

Health Hunter[®]

N E W S L E T T E R

Violence and biochemistry

Donald R. Davis, Ph.D.

Regarding violence in our society as purely a sociologic matter or one of law enforcement, has led to unmitigated failure. It is time to test further whether violence can be amenable to medical-public health interventions.

C. Everett Koop, former Surgeon General

It should come as no surprise that researchers find links between biochemistry and behavior.

Some find it a new and strange idea that biochemistry could affect behavior. But the idea is neither new nor strange. Probably every parent learns that a too-hungry infant or child can be irritable and unreasonable. Adults may find the same tendency in themselves. In these cases a simple meal or snack can improve mood and thinking.

Similarly, biochemists have known for over 50 years that vitamin deficiency can cause mental symptoms. Best known is the dementia of pellagra, caused by severe niacin deficiency. Less well known are the mental symptoms of scurvy, a severe vitamin C deficiency, and of many other vitamin deficiencies.

Toxins, too, disrupt brain func-

tion. Alcohol toxicity has been known for millennia, and it illustrates an important point: Different individuals react differently to impaired brain chemistry. Some may become loud, aggressive, and perhaps violent. Others are giggly or talkative, or instead, withdrawn or sleepy. Many other drugs affect behavior, ranging from the drowsiness of antihistamines to the sudden outbursts of violence associated with anabolic steroids used by some athletes and body builders. Most effects of alcohol and drugs seem reversible simply by abstinence, but not so the brain toxicity of lead. Even low levels found in many American children cause long-lasting, slight

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Little Things Add Up

A Harris survey shows that 80 percent of British workers, 69 percent of Canadian workers, and only 43 percent of American workers use a break as a change of pace from stress.

American Family Physician

Should physicians prescribe prayer?

Every day prescriptions are written for drugs, exercise, nutrients, and even water, as mentioned elsewhere in this issue of *Health Hunter*, so why not prayer?

Up until recently, the answer from most of the medical community would have been that there is no scientific proof that prayer works. Leave prayer to religion and keep medicine on its sound, scientific base. But there have been several scientists looking at the subject of prayer for years.

"There is at work an integration of medicine with religion, of spirituality with medical practice, the twin guardians of healing throughout the ages," said Dale Matthews, M.D., associate professor of medicine, Georgetown University School of Medicine, at a conference on "Spiritual Dimensions in Clinical Research."

George Gallup Jr, in reviewing 35 years of surveys by the Gallup Poll, pointed out that "Psychiatrists no longer dismiss out of hand the importance of religious faith in recovering from emotional illness and the healing power of forgiveness; there is a recognition of the connection between prayer and healing."

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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.

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Nutritional Medicine

by Ron Hunninghake, M.D.

The nutrient solution

The crime problem ranks as one of the top concerns for most Americans. What makes it so frustrating is its complexity. How do we get a handle on crime?

One way is to focus on the criminal. In the past, this has been a psychological and social project. These avenues have yielded disappointing results. Now new evidence points to a new direction in rehabilitation of the criminal. By helping the criminal to become biochemically better balanced and healthier, he/she is less prone to violent behavior.

This approach is in line with a whole new perspective on how to deal with difficult problems: stop focusing on the problem and start focusing on the desired result.

Now, do healthier criminals mean better criminals? No. Crime is

a maladaptive behavior of an unhealthy individual. Make the individual more biochemically stable and adaptive...the old behaviors become much less needed. The foundations for a better life are in place.

Think of criminal behavior as a symptom. Putting the criminal in jail is like taking a narcotic: the pain is better, but the cause persists. Better that the deficiencies are uncovered and corrected, then the organism has a much better chance of functioning appropriately, on all levels: physically, emotionally, mentally, socially, and spiritually.

Is this not a more rational approach to crime: help to heal the biochemical structures of the criminal?

An optimally healthy criminal is no longer a criminal. [H]

Continued from page 1

deficits in learning and IQ.

Our brain cells, like all others on earth, require many nutrients, and they are vulnerable to many toxins. If their biochemistry falters, behavior suffers. It should come as no surprise that researchers find links between biochemistry and behavior. Here I will cite a few examples.

First, let's be clear: No informed person should claim that bad nutrition or toxins *cause* crime or violence. Most persons consuming alcohol or anabolic steroids do not suddenly become criminal or violent. Only a few susceptible individuals do. Further, many other factors may be important. Neither malnutrition, toxins, alcohol, bad homes, rap lyrics, nor violent movies *cause* crime

or violence. But there are reasons to think that all of these sometimes *contribute* to social pathologies. If they do, we may be able to find acceptable, useful ways to reduce the terrible toll of violence. Only careful experiments can show what works and what is practical.

