

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

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## We seek to serve, rather than fix or help

Hugh D. Riordan, M.D.

I want to share an insight about what we are all about. It is the concept of serving which has been delineated by Dr. Rachel Naomi Remen. She hinted at the importance of serving when she spoke at one of our conferences years ago. Since then, it has become a very important orientation that we recognize and embrace here at The Center.

*...this is Mother Theresa's basic message: "We serve life not because it is broken but because it is holy."*

Since she first related the importance of serving to me, I am going to be quoting from her.

"The question, 'How can I help?' has become meaningful to many people, but perhaps there is a deeper question that we might consider. Perhaps the real question is not, 'How can I help?' but 'How can I serve?'

"Serving is different from helping. Helping is based on inequality. It is not a relationship between equals. When you help, you use your own strength to help those of lesser strength. If I am attentive to what is going on inside of me when I'm helping, I find that I am always helping someone who is not as strong as I am, who is needier than I am. People feel this inequality. When we help, we may inadvertently take away from people more than we can ever give them. We diminish their self-esteem, their sense of worth, integrity, and wholeness.

When I help, I am very aware of my own strength. But we don't serve with our strength, we serve with ourselves. We draw from all of our experiences. The wholeness in us serves the wholeness in others and the wholeness in life. The wholeness in you is the same as the wholeness in me.

"Service is a relationship between equals. Helping others incurs debt. When you help someone, they 'owe you one.' Serving, like healing, is mutual. There is no debt. I am as served as the person I am serving.

"When I help, I have a feeling of satisfaction. When I serve, I have a feeling of gratitude. These are very different things. Serving is also different from fixing. When I fix a person [which is probably more equal to standard medicine] I perceive them as broken and their brokenness requires me to act. When I fix, I do not see the wholeness in the other person or trust the integrity of life in them. When I serve, I see and trust that wholeness. It is what I am responding to and am collaborating with.

"There is a distance between ourselves and whatever or whomever we are fixing. Fixing is a form of judgment. All judgment creates distance, a disconnection, an experience of difference. In fixing, there is an inequality of expertise that can easily become a moral distance. We cannot serve at a distance. We can only serve that to which we are profoundly connected, that which we are willing to touch.

This is Mother Theresa's basic  
*continued on page 2*

## Many Americans need more zinc

Over the years, *Health Hunter* has mentioned that the human body may need more zinc than we can get from what we eat. Now scientists addressing a National Institutes of Health conference recently confirmed this need.

"There are more biological roles for zinc than for all other trace elements put together," said Michael Hambidge of the University of Colorado.

Zinc is thought to play a role in cell growth and differentiation, in regulating cell death and in mounting the immune response, he added.

Using data from the National Health and Nutrition Examination Survey, Ronette Briefel of the National Center for Health Statistics found that more than half of Americans receive "adequate" amounts of zinc. Only 19% of children ages one to three receive the recommended daily allowance.

Studies show that zinc absorption is greater when you take supplements with water, according to Hambidge. On the average 50 to 60% of zinc supplements is absorbed. <sup>[1]</sup>

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Higher service

What is the meaning of life?

This most basic of all basic questions is often thrust into our awareness by serious illness. "You've only got *x* months to live." Too often, the enormity of such a proclamation shatters our common sense. For common sense tells us we've *always* only had *x* months to live, it's just that we didn't know our *personal x* value.

Even after the doctor's statistical hypothesis, the fact remains: no human being can accurately predict another's *x* value. Witness the patient given six months to live: he or she makes life-changing decisions to survive at all costs...and does! The will to live can supersede the standard book-defined disease process.

But, to live for what? That is the essential question. Your life purpose needs to be bigger than your illness. Survival, of course, is pretty big...but

often, not big enough. Survival for what? The pursuit of pleasure and the avoidance of pain...these are usually not big enough reasons.

