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N E W S L E T T E R

JANUARY 1998

Unraveling fibromyalgia

Ron Hunninghake, M.D.

Fibromyalgia is a "super diagnosis" because many people diagnosed with it often have chronic fatigue syndrome, irritable bowel, PMS, depression, chronic vaginitis, recurrent respiratory infections, chronic sinusitis, fibrocystic breast disease, chronic cyclic edema, alopecia (hair loss), eating disorders, myofascial pain syndrome, and more.

...fibromyalgia...has become THE chronic illness.

This is a very complex condition. It is not going to be solved in an easy way and there is not going to be one simple cause that will answer all the questions. It is debilitating and disruptive. Some even equate fibromyalgia with the "sickness syndrome."

So, in a way, you are getting the inside track on how we deal with any patient with a severe chronic illness. The interesting thing about fibromyalgia is that it has become THE chronic illness.

At The Center, we can help you investigate and find the precipitating event that triggers the disease. Often this can be a very important clue to understanding the genesis of your illness.

Research shows that people who have fibromyalgia don't sleep properly. They are overly sensitive to their environment. Often there is a disruption of their hormonal balance.

The Center's approach is to do a very careful biochemical evaluation of the individual. Imbalances are corrected in the context of what we call a progressive lifestyle modification. This overall

approach tends to result in the slow progressive improvement in a patient's health.

Now I will review several biological factors that could contribute to the overall picture of fibromyalgia.

Thyroid. Your thyroid regulates your entire metabolism. If your thyroid is down regulated, it makes you feel tired. It will affect every organ system. Often people with thyroid disorders have normal blood tests, but have low body temperature, which is a clue that the thyroid is not functioning optimally. This, in turn, is affecting various enzyme systems within your body. Enzyme systems need to work at 98.6°. If you are down 2°, the enzymatic activity of your biochemistry is lower. That is why thyroid problems affect so many systems within the body.

Usually thyroid conditions begin with some major stress—the death of a loved one, a car accident, a pregnancy, etc. If your symptoms started then, thyroid could be a factor. You can test your body temperature, plus do other testing. Vitamin B1 saturation levels, thiamine, and selenium are often low in people with thyroid disorders. You can use different forms of natural therapy, either nutrient precursors like iodine, tyrosine, GLA (an essential fatty acid), and selenium to enhance your thyroid. For some people we use natural thyroid.

Candidiasis. Candida is a normal gastrointestinal fungal inhabitant. You have a colony of friendly bacteria and organisms in your gut. If you disrupt that ecology with antibiotics, stress, estrogen, or steroids, you can create the overgrowth of candida. Candida is

continued on page 2

Vitamin C, the new ulcer medicine?

High concentrations of vitamin C can inhibit the growth of the ulcer causing *Helicobacter pylori* (*H. pylori*) bacteria in test tube and animal studies, a group of Japanese researchers reported in the journal, *Cancer*, recently.

It is the vitamin C itself, not the antioxidant effect, that counteracts the *H. pylori*, the researchers found. To test this, they tried vitamin E, also an antioxidant, with no effect.

"To our knowledge," wrote Dr. Hui-Min Zhang at the Research Institute International Medical Center of Japan in Tokyo, "this is the first report suggesting the direct action of vitamin C as an inhibitor of *H. pylori* overgrowth."

"Unlike antimicrobials, high doses of which may increase the risk of side effects, ascorbate (vitamin C) is a safe, natural substance found in many foods in large quantities," he added.

This is good news for ulcer sufferers with *H. pylori* who are reluctant to take another antibiotic. [H]

Inside this issue...

The sickness syndrome.....	2
A better type of new year's resolution...	3
Information worth knowing.....	4
Looking for information about	
The Center?.....	4
Case of the month.....	4
Antioxidants help memory.....	5
Echinacea augustifolia.....	5
Food of the month - pears.....	5
The imagery of hope.....	6
It is the type of fat, not the quantity.....	6
The latest research on exercise.....	6
Special discounts.....	7
Upcoming events.....	8
Essential fatty acids may play role	
in ADHD.....	8

Nutritional Medicine

by Ron Hunninghake, M.D.

