

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

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## How we got into parasites

Richard Lewis

If you don't look for parasites, you won't find parasites. Another reality—if you don't believe parasites exist in our clean environment, you won't look for them.

Here are two stories that will help emphasize why The Center started looking more seriously at parasites and a few of the problems they cause.

**...over 80% of the ground water in Kansas is infected with either *Giardia lamblia* or *Cryptosporidium*...**

About a year ago, Neil Riordan, RPA-C, was visiting a physician in California and examined a gentleman from Mexico who came into the office with a strange rash. The rash did not look like a fungal infection or an allergic reaction, so Neil asked him if he had stomach problems. He said he did. Neil suggested checking the man for parasites. He was infected with hook worm (*Necator americanus*). They treated the hook worms and the rash disappeared soon after.

As Neil points out, "If you don't look for parasites, you don't find parasites. That is the main message."

The second story has to do with a two-year-old boy who had been extremely healthy until about ten days after his second birthday. His parents noticed he was going days between bowel movements (BM) and, when he did have a BM, it was extremely painful.

This went on for a few months while they took him to several pediatri-

cians and pediatric gastroenterologists and even made a trip to a major children's hospital with no success. The interval between BMs had now stretched to 10 to 14 days. During this short time, the child went from the 68th percentile in weight for his age down to the 30th percentile. The parents were frustrated as they watched their child waste away with no results. They even suggested that the doctors look for parasites, but were told by the pediatrician that you don't get parasites here.

After consulting with Ron Hunninghake, M.D., at The Center, the child was checked for parasites. He had the parasite *Blastocystis hominis*. He was treated for this parasite, began having regular BMs and gaining weight again. If you don't look for parasites, you don't find parasites.

These two different stories show that parasites are more prevalent in the U.S. than most people want to believe. The common belief is that we are very clean people; we don't have parasites. That must have been the belief of the pediatrician who told the parents of the two-year-old boy that you don't get parasites here.

The facts don't support this, though. Neil Riordan points out that over 80% of the ground water in Kansas is infected with either *Giardia lamblia* or *Cryptosporidium*, two common parasites. A study in Toronto found that 23% of all children in day care are infected with *Dientamoeba fragilis*.

There is a place in India where 100% of the population has *Ascaris* (round worm). One might think that this doesn't apply to us, but with our


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## Read *The Wonderful World Within You*

The 20th Anniversary Special Edition of *The Wonderful World Within You* was originally written by Roger Williams, Ph.D. Recently updated, the book gives a vivid insight into our individual differences and how understanding them is the key to a healthier life.

After reviewing the new edition, Hugh Riordan, M.D., said, "My 40 years in medical practice has taught me a lot. *The Wonderful World Within You* teaches a lot of what I know."

Donald R. Davis, Ph.D. wrote in its preface, "We are fortunate to have this new edition. It neatly summarizes Williams' lifetime of wisdom about many topics: nutrition, wholesome foods, nutritional supplements, our marvelous individual differences, preventing alcoholism, and finding a healthy and satisfying life."

To order your copy of *The Wonderful World Within You*, call The Center at 1-800-447-7276. The regular price is \$12.95; Health Hunter members pay only \$11.65. Tax and shipping is extra. 

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Reasonable possibilities

I recently saw a patient who had gone to Africa with a group of 20 women. They had a great time; however, seven of them had become deathly ill soon after their return to the States. Diarrhea, fever, malaise, and severe generalized achiness were their common symptoms. My patient got so bad that she went to the emergency room for diagnosis and treatment. There she was seen by a specialist in infectious disease. He diagnosed influenza and sent her home. She got worse. Meanwhile, one of her ailing friends was diagnosed by an alert family physician as having Giardia.

Giardia is an amoebic infection derived from contaminated drinking water. One need not go to Africa to get Giardia. Day care centers are becoming replete with this parasite, which is transmitted via the oral-fecal route. Surprisingly, a Kansas State study showed that over 80% of Kansas ponds and other water supplies contain Giardia.

My patient went back to her infectious disease doctor. The Giardia was confirmed and treated with Flagyl. She got even more sick from the antibiotic. Finally, in desperation, she went to another infectious disease specialist to have the medicine changed. Thank God, it worked.

The point of this story is simply: having been to Africa where parasites are theoretically more common, why the delay in diagnosis and treatment? If parasites are a reasonable possibility, shouldn't they be looked for right off the bat?