Your life purpose must serve the higher needs of others, and ultimately, your own higher self. Our lower survival needs just don't have enough staying power. The higher needs of love, freedom, and peace are the only reasons we even bother with food, clothing, and shelter. We don't live to have, we live to be. Helping others fulfill their higher needs is the best way to realize our own. Through this higher service, life's meaning comes into a clearer focus...and the inner power to overcome even the most gruesome prognosis is made possible.

To truly survive, your life purpose must be bigger than your illness. And ironically, if you can make this to be so, then even death is no defeat. [H]

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## PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth  
and Barbara Nichols

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## We seek to serve

### Continued from page 1

message: 'We serve life not because it is broken but because it is holy.'

"If helping is an experience of strength, fixing is an experience of mastery and expertise. Service, on the other hand, is an experience of mystery, surrender, and awe. A fixer has the illusion of being causal. A server knows that he or she is being used and has a willingness to be used in the service of something greater, something essentially unknown.

[That's one reason ever since the beginning, even though someone has a profound result, it has always been my comment that it is either because of or in spite of what we have done because life is very complicated.]

"Fixing and helping are very personal. They are particular, concrete, and specific. We fix and help many different things in our lifetime; but, when we serve, we are always serving the same thing. Everyone who has ever served through the history of time served the same thing. We are servers of wholeness and mystery in life.

"Our service serves us as well as others. That which uses us, strengthens us. Overtime, fixing and helping are draining and very depleting. Overtime, there is a tendency to burn out. Service is renewing. When we serve, our work itself will sustain us. Service rests on the basic premise that the nature of life is sacred, that life is a holy mystery which has an unknown purpose. When we serve, we know that we are part of and belong to life and to that purpose.

"Fundamentally, helping, fixing, and service are ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as a whole." And that is what I think we do here in this holistic setting we call The Center for the Improvement of Human Functioning International, the Bright Spot for Health. [H]

Dr. Remen is the author of *Kitchen Table Wisdom: Stories That Heal*, Riverbend Press, 1996, and can be reached at Box 316, Bolinas, CA 94924. Quotations are from *Noetic Sciences Review*.


## American children's diet poor in fiber

Most American children aren't getting enough fiber from their diets, according to a study by Jeffrey Hampl and colleagues at Arizona State University and published in the *Journal of the American Dietetic Association*.

To calculate the number of grams of fiber a child needs, Hampl suggests just adding five to the age of the child.

The best way to increase the fiber in a child's diet is to encourage eating five servings of fruits and vegetables a day.

Along with the fruits and vegetables, parents can serve high fiber breakfast cereals in the morning.

Dr. Donald Davis recently presented a Lunch and Lecture at The Center that gave recipes for child tested healthy snacks for children. These are another way to get children to eat more fiber and in a fun form. For more information and copies of the recipes, call or write *Health Hunter* or contact us by e-mail at [staff@brightspot.org](mailto:staff@brightspot.org). 


## Did you get a helmet with that holiday bike and skates?

Accidental death is the leading killer of children under the age of 15. "Fortunately, 9 out of 10 such injuries



are preventable," according to a report by Dr. Robert Tibbs, Jr., and colleagues of the University of Mississippi in *The Anatomical Record*.

Since head injuries are the most common type resulting in death of kids, why not do something to protect children from head injuries? Helmets are the best way to protect heads of children skating or riding bicycles.

"Scarcely one child in 100 wore a bicycle helmet 10 years ago, ...," the authors stated. "It is now estimated that up to one in four children uses a bicycle helmet; this has helped decrease bicycle-related deaths 35% over the same period." 

## HEALTH HUNTERS AT HOME

### The times they are a'changing

According to a line from a song of Bob Dylan, "The times they are a'changing" and changing more rapidly every day.

As we close out the 20th century this year, The Center begins a year plus celebration of its 25th anniversary.

This celebration will include the 15th International Conference on Human Functioning in September of the year 2000. The conference is shaping up to be the best one yet. As one of my colleagues says, "Be there or be square."

