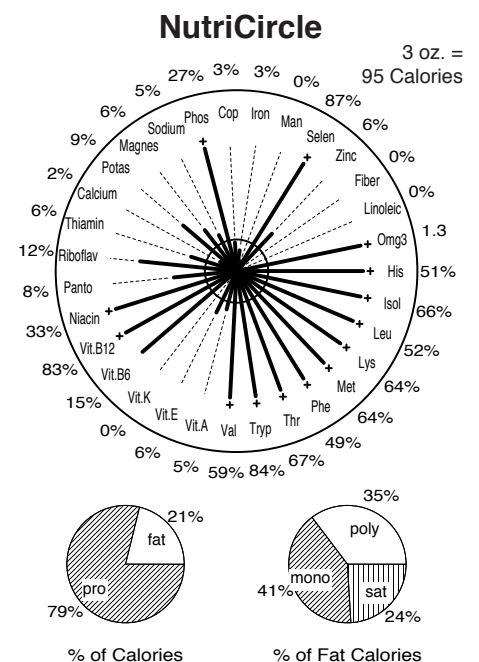
Several amino acids (glycine, taurine, glutamine, arginine, and ornithine) are used to combine with and neutralize toxins. Glycine is most commonly utilized in phase 2 amino acid detoxification. Patients suffering from liver disease, chronic arthritis, hypothyroidism, toxemia of pregnancy, and excessive chemical exposure are commonly found to have a poorly functioning amino acid conjugation system. In normal adults, a wide variation exists in the activity of the glycine conjugation pathway. This may be due to availability of glycine in the liver. Glycine and the other amino acids used for conjugation become deficient with low-protein diets and chronic fatty toxin exposure.

Glycine can be taken in powder or pill form in the range of 3,000-10,000 mg daily. [H]

Food of the Month

by Donald R. Davis, Ph.D.

HALIBUT from the north Pacific have been prized by Native Americans for thousands of years. Through careful management of the Pacific fishery, halibut remain a major crop and sport fish, but overfishing of Atlantic halibut has endangered their population. Halibut are large flat fish, averaging about 30 lbs but sometimes exceeding 400 lbs. When they are about 6 months old, one eye begins migrating from one side to the other, and the two sides change color for camouflage—white on the eyeless, bottom side and dark on the top side. A 3-oz. serving with skin contains 5% to 87% of the RDAs for 8 vitamins and 6 minerals, plus 570 mg of omega-3 fat and 19 grams of protein.



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.

Rhythms of life


Living in a location where we can experience the changing seasons of the year means that our view changes all the time. Every year waking up from a cold, dark winter to enter a joyful, bright, noisy spring gives new purpose and energy. Generally, with that new energy, it is easy to attempt to do more than we really have time to do, such as spring cleaning and planting a garden.

Attempting to do more than we actually have the time and energy to complete brings us to the next season, summer, when things begin to slow down. The days are longer and warmer, so we begin to slow the pace of life.

Then, in the fall, for a short time there is another burst of energy brought on from the temperature cooling down, the changing colors of the foliage, and the gradually shortening days. Fall is a time to get ready for winter by cleaning the house, stocking up on essentials,

and preparing for the short, dark days to come.

The changing seasons seem to mirror the cycles of life. We begin our journey through life emerging from nine months of darkness to the bursting of skills from learning to be a human and all that it entails. From the youth of spring we go to the adult years of starting the cycle for our children, earning a living, and being a good citizen. Then comes the years that we begin to slow down and appreciate the colors of our life. We evaluate what we have accomplished and what we want to accomplish in the short time we may have left before we enter the long, slow days of winter.

No matter where you are in your journey though the cycle of life, now is the time to appreciate the unique person that you are and what you have learned to share with others on their journey. 




Case of the month


This 58-year-old male first came to The Center in November of 2008. His main concern was asthma, difficulty sleeping, and frequent heartburn. The shortness of breath started in 2005 and asthma was diagnosed in 2006. He complained of fatigue after the breathing difficulties started.

The doctor ordered the following tests: co-enzyme Q10, CRP, histamine, and thyroid function. The vitamin B panel, lutein, vitamin C, and other vitamin levels were obtained. He also did the mineral panel plus candida, lipid profile, cytotoxic food tests, and urinary pyrroles.

His cytotoxic test showed high sensitivity to asparagus, cabbage, mushrooms, and onions. He started to remove those foods from his diet. The CRP, SGOT, cholesterol, and triglyceride levels were high, and fasting glucose was slightly elevated. Also, his vitamin B2 was low.

It was recommended that he start taking MSM powder. He also started getting vitamin B injections to improve his vitamin B level and to aid in his sleep problem. He started taking probiotics for his elevated candida level. Also, magnesium citrate, Emergen-C, vitamin D3, EPA, and DHA were added to help reduce the elevated triglycerides. Nystatin was also added for his elevated candida level.

At his follow-up visit, he said his sleep is good. He has stayed off the foods to which he is sensitive. He has more energy and now sleeps at least six hours every night. He hadn't slept well for 10 years. He also doesn't have to use his asthma inhaler as much as before. He has lost 10 pounds and is generally feeling better. He will continue the vitamin B injections and will be followed for further care. 