The sickness syndrome

Doctors are well trained when it comes to naming difficult to treat chronic illness. Fibromyalgia, for example, is much easier to diagnose than it is to treat successfully.

Most diagnoses are specific and discrete. The treatment is specifically directed to a single underlying organ pathology. In fibromyalgia, the underlying pathophysiology is basically unknown. Almost every organ system is involved. There is no one medicine available to treat all the symptoms.

Here at The Center, we talk about the "sickness syndrome." People who are chronically ill develop a rather long list of symptoms involving most, if not

all, of their organ systems.

In the "sickness syndrome," knowing the name is essentially irrelevant. What is much more significant is the delineation of biologically disruptive modifiers. Once identified, these disruptive influences can be treated with biologic and nutritive modifiers to begin to bring the whole system back into greater balance and homeostasis.

This kind of treatment is much more ecologic in nature. The whole person—mind, body, and spirit—must be enlisted in the struggle to transform the "sickness syndrome" into a Personal Wellness Program.

It is the need of our time. [H]

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Continued from page 1

confined to your gut. It releases a toxin that can go to every organ in the body causing generalized symptoms throughout the body. We do a blood test to measure the antibody titer to candida. If we see an elevated candida antibody titer, this gives us objective evidence that indeed this might be the problem. We usually put people on a diet for a while and on one of the many protocols to try to restore the balance of the gut.

Hypoglycemia (low blood sugar). A lot of doctors don't believe in hypoglycemia. But if you haven't eaten and you start to feel shaky, head-achy, maybe a little bit anxious and depressed, then you eat something and you feel better, that sounds like hypoglycemia. Food allergy reactions very often trigger hypoglycemic reactions. Others deficient in trace minerals, like chromium, zinc, and manganese, are prone to hypoglycemia. Patients with insufficient adrenal function are more prone to hypoglycemia. We have an adrenal insufficiency test done to see what is happening. Lastly, people who are low in thyroid seem to be more prone to hypoglycemia.

Depression. Anyone who has been sick for a long time starts to get depressed. You feel helpless and hopeless. It disrupts your sleep. Early morning wakening is common. The

diagnosis is made based upon the clinical picture. There is no blood test for depression. We can do nutritional testing and map out a number of cofactors that go along with depression.

Magnesium. Specific research on fibromyalgia has been done using magnesium injections as a statistically significant therapy. We are suspicious of magnesium deficiency whenever people come in with the "sickness syndrome."

Food Sensitivities. We know that foods can play a big role in how people feel. We use a blood test for food allergies. We take your white blood cells and mix them with various food substances to see how much of a toxic reaction there is. Based upon those scores, we make recommendations about which foods you ought to leave off for a while.

Irritable Bowel Syndrome and Parasites. Parasites are notorious for setting up shop and creating chronic symptoms that look a lot like irritable bowel syndrome. They are invisible protozoan infections found by microscopic testing. We have a video tape that tells you how to prevent parasites through such techniques as good hand washing. One of the reasons why parasites are proliferating may be that so many people are using antacids and acid blockers which

continued on page 3

Continued from page 2

shut off the acid in their stomach. Stomach acid is the body's first line of defense against parasites.

Premenstrual Syndrome (PMS). Often we have found that women with PMS are making way too much estrogen and not enough progesterone. If you correct these problems, the PMS tends to get better. Paramenopausal women can also have PMS. Magnesium and B6 will help correct it. Hypoglycemia is a mechanism of PMS.

Fatty Acid Imbalance. Your body converts good fats from your diet into prostaglandins using an enzyme called delta 6 saturate. For that enzyme to work, you must have adequate amounts of magnesium. The best way of making a diagnosis is doing a special analysis of your blood through The Center. Only 5 or 6 labs in the country do fatty acid testing.

