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How to survive during a magnetic storm

by Nina Mikirova, Ph.D.

Magnetic storms are quick and strong changes in the magnetic field of the earth that occur in periods of strong solar activity, sometimes called sun spots or solar flares. As a result of the solar flares, a lot of matter (mostly protons and electrons) is thrown into interplanetary space. This has been going on for centuries, but scientists are just beginning to let the public know of the consequences.

Ten to 15% of people in the world are sensitive to magnetic storms.

During solar flares, the cloud of high energy charged solar particles comes to the earth. The level of the earth's irradiation depends on the position of the flare on the solar disk and the level of activity and intensity of the solar flare.

These particles of matter are traveling at about 400 to 1000 km/second and reach the earth after one to two days. A portion of these particles is reflected by the earth's magnetic field, but some of the particles are trapped by the earth's field. Another phenomenon during solar activity is geomagnetic storms. Geomagnetic storms originate when a hot magnetized plasma (primary hot electrons and protons), also called solar wind, hits the earth. The solar wind confines the magnetic field of earth and governs geomagnetic storms.

The interference of the magnetic storm particles with the earth leads to the appearance of polar auroras or "Northern Lights," which are visible even in the southern regions during intensive solar activity.

The biggest effect of the storms and the solar activity is the blackout of high frequency radio communication. For example, during the magnetic storm that occurred in October, 2003, the Japanese space agency officials said that they lost contact with a space satellite and this effect may have been caused by the electromagnetic storm. The Japanese space agency also announced that the solar flare caused the communication satellite to malfunction. Amateur radio enthusiasts have known of solar flares for decades and have had to deal with the effects on their communications. Magnetic storms may affect the communication with airplanes flying far northern routes, as well as with polar stations and ships.

At the international space station, the radiation after the solar flare in October was five to ten times higher than during periods of quiet sun. As a result of this high radiation activity, it was recommended that astronauts put on their space suits that they usually wear only to work outside the space capsule in outer space.

People on earth are protected from solar radiation by our atmosphere and the magnetic field of the earth. These charged particles react with the atoms and molecules in the earth's atmosphere. The thick layer of the atmosphere protects people from harmful solar radiation or solar cosmic rays.

The changes in the magnetic field do affect the health of people. Ten to

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Depression and omega-3 fatty acids

In the last 100 years, the age of onset of depression has decreased in the United States. According to research, severe forms of depression affect about five percent of the population in the U.S. Another 20 percent have mild to moderate depression and yet another two percent are bipolar.

At the same time, the consumption of omega-3 fatty acids has dramatically declined over the last 100 years. The ideal ratio of omega-3 to omega-6 is approximately 1:1, according to an international panel. The diet in the U.S. currently has omega-6 outnumbering omega-3 by about 20:1 due to animals being fed omega-6 rich feed such as corn, sunflower, safflower, and cottonseed. Corn oil is reported to have an omega-6 to 3 ratio of 60:1.

"Limited clinical data, combined with rapidly growing support of laboratory and epidemiological studies, suggest omega-3 fatty acids may play a role in the prevention and management of depression," Dr. Alan Logan said. HH

Inside this issue...

PUBLICATION INFORMATION

Editor: Richard Lewis
Associate Editors: Marilyn Landreth and Barbara Dodson

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Nutritional Medicine

by Ron Hunninghake, M.D.

Health transcends environment

The famous health psychologist, Abraham Maslow, believed that true health comes from within. Not that one's environment can be ignored. Environmental factors are real and do influence health and well-being. Fresh air, clean water, uplifting housing, meaningful work, loving relationships, and many more outer influences form an environmental landscape that we each inhabit. This personal habitat affects health.

