

Health Hunter[®]

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N E W S L E T T E R

JUNE 1998

Why EDTA chelation therapy?

Richard Lewis

Before beginning to answer this question, you need a little background on EDTA, the active ingredient in chelation therapy.

You have all been consuming EDTA for years—at least in small doses.

If you read product labels, both in the United States and Europe, you will find EDTA in a vast array of preparations and products: creams, oils, soaps, ointments, bath preparations, hair preparations, fungicides, cosmetics, pharmaceuticals, biologicals, foods, soft drinks, flavorings, animal foods, plant nutrients, metal cleaning solutions, scale removers, rubber coated fabrics, photographic agents...and the list goes on.

Chelation therapy remains the ideal way to flush out any quantity of lead from the human body.

EDTA is even an ingredient in the jar of mayonnaise found on your grocer's shelves.

Ethylenediaminetetraacetic acid is the chemical name for EDTA. Chemists love to use this long and hard to understand word, but the average person prefers to stick with EDTA.

German scientists first developed EDTA in the mid thirties to control the calcium in fabric dyeing processes. Without controlling the calcium in water used for the process, fabric dyeing would be blotchy and inconsistent.

One of the first medical uses of chelation therapy was in the treatment of lead poisoning. Rubin, Cignac, Bessman, and Belknap published a pa-

per in a 1953 issue of the journal, *Science*, titled, "Enhancement of lead excretion in humans by disodium calcium ethylenediamine tetraacetate." This paper discussed the value of chelation therapy as a process to remove lead from the human body.

For the last three decades, Herbert Needleman, M.D., a professor of psychiatry and pediatrics at the University of Pittsburgh School of Medicine in Pittsburgh, PA, has been campaigning for the removal of lead from the environment and from people, particularly children.

He points out that lead poisoning has not been an unknown problem. Over two hundred years ago, Benjamin Franklin described the effects of lead poisoning on tinkers and painters. A little over ninety years ago, A. J. Gibson, an Australian researcher, described the effects of lead poisoning on children.

In 1982, at one of The Center's International Conferences, Dr. Needleman asked, "If large doses of lead can make you profoundly retarded, can small doses of lead make you a little dumb? More properly put, is there a threshold for lead?" How much is O.K? None, nada, nil is the answer.

Chelation therapy remains the ideal way to flush out any quantity of lead from the human body.

Dr. Needleman and others have found that any lead in the human body has an effect on every cell in the body and remains in the cell as a systemic poison until the lead is removed.

Dr. Needleman and his colleagues, writing in a paper published in *The New England Journal of Medicine*, said, "The


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Is salt still a bad guy?

The debate about salt, or sodium chloride as the chemists refer to it, is back again. For decades physicians have recommended a low sodium diet to help prevent high blood pressure and the heart attacks and strokes caused by it.

In recent years, studies showing that reduced sodium intake may have other adverse effects on the body bring the debate back to life. A recent study by Niels Graudal, M.D., and his colleagues at the University of Copenhagen in Denmark, weighs in on the side that believes sodium reduction is not a good thing.

In their meta-analysis of 58 studies of hypertensive persons where sodium excretion was measured, they concluded in a report printed in *The Journal of the American Medical Association* that, "These results do not support a general recommendation to reduce sodium intake," for all people.

They did say that, "reduced sodium intake may be used as a supplementary treatment for hypertension." 

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Nutritional Medicine

by Ron Hunninghake, M.D.

Attitude controls quality

In recent times, a new conversation has entered the medical arena. It is illustrated by two contrasting questions that a patient might ask, having been told that he or she has a terminal illness. The question of the past would be, "Doc, how long do I have?" Now, the emerging question reveals a whole new consciousness: "Doc, what can we do to help me live better, with the time that I've got?"

Put in very simple terminology, the focus is shifting from *quantity* to *quality*. There is even a medical journal devoted to innovative means of measuring "quality of life."

"Made in Japan" used to imply "cheap, plentiful, and likely to break." Now, Japanese products, such as their automobiles, are known for their high quality and overall value. This change came about due to the modern influence of Demming, an engineer/philosopher who recognized the importance of quality control in the business arena. His work has created nothing short of

a worldwide business revolution that is now finding its way into healthcare.