A lot has changed in these years since The Center saw its first patient in October of 1975. Dr. Riordan has often said, "When we first opened we were considered totally quack by the local medical folk. A few years ago, we were approaching one-half quack." This change in quack status came about as nutrition began to edge its way into contemporary medicine.

I can remember when we first started *Health Hunter* almost 12 years ago. We would have to dig through the medical journals to find even a few articles that were nutritionally related.

Today, the interest in the antioxidant nutrients is heightening the interest in using natural products to help chronic or sustained illness. Here are just a few titles of articles available for selection for this issue of *Health Hunter*:

- Ginkgo may be useful for Alzheimer's
- Treatment of irritable bowel syndrome with Chinese herbal medicine
- Saw palmetto extracts for treatment of benign prostatic hyperplasia
- Nut consumption cuts heart risk in women
- Many Americans need more zinc
- Kids eat too much fat
- Seniors' new lease on life: exercise helps reverse the aging process
- Meat and dairy products increase prostate risk
- Tea with meals helps hemochromatosis
- Fish oil may fight psychiatric disorders

And the list keeps going on from there. There is now a wealth of information to fill the pages of the *Health Hunter* each issue. The problem is deciding which ones would most interest our readers. "The times they are a'changing."

### Here is the other side of change: Alternative Medicine Increases in Medical Schools

This article in the *Journal of the American Medical Association* surveyed 117 U.S. medical schools and found that 75 offered either elective courses in alternative therapies or touched on these areas in required course work.


### Study Says Physicians Feel Out of Sorts with System

A study appearing in *The New England Journal of Medicine* finds more than half of physicians feel pressure to limit referrals to specialists and 17 percent say that this pressure from the managed care system compromises patient care. Seventy-five percent said they feel pressure to see more patients per day.

### Americans Pessimistic About Healthcare

"At a time when the economy is healthy, the crime rate is down and the public's general feeling of optimism is going up, Americans hold a pessimistic view of the healthcare system as they look five years ahead," according to a survey conducted by Louis Harris Associates, Inc., for the Baylor College of Medicine in Houston and the Texas Children's Hospital.

Dr. Ron Hunninghake has a cartoon showing two doctors wearing white coats with stethoscopes around their necks walking down a hospital hallway with one saying to the other, "I think we are rapidly becoming the Alternative Medicine."

Dr. Riordan has said for many years, "The Center practices non-acute care medicine the way it will have to be practiced by the year 2000 because we cannot afford to continue the way it is done now." And Bob Dylan's song echoes through the air. 

—Richard Lewis

## INFORMATION WORTH KNOWING

Finally, a book that is written about people who have lost weight and have kept it off for at least three years. *Thin for Life*, written by Anne M. Fletcher, M.S., R.D., tells us the ten keys to success by people who have been successful in changing their eating habits, thought patterns, and who keep motivated. Their inspirational stories are told so that we can know that not everyone gains back the weight they lost. It doesn't matter if a person has lost weight in the past only to regain that weight. Most of the people who have kept their weight off had failures before they were finally successful in reaching their goal weight. They learned from each "failure" and used that knowledge to finally be successful. Each person is an individual and most were able to develop a program that worked for them. The questions this month are taken from her book.

1 The reason(s) statistics paint a very grim picture concerning losing weight and the ability to maintain the desired weight is/are

- a. that most people who take part in a research weightloss program are people who tend to have hard core problems.
- b. that research tends to report average weightloss rather than individual weightloss.
- c. that these weightloss programs tend to be the same for everyone and do not take into account individual differences.
- d. all the above.

2 A 1993 *Consumer Reports* survey found that out of 19,000 readers who had used commercial weightloss programs about \_\_\_\_\_ of them kept off two-thirds of the weight they had lost.

- a. 1%
- b. 10%
- c. 25%
- d. 40%

3 If you have dieted many times only to gain back whatever weight you lost plus a few more pounds, then you can never lick your weight problem.

