

Health Hunter[®]

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N E W S L E T T E R

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Maintaining a healthy prostate

Ron Hunninghake, M.D.

The prostate is a single gland, about the size of a chestnut, that lies below the male bladder. The prostate secretes fluids that lubricate the urethra and promote sperm motility. Prostate fluids are 30% of the semen volume.

During the fourth or fifth decade of life, 60% of males will experience enlargement of their prostate.

During the fourth or fifth decade of life, 60% of males will experience enlargement of their prostate. This is called benign prostatic hyperplasia or BPH. The outlet of the bladder is partially blocked causing the following symptoms: frequency (must urinate often); urgency (can't wait, due to smaller capacity); hesitancy (reduced stream); intermittency (poor force of stream); nocturia (frequent awakening at night); urinary retention (complete blockage). Surgical treatment of this condition costs about one billion dollars annually in the U.S....and much lost or disrupted sleep.

With aging, male testosterone levels decrease. Simultaneously, several other hormones (estradiol, FSH, prolactin, and leuteinizing hormone) increase. The aging prostate is less capable of breaking down these hormones, which it also takes up more readily.

In an effort to compensate for lower testosterone levels, the prostate will more actively uptake testosterone. This is associated with a higher activity of the testosterone converting enzyme, 5-alpha-reductase. 5-alpha-reductase

converts testosterone to dihydrotestosterone. It is this increasing presence of dihydrotestosterone in the aging prostate that actually causes the hyperplasia of prostate cells.

Two other forces that drive this process are prolactin and cadmium. Prolactin rises with age and acts to increase testosterone uptake by the prostate. It also stimulates 5-alpha-reductase. Beer and stress increase prolactin levels. (Now we know the real reason certain men get enlarged prostates! So if you are going to be a "real man", expect to have a real big prostate.) Vitamin B6 and zinc lower prolactin levels and therefore are important for maintaining a healthy prostate.

The second major force at work here is cadmium. This is a toxic mineral, a so-called "heavy metal," that is preferentially deposited in prostate tissue. Cadmium significantly raises dihydrotestosterone levels in prostate cells. BPH is thus more common in males with cadmium toxicity. And since cigarette paper is quite high in cadmium, smoker's are commonly afflicted with BPH.

Several non-pharmacologic, non-surgical therapeutic strategies are available whose effectiveness and safety have been scientifically documented. It is advisable to undertake treatment of BPH under a doctor's supervision. These symptoms can also involve an undiagnosed prostatic malignancy. Annual digital exams, coupled with the careful use of the PSA test, can help to assure that the prostatic hyperplasia is indeed benign.

Perhaps the most dramatic natural
continued on page 2

Exercise for heart, cancer patients

Exercise to recover from chemotherapy or congestive heart failure may seem a little radical, but two new studies support the idea.

Working independently, both research groups found that cancer as well as heart patients can increase their stamina by walking or riding a stationary bike.

Researchers at Freiburg University Medical Center in Germany began looking at cancer rehabilitation following chemotherapy. Half of the 32 cancer patients in the study began an exercise program with the other half as non-exercising controls.

At the beginning, both groups had a 6 kilometer (km) per hour maximum exercise tolerance. After 7 weeks of exercise, this group increased to 8 km per hour with the controls reaching only 7 km per hour. Exercisers had higher concentrations of hemoglobin in the blood indicating higher oxygen carrying capacity, too. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

The Tower of Babel


These days, everyone is a nutrition expert. The rising interest in nutrition, diet, exercise, and wellness has led to a flood of articles in the lay press, a multitude of books, diet and exercise gurus, personal trainers, juicers, organic produce in the grocery store, and large food and natural health forums on the Internet. Much of this activity is being fueled by a major upswing in scientific work in the field of nutrition. In 1995 alone, there were over 3,000 new studies on vitamin C. While the upshot of all this media attention has been good to raise public awareness on the importance of nutrition, some unexpected "side-effects" have developed.

