

# Health Hunter®

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NEWSLETTER

JANUARY 2006

## Kirlian photography as a diagnostic aid

by Nina Mikirova, Ph.D.

**T**o live is to pass the current of energy flow through the body.  
—Tchzevskii

**Disease is the disturbance of the harmony.**

Conventional medicine follows conventional biology, conventional chemistry, and physics in treating the material. This is the biological approach, where living organisms are represented only as extremely complex machines or molecules. For a long time, medical doctors were considered as mechanics who repaired broken parts in the human machine. Patients are often treated with drugs that are designed to alter the body chemistry.

*Kirlian images are potentially able to indicate efficacy of various stress-reducing therapies.*

Different principles are applied with holistic medicine. Patients are treated as a whole and it is recognized that many factors contribute to the well-being of the person. For human beings, in many cases, the holistic approach to the complex, dynamic, creative features of biological activity may provide new insights on the nature of disease. Because of this complexity, there were many attempts to evaluate the health and psycho-emotional state of the patient by using the concept of "bioener-

getic fields." We use the terms energy and bioenergy as a measurable exchange of energy between the organism and environment as well as within the organism. We measure fields by using Kirlian photography and images around a patient's fingers.

What are Kirlian images and how do we measure images around the fingers? In measuring Kirlian images, the process in many ways is analogous to electro-acupuncture. In both of these methods, the potential is applied to the body and the resulting current is measured. The images around the subjects were discovered by Kirlian, an Armenian electrician who found that photographs of live objects placed in a pulsed high electromagnetic field will show a remarkable surrounding "aura." The resulting photographs demonstrated dynamic, changing patterns with multicolored sparks, twinkles, and flares called a corona discharge or "aura."

The phenomenon of Kirlian images is now completely understood in terms of well-known physics. It is a corona discharge and this discharge reveals the feature of the object, such as electrical properties of the object, emission characteristics, gas evaporation, and energy exchange with the environment. The procedure is safe as the values of the current are very small and the fingers are isolated from the circuit.

The reading and interpretation of the aura around the body and the connection of the sectors of the fin-

*continued on page 2*

## Women's brains change with monthly cycle

Women show activity in a brain region that regulates emotions over the course of their menstrual cycles, according to a report that appeared in the *Proceedings of the National Academy of Science*. To test this, David Silbersweig, M.D., and his colleagues of Cornell University recruited 12 healthy women between the ages of 22 and 35.

They were asked to read positive words such as "safe" or "delight," negative words such as "death" or "fault," and neutral words such as "bookcase" or "clarinet" one to five days before their period and again 8 to 12 days after their period started.

The researchers found that during the premenstrual period, the women's orbitofrontal cortex, an area involved in regulating emotions, was more active when they read the negative words than the positive or neutral words. This difference declined after their periods. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Let food be thy medicine

"Take vitamins...and eat what you want."

In the early 90's, *Time* magazine published a story on emerging vitamin research that demonstrated medical effectiveness against a variety of chronic illnesses. The cover showed a big bowl of vitamins with a spoon in it.

This misunderstanding – that vitamins equate somehow to food – is one of the great challenges facing the field of nutritional medicine. It arises out of our cultural acceptance of and dependence on drug therapy. Vitamins, from this perspective, are seen as "natural drugs." Their safety, the fact that they naturally occur in the body, and the convenience of taking vitamins as pills all make for their great marketability. We Americans are always looking for "the quick fix."


For many, taking vitamins became an excuse for poor food choices. After all, surely vitamins would fill in the nutritional gaps left by the large amounts of simple sugars, refined grains, and added fats that our packaged and fast food industries have created...so it was thought.

Now a number of studies have been published that show that single nutrients, like vitamin E, used alone, do not magically cure specific diseases.

The research even implies that these single nutrients may be harmful! (There are many knowledgeable research scientists who question the structure of these studies, and a large body of previous research that refutes this claim.)

It all points back to a simple truth: food is the best medicine. The Center promotes whole foods as the foundation of health, whether you are sick and trying to recover, or well and wanting to stay that way. The Riordan Approach seeks to discover underlying causes for sustained illness. We use our lab to look for vitamin and mineral deficiencies or excesses. We use individual nutrients to correct those imbalances...in the context of a whole foods diet!

Our cells need a rich variety of macronutrients, micronutrients, fibers, and color pigments served as whole food, at a meal, hopefully well-seasoned, mingled with the conversation of friends and/or family, highlighted by some laughter, some silence, and a sense of grateful celebration.

These kinds of things don't come in pills. 

### *Kirlian photography—Cont'd from page 1*

gers with different parts of the body is based on the system developed by Korean Professor Park. Professor Park used the basic principles of the classical acupuncture for the connection of the different sectors of the body with the organs. For example, the top of the thumb relates to the head, the left side of the middle finger to blood circulation and the heart, and part of the little finger to the respiratory system.

The existence of the acupuncture points was proven by electronic measurements of skin resistance. The electronic measurements of the acupuncture system were at first devised

by a German doctor named Croon in 1947 and then independently developed by Doctor Nakatani in Japan in 1950. The readings between acupoints and non-acupoints is more than ten times.

