

Health Hunter[©]

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N E W S L E T T E R

JULY/AUG. 2001

Gardening in the year 2001

by Melvin Epp, Ph.D.

Will you go hungry if you do not garden and produce your own vegetables? Will you suffer nutritional deficiencies if your whole garden burns up in the summer heat of Kansas? Will you go hungry next winter if you do not preserve foods this summer by salting, canning, or freezing?

Of course not! Your sustenance is not determined by your gardening skills. Gardening is really a survival activity unnecessary in this day and age—sort of like my ability to drive a car being predicated on my skills at building a car.

Produce in the U.S. on average travels 1,200 miles from farm to table.

Gardening is really big business and often referred to as market gardening or a lawn service. Most vegetables are grown in regions of the country with climates best suited for each crop and then shipped nationwide. Many vegetables are also imported to keep costs down as well as to provide counter-seasonal produce, i.e., summer vegetables in wintertime and winter vegetables in summertime. Consequently, most vegetables are available year-round at the local grocery store. There really is no need for you or me to get our hands dirty nor break our backs hoeing weeds.

This is in marked contrast to the life and times of my mother during the first half of the previous century. She was a rural woman and measured the success of each summer by the quarts of produce that she stockpiled in her lar-

der. She maintained a large garden to provide nutritional foods for her growing family. At times she had ten people eating regularly at her table. The number of quarts canned each summer would number in the thousands. Additionally, she would encourage her children to go to the garden and snack on the raw vegetables of summer—carrots, kohlrabi, cucumbers, and tomatoes.

So then, with vegetables so readily available, why do 70%-80% of Americans still engage in some form of gardening?

Gardening is fun. Gardening is a captivating project that never needs to nor seems to end. It can be as small as a single pot of some green plant to acres of production. The size and enjoyment quotient are dependent upon the interest and intensity of the commitment. Watching a new leaf emerging or a flower bud swelling and then opening to display brilliant colors can bring joy to the heart.

Gardening is good exercise. Finger movements as you press the soil around a newly potted plant. Lifting as you water your newly planted gem. Carrying the pot to the right window. Walking to your patio planter. Bending to test the soil moisture with your finger. Kneeling to get the last weed out of the marigolds. Twisting to pluck that first vine-ripened tomato. Jumping for joy when a plan comes together! Gossiping with neighbors about the size of your zucchini. Sneaking in the dead of night to put the glut of little zucchini into the car of any neighbor who forgot to lock the doors.

Gardening produces flowers. A
continued on page 2

Green tea increases total antioxidant capacity

For years we have heard how oxidative stress and damage contributes to the development of chronic or sustained illness. Much research has been focused on the likes of vitamin C, E, and beta-carotene.

A recent research study looked at the ability of green tea to increase the antioxidant capacity of human blood, according to a report in the *European Journal of Clinical Nutrition*.

Dr. Sung and colleagues prepared tea by infusing 2.5 grams of green tea in 150 ml (a cup) of water near the boiling point and had ten individuals drink it.

One cup of tea had no statistically significant results. But when they were given two cups of tea, their antioxidant capacity increased by 7.0% after an hour and 6.2% after two hours. Three cups of tea increased the antioxidant capacity of the blood 12.0% after an hour and 12.1% after two hours.

Drinking green tea pays off. H

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Nutritional Medicine

by Ron Hunninghake, M.D.

Our metaphorical fig tree

Several anniversaries ago I bought my wife a unique fig tree with a metaphorical twist: three trees had been woven into one braided trunk. This was meant to represent husband, wife, and God, interwoven into the unity of marriage.

Sadly, my wife and I are not good at maintaining house plants. Usually we either over water and the leaves turn brown and drop off or we under water...and the leaves turn brown and drop off. We never seem to know which mistake we are making.

Our beautiful fig slowly lost its leaves, until only just a few clung to the very tips of its branches. The tree was clearly "sick" but we knew not what to do. So we watered unmethodically, assuming the tree had a chronic disease and would never be well.

Late this spring, our daughter graduated. We were to have an open house for her. Our unsightly sick fig looked terrible there in the dining room with all the luscious hors d'oeuvres. So I grabbed it and stuck it out on the back

deck. After a few days of further neglect, I noticed it had perked up a bit. Several spring rains had begun to revive it.

I began to believe maybe there was hope after all for our poor fig. I remembered I had some Miracle Grow. What a novel idea: feed it, and it will grow. I plucked off all the dead leaves and pruned dried branches. A few more rains, several days in the sun, and fresh air...and behold: our fig was sprouting new leaves!

