

Health Hunter[®]

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NEWSLETTER

JANUARY 2001

Breast health: know your biomarkers

Ron Hunninghake, M.D.

Biomarkers are measurable biologic functions that influence cellular health. Biomarkers provide feedback to the individual about his or her biologic assets (nutrients) and liabilities (toxins). Biomarkers measure improvable functions of the body. The purpose of measuring biomarkers is to improve your personal risk of being healthy!

A diverse diet of whole foods is a prerequisite to optimal cellular health.

Life is filled with risks. Normally we think of risk in terms of what may happen to us in an adverse fashion. Now, turn that around and start thinking: "What can I do to increase my risk of being healthy?" This is a way to proactively create a better state of health in your body!

To give this a proper context, let's review The Center's definition of health. "Health is having the reserve to do what you need to do and want to do with energy and enthusiasm." Biomarkers are a means of measuring cellular reserves.

To function well, our cells require an adequate amount of essential nutrients. Conventional medical diagnosis focuses on naming disease states, such as congestive heart failure, pneumonia, and Alzheimer's. These are medical labels that have been given to certain constellations of symptoms and pathological processes. Yet, our cells don't "know" the disease's name. Cells "want" adequate essential nutrients to fuel cellular activities. Adequate cellu-

lar reserves equate to cellular health!

A second fundamental component of cellular health is toxin removal. Like any household, cells must "take out the garbage." Just eating a meal creates significant amounts of metabolic waste products that the body has to break down. Healthy molecules, including vitamins, minerals, nutrients, and hormones, must all be detoxified. An unhealthy buildup of excessive metabolic toxins will result in poor cellular health and dysfunction. (Toxin load can be an important negative biomarker.) Detoxification, like any respectable cellular function, depends on enough of the right nutrients.

Please remember to keep whole foods the true foundation of cellular health. Whole foods are themselves composed of cells...they have to be or they could not have grown. The biochemicals that were essential to the growth of the cells that form whole foods ARE the essential nutrients to our cells' growth and health maintenance as well. A diverse diet of whole foods is a prerequisite to optimal cellular health.

How can the concept of biomarkers help women arrive at a higher level of breast health? It turns out that many factors influence what female breast cells need for health (optimal functioning) promotion and disease (malfunctioning) prevention. One major influence can be described by the term "biochemical individuality." For example, one woman's breast cells might need a lot more selenium than the statistically derived RDA for selenium. That same dose, to another biochemically differ-


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Tea drinking may help your heart

Ahh!—a good cup of tea, and it may be good for the heart, too. A research report introduced this at a meeting of the American Heart Association recently.

"Drinking tea reverses an important underlying abnormality of blood vessel function that relates to heart disease and stroke," said Dr. Joseph Vita. Blood vessels of people with heart disease fail to relax quickly in times of stress to allow blood to flow.

To find if tea would help, the researchers had 50 men and women with heart disease drink 8 oz. of tea four times a day for a month, followed by drinking water for a month. They found the response of the subjects' blood vessels to the stress of the blood pressure cuff became normal during the month the subjects drank tea. There was no change when the subjects drank water.

"I drink tea because I believe it is healthy," Dr. Vita added. "But we are not ready to make any recommendation on tea drinking." You can decide for yourself if tea drinking is for you. 

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Nutritional Medicine


by Ron Hunninghake, M.D.

The breast

Symbols are incredibly powerful. The cross, for instance, represents the whole of Christian doctrine in one simple image. The cross has powerfully influenced the history and development of western civilization.

Another very powerful symbol and image is the female breast. Now this symbol, while universally known, has complex and sometimes antithetical meanings. The breast can symbolize motherhood/nurturance or it can represent feminine beauty/sexuality. Not that these two qualities need be contradictory, though many women do find them difficult to integrate smoothly. Like the two poles of a battery, connecting them immediately creates the flow of energy!

This highly charged, emotional energy can be used for great good in a woman's life, or it can lead to inner turmoil if misdirected or trapped. While no conclusive study demonstrates that breast cancer or other breast diseases are caused by a woman's inner conflicts over sexuality vs. maternal nurturance, it could nevertheless be an important issue to address as part of an holistic healing program. Exploring the deeper meaning of an illness is often "untouched" by conventional medicine.

Symbology can help bridge the gap between our conscious awareness and our less conscious inner self. Doing so might just bring about a "healing of one's life," out of which disease remission often occurs. 

