

# Health Hunter<sup>®</sup>

N E W S L E T T E R

## It is 100% genetic and 100% biochemical

Richard Lewis

**I** am fascinated and bewildered by the great excitement in the scientific community whenever a disease related gene is discovered," said Dr. Hugh Riordan recently.

**...smokers with a particular gene configuration run a high risk of developing breast cancer.**

"It is not whether or not you have a gene that is important. It is whether the gene is turned on or off which is important. One can't ever have a zit without the gene. But we don't go around with zits all the time. That's because the gene is turned on only in specific instances," Dr. Riordan added.

This perception has led to Dr. Riordan's appreciation for the fact that illness and health are 100% genetic and 100% epigenetic, which includes nutrient status.

He has been, along with a handful of others practicing nutritional medicine, a lone voice in the wilderness, as science rushed headlong into genetic research. Recently, this has begun to change.

After describing how a woman was turned down for insurance be-

cause she had a genetic marker for developing cancer, Kathleen Fackelmann wrote in *Science News*, "The fictional example described above represents a far more common genetic tie to cancer. In such cases, an otherwise harmless genetic variation can predispose an individual to cancer, but only in conjunction with external factors, such as diet."

Again, the cause of cancer may be 100% genetic and 100% biochemical.

At a recent meeting of the American Association for Cancer Research, a group of researchers showed that a common genetic variant, for some people, can increase

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### Little Things Add Up

"At a recent conference, one presenter asked the audience of 2000 scientists to raise their hands if they took vitamin supplements. About 2000 hands went up."

*Science News,*  
April 22, 1995

## Fat phobia: regaining a healthy perspective

A moment on the lips, forever on your hips. This is how many people feel about eating anything fat.

These people, and especially some athletes, have become fat conscious these days, watching for ways to cut fat out of their diet. Some even become phobic about cutting fat and feel guilty about eating any fat whatever.

"They avoid eating fat-containing foods—from bran muffins to a handful of nuts—and select a limited diet that commonly includes bagels, fruit, vegetables, plain pasta, baked potatoes, pretzels, rice cakes, and fat free cookies and frozen yogurt," wrote Nancy Clark, MS, RD, in *The Physician and Sportsmedicine*.

Dr. Don Davis, a biochemist at the University of Texas at Austin and a consultant at The Center, would agree with this with one caveat. It is not fat that is the enemy, it is **added** fat that is the bad guy. If we eat whole foods that contain fat naturally, it is better for us.

Fat, as such, is not all bad. Our bodies need some fat for essential fatty acids. These are a key nutrient that we must get from our food since our bodies cannot make them. We need these fatty acids to make nerve

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Paying for results

There are several articles in this issue of *Health Hunter* that relate to the cost of medical care. By definition, the cost of any item is related to its agreed upon value. The greater the value, the higher the cost.

Health as an "item" is quite difficult to quantify. In general, when you are not very sick, and not in danger of losing your life, health is less costly. When you are in the throes of a life-threatening illness, the value (and cost) of health seems to go up dramatically.

I would venture to point to another truism: sickness care is much more expensive than healthy care. The key here is to understand what distinguishes these two types of medical care.

That controversy rages on and may never be resolved...unless a new

standard is put into place: care that gets results!

If we can agree on an acceptable result for any given illness, and then pay for achieving that result.. **regardless of the process used to achieve it (as long as it is reasonably safe)**...then we have set up a financial incentive system that favors results over process.

This standard seems to work well in the realm of car mechanics (when was the last time you paid a mechanic for "doing it by the book" but were still not able to get your car to actually start!).

I acknowledge that we, as humans, are infinitely more complicated than cars; and we can't be replaced. All the more imperative we shift from process-oriented care to result-oriented care. [H]

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the chances of developing a deadly brain cancer. Another group presented evidence that smokers with a particular gene configuration run a high risk of developing breast cancer.

"I'm thrilled that we're showing there's a clear gene-environment interaction," Peter Shields of the National Cancer Institute in Bethesda, Maryland told *Science News*. "That is something that hasn't really been proven until the last few years."

Recently, Dr. Melinda Beck and associates found that the benign coxsackie virus can mutate and become virulent when its host mouse lacks the trace mineral selenium. Their research was reported in the journal *Nature Medicine*.

The researchers speculate that the animal's weakened immune system causes the virus to change rapidly in the selenium deficient host.