One scenario that often occurs is what I call "the salvation nutrient." A heavily marketed natural substance is tried by a desperately ill individual. By chance, it is a perfect fit to that individual's unique biochemistry. The individual experiences a dramatic improvement or remission in their illness. Having been "saved" by vitamin X, the well meaning patient starts preaching "the gospel of X" to whomever will listen. And because there is much illness and disability out there in the average population, many people will try vitamin X with a huge expectation of results. When the results are not there,

because their biochemistry is different than their cured friend's, there often arises a bitter disappointment. Nutrition, as an approach, is then abandoned.

Nutrition as a medical specialty, in my opinion, is in its infancy. It is, and will be, an ever more powerful tool to treat chronic illness. But like any tool, it can be misused. Certain fundamental premises need to be respected to prevent misinformation overload. Premises like: nutrients are not like drugs...simply treating symptoms won't work; measure levels in each individual to treat their biochemical uniqueness; treat the whole person...work on the overall ecology of that individual's illness.

IF we can resist the temptation to make nutrition a cure-all, we can keep our feet planted on scientifically solid ground. If we use the new paradigm of system's theory, we can use the interaction of a multitude of measurable nutritional co-factors to determine the optimal functioning of the unique individual.

THEN we stand a good chance to avoid a nutritional Tower of Babel, that would be of no real help to anyone, and the potential downfall of a powerful new medical modality currently being mainstreamed in our time. 

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

Continued from page 1

therapy is *Serenoa repens*. This is the botanical name for saw palmetto berries. The oil extract of this North American plant species is rich in fatty acids and sterols that have been shown to inhibit the conversion of testosterone to dihydrotestosterone, as well as increasing the metabolic breakdown of dihydrotestosterone. Currently, 11 clinical studies demonstrate the effectiveness of saw palmetto to alleviate the symptoms of BPH.

Prostaglandins, whose very name reflects the organ they were first found to be biochemically active in, inhibit testosterone and dihydrotestosterone binding to the prostate. With the aging process, essential fatty acids (the nutri-

tional precursor to prostaglandins) are commonly deficient. In one study, 19 patients were supplemented with 60 mg/d of omega 3 and 6 EFAs. After several weeks of therapy, 19 of 19 of the subjects had a better stream. Twelve of 19 no longer had residual urine, and 13 of 19 had no further nocturia.

The prostate contains the body's highest zinc concentration. Zinc helps the aging prostate three ways: 1) inhibits prolactin secretion (see above); 2) inhibits 5-alpha-reductase—less formation of dihydrotestosterone; 3) inhibits androgen binding to prostate receptors. Nineteen patients were studied using 150 mg of zinc sulfate for two

continued on page 3

Continued from page 2

months. All 19 patients had improved symptoms. Fourteen of 19 were found to have smaller prostates on digital exam. Their serum zinc levels increased.

To briefly wrap up, several additional natural therapies have been studied. *Pygeum africanum* is a tropical evergreen whose bark extract is effective in treating BPH, as documented in 12 double blind studies. *Serenoa repens*, in comparison studies, is only slightly better. Neither have side effects. The amino acid combo of L-glutamine, L-alanine, and L-glycine may add further benefits (three studies). Selenium may protect prostate tissue from free radical damage secondary to cadmium toxicity. And two herbal extracts, stinging nettles and flower pollen, may be helpful.

In conclusion, BPH is a common condition, conventionally treated with medication and surgery. Effective nutritional therapies are available with no reported side effects. Whether these more aggressive nutritional interventions will lower the rising incidence of prostate cancer remains to be proven. H

Stress again connected to heart problems

Mental stress, such as feelings of tension, frustration, and sadness, can more than double the risk of having a heart attack in the hours following the stress, according to a report in *The Journal of the American Medical Association*.

Elizabeth Gullette with the Department of Psychiatry and Behavioral Sciences at Duke University and associates wrote, "Previous research has shown that mental stress is a potent trigger of myocardial ischemia in laboratory settings." The results of this study found that mental stress is also a common trigger for heart attacks during routine activities in daily life outside of the laboratory setting.