The "it can't happen here" attitude blinds doctors from evaluating reasonable possibilities. The world is changing. Foreign travel, tropically grown foods, poor hand washing hygiene, and changing patterns of organism prevalence, are all factors that require that doctors not allow old ideas to blind them to the alarming rise of parasite induced illness. [H]

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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

global community today, these people bring their parasites to the U.S.

A lot of our fruits and vegetables come from third world countries and with them come their parasites, Dr. Hunninghake pointed out. This doesn't mean we should stop eating fruits and vegetables; it just means that we need to take proper care.

The Center began looking for parasites in a more innovative way than just looking in a fecal sample. About seven years ago, Neil Riordan began working with a special staining process to highlight the parasites obtained from a sample of rectal mucus.

As Neil pointed out, "The reason we do a rectal smear to collect a sample is because the parasites have to come out sooner or later and they will be there." Using the rectal smear process, physicians at The Center have been able to find and identify parasites that are often missed in a fecal sample.

The first line of defense against parasites is hand washing. We made a

30-minute video for children and teens with the big message of WASH YOUR HANDS!

This video was funded by a man who had a son who kept getting sicker and sicker until he finally died. Doctors could not find out why he was sick. During the autopsy they found that he died from an undetected *Giardia lamblia* infection (a common parasite).

The next line of defense is to make sure your gastric pH is at the proper level.

You have probably seen ads on television for various over-the-counter antacids one can take. These antacids shut down stomach acid flow. Stomach acid is the body's primary defense system for eradicating parasites before they get into the gut. Without stomach acid, parasites slip through and set up residence in the gut. Once there, they begin wreaking havoc on the body.

So the best defense is a good offense. Keep your stomach healthy

*continued on page 3*

Continued from page 2

and happy by keeping the necessary digestive juices flowing properly—and wash your hands before eating. Should this fail to stop the parasites, the best defense becomes early and proper detection and treatment to resolve the parasite problem quickly. [H]

## The insidious power of tobacco advertising

The tobacco industry, as other corporations, has subtle ways to advertise its products. Movies are one of these. In a certain scene, a particular product will be seen prominently displayed with the label facing forward for easy reading. Or the leading characters may be observed sipping a popular cola drink during a significant scene.

In an article entitled "Tobacco Use is Increasing in Popular Films" that appeared in *Tobacco Control*, co-authors Theresa Stockwell and Stanton Glanz point out that 57% of the leading characters in the top grossing movies made between 1991 and 1996 smoked.

When balanced against the fact that only 25% of American adults smoke, you begin to see the insidious power of advertising working in subtle ways in our lives—and in the lives of all movie viewers, from children on up. [H]

## Americans are fearless

In spite of all the health awareness, Americans fearlessly take risks with their physical well-being. These percentages are a good example:

- 59% don't eat enough fruits and vegetables
- 35% don't take steps to control their stress
- 34% don't wear their seat belts
- 29% are overweight
- 22% smoke cigarettes
- 20% get less than 6 hours of sleep a night [H]

Source: *Chicago Sun-Times*

# HEALTH HUNTERS AT HOME

## Walkers live better, longer

Every year for the past several years, some of the staff at The Center has joined with a couple of thousand others in the annual Walkfest. This takes place on the morning of the final day of Wichita's River Festival.

When the Walkfest first started several years ago, there were only about two or three hundred people involved. Now it is this long serpentine of human flesh winding its way through Riverside Park. It is actually exciting to see that many people walking.

The crowd is a mixed bag—very young children being pulled in wagons, grade school children whining at their mothers, "How much farther do we have to go," well conditioned bodies of all ages setting a blistering pace at the front, very old moving at a slower pace, and people with less than well conditioned bodies obviously trying it for the first time bringing up the rear.

But the important thing was, they were out there doing it. No matter what shape they were in, they were determined to complete the 2.5-mile walk. And everyone I saw did complete it.

For the most part, everyone was having fun, outside of the whining kids dragged away from the morning cartoons, video games, or computer. There were smiling faces, cheery conversation, and lots of laughter. Even those who were struggling with the walk, had smiles on their faces as I hustled by them.

Walking is fun and these people showed that. Walking and talking with someone is even more fun. I don't know of any activity that can be so enjoyable, can be done by anyone in just about any condition, and be so good for you.

