

Health Hunter[®]

N E W S L E T T E R

It's health fair time again!

Nelda Reed

I hope that many of you senior citizens are planning to attend our Health Fair on June 14 and 15. The Center has some fantastic prizes and you have a good chance to win just by being here and registering.

Bright Spot for Health Fair - June 14 & 15 8 a.m. - 5 p.m.

This will be two fun-filled, informative days. Bring family members and friends and spend a pleasant day learning some interesting information on how to live better each day—not necessarily a longer life but quality living.

Some of the laboratory tests are reduced in price for the fair, and other tests, like blood pressure, grip strength, and a vitamin C test are free.

It will be nice to eat a tasty healthy lunch in the pyramid and visit with old friends and make some new friends in a wonderful environment.

You can watch our young 69-year-old instructor work with her yoga (stretch) students, or you can sign up for one of her sessions. You can learn a new "stretch" that you can do by yourself when you return home.

When you get tired you can go to Dome 7 and rest and enjoy an informative lecture. Live presentations by staff members will be offered throughout the day.

It is a thrill for me to come to work at The Center each day. We are fortunate to have so many caring staff members.

They will all be here to greet you and help you during the fair.

When you are ready to return home, you will be better acquainted with your wonderful body and better equipped to care for it. It is always amazing the things that we learn to make each day a better day. Many times it is just a different food, or the same food prepared in a way that it is healthier for you, or some exercise that will help to strengthen your legs and arms. Many can be done while sitting in a chair (maybe all we need is a little motivation).

Also, remember you can get a HUG from Dr. Hugh, and look me up and I will have a hug for you also.

See you at the FAIR!



Editors Note: Nelda outlined so many good reasons older readers should come to the Fourth Health Fair at The Center that I thought I would share them on the front page. There are several reasons for this. Here are a couple of them.

What she offers applies to everyone, not just the older readers, but their children, grandchildren, and great grand kids. If you don't fall into one of these categories, but are older than about a year and a half, it still applies.

This is the only HEALTH FAIR I know of that actually talks about health. So, if there is any way to come to The Center June 14 and 15, 8 am to 5 pm, do it. It will be fun and you will have a chance to learn a lot. H

Calcium helps lower blood pressure

"Dietary calcium intake fails to meet recommended levels in virtually all categories of Americans," David McCarron, M.D., wrote in *The Journal of the American Medical Association*.

McCarron considered two papers that analyzed the effect of low calcium on blood pressure and what would happen if calcium intake was raised.

He found that "these meta-analyses of randomized controlled trials of blood pressure and calcium levels in 2412 adults and in 2459 pregnant women provide compelling evidence that both normotensive [normal blood pressure] and hypertensive individuals may experience reductions in blood pressure when calcium intake is increased."

Ron Hunninghake, M.D., in a class at The Center, quoted a 1974 study that said people with high calcium tended to have low blood pressure and those with low calcium, high pressure.

Calcium has long been considered just a "woman's problem." This shows that we **all** need plenty of calcium. H

Inside this issue...

The healing system.....	2
Blending exercise into the family.....	3
Treadmills reign supreme.....	3
Information worth knowing.....	4
Drink more water this summer.....	4
Case of the month.....	4
Arthritis and diet.....	5
Protein: how much do we need?.....	5
Food of the month—salmon.....	5
Vitamin E builds younger arteries.....	6
Flavonoids in the news again.....	6
Study supports eating fruits and veggies to lower risk of non-hodgkin lymphoma.....	6
Eggs making a comeback as a nutritious food.....	6
Special discounts.....	7
Upcoming events.....	8
Margarine associated with coronary disease.....	8

Nutritional Medicine

The healing system

Specialization is one of the cornerstones of modern medicine. Got a nagging stomach problem? See a gastroenterologist. Complicated heart attack? Better consult a cardiologist. Rheumatism? Where's the rheumatologist?

Specialization is built upon the anatomical and physiological organization of the human body into systems. These systems themselves function through specialized groups of cells called organs. Organs do specific jobs for the body. The heart pumps blood. The kidneys clear wastes and regulate blood composition. The body is a complex society of cells, with general needs, performing specialized functions to maintain health and wellbeing.

Careful review of standard medical textbooks will reveal the omission of a very important system within the human body. Check the yellow pages under specialists, and you will not find a medical expert to address this most important bodily function. In fact, dissect a human body, and you will be hard pressed to find an organ that performs this "function of functions" so necessary for the survival of our species.