They also found that positive emotions tend to reduce occurrence of heart problems, with lesser effect than the negative stressors, though. H

HEALTH HUNTERS AT HOME

Graying of the immune system

I was scanning through the May 7 issue of *The Journal of the American Medical Association* (JAMA) and found two interesting articles, the second of which falls into the remarkable class.

The first was a research paper about the value of vitamin E supplementation for the elderly. JAMA regularly has research papers covering nutrients—both pro and con.

In this one the researchers concluded, "Our double-blind, placebo-controlled study shows that levels of vitamin E higher than currently recommended enhance...T cell-mediated function in healthy elderly." (In short, enhance the immune system in old folks.) This is an interesting article for the elderly and I intend to expand on its importance later in this issue.

This first article refers the reader to an editorial in the same issue of JAMA, written by Ranjit Kumar Chandra, OC, MD, FRCPC, using the same title I borrowed above, "The graying of the immune system." The subtitle asks, "Can Nutrient Supplements Improve Immunity in the Elderly?"

Well, this caught my eye, not only because I thought it would be interesting to *Health Hunter* readers, but because I have an immune system that is graying—along with my hair. So I read on.

Chandra opens his editorial with this statement, "It is recognized that nutrient intake should not only prevent the classic deficiency diseases, but also could reduce illness and improve health."

A little later in his opening paragraph, he writes, "For some nutrients, the amounts proposed as being healthful apparently cannot be provided by a reasonable quantity and variety of natural foods. Thus, *nutrient supplements* (emphasis added) may be important for health promotion and prevention of certain chronic diseases."

At this point, I closed the magazine and looked on the front to make sure it was the one that I started reading and not something written by one of The Center's doctors. It was indeed JAMA, so I turned back to the editorial and read

on with growing interest. Here is some one actually promoting supplements in JAMA.

A few paragraphs later, Chandra writes that, "in the elderly a number of factors limit the chances of obtaining adequate amounts of vitamin E in food, including quantity and variety of foods, inability to purchase, prepare, and chew foods that contain vitamin E, use of medications that interfere with vitamin E, and presence of chronic disease affecting appetite and absorption."

Again, it could have been written by Center physicians. The reasons he gives for older people not getting enough vitamin E are among the reasons why we look very closely at the nutrient levels of patient-colearners to discover what is going on with them.

Chandra continues, "Since there is no evidence to suggest that physiological amounts of vitamins and trace elements given for prolonged periods have any toxic or adverse consequences and given in the high prevalence of deficiencies of several micronutrients in old age it would be prudent to opt for a suitable micronutrient supplement in modest amounts for all elderly individuals in order to achieve the maximum physiological and health benefits with the least risk of toxicity."

This is a good start. At The Center, we believe that everyone is different biochemically and it is best to see just what each person needs rather than have one multivitamin that fits all. Because of this biochemical individuality, we devised the Beat The Odds program that allows a person to find out precisely what his or her antioxidant levels may be. But Chandra has taken a bold first step.

His closing words are, "A reduction in illness and suffering would be a laudable goal of any nutritional intervention in the elderly. After all, this is what preventive medicine is or should be." The Center agrees wholeheartedly with this statement.

I believe this is what Ben Franklin had in mind when he said, "An ounce of prevention is worth a pound of cure." H

—Richard Lewis

INFORMATION WORTH KNOWING

Prostate problems affect many people, not just the one who has the physical problem. In the past, men's health issues have not been discussed as openly as women's health issues. Traditionally, men are not as likely to seek medical attention for minor problems that serve as warning signs for more serious underlying problems. This month we focus on men's health issues with questions from *Alternative Medicine: the Definitive Guide* compiled by The Burton Goldberg Group.

1 By the age of fifty, about _____% of all men start to experience difficulties with urination related to the prostate.

- a. 30
- b. 25
- c. 20
- d. 15

2 Enlargement of the prostate is usually caused by _____ which then blocks the urethra or opening from the bladder.

- a. abnormal overgrowth of prostate tissue
- b. swelling of tissue of the prostate
- c. thick urine
- d. a and/or b

3 Chronic constipation has also been implicated as being a contributing factor of prostatic discomfort when there is already an enlarged prostate gland.

