

Health Hunter[®]

VOL. 14, NO. 1

NEWSLETTER

JANUARY 2000

Happy 25th anniversary to The Center

THE CENTER FOR THE IMPROVEMENT OF
HUMAN FUNCTIONING INTERNATIONAL, INC.

The "Health is..." contest kicks off a year-long celebration of the 25th anniversary of The Center. The contest was conceived as an exceptionally effective way to expand participation in The Center's mission of serving in ways to stimulate an epidemic of health.

"There is enormous talent and creativity among school children of all ages," said Hugh Riordan, M.D., President of The Center. It is our hope that the excitement of a rewarding contest will literally provide hundreds of ideas of ways to focus on health, leading to improvements in health for the benefit of humankind.

Please share the news of the contest, so that every student and teacher in Kansas will know they have the opportunity to participate and win significant prizes for their efforts.

Health is...

Dr. Hugh Riordan, President of The Center for the Improvement of Human Functioning International, The Bright Spot for Health, announces the kick-off of a state-wide contest with thousands of dollars in prizes for winning students and their supervising teachers.

The contest marks the beginning of a year long celebration of The Center's 25th anniversary. The contest titled, "Health is..." is open to every student in any elementary, middle, or high school in the state of Kansas. Announcements of the competition are being sent to every school in Kansas.

There will be three (3) categories of competition: elementary, middle,

and high school. The prizes for each category will be as follows:

1st prize - \$1,000 U. S. bond each for the winning student and supervising teacher, plus an award plaque for the school. There also will be special recognition at the 15th International Conference on Human Functioning in Wichita, in September 2000.

2nd prize - \$500 U. S. bond each for the winning student and supervising teacher, plus an award plaque for the school.

3rd prize - \$200 U. S. bond each for the winning student and supervising teacher and an award plaque for the school.

10 runner-up prizes - \$50 U. S. bond each for winning students and supervising teachers, plus award plaques for the schools.

To enter the competition, each school needs to have its own "Health is..." contest, judged by a selected committee at each school. They would choose the three (3) best entries related to the topic, "Health is..." and submit them to The Center for judging.

Initial judging at The Center will be on submitted photos (slides/Polaroid) for works of art (drawing, painting, or sculpture) or copies of prose or poetry or 3-minute video clips. From these entries 100 finalists will be selected. The actual works will then be sent for judging. The expected time frames for

continued on page 2

Accentuate the positive, eliminate the negative...


First it was a song and now it's the theme of up-to-date research reported in the journal, *Atherosclerosis*. Positive thinking pays health benefits.

Researchers found that depressed diabetics were particularly susceptible to infections when compared to positive thinking diabetics.

Researchers collected information from 600 diabetics over six years for the Pittsburgh Epidemiology of Diabetes Complications Study.

Further, the researchers found that diabetics who developed angina, heart pain caused by arteriosclerosis, had depression scores on a standard test that were twice as high as diabetics who did not develop the disease.

High depression scores seemed to be a better predictor of who would develop heart disease—better than such predictors as high levels of blood sugar, the standard symptom.

The moral of this is to keep a positive attitude and live longer. 

Inside this issue...

Health is.....	2
Men and women are different.....	2
Can vitamin C be a treatment for high blood pressure?.....	3
Twins prove lifestyle affects aging.....	3
A fresh look at diet, ADHD, and behavior.....	3
Information worth knowing.....	4
Is corn a vegetable or a grain?.....	4
Green tea even more beneficial.....	4
Case of the month.....	5
Boneset, <i>Eupatorium perfoliatum</i> L.....	5
Food of the month—oatmeal.....	5
What is health?.....	6
Alpha-lipoic acid.....	6
Nutrition and exercise "pay off".....	6
Special discounts.....	7
Keep in touch—with your body.....	8

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Share information about The Center with your family and friends by inviting them to visit our internet website.

Meet us at the following address:

<http://www.brightspot.org>
or correspond with us by E-mail:
healthcoach@southwind.net

Nutritional Medicine

by Ron Hunninghake, M.D.

Health is...

Health is...ONE MOMENT IN TIME...

Health is...A FUNDAMENTAL DECISION...