I'm speaking of the function of **healing**. Everyone gets sick or injured from time to time. That's natural. And for our survival, we have a built-in ability to heal...our **healing system**. It's so obvious, yet it appears that modern medicine has overlooked this most basic function. Why? The very fact that healing is intrinsic to life itself obscures its careful scrutiny. "Of course the body has the ability to heal! So what?!!!"


Lest you take healing for granted, consider the fact that most physicians can cite you example after example of patients who do not heal properly. Many doctors call these patients "chronics." They represent a break-down of the

body's healing system. Something that triggers proper healing is lacking or being blocked in these patients.

We live in a time where chronic illness is becoming the rule rather than the exception. Chronic degenerative illness is literally breaking the system. Specialization, with its focus on more discrete and observable systems of the body, shines when it comes to acute or traumatic illness. Chronic illness is another issue. Our sickness care system is bogging down with the onslaught of obesity, cancer, vascular disease, arthritis, organ failure syndromes, and other failures of our healing system.

While we can't expect healing to be perfect, perhaps we could do better than we are if the weight of our medical research was thrown more into understanding what stimulates, facilitates, and unblocks our healing system. Ancient medical systems such as Chinese or Ayurvedic certainly did not ignore this most important function. Hippocrates himself was a strong advocate of strengthening the process of healing.

At a time when many health professionals are becoming quite cynical about health and healing, we need to lift our sights and throw the scientific spotlight on our amazing healing system. We have taken healing for granted, and it, like any other system in the body, has overloaded and "broken." Perhaps we need to change our metaphor. Machines break, but people get sick. Only people, unlike machines, can heal—with proper care.

Ironically, we are in great need of "healing our healing system." One can only hope that sickness care specialists will see beyond their current status as "medical technicians" and realize that they are fundamentally, *healers*. 

EDITORIAL BOARD

Emanuel Cheraskin, M.D., D.M.D.

Donald R. Davis, Ph.D.

Ron Hunninghake, M.D.

James Jackson, Ph.D.

Hugh D. Riordan, M.D.

Frederick I. Scott, Consulting
Editor, International Scientific
Communications, Inc.

PUBLICATION INFORMATION

Editor: Richard Lewis
Associate Editors: Marilyn Landreth
and Barbara Nichols
Illustrator: Jackie Clark

Health Hunter Newsletter is published as a service ten times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (A Non-Profit Organization). Memberships are \$25 per year plus tax, \$30 plus tax for outside the U.S. To subscribe, see the order form on page 7 of this issue.

© 1996/CIHFI

Special written permission is required to reproduce, by any manner, in whole or in part, the material herein contained. Write: Permissions, 3100 N. Hillside Ave., Wichita, KS 67219, USA. Phone: 316-682-3100.

The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

—Anonymous

Blending exercise into the family

The average family member finds it hard to carve out time for exercise outside of family commitments and work. If he or she takes 45 minutes or an hour to go to the gym, not counting driving time, getting dressed for action, and then showering afterwards, this has to come directly out of family time.

A better idea might be to blend exercise in as a total family project, suggests Daniel Fick, M.D., and Stephen Goff, Ph.D., in a recent issue of *The Physician and Sportsmedicine*. They offer a few suggestions on how you might go about it.

- First, talk about your exercise goals with your spouse and discuss how they may affect your family, both positively and negatively.
- Keep a positive attitude about exercising that encompasses the whole family, and be a mutual source of emotional support for each other's activities.
- Walk with family members. Young children may prefer to ride their bikes or use their roller blades while you walk or jog.
- Plan robust family outings like a hike in a park or skating at the neighborhood rink.
- Buy a baby jogger and spend time exercising with your youngest. Many children even fall asleep in a baby jogger. But, leave the dog and headphones at home.
- Go to a local track to exercise. Children can play on the infield.
- As a family, designate responsibilities that must be met before exercising.
- Rethink the way you view exercise. On some days, working out may mean doing yard work or a "house-cleaning workout." Household chores do, in fact, burn calories and give health benefits.

These last two steps are important. For all the family to feel free to exercise, all the family needs to be involved in the chores. If they are involved at this level, these two steps make it possible to exercise together. [H]

Treadmills reign supreme

I don't know about you, but there are some areas of my life where I have gone to some trouble to gain information and I don't like to have it messed up with new information that runs counter to my strongly held "truth."