- a. True
- b. False

4 _____ is an inflammation or infection of the prostate gland most often seen in men between the ages of twenty to fifty.

- a. Prostion
- b. Infectious posterior
- c. Prostatitis
- d. all the above

5 Depletion of _____ make(s) it easier for an infection to occur.

- a. zinc
- b. ascorbic acid
- c. proteolytic enzymes
- d. all the above

6 Cancer of the prostate is the most uncommonly found cancer in males over fifty years of age and very rarely afflicts men.

- a. True
- b. False

7 Conventional Western medicine tends to view all genitourinary disorders as conditions that can be treated solely with medication, surgery, or medical devices. Alternative physicians look at _____ as well.

- a. shape of the eyes
- b. underlying causes
- c. blood sugar
- d. All of the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 47-year-old man came to The Center with a three year history of severe tiredness, body achiness, sweating spells, and progressive forgetfulness. His standard physician had determined he had chronic fatigue syndrome, secondary to Epstein-Barr virus and chronic obstructive sleep apnea. His career and family life had suffered greatly as a result. Several medications were helpful for pain, but made his fatigue worse. Of significance, one of his hobbies is shooting. He has cast his own lead bullets for many years. A serum lead level done two years ago was normal.

Chemistry profile, porphobilinogen, urinalysis, and CBC were normal (except a high urine specific gravity indicating dehydration.) Fatty acids, potassium/sodium ratio, pyrroles, erythrocyte magnesium, zinc, B-complex saturation, and antioxidant vitamins A, C, and E were OK. Buffy coat vitamin C saturation was low. AM cortisol was low. His most striking findings were profoundly low erythrocyte chromium and an extremely high post chelation lead excretion. High lead also showed up in his hair tissue sample.

He began a series of EDTA chelations to remove the high tissue lead. He takes 600 mcg of chromium picolinate. This is taken on an empty stomach for better absorption. Gram ascorbs and Emergen C were both used to boost C levels. Cardiorite, a multi-nutrient for the vascular system, was initiated. Initially, he felt worse as large amounts of lead were mobilized from his system. After consuming more fluids, fruits, and veggies, coupled with a walking program, the patient began to note weight reduction and improved energy.

Ten weeks into his program, the patient has lost almost 28 pounds and is walking regularly. He has reduced his blood pressure medication, is off Effexor, and has stopped most pain medications. He no longer takes sleeping medication. He has upped his oral C to 20 grams per day.

He reports that his mind is much clearer. He no longer sweats profusely during the day. The depression he was battling is also completely gone. He has modified his bullet casting procedures to reduce future lead exposure.

EH

Share information about The Center with your family and friends by inviting them to visit our Internet website! Meet us at the following address: <http://www.brightspot.org> or correspond with us by E-mail: healthcoach@southwind.net.

Exercise=bone density

All weight-bearing exercise makes bones denser and stronger—and lack of exercise means bone loss. If you cut back on your exercise, you cut back on bone. Not only does exercise strengthen bones and muscles, it may also prevent falls that can lead to fractures.

Try to work out or walk regularly. It has been found that people who work out about 30 to 45 minutes, three or four times per week, remain in better health and are more mentally alert.

It is good if you can join a group at a gym. This gives you some companionship as well as competition. But if this is not possible, do engage in a program by yourself. Make a commitment, and, in just a few weeks, you will find yourself looking forward to this special time each day.

Your attitude will change. You will look forward to seeing changes in your environment. Leaves will come and go from the foliage along the route you choose. You can do some neighborhood patrolling. As you notice changes, you will soon learn where and how to report these changes. Remember, when we find time to help others along our way, time passes quickly and we have a better day.

I read an article once about kindness that went something like this:

I will pass through this world but once. If, therefore, there be any kindness I can show or any good thing I can do, let me do it now; let me not defer it or neglect it, for I shall not pass this way again.

Remember walk your dog three or four times each week (even if you don't have a dog).