A recent research paper appearing in *The Lancet* emphasizes the good-for-you part of the formula. In this study, the researchers followed 7735 men ages 40 to 59 from 24 British towns for 12 to 14 years.

Of 4311 men with no coronary heart disease, stroke, or other heart disease at the beginning of the study, there were 219 deaths. Almost half of these deaths came from the

inactive/occasionally active group. The others were spread out among the light, moderate, and vigorous groups.

The inactive/occasionally active group had less than 30 minutes of moderate physical activity a week, while moderate physical activity involved 30 minutes of light activity five times a week. Walking, gardening, and easy swimming or cycling fall under their definition of light physical activity. These activities are recommended for all middle aged and older people, even those with cardiovascular disease, the researchers said.

The researchers found an interesting piece of information: sedentary men who become active show a drop in the mortality rate from all causes similar to those men who remain active. In short, it is never too late to start walking.

I saw one man walking at the Walkfest this year whose wife had come to The Center for help with her health. She did so well that he started coming to our Lunch and Lectures to learn about ways to improve his health. The Walkfest was his first attempt to walk farther than just down to the corner or to his car in the parking lot. It was harder than he thought, but he was enjoying the fact that he had started. He is in his fifties and a little overweight, but if he keeps up the walking he will have the chance to gain the better odds for longevity that long term walkers have.

This report, like most medical research, used men as subjects, but the researchers did throw a sop to women. "We presume that similar encouragement would also be appropriate for women," they wrote.

If you are walking now, keep it up. There is plenty of research showing that it is fun and has great physical payoff.

If you are not walking, join the fun. You will get more out of it every day and statistics show that you will have more days for that fun than those that never start walking. [H]

—Richard Lewis



## INFORMATION WORTH KNOWING

Are our health practices and lifestyle choices based upon habit and marketing hype? The first step to achieving and maintaining a healthy body is taking personal responsibility for the choices we make. If we want to be healthy we need to make healthy choices. According to Michael T. Murray, N.D., when we look at the cumulative effects of our habits and choices of attitude, diet, lifestyle, and exercise, it is readily apparent that we do have some control over the level of health that we experience. The questions this month are taken from his book, *The Complete Book of Juicing*.

1 The surest path to a healthier, more energetic, and disease free lifestyle begins with a diet rich in \_\_\_\_\_.

- a. sugars and fats
- b. natural foods
- c. cola drinks
- d. all of the above

2 While it is important to continue eating whole fruits and vegetables, the benefit(s) of juicing fruits and vegetables is(are) that juices \_\_\_\_\_.

- a. help the digestive process
- b. give concentrated nutritional benefits
- c. provide soluble fiber
- d. all of the above

3 Diet plays a part in the three leading causes of death in the United States—heart disease, cancer, and strokes.

- a. True
- b. False

4 Fresh juice is superior to either canned or frozen juices because it contains \_\_\_\_\_ that is(are) not found in many commercial products.

- a. flavor
- b. calories
- c. enzymes and other "living" ingredients
- d. none of the above

5 Many Americans are overfed and undernourished. Diets containing a high percentage (up to 60% of the calories) of uncooked foods are associated with significant \_\_\_\_\_.

- a. hunger and weight gain
- b. hunger and weight loss
- c. weight loss and lowering of blood pressure
- d. all of the above

6 Freshly squeezed orange juice, packaged orange juice, and orange flavored drink, all contain the same amount of vitamin C.

- a. True
- b. False

7 Juice is a natural source of \_\_\_\_\_ and provides the body with easily absorbed proteins, carbohydrates, minerals, essential fatty acids, and vitamins.

- a. fat
- b. water
- c. vitamin B12
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

## Case of the month

This nine-year-old young man came to The Center in June of 1997. He had one primary concern and a couple of lesser concerns such as bed wetting and soft teeth causing several cavities. The primary concern was Thygeson's keratopathy, a painful condition with his eyes which was being treated with steroids, which provided little relief.

From the laboratory testing, he and his parents learned about several deficiencies and some extras. In the way of something extra, he had *Dientamoeba fragilis*, one of the more difficult parasites to find.

To get rid of the parasites, he was started on Vermox. When he had completed the Vermox, he followed with Paramicrocidin (grapefruit extract) and Par Qing (an herbal blend) for two months.

To work on the deficiencies shown by his laboratory results, he started taking vitamins A, C, and E in addition to the Fruit Plus and Veggies Plus started earlier. He also used Viva drops in his eyes and eliminated the foods from his diet that proved to be sensitive for him.