- a. True
- b. False

4 When people are really committed to losing weight and can

see the numbers on the scale go down they are said to be in the \_\_\_\_\_ stage.

- a. power
- b. honeymoon
- c. tentative acceptance
- d. lifestyle change

5 Although the tendency for obesity may be genetic, in order for that tendency to be expressed it needs to have an \_\_\_\_\_ that will nurture its development before it is expressed.

- a. environment
- b. indicator
- c. absorption
- d. none of the above.

6 The only way to succeed at weightloss is to eat like a bird and become an exercise fanatic.

- a. True
- b. False

7 In choosing to be thin for life, one of the most important steps is to \_\_\_\_\_.

- a. get a new scale
- b. weigh yourself every day
- c. believe in your ability to lose weight
- d. try the latest popular diet

• FOR ANSWERS, SEE PAGE 7 •

## Case of the month

This 36-year-old woman came to The Center in November of 1996 with a main complaint of ulcerated colitis that was treated with Prednisone and other drugs. She had taken as high as 40 mg of the drug daily to be symptom free and was never able to get below 20 to 25 mg of Prednisone without the symptoms of ulcerated colitis recurring.

In July of 1996, her knee became swollen and painful two days before the symptoms of ulcerated colitis returned. Diagnosed as arthritis, the knee was treated with arthritis drugs.

Her goal is to be symptom free and off the Prednisone and other drugs.

From the initial evaluation, she discovered that she was extremely low in vitamin C. Her potassium to sodium ratio indicated that she needed to eat more whole foods. There were several food sensitivities from her cytotoxic test. She also had elevated candida (yeast) immunoglobulins.

It was recommended that she start taking Emergen C in six ounces of water twice a day and Latero-flora twice a day. An antibiotic was prescribed for 15 days to take care of the high white blood count which indicated an infection of unknown origin.

As of her last visit to The Center in December of 1998, she had reduced the Prednisone to 14 mg per day and is continuing to lower it on a gradual basis. The puffiness that often accompanies long term usage of this drug is disappearing. She is particularly glad to report that she has been free of the severe symptoms of ulcerated colitis for over a year.

She continues to avoid corn and onions, the two worst foods indicated by her food sensitivity test. Also she is walking regularly—about 45 minutes on the average of at least three days a week. She continues to take vitamin C, L-glutamine (added for gut health), organic sulfur (MSM), Latero-flora, calcium, folic acid, and a multi-vitamin.

Her father reported that she was better than she had been for some time. He added that she had discovered that her diet had quite a bit to do with her colon problem and, as long as she stays off the foods to which she is sensitive, she continues to heal.

HH

Don't be afraid to take a big step if one is indicated; you can't cross a chasm in two small jumps.

—Lloyd George

## Purpose: a look through elderly eyes

I feel my purpose in life has been to serve.

When I was in high school, I was of service to a great aunt. She was in poor health and I was able to serve her needs in preparing her meals and cleaning her house. In general, just serving her needs so that she might have a better, more pleasant day.

Then I married and had two sons and my purpose changed, though essentially it remained the same—to care for and nurture them as they grew to adulthood. In serving them, they became good citizens and they in turn have learned to serve their fellow man.

Now, past eighty, I continue to serve. I greet co-learners at The Center and I am ever conscious of their needs. I have had many illnesses and faced many of the problems that our co-learners are now facing, thus I can share some of the things I have gathered in these eighty some years that can be of service to them to realize their purpose in this great world of ours.