Within our personal lives, quality issues take on a slightly different dynamic than in the corporate environment. Each moment we are faced with choices. Each choice we make influences our perceived "quality of life." We try to make the best choice we can, given the situation, the illness, the relationship, the job, and a whole host of outside factors at work in that moment.

But the most powerful controlling influence in the quality of any outcome in the individual's domain is strictly *within* that individual. Simply put, it is the attitude one brings to the moment that most determines quality. The personal cultivation of life-enhancing attitudes is perhaps the very best way to create meaningful outcomes that serve to foster growth and success.

If things aren't going well, check your attitude...it may be overdue for a change. [H]

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data presented here indicate that exposure to lead, even in children who remain asymptomatic, may have an important and enduring effect on the success in life of such children and that early indicators of lead burden and behavioral deficit are strong predictors of poor school outcome."

A report came from The Center for Disease Control about 12 years ago stating that lead burden in the body was a cause of hypertension, or high blood pressure.

Using this information, The Center conducted a research study in 1985 based on the premise that if we removed the lead from hypertensives using chelation therapy, their blood pressure would come down. At the end of the study, the answer was yes; blood pressure was lowered by removing the lead burden with chelation therapy.

Another valuable piece of information learned from this study had to do with kidney function in relation to che-

lation therapy. Critics of chelation therapy often say that it may damage kidney function. We found that kidney function either stayed the same or improved as a result of the chelation therapy.

Chelation works for other types of animals besides humans. A few years ago, when the water got very low in the Minnesota lakes and ponds, the trumpeter swans began eating the lead shot off the now exposed lake bottoms. To save the swans from lead poisoning, veterinarians did surgery to remove the lead shot from the swans' craws and then chelated the swans to remove the systemic lead. The swans are doing very well, now.

Cadmium, aluminum, and mercury are other heavy metals that are as damaging as lead. Cadmium can damage the immune system as well as cause high blood pressure at high levels. All of these toxic heavy metals are known


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to affect the cell membrane permeability, subcellular organelles, and the DNA. In short, you are better off getting them out of the body, and chelation therapy is the best way to flush out these heavy metals.


Chelation therapy also works very well to remove the free calcium from the body, and especially from the vascular system. This is not the calcium needed to maintain strong, healthy bones and other organ systems in the body. It is the free calcium circulating in the blood that tends to deposit on the vascular walls causing hardening of the arteries.

When this free calcium is removed from the arteries by chelation therapy, the arteries become flexible again, allowing them to carry more blood each time the heart pumps. This lowered resistance to blood flow also tends to lower the blood pressure.

Heavy metal and free calcium removal are important tasks of EDTA chelation therapy. For more information about chelation therapy, check with the Gift of Health at The Center for books as well as for video and audio tapes covering the subject. 

Gender gap?

From the Human Genome Project at Oak Ridge, TN comes some potentially bad news for males, depending on how you interpret it. Researchers found 433 genes on the X ("female") chromosome while only 29 genes were found on the Y ("male") chromosome.

In unrelated research, neuropsychiatrist C. Edward Coffey of the Henry Ford Health System found that women's brains shrink about 2.5% per decade while men lose their gray matter faster. Coffey did not measure the ability to think, though. Size, after all, isn't everything. 

Interesting statistics

Seventy-one percent of the women in the United States claim to make the health decisions for the entire family, according to EDK Associated in New York.

The skinny on sugar

New Orleans is the gastronomic center for white rice covered with shrimp Creole or crawfish etouffee, or crusty white bread to sop up the last of a bowl of shrimp gumbo, or to serve as the base for those oyster po'boy sandwiches.

Or how about the loads of sugar used to make those delicious pralines or sparkling beignets.

Not any more. New Orleans is going through a culinary remake, at least in part. And it is all the result of the book, *Sugar Busters*, written by three local doctors and a layperson.

"It's not just a diet. *Sugar Busters* is a change in our thought processes about how we eat," insists Dr. Morrison Bethea, one of the two initial instigators of this revolution to clean up a city's eating morals and mores.

Writing in the *American Medical News*, a weekly tabloid published by the American Medical Association, Paul McGinn says "Dr. Bethea has demonized sugar in all its forms. Sugars, including starches and carbohydrates, contribute to obesity more than fat, he preached. Cut sugar from the American diet, and millions of obese men, women, and children will shed the pounds and keep them off, he vows."

It all started very simply. Leighton Steward read a book printed in France, *Dine Out and Lose Weight*, by Michel Moltignac. Steward followed the book prescriptions and lost 20 pounds.