Environment is not accidental. Through the interplay of events, knowledge, and choice, each individual fashions his/her own environment out of these multifarious realms. We create our unique life environment. Each life is a story. The protagonist ("I") battles the forces of nature, society, history, politics, disease, poverty, and despair. That battlefield is one's environment. And while the forces of good (good parents, good luck, good friends, good work, good food, good health, good hunting) line up against the bad guys (loneliness, homelessness, ignorance, fear, bad luck, toxins, disease, discouragement, and the like) the sword of victory is our tremendous power of choice.

Health then has much to do with choice: The choice of how to use the fortunes and misfortunes of youth; the choice of diet; the choice of friendships; the choice of education; the choice of attitude in this moment; the choice to be a life creator rather than one who simply reacts to life events.

Does environment dictate choice? Are we victims of our environment? Will history become destiny? History is filled with accounts of human beings who were born into atrocious circumstances, with lousy parents, poor health, poverty-stricken, living in an environment of despair...and they became great! They transcended their environment. They were bigger than what happened to them. They were truly healthy, in spite of, or perhaps because of, the challenges of their environment. Health, through the power of choice, transcends environment.

...or should I say...CAN transcend environment. Not necessarily...the choice is up to you. HH

Magnetic storm—Cont'd from page 1

15% of people in the world are sensitive to magnetic storms. Strong magnetic storms may affect the cardiovascular and digestive systems, slow the reaction of the central nervous system, and decrease personal productivity. For example, people with ischemic heart problems have a 50% to 55% higher risk of increased heart conditions during periods of high solar activity than in periods of quiet sun activity. Of this group, about 25% suffer attacks of stenocardia (angina pain) before the magnetic storm and a similar percentage after the storm. The highest effects of the storm are felt 24 to 48 hours after it is over.

For some people sensitive to the changes in the magnetic field, magnetic storms can cause an increase in anxiety and depression, insomnia, and psychological and mental tension. Even some children become more aggressive or stressed, work more slowly in completing school assignments, and have less ability to concentrate in class. The changes in the earth's magnetic field influence the blood, causing it to become more dense and to flow more slowly. As a result, delivery of oxygen and nutrients to the cells decreases.

According to statistics, the number of infarcts or heart attacks during magnetic storms increases more than three times, strokes by two times, and angina attacks by 1.5 times. During strong magnetic storms, people with heart problems and hypertension should not be very active.

Some countries, such as Russia, have a special weather and geomagnetic storm forecasting service that gives forecasts of the periods and severity of future magnetic storms caused

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Magnetic storm—Cont'd from page 2

by sun flares. They also give medical recommendations and precautions to take during the magnetic storms.

According to their recommendations, it is useful to take an aspirin before the magnetic storm. The aspirin decreases platelet aggregation or clumping and causes a reduction in angina pain. People who react to the changed solar activity and magnetic storms often have headaches and irritability. If you have headaches and/or irritability caused by magnetic storms, you can take natural calming aids such as valerian root. People who have arrhythmia, ischemic heart problems, or who have had a stroke or heart attack should follow their doctor's recommendations closely. During these days, doctors also recommend decreasing the intake of calories by 1/3, along with the intake of fats and carbohydrates.

Many people think that it is better to stay home during the magnetic storms, but the effect of a magnetic storm on the body is the same at home or outside the home. It may be better to be outside in the fresh air.

Two solar storms came to earth at the end of October in 2003. The solar flares causing these storms on October 28 were at the center of the solar disk. As a result, our planet was practically in the center of the stream of charged particles that came from the sun. The diameter of the cloud of particles was 13 times bigger than the diameter of the earth. It was the strongest magnetic storm in the last 150 years.

During this magnetic storm, British controllers kept transatlantic jets flying a more southerly route than usual to avoid problems. The FAA recommended that planes fly below 25,000 feet on northern flights to protect passengers from radiation.

The recommendations had been issued because the solar activity increased passenger radiation exposure. Flying at lower altitudes requires the airplane to burn more fuel, but allows the atmosphere to provide more protection for the passengers.