Breast biomarkers—Continued from page 1

ent woman, might prove toxic. Certain women may not be in the sun for enough time to manufacture adequate vitamin D. How would this woman or her doctor know whether her vitamin D photosynthesis was adequate to modulate breast cells' estrogen receptors to reduce her cancer risk? This is where it is where biomarker measurements can be crucial. We want to measure something about our biology that is going to have an influence on how well our cells are working. In the area of breast biomarkers we are looking at specific nutrient levels that published scientific studies have shown protective effects on breast cells.

Selenium is a mineral that activates the glutathione peroxidase, perhaps the most important antioxidant enzyme in the human body. With adequate dietary selenium, epidemiological studies have shown reduced cancer. Around the world, high soil content of selenium means low population risk of cancer. Serum selenium levels appear to be an accurate means of measuring one's reserve of selenium. Higher serum selenium does correlate quite significantly with breast cancer protection. This may be the best biomarker for breast cancer risk.

Recently scientists did a 4-1/2 year

double blind study where they gave 1312 people high selenium yeast supplements. They found that the overall cancer fatality was reduced 50%. Laboratory testing assesses your personal selenium level. If your levels are low, you have a much higher probability of benefiting from supplementation with selenium. The value of measuring is the value of identifying those people who could benefit from selenium protection.

Vitamin D is necessary for normal cell replication and suppresses cancer cell growth. Vitamin D has been shown to have anti-estrogenic activity and we now think that estrogen plays a roll in breast cancer development. Caucasian breast cancer patients have low levels of active vitamin D. In the 1997 issue of the *Journal of the National Cancer Institute*, low levels of vitamin D correlate with higher levels of breast cancer. With just 10 to 15 minutes of daily sunlight exposure of your body, face, arms and even your shoulders and legs, studies show you can reduce the risk of breast cancer by forty to fifty percent. This is due to higher levels of vitamin D production.

If you are taking 100 units of

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vitamin D a day and your body needs 800 units a day, you may not be getting adequate protection. Measure yourself, and then act accordingly to improve your body's reserves of vitamin D. Next year, you can remeasure to see that you are making headway. (Please note that vitamin D is fat-soluble and must be used with greater caution to avoid toxic overuse. Another reason annual measurement is prudent.)

CoQ10 is present in every cell in your body. Your cells require oxygen to oxidize nutrients. CoQ10 enhances the movement of oxygen into the mitochondrial furnace of the cell. It is known that if you lack adequate oxygenation you are at a higher risk of getting cancer. Cancer cells thrive in an anaerobic environment. Cancer is associated with lower CoQ10 blood levels. Higher CoQ10 intake can mean lower cancer risk. CoQ10 is completely harmless in higher doses. If it is not harmful and prevents cancer, why not use it.

Folic acid performs an important function in making and repairing chromosomes. Chromosomal damage is associated with the growth of cancer. Smokers with low levels of folic acid have more chromosomal damage than smokers with normal folic acid. There is a higher risk of cancer in patients taking methyltrexate, which is a cancer drug that creates a folic acid deficiency.

Cancers of epithelial cells are most often associated with folic acid deficiency. Epithelial cells cover the inner and outer layer of the body including the ductile tissue of the breasts. Dysplasia is when epithelial cells become precancerous. Dysplasia is responsive to folic acid supplementation.

Does improvement of breast biomarkers assure prevention of disease? No. At this time there is no guarantee. Studies currently suggest that adequate amounts of these nutrients appear to be protective. Taken appropriately, selenium, CoQ10, folic acid and vitamin D appear to increase your risk of breast health. Health enhancement may be your best defense against cancer, until more is known about this illness. [H]

HEALTH HUNTERS AT HOME

Fruits and vegetables reduce cardiovascular disease, and other thoughts

Eating fruits and vegetables will reduce the occurrence of cardiovascular disease (CVD), according to a recent article and an editorial in *The American Journal of Clinical Nutrition*.

Most of you know that we need to eat fruits and vegetables for our general health. Some of you are conscious of the fact that doing this will help reduce heart disease.

But in this new study, Simin Liu and associates verified that fruits and vegetables really do work to reduce CVD. There was an editorial in the same journal that emphasized what the researchers pointed out.

The researchers followed the eating habits of 39,137 women health professionals who completed the 131 item frequently eaten foods survey at the beginning of the study. These women were part of the Women's Health Study and did not have heart attacks, strokes, or cancer in 1993 when the study began.