His mother summed up his condition in a letter sent to The Center in late October. "Needless to say, we are extremely pleased with these results, as we were treating on the average of every five to six weeks for six months prior to our visit with you. He has been free of Thygeson's for nearly six months.

"Interestingly, his bed-wetting ceased as well when we made the changes in diet, and he has had no problems with his teeth in the intervening time.

"It has been interesting to have a child who has allergies to cane, beet, and maple sugars! (The asparagus, cucumbers, and broccoli don't pose much of a challenge!)...The beauty of [The Center's approach] is how much *he* has learned through the process, and the connections he has made about how food affects him, and though he will gobble down sugar like any other nine-year-old at times, he knows how it affects him, and that is the important thing."

HE

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](mailto:healthcoach@southwind.net).

## Aging—what is it?

I have been reading the 1998 summer issue of *The Journal of Anti-Aging Medicine*. What a fantastic journal!

A variety of aging theories have been proposed over the years. It is interesting to note that although some of these theories are based on inevitable changes that result from physiologic aging, other changes result from an accumulation of metabolic products over time. Therefore, anti-aging strategies should focus on both preventing the accumulation of detrimental products in the body and on adjusting to inevitable physiological changes.

The interaction between nutrition and the immune system has received much attention recently and nutrients such as vitamin E may enhance aging immune response. Another is the free-radical theory of aging, which proposes that the aging process results in an accumulation of free-radicals that may cause intracellular damage leading to degenerative diseases associated with aging.

What I learned from reading this journal further confirms what doctors here at The Center have been practicing for these past 22 years.

Many of us think of aging as the nagging daily reality of aching joints, wrinkles, angina, fear of cancer, imminent Alzheimer's, incontinence, the death of family and friends, slowly mounting frustrations, pains, and problems.

But when I follow The Center's doctors' advice I end up having fewer and fewer of the above mentioned problems and frustrations—and really end up having a "very good day." I try to remember—eat whole foods, exercise, sleep at least 6 to 8 hours, drink at least two quarts of water, do a good deed for someone, and, above, all, don't worry about the aging process!

—Nelda Reed

The best cosmetic in the world is an active mind that is always finding something new.

—Mary M. Atkinson


# Herbal History

by Daniel Rubin, ND

## Kava-Kava: relaxant herb from the Pacific

Kava-Kava has quickly become one of the most popular natural remedies for various conditions. It is well known for its calming and tranquilizing properties and is used extensively in the Pacific region as a ceremonial beverage when prepared from the dried roots of the *Piper methysticum* plant.

Eclectic and holistic physicians have long used Kava for its positive effects on the genitourinary system, usually in conditions where irritation or inflammation is present. Kava acts as a soothing relaxant to debilitated urinary passages that have become infected or irritated for some reason—especially when the neck of the bladder is involved. They also used it for "trigeminal neuralgia," a painful condition that affects a nerve which mainly supplies sensation to the skin of the face.

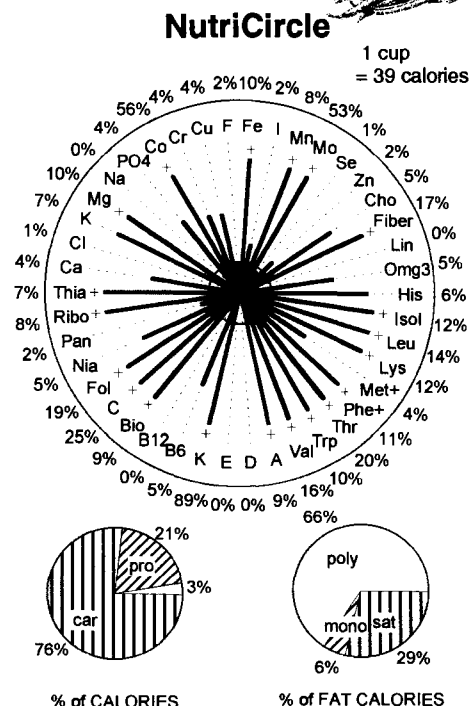
Kava has hit the mainstream market as a remedy to relieve overall stress especially when a person's muscles feel tired. Kava acts by working on a system in the brain that ultimately relaxes the "anti-gravity muscles" of the body, such as the trapezius, neck, and other muscles that help keep the body erect. Kava has other types of relaxant effects, as it also works on the central nervous system in another way. There is a molecule in our brain called GABA that acts to "calm us down," when we feel too hyper or stressed. In fact, it has been shown that usage of Kava can lead to intoxication. During such events, however, thoughts and memories remain clear. When taking any agent to remedy a condition, especially a medical condition, as with Kava, it is always best to let your physician know that you are taking it. 