As I write this piece, I turn to once again admire our courageous fig. It's actually sprouting green glossy leaves in abundance! It held on, until rainwater, nutrients, fresh air, and sunshine returned. It was waiting to heal all along. It just needed special nutrients... and the sickness that had been sustained by their lack...vanished!

This is exactly how sick people, their illness sustained by key deficiencies, can revive themselves to once again enjoy radiant health. Thanks for holding on, Mr. Fig! [H]

Gardening—Continued from page 1

rose may be a rose, but a daisy from your own garden is precious. Flowers are colorful and exquisitely designed. Flowers elicit esthetic focus.

Gardening is sensual. Touch the soft down of a mullein leaf or the rough surface of a radish leaf or the stone-hard crispness of a mature cabbage head. See the spots on a ladybug or the pastel colors of the yarrow or the color transitions of a green tomato to that of a ripe one. Smell the rich earth of a well-composted garden or basil after crushing a leaf or lemon mint on a hot afternoon. Listen to the water drip from the trees after a shower or the birds sing at dusk or the wind in the poplars. Taste a vine-ripened tomato while still warm from the afternoon sun or the sweetness of a sugar-pod pea wet with morning dew or the refreshing sourness of a sorrel leaf anytime. Feel the wind in your hair.

Gardening is therapeutic. By

the time you get a little physical exercise, saturate your senses, and throw a trowel or two, the world beyond the garden fence is bound to develop a silver lining.

Gardening creates a source of fresh whole foods. Here at The Center, I maintain the one-half acre Brightspot Garden to supply fresh and nutritional vegetables in season for the Taste of Health Restaurant. The Brightspot Garden is a certified organic garden, which implies that a lot of effort goes into maintaining a well-balanced soil that is rich with compost and organic matter. The plants are grown strong to repel insects. If an insect becomes a problem, natural insecticides with very short survival periods are used to spot spray the problem areas. The garden is laid out in blocks rather than many long rows with an herb bed in the middle. The onions and


continued on page 3

garlic are planted in small blocks between other vegetables. These techniques discourage the movement of pests within the garden. All varieties of vegetables are chosen for disease and insect resistance and their maturity characteristics. Several varieties of most vegetables are planted each year to spread out the harvest period. Some unusual gourmet vegetables are also normally included for interest. For a longer discussion of organic gardening, please refer to the March 2001 issue of the *Health Hunter*.

The Brightspot Garden vegetables are very fresh. Often the vegetables are harvested in the morning and served at lunch. This is particularly true for the salad greens. Since the vegetables are grown in a verdant environment, the nutritional status of the foods served is at its best. Combining nutritional produce with an emphasis on whole foods, as the Taste of Health Restaurant does, makes for an excellent dining experience. Nutritional studies now in progress will supply additional data when completed.

Produce in the U.S. on average travels 1,200 miles from farm to table. By having the Brightspot Garden and the Taste of Health Restaurant located within a stones-throw, the vegetables can be harvested at the peak of readiness and used quickly. Loss of nutrients due to extended transportation and storage is not an issue. Since the vegetables are picked at their peak of maturity, the flavor components develop more fully and contribute to the tastiness of the entrees.

One does not need a large garden to benefit from the improved flavor and nutrition of home grown vegetables. Any garden size, including that of a patio pot for a tomato, can provide wholesome produce with marvelous flavor and packed with nutrients. Growing a garden is a major step in the journey towards an emphasis on whole foods. For those who do not garden, another source of excellent produce is local farmer's markets. These markets are normally active on Saturday mornings.

Gardening is relaxing. Why don't you give it a try. 

HEALTH HUNTERS AT HOME

Once again—eat whole foods

For years, Dr. Donald Davis has been preaching the importance of eating a diet made up of whole foods. Dr. Davis defines whole foods as "foods that once grew, eaten with little change in their nutrient value."

Whole foods are foods prepared from fresh or frozen foods rather than prepared foods which food technologists have prepared to lengthen shelf life. Lengthening shelf life removes nutrients from the food.

For instance, white flour is made from wheat, but with major changes. The hull and wheat germ are removed to lengthen the shelf life. Sure, about six vitamins are added back into the white flour, but the fiber, micronutrients and the essential fatty acids are removed so it can stay on the grocer's and your shelf months longer without turning rancid.