Five years later, the researchers found that the women who ate an average of five to ten helpings of fruits and vegetables a day had fewer heart attacks, strokes, and other types of cardiovascular disease—about 20 to 30 percent less.

As Jacobs and Murtaugh wrote in the editorial in the same journal, even though benefits of fruits and vegetables are not new, the researchers point us in a new direction. Here is why:

- Although the researchers do not think you should eliminate red meat from your diet, a fruit and vegetable based diet should be even more encouraged now than it is. (We do encourage it at The Center.)
- Nutrients in food available at the grocery store or from the roadside market are not being fully used. In the United States, we often adulterate the foods by processing or frying them—for example, French fries and other deep-fried foods. Also in the editorial, the writers were very concerned about taking a

single vitamin as an emphasis rather than eating fruits and vegetables for their overall vitamin content. And rightly they should be concerned, for at least two reasons.

The first reason is, as an example, cardiologists are prescribing vitamin E to help people with their heart problems. The research has been long and exhaustive and it comes out clearly that vitamin E does help people with heart problems.

In this case, the cardiologists are using vitamin E as they would use any drug. They are prescribing a particular amount of vitamin E for a particular problem. Our Center doctors agree with this in part. At least the patients are getting vitamin E for a specific problem and the vitamin E will go through the body doing what vitamin E does best—being an antioxidant.

The other problem we have with this "single use" idea about vitamins as opposed to getting what you need out of fruits and vegetables is the approach.

Our doctors look at your biochemistry to find out where you are low and then take the approach that it is better to take a "single use" vitamin or mineral or fruits and vegetables or...to get our body back to as close to optimal as possible.

In this way, we get people back to health so THEY can keep themselves healthy after we no longer work with them.

Eat more fruits and vegetables each day so that you can maximize the amount of nutrients you get from them. But, at the same time, continue taking nutrients we have prescribed for you so that you can keep yourself as close to optimal as possible.

This way, you have the best of two worlds. You satisfy the standard folk by eating plenty of fruits and vegetables—between five and ten servings a day. And, you satisfy The Center's doctors who have prescribed the nutrients you need in addition to the fruits and vegetables. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Vitamins and minerals that we obtain directly from the food we eat seem to be the ones that are most beneficial in preventing breast cancer. Now there is a breakthrough guide and cookbook focused on powerful foods that prevent breast cancer and play a part in recovery. Robin Keuneke, a nationally known natural foods counselor, writes *Total Breast Health*. The questions this month are taken from her book.

1 The _____ system is a vast complex, interactive group of glands, nervous system tissues, and the hormones they produce.

- a. cardiovascular
- b. endocrine
- c. respiratory
- d. none of the above

2 Conditions caused by an imbalance in the endocrine system are directly related to a _____ diet.

- a. high carbohydrate
- b. Western
- c. protein
- d. none of the above

3 North American women suffer from the highest rates of cancer, heart disease, and osteoporosis of women anywhere in the world.

- a. True
- b. False

4 The fats and oils we consume function in our bodies as precursors for powerful, hormone-like substances called _____.

- a. prostaglandins
- b. thyroid
- c. serotonin
- d. none of the above

5 _____ fats are so vital to our health that they used to be called "vitamin F." They are as important as other vitamins, minerals, and amino acids.

- a. Animal
- b. Low
- c. Processed
- d. Essential

6 Omega-3 and omega-6, the two essential fatty acids, are needed for proper immune and organ function, healthy cell membranes, proper kidney and hormone function, and oxygen transport.

- a. True
- b. False

7 _____, a nutrient found in parsley and spinach can help eliminate the health problems caused by environmental pollution.


- a. Vitamin D
- b. Vitamin C
- c. Glutathione
- d. None of the above

• FOR ANSWERS, SEE PAGE 7 •

Protein from snake venom may be anticancer agent

The venom of the southern U.S. copperhead snake contains a protein that may inhibit tumor growth and metastasis, according to research from the University of Southern California Keck School of Medicine in Los Angeles.

The researchers isolated and purified the copperhead snake venom


and then named it contortrostatin. In the initial studies contortrostatin hindered the growth and metastasis of several different tumors implanted in mice, including breast, ovarian, and brain tumors. Next, they have to test it on people with cancer, probably in 2002. 

Sleep helps memory

People who slept after learning and practicing a new task remembered more than those who stayed up all night, according to Dr. Robert Strickgold and colleagues at the Harvard Medical School, Boston, MA, and reported in *Nature Neuroscience*.