# Food of the Month

by Donald R. Davis, Ph.D.



**GREEN BEANS**, like other vegetables, contain spectacular amounts of nutrients relative to their few calories, which likely goes far to explain why scores of studies find that vegetable lovers have superior health. Because green beans are high in water (90%), a large, one-cup serving contains only 39 calories, but it supplies 10% to 90% of the recommended daily amount of 15 nutrients. These include vitamins K and C, folic acid, biotin, magnesium, 4 trace minerals, fiber, and most of the amino acids of protein (*His...Val*). The small amount of fat in green beans is 40% omega-3, the kind lacking in many American diets (*Omg3*).



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.

## Mental hardiness

Recently, I had the opportunity to visit with my long time friend, Geneva. She had been a dedicated volunteer at The Center for ten years until about a year ago. We learned a great deal from her over the years she was connected with The Center, especially her zest for investigating various nutritional remedies. Her excitement and enthusiasm while she was exploring was catching.

A couple of years ago Geneva sold the home in which she had lived for over 50 years, moved into an assisted living complex, and proceeded to build a nest with memories of years gone by—memories of her husband, son, and the gardens she loved. She has taken the three room apartment and made it beautiful, graceful, and charming just as Geneva is. She has made the transition from her life as it once was to a life that embraces all the positive

aspects of her new home. Her home is glowing with life, plants inside and out. Geneva has even introduced her beloved "circle" gardens to this new place.

"What is it that allows a person to tear up their roots and put them down again and have them grow," I asked of this very wise person. As we compared notes, we thought that mental hardiness was the key ingredient to living life to the fullest of our capabilities. Cherishing the memories of the past and yet being alive to the possibilities of the here and now. Enjoying old friends while making new friends. Enjoying meeting and being with people while enjoying our own company.

As I looked at this beautiful, almost 87-year-old woman it occurred to me that Geneva had the mental hardiness that is so important to enjoying and getting the most out of life. [H]

## CENTER UPDATE

### Soybeans, the heart's friend

Heart disease and related problems are claiming almost one half of the people who die in the United States today. In the rush to find solutions that will dramatically solve this problem, some researchers are turning to the lowly soybean for answers.

This research actually started about 30 years ago when one researcher first described soy's cholesterol lowering characteristics. In the late 1970's, Cesare Sirtori at the University of Milan and his colleagues found that they could lower cholesterol as much as 22% by using textured vegetable protein made from soybeans. The cholesterol level had to be very high to accomplish these results.

This information languished in the archives until about eight years ago when cancer researchers, searching for soy's anti-cancer properties, rediscovered a wealth of older research on the cholesterol lowering effects of soy.

A sampling of the current research again shows great promise for soy prod-

ucts. One study by John Crouse at Wake Forest University showed that men and women with moderately elevated cholesterol who drank a shake every day spiked with isoflavones taken from soy and combined with soy protein significantly lowered their cholesterol. The placebo group drinking shakes not spiked with the isoflavones showed no drop in their cholesterol.

In another study conducted by Paul Nestel with the Baker Medical Research Institute in Melbourne, Australia, found that women who ate isoflavones in the absence of soy protein showed no reduction in cholesterol. The soy protein is the key.

These and other studies show that soy products hold great promise for lowering cholesterol naturally and slowing the rapid growth in the number of heart attacks in the United States. The lowly soybean may become the White Knight of the future. [H]

Source: *Science News*

## Alcohol-free red wine increases antioxidant defense

For many years, researchers have been trying to solve the "French Paradox"—why do French people have such a low incidence of mortality from heart disease when they eat a diet so rich in saturated fat.

Some researchers say it is the amount of whole foods they eat, or maybe it is the Mediterranean diet rich in olive oil. Other researchers believe it is the red wine. Still other researchers have shown that red grape juice has the same effect as red wine while yet others say that the same effect can be obtained from drinking tea—as long as you don't put milk in your tea. All these researchers are probably partially correct.

Well, here is another chapter in this ongoing saga. A group of Italian researchers recently looked at alcohol-free wine, both red and white, to see if this would have the same effect as all the other research found.