Usually, when I get down to the bottom of it, it is not a "truth" as much as it is a bias bolstered with carefully selected facts.

It happened recently. Research messed with one of my "truths."

Let me explain. I love to go rowing in boats of any description. It goes back to when I was a small boy and first learned to row—not only to row but row in a straight line so that I could actually get somewhere. In college, I would rent a row boat at a nearby lake and row around it for relaxation. It was actually meditation time, I realize now.

This love of rowing continues today. I have in the past belonged to the local rowing club where I learned to row the sliding seat boats similar to what you see in the Olympics. These boats allow you to row using your legs for power along with the arms. Ah, what a feeling of power as the boat accelerates and moves across the water.

When on vacation, we will look for places we can rent boats to row around the harbor or lake we are visiting.

The logical extension of this is the rowing machine for land based exercise. It is the perfect form of exercise. It gets the legs and the upper body into the action for a complete body workout.

My next favorite form of indoor exercise is the cross country ski machine made by NordicTrack. Again, it is great for upper body exercise as well as the legs. And there is a sense of flow and rhythm with the NordicTrack that just feels right, that is, after rowing.

To my way of looking at things, walking or running on a treadmill has always been inferior to these two types of machines. It makes sense to get the most muscles involved and the treadmill only exercises the lower body, leaving the upper half to just shrivel from disuse.

I have been resisting Jackie (my wife) for over a year now. She wants to trade our NordicTrack for a lowly

treadmill. Obviously, to me, this is a bad decision for all the well thought out reasons above.

Then came the May 8th issue of *The Journal of the American Medical Association* and a research paper titled "Energy Expenditure With Indoor Exercise Machines." I quickly turned to the article knowing that I would find the rowing machines and the NordicTrack rated one and two.

They lost—came in two and three. The lowly treadmill was number one. It ranked best in mean rates of energy expenditure as a function of rating of perceived exertion (RPE) and mean heart rates as a function of RPE. Fourth, fifth, and sixth among the exercise machines were two types of exercise bikes and a stair stepper.

Worst of all, this information appeared on the front page of the newspaper where Jackie could read it before I had a chance to run it through my bias filters. There it was. "This study shows that exercise at a given RPE resulted in substantial differences among exercise machines in rate of energy expenditure. The treadmill machine induced higher rates of energy expenditure and aerobic demands than the other exercise machines examined," wrote Anne Zeni, D.O., and colleagues with the Sports Performance and Technology Laboratory in Milwaukee, Wisconsin.

Zeni went on to write, "If exercise intensity is established by perceived effort, treadmill walking/running will result in the greatest energy expenditure and cardiorespiratory training stimulus during a given duration of exercise."

When I got home that evening, Jackie mentioned the article in the paper and wondered if I had read it. I knew the NordicTrack's days were numbered.

This fall we will say goodbye to the rhythm and flow of motion that comes with exercise on the cross country ski machine and replace it with a treadmill just because it has proved to be a superior exercise machine.

Of course, there is always the chance that I wrangle a rowing machine out of this, too. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

June is Bright Spot for Health Fair time at The Center. Please join us for two days of learning how to be healthier in a fun atmosphere. Mark your calendars for June 14 and June 15. Come and hear valuable information presented by Center Professional staff. The questions this month are taken from talks given at *Health Hunter* Lunch and Lectures.

- 1 Melatonin, the molecule that has been reported to help people sleep, is found in _____.
- plants
 - animals
 - algae
 - all the above
- 2 A diet of whole foods is an important way people can improve their nutrition and achieve a more ideal weight. Whole foods include _____.
- added sugar
 - foods with living cells
 - alcohol
 - all the above
- 3 Over 50% of calories in the American diet are consumed from non-whole foods.
- True
 - False
- 4 Weakness, a sore tongue, numbness, and tingling of extremities could be symptoms of _____.
- garlic toxicity
 - laughter deficiency
 - B12 deficiency
 - all the above
- 5 It seems that the body needs many elements within a certain range. Somewhere between too much and too little, _____ is one of those elements, although most of us think of toxic levels rather than a deficiency when thinking of this trace metal.
- Lead
 - Copper
 - Cadmium
 - none of the above
- 6 With the prevalence of sustained disease and the low nutrient content of the American diet, the saying "You are what you eat," is _____.
- true
 - false
- 7 This nutrient, _____, is reported to normalize blood sugar, build muscle mass, reduce fat, and lower cholesterol.
- the amino acid, histidine
 - vitamin D
 - chromium
 - all the above

• FOR ANSWERS, SEE PAGE 7 •

Drink more water this summer

The Center recommends drinking two quarts of water every day—that is 8 glasses a day. This is base line, what we need to replace water we breathe out during the day.