They had 24 persons train to identify the orientation of three diagonal bars flashing for 1/16 of a second on a computer screen. Part of the group received a good night's sleep the night after the training and the other part of the group were kept up all night. The entire group received a good night's sleep for the next two nights.

On the fourth day, both groups were tested to see how proficient they were at identifying the orientation of the three diagonal bars. Those who slept on the first night performed better than those who did not sleep.

The moral: sleep is better than staying up all night to cram for an event or test. 


Warm up to winter fitness

In the winter, it is tempting to stay inside near a warm fire rather than go out and exercise. But this is not healthful.



"The main reasons to stay in shape in the winter are to keep your weight down, your health up and maintain cardiac fitness," Ed McFarland, M.D., said recently.

There are 53 percent more heart attacks in the winter than in the summer. Often this comes from a man dragging himself out of his comfortable chair to go out and attempt to shovel what adds up to hundreds of pounds of snow. The arteries in the heart often constrict and blood pressure rises in the winter which can trigger a heart attack, especially in the elderly and those with heart problems.

Keep up your fitness in the winter or find a neighborhood kid to shovel the snow while you work on getting back in shape. 

Case of the month

A 20-year-old, young woman came to The Center in August, 2000, complaining of having diabetes, back and stomach pain, and a lump in her throat. She had previously been diagnosed as having hypothyroidism a little more than a year before and was taking Synthroid for it at the time she came here.

It was suggested that she read the book, *Your Body's Many Cries for Water*, and drink more water every day.

When The Center's laboratory results returned, several additions were made in her nutrients. She started taking Insurance Formula, a multivitamin, three times a day to boost her nutrient levels; IVC MAX to better control her blood sugar; an Emergen-C packet in 6 oz. of water each day to raise her vitamin C level; and Fortified Flax to improve her fatty acid balance.

She returned to The Center in mid November to see Ron Hunninghake, M.D., with good news to report and some not quite as good news.

Her diabetes was better controlled since she started taking the IVC MAX. She reported that the back pain was still there, but it was improved over when she first came to The Center. She still had her mood swings, but she added that she rarely got sick. She said that overall she was improved over the first visit even though she still had no energy.

The best news came to Dr. Hunninghake at the end of November, 2000. She wrote, "I just went to the doctor November 20. [Physician], who is my primary doctor, told me that my blood sugar for the past three months has been under 6.0 [the top of the level to remain normal]. It's a 5.2. He is so excited. He can tell that I am feeling so much better. Thank you."

The thanks should go to her since she is the one who has been doing the nutritional work and drinking the water. Dr. Hunninghake sent her back a note that said, "Sounds like the program is working out. Keep up the good work."

The blood sugar is a big part of her complaints. Now she needs to finish working on the other symptoms. [H]

Herbal History

Calamus, *Acorus calamus*

Calamus is much valued and traded among the native American medicine people. It grows in the eastern half of the United States and just into Kansas, South Dakota, North Dakota, and Texas. It is used by all medicine people.

It is also known as sweet flag, sweet cane, pine root, sweet rush, and sweet sedge. It is called by the Pawnee, "kahtsha itu" (medicine lying in water) and the Dakota, "sinkpe-ta-wote" (muskrat food). These names are derived from the fact that it grows in marshes and wet ditches.

Calamus is an aromatic, grasslike perennial herb between three to five feet tall with three flowering leaves. These leaves are sword shaped, erect, and 1-1/2 to 4 inches wide. For medicine, they use the rhizomes, leaves, and the entire plant.

The Plains Indian medicine people used it for various problems. For instance, a decoction was drunk for fever, the rhizome was chewed as a cough remedy,

and as a remedy for toothache.

The ethnobotanist, Melvin Gilmore, wrote in 1919 that the, "Teton Dakota in old times warriors chewed the rootstock to a paste which they rubbed on their face to prevent excitement and fear in the presence of the enemy."