—Nelda Reed

Do we work as hard as our ancestors?

Researchers with the Department of Exercise and Sport Science at the Colorado State University figured that the average calories burned by an early hunter-gatherer in one day was

2,900

By contrast, they calculate the calories burned by the average American is

1,800

Mental Medicine

by Marilyn Landreth, M.A.

Anger—a signal for change?

Anger is an emotion that can play a part in diseases of the lungs and cardiovascular system. We all experience anger at some time or another. It is a normal, healthy emotion. Problems arise when we don't deal with it in a healthy way and the anger turns toxic.

Anger can serve a valuable purpose if utilized in an appropriate manner. It can be used as a signal that something isn't quite right and needs attention. It can signal that our stressors are exceeding our resources to handle them or that our rights are being violated.

Courage to correct injustices can come about because of anger. When our anger signals an impossible situation, it alerts us to find new ways to do something or make life altering changes. Anger can get our attention as well as other people's attention.

Keeping a daily anger journal to

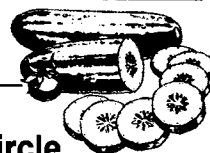
collect information on what triggers your anger and your responses to those triggers is one way to get in touch with what anger means to you. Naming your anger is a giant step toward self-affirmations and self-protection.

Many emotional responses are learned as children. If anger is a problem for you, become a detective and find out what led you to develop your childhood view of yourself. Did you have childhood nicknames? How did your parents react when you expressed your anger?

Many emotional responses are learned as children, but we do not have to continue expressing them in the same way when it hurts either ourselves or someone else. Did you know that emotional development continues throughout your lifetime? Is it time for you to use your anger as a signal for change?

Food of the Month

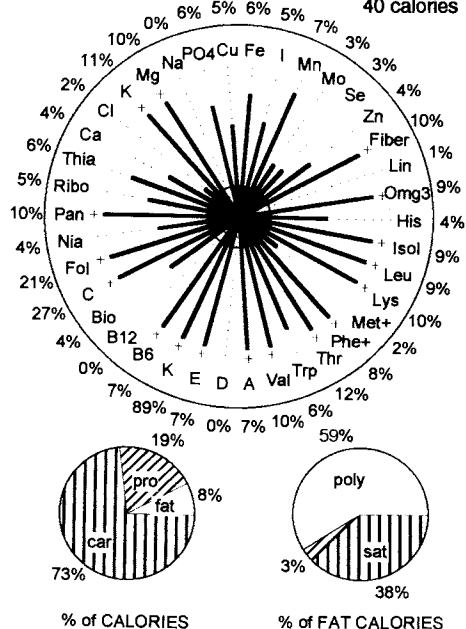
by Donald R. Davis, Ph.D.



NutriCircle

1 cucumber = 40 calories

CUCUMBER is like lettuce (see April issue)—super rich in nutrients per calorie, but high in water, so one must eat a lot to count for much. For example, here are amounts for a whole cucumber, often deemed six servings (8 in. by 2 in. diameter, with skin). It contains 10% to 90% of the RDAs for vitamins K and C, folic acid, pantothenic acid, potassium, magnesium, fiber, and three essential amino acids (*Lys, Thr, Val*)—all in only 40 calories. Interestingly, fat contributes a few of those calories, much of it omega-3 fat (*Omg3*). Try eating those cooling six servings on a hot day, and you'll get more than just crunch.



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).

Ukrainian Folk Medicine

by Sergey M. Nesterishin, M.S.D.

Garlic


Garlic, as a remedy for many illnesses, has been used since ancient times. Tibetan medicine recipes using garlic date back to 4000 and 5000 B.C. Garlic, along with onions, is widely used in Ukrainian folk medicine.

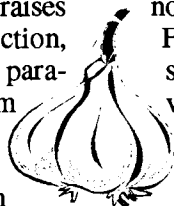
Garlic is a universal remedy. It cleans and disinfects the stomach, raises the appetite, adjusts bowel function, has an antihelminthic (a type of parasite) property, adjusts metabolism and blood circulation, promotes wound healing. Garlic contains vitamins B, C, and D, along with bactericide, fungicide and protozoacide.