Health is...GRABBING THE BULL BY THE HORNS...

Health is...BEING HONEST WITH YOURSELF...

Health is...SEEING THINGS THE WAY THEY REALLY ARE...

Health is...REALIZING THE TOMORROWS ARE NOT FOREVER...

Health is...SEIZING THE MOMENT...

Health is...LETTING GO OF BLAMING OTHERS...

Health is...SEEING THE PROFUNDITY OF THE GIFT OF LIFE...

Health is...LOVING YOURSELF, BECAUSE YOU'RE ALL YOU'VE GOT...

Health is...PUTTING LIFE FIRST, THINGS LATER...

Health is...CHOOSING A WAY THAT TRULY TAKES CARE OF YOU...

Health is...LOVING OTHERS IN THE SPIRIT OF SERVICE...

Health is...REDISCOVERING THE WHOLENESS YOU ARE...

Health is...LISTENING TO THE BEAUTIFUL QUIET WITHIN...

Health is...ACKNOWLEDGING THE LOVE THAT SUSTAINS YOU...

Health is...PROFOUND GRATITUDE...

Health is...ONLY GRATITUDE...

EH

Happy 25th anniversary - Continued from page 1

this exciting contest are:

Announcement—January 12, 2000

Entry deadline—March 22, 2000

Selection of 100 finalists—April 21,
2000

Winners announced—May 10, 2000

The grand prize winners, together

with supervising teachers, will be introduced at the 15th International Conference on Human Functioning on September 23, 2000. All winning entries will be displayed during that conference, which will be held at Century II in Wichita.

What do you remember?

When we opened in 1975, the party line of major illness related organizations was that what we ate had nothing to do with illness. That may seem preposterous now, but that was the way it was when we started.

Most people, including staff members, did not believe we would survive long as an organization. In fact, at our

first little Christmas dinner, one of our doctors stood up to say that he did not believe we would still be operating one year later. Isn't it wonderful that we survived?

Please let us know what you remember as significant in the first quarter century of The Center's existence. Just drop a line to Health Hunter. EH

Men and women are different

"Viva la difference!," shout the French when referring to men and women. Now that difference may apply to medical research as well.

For years, most research was done primarily on male subjects and the results extended to women. In addition to the obvious differences in reproductive

systems, researchers are finding out this difference extends to every physiological function and organ in the body, including the heart, brain, and aging process.

There is now a push to find out more about what these differences may be and to do more research for women. EH

Can vitamin C be a treatment for high blood pressure?

It looks like we can add high blood pressure to the long list of diseases that vitamin C helps—from scurvy to the common cold—according to recent research.

In this study, researchers from Boston University School of Medicine and Oregon State University followed 39 patients with mild to moderate hypertension. Approximately half of the patients received 500 mg. of vitamin C and the others received a placebo.

After following the patients for one month, the researchers found that those taking vitamin C had a blood pressure reduction of 9.1% when compared to only 2.7% for the placebo group.

Reporting in the journal, *Lancet*, Dr. Balz Frei, Ph.D., professor of biochemistry and director of the Linus Pauling Institute at the University of Oregon, said that vitamin C has the ability to “improve the biologic activity of nitric oxide.”

Blood vessels need nitric acid to relax or dilate, Dr. Frei added. “If nitric oxide is impaired, you fail to relax the artery and that can result in increased blood pressure.” But, when the arteries relax and expand with each heart beat, the artery can carry more blood without increased blood pressure. FH

Twins prove lifestyle affects aging

Burning your candle at each end causes one to age faster, according to a study of twins published in the *Annals of Plastic Surgery* recently.

Dr. Darrick Antell and colleagues at Columbia University in New York collected lifestyle factors along with photographs and samples of skin from 34 sets of identical twins to identify the effects of lifestyle on aging.

Sun exposure, smoking, stress, alcohol intake, diet, exercise (lack of it), and general health will accelerate the aging process, the researchers found. FH

HEALTH HUNTERS AT HOME

A fresh look at diet, ADHD, and behavior

Do you know anyone who has a child labeled ADHD? If so, pass this information to the child's parents today.

ADHD is Attention Deficit Hyperactive Disorder.