Heavy metals. There is cadmium in cigarette paper, so former smokers could have cadmium toxicity. Hair analysis will tell you whether or not you have lead poisoning or aluminum toxicity. You can do a mercury patch test for mercury toxicity. But one of the best tests for heavy metals is the diagnostic chelation. This will actually measure how much of these metals you have in your system. To get rid of them, you can do chelation therapy, which is a very good biological modifier.

I haven't touched on all the modifiers. We find most patients with chronic fatigue, fibromyalgia, Epstein Barr Virus, and some other viruses can be diagnosed and treated.

Mind/body connection. A common cause of chronic disease is chronic unforgiveness. Take a look at your relationships and try forgiveness.

Finally, you may be lacking in vitamin P (Prayer). Prayer has been scientifically shown to be effective in healing many medical conditions.

So what are our conclusions? There are many causative factors you probably hadn't considered before that can help you get out of this rut, this black hole called fibromyalgia. Discovering and treating these underlying causes may be the best approach that is currently available to get control of long-standing fibromyalgia. H

HEALTH HUNTERS AT HOME

A better type of New Year's resolution

I dimly remember when I used to make New Year's resolutions; it was so long ago.

At first they were silly and simple things. For example, when I was a kid during World War II, I gave up bubble gum one year. That was easy since one couldn't find a single piece of Fleeer's Double Bubble anywhere in my small town.

But as soon as the corner grocer received a box, I was among the first in line with my money to get my piece. I learned early that resolutions, when made for the wrong reasons, were easily broken for the expediency of momentary gratification. That was the wrong lesson to learn from my experience.

Still, I continued in this vein into early adulthood. Then, one year I made a resolution that I would no longer keep up this childish charade, and from this time forward I would no longer make New Year's resolutions. This I have kept faithfully—that is, until now.

The other day, Jackie brought home a stack of papers she had printed from her e-mail, filled with short jokes, really bad puns, and occasionally interspersed with pithy thoughts. Friends and business associates send these to her and she knew I would love the bad puns. I did.

For instance, did you hear about the Buddhist who refused his dentist's Novacain during root canal work? He wanted to transcend dental medication! (I can hear the boos and hisses now.)

But one piece out of all those in the stack of papers, called "Things We Can Learn From a Dog," struck a chord in me that made me think about Double Bubble again, and made me realize that New Year's resolutions can be a good thing if one sets them with the right intentions and after careful thought.

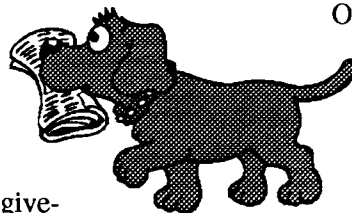
The goals below are good ones to work toward. Also, it is only human to lose sight of them occasionally. That is OK as long as one repents and gets back to working on them. This is what forgive-

ness is all about, and self-forgiveness is the difficult kind.

With those thoughts in mind, I offer you a set of worthwhile resolutions to doggedly follow, not only for this year, but in years to come.

THINGS WE CAN LEARN FROM A DOG

- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.
- When it is in your best interest, practice obedience.
- Let others know when they have invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- Eat with gusto and enthusiasm.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by, and nuzzle them gently.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On hot days, drink lots of water and lay under a tree.
- When you are happy, dance around, and wag your entire body.
- No matter how often you are scolded, don't buy into the guilt thing and pout...run right back and make friends.
- Delight in the simple joy of a long walk.



Oh yes, there are three more things every kid can learn from a dog—faithfulness, obedience, and to turn around three times before lying down. H

—Richard Lewis

INFORMATION WORTH KNOWING

"Chronic Fatigue Syndrome (CFIDS) and fibromyalgia are illnesses characterized by a myriad of symptoms, which include severe long-term fatigue, poor sleep, achiness, brain fog, increased thirst, bowel disorders, recurrent infections, and exhaustion." If these are symptoms you are experiencing, a book by Jacob Teitelbaum, M.D., might be the book you have been looking for. *From Fatigued to Fantastic* is a guide to help you overcome those debilitating symptoms.

1 _____ is basically a sleep disorder associated with achy muscles that have multiple tender knots.