The following poem may serve to guide some other person to find their purpose more easily as they go through each day:

### MY PURPOSE

To awaken each morning with a smile brightening my face;  
 To greet the day with reverence for the opportunities it contains;  
 To approach my work with a clean mind;  
 To hold ever before me, even in the doing of little things, the Ultimate Purpose toward which I am working;  
 To meet men and women with laughter on my lips and love in my heart;  
 To be gentle, kind, and courteous through all the hours;  
 To approach the night with weariness that ever woos sleep, and the joy that comes from work well done—  
 This is how I desire to waste wisely my days.  
 —Thomas Dekker

Serving treats people as equals. Through serving, I gain as much or more than I give. [H]

—Nelda Reed

# Herbal History

## American licorice, *Glycyrrhiza lepidota*

American Indians had many interesting names for the American licorice plant whose seeds were protected by a hard shell with hooked prickles that form after the flowering season, usually late spring and summer.

As a sampling, the Dakotas called it “wi-nawizi” which translates as “jealous woman” because of the way the burrs “take hold of a man.” The Lakota name translates as “little cocklebur” since the seed pods or fruit are only 3/8 to 3/4 inches long.

These early Americans found many uses for this plant. Cheyennes drank a medicinal tea made from dried and peeled root of the plant for diarrhea and upset stomach. They also chewed the root in the sweat lodge and during the Sun Dance for its cooling effects.

The Lakota used the roots as a medicine for flu. The Blackfeet made tea from the root for coughs, chest pain,

and sore throats.

Pawnee named a village, located by the Loup River in what has now become Nebraska, after the plant. The American licorice grew there in abundance and they probably used it for medicinal purposes. These are just a few of the early uses for licorice.

American licorice has much the same taste and characteristics as the Eurasian species, *Glycyrrhiza glabra* L. The earliest recorded use of *G. glabra* was in the code of Hammurabi in 2100 BC. Since that time, it has been used for a variety of ailments, such as ulcers, scabies, indigestion, and inflamed stomach. It has also been used for treatment of the thorax, lungs, liver, and kidneys.

Licorice candy made in the U.S. is flavored with anise rather than licorice. If one wants true licorice candy, it is necessary to get it from foreign sources such as the Dutch makers. [H]

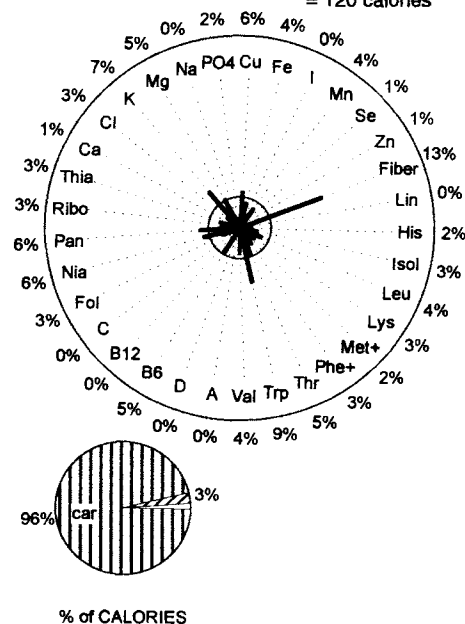
# Food of the Month

by Donald R. Davis, Ph.D.



## NutriCircle

1/4 cup chopped = 120 calories



DATES come from the date palm tree, probably the first cultivated tree (8,000 years). They are a major crop in North Africa and the Middle East, where they are used fresh or dried in fruit dishes, salads, and baked goods. Often dates are combined with milk products which complement their low protein, calcium, and fat. Dried dates, shown here, are modestly endowed compared to most natural foods, but they far outshine refined sugars like sucrose and fructose. Try dates and nuts instead of candy, or add chopped dates instead of sugar to cereals and breads. “Date sugar” (ground whole dates) is a useful sugar substitute in some recipes.

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). [H]

# Mental Medicine

by Marilyn Landreth, M.A.

## Just picture it!

This is the time of year that we all make promises to ourselves to be healthier. Sometimes we are successful and keep those promises. Other times we really don't get started making the changes that we need to make.

Why are we sometimes successful and sometimes not? It seems to me that many times we make promises to ourselves that we are not sure we can keep and so we keep promises halfheartedly. Spend time deciding what changes you really want to make and think it through. Write down what will be different if you make the changes you are contemplating. Then write down what will happen if you don't make the changes.