Now, research again proves the need to eat whole foods to be true. Recent research by A. K. Kant and colleagues and published in the *Journal of the American Medical Association* demonstrates the importance of fruits, vegetables, baked or broiled chicken and fish, and low fat milk. Eating this way will increase life span. That is something most of us want.

In this case, the researchers collected food frequency data (what they ate) from 42,000 women participating in a breast cancer detection study and then gave each one of them a score for their diet. The maximum value of the score was 23.

After following the women for 5.6 years, approximately 5% of them had died. Higher diet quality score, eating more whole foods, significantly predicted lower risk of death. The women in the top 1/4 of the dietary scores, those eating the most whole foods, were 31% less likely to die during the follow-up period than those in the bottom 1/4 of the dietary scores.

In short, eating whole foods works!

Another point that came up during the research was that individuals who ate a greater amount of whole foods were people who engaged in

other healthful behaviors such as exercise and taking nutritional supplements.


In this study and another conducted by Kant and colleagues in 1994, vitamin supplement use was greater among those with higher dietary scores. Even though it was not considered in the research study, the association between dietary score and mortality were, in part, due to the protective effects of supplement use rather than just to the variety in the diet itself.

The Dietary Approaches to Stop Hypertension (DASH) diet also supports whole foods without calling attention to it. This study was completed in 1997. The DASH diet emphasized fruits, vegetables, low fat dairy foods and low intake of saturated and total fat. Again, whole foods.

The observation is that multiple foods, that is whole foods, provide the greatest protection from disease. This supports the importance of greatest dietary variety for health outcomes—in this case lowering hypertension.

As evidence on diet and health accumulates, it becomes clearer that, although individual nutrients are important, they work most effectively in the context of complex dietary patterns which includes a balance of nutrients from a variety of healthful foods. In short, eat whole foods.

Dr. Hugh Riordan, the director of The Center, said in a Lunch and Lecture he gave recently that if you eat 30% less food you will most likely live 30% longer. This evidence comes from animal studies where animals fed 30% less food lived longer. And if you eat a whole foods diet you really increase your chances of living longer.

These studies tend to prove Dr. Davis is correct in suggesting that you should eat whole foods—that is a lot of fruits and vegetables along with the meat you eat. If you will follow his suggestions about eating whole foods, you will have a better chance of living life longer and in far better condition than if you eat food the way food technicians suggest. 

—Richard Lewis

INFORMATION WORTH KNOWING

Do you find that as you get older you seem to feel worse than you did when you were younger? You may find that you tire more easily and are more fuzzy-minded. Jack Challem and Dr. Berkson believes that you may be suffering from Syndrome X and they have taken it seriously enough to write a book with that same title to alert you to the problem and the action you can take. Syndrome X can age you faster than normal, setting the stage for catastrophic health problems. The good news is that since they feel Syndrome X is caused by lifestyle choices then better choices can be made. The questions this month are taken from their book, *Syndrome X*.

1 _____ diet(s) is(are) the most common cause(s) of heart disease, cancer, diabetes, and other familiar afflictions.

- a. Fad
- b. Unbalanced
- c. Pritikin
- d. None of the above

2 To appreciate the importance of diet, you have to recognize that some of the building blocks of your body come from food.

- a. True
- b. False

3 Over the past century, the average person's consumption of refined sugars has increased from several pounds to more than _____ pounds a year.

- a. 50
- b. 75
- c. 100
- d. 150

4 Glucose, a simple sugar, is also known as blood sugar. It flows through the bloodstream and is the principle fuel of all body _____.

- a. fluids
- b. organs
- c. cells
- d. none of the above

5 Insulin, a hormone made by a gland called the pancreas, escorts glucose from the blood into the cells, where it is burned _____.

- a. for energy
- b. to a crisp
- c. by vitamin C
- d. none of the above

6 Your body is composed of about 60 trillion microscopic cells, many of which seem to have no particular purpose in your body. They just seem to be there.

- a. True
- b. False

7 _____ may determine whether you become insulin resistant sooner or later but diet is the principal controllable factor influencing this disorder.

- a. The planets
- b. Environment
- c. Genetics
- d. None of the above

• FOR ANSWERS, SEE PAGE 7 •

Cocoa butter found very digestible




In both human and animal studies, cocoa butter did not affect blood cholesterol, even though it is a highly saturated fat.

The researchers at the Nestle Research Center, reporting in *The European Journal of Clinical Nutrition*, wanted to compare the digestibility of cocoa butter as chocolate with corn oil, a highly digestible fat.

They found that compared to corn oil, a well absorbed fat, cocoa butter was found to have similar digestibility, with a high energy factor.