Beck and other researchers had linked coxsackie virus and heart disease to selenium intake in humans as well as mice in previous studies.

"This interesting work is the first to show that a nutritional deficiency can accelerate evolution of a virus population from benign to virulent in an intact animal," wrote Charles J. Gannett of the University of Texas Health Science Center in San Antonio and Steven Tracy of the University of Nebraska Medical Center, Omaha, in an accompanying

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editorial for the journal.

"This shows it is important to keep nutritional status in mind when looking at mutation rates of other viruses." Beck, a viral immunologist at the University of North Carolina at Chapel Hill's Frank Porter Graham Child Development Center, told the New York Times.

Again, mutation of the virus is 100% genetic and 100% biochemical. This quiet, little virus has the gene that allows it to mutate and become a vicious virus, but this doesn't happen until the mouse becomes selenium deficient.

Researchers continue to study neural tube defects in newborn children that some have thought are caused by a deficiency in folic acid. Others feel the defects arise from B12 deficiency as well. Still others believe it is failure of an enzyme to convert an amino acid from one form to another that causes the defective gene to turn on and cause neural tube defects. Folate and B12 regulate this particular enzyme.

Once again, it will be a biochemical deficiency that turns on the gene. Without the biochemical deficiency, the gene doesn't turn on and neural tube damage doesn't occur.

Dr. Riordan has been interested in slime molds because they are such a dramatic example of how and why organisms change. Slime molds exist as flat growths on the forest floor until they run out of niacin. When they are out of niacin, all the cells begin pulsing in unison, shoot up stalks, and send out spores in search of food. The cells change when they run out of nutrients.

With the slime molds, as with all organic material, it is 100% genetic and 100% biochemical. H

## HEALTH HUNTERS AT HOME

### Cost comparison

I took a gentleman on a tour of The Center recently who said he was representing several people. He wanted to find out what we did and what the costs were and how we approach treatment here.

During our trip through the many interesting areas of The Center, he mentioned that one person he wished he could represent was his 35-year-old son-in-law who recently died of lung cancer. He added that the family and the insurance company had written a check to an internationally renowned cancer hospital for 1.2 million dollars for the son-in-law's treatment until his death.

I didn't see the check or the bill, so this would be classified as hearsay information. But, I have no reason to doubt it.

The next day, I was talking to Dr. Ron Hunninghake, one of The Center's physicians and author of the column that appears on the opposite page, about a similar patient. This patient, who was about the same age and also had died from lung cancer, chose to use our Center for Healing Arts to provide his care. Cost comparisons are fascinating.

The total cost for consultation and treatment at The Center was \$11,750.33. This looks like a lot, but it is only 1% of the costs for the treatment at the cancer hospital chosen by the other person.

In both cases, an insurance company paid for many of the costs, which mostly relieves the family of the burden. But which insurance company came out the better? Or to look at it another way, how much could the skyrocketing costs of health care be reduced by choosing a nutritional medicine approach as we

do here at The Center?

Each institution did the best they knew how with what is presently known as an incurable disease.

To be honest, the \$11,000 plus isn't all that the insurance company paid out on the patient who chose The Center. There were the costs of the initial evaluation by the standard doctor who discovered the cancer plus two brief stints in the hospital during the time of treatment by The Center. These items together probably add up to more than The Center's cost of treatment. So add a couple of percent more for the standard medical people, including the hospital stays. This brings The Center patient's cost to about 3% of the cancer hospital bill of \$1.2 million.

My guest touring The Center remarked that after all of the chemotherapy, it was the T-cell replacement therapy that caused his son-in-law's death. His body just couldn't handle it.

By contrast, Dr. Ron said that the person who sought help at The Center died at home without pain medication.

The place where one cannot put monetary cost figures is the issue of **Quality of Life**—the difference between the man who chose a high-tech hospital away from home with the latest in what standard medicine can do and the man who chose to live at home with his family while he was being treated by The Center.

I would cast my lot with the man living and dying at home surrounded by the love of his family. H

—Richard Lewis

## INFORMATION WORTH KNOWING

Mind/body connection is an increasingly promising area of investigation for improving health. Because women's roles have been changing rapidly, now it is more important than ever to explore this connection. Women have been taught to ignore their needs and take care of others. Many times our body is sending messages by the kind of illnesses we have as to what is not working in our life. *Women's Bodies, Women's Wisdom* by Christiane Northrup, M.D. is a thought-provoking book that can point us in another direction in our quest for health. Christiane Northrup will be a speaker at the 14th International Conference on Human Functioning, September 8, 9, & 10, 1995.