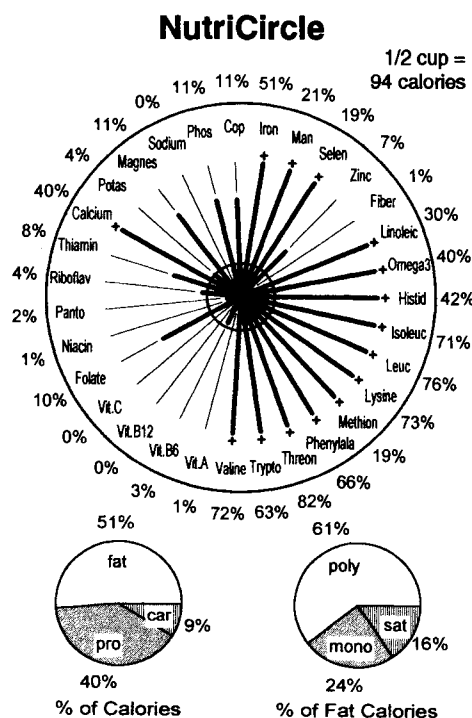
Gilmore went on to write that, "Acorus calamus is a plant very highly valued by Indians for medicinal and other uses. All the places which I have mentioned above as stations of this plant are well known to the people of the tribes in the regions. And all these stations are in localities formerly much frequented by them. They either are in the vicinity of old village sites, or are located near camping places on old Indian trails. My opinion is that every one of these patches had its origin by intentional planting long ago by Indian medicinemen." [H]

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

Food of the Month

by Donald R. Davis, Ph.D.

TOFU or bean curd is made from soybeans and is an important source of protein and beneficial fats in many oriental diets. Most Americans, too, would benefit from its omega-3 fat. Unlike soy oil, tofu supplies many other nutrients as well, including folate, magnesium, choline (not shown), iron, and other trace minerals. Most tofu includes calcium sulfate as an ingredient, making it a rich source of calcium. Tofu also contains phytochemicals that probably help prevent breast and prostate cancers. Like most plant foods, soy contains small amounts of potentially toxic substances, but these are generally reduced in tofu.



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.




Sink roots into the present

January is the beginning of a New Year—a time to look toward the future. Time to dream of possibilities and set goals. For most of us that is what we will be doing—working toward some magnificent goal. But for others the present is not all that wonderful and it is difficult to think of tomorrow when today is so bleak.

During World War II, Victor Frankl found that no matter how bleak the circumstances he was the only one who decides how he views his present. In the concentration camp, the guards could punish him but could not take away his choice of how he perceived his experience. Because of his attitude, people were drawn to his ability to find joy in the moment.

So, when times get rough and it is difficult to think about the future, remember the words of Ardis Whitman:

Hope for the moment. There are times when it is hard to believe in the future, when we are temporarily just not brave enough. When this happens, concentrate on the present. Cultivate la petit bonheur (the little happiness) until courage returns. Look forward to the beauty of the next moment, the next hour, the promise of a good meal, sleep, a book, a movie, the likelihood that tonight the stars will shine and tomorrow the sun will shine. Sink roots into the present until the strength grows to think about tomorrow.

One of The Center staff is one of those people who cheers me up every time I see her. She always has a smile, a tune, or a cheery word that brings a lift to my spirit even when my spirit is already great. We never know when a smile, compliment, or whistle can be just the mental medicine that someone needs. 

Change your diet and lower national debt


I read in a recent health bulletin that statistics show that the chronic illness burden is rising. Nearly half of Americans suffer at least one chronic disease.

Many end up being cared for in our nursing homes. This care is very expensive and very often the cost falls to Medicare or the state Medicaid Program to pick up. Not only is the care expensive, but, also, the enormous pharmacy cost for many of these patients falls to Medicaid to pick up.

I speak with some knowledge on this! As a young adult, I could live on ice cream, cheese, sugar, coffee, chocolate, and white potatoes. At age 63, when I started with Dr. Riordan I had many, many ailments: rheumatoid arthritis, clogged arteries, cataracts, and was facing surgery to replace a right kneecap and left hip, to name a few.

I was taking six to eight very strong and expensive pain pills, four different expensive blood pressure medications, and performing a very minimum of exercise.

It wasn't easy, but at 84 I have turned my food tastes around. I have changed many of my daily habits, but best of all I have cut my pharmacy bill to almost nil and eliminated the proposed surgery. If we could all do such a turnaround we would not need to be asking our government to pay as many of our bills for us.

If we, as just one generation, would encourage our families to change their diets to include the widest variety of fruits, vegetables, whole grains, low fat meats, and fewer dairy products, we would all have a greater chance at living a healthier life as we age, and our government reimbursements would be greatly reduced. 

—Nelda Reed

CENTER UPDATE

After a heart attack, a Mediterranean diet adds years to life

"A significantly lower risk of death was associated with eating more Mediterranean-style foods and fewer foods containing saturated fats, such as butter," said Roberto Marchioli, M.D., co-coordinator of the GISSI-Prevenzione Study at the Consorzio Mario Negri Sud, Santa Mario Imbaro, Italy.