The researchers commented that "cocoa butter both at normal or high doses, in the form of confectioneries or as the main source of dietary fat, has a high digestibility in man, and cannot be considered to be a low calorie fat."


Now, if they could just get rid of the sugar. 

Lower heart attack risk among moderate beer drinkers

If you drink on average one liter of beer a day, that is a little over a quart, you have a lower heart attack risk than non-beer drinkers, according to a study in the *British Medical Journal*.

In this study, the researchers compared the beer drinking habits of 199 Czech men between the ages of 25 to 64 years who had their initial heart attack with a similarly aged group of 733 men.

The researchers found that men who drank beer daily or almost daily and men who drank 4 to 8.9 liters a week were found to have the lowest risk of having a heart attack when compared with men who never drank beer. These results did not change when participants with a history of heart disease, stroke, diabetes, and cancer were excluded, according to the study.

The researchers concluded that their study suggests that moderate beer drinking has a protective effect that may be lost when men drink twice a day or more. 

If you do what you've always done,
you'll get what you've always gotten.

—Anonymous

Mental Medicine

by Marilyn Landreth, M.A.

Are you bored: security blanket or challenges?

Does your life seem to be the same day in and day out? Does life seem to have lost its "spark" for you? Are you apathetically doing the same routine job everyday? Have you ever considered that the problem may be that you have quit taking challenges in your daily life?

Making changes in your life can be scary and sometimes seemingly impossible. Henry Miller said, "All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience." When considering changes, it can seem like a leap in the dark as well as too much trouble to get outside your comfort zone.

Mark Twain said, "Do something every day that you don't want to do." We can get in a rut whether it is doing

only what is "easy" for us or eating whatever appeals to our taste buds regardless of the benefit or lack of benefit of the actions. Both can have disastrous results.

In order to grow and have an interesting life, you sometimes have to work at it and celebrate the successes, learn from the seemingly failures, take two steps forward and one back toward progress, and make the changes that you want to make.

Gail Sheehy said, "If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security." Are you ready to exchange your security blanket for being truly alive with all its challenges and possibilities? [H]



Case of the month

This is one of those exceptional patient/co-learners. She is a 60-year-old woman who came to The Center with allergies of unknown origin, fatigue, weight gain over the last five years, and irritable bowel syndrome. She has diarrhea every week and has gastric pains as well. She said she just feels fat and tired all the time.

From the laboratory tests Dr. Riordan asked her to consider after his initial examination of her, she learned a great deal. For instance, she learned from Mavis Schultz, the nurse clinician, she was very low in omega-3 fatty acids. To correct this, she started taking Super EPA and Fortified Flax with her meals.

She began taking magnesium to compensate for her low magnesium results and zinc orotate for her low zinc level and for her elevated pyrroles. In addition, she increased her vitamin C intake because she had zero urine vitamin C level which indicates a low vitamin C reserve. She also began taking Mastica in the morning and the mid afternoon to get rid of the positive H. Pylori test.

She went home and began working on all of these recommendations at the suggested times. It was suggested that she call if she had any questions about these recommendations before her appointment with Dr. Hunninghake in about four weeks.

When she came in to see Dr. Hunninghake, she said that she was, "Feeling great! The first day after I started the program, I woke up and I felt miserable. Even the bottom of my feet burned. The second day I woke up and I felt great. That has continued."

Before coming to The Center, she added, she would go home after work, take off her clothes, and lie down on the bed. The next thing she knew, it was morning and time to go to work. She felt miserable.

Now, she comes home from work, changes her clothes, works in the yard, works in the garden, trims limbs, and whatever. She has energy to do these things and housework as well. "I feel balanced," she said. [H]

CENTER UPDATE

Are trans fatty acids a cause of type 2 diabetes?

Yes, says Jorge Salmeron, *trans* fatty acids are a contributing factor for type 2 diabetes.

"We found no association between total fat intake and the rise of type 2 diabetes... However, polyunsaturated fatty acid intake was associated with a substantial reduction in risk, and *trans* fatty acids and dietary cholesterol were associated with increased risk," wrote Salmeron in *The American Journal of Clinical Nutrition*.

You will find *trans* fatty acids in all foods that contain hydrogenated or partially hydrogenated fats. Hydrogenation turns fats from oils to hard fats at room temperature. These are everywhere from breakfast cereals and breakfast bars to margarine—in most any prepared foods. These *trans* fats are often used to create a much longer shelf life for the product.