Essential fatty acids—Cont'd from page 4
beans (5-7% LNA), walnuts, and dark green leaves. This is only a small part of this subject. There are many more fatty acids with various functions, but I have “saturated” your brains enough for this issue! I hope you didn't get a headache trying to understand this. Our doctors order essential fatty acids quite frequently on patients with many suspected diseases. 

CENTER UPDATE

What is a heidelberg?

Heidelberg is a unique GI functional test that demonstrates a patient/co-learner's individual physiological status in the digestive tract pre, mid, and post challenge.

A large number of people have very little or no hydrochloric acid in their stomachs. The presence of hydrochloric acid and pepsin in the stomach is essential to initiate digestion of foods that we eat. Without adequate hydrochloric acid, malabsorption and reduced immunity can result.

The patient must be NPO (nothing by mouth) for 12 hours and must not have taken any pH blockers (such as Prilosec) for a minimum of 4 days prior to the test. The patient is asked to swallow a tethered capsule. A telemetry medallion is then placed around the patient's neck, resting over the stomach area, for the remainder of the test. The capsule is monitored via the medallion, and information is sent to


the computer screen.

Anyone with the following conditions could benefit from a Heidelberg:

- malabsorption
- IBS
- hyperacidity
- gas, bloating
- GERD
- dermatitis
- food sensitivities
- allergies
- any GI symptoms

Here are some resources that will help you learn more about the Heidelberg test:

— “Why Stomach Acid is Beneficial to You” by Chad Krier, N.D., D.C., Lunch & Lecture presented here at The Center.

— “Heartburn: A Naturopathic Perspective” by Chad Krier, N.D., D.C., Lunch & Lecture presented here at The Center. 

Answers from page 4

- 1 a. Increased intestinal permeability underlies an enormous variety of illnesses and symptoms.
- 2 c. Its function is to turn the foods we eat into microscopic particles that the cells can use.
- 3 a. The intestinal tract provides a barrier between the outside world and what actually gets absorbed into us.
- 4 a. The sloughed-off material contains enzymes and fluids which are recycled to help the digestive function.
- 5 d. Too many substances are allowed to pass from the intestinal lining into the bloodstream.
- 6 b. If uncoiled, the small intestine would average between 15 and 20 feet.
- 7 b. The liver acts as a filter for nearly everything that enters our bloodstream and changes toxic substances by converting them into a form that our bowels and kidneys can excrete. [H]

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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

LEAKY GUT SYNDROME

By Elizabeth Lipski, M.S., C.C.N.

Although leaky gut syndrome is not a disease, it can lead to other problems such as constipation and ulcers. Indirectly, it can lead to arthritis, chronic fatigue syndrome, food allergies and sensitivities, and migraine headaches. Soft cover. (\$3.95 HH price \$3.56)

NEW CANCER RESEARCH: VITAMIN C & ANGIOGENESIS

with Joe Casciari, Ph.D.

One of the keys to tumor growth is a process of making new blood vessels called “angiogenesis.” Some of our most recent research at the Bio-Communications Research Institute suggests that high doses of ascorbic acid (vitamin C) may affect the “angiogenesis” process. Hear the data as well as review The Center’s long experience with vitamin C, cancer, and angiogenesis research.

VITAMIN D TRUTH:

What Can It Do for You?

with Rebecca Kirby, M.D., M.S., R.D.
 Vitamin D can improve bones, muscle, skin, blood pressure, and diabetes and decrease your chances of cancer. Vitamin D also assists the immune system with better functioning. Learn more about the vitamin that acts like a hormone and its role in overall health.

YOUR KEY TO IMPROVED BRAIN FUNCTION:

Neurotransmitter Testing

with Mary Braud, M.D.

What do adult attention deficit disorder, insomnia, depression, chronic fatigue, and memory disorders all have in common? Imbalances in brain chemistry! Learn how to use individualized amino acids and other nutrients to improve your brain health and overcome so-called “mental illness.”

• To Order, Fill Out the Form Below •

TITLE	AUDIO TAPE, VIDEO TAPE, CD, OR DVD <small>circle one</small>	PRICE	QUANTITY	TOTAL
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Vitamin D Truth	audio video CD DVD	_____	_____	_____
Key to Improved Brain Function	audio video CD DVD	_____	_____	_____
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Upcoming Events. . .

Lunch & Lectures:

May:

- 7 Health Hunter/Beat The Odds "Ask The Doctors"
- 14 Tools and Tips in the Organic Garden
- 21 You Can Lower Your Risk for Heart Disease, Dementia, and Depression

Watch for new summer Lunch & Lectures starting in June.

Promising treatment for severe food allergies

About 150 persons in the U.S. die annually from food allergies, half of them from peanuts. Many parents live in fear that their allergic child will accidentally consume even traces of peanuts or other food that could cause a severe reaction. At a meeting in March, researchers from Duke University reported promising results of an experimental treatment in 33 children with severe peanut allergies. They were given doses of peanut as small as one-thousandth of a peanut, gradually increasing to about 15 peanuts per day. Most of the children developed tolerance, but four dropped out because of continuing reactions. Previous, similar studies for milk and egg allergies found that the parents of most treated children can ease their fears. Researchers hope for a viable treatment for peanut allergies in 2 or 3 years.

—*New York Times*, March 16, 2009