One way to be successful making changes is to think back to the times you have been successful. What was different then than all those times you were not successful? What can you do to use

your successful methods?

We can use our mind to help keep us on track. Look for quotes that can serve to get you to where you want to be. For example, "Nothing tastes as good as having my clothes fit loosely," can be a mantra for people who want to be closer to their ideal weight. Picture in your mind's eye how you feel in your clothes when you are heavier than you want to be. Then picture how it feels to have your clothes fit comfortably. You can make a choice if you really want to eat a specific food each time or if you want to be comfortable.

Picturing the consequences of our actions can remind us of what we really want. Knowing that we really want to make the commitment to change, picture which consequence we prefer, and be mindful that the choices we make can lead to those changes. HH

## CENTER UPDATE



## Nuts good for the heart, studies show

Two studies, one published in the *British Medical Journal* and the other presented at the 71st Scientific Sessions of the American Heart Association held in Dallas, showed nut eating cuts heart attack risk and reduces deaths from heart attacks.

Interestingly, both studies used health professionals as subjects. The journal article used 86,000 nurses, while the presentation covered a little over 22,000 doctors. Both studies come from Harvard University.

In the nurses' study that started in 1976, Dr. Frank Hu and his colleagues found that those who ate nuts regularly had a 32% lower risk of having a non-fatal heart attack and were 39% less likely to die of a heart attack than those who never or rarely ate nuts.

He added that the consumption of peanut butter only caused a slight reduction in heart attack risk, possibly because of the hydrogenated fat added to most U.S. brands. (see note below)

The second study, presented by Dr. Christine Albert, followed 22,071 doctors for 12 years to look at the relationship between nut eating and sudden death from a heart attack as part of the Physicians' Health Study.

Her conclusion was that men whose diets contained high quantities of nuts had a lower risk of dying from sudden heart attacks.

She found that nuts have a lot of good qualities while "there is not a lot of evidence that nuts are bad for you. If you like nuts, it's okay to eat them, but I don't know if you can rest assured if you eat your nuts you won't die of heart disease."

*Editor's Note:* If you read labels, you can find one or two brands in the grocery store containing only peanuts and salt. These brands are generally on the bottom shelf in an out-of-the-way place. The peanut butter you grind yourself in health food stores does not contain hydrogenated fats either. HH

## Pine tree bark extract increases exercise endurance

Proanthocyanidin, an extract from the French maritime pine tree, improved endurance time of athletes by an average of 21%, Dr. David Swanson and colleagues of California State University in Chico told those attending the 5th Annual Meeting of the Oxygen Society in Washington, DC.

For their research they followed 24 athletes, ranging from "super-elite to recreational," for 60 days and tested them to exhaustion on a treadmill. They found the athletes need an antioxidant reserve before the exercise test. This came from taking the proanthocyanidin for 30 days before the exercise test.

Proanthocyanidin, which also comes from an extract of certain grape seeds, is readily available. HH

## Power napping: sleeping on the job

New support for power napping—the current trend with some corporations. *Psychology Today* reports "reduced productivity due to sleep deprivation is estimated to cost U.S. businesses \$18 billion a year." With a short nap, productivity increases, research shows.

One California consulting company reported "since it set up a nap room two years ago, its expenditures for caffeinated soda and coffee have dropped 30%." HH

## Fruits, vegetables natural antioxidants

Mom was right. Results of a study published in the journal, *Circulation*, "support the hypothesis that diets rich in fruits and vegetables can increase the antioxidant capacity of the blood," according to Dr. Edgar Miller, III, of Johns Hopkins University in Baltimore, MD. HH