Now that summer is here, we need to revise this upwards if we are spending much time outdoors.

The American College of Sports Medicine (ACSM) recommends that one drink water before, during, and after exercise to keep oneself properly hydrated. Drinking enough water for proper rehydration, ACSM points out,

is vital to maintain cardiovascular health and a safe body temperature.

As one wag said, "water invented humankind to carry it from place to place." Be sure you do your share. Drink lots of water this summer when you are going to spend time outside and especially if you are going to be exercising.

And there is nothing like water to keep your body properly hydrated. Tea and coffee tend to dehydrate, not rehydrate, since they have a diuretic effect. HE

Case of the month

A 55-year-old woman came to The Center concerned about the multiple chemical sensitivities she had developed in 1991. Before she came to The Center, her weight had dropped from 142 pounds to 98 pounds in about a year. She had also developed chronic fatigue and weakness. She could not go outside without a face mask to protect her from allergens.

Other problems included severe cold intolerance, hypoglycemia, fibromyalgia, and candida overgrowth. Sublingual allergy therapy had not been helpful.

Her medications on coming to The Center included 3 grains of thyroid, Premerin, DHEA, and fifteen different supplements and multivitamins.

Laboratory testing found her low in Omega 6 gamma linolenic acid (GLA) as well as chromium and zinc. Her 3 hour blood sugar on the glucose tolerance test was 50, which is considered quite low. Epstein-Barr titers, a virus considered in chronic fatigue, were elevated. Her urine pyrroles were elevated indicating that she lost vitamin B6, particularly under stress. The ACTH challenge test (for adrenal function) did not change her post cortisol level, suggesting adrenal insufficiency. From the cytotoxic test it was discovered that she was reactive to 24 of 90 foods. A parasite test was negative.

The patient was started on intravenous vitamin C infusions twice weekly for the Epstein-Barr virus. Eicopro, a source of GLA, was recommended twice daily to help detoxify her liver. She also began taking two scoops of Ultraclear Sustain each day. In addition, a 5mg tablet of hydrocortisone four times each day was prescribed for adrenal support. The thyroid was stopped and on alternate days she started taking slow release T3 to reset her metabolic function. Zinc, chromium, sublingual B complex and blue green algae were also started.

Five weeks after initiating our therapy, the patients was feeling much better. She had gained 5 pounds for the first time in three years. Bowel function improved and some leg cramps went away. Overall, she has had a very gratifying response. HE

Arthritis and diet: the debate draws closer

The debate about importance of diet in the treatment of rheumatoid arthritis (RA) continues as doctors draw closer to what The Center has known and practiced for years.

There is a connection between RA and diet and the connection is very individual. In *Arthritis Today*, Lori Oliwenstein summarized some of the current findings.

Some researchers are looking at how a vegetarian diet may help people with RA. One study appearing in the *British Journal of Nutrition*, along with a Norwegian study published in *The Lancet*, showed that vegetarian diets tend to lessen the symptoms of RA. Not everyone in the studies benefited from the regimen, but changes were significant enough to encourage scientists to look more seriously at vegetarian diets.

The researchers need to take the next step to find out why the few did well when the group did not. The answer is in biochemical individuality. Individuals did very well because the vegetarian diet happened to eliminate foods the individual was sensitive to in his or her diet.

Next, scientists looked at fasting. "There are studies showing that starvation is very effective at suppressing inflammation," says Ronenn Roubenoff, M.D., a rheumatologist and epidemiologist at the Jean Mayer USDA Human Nutrition Center at Tufts University in Boston, "But [when you fast], you're accelerating the breakdown of muscle in the body, so I think the downside is reached very quickly."

How can the downside of fasting be eliminated and still get the same results? Find out what foods the individual is sensitive to and get these foods out of his or her diet. That way you have the results of a custom tailored partial fast that gets the same results as eliminating all foods.

One finds these foods by doing a cytotoxic test, something physicians and former RA sufferers at The Center have found successful for years. But it cannot be done for a large study, it must be done for the individual. [H]

Protein: how much do we need?

Throughout the years, many people have believed that we needed a lot of protein to keep going. There has even been the Protein Diet emphasizing eating mostly protein and very little carbohydrate as the way to lose weight.