1. In Dr. Northrup's *Women to Women* medical practice, they have shifted from "what can go wrong" to "\_\_\_\_\_."
  - a. everything is wrong
  - b. what can go right
  - c. right makes might
  - d. none of the above
2. The state of a woman's health is tied up with \_\_\_\_\_.
  - a. the culture in which she lives
  - b. her position within her culture
  - c. the way she lives her life as an individual
  - d. all the above
3. Our bodies are our allies.
  - a. True
  - b. False
4. Our body is our best health system if \_\_\_\_\_.
  - a. we know how to listen to it
  - b. it is working right
  - c. it is in good shape
  - d. none of the above
5. Doctors are more knowledgeable about what is going on in a woman's body than the woman.
  - a. True
  - b. False
6. \_\_\_\_\_% of doctors do not have a personal physician.
  - a. 10
  - b. 30
  - c. 50
  - d. 60
7. In dealing with health issues, we can use the "Medical World View" with its emphasis of "fighting disease" or the idea of "the Body as Process." The Body as Process sees: "The body creates health daily. It is inherently self-healing." In the medical view: Illness is a \_\_\_\_\_ event that just happens.
  - a. daily
  - b. calculated
  - c. random
  - d. wholesome

• FOR ANSWERS, SEE PAGE 7 •

## Case of the month

A 58-year-old man came to The Center with a ten year history of coronary artery disease that has required two bypass operations. Over a year ago, he was retested and found to have persistent occlusions with very poor run off that was deemed inoperable. At that point he was given one to two years to live.

Seeking alternative options, he came to The Center for further evaluation. Selective biochemical tests were found to be abnormal. Those abnormalities were treated using individualized supplements. In addition, he was tested for heavy metal toxicity and found to be positive. He was begun on a course of standard chelations on a weekly basis. He has completed twenty chelations to date.

Since starting his chelation, he has noted significant improvement in his energy level. He is able to get more done. He has had no further chest pains and the most significant improvement documentation came when he had a recent thallium test, which was completely within normal limits.

It is well understood that conventional circles have yet to accept the utility of chelation therapy. Nevertheless, it is well documented that chelation does remove heavy metals from the walls of blood vessels, thus reducing free radical formation, which is now known to be part of the pathogenesis of atherosclerotic vascular disease.

Though the exact mechanism of chelation is not completely understood, the best current understanding is that by reducing lead, cadmium, and aluminum, the free radical formation is lowered, re-

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Mark your calendar to attend  
**THE 14TH INTERNATIONAL CONFERENCE  
ON HUMAN FUNCTIONING**

Century II Convention Center, Wichita, Kansas  
September 8, 9 and 10, 1995

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sulting in decreased cross-linkage in the intima of blood vessels, thus resulting in dilation and improved flow through the arteriolar system.

In this era of cost management, outcome analysis of this case would reveal an extremely favorable cost/benefit ratio given the severity of his disease process and the grim prognosis. Had he been offered cardiac transplantation, which should have been the next conventional step to take, his insurance costs would have multiplied over 50 times what it has cost for chelation therapy to achieve the spectacular outcome to date.

If we are ever going to get behind the concept of paying for good outcomes, then this current case provides a fine illustration of how alternative therapy can complement conventional care and save money! [H]

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cells and hormones and to help transport and absorb the fat-soluble vitamins A, D, E, and K. Fat adds flavor, aroma, and texture to food to enhance our eating pleasure.

"Because fat is digested more slowly than protein or carbohydrates, it satisfies your body. This means that 180 calories from three rice cakes topped with 1 tbsp. of peanut butter will likely leave you feeling satisfied longer than will 180 calories from only rice cakes," Clark added.

Wait a minute, you are thinking, I thought nuts were high in fat and they and the nut butters made from them were a good way to avoid fat calories.

Nuts are good food and we get many benefits from eating them,

*continued on page 6*

# Mental Medicine

by Jon Sward, Ph.D.

A wonderful technique for triggering body-mind healing resources is called bio-emotional observing.

In its simplest form it works like this. Sit quietly with eyes closed and scan the body slowly, starting with the top of the head and working down to the tip of the toes. Just notice how you are feeling in each part of the body. Pay particular attention to any part where you are feeling discomfort or any unusual feelings.

One at a time go back to the parts of the body that are having unusual feelings or a symptom. Focus intently on the feelings.