For example, probation officers Alexander Schauss and Barbara Reed wrote books about 15 years ago suggesting that their parolees benefited from improved diets and nutritional supplements. Since then, Steve Schoenthaler, now at California State University at Stanislaus, has performed a long series of progressively more rigorous experiments. Most recently, he gave broad

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Burn calories faster

If you walk for exercise but find it's not helping you slim down, add weight lifting to your workout. University of Florida researchers found that every new ounce of muscle you build burns 25% more calories than any fat tissue it replaced, and you burn those extra calories no matter what you're doing, researchers say—walking, reading, even sleeping. [H]

Health, May/June, 1995

Garlic: a bacterial killer

Over the centuries, garlic has been used as an antibiotic. In fact, during World War II, the Russians called it "Russian penicillin." Now researchers at Boston City Hospital show garlic kills certain drug-resistant, drug-sensitive bacteria in the test tube.

The bacteria that can be eliminated are: *Acinetobacter anitratus*, *Escherichia coli*, beta-lactamase, *Hemophilus influenzae*, *Klebsiella pneumoniae*, *Moraxella catarrhalis*, *Pseudomonas aeruginosa*, *Staphylococcus aureus*, Methicillin-resistant *Staphylococcus aureus*, group A Streptococcus, and three different strains of *Streptococcus pneumoniae*.

Allicin, which gives garlic its pungent odor, seems to be the ingredient that has the bactericidal ability. *Pediatric Infectious Disease Journal*, December, 1994 [H]

Eating out smoke-free

On June 1, 1993, the West Lake Hills suburb (population 3,000) in Austin, Texas, introduced an ordinance that banned smoking in restaurants and restaurants with bar areas. Contrary to the myth (i.e. that those who eat out and drink out like their smoke), sales went up. [H]

Water, the perfect nutrient

Dr. Riordan, The Center's president, became acutely aware of the importance of water when on the chronic illness rotation in medical school.

During rounds, he would ask patients, "How much water do you drink?" And to a person, as he remembers, they would answer the same, "Why doctor, I don't drink water!"

Water is basic for the body to function properly. One can last for weeks (albeit uncomfortably) without food, but only a matter of days without water. Muscle tissue is 71% to 75% water while fat is only 14% to 22% water.

Water is needed for saliva and stomach juices to help digest food and for body fluids to lubricate bones and cushion organs. Blood needs water to carry nutrients throughout the body and to pick up waste products for proper disposal. Urine and fecal material need water to carry those waste products out of the body. Perspiration is the body's natural cooling system.

In short, we are 60% to 70% water and we need to stay that way. A drop in body water of as much as 9% to 12% of your total body weight can be fatal. This is why Dr. Riordan was so concerned about patients not drinking water when they had a chronic illness or before they became ill.

Summer is here and we are outside enjoying its many gifts. It is also the time to remember to drink water. "Thirst is your body's way of telling you it wants or needs liquids. Under normal resting conditions, thirst does an adequate job of helping you maintain water balance,"

Nancy Clark, MS, RD, wrote in a recent issue of *The Physician and Sportsmedicine*.

When you exercise, work, or play, especially in hot weather, your thirst can lag behind your body's need for water. "The thirst mechanism in young children and older adults may also lack the sensitivity needed to match their fluid needs. They may not feel thirsty even though their bodies need fluids," Clark adds.

So how much water do you need? Just sitting around, you lose at least 12 ounces of water just breathing during the day. Another 24 ounces goes out through your skin in the form of unseen perspiration. Since a pint weighs a pound, more than a quart of water is gone right there. When participating in strenuous exercise, you may lose another 4 pounds (2 quarts) of water. Add to this the water lost in urine and feces and it can get to be several quarts that you need to replace daily.

Dr. Riordan often writes a prescription for our co-learners that says, "Get a 2 quart container, fill it up with water first thing in the morning, and begin drinking water from it. Your day is not over until the container is empty." Good advice for all of us.

"So remember: The taste of water may be simple, but its function isn't. Water is 100% natural, 100% pure, low in sodium, calorie free, fat free, and cholesterol free—a practically perfect nutrient," Clark concludes.

Be sure you get all your body needs for optimal performance. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Having a sharp, healthy mind is as important as having a body that is in shape and healthy. A guide to improving the quality of your mind is written by Drs. Hoffer and Walker, *Smart Nutrients: A Guide to Nutrients That Can Prevent And Reverse Senility*. It is also intended for people who would like to have optimal health. A clearer link between our mental agility and the quality of our nutritional intake is suggested by current research. The questions this month are taken from their book. Dr. Hoffer will also be a speaker at the 14th International Conference on Human Functioning in September.