Athletes, particularly, believed they needed plenty of protein for maximum performance. Recent research is proving this to be wrong. We may not need as much protein as we think.

Protein is made up of amino acids. Some of these amino acids, called essential amino acids, one must get from food since the body cannot manufacture them. Protein is needed to build muscle and to repair muscle damaged through exercise. It is also valuable in making red blood cells, boosting the immune system, producing hormones and working with other nutrients to keep fingernails, hair, and skin healthy. Muscle building and repair is why athletes thought they needed so much protein in their diet.

Quite often athletes have felt they

should get 30% of their calories from protein. That is double the 12% to 15% recommended by most nutritionists.

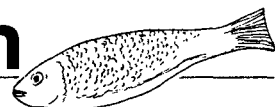
To put this in perspective, the recommendation for an adult recreational exerciser is 0.5 to 0.75 gram per day. This would figure out for a 185 pound male, using the top limit, to be 138 grams or 5 ounces a day.

Since one gram of protein delivers 4 calories, our 185 pound male would be getting 552 calories from protein in his diet. If this was to be 15% of the total calories, he would eat 3680 calories each day.

That is quite a bit of food. But when you figure if he gets this from whole foods, foods the way mother nature made them, this would give him plenty of fruits and vegetables and let him exceed the minimum of five fruits and vegetables a day. He would also get some of his daily calories from carbohydrates and a little from fats. It is easy to see that the average American isn't protein deficient. [H]

Food of the Month

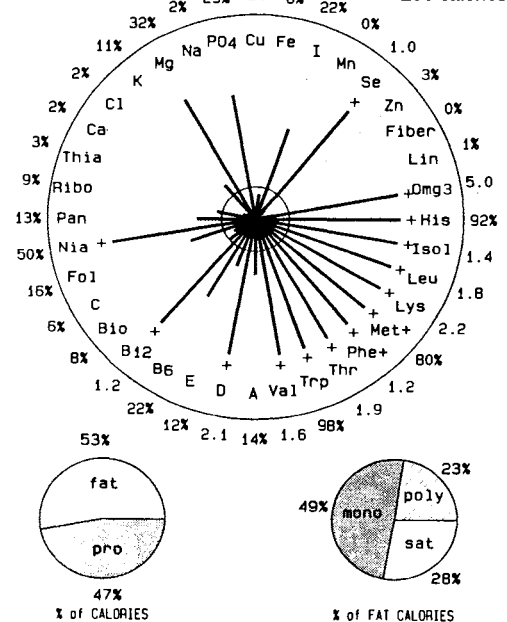
by Donald R. Davis, Ph.D.



NutriCircle

3 oz.
= 200 calories

SALMON and other fatty fish such as sardines, herring, trout, and mackerel are making headlines as rich sources of long-chain omega 3 fatty acids (*Omg3*). One serving a week of these fish seems to reduce the risk of heart attacks by 30% to 50%—both new and repeat heart attacks. Unfortunately, more servings seem little or no better. Fish are one of the few dietary sources of vitamin D (here 2.1 RDAs per 3-ounce serving). And if fish are canned with their bones, they become good sources of calcium. As expected, fish are also rich in vitamin B₁₂ and the essential amino acids of protein (*His* through *Val*).



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]

Beat The Odds Update

Vitamin E builds younger arteries

Everyone is looking for the fountain of youth. Now researchers at the University of Southern California School of Medicine think that vitamin E may be just that, a fountain of youth for the cardiovascular system.


The researchers learned this from data collected during the first year of a five year study of heart risk factors. In this study, they selected 32 men and 28 women between the ages of 38 and 60 and examined a section of their carotid arteries (the arteries running up either side of the neck) to check for narrowing.

The researchers then correlated this data with information gathered on diet, exercise, age, weight, body fat, smoking and other risk factors for heart disease.

To their surprise, vitamin E appears

to be as effective at slowing the buildup of artery clogging plaque as smoking is at causing it.

Lisa Nicholson, a nutritionist with the study, remarked that one of the most striking observations "is an amazingly strong effect of vitamin E," according to a report in *Science News*.

Those in the study who took a vitamin E supplement of about 100 international units—10 times the recommended daily allowance—showed far less plaque buildup in the carotid arteries than would be expected for age and other risk factors. Vitamin E supplements appear to have reduced plaque buildup by an amount "equivalent to about 14 years of aging," Nicholson concluded. 