- a. Apnea
- b. Somnambulism
- c. Fibromyalgia
- d. none of the above

2 Cause(s) of fatigue in people who have fibromyalgia is(are)

- a. pain that keeps them from sleeping effectively.
- b. suppression of some of the hypothalamus gland functions.
- c. none of the above.
- d. all the above.

3 Chronic Fatigue usually has a mixture of underlying causes.

- a. True
- b. False

4 Underactive _____ and hypothyroidism are very common in Chronic Fatigue Syndrome.

- a. adrenals
- b. blood
- c. pancreas
- d. All the above

5 One thing a person with Chronic Fatigue Syndrome has going for them is that their immune functioning is normal.

- a. True
- b. False

6 Sleep disorders are par for the course for people who suffer from fibromyalgia. Treatment(s) that can prove beneficial is(are)

- a. massage.
- b. supplements.
- c. acupuncture.
- d. all the above.

7 Chronic Fatigue Syndrome and fibromyalgia are physical processes with physical causes. Because of the physical problems there is often a(n) _____ component that needs to be dealt with.

- a. activity
- b. psychological
- c. denial
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 40-year-old female first came to The Center in early 1995 having been diagnosed a few months before as having fibromyalgia.

During the initial comprehensive evaluation, it was discovered she also had other symptoms, including chronic fatigue syndrome, PMS, she bruised easily, and had allergies of a yet unknown source. As Dr. Hunninghake pointed out in his fibromyalgia article on page one, the diagnosis is a combination of several problems all thrown into one word.


From the initial testing, she learned that her Epstein-Barr virus antibody test was elevated, she had parasites, her urine pyrroles were elevated, and her candida test came back high. In the trace minerals, her copper was high, while molybdenum was low. Her vitamin tests showed that her plasma vitamin C was so low it was at the scurvy level.

For her initial parasite problem, she was started on Tetracycline. When checked after a month of treatment, a second parasite was found and she was then started on Vermox followed by an herbal parasite blend to be sure she removed any remaining eggs from her bowel.

The battle with parasites continued for a few months until she finally got them in control.

To take care of the high Epstein-Barr antibodies, which indicates the presence of a lingering viral infection, and to raise her vitamin C level out of the scurvy level and into a more optimal range, she was given intravenous vitamin C followed by Gram Ascorbs.

She has continued on these and other nutrients for over two years. At the first of this year, she said she has had two good years without the debilitating pain she had had during her ten-year history that led to her diagnosis of fibromyalgia in January of 1995 that led her to come to The Center.

A local television reporter heard about her story and interviewed her. When her story was aired this year, it gave hope to many others suffering with the complex of symptoms that are often lumped under fibromyalgia. 

Looking for information about The Center?

Try our updated website


The Bright Spot for Health home page recently got a face lift that added several new services that you may want to check out. These new services include the chance to easily purchase items from the Gift of Health from your computer including:

- Books
- Audio tapes and video tapes
- Supplements
- Health Hunter membership

We now offer you four ways to order from the Gift of Health. After selecting what you want from the home page, you can order by:

- Phone via our 1-800 order number
- Faxing us your order to (316) 682-5054
- Mailing your order to The Center
- On line by filling out the convenient order form and then sending it to us

with just a click of the mouse.

Look us up at www.brightspot.org to see these and other new features on our home page. 

Editor's note: Nelda Reed is taking some time off. Her column will return next month.

Antioxidants help memory

by James A. Jackson, Ph.D.


In a recent issue of the *Journal of the American Geriatrics Society* researchers concluded that ascorbic acid (vitamin C) and beta-carotene play an important role in brain aging and could be beneficial in the prevention of progressive memory loss. They also found that vitamin E does not have a significant influence on memory.

The study selected 442 subjects from 6,400 participants who began a study in 1971. Ages ranged from 65 to 94 years. The subjects' 1971 plasma levels of vitamin C, beta-carotene, and vitamin E were compared to their 1993 levels.