1. Dr. Hoffer has found there is a _____ relationship between aging and the effects of aging on our bodies.
 - a. fixed
 - b. no
 - c. flexible
 - d. none of the above
2. A person reaching age forty-five today has a better chance of living to be ninety than if he had lived a hundred years ago.
 - a. True
 - b. False
3. In Canada, in 1972, 147,000 Canadians lived to be eighty-five or older. _____% of them were senile.
 - a. 70
 - b. 50
 - c. 25
 - d. 10
4. Social Security records reveal there are _____ Americans who are at least 100 years old.
 - a. 1,000
 - b. 5,000
 - c. 7,500
 - d. Over 10,000
5. _____ is a (are) condition(s) prevalent in our society today that can wear out the individual's resistance and leave her/him open to degenerative diseases.
 - a. Stress
 - b. Pollution
 - c. Manufactured food
 - d. all the above
6. The authors believe that people who suffer from many years of malnutrition can prematurely age. Another explanation may be the amount of water the individual drinks.
 - a. True
 - b. False
7. At autopsy, many senile patients show very little brain pathology while other elderly people with a great deal of brain pathology showed _____ senile symptoms before they died.
 - a. daily
 - b. many
 - c. no
 - d. some

• FOR ANSWERS, SEE PAGE 7 •

Mark your calendar to attend
**THE 14TH INTERNATIONAL CONFERENCE
ON HUMAN FUNCTIONING**
Century II Convention Center, Wichita, Kansas
September 8, 9 and 10, 1995

Case of the month

We saw a 41-year-old female who had a 10 year diagnosis of lupus and osteoarthritis. She had constant muscle achiness and foot and leg pain. Already knowledgeable about nutrients, she wanted to ascertain her current levels. Here is what we found.


First, her red blood cell magnesium was very low while her red blood cell manganese was elevated. She was started on pure magnesium rather than an often used product that included manganese along with the magnesium.

Vitamin B6 is known to be helpful for arthritis. She had an elevated pyrroles level which tells us she is a fast excretor of pyridoxine (B6) in her urine. Therefore, additional B6 was started for her arthritis.

Food sensitivity testing revealed she was 3+(1+ to 4+ scale) sensitive to black tea. She decided to give up her life-long habit of tea drinking, and noticed an improvement in her joints as a result.

Both her urine and plasma vitamin C were extremely low. She had been taking vitamin C in what she thought was an adequate dosage, but these results convinced her to significantly increase her vitamin C intake to compensate for her chronic pain and inflammation. Follow-up vitamin C levels will make sure she is getting enough.

Finally, she did have two parasites show up in her rectal swab of the mucus. Along with a history of diarrhea, elevated monocytes on her complete blood count seemed to confirm parasites. Anti-parasitic therapy was indicated.


These are just a few examples of how laboratory testing was crucial in designing an individualized therapeutic program for this patient. 

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When reviewing the published studies in four major psychiatric journals, David B. Larson, M.D., president of the National Institute for Healthcare Research, found that only between 2.5% and 1.5% included a religious commitment variable. In the primary care and family practice journals, the figure drops to 1%.

But a change is underway. "Out of 27 studies that included a religious variable, such as church affiliation or regular religious involvement, 22 reported a significant, positive effect, and four had a positive effect, although the studies were not large enough to be statistically significant. This suggests, although it doesn't prove, that lack of religious involvement seems to be a risk factor [for poorer health]," Jeffrey S. Levin, Ph.D., associate professor of family and community medicine, Eastern Virginia Medical School, Norfolk, told the conference.

In his book, *Healing Words*, in which he looks scientifically at the power of prayer and the practice of medicine, Larry Dossey, M.D., wrote, "The recognition of a soul-like quality of consciousness—by science on the one hand and by religion on the other—will constitute a bridge between these two domains. ...No longer will people feel compelled to choose between them in ordering their lives. At long last science and religion will stand side by side in a complementary way neither attempting to usurp the other."

With books such as Dossey's and more conferences like this one bringing the weight of science to religion and religion into medicine, one may see more physicians prescribing prayer in the future. 

Mental Medicine


by Jon Sward, Ph.D.

In a 1993 research study, ten volunteers were exposed to an hour-long humorous video. Blood samples drawn before, during, and again immediately after the viewing showed measurable differences in a variety of immune functions. Blood samples drawn the next day showed the effects continued. The positive changes showed an increase in various lymphocyte counts.