It stimulates the positive work of the heart, regulating the nerves leading to the heart. In addition, it helps blood vessels to expand, regulates blood pressure, and has been shown in research to lower cholesterol in the blood.

Ukrainian folk medicine uses an extract of garlic to treat influenza and colds. To make the extract, put two or three cloves of garlic in a cup and fill with boiling water. Let stand for an hour. This extract is excellent for rinsing the throat, using for drops in the nose, and for compresses.

For gout and kidney and bladder stones use an extract of garlic and vodka. To make the extract, combine five whole heads of garlic, finely chopped, with a pint of vodka. Let stand for eight to ten days in a warm room (temperature near 86°F). Take one half teaspoon of the extract three times a day before meals.

Next month I will bring more remedies along with ways to eliminate the breath odor problems that people often complain about when using garlic. 



CENTER UPDATE

Vitamin E boosts immune system in the elderly

Vitamin E supplements of 200 mg per day increased several immune system biomarkers in subjects who were 65 or older, according to research in a recent issue of *The Journal of the American Medical Association*.

Usually, one sees vitamin E listed in International Units (IU). In this research project, they used mg (milligrams) instead of IU. The usual conversion of mg to IU is 200 mg is the equivalent of about 270 IU.

To examine the effect of vitamin E on the immune system, Simin Nikbin Meydani, DVM, PhD, and his associates, followed 88 healthy people age 65 or older for 235 days. The study had to be this long to remove any seasonal bias that might appear. After selection, the subjects were assigned to either a placebo group or to groups taking 60, 200, or 800 mg. of vitamin E per day.


These doses are greater than the Recommended Daily Allowance, but, as the researchers pointed out, the current recommended levels are based on studies in young subjects. The researchers were interested in what level would

be best for the average person over 65.

Their concern was that as we age, for various reasons we may need more vitamin E than the recommended level for younger subjects to keep our immune system healthy.

Prior research showed that aging is associated with a reduction in many immune responses in most older people. Other studies indicate that nutrition is a critical determinant for a healthy immune system for all ages, and especially for the elderly.

With this in mind, the researchers selected several immune system functions to see how the increased vitamin E would affect them. They found the group taking 200 mg of vitamin E responded the best of all four groups.

"In conclusion, our double-blind, placebo-controlled study shows that levels of vitamin E higher than currently recommended enhance [the body's] indexes of T cell-mediated functions in healthy adults. The enhancement of cell-mediated immunity by vitamin E was not associated with any adverse effects," the researchers wrote. 

Antioxidants and kids with inflammatory bowel disease


Children with inflammatory bowel disease (IBD), of which Crohn's Disease is a particularly difficult variety, are often low in antioxidants circulating in the blood, according to a report in a recent issue of *The American Journal of Clinical Nutrition*.

Edward Hoffenberg and his colleagues at the University of Colorado School of Medicine, feel that this lack of antioxidants is related to ongoing oxidative stress (the development of free radicals) in the kids and may be a contributor to IBD problems.

"Lower circulating antioxidant concentrations have been observed in other gastrointestinal disorders in which oxidant stress is believed to be involved," they observed.

Compared with kids who did not have IBD problems, children with inflammatory bowel disease had lower plasma vitamin C levels. They also had increased levels of glutathione, glutathione peroxidase and vitamin E levels in their blood. To explain this, the researchers discussed the synergistic interaction of these various antioxidants.

"Ascorbic acid (vitamin C), a scavenger of neutrophil [a type of white blood cell] oxidants, converts the [vitamin E] radical back to the active α -tocopherol [vitamin E], thereby replenishing the antioxidant activity of vitamin E. Glutathione, another soluble antioxidant, is present in high concentrations in red blood cells and is capable of reducing oxidized ascorbic acid. Thus, these antioxidants may act in concert to protect the tissues undergoing oxidant stress. A change in any of these antioxidants may be balanced by alterations in the other two, thus conserving adequate α -tocopherol," the researchers observed.