Not only people on earth have problems with sun flares, but our sun has tension, too. This tension is caused

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HEALTH HUNTERS AT HOME

Some quick article reviews

I thought I would start 2004 with some quick reviews of various articles that appeared in the medical journals recently, so here goes.

Heart Attacks. According to the journal, *Circulation*, researchers compared 482 subjects who had nonfatal heart attacks with 482 people from the general public who had no history of heart problems. Both groups had a mean age of 57. There was an inverse association between alpha-linolenic acid (an omega-3 fatty acid) and nonfatal acute myocardial infarctions. This suggests that vegetable oils rich in alpha-linolenic acid may be protective against cardiovascular disease.

Atherosclerosis. From a report in *Lancet*, 57 control subjects who received a blend of 80% palm oil and 20% soybean oil, 52 subjects who received 3.6 grams per day of linoleic acid from sunflower oil, and 53 subjects who received 1.4 grams per day of omega-3 polyunsaturated fatty acids from fish oil showed that the atherosclerotic plaques readily incorporated omega-3 polyunsaturated fatty acids from fish oil. The researchers further found the fish oil enhanced the stability of the atherosclerotic plaques, reducing the chance of heart attacks.

Cholesterol. Policosanol is a mixture of eight primary aliphatic alcohols that are extracted from sugar cane, according to the *American Journal of Health-System Pharmacology*. Primary of these eight is octacosanol, which has been shown to lower cholesterol. Doses of 5 to 10 mg per day of policosanol may be recommended, but doses as high as 20 mg per day may be required.

Eating Disorders. Researchers found that 140 women with eating disorders, when compared to 50 women who were control subjects, had higher levels of anger and anger suppression, especially if they were bulimic. This was reported in the *International Journal of Eating Disorders*.

Obesity. In a report that appeared in *The Journal of the American Medical Association*, 184 of 192 women who completed 12 months of four different intensities of exercise all showed significant weight loss. According to a post 12 month analysis, women who had over 200 minutes of exercise a week lost 13.6% of their weight while those who exercised less than 150 minutes a week lost only 4.7%.

Vitamin D. Researchers reporting in *Skin and Allergy News* found that 51.4% of physicians in training were found to be vitamin D deficient in the spring and/or the fall as defined by a serum 25-hydroxyvitamin D level of less than 20 mg/ml.

Lead Exposure. In a controlled study reported in *Epidemiology*, 7121 children in public housing developments who were 6 to 7 months of age received a screening blood lead test from public health clinics in 1998. The researchers found elevated blood lead levels in 29% of the children screened. The researchers discovered that there was no evidence that residents in these public housing developments were protected from lead exposure, even though there has been legislation to address lead in these developments.

Chronic Fatigue Syndrome. Research reported in the journal, *Medical Hypotheses*, shows that patients with chronic fatigue syndrome have altered microbial flora, increased oxidative stress, a dominance of type 2 helper cells in their blood, frequently reported allergies, altered essential fatty acid metabolism, and may have micronutrient malabsorption. Lactic acid bacteria may support T helper cell 1 driven cellular immunity, reduce allergies, are antioxidants, may improve essential fatty acid status, and enhance micronutrient absorption by protecting the intestinal epithelial barrier. This is suggested for chronic fatigue syndrome sufferers who indicate they are low in lactic acid bacteria.

These are just a few of the many reports that appeared in the journals recently. We will attempt to keep you current on other articles that appear in the medical journals throughout the year by covering them in the *Health Hunter Newsletter*. HH

—Richard Lewis

INFORMATION WORTH KNOWING

Are you interested in either learning more about the low-carb way of maintaining health or do you want to get re-energized to continue your changed eating habits? If so, *The 30-Day Low-Carb Diet Solution,* written by Michael R. Eades, M.D., and Mary Dan Eades, M.D., is for you. There are no complicated charts included, just simple methods to determine how much protein and how many carbohydrates are right for you. Recipes and menus help to reinforce the low-carb way of maintaining the weight you want. This method of eating has helped many overweight people to reduce their cholesterol levels, blood pressure, and/or blood sugar. High-protein recipes that help to stop food craving are included. This month our questions are taken from their book.