Dr. Norman Cousins became famous with the publication of his book, *Anatomy of an Illness*. The book detailed the story of his fight with a life-threatening illness. The press popularized his efforts at using humor and laughter to help himself heal. They called it humor therapy. Dr. Cousins remembered his religious upbringing and wondered if there wasn't something literal in the biblical statement: "A merry heart

doeth good like a medicine."

So Dr. Cousins had his family secure a movie projector and old Laurel and Hardy movies. It often took fifteen to twenty minutes before he felt like laughing, but he soon discovered that an hour of belly laughter would give him about three hours of pain relief. Today we know that his laughter was probably stimulating endorphin release in his brain.

In today's world where almost everyone has a VCR, we encourage people to build a collection of comedy tapes that appeals to their own sense of humor. Keep them on hand to use when the body is ailing. It may be premature to say that you can laugh yourself well, but you can at least give your immune system a good boost while lessening your pain. 

CENTER UPDATE


Exercise benefits the heart

Exercise has many pluses for people with heart disease, researchers told a European Society of Cardiology meeting recently.

German cardiologist, Dr. Ranier Hambrecht at the University of Heidelberg, reported that intensive exercise does help slow coronary artery disease (CAD).

His research followed 70 male patients with stable angina pectoris. After private sessions with each person to adjust their exercise level on stationary cycles to 75% of maximum oxygen intake during symptom limiting exercise, the 70 men took their cycles home. They

were asked to exercise 30 minutes a day close to their target heart rate. They also participated in jogging and ball games in two 30-minute group sessions a week.

"Patients whose coronary artery disease showed no change were those who expended the most energy in both groups. CAD progressed in patients who had the lowest level of activity. In the high-activity group, (over 2,200 kilocalories weekly), CAD actually regressed in 28 percent of patients," reported *Cardiology World News*. Regression only occurred in patients who worked at this level or higher. 

Beat The Odds Update

Smoking depletes vitamin C from mom, fetus

Pregnant smokers may need to double their vitamin C intake, according to new evidence from a team of researchers at Our Lady of Mercy Medical Center in New York.

In this research, the team followed 226 smoking mothers along with 174 nonsmokers through their pregnancies. The fetuses of the smoking moms received less vitamin C than the nonsmokers, even when both groups of moms had similar vitamin C levels.

"It really appears that the smokers may need more vitamin C and maybe more of other nutrients that we haven't identified yet to get the appropriate amount of nutrients across the placenta to the fetus," says study collaborator Lois Brust-


man, according to *Science News*.

"Typically, newborns have twice the vitamin C concentration of their mothers. The New York team examined the concentrations of vitamin C in the mothers' bloodstreams and the blood from the infants' umbilical cords. While the newborns of nonsmoking mothers had twice as much vitamin C in their cord blood, the newborn of smokers had only 1.5 times as much as their mothers," *Science News* reported.

Vitamin C requirements increase significantly during pregnancy. Add to this the already accepted need for smokers to consume more vitamin C because of the added stress on the body from smoking,

and the demand for vitamin C goes even higher.

"This isn't just a case of less available vitamin C. We are looking at a potential problem with transport of vitamin C across the placenta," Brustman says. This indicates smoking mothers may need twice the vitamin C as nonsmoking mothers, she adds.

Rather than guess it will require twice as much, we believe it is important to find the level needed for each person. We all have a different need for a particular nutrient and it is more accurate to look at blood levels than guess. We now test vitamin C by itself in the expanded version of The Center's Beat The Odds program. 

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nutritional supplements or placebos to 400 incarcerated youths for 15 weeks. Preliminary reports point to about 40% fewer assaults and other serious infractions in those receiving the supplements. Earlier experiments found similar benefits with improved diets, without supplements. If confirmed, these findings should help us reduce violence in institutions, reduce the sizable cost of extended sentences, and suggest ways that susceptible individuals can reduce their risk of incarceration in the first place.

Other researchers report that vitamins, minerals, amino acids, and carbohydrates all measurably affect mood in typical individuals. These studies might explain how nutrients could reduce the threshold for violence in those with violent tend-

encies. If nutrition helps, its use can be *in addition to* any other methods that help; no approach should diminish efforts to find others.

Adrian Raine of the University of Southern California used PET scans to measure the burning of glucose "fuel" in the brains of 22 murderers and 22 control subjects. He found large metabolic deficits in the prefrontal cortex of the frontal lobes of the murderers. It is known that frontal lobe injury causes impulsiveness, immaturity, lack of tact, and poor social judgment. Although the murderers had no known brain injury, their biochemistry faltered in this important region. If we can find out why, it may help us overcome the deficits, or failing that, help us protect society from those who have them.