Hoffenberg and his team of researchers feel that getting these particular antioxidant nutrients back in balance in the body may be the key to solving IBD in children, and maybe even adults, too. Studies by various research groups completed earlier show this to be true. 

Answers from page 4

- 1 a. Most of the difficulties with urination are related to enlargement of the prostate gland or benign prostatic hypertrophy (BPH).
- 2 d. This blocks the urethra or opening from the bladder.
- 3 a. Correcting the constipation can bring some relief of symptoms.
- 4 c. Infections from bacteria or chlamydia may not be the cause of the condition but are acting opportunistically upon a depleted glandular environment.
- 5 d. Proteolytic enzymes break down complex proteins and zinc sterilizes the urethra and protects the gland from infections.
- 6 b. Cancer of the prostate is responsible for 35,000 deaths each year in the United States with an additional 165,000 men developing the disease in the same period.
- 7 b. They look at the physical or mental, internal or external. Diet and nutrition, herbal medicine, homeopathy, and acupuncture are just a few of the alternative modalities most often used in the treatment of male health issues.



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ALTERNATIVE MEDICINE
Compiled by The Burton Goldberg Group

This book is an educational tool to acquaint the reader with various disease processes and how alternative medicine physicians may differ in treatment plans. The information in this book is meant as a starting point for discussion with your physician. It includes many disease processes and has 1068 pages. Hardcover.
 Retail Price: \$59.95
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REMINISCING 40 YEARS OF MEDICINE

with Hugh D. Riordan, M.D.
 This presentation is a combination of what Dr. Riordan has found to be keys anyone can use to open the many doors that lead to greater health and vigor. May 1997 marked 40 years since Dr. Riordan became a doctor and 22 years since The Center received its first grant approval to start a nutrition research laboratory. Audio cassette & video tape.

PREGNENOLONE AND ADAPTATION

with Ronald Hunninghake, M.D.
 Adaptation is a word that Dr. Hans Selye used referring to the body's ability to cope with chronic stress. With prolonged stress and depletion of certain reserves, the body's ability to adapt fails and illness results. This lecture focuses on the historical and physiologic role of pregnenolone in helping to regulate the body's response to stress and aging. Audio cassette & video tape.

CHOOSING FATS TO AVOID FAT PHOBIA

with Donald R. Davis, Ph.D.
 We live in fat-phobic times. "No-fat" foods seem the height of goodness, and high-fat foods are the pits. These beliefs are partly right, but also are seriously wrong. The key to health and sanity is knowledge about the right and wrong kinds of fat. You will learn why we must eat fat, and how to choose sources that help prevent heart disease and cancer. Audio cassette & video tape.

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Upcoming Events. . .

JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 L & L -Zinc	4	5 L & L - Thou Shalt Not Become Senile	6
9 Yoga	10 Happy Body Aerobics	11 Yoga	12 L & L - Nutritional Supplements, Happy Body	13
16 Yoga	17 Happy Body Aerobics	18 Yoga	19 Happy Body Aerobics	20
23 Yoga	24 Happy Body Aerobics	25 Yoga	26 Happy Body Aerobics	27
30 Yoga				

JULY

- 3 Summer Lunch & Lecture Classes begin
- 14 Summer Yoga Classes begin
- 15 Happy Body Aerobics Classes begin

Milk in your tea, flavonoids and heart disease

In France, researchers found that the antioxidant flavonoids in red wine help protect against heart disease.

Dutch researchers turned their microscopes on the low incidence of death from heart disease in men living in Zutphen, Netherlands.

The reason was again antioxidant flavonoids. The flavonoids came from black tea and onions.

The most recent study looking into the effects of flavonoids, a 14 year study in Caerphilly, Wales, drew a blank. There was no reduction in heart disease deaths in spite of the high black tea consumption by the 1900 men in the study. Actually, heart disease rose amongst tea drinkers.

Milk in the tea was the reason. Proteins in the milk combine with the flavonoids to make complex molecules that the body can't absorb, thus destroying the antioxidant effect of the tea.

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Health Hunter

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