Tom Clandinin, in an editorial that appeared in the same journal, says, well, maybe yes and maybe no. "If the au-

thors' [of the article on *trans* fatty acids and type 2 diabetes] conclusions that a decrease in *trans* fatty acids consumption will substantially reduce the risk of type 2 diabetes is correct, the implications for the food supply are serious."

Clandinin continues to point out that statistically Salmeron's conclusions are hard to prove.

But Salmeron continues to point out that "the effect of dietary *trans* fatty acids and cholesterol are not sufficient to cause diabetes, but in the presence of underlying insulin resistance [often called Syndrome X] may increase the probability of developing [type 2 diabetes]."

The risk is there of developing type 2 diabetes from eating *trans* fatty acids and high cholesterol foods, but not the cause. So if we eat whole foods, as Dr. Donald Davis suggests, the odds are better that we won't develop type 2 diabetes. [H]

Answers from page 4

- 1 b. It took most of the twentieth century for researchers and physicians to start recognizing that diet is one of the most powerful influences on health and disease.
- 2 b. This is kind of a trick question because all of the bricks and mortar of your biology, so to speak, come from food.
- 3 d. Most of these sugars are added to food before you buy it. This much sugar wreaks havoc with your body and sets the stage for Syndrome X.
- 4 c. Glucose could then be thought of as our biological gasoline.
- 5 a. Levels of glucose and insulin fluctuate a little throughout the day. The goal is for them to move gently within a limited range, instead of going sharply up and down.
- 6 b. Many of these cells are highly specialized. Some are heart cells, others are lung cells, and so forth.
- 7 c. Insulin resistance results from dietary imbalances, and diet can be easily modified if you are willing to avoid some foods and to eat others.

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

SYNDROME X

by Jack Challem, Burton Berkson, M.D., and Melissa Diane Smith

Syndrome X refers to a condition that is defined by a cluster of related symptoms. Those symptoms include insulin resistance as well as one or more problems such as abnormal blood fats, overweight, and high blood pressure. Soft cover.

Retail Price: \$14.95
 Health Hunter: \$13.46

NEW APPROACHES TO TREATING ALLERGIES & ASTHMA

with Ronald Hunninghake, M.D. & Donald R. Davis, Ph.D.

In a recent seminar in Baltimore, Dr. Ron learned a new technique for immediately controlling wheezing and shortness of breath associated with asthma. It does not involve oral medication and it is not a supplement. It is the infra-spinatis reflex point that appears to be the key to better asthma control.

WEIGHT MANAGEMENT:

How I Lost 40 Pounds!

with Hugh D. Riordan, M.D.

For many years (decades) Dr. Riordan was sufficiently obese that he did not think it appropriate to present on any topic related to reducing excessive fat. Now that he has been able to comfortably lose the pounds that classified him as obese, he shares what he has learned resulting in his 40+ pound weight loss.

PC-SPES:

A Natural Prostate Cancer Remedy

with Ron Hunninghake, M.D.

PC-SPES is a combination herbal therapy that has shown in recent double blind studies to be an effective means of lowering the PSA and enhancing the body's fight against prostate cancer. While very effective, there remains a significant controversy as to when is the appropriate time to start the treatment and how to best manage potential side effects that could be harmful to the patient.

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2	3	4 Center closed	5 L & L - Diabetic Related Degenerative Diseases	6
9	10	11	12 L & L - Stevia: The Sweet Calorie-free Herb	13
16	17	18	19 L & L - ADD/ADHD	20
23	24	25	26 L & L - The Center's Cancer Research & RECNAAC II	27
30	31			

AUGUST

LUNCH & LECTURES:

2 Hormone Replacement Therapy
9 Introduction to Chelation

16 Hyperbaric Oxygen Therapy
23 Herbal Medicine 102

Vitamin E inhibits muscle damage during exercise



Vitamin E reduced creatine kinase and lactate dehydrogenase, both signs of muscle damage, in 14 runners during four weeks before and during the six days of testing, according to an article in the *International Journal of Sports Medicine*.

Dr. Ito and colleagues, the authors of the journal article, comment that vitamin E's protective activity against free radicals probably lessens free radical-induced muscle damage caused by endurance running.

This research could be extended to most exercise programs to help reduce free radical-induced muscle damage by taking vitamin E.

- Gardening in the year 2001
- Cocoa butter found very digestible
- Treatments for irritable bowel syndrome
- Are trans fatty acids a cause of type 2 diabetes?

INSIDE THIS MONTH'S ISSUE . . .

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