Raine and co-workers also studied the effects of birth complications and social factors in a large Danish population (4,269 males). Last year they reported that 4% of this sample with birth complications *and* early rejection by their mothers committed 22% of the violent crime in this population (murder, assault, rape, etc.). Neither birth complications nor rejection alone was associated with violence; *both* were required in this group. Raine's book, *The Psychopathology of Crime* (Academic Press, 1993) advocates that we study criminal behavior as a clinical disorder.

Sociologic approaches, law enforcement, and rapidly growing prison populations are not reducing violence. Improving our biochemical environments seems promising. 

Answers from page 4

1. c. Some people at age forty are old, while others do not seem to age until 70.
2. b. The major improvement has been in infant mortality and young people than in the older population. Older people who live longer may not be healthier than their counterpart of 100 years ago.
3. a. In 1975, one third of all hospital beds for the acutely ill were occupied by the elderly.
4. d. 10, 690 are over 100 years of age. United States Department of Health & Human Services predict that by the year 2035 there will be 71 million old people.
5. d. Our modern society seems to be part of the problem of premature aging. Greece and Iceland have a much higher life expectancy rate.
6. a. Water is essential for every function in the body. Dehydration can lead to other health problems.
7. c. Medical care should be given to a person who shows signs of senility. Helping them deal with stress and checking their vitamin and mineral levels are part of what can be done to improve the elderly's quality of life. [H]

SPECIAL DISCOUNTS

SMART NUTRIENTS: A Guide to Nutrients That Can Prevent & Reverse Senility

by Abraham Hoffer, M.D. & Morton Walker, D.P.M.

Senility does not need to be a part of aging. Now there is scientific evidence that suggests that aggressive nutritional therapy may be used to fight diseases such as arteriosclerosis and chronic malnutrition. Buy this book and find out some of the latest research in this area. Softcover.

Retail Price: \$9.95

Health Hunter Price: \$8.95

KNOW YOUR NUTRIENTS: Chromium

with Ronald Hunninghake, M.D.

A strong bone structure is comprised of "metals," which essentially are trace elements. Trace metals, such as chromium, are vital to strong bones. In this tape we'll explore the importance of this vital metal and its cousin, chromium picolinate, which builds muscle and can reduce "bad" cholesterol. Audio cassette.

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KNOW YOUR NUTRIENTS: Niacin

Ronald Hunninghake, M.D.

Part of the vitamin B-complex group, niacin is important in the prevention of the disease, pellagra. In areas where corn is a major diet staple, pellagra can be found because corn is deficient in niacin and tryptophane. Niacinamide deficiency, like other nutrient deficiencies, has been linked to other health problems. Audio cassette.

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KNOW YOUR NUTRIENTS: Fatty Acids & Essential Oils

with Ronald Hunninghake, M.D.

Good fats—bad fats! The right kinds of fats and oils are essential for good health. Trans fatty acids can increase cholesterol and have been linked to cancer and hardening of the arteries. "Good" oils, on the other hand, can reduce "bad" fats. Knowing the "good" from the "bad" is important to our health. Audio cassette.

Retail Price: \$7.00

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7/13 How to Make Your Own Yogurt, Buttermilk, and Drained Yogurt
7/18 Know Your Nutrients: Vitamin C
7/20 How Prayer Can Be Another Health Tool
7/21 Beat The Odds Update: Is it Healthy or Not?
7/27 Common Skin Disorders: The Nutrient Connection
8/3 Nutritional Therapy for Diabetes
8/8 Know Your Nutrients: Manganese
8/10 Is It Better to Suppress Symptoms or Find Out the Cause?
8/17 Thyroid and Your Health: An Update

9/8-10 14th International Conference on Human Functioning

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

Good fats?

"Our findings suggest that higher [blood] serum levels of the essential fatty acid alpha-linolenic acid are independently associated with a lower risk of stroke in middle-age men at high risk for cardiovascular disease," a group of California researchers reported in the May issue of the journal *Stroke*.

Nuts and soy bean products such as tofu are good sources of alpha-linolenic acid.

How alpha-linolenic acid works in this case isn't specifically known. But it is known that the omega-3 fatty acids that benefit the blood's clotting system are derived from alpha-linolenic acid. The researchers believe that alpha-linolenic acid may help reduce the formation of blood clots that contribute to strokes.

INSIDE THIS MONTH'S ISSUE . . .

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- Smoking depletes vitamin C from mom, fetus

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A Publication of The Center for the Improvement
of Human Functioning International, Inc.
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