1 The body likes to keep the level of blood sugar between a certain zone, neither too low or two high. When the sugar falls outside this zone _____ kicks in to return the blood sugar to a comfortable level.

a. an enzyme
b. a hormone
c. antioxidants
d. none of the above

2 When blood sugar dips too low the body releases _____, insulin's partner hormone, to bring it back up into balance.

a. testosterone
b. estrogen
c. glucagon
d. none of the above

3 Medical studies have shown that about three out of four North Americans produce too much insulin when they eat a diet high in carbohydrates.

a. True b. False

4 A condition called insulin _____ can result when our system gets overwhelmed. Blood sugars rise when an excess of insulin begins to dull the response of the receivers.

a. uptake
b. resistance
c. magnifiers
d. all the above

5 Regulating blood sugar is only one of the metabolic tasks for insulin and when it has accomplished that goal it is free to roam throughout the body communicating with _____.

a. the kidneys
b. the liver
c. fat cells
d. all the above

6 According to the authors, a common-sense, low-carbohydrate diet is the only viable way to rapidly and successfully lower insulin levels.

a. True b. False

7 _____ cause(s) a modest, balanced rise in both insulin and glucagon that does not lead to a metabolic swing. Fat, fiber, and water do not have an effect on either insulin or glucagon.

a. Protein
b. Carbohydrates
c. Pasta
d. All the above

• FOR ANSWERS, SEE PAGE 7 •

Pay no attention to what the critics say;
no statue has ever been erected to a critic.
—Jean Sibelius

Magnetic storm—Cont'd from page 3

by the middle section of the sun rotating faster than the polar areas. This distorts the sun's magnetic field, causing solar flares and solar wind.

The only positive effect of the consequences of an angry sun is that strong geomagnetic storms cause colorful auroras in the night and we can enjoy seeing these wonderful "Northern Lights." HH

Blood sugar correlates with intensive care death

James Krinsley, M.D., analyzed the data for 1,826 intensive care patients at The Stamford Hospital in Stamford, Connecticut. He found that 22.4% of the group had diabetes. He also discovered that those who had glucose levels of 80 to 99 had a death rate of 9.6% while the rate rose to 12.2% in those with a glucose level between 100 and 119. The rate increased to 42.5% for those whose glucose values were over 300 mg/dl.

Elevated blood sugar is a common problem for those who are critically ill. Dr. Krinsley's results show that even the mid ranges of blood sugar should be an area of concern for doctors and patients alike.

This indicates another concern discussed by Ron Hunninghake, M.D., The Center's clinical director. When your blood glucose level gets to 80 or above, he says, you are pre-diabetic and you need to do something about it. This falls into the area that some researchers call Syndrome X.

Dr. Hunninghake often uses diet to correct this condition. He often recommends a low carbohydrate, high protein, and high good fat diet, along with plenty of low carbohydrate vegetables, to bring your glucose level back in control as well as help get your weight in line.

This is actually a lifestyle change rather than a diet to use for a short period of time. He suggests that you adopt this lifestyle for yourself as a new guideline for eating. This lifestyle change has worked for him and for his patient/co-learners to get their glucose levels below 80, and it should work for you. HH

The Garden and the gardener

by Melvin D. Epp, Ph.D.

People ask what I do in wintertime when there is no gardening activity. They sort of imply that surely I must be out of work by now. This year we are still harvesting vegetables during the second week of December. Granted, our produce is limited to turnips, kale, and Jerusalem artichokes. The green tomatoes that we picked right after the first frost at the end of October have mostly ripened and were cooked into sauces.