Subjects were then tested for five different memory parameters (priming, working memory capacity, free recall, recognition, and vocabulary). Variables such as age, blood pressure, cholesterol and ferritin levels, gender, and education levels were all controlled.

In the areas of memory tested, vitamin C and beta-carotene were found to be significant predictors of improved free recall, vocabulary, and recognition. Vitamin E had no such effects.

The authors indicate the need for further investigation of the association between higher ascorbic acid and beta-carotene levels and improved memory performance. They also call for further investigation of the preventive potential of antioxidants and related nutrition habits.

Source: Perrig WJ, Perrig P, Stahelin HB. The Relation Between Antioxidants and Memory Performance in the Old and Very Old. *Journal of the American Geriatrics Society* 1997, 45:718-724. 

Americans drank, on the average, 38 gallons of coffee in 1969. In 1996, this average dropped to 20 gallons.

Herbal History

Echinacea augustifolia

As we enter the heart of the flu and cold season, the first herbal remedy that comes to mind is often echinacea.

Native to a narrow band of the U.S. covering North Dakota, through Kansas and into Texas, it has been known by various names, including the purple coneflower, snakeroot, Kansas snakeroot, black sampson, scurvy root, Indian head, comb flower, black susans, and hedge hog. The last four have to do with the make-up and color of the seed head rather than the flower itself.

Echinacea, a member of the sunflower family, grows in a dome shape from 6 inches to 2 feet tall. Its flowers range from 1 1/2 to three inches in diameter with a large, black seed head. The root of the plant is all that is generally used for medicinal purposes.


It was the most widely used medicinal plant by the Plains Indians. They found the purple coneflower effective

primarily as a pain killer, but they also used it for various other ailments such as coughs, colds, sore throats, toothaches, and snake bite.

Since ancient times, the Kiowa and Cheyenne Indians used the purple coneflower root as a cough medicine. They chewed the root and let the saliva run down their throats to gain its soothing effect.

The purple coneflower was the only herb embraced by the settlers moving through this area. It received little attention until H. D. F. Meyer, a patent medicine salesman from Pawnee City, Nebraska, discovered its usefulness.

At the turn of the century, the University of Kansas did research on purple coneflower. Now most of the research is done in Germany where the government is more open to herbal usage.

Source: *Medicinal Wild Plants of the Prairie*, by Kelly Kindscher 

Food of the Month

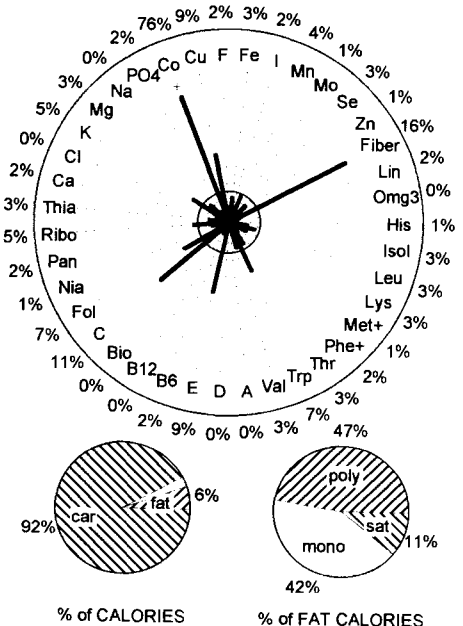
by Donald R. Davis, Ph.D.




NutriCircle

1 medium = 100 calories

PEARS make a sweet snack or dessert, served alone or with nuts, cottage cheese, or cheese. They also add variety in fruit salads. Of the 39 nutrients shown here, pears contain adequate amounts of a modest nine, relative to calories. These include vitamins E and C, folic acid, riboflavin, potassium, copper, and fiber. An additional 13 nutrients appear in at least half-adequate amounts, including magnesium, iron, manganese, and several amino acids. If pears are canned in "heavy syrup," and the liquid is consumed, all the bars shown here shrink by about half, because the syrup doubles the calories without adding nutrients.



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.