He talked to his long time friend, Dr. Bethea, about an American version of the book. Moltignac wasn't interested, so Dr. Bethea recruited two colleagues, Luis Balart, and Samuel Andrews, both M.D.'s, to assist in the writing of what became *Sugar Busters*.

Oddly enough, no one wanted to publish it, so Drs. Bethea, Balart, and Andrews decided to do it themselves. They finished the book in 1995 and ordered 10,000 from the printer. After six months, the first printing sold out, so they ordered a second run of 15,000. By Christmas of 1997, the book had sold over 160,000 copies.

"During Christmas, we were told that we were the No. 1 best seller in the New Orleans area. We even outsold

John Grisham and Danielle Steele!" Dr. Bethea said.

The authors wanted good science to be the underpinning of the book. "It's all in Wilson and Foster," Dr. Bethea told *American Medical News*, referring to the standard *Textbook of Endocrinology* by Jean Wilson, M.D., and Daniel Williams Foster. "If this had taken a genius to figure out, none of us would have been involved."

"It all comes down to insulin," Dr. Bethea explained. Eat a spoonful of sugar and the pancreas produces enough insulin to counteract the raised blood sugar level by promoting the storage of the sugar as glycogen in the liver and muscles. "That same insulin, however, also promotes storage of fat."


Not only does *Sugar Busters* go after soft drinks and white bread, a number of other foods are on the hit list: potatoes, carrots, corn, beets, bananas, and raisins.

A better way to eat includes most fruits, green vegetables, lean meats, and even a glass or two of red wine for dinner. (Beer, white wine, and liquor are not recommended.) Also good are carbohydrates with a high fiber content, like sweet potatoes and whole grain breads and pastas.

Men do well on the diet, while the average woman with a 10% slower metabolism doesn't do as well.

It is another variation of the whole foods diet Don Davis, Ph.D., a Center consultant, has been pushing for years. Dr. Bethea and his colleagues do add an interesting twist, however—the relationship between insulin and fat.

Sugar Busters has gone national since it was picked up by a large publisher. The expanded hardcover version is at your local bookstore.

As for the remaking of New Orleans eating habits, over three dozen restaurants there offer appetizers, entrees, and desserts that meet *Sugar Busters* guidelines. Many others are now offering brown rice and whole-grain pastas. It is nice to see others, even in the Big Easy, getting on the whole foods bandwagon. 

—Richard Lewis

INFORMATION WORTH KNOWING



Roger Williams, Ph.D., wrote *The Wonderful World Within You* to help people of all ages live with greater expertise. He was convinced that how we take care of our internal machinery is not a trifling matter and can have consequences both in the amount of energy we have and our health in later life. In his opinion, developing and maintaining a healthy body is a lifelong endeavor. The questions this month are from the new edition of his book.

1 Human beings depend on the _____ they receive for good development, energy, health, and alertness.

- a. genetics
- b. nutrition
- c. counseling
- d. all of the above

2 Four rats named Peewee, Puny, Norm, and Super were all raised by Roger Williams. They all developed at different levels. All factors were the same except for the _____ of food they ate.

- a. quality
- b. quantity
- c. color
- d. all the above

3 Although the four rats developed differently, there was no noticeable difference in their size.

- a. true
- b. false

4 Human body structure is elegant and splendid. It consists of around 60 trillion living cells of different sizes and shapes, about _____ times as many cells as there are stars in the Milky Way.

- a. 5
- b. 100
- c. 600
- d. 1,000

5 As long as you have most of the growth and maintenance chemicals present in your diet it is not important to include all of them.

- a. true
- b. false

6 If supplied with fuel, oxygen, water, and the growth and maintenance chemicals, our bodies can build and maintain complex machinery that runs _____.

- a. without interruption for many decades
- b. at half speed
- c. well for 20 years
- d. none of the above

7 All the growth and maintenance chemicals (vitamins, minerals, amino acids, trace elements and others) are also necessary building blocks for _____.

- a. cows
- b. corn
- c. potatoes
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

This 56-year-old male came to The Center concerned about his easy bruising, low back pain, and rapidly progressing coronary artery disease. The heart problem was first diagnosed in 1990.

In 1990, he had a heart valve replaced. This was followed by angioplasty in 1995 and a triple bypass in 1996. After the surgery, he then had two mild strokes, one in December of 1996 and the second in February of 1997.