The major area of the Brightspot Garden has been cleaned of plant material, drip irrigation tape, and labels. These cleaned areas have been rototilled and planted to winter wheat and winter peas. This has required a bit of irrigation, but these cover crops are sprouting and should provide great organic matter for tilling into the soil next spring. These winter crops also function for conservation of the soil by retarding water runoff and wind erosion.

It is not too late to prepare your own garden for winter. Start by moving all the plant debris to the compost pile to reduce disease and insect carryover to next year. Removing all rotting and dried fruit from under your fruit trees will also reduce next year's orchard bugs. This is also the time to have your soil tested and the time to add organic amendments. Perennials can be divided with ease now; just remember to water them well and throughout the winter. This is also a good time to clean and store all tools and equipment. Store fertilizers and powders in a dry place.

The new 2004 seed catalogues are beginning to arrive. These dreambooks are so exciting. I need to begin ordering seeds for next year. The first seeding of spring plants will be in the greenhouse during the last week in January. I just hope I get my reports written and my research papers off for publication within this month. Most vegetable production conferences are during the winter lull of activity and so I squeeze in one or two seminars.

...there just isn't much winter downtime.

Herbal History

Soy isoflavones linked to anticancer activity

Research suggests that soy foods, such as tofu, have potential anticancer effects. These effects are particularly good for the prevention of breast and prostate cancers.

Possible anticancer activity has been identified in several soy constituents. These include phenolic acids, phytosterols, saponins, protease inhibitors, alpha-linolenic acid, vitamin E, and isoflavones. It is not just one of these, reported Messina and Flickinger in *Pharmaceutical Biology*. "It is a combined action of one or more of these bioactive components."

Researchers discovered that the Japanese have a much lower rate of breast cancer and prostate cancer than other people. The Japanese eat a lot of soy. "If soy consumption contributes to the low Japanese breast and prostate cancer mortality rates, it is primarily, if not totally, because of the isoflavones in soy foods."

Of the various soy constituents with anticancer potential, isoflavones have been studied the most. These include the isoflavones genisten, daidzein, and glycitein. According to several studies, the average isoflavone intake in Japan is between 30 and 40 mg. A 100-gram serving of tofu supplies about 30 mg of isoflavones.

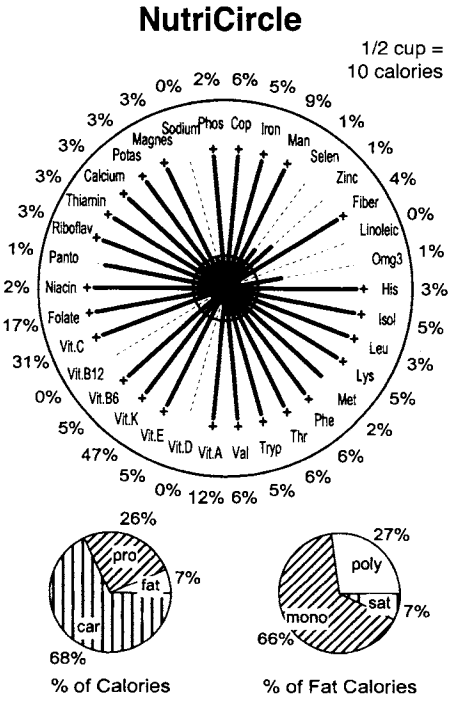
A prevailing theory for breast cancer, using both animal and epidemiologic studies, is that early consumption of soy isoflavones reduces breast cancer later in life. In one study, women who consumed tofu as teens reduced breast cancer in pre and postmenopausal by 51%.

Prostate cancer shows similar results. In two recent studies, the researchers found pronounced reduction in prostate cancer with modest consumption of soy.

Food of the Month

by Donald R. Davis, Ph.D.