Answers from page 4

- 1 d. There are success stories in research based weightloss programs. Many times the way statistics are reported tends to highlight the failures rather than the successes.
- 2 c. This amounts to more than 4,700 people who had maintained weightloss on an average of two years.
- 3 b. Most people who were able to keep the weight off had tried to lose weight at least five times.
- 4 b. This is when the person is enthusiastic, optimistic, and consistent. They feel very strong and in control of the problem. The honeymoon period does not last. The other stages are a period of frustration, tentative acceptance, and the final stage of lifestyle change.
- 5 a. Heredity doesn't have to be your destiny.
- 6 b. Those who were successful ate, in moderation, several meals a day and did not deprive themselves of any foods. Many did light exercise such as walking.
- 7 c. When you get a sense that you are the ultimate authority in losing weight and know that you can, no matter how slowly it comes off, you will be successful. [H]

## SPECIAL DISCOUNTS

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

### THIN FOR LIFE

by *Anne M. Fletcher, M.S., R.D.*  
 How often have you heard that the American public is getting fatter and fatter? It is reported that many people go on diets but very few actually succeed. Don't be discouraged if you are among the people who desperately want to shed excess pounds. Thousands of people have lost the weight they needed to lose and have kept it off. This book tells how they were able to do that. Softcover.  
 Retail Price: \$14.00  
 Health Hunter: \$12.60

### FATIGUE: Epstein Barr Virus & Other Possible Causes

with *Neil Riordan, RPA-C*  
 Fatigue is usually the first symptom that warns the body to slow down and take a sincere look at one's health. Explore the physiological explanations for fatigue and how to improve your energy levels. Also, learn about The Center's approach for dealing with chronic, debilitating fatigue. Audio cassette & video tape.

### SAW PALMETTO: For Better Prostate Function

with *Ron Hunninghake, M.D.*  
 As men age, it is assumed that the prostate will enlarge and cause the following problems: urinary frequency, poor flow, and disrupted sleep. Now research shows there is a natural way to restore and maintain healthy prostate functioning well into the older years. Find out about this well documented herbal therapy to help improve the functioning of the prostate. Audio cassette & video tape.

### THERAPEUTIC TOUCH

with *Julia Hagemaster, Ph.D., A.R.N.P.*  
 Dr. Hagemaster received her Baccalaureate in Nursing at Northwest Missouri State University and both her Masters and Ph.D. in Nursing at the University of Kansas where she is now an Assistant Professor in the School of Nursing. Therapeutic touch is a natural potential in humans. Dr. Hagemaster explains the dynamics of therapeutic touch and ways it can be used. Audio cassette & video tape.

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# Upcoming Events . . .

JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7 Sounds for Healing	8
11	12	13	14	15
18	19	20	21	22
25	26 L & L - Propolis - Nature's Antibiotic	27	28 L & L - Sugars & Sweeteners: Which Are Best?	29

## FEBRUARY

### LUNCH & LECTURE CLASSES:

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 2 Cayenne: For Better Circulation | 16 Licorice                      |
| 4 Daily Victories                 | 18 Influence of Diet on Behavior |
| 9 Aloe: For Better Gut Function   | 23 Garlic/Onion                  |
| 11 <i>RECNA</i> C Update          | 25 Vitamin B12                   |

## Vitamin E reverses defective nerve conduction in type 2 diabetics

"[Supplementing] with vitamin E for six months resulted in improvement in...nerve conduction in diabetic patients with mild sensorimotor neuropathy," a research team from Hacettepe University in Ankara, Turkey, wrote in *Diabetes Care* recently.

In this study, they gave about half of the 21 subjects who had type 2 (adult onset) diabetes vitamin E supplements and the other half a placebo.

Dr. Neslihan Bascil Tutuncu, who led the Turkish team, concluded that even though the numbers were small, the outcome "...provides the basis for further studies with larger groups of patients with longer duration of (vitamin E) treatment."

The research team theorizes that damage to nerves as a result of diabetes may be due to oxidative stress.

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- We seek to serve, rather than fix or help
- Many Americans need more zinc
- Nuts good for the heart, studies show
- Purpose: a look through elderly eyes

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