While staying focused on the feeling, ask the following questions:

"What would you have me do, or not do? What would you have me know or remember? After asking the question, keep patiently observing the feelings or the symptom. Notice too that after a little bit thoughts or other mental images pass through your mind.

One gentleman used this technique when a boil on the base of his spine wouldn't heal with usual treatment. After asking the question and continuing the observing, he heard a thought come out of the boil saying, "get off your butt and exercise."

Within a couple of days after beginning an exercise program the boil dried up. [H]

## CENTER UPDATE

### Kansas Kaviar introduced at "Best of Kansas" event

The Center's newest product, Kansas Kaviar, was introduced Friday evening, May 5th, at a delightful open house event featuring "The Best of Kansas." Guests sampled herbal beverages, Kansas Kaviar, and goodies from the Taste of Health. Additional treats included elderberry wines from a Kansas winery and recipes from *The Miss Kansas Ideal Kids' Cookbook of Healthy Snack Ideas*—a joint venture by The Center and Trisha Shaffer, reigning Miss Kansas. Live bluegrass music by the Bluefire Band set the mood for the evening and Miss Kansas took Center stage to entertain with her powerful, yet warm, vocal style.

Kansas Kaviar is billed as "a tasty snack spread made from amaranth." Amaranth is a leafy grain containing high levels of protein and

the amino acid, lysine, which is usually deficient in plant protein. This highly nutritious grain was the central food of the Aztec culture.

Kansas Kaviar is the idea of Dr. Hugh Riordan, President of The Center, who was searching for nutritious alternatives to traditional buffet fare. The recipes were developed by Sarah Todd, a Foods and Nutrition major at Kansas State University, while on an internship at The Center.

Two varieties are currently available at the Gift of Health at \$4.95 per 6 ounce jar: Red, flavored with herbs, and Gold, with a hint of citrus. Served on crackers or bread, with cream cheese, the Kaviar feels like its namesake on the tongue and treats you to a pleasant surprise in the tastebud department! [H]

# Beat The Odds Update

## Magnesium and osteoporosis

Osteoporosis is one problem women worry about. Will their bones retain enough calcium to keep them strong as they age?

Most physicians focus on calcium replacement and tend to skip the other trace minerals that are important in preventing osteoporosis. Center physicians believe these other minerals, and especially magnesium, are important to build and retain strong bones. A recent study supports this.

"Adequate serum magnesium levels are necessary for proper calcium metabolism since [low serum levels of magnesium] can result in [low levels of serum calcium]... Thus, adequate calcium intake may not ensure proper bone health if magnesium status is abnormal,"

wrote J. E. Sojka and C. M. Weaver with the Department of Foods and Nutrition, Purdue University, in a recent issue of *Nutrition Reviews*.

Further, they add that magnesium supplementation actually causes increased bone density rather than just a stabilization of existing bone density.

Stendig-Lindberg and associates studied the effect of 200 and 300 mg of magnesium per day over two years on a group of women. They found no side effects from their treatment.

In short, adequate magnesium levels are essential for proper calcium absorption to support bone density stability and growth. This is one reason we look at magnesium levels in the clinic and through the *Beat The Odds* program at The Center. [H]

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says Dr. Davis. In a study done using Seventh Day Adventists, the researchers found that those who ate nuts regularly had 1/2 the heart disease than those who didn't eat nuts.

But, for fat phobics, those who avoid fat at all cost, here is interesting news. The researchers found a statistically significant trend towards less obesity among the nut eaters. This seems to be confirmed by the preliminary data from an unpublished study using average, midwestern folk.

Peanut butter is a good place to look for added fat. Most commercially available peanut butters, if you read the ingredients on the label, add oils such as soy bean oil and often corn sweetener along with preservatives. Look for a brand that has nothing but peanuts in it or ask

your grocer to get it for you. Often health food stores will have a place where you can grind your own peanuts so that you know there is nothing but peanuts in your peanut butter.

If you are one who feels guilty every time you eat something fat, Clark has some excellent advice. "Remember, that food is simply fuel — and you need to fuel yourself to live," she wrote.