These children have trouble paying attention in class, concentrating on their work, and can be disruptive in the classroom. The usual solution is to give the child Ritalin, a drug.

The Center for Science in the Public Interest (CSPI) has another solution for parents with a child labeled ADHD, and one The Center wholeheartedly endorses. This is using diet, not drugs.

CSPI has published two easily readable and understandable booklets. One, called *Diet, ADHD and Behavior, A Quarter-Century Review*, is 34 pages long and the cost is \$8.00.

The editors wrote in the Executive Summary for their 8 1/2" x 11" booklet: “This report reviews 23 studies of the effect of food dyes and other dietary constituents on the behavior of children with attention-deficit/hyperactive disorder (ADHD) or other behavior problems. Though the studies are limited...17 of the 23 studies found evidence that some children's behavior significantly worsens after they consume artificial colors or certain foods, such as milk or wheat.”

If my child had this diagnosis, I would want to know about and try dietary ways to solve the problem rather than turning to drugs. I am sure parents of such children will want to know about dietary solutions, too.

The other booklet is *A Parent's Guide to Diet, ADHD and Behavior*. This simple 16 page pocket guide gives a quick overview of diet and ADHD. This booklet is \$1.50.

Donald R. Davis, Ph.D., a consultant at The Center, joined eight other scientists in writing the Secretary of the U.S. Department of Health and Human Service urging the m to support treating ADHD through diet and to support further research into the use of diet to halt this rapidly growing problem.

To get a copy of either of the booklets, write to:

CSPI-Behavior, Suite 300
1875 Connecticut Avenue
Washington, D.C. 20009
web site: www.cspinet.org

Now, on the lighter side. Jackie and I were at the bookstore the other evening. After we picked up a couple of books and a magazine, I noticed a display of attractive, tall, gracefully layered coffee cups. So we stopped to check them out. (You never get out of a bookstore without spending more than you planned.)

One cup caught my eye and I thought it would be excellent for The Center's Christmas gift exchange.

It was a plain white cup with black printing on it. It said in large letters, “Fresh-Brewed Coffee May Hold Hidden Health Benefit.” That sounded interesting, so I read on.

“Science: Researcher says potent antioxidants, which are believed to help prevent cancer, might be found in every pot—but only when the drink is consumed within 20 minutes of being made.”

What followed was from the Associated Press, “Research presented Monday by a UC Davis chemist suggests that chemicals in fresh-brewed coffee may form potent antioxidants, similar to vitamin C or vitamin E, which are believed to help prevent cancer.

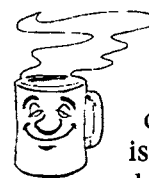
Takayuki Shibamoto, a professor of environmental toxicology, says that based on his preliminary study, the antioxidants might be equal to the amount found in three oranges.”

When I got the cup home, I decided to keep it for myself for two important reasons. One, it would cause too much controversy at the annual Christmas exchange because everyone would want it.

Secondly, each morning when I have my cup of latte, I will be reminded of the scientific evidence of the importance of what I am doing. Just because I like it is not enough for those of us who quest after knowledge.

At least that is what I told myself. FH

—Richard Lewis



INFORMATION WORTH KNOWING

Evidence seems to be mounting which indicates that refined carbohydrates and foods with a high glycemic index are contributing to obesity and other health problems. Doctor Brand-Miller and colleagues have written a book, *The Glucose Revolution*, which states that not all carbohydrates are created equal, and explains how we can find out which carbohydrates are the best ones for us to consume. Their book offers useful information to guide us in our food choices. The questions this month are taken from their book.

1 Choosing the right kind and sort of carbohydrates for our lifestyle can help us to reduce our risk of developing _____ and diabetes.

- a. anorexia
- b. heart disease
- c. pneumonia
- d. none of the above

2 The glycemic index is a scientifically validated tool in the dietary management of _____.

- a. diabetes
- b. athletic performance
- c. weight loss
- d. all of the above

3 Carbohydrates that break down quickly during digestion have the lowest glycemic indexes. Their blood sugar response is slow and low.