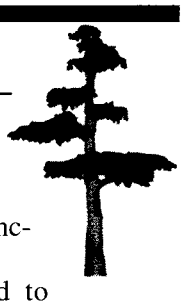
MUSTARD GREENS, like collards, are traditional Southern soul foods and members of the cabbage family. These dark greens are available fresh in winter and frozen year-round. Both can be steamed, stir-fried, or boiled, traditionally with onions, garlic, and bacon or ham. They pack extraordinary nutrition into few calories. A half-cup of cooked mustard greens contains 5% to 47% of the RDAs for 10 vitamins and minerals, with only 10 calories. They are especially rich in folate and vitamins A, K, and C. An additional 22 nutrients shown here are adequate compared to calories. Collards are richer in omega-3 fat.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right).

Mental Medicine

by Marilyn Landreth, M.A.



What makes character?

Winter has arrived with its sparkling, frosty dress of white. Early in the morning The Center lake is full of Canadian geese that make a lot of noise as they scatter overhead disturbed by some unseen force. Our eye is then drawn to the hundreds of trees that have lost their summer leaves. We notice that the countryside is opened up to details of our landscape from a slightly different perspective.

One tree has caught my eye as I travel down The Center driveway. It is rather small but it has such a beautiful, unusual shape that I find myself admiring it every day on my short journeys to and from The Center. While it is a cedar tree it does not have the regular Christmas tree shape of a cedar tree. I guess that you could say what sets this tree apart from other trees is character. To me, it is unique, distinctive, and unusual.

What has helped to form the shape of this particular tree? Not enough sun or too much sun stunted its growth? Maybe the deer nibbled on it to create that unusual shape. Adversity can lead to a thing of beauty just as adversity in our lives can help to create an even better life. Michael LeBeouf said, "Adversity is an experience, not a final act."

I have noticed in my life that it kind of cycles from times when everything goes right to times when nothing goes right. Just as another perspective on my tree helped me to appreciate its beauty, standing back to see the big picture of my life helps me to appreciate the beauty of my own unique being.

CENTER UPDATE

Lp(a) lipoprotein

Matthias Rath, M.D., spoke to the 13th International Conference on Human Functioning in the summer of 1992 on the relationship of Lp(a) lipoprotein to heart disease. As Lp(a) increases in the blood, arteriosclerosis, or plugging of the arteries, increases.

Dr. Rath is the founder and head of Cellular Health and has done research with Linus Pauling and for the American Heart Institute.

Today, Angelo Scanu, M.D., describes the importance of Lp(a) lipoprotein in *The New England Journal of Medicine*. He describes solutions that agree with Dr. Rath and go along with what we have done at The Center since we began.

For instance, Dr. Scanu says that "high plasma levels of Lp(a) lipoprotein may have different implications in different persons—a fact that indicates the need to evaluate patients on an individual basis."

This Dr. Rath agrees with and this is the philosophy of The Center. We believe that everyone is unique and that we need to work with each one on an individual basis to find out exactly what his/her underlying circumstances are rather than just treat symptoms.

Dr. Scanu also suggests using niacin to protect against Lp(a) lipoprotein. Since there are no drugs now designed to work with Lp(a) lipoprotein, he suggests "in patients with hypertriglyceridemia, niacin may be beneficial in effecting a shift in Lp(a) lipoprotein from small, dense particles to the relatively benign, large particles, along with a parallel shift within the class of LDL."

This we have been doing at The Center for many years and Dr. Rath suggested in 1992.

Case of the month

This 57-year-old woman came to The Center concerned primarily about severe knee pain and high blood pressure, but she had dry eyes, easy bruising, tendinitis, and pain in her lower back, as well.

From Dr. Riordan's part of the initial evaluation, he suggested she have her c-reactive protein, histamine, homocysteine, and mycoplasma/platelet aggregation levels checked, along with vitamins A, C, E, D, and B levels, magnesium and zinc levels, a chemistry profile, complete blood count, essential fatty acids, and immunoglobulin levels checked in her blood. He also wanted to check her indican level, potassium to sodium ratio, pyrroles level, complete urinalysis, and vitamin C level in her urine. She agreed and did these laboratory tests.