The imagery of hope

David Feinstein said imagery is a language between the conscious self and the deeper levels of the body. If we get the message that the doctor doesn't know what is wrong or doesn't know how to treat the disease then many times feelings of hopelessness can follow. Hopelessness can send a message that we may not consciously want to send to our body.

Hopelessness, defined as "negative expectancies about oneself and the future," has a negative impact on the person and only adds to the problems associated with disease. This was the conclusion of a study done by Susan Everson and colleagues at the California Public Health Foundation. Male subjects in this study who had high scores of hopelessness, as measured by a scale, had a 20% greater increase of atherosclerosis than male subjects who

scored low on the hopelessness scale.

If hopelessness plays a part in our sickness, what can we do to turn that around? Developing positive attitudes and using adaptive coping skills can help us deal with health concerns. Find something to laugh about (my grandchildren usually supply that for me or by recognizing the many ironies of daily life), read material that is uplifting, or listen to positive audio tapes. Also, I have a little book of daily readings, *Time for Joy*, that helps me not take myself so seriously.

Keep a gratitude journal of five things you are grateful for each day. It can make a real difference. Notice such things as the beauty of the morning sky, the trill of a bird, the way the dogwood twigs brighten up a winter day, or the smell of fresh baking bread. Keep hope alive in your heart. [H]

CENTER UPDATE

It is the type of fat, not the quantity

Americans have become fat-phobic in the last few years. We buy fat free products at the store. Fast food restaurants advertise low fat alternatives.

We fear buying certain types of food such as nuts, avocados, and certain types of meat because of high fat. Why? Because doctors tell us if we want to keep our heart and its circulatory system clean, we need to reduce fat.

Dr. Don Davis, a biochemist at the University of Texas at Austin, campaigns against the low fat diet as a solution to heart disease. He often points out that these diets short the body of fats or fatty acids that we need.

New research shows, at least for women, that cutting way back on your fat intake may be a mistake. What we need to do is watch the type of fat we eat.

"We found that the higher daily intake of saturated fat and trans unsaturated fat was associated with an increased risk of coronary disease, whereas a higher intake of monounsaturated and polyunsaturated fats was

associated with a decreased risk," wrote Frank Hu, M.D., and his colleagues in *The New England Journal of Medicine*.

Trans unsaturated fats are found in hydrogenated or partially hydrogenated fats in margarine, shortening, and processed foods available today.

In this study, researchers found diets high in polyunsaturated fat were more effective in lowering cholesterol and the incidence of coronary disease than diets low in fat and high in carbohydrates.

They followed 80,082 women who, in 1980, had no known coronary disease, stroke, cancer, elevated cholesterol, or diabetes. They collected dietary information at the beginning of the project and at follow-up.

Agreeing with Dr. Davis, Hu wrote, "Trans unsaturated fat from foods may adversely affect the risk of coronary disease by raising LDL cholesterol levels and lowering HDL cholesterol levels...raising triglyceride levels, and interfering with essential-fatty-acid metabolism." [H]

The latest research on exercise

Exercise is an excellent prescription because it "increases longevity, improves cardiopulmonary fitness, slows osteoporosis, preserves functioning longer with arthritis, helps you sleep and makes you feel better," Dr. Edward Schneider, dean of the Andrus Gerontology Center at the University of Southern California, told a gathering of health specialists sponsored by the University of California, Davis.

Schneider said jogging, tennis, golf, bicycling, or walking, combined with weight lifting and stretching slow aging.

At the same conference, William Haskell suggests 30 minutes daily of moderately intense activity significantly reduces cardiovascular disease risk.

"No medication, no diet pill, no Ginkgo Biloba will replace exercise in maintaining physical functioning," Haskell noted.



Only have short amounts of time during the day to exercise? That is fine, experts say.

"While frequency and duration of exercise both contribute to health benefits, data suggest that how often a person exercises is a more important factor in terms of reducing the risk of heart disease," Dr. Claudia Chae, with Harvard Medical School, told those attending the recent annual meeting of the American Heart Association in Orlando, Florida.