- a. True
- b. False

4 The _____ is a vital organ located near the stomach with the primary function of producing the hormone, insulin.

- a. liver
- b. pancreas
- c. heart
- d. none of the above

5 Inventions ranging from the seed drill to high speed roller mills used for milling grains and advances in processing have resulted

in many benefits in our diets. _____ is a benefit of the new technologies.

- a. A plentiful food supply
- b. More money for the farmers in higher grain prices
- c. Foods that appeal to our appetite and are nutritious
- d. all of the above.

6 With all the advances in food technology it still is very difficult to design an eating plan that includes a lot of refined foods, convenience foods, and fast foods.

- a. True
- b. False

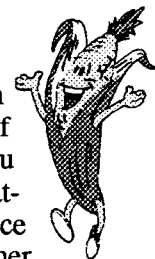
7 In the past we tended to think of carbohydrates as either simple or complex. The simple carbohydrates were thought to be digested quickly with a rise in blood sugars. Complex carbohydrates were thought to take longer to digest. Recent studies have indicated that the _____ index of a food is a more reliable indication as to how fast a food is digested.

- a. vitamin
- b. glycemic
- c. Dow Jones
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

Is corn a vegetable or a grain?

At last, this important question that has been raging since the dawn of time has an answer. You have probably been debating this question ever since the first time your mother said to you, "eat your vegetables or you won't get any dessert!"



This statement immediately brought two statements to your mind: Does corn really count towards dessert and do I dare argue with my mother?

To lay this debate to rest, the *Medical Tribune* has cast its reputation on the line by coming down strongly on the side that corn is indeed a grain.

Corn is more concentrated in starch (carbohydrate) and calories than true vegetables such as green beans and broccoli. Corn is a whole food (we don't eat the cob). Corn is a good source of dietary fiber, according to the *Medical Tribune*, since it retains all three of its primary layers. [H]

Green tea even more beneficial

Two new studies show more health benefits from drinking green tea. These are in addition to warding off heart disease and cancer.

The first study, appearing in the *Journal of Clinical Nutrition*, showed that a green tea extract, which contained antioxidants and other compounds such as caffeine, has a thermogenesis effect in the body. This effect causes increased energy expenditure and fat burning in humans.

In the second study, published in the *Journal of Nutrition*, researchers wanted to find the effect that green tea compounds would have on reducing the oxidative effects caused by iron treatment in cultured leukemia cells. They found that green tea actually protects cells from injury by reducing the oxidative damage often associated with various diseases.

This age old Chinese beverage is proving to be one of the best known antioxidants of the day. [H]

Winter Classes at The Center begin January 20.
Check the calendar on the back page for details.

Case of the month

Usually the patient of the month has been coming to The Center for several months because, as Dr. Riordan often says, "it takes as long as 120 days to begin saturating every cell in the body with a given nutrient."

In this case a 77-year-old woman came the first of November, 1999, complaining that her heart was running too fast and not pumping properly and also that she was suffering from arthritis in her back which bothered her during the day and interrupted her sleep at night. She had several minor complaints, as well.

At this evaluation, she went home with two initial suggestions: (1) take Coenzyme Q10 daily and (2) drink a quart of water every day.

After reviewing her initial laboratory work with her at her follow-up visit, she received several additional suggestions including: an intramuscular injection of vitamins B1, B6, and B12 on that day, Zinc Boost twice daily to begin to correct her low zinc level, Evening Primrose oil to balance her fatty acid levels, and Fruits and Veggies Plus.

When she returned on December 20, 1999 for an office call, Dr. Hunninghake recommended glucosamine sulfate and MSM, an organic sulfur, to further help with her arthritis and her Evening Primrose oil was increased.

At this visit, she reported that her "heart is OK, now." She said her energy was better and she can lie down on her back without pain which she could not do before. Dr. Hunninghake also suggested she receive another injection containing vitamins B1, B6, and B12.

When the nurse gave her the injection, the nurse asked if the first injection helped any. The 77-year-old woman answered, "I don't know, but something sure has."

Even though she shows, in her opinion, remarkable progress for such a short time, she knows that to get the recovery level that she wants she will have to continue fine-tuning the nutrients she takes and that the remaining progress may be slower. [H]

Herbal History

Boneset, *Eupatorium perfoliatum* L.