When he came to The Center in August of 1997, he remarked that he was having chest pain while filling out the history required for our clinical evaluation. When asked how he would know the treatment worked, he answered his feet would be warm in the winter. Now they are quite cold when he goes outside, no matter how warmly he dresses.

During the evaluation, the nurses do a thermogram of the patients. In this case, one was done of the patient's legs. The initial thermogram showed very poor circulation in his legs, and particularly the right leg.

Along with Cardi-rite and Fruits and Veggies Plus, he began chelation therapy as part of his treatment.

After completing 30 chelation treatments, he remarked that, "I don't have any angina pain any more. I actually feel good. I really enjoyed working with the staff at The Center, especially the nurses since they are on the front line of service. My treatments were like a family reunion since some of the same patients would be there every time. I actually enjoyed coming to the doctor's office."

The nurses ran another thermogram after the 30th chelation treatment and this thermogram showed marked improvement in the amount of heat radiated from his legs, and especially his right leg, indicating increased circulation. He is looking forward to winter and being outside.

One secret goal he had set for himself was to live long enough to see his first grandchild born. Since his son and daughter-in-law just had their first child and he is feeling so good, he is going to lengthen that goal. 

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.

What is EDTA chelation therapy?

Following is a good definition from *The Scientific Basis of EDTA Chelation Therapy*, a book by Bruce W. Halstead, M.D. and Theodore C. Rozena, M.D.

"EDTA chelation therapy is a form of treatment aimed at reducing calcium deposits, removing the heavy metals that inhibit enzyme systems, controlling lipid peroxidation, and reducing platelet stickiness in the clinical management of atherosclerosis and related disorders."

The word chelate comes from the Greek word *chele* which refers to the claw of a crab or a lobster. The term was first introduced into the scientific literature by Morgan and Drew (1920). Chelation is specifically defined as the incorporation of a metal ion into a heterocyclic ring structure. This binding process provides the bioinorganic chemical basis for chelation therapy. In short, the chelating material claws the heavy metals such as lead, aluminum, cadmium, and mercury, out of their hiding places in the body and flushes them out through the kidneys.

I became a patient of Dr. Riordan's in January 1980, at age 63. I had numerous health problems and was using large amounts of prescription medications. Now at 81 years plus and 144 chelation treatments, I am able to function very well. The only prescription I take is Armour Thyroid; no pain pills, no heart or blood pressure meds. I do take a goodly amount of supplements and have totally changed my diet.

I work a total of 33 hours each week at The Center in the Marge Page Dome. I would be glad to visit and explain the many benefits I have received from chelation treatments and why I am here to say, "This is the best money I have ever spent."

I often recall a saying by Lewis Mumford:

"There is a kind of release that comes directly to those who have undergone an ordeal and who know, having survived it, that they are equal to all of life's occasions."

—Nelda Reed

Herbal History

Wild onion (*Allium canadense*)

Wild onions grow in the eastern United States, bounded on the west by a circle starting at the western tip of Lake Superior, swinging through eastern Colorado, and ending up around the southern edge of the Texas, Louisiana border. They grow mainly in prairies, along roadsides, and open woods.

These perennials grow from an egg-shaped bulb that has a strong onion odor. The native American tribes were not too complimentary by referring to wild onions as "skunk testes" and other less complimentary names.

Even though less than complimentary when referring to the plant, Indian tribes used wild onions for food as well as for various medicinal purposes. For instance, the Blackfeet made a tea from the bulbs which was used to control coughs and vomiting. Nursing mothers drank the tea to pass on its good characteristics to their child.

The Blackfeet also treated colds, headaches, and sinus problems by having the person inhale the smoke of a smudge made from the bulb. Snuff made from the dried bulb was inhaled to open sinuses. The Dakotas and the Winnebagos used bruised wild onion to treat bee and wasp stings, according to one researcher.

More recently, studies in India found that eating 21 ounces of onions a week significantly lowered serum triglycerides, beta lipoproteins, phospholipids, and plasma fibrinogens when compared to those not eating onions. All are indicated in heart disease. The researchers found that only seven ounces of garlic had a similar effect and also helped prevent arteriosclerosis.

Onions, then and now, continue to have many medicinal and culinary uses. Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher, Ph.D.