Her research team found that men, over a twelve year period of time who exercised once or twice a week, reduced their heart attack risk by 36% when compared to couch potatoes. Men who exercised five or more times a week reduced their risk by 46%.

Exercise duration of between 11 and 24 minutes per workout seemed ideal, Chae said. Exercising more than this had no effect on the overall cardiac health. [H]

Answers from page 4

- 1 c. The tender knots can seem like sleeping on marbles to the sufferer.
- 2 d. People with fibromyalgia have a difficult time getting into the deep sleep cycle. They are usually light sleepers. Further suppression of the hypothalamus gland can result in bowel infections.
- 3 a. Each problem seems to trigger another problem. Hormonal problems can trigger immune function difficulties which can trigger bowel yeast and so on.
- 4 a. Both conditions are treatable with adrenal hormones, such as DHEA, and a natural thyroid hormone.
- 5 b. A disordered immune function is a key ingredient in CFS and helps to create an environment that leads to repeated infections.
- 6 d. Supplements or foods high in the B vitamins, magnesium, and Coenzyme Q10 can be helpful as well as some type of body work and acupuncture.
- 7 b. As is true with most diseases, it is important to treat the underlying psychological aspects as well as the physical ones. [H]

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

FROM FATIGUED TO FANTASTIC!

by *Jacob Teitelbaum, M.D.*
 Are you struggling with debilitating fatigue and/or achiness? This book explores the symptoms of chronic fatigue syndrome and fibromyalgia in an easy to read format. Learn how to eliminate symptoms with the use of natural and pharmacological supplements. Another great book for your health care library. Softcover.
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 Although cataract surgery works well to restore clouded vision from cataracts, prevention is much preferable. We are now learning about many nutrients, phytochemicals, and other ways that help keep our eye lenses healthy and clear. Audio cassette & video tape.

ECHINACEA: For Better Immunity

with *Ron Hunninghake, M.D.*
 The purple coneflower is native to the American Great Plains. Indians used it for snakebites and wounds, toothaches, and sore throats. Echinacea is an immune booster. It helps the body maintain its defense against pathogens, especially viruses. European studies have documented its ability to lessen the severity of colds and flu. Recovery is faster too. America exports large amounts of echinacea to Europe where it is highly respected. Audio cassette & video tape.

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Upcoming Events...

JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12 Yoga	13 L & L - Antioxidants & Disease, Happy Body Aerobics	14 Yoga, Eat Your Way to Natural Weight Loss	15 L & L - Fibromyalgia III w/panelists, Happy Body	16
19 Yoga	20 L & L - Super Immunity, Happy Body	21 Yoga	22 L & L - Upregulating the Thyroid, Happy Body Aerobics	23
26 Yoga	27 L & L - Understanding EDTA Chelation, Happy Body	28 Yoga, Eat Your Way to Natural Weight Loss	29 L & L - Reducing Stress, Happy Body Aerobics	30

FEBRUARY

LUNCH AND LECTURE CLASSES

- | | |
|---|-------------------------------------|
| 3 Clues Our Bodies Tell Us About Our Health | 17 Sound for Healing |
| 5 RECNA C Cancer Research Update | 19 What the Bible Says About Health |
| 10 Brain Boosters | 24 Natural Treatment of Acne |
| 12 Do You Eat as Well as Your Dog or Cat? | 26 Improving Vision with Nutrients |

Essential fatty acids may play role in ADHD

Boys diagnosed with attention deficit hyperactive disorder (ADHD) were found to have significantly lower levels of omega-3 and omega-6 fatty acids in their blood than children without ADHD, according to Purdue University researchers.

The boys showed characteristics of fatty acid deficiency such as thirst, frequent urination, and dry hair and skin.

One researcher speculated that children with ADHD may have trouble converting short-chain essential fatty acids into longer chain omega-3 and omega-6 fats. Essential fatty acids are the ones we need to get from our diet because our bodies cannot make them.

It is estimated that 2.5 million or five percent of U. S. children under the age of 18 have ADHD. The Center believes that most ADHD children can be helped with nutritional solutions.

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