CENTER UPDATE

Flavonoids in the news again

Flavonoids, those plant based antioxidants that come from the coloring in certain fruits and vegetables, are back in the news for their work in helping prevent cardiovascular problems such as strokes and heart attacks.

For some time, John Folts of the University of Wisconsin-Madison has been testing various agents to reduce the stickiness of blood platelets. When platelets become sticky and clot together, often when under stress, or from cigarette smoking or from various diseases, these clots can build up and block arteries.

Last year, he discovered protective flavonoids in red wine and red grape juice (for those not wanting the alcohol) would work to prevent the clotting.

This year it is dark beer. Using Guinness Extra stout, a dark, malty brew, Folts found the same flavonoid effect when compared to a light colored lager beer containing far less flavonoids. He discovered that dogs given the dark beer had the platelet clogs disappear and these clogs did not reoccur. The platelet clogs remained in the dogs given the lighter colored lager beer.


Again, Folts tested a nonalcoholic

alternative to Guinness stout—tea. The equivalent of two cups of tea was equivalent to the dark beer with equal success, causing the platelet clogs to disappear in the dogs.

Folts found two other interesting facts during his recent research into platelet slipperiness. Coffee appears to aggravate clotting and clogging action of the platelets in his dog studies.

By contrast, he found that not only did the two cups of tea work to prevent the artery clogging, but it had an accumulative effect. After seven days, it only took half as much tea consumption, the equivalent of just one cup a day, to have the same effect.

Our Chinese researchers at The Center have sung the praises of green tea as a wonderful source of flavonoids, not only for its cardiovascular health power, but as an active cancer preventer as well.


So if you are a beer drinker, you might shift to stout for medicinal purposes. If you are a tea drinker, keep up the good work. And if you are a coffee drinker, you might switch to tea for two or three cups a day to help your cardiovascular system. 

Study supports eating fruits and veggies to lower risk of non-hodgkin lymphoma

Diet is a risk factor for Non-Hodgkin Lymphoma (NHL), especially a diet heavy in meat and animal fat and low in fruits and vegetables, according to a study from the University of Minnesota.

For instance, the researchers found that a higher consumption of fruits and vegetables correlated with a lower risk factor for NHL. Other researchers had noticed a correlation between consumption of citrus fruits, carrots, vitamin C, and dark green vegetables and reduced risk factor.

"Low serum levels of antioxidant micronutrients have been associated with childhood leukemia and lymphoma. It is possible that the protective association we observed for fruits may be attributable to their antioxidant micronutrients," the Minnesota team observed.

High meat consumption and high animal fat, particularly hamburger, became a significant risk factor. Often these are people who replace fruits and vegetables with meat in their diet. 

Eggs making a comeback as a nutritious food

For a long time, eggs, like the comedian Rodney Dangerfield, got no respect. But respect is growing again. Eggs are beginning to get support for their nutritional value. As Hugh Riordan, M.D., The Center's director, says, "Why not eat eggs; there is everything in there needed to make a whole chicken.

For instance, eggs are high in omega-3 fatty acids, the ones that we tend to be a little short of in the average American diet. Omega-3 fats help in such areas as preventing inflammation, asthma, hypertension, heart disease, and cancer.



Answers from page 4

- 1 d. Melatonin, found in every plant, animal, and algae, has been around for three billion years.
- 2 b. All fruits, vegetables, whole grain, beans, potatoes, nuts, peanuts, avocados, and olives are whole foods.
- 3 a. Added sugar and fat, white flour, and alcohol do not qualify as whole foods.
- 4 c. B12 deficiency has a wide range of symptoms depending on biochemical individuality.
- 5 b. Abnormal pigmentation in hair and skin and blood vessel elastin defects are a couple of problems associated with too little copper. Recurrent infections, fatigue, Rheumatoid arthritis, and PMS can be associated with too much copper.
- 6 b. It would be truer to say you are what you eat, digest, absorb, circulate, assimilate, metabolize, and excrete.
- 7 c. Chromium excretion increases with unresolved stress and with increased sugar intake. Our diets tend to be deficient in chromium while our chromium needs persist. Hi

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

GETTING YOUR BLOOD PRESSURE UNDER CONTROL WITHOUT MEDICATION

with Hugh D. Riordan, M.D.
 There are many underlying causes for what most doctors call "essential hypertension." Center doctors and consultants have learned what some of those underlying causes are. Listen to this presentation to find out what some of those key factors are and how to apply them to your life. Audio cassette & video tape.