First they discovered that red wine has 10 times the antioxidant effect of white wine. That supports the red wine theory.

Next, they looked at total radical-trapping antioxidant parameter (TRAP) of the wine in relationship to the concentration of polyphenols in the blood. They reported in *The American Journal of Clinical Nutrition* that, "The ingestion of alcohol-free red wine caused significant increases in plasma TRAP values and polyphenol 50 minutes after ingestion." White wine and water, used as a placebo, had little or no effect.

They concluded that, "ingestion of a moderate amount of alcohol-free red wine suggests that polyphenols are absorbed in the upper gastrointestinal tract and might be directly involved in the [body's] antioxidant defenses." [H]

## As we age

Our body's ability to absorb nutrients goes down as we age. As an example, five million American adults 65 or older have an identified vitamin B-12 deficiency, according to the *Journal of Family Practice*. [H]

- 1 b. The advantages of natural or "whole" foods are a diet rich in vitamins, minerals, fiber, and other substances that are necessary for a healthy body.
- 2 d. The fiber that is obtained from juiced foods is the soluble fiber that has been shown to lower cholesterol.
- 3 a. An extensive amount of research has established the link between the Standard American Diet (SAD) and the development of primary diseases of "civilization."
- 4 c. Canned, bottled, and packaged juices have been pasteurized, which allows them to have a longer shelf life but causes the loss of enzymes and other nutrients.
- 5 c. A raw foods diet is more satisfying, provides healthier food choices, and getting 60% of calories from raw foods reduces the stress on the body.
- 6 b. Juices stored in paperboard containers lined with wax or polyethylene can lose up to 75% of their vitamin C content within three weeks.
- 7 b. Fresh juice also contains numerous enzymes, carotenes, chlorophyll, and flavonoids. PH

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
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### THE COMPLETE BOOK OF JUICING

by *Michael T. Murray, N.D.*  
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 Health Hunter: \$12.60

### HEALTH TALK: Hypertension

with *Hugh D. Riordan, M.D., Marilyn Landreth, M.A., & Richard Lewis*

Most people experiencing high blood pressure have never had the underlying cause detected. So they are told they have "essential" hypertension, meaning the cause is unknown. This health talk draws upon personal experiences that reveal ways to reduce high blood pressure based upon eliminating the causes. Audio cassette & video tape.

### ADVERSE FOOD REACTIONS:

**The cytotoxic test**  
 with *Ron Hunninghake, M.D.*  
 While most people are aware of inhalant allergies, a hidden cause of many common medical symptoms is adverse food reactions. Such common symptoms as headache, joint pain, irritable bowel, depression, and skipped heart beats can be related to common foods that are triggering adverse reactions within the body. Listen and learn why these reactions occur and how to deal with them more effectively. Audio cassette & video tape.

### HERBAL MYTHS AND LEGENDS: How they can affect your life today

with *Hugh D. Riordan, M.D.*  
 The Herbal Renaissance has begun and has reawakened interest in medicinal herbs. Listen to Dr. Riordan as he traces the herbal root to ancient Greece beginning with the Greek Goddess of the Woods—Artemis. She was the first recorded to impart herb lore to her students. Learn from glimpses of what she taught and more. Audio cassette & video tape.

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# Upcoming Events...

JULY				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yoga	2 Yoga	3
6 Yoga	7 L & L - Prevention of Alzheimer's & Dementia, Yoga	8 Yoga	9 L & L - Keeping Muscles Strong As We Age, Yoga	10
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## Tai Chi lowers blood pressure

Tai Chi practitioners believe this ancient form of measured, meditative exercise channels positive energy and establishes oneness with nature. It is still practiced by young and old in China on a daily basis as it has been for centuries.

Deborah Young, an exercise physiologist at Johns Hopkins University School of Medicine, and her colleagues looked at Tai Chi as an exercise that might help to lower blood pressure in seniors who either cannot or don't want to do brisk exercise on a daily basis.

The researchers studied 62 inactive people age 60 and over for 12 weeks. Half did Tai Chi while the others did brisk walking or low impact aerobics. The results were almost identical. The Tai Chi group lowered their upper (systolic) blood pressure by seven points, the other by eight points.

- How we got into parasites
- Walkers live better, longer
- Soybeans, the heart's friend
- Alcohol-free red wine increases antioxidant defense

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