Food of the Month

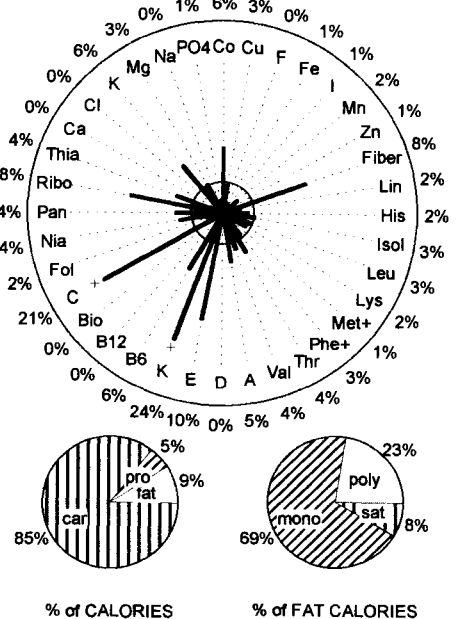
by Donald R. Davis, Ph.D.



NutriCircle

2 plums (2 in. dia.) = 70 calories

PLUMS are a sweet delight if you grow or find tree-ripened fruit. Relative to calories, about half of all nutrients are adequately supplied. Standouts include vitamins E, K, B6, and C, riboflavin, potassium, and fiber, each with 6% to 24% of the recommended daily amounts in two plums. Prunes (dried plums) have less vitamins, especially vitamin C, but they make a convenient and worthy snack. Try prunes and nuts instead of candy bars or chips to satisfy hunger at the movies, on car or shopping trips, or camping. Prune puree or prune butter can replace added fat in baking (see *Secrets of Fat-Free Baking* by Sandra Woodruff).



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right).

Mental Medicine

by Marilyn Landreth, M.A.


Words of encouragement

Sometimes when we can't get all the encouragement that we need from others, we can learn to encourage ourselves. When was the last time you took yourself to task because you didn't do something as perfectly as you hoped you would? When was the last time you gave yourself encouragement for attempting to do something that was a little outside your "comfort zone?" If you are like most people, you probably tend to give yourself more disapproval and less approval.

Every time we step a little bit outside that "comfort zone" and have a positive experience, we grow a little. Learning to give yourself a pat on the back for taking that step can help you have a positive experience and lead you to take another step.

Recently, I completed Preceptorship II for the Academy of Guided Imagery. During that experience I had

to show competence in leading four different guiding techniques. The Academy must have read the poem by Dorothy Law Nolte which is on the wall in the clinic entitled "Children Learn What They Live." One of the lines says "If a child lives with criticism, he learns to condemn" and another says, "If a child lives with encouragement, he learns confidence." The Academy certainly knew how to explain each technique, demonstrate it, and give us positive feedback to encourage us to have confidence in our ability to lead with enough "growing edge" pointers so that we could do even better the next session.

The next time you are in a position to critique yourself or others, just remember to look for what was done right. To paraphrase Ms. Nolte, "If a person lives with approval, he/she learns to like themselves." Approving of ourselves is an important step in mental medicine. 

CENTER UPDATE

Homocysteine and heart disease

In 1969, Kilmer McCully recognized that elevated plasma homocysteine can lead to an increased risk of cardiovascular disease. His results went essentially unnoticed for years.

Since the relationship between homocysteine and heart disease recently appeared on the radar screen of the researchers trying to find a solution for heart disease, more research comes out each month.


One of the most recent studies was conducted by Jayne Woodside, with the School of Clinical Medicine, Queen's University of Belfast, Belfast, Northern Ireland, and her colleagues in various other countries and reported in *The American Journal of Clinical Nutrition*.

In a double blind study, Woodside's group looked at the homocysteine levels of 101 men who were given B-vitamins (vitamins B6, B12, and folate) alone, antioxidant vitamins (vitamins C, E, and beta-carotene) alone, B-vita-

mins in combination with the antioxidants, or a placebo.

They found what Dr. McCully discovered in 1969. At the start of the eight week trial period, those subjects with the lowest folate and B12 levels had the highest levels of homocysteine in the blood. Past research has confirmed that the higher the homocysteine level in the blood, the greater the heart attack risk. They also checked the antioxidant levels.

At the end of the trial period, they found that those who supplemented with the B-vitamins lowered their homocysteine levels the most, independently of whether they took antioxidants or not. The antioxidants alone and the placebo had no effect on homocysteine levels.