KNOW YOUR NUTRIENTS: Calcium—More Than Just For Bones

with Ronald Hunninghake, M.D.
 Calcium is the most abundant mineral in the body. It is important for healthy bones and teeth. It also plays a role in nerve transmission, cell permeability, and blood pressure regulation. Calcium deficiencies can lead to stunted growth, muscle cramping, abnormally heavy menstruation, hypertension, nervousness, and insomnia. Listen to this lecture to learn more about this most valuable mineral. Audio cassette & video tape.

KNOW YOUR NUTRIENTS: Chromium—For Better Blood Sugar Control

with Ronald Hunninghake, M.D.
 Chromium helps insulin function normally. Insulin maintains proper blood sugar control and also regulates fat metabolism. This is how chromium can help convert fat to muscle. Chromium is also vital for strong bones, normal cholesterol, healthy gums, better vision, and a host of other functions. Audio cassette & video tape.

WOUND HEALING & TUMOR ANGIOGENESIS: How Cancer Cells Keep Growing

with Joseph J. Casciari, Ph.D.
 One of the keys to wound healing is a process called "angiogenesis." In angiogenesis, cells in damaged tissues send out signals that stimulate new capillary growth in the area of the wound. Tumor cells also stimulate angiogenesis. Can cancer be cured by disabling the angiogenesis process? Learn about this exciting area of cancer research. Audio cassette & video tape.

• To Order, Fill Out The Form Below •

TITLE	TYPE	PRICE	QUANTITY	TOTAL
	(audio, video, or book)			
Getting Your Blood Pressure Under Control	_____	_____	_____	_____
Know Your Nutrients: Calcium	_____	_____	_____	_____
Know Your Nutrients: Chromium	_____	_____	_____	_____
Wound Healing & Tumor Angiogenesis	_____	_____	_____	_____
<i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)	_____	_____	_____	_____
			Subtotal	_____
			*Add Sales Tax	_____
			**Add Postage & Handling	_____
			TOTAL	_____

* Kansas residents add 5.9%.
 ** Add \$2.00 for first item; 50¢ for each additional item. (No postage necessary for *Health Hunter* membership.)

Payment:

Check
 VISA
 Am. Exp.
 Discover
 M. C.
 Exp. Date _____
 Card # _____
 Signature _____

Ship to:

Name _____
 Address _____
 City _____
 State _____
 Zip _____

Mail form and payment to:
 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219

Upcoming Events...

JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Interim Yoga Class	4	5 Interim Yoga Class	6	7
10 Interim Yoga Class	11	12 Workshop - Eat Your Way to Natural Weight Loss	13	14 Bright Spot for Health Fair (Saturday 6/15 also)
17	18	19 Yoga Reduce Hips, Thighs, & Buns Origami	20 L & L - Get Off Your Duff and Do It	21
24 Yoga Reduce Hips, Thighs, & Buns Origami	25	26 Workshop - Eat Your Way to Natural Weight Loss	27 L & L - What To Do About Fatigue	28

JULY

Lunch & Lecture Classes:

- 11 How to Make Your Favorite Recipes Healthier
- 16 Know Your Nutrients: CoQ10
- 18 Auricular Treatment for Pain
- 25 Beyond Organic Gardening

Margarine again associated with coronary disease

"Intake of margarine may predispose men to development of coronary heart disease (CHD)," concluded Harvard Medical School researchers in a recent study.

The study was based on information gained from interviews with 832 men free of heart disease during 1966 to 1969 and followed for over 20 years as part of the Framingham Study.

The researchers found that during the first ten years there was no increase in CHD from eating margarine.

The second ten year period showed considerable change in CHD risk. For each teaspoon of margarine consumed per day, the risk for CHD increased 11 percent.

Butter consumption showed no similar CHD risk increase during the 20 year period, the researchers found. They pointed out that this was not an endorsement of butter, though.

INSIDE THIS MONTH'S ISSUE . . .

- It is health fair time again
- Calcium helps lower blood pressure
- Arthritis and diet: the debate draws closer
- Vitamin E builds younger arteries

Health Hunter

A Publication of The Center for the Improvement of Human Functioning International, Inc.
3100 N. Hillside Ave.
Wichita, KS 67219 USA

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 858
WICHITA, KS 67219

ADDRESS CORRECTION REQUESTED