The name "boneset" is particularly confusing since the herb has nothing to do with setting broken bones. Its primary use, both by the native Americans and the settlers, was in treating flu.

N. Chapman wrote in 1819, "Thirty years ago, we had throughout the United States, a singular catarrh, or species of influenza, which, in consequence of the sort of pain attending it, came to be denominated the 'break bone fever.'... [The plant] so promptly relieved this peculiar symptom, that it acquired the popular title of 'bone-set,' which it retains to the present moment."

It is also known by such names as wild sage, feverwort, and Indian sage. And well before the time of Chapman, the native Americans used the plant for a wide variety of ailments including colds, sore throats, fever, flu, chills, menstrual pain, and kidney trouble.

The Menominis living in the Great

Lakes region used boneset to lower fever. As the ethnobotanist Huron Smith noted, this may have been one of the rare examples of Indians adopting an Anglo use of a medicinal plant.

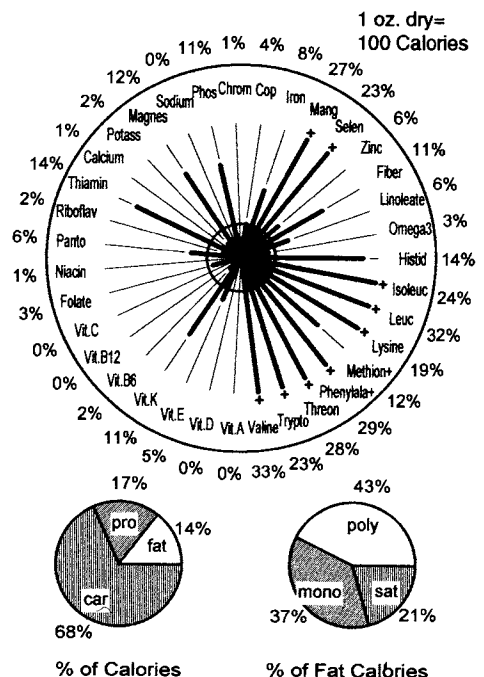
"There is probably no plant in American domestic practice that has more extensive or frequent use than [boneset]. The attic, or woodshed, of almost every country farmhouse, has its bunches of the dried herb hanging tops downward from the rafters during the whole year, ready for immediate use should some member of the family, or that of a neighbor, be taken with a cold. How many children have winced when the maternal edict: 'drink this boneset; it'll do you good,' has been issued; and how many old men have craned their necks to allow the nauseous draught to the quicker pass the palate," wrote Charles Millsbaugh in his 1892 *Medicinal Plants*. [H]

Food of the Month

by Donald R. Davis, Ph.D.



NutriCircle



OATMEAL is made from whole oat grains that are rolled (crushed between rollers) to speed cooking. Try skipping the expensive, sugared forms, and sweeten oatmeal with plenty of banana, frozen blueberries, grapes, apple, or peach. Similarly, flavor it with chopped nuts or shredded coconut instead of butter. For a less sticky texture, soak (instead of cook) the more thinly rolled "instant" oats, 10 to 30 minutes, or overnight in the refrigerator, with milk or water. Among the 40 nutrients shown here, 25 are adequate compared to calories, most notably the amino acids of protein, molybdenum, manganese, selenium, and choline.

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.

What is health?

Is health having a body that is free from disease? Is health having a mind that is flexible and clear? Is health the same thing for all people? Is health the same thing for people at various stages of development and at different ages? Can you be mentally healthy while having a body consumed by disease? Is there such a thing as a healthy death? Does the philosophy of health have more to do with faith than with our outward body?

The "Health is..." contest started me considering the many aspects of health and it brought me more questions than answers. For example, what is health to a person when they get to the point that all has been done that can be done, medically and humanly possible, to restore their health, and it still eludes them? Do we then consider them "un-



healthy" and wonder why they can't heal themselves?

No one gets out of this life alive. Each one of us must find the meaning and purpose of our life. In regard to that, someone once asked if we were human beings having a spiritual experience or if we were spiritual beings having a human experience. Maybe faith allows us to know that we will be healed even if it is after we have had the spiritual experience of being human.