The researchers evaluated the long term changes in dietary habits of 11,324 Italians following their first heart attack. Their intake of certain foods was tracked by a questionnaire given right after their heart attacks and at 6, 12, 18, and 42 months later.

In addition, the subjects were given omega-3 polyunsaturated fatty acid and vitamin E supplements.

People in the study who had the most butter and vegetable oils in their diet had a risk of death almost triple that of people who ate more fresh fruits and

vegetables and used olive oil," Dr. Marchioli added.

Obesity was defined by the body mass index of 30 or more. The researchers found that even though the body mass index did not change over the 3 1/2 years of follow up, their dietary habits improved after their heart attacks. "Their intake of healthy foods was relatively high at baseline and further improved during the follow-up," Dr. Marchioli added.

So eat more foods such as fruits, vegetables, fish, and olive oil which are rich in protective nutrients and eat less butter, red meat, and foods rich in animal fats. This way you can still enjoy life and eat foods without being on a strict diet. "This approach could increase the feasibility of adopting healthy dietary habits that will be maintained in the long term," Dr. Marchioli concluded. 

Enthusiasm is the genius of sincerity, and truth accomplishes no victories without it.

Answers from page 4

- 1 b. Imbalance of the endocrine system's hormones can result in many diverse health problems.
- 2 b. A deficiency of fresh vegetables, organic oils, and soy foods, as well as excesses of sugar, hormone-laced meats, and junk fats make up the Western diet.
- 3 a. Sadly with the spread of American fast foods we will spread our legacy throughout the world.
- 4 a. Our bodies are constantly making prostaglandins, of which there are many types.
- 5 d. These substances in unprocessed, fresh oils are absolutely necessary for health.
- 6 a. Because there is a general unavailability of healthy oils, and because of mass commercialization of highly processed oils, most women and men are deficient in essential fatty acids.
- 7 c. Wise choices in food selection can be a powerful ally in creating health and preventing disease. HH

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TOTAL BREAST HEALTH: The Power Food Solution for Protection and Wellness

by Robin Keuneke
 In our weight conscious world with so many conflicting studies, is it any wonder that we may be throwing the baby out with the bath water? We may tend to think that all fats are "bad." In this book, Robin Keuneke, educates us to the importance of "good" fats.

HEART BIOMARKERS

with Ronald Hunninghake, M.D.
 Over 30 risk factors exist that attempt to predict one's risk for disease of the heart's coronary arteries. New research indicates that evaluation of cholesterol alone is of poor predictive value. By assessing their nutrient and toxic biomarkers, each individual can begin to get a handle on their own cardiovascular risk. Epidemiologic studies that back this up will be reviewed. Homocysteine is a major blood vessel toxin that can be modified with B vitamins and dietary changes. Learn how you can optimize your heart's health risk.

PROSTATE HEALTH

with James Jackson, Ph.D.
 All men, as they enter their fifth decade, become aware of the importance of a healthy prostate. Benign prostatic enlargement can create undesirable urinary flow issues. Adequate zinc can help prevent this and possibly lower one's risk for prostate cancer. Do you have adequate zinc reserves? There is no way to know without an accurate blood cell level. Lycopene and selenium levels can also help you assess your prostate's health. Learn what is known regarding the protective functions of these key nutrients.

BRAIN HEALTH

with Hugh D. Riordan, M.D.
 The brain is a huge user of energy—about 25% of all our oxygen and sugar intake is used by the brain. Hundreds of enzyme systems in the brain require specific nutrients such as trace minerals. What brain useful substances can be measured using the latest laboratory techniques? Learn the answers to keep your brain working well.

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Upcoming Events . . .

JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23 Yoga	24	25 Lunch & Lecture class, Yoga	26
29	30 Yoga	31		

FEBRUARY

Lunch & Lecture Classes and yoga continue

Low serum folate concentrations associated with increased CVD death

Low serum folate levels appear to increase the risk of death from cardiovascular disease (CVD) for nondiabetic adults, according to findings by Dr. Catherine Loria of the National Heart, Lung and Blood Institute in Bethesda, Maryland.

Dr. Loria and colleagues studied a subset of 689 adults in the Second National Health and Nutrition Examination Survey at baseline and at 12 to 16 years later.

Among the participants who did not have diabetes, the researchers found those in the lowest 1/3 of serum folate had a 2.64 greater risk of death than individuals in the highest 1/3.

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