Dr. Riordan also suggested that she get a magnesium injection and then call back and let him know if there was any change in her stiffness. She called back to let him know that she felt a lot better, so he suggested she continue the magnesium injections once a week for the next four weeks.

When she came back in three weeks to get her laboratory results, Dr. Riordan started her on one Gram Ascorb (1000 mg of vitamin C) two times a day and Policosanol daily. She continued this for the next three months.

In July, Dr. Kirby added Emergen C in a glass of water at noon, four Cal/Mag/Zinc capsules during the day and Enteropro, a probiotic that is coated to not release its contents until it gets in the gut, one in the morning. Dr. Kirby also suggested she continue the magnesium injections for six more times.

Again, in September, Dr. Kirby added magnesium citrate, one or two a day, to help with the bowel problems she was having.

She did say that she was losing some weight and was able to fit into clothes she had set aside because they had become too snug. Her knees felt much better now. When she first came to The Center, she said that she had to double wrap her knees to do her two mile walk. Now she doesn't have to do that. She is doing well.

Answers from page 4

1. b. After a starchy meal or sugary treats, insulin, the hormone responsible for regulating carbohydrate metabolism, becomes active.

2. c. Blood sugar may dip too low when you go too long without eating or overnight.

3. a. For years the American public has been urged to eat less fat and more carbohydrates. Now we know that may play a role in the number of overweight North Americans.

4. b. Insulin's message becomes so muted that receivers can't hear it or respond to it in an appropriate manner.

5. d. Kidneys are told to hold the salt, leading to fluid retention. The liver is told to stimulate production of an excess of cholesterol and triglycerides.

6. a. Although the major drug companies are spending billions to develop a drug that will lower insulin levels, the low-carb diet is the best for lowering insulin levels.

7. a. By limiting sugars and starches you'll achieve the metabolic harmony that will restore your health and weight.

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Video Tapes: Regular Price—$14.95; *Health Hunter* Price—$13.45

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By Michael R. Eades, M.D., & Mary Dan Eades, M.D.
Every day we hear more and more about the low-carb diet. People are learning how to keep their insulin level down to help get the excess weight off. Have you wondered about the low-carb diets but did not want to wade through all the information to learn how to do it. The Eades have written an easy-to-understand book, along with recipes and menu plans. Soft cover.
Retail Price: $12.95
Health Hunter: $11.66

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Tips for a Happier, Healthier Family
With Tim Lawton, M.D.
Does food affect your children or grandchildren's behavior? Are the kids getting too many colds? Are you worried about childhood obesity? Learn some practical tips for fast healthy foods that can improve the well-being of the whole family.

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It May Save Your Life
With Ron Hunninghake, M.D.
The military has uncovered an important internal clock called the Ultradian Rhythm (similar to the Circadian clock). They found that pilots, who were denied breaks about every 90 minutes, were much more likely to make crucial mistakes. Learn how appropriate use of breaks can greatly reduce your stress and enhance your health and well-being.

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Upcoming Events. . .

Happy New Year!

A new year is unfolding—
like a blossom with petals curled tightly,
concealing the beauty within.

—Anonymous

Watch for up-coming Lunch & Lecture classes.

Theaflavin-enriched green tea extract lowers cholesterol

Researchers found that low density lipoprotein cholesterol (LDL), the bad one, decreased and high density lipoprotein cholesterol (HDL), the good guy, actually increased by taking theaflavin-enriched green tea extract.

To find this, they had a group of 220 individuals from six outpatient clinics in China take either a capsule of theaflavin-enriched green tea extract or a placebo for 12 weeks. At the end of the research period, they found that the group taking the theaflavin-enriched green tea lowered their LDL by 16.4% on average and increased their HDL by 2.3%. The placebo group showed no change in any of the cholesterol numbers.

It appears that taking theaflavin-enriched green tea extract shows a big improvement in heart attack risk factors.

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