Homocysteine continues to get more overdue attention from researchers. Now is the time to move it more into the consciousness of the general public and the physicians who treat them. 


Olive oil, yes. Corn oil, no.

Two recent studies tout the use of olive oil, which is high in omega 3 fatty acids, in place of corn oil, which is very low in the omega 3 fatty acids and high in the omega 6 fatty acids. Olive oil is a monounsaturated fat, while corn oil is a polyunsaturated oil.


In one study, reported in the *Archives of Internal Medicine*, researchers found that diets high in polyunsaturated fats, such as corn oil, appear to increase the risk of breast cancer by 69%. By contrast, they also found that diets high in monounsaturated fats, such as olive oil, may actually reduce the risk of breast cancer.

In another study reported in *The Journal of the American Medical Association*, researchers in Sweden who followed 61,000 women for four years found that those women who ate the most polyunsaturated fats were 20% more likely to develop breast cancer than those women who ate the least.

Further, the researchers pointed out a solution; switch to oils like olive oil which is monounsaturated. Those women in the study who used oils like olive oil had as high as a 20% protective effect from breast cancer.

One other reason to switch to olive oil from the polyunsaturated oils comes from researchers at the Harvard Medical School. They found that people who followed the Mediterranean diet, which is high in olive oil, and other diets rich in this oil had a protective effect from strokes. Polyunsaturated fats, by contrast, did not lower the risk of strokes. 

Job-pay stress increases coronary artery disease

Nine hundred forty Finnish men were followed for four years to see what effect low pay and high stress on the job would have on coronary artery disease. At the end of the test period, the researchers reported their findings in *Circulation*. The men in the low pay-high stress group had developed thicker artery walls and plaque, showing increased coronary artery disease, than those in the high pay-low stress group. 

Answers from page 4

- 1 b. While genetics and counseling may play a part, nutrition is one area over which we have the most control.
- 2 a. Each cage had a fresh supply of wholesome food and water. The food selected for each rat had a different nutrient level.
- 3 b. Peewee's kidneys and heart weighed about 1/4 as much as Super's. Peewee's brain also weighed about 20% less than Super's.
- 4 c. Each cell has distinctive structures. A cell has about 10,000 times as many molecules as the Milky Way has stars.
- 5 b. There are about 40 growth and maintenance chemicals that are necessary for life and all must be included in the diet.
- 6 a. This building, maintenance, and operation process is repeated with variations in each of the billions of cells that make up our bodies.
- 7 d. The growth and maintenance chemicals are needed by every living thing. When we eat the tissues of plants or animals, we automatically obtain an assortment of growth and maintenance chemicals.



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THE WONDERFUL WORLD WITHIN YOU

by Roger Williams, Ph.D.

Are you aware of just how wonderful your body is and all the many ways it works to keep you healthy? *The Wonderful World Within You*, written by Roger Williams, has been released in a new edition. Learn what nutrients you need to keep your body operating optimally and how you are very different from any other human being. Softcover. Retail Price: \$12.95
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with Hugh D. Riordan, M.D.

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with Marilyn Landreth, M.A.

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15 Yoga	16 L & L - Finding the Underlying Causes of Chronic Disease, Yoga	17 Yoga	18 L & L - Soy Foods for Disease Prevention, Yoga	19
22 Yoga	23 L & L - DHEA Update, Yoga	24 Yoga	25 L & L - Lipic Acid & Wild Musrooms, Yoga	26
29 Yoga	30 L & L - Angiogenesis, Yoga			

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- 9 Keeping Muscles Strong as We Age
- 16 The Spirited Walker

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Vitamins C and E protect against sunburn

Taking a combination of vitamin C and vitamin E may help protect against sunburn, researchers reported recently in the *Journal of the American Academy of Dermatology*.

In this study, the researchers looked at taking a combination of two grams of vitamin C and 100 international units (IU) of vitamin E a day to gain the protective effect from sunburn. They also found out that, taken separately, the vitamins did not have the same protective effect. The shielding effect from ultraviolet rays seems to depend on the combined intake of the two vitamins.

This doesn't mean that you can take the vitamins and throw caution to the wind. You will still need to take some steps to protect yourself from the sun's rays.

- Why EDTA chelation therapy?
- Is salt still a bad guy?
- The skinny on sugar
- Homocysteine and heart disease

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