Dr. Ron Hunninghake has a slogan he likes to keep in mind and share with his patients. *All things in moderation, including moderation.*

If you do eat something with added fat, don't flail yourself with self recrimination. Simply see where the added fat is and try to do better next time. And most of all, enjoy your fresh nuts when you eat them, Dr. Davis would add. [H]

## The Center blossoms

Now is definitely the time to let your nose lead you around The Center grounds. The BlackThorn locust trees are in bloom. Their fragrance is so sweet and the blooming time is so brief, it's a real feat just to be aware of them at the right time. On a walk around the lake, there is currently pink blushed honeysuckle, Hall's yellow honeysuckle, a gorgeous red single antique rose with the old "attar of roses" scent, and further down the path an equally impressive antique white rose.

There is Flowering Quince in the same area as the BlackThorn locust, and Lamb's Ear is ready to burst forth. There is an abundance of multi-colored Iris, and the David Austin English roses in the Jean Griffith rose garden are ready to burst forth mightily, as well as the roses in the island in the parking lot.

Our new maintenance man is attuned to wildflowers and spotted a sturdy stand of Prairie Flax, such an exquisite sky blue, and so entrancing the way the blooms are bell shaped in the early morning, then spread wide at noon and totally closed by four in the afternoon. He is protecting them and letting them go to seed, hoping to increase our stand.

We have a good showing of fragrant wild Phlox, and I've found several good stands of Dutch White Clover that I seeded two years ago. I adore that scent. It really brings back childhood. Didn't everyone knot the flowers together to make crowns and necklaces?

The glorious array of colors, everywhere you look, the scents, and the wide variety of bird song, help to push the stress of daily work aside and uplift the spirit. It is so wonderful to be alive in the moment. I would like to reach out and open every heart to the beauty of creation. [H]

—Norvalee Grimalkin

Answers from page 4

1. b. Women have been empowered to shift from destructive behaviors to more positive behaviors associated with health.
2. d. Formal medical training did not teach that important fact.
3. a. "Our bodies are natural systems homeostatically designed to tend toward health."
4. a. Many times we ignore or turn away from our hopes and dreams because of competing wishes or needs of our families and others.
5. b. We have been taught to look outside ourselves for answers because "we live in a society in which so-called experts challenge and subordinate our own judgment and in which our ability to heal or stay healthy without constant outside help is not honored, encouraged, or even recognized."
6. c. Although most doctors think their patients should have a personal physician, many of them do not.
7. c. In the medical model there is very little we can do to prevent illness. [H]

**SPECIAL DISCOUNTS**

**WOMEN'S BODIES, WOMEN'S WISDOM**

by *Christiane Northrup, M.D.*  
Our bodies have knowledge of things of which we may not be consciously aware. This can influence our health. Using processes from this book can help us use the body's wisdom to improve our health. Hardcover.  
Retail Price: \$22.95  
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**CAN ALTERNATIVE MEDICINE HELP YOU TOO?**

with *Ron Hunninghake, M.D.*  
There's a trend toward acceptance of alternative medicine in the U.S., as people seek to learn more about their health and assume greater responsibility. Who uses alternative medicine? Most socioeconomic groups do, but, generally, the higher the education level the more people seek out new methods of improving their health. In this tape, Dr. Ron reviews trends in alternative medicine. Audio cassette.  
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## CENTER CALENDAR

### Lunch & Lecture Classes:

- 6/15** How to Use Visualization to Improve Your Health  
**6/22** Violence and Biochemistry  
**6/29** Is Your Ailment Genetic or Environmental?  
**7/6** Is Pycnogenol a Super Antioxidant?  
**7/11** Know Your Nutrients: Pantothenic Acid  
**7/13** How to Make Your Own Yogurt, Buttermilk, and Drained Yogurt  
**7/18** Know Your Nutrients: Vitamin C  
**7/20** How Prayer Can Be Another Health Tool
- 6/10** Health Fair
- 9/8-10** 14th International Conference on Human Functioning

Call Health Coach at (316) 686-4545 for up-to-date health information.

Call (316) 682-3100 for more information on programs listed above.

## Bone fractures and soft drinks

Kids who drink cola drinks may be more susceptible to bone fractures than their friends who choose the non-cola options, Grace Wyshak, Ph.D., and Rose Frisch reported recently in the *Journal of Adolescent Health*.

They surveyed 76 girls and 51 boys, asking them about broken bones and beverage consumption. They found a definite relationship between cola consumption and bone fractures.

Cola drinks are high in phosphoric acid, which can cause calcium to leave bones faster—a major risk for osteoporosis in post menopausal women as well as children.

## INSIDE THIS MONTH'S ISSUE . . .

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### Health Hunter

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