When our body begins to fail us it is doubly important to have a healthy outlook. We can still admire the beauty of a winter day or appreciate the curiosity of a small child. We can still feel gratitude for the challenges that have helped to make us the people we are. For me, faith is a necessary ingredient for health. [H]

CENTER UPDATE

Alpha-lipoic acid: an old antioxidant rediscovered

Want to slow the aging process? Recently, Dr. Riordan suggested adding the supplement alpha-lipoic acid for just that purpose. He has long recommended this nutrient for cancer and other patients who come to The Center.

Now, other researchers are discovering alpha lipoic acid's potential as an antioxidant.

For instance, *RECNA*C researchers at The Center discovered that vitamin C becomes increasingly effective for cancer patients taking alpha-lipoic acid when compared to no alpha-lipoic acid taken.

In Europe, alpha-lipoic acid has been used for years to treat the effects of diabetic neuropathy, the numbness that appears in the feet and legs of diabetics.

Research reported in a recent issue of *Free Radical Biology and Medicine* showed alpha-lipoic acid to be a potent antioxidant in healthy people.

Dr. Ishwarlal Jialal, professor of pathology and internal medicine at the University of Texas Southwestern

School of Medicine, who led the research, and Dr. Lester Packer, Professor of molecular and cell biology at the University of California, Berkeley, found that alpha-lipoic acid can act as an antioxidant in the body, according to the report.

Your body actually makes some alpha-lipoic acid to aid in energy metabolism in your cells.

In this case, the researchers gave 15 men and 16 women supplements of alpha-lipoic acid and of vitamin E for 16 weeks. Vitamin E is already a proven fat soluble antioxidant that helps with heart health.

They found that alpha-lipoic acid inhibited protein and other oxidation. This oxidation contributes to the development of degenerative disease, including heart disease. In the case of heart disease, the researchers found that alpha-lipoic acid may be more effective than vitamin E. This may be because alpha-lipoic acid is both fat soluble and water soluble. [H]

Nutrition and exercise "pay off"

Imagine my embarrassment when I landed face down on the concrete floor by my desk on November 15. I heard Donna call the nurses and say, "I need a doctor and nurse now. Nelda is on the floor."

I had tripped over a box that had been left by my desk. I knew when the person left it there, but had forgotten it for the moment. A large goose egg appeared above my left eye. Dr. Ron and Mavis believed my left wrist was broken. I was taken for x-rays. Then a long arm cast was placed on my arm. Surgery was scheduled for two weeks. Then, as I felt I could live with the possibility of a crooked hand, I chose to cancel the surgery.

I am going through a remarkable recovery. Two additional casts have been placed on my arm. Hopefully, the last one will be removed on January 10.

I am so thankful for the fact it was my left hand and not my right. Also, I am very thankful for the good nutrition and exercise programs that I have been on during this past 20 years. I am well aware of the importance of good nutrition, rest, and exercise to promote healing.

The physicians taking care of my arm are amazed at the agility and determination I possess for my 83 years.

I will return soon to my desk to greet all who enter the Marge Page Dome, and to report to all how very important nutrition and exercise are to our everyday well-being.

Following are two quotes from the book, *Time for Joy*, by Ruth Fishel. They say what I feel today.

I am very grateful to be exactly where I am today. I do not need to be a victim of my past or controlled by circumstances. I am in recovery today and it feels wonderful.

I am filled with all the strength and energy I need today to follow my own truth. I am willing to take risks today and find out for myself what works for me in my life.

—Nelda Reed [H]

Answers from page 4

- 1 b. Carbohydrates and low fat intake are important for health.
- 2 d. Foods with low glycemic indexes help people control their hunger, their appetite, and their blood sugar levels.
- 3 b. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have low glycemic index values.
- 4 b. The slow release of carbohydrates means that the pancreas does not have to work as hard to produce insulin.
- 5 a. Foods tend to be relatively cheap and, while food has been refined to taste better, for the most part what appeals to our appetite may not be nutritious.
- 6 b. Refined foods, convenience foods, and fast foods are very easy to eat but they frequently lack fiber and conceal fat so that before we feel full we have overdone the calories.
- 7 b. The glycemic index of foods is a ranking of foods based on their immediate effect on blood glucose—or blood sugar levels. [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

THE GLUCOSE REVOLUTION

by Jennie Brand-Miller, Ph.D.,
 Thomas M.S. Wolever, M.D., Ph.D.,
 Stephen Colagiuri, M.D., & Kaye
 Foster-Powell, M. Nutr. & Diet
 Learning how carbohydrates and sugars affect your body can have an effect on what you choose to eat. This book is said to help you lose weight, reduce your risk for heart disease, improve athletic performance, manage diabetes, and enjoy total wellness. Softcover.
 Retail Price: \$14.95
 Health Hunter: \$13.46

JOY: 20 WAYS TO BRIGHTEN YOUR LIFE

with Marilyn Landreth, M.A.
 Life is a series of cycles or peaks and valleys. Most of the time we coast along with everything working fine. Then there are those days, weeks, or months that try our patience and fortitude. Find out ways to experience moments of joy even on the darkest days. Audio cassette & video tape.

WHAT CANCERS REALLY ARE

Jan Austin, B.S.
 How do we get cancer? What does it do to us? What can we do about it? Over half of the cancers known to us today continue on an upward trend in this country. This presentation focuses on providing a better understanding of cancers by looking at the cell. We will also discuss treatment options, current research, and some of the ways we can reduce our risks for getting cancers in the future. Audio cassette & video tape.

NOT WELL? COULD IT BE CANDIDA?

with Ronald Hunninghake, M.D.
 Many non-specific symptoms can be linked to an intestinal overgrowth of a yeast called candida albicans: fatigue, frequent infections, vaginitis, prostatitis, allergies, joint pains, cortisone usage, sugar and bread cravings, poor memory, aches, gas, PMS, and many more. Learn how to control candida and regain your wellbeing. Audio cassette & video tape.

• To Order, Fill Out The Form Below •

TITLE	TYPE <small>(audio, video, or book)</small>	PRICE	QUANTITY	TOTAL
The Glucose Revolution	_____	_____	_____	_____
Joy: 20 Ways to Brighten Your Life	_____	_____	_____	_____
What Cancers Really Are	_____	_____	_____	_____
Not Well? Could it Be Candida?	_____	_____	_____	_____
<i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)*				_____
Two Year Membership/renewal - \$48 (\$53 for outside the U.S.)*				_____
Three Year Membership/renewal - \$71 (\$76 for outside the U.S.)*				_____
Subtotal				_____
**Add Sales Tax				_____
***Add Postage & Handling				_____
TOTAL				_____

** Kansas residents add 5.9%.
 *** Add \$2.00 for first item; 50¢ for each additional item.

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 VISA
 Am. Exp.
 Discover
 M. C.
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Card # _____ Signature _____

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City _____ State _____ Zip _____

Prices good through 2000.

Mail form and payment to:
 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219

Upcoming Events...

JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12 Yoga	13	14
17	18	19 Yoga	20 L & L - Anti-oxidants, Aging, & Degenerative Diseases	21
24 Yoga	25 L & L - T3: The Missing Piece in Optimal Thyroid Function	26 Yoga	27 L & L - Whole Grains	28
31 Yoga				

FEBRUARY

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| 1 Giving White Blood Cells a Boost | 17 Protein Diets |
| 3 The Exciting New Scene of Anti-Aging Medicine | 22 Is Your Weight, Blood Pressure, & Cholesterol Creeping Up |
| 8 What is Acupuncture? | 24 Imagine That: Guided Imagery |
| 10 <i>REC</i> NAC Cancer Research | 29 The Methodology of Acupuncture |

Keep in touch— with your body

This time of year is a wonderful time to keep in touch with old friends. As the telephone commercial says, "Reach out and touch somebody."

But have you kept in touch with your best friend, the one we tend to overlook the most in the rush of the day—your body?

Do your body a favor and give it a special gift this season: a massage. Did you know that each square inch of your skin contains over 50 nerve endings that send messages to the brain to relax when they are massaged? And when your brain gets these messages to relax, the brain releases natural pain suppressors called endorphins.

Research has shown that touch reduces blood pressure and heart rate as a part of the relaxation response from the massage.

With these advantages and many more, it is worthwhile to keep in touch with your body with a massage.

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