Another scientist, Doctor Voll, spent 40 years developing it into a diagnostic system. He defined the relations between different sectors of the fingers and particular meridians and to the particular organ system. Today, the Voll electro-acupuncture and other similar diagnosis methods based on electronic measurements on the skin are used in many countries. The pro-

*continued on page 3*

cess of receiving Kirlian images is analogous in many ways to Voll's electro-acupuncture.

The intensity of the emission can be recorded as the "aura" around the body and as diagrams, demonstrating the equilibrium of energy and excess or deficiency of the energy in the organs of the body. On the diagrams, the normal range of energy in different organs is indicated as a green area. The excess or deficiency of energy is considered as an imbalance in the corresponding body system. According to the principle of Eastern medicine, an organ begins to react if there is inflammation, so the excess of energy will indicate inflammation in the organ.

There have been many studies to evaluate the state of patients and the effectiveness of treatments by using Kirlian images. There is proof that the images can be used for evaluation of general biophysical state and effectiveness of treatment.

At the conference, "International Scientific Congress on Bioelectrography" in 2000, results of research from St. Petersburg State Medical University were presented on the efficacy of Kirlian images as a measure of physical and mental health. The effect of acupuncture and homeopathic remedies on the improvement of energy metabolism was demonstrated by improvement of the images. It was shown that the disease is accompanied by changes in the function of many systems and with prioritized disturbances in one organ.

Successful therapy plays an essential role in the improvement of a patient's bioenergetic parameters and their functional and particular psychological state. For example, psychological factors have essential influence on treatment. Positive emotional state is important for the optimum functioning of the organism as a system. Psychological state improvement, together with the positive changes of the Kirlian images, demonstrates clinical improvement of patients.

In research conducted in England by P. Dobson and E. O'Keffer, the relation between images and physi-

*continued on page 4*

## HEALTH HUNTERS AT HOME

### Folic acid and heart disease

An elevated homocysteine level in the blood of an individual is often a cause of cardiovascular disease and stroke.

Here at The Center, we have supported the use of folic acid, or folate, as a way of reducing the homocysteine level in the blood and thus reducing the chances of having cardiovascular disease or a stroke. This is always followed in about a month by laboratory testing to see if the homocysteine level in the blood is reduced.

The homocysteine level in the individual taking folate shows to be reduced to the normal level by laboratory testing.

We began using folate to reduce the homocysteine level in the blood several years ago. Then in 1998, Dr. E. B. Rimm and his colleagues reported in *The Journal of the American Medical Association* that folate and vitamin B6 from the diet and supplements reduced homocysteine in the blood of women.

This was good news. It confirmed that what we had found to work with individuals through laboratory testing was now actually proven. This study was followed by other studies. One was actually a book written by Dr. Walter Willett called *Eat, Drink and Be Healthy* that included a section on taking folate to lower homocysteine.

Another report by N. N. Wald and M. R. Law in the *British Medical Journal* reported folate could be used to reduce cardiovascular disease by lowering homocysteine. This was reported in 2003.

Then came the bad news. Of all the studies that showed folate would lower homocysteine, one study showed that it did not work. "Thus the recent findings of no benefit with folate supplementation in NORVIT—the largest trial to date to test the hypothesis that folate supplementation reduces risk of cardiovascular disease—is a clear disappointment." The report was published by the European Society of Cardiology in September, 2005. This quotation comes from a recent issue of *Lancet*, a

leading British medical journal.

Does this mean that The Center should stop using folate as a solution to lowering homocysteine and preventing cardiovascular problems or strokes? The answer is NO for several reasons.

First of all, The Center sees the individual who happens to have a disease or shows symptoms for the disease. We see each person as special, unique, and different. The report that found folate didn't work deals with a group of people and works with the whole group to find results.

It is much like a field of wheat. They work with the whole field to get the total production. We work with the individual rogue heads of wheat that stick up above the field of wheat and see what is unique about the individual head.

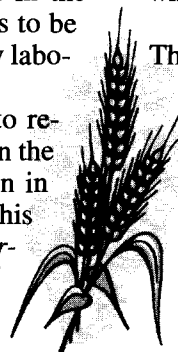
Secondly, should we just forget about all the research that has gone on before the 2005 report that showed folate did not work with heart disease? Again, the answer is NO. The earlier research has shown us that folate works for some people. As long as we use laboratory results to confirm that folate actually works for an individual, then we can continue to use it.

Thirdly, the *Lancet* article says that "This finding [one that shows folate to work in reducing homocysteine] presupposes that the published evidence is complete, but publication bias, leading to a loss of negative studies, is possible." The same is possible for positive studies. We believe that it is better to take several studies that show good results and treat the individual with folate with laboratory support than take the latest report and scrap folate.

We will continue to work with the individual, not only with folate, but all the nutrients that work for him/her. It is through this approach that The Center has continued success with the people who come here for treatment of their individual problem. And we continue to see more and more people because we see each one of them as an individual.

☐

—Richard Lewis



## INFORMATION WORTH KNOWING

Depression can range from a very mild case of the blues to a debilitating illness. Millions of people struggle with feelings of sadness, worthlessness, and despair. According to the American Medical Association more than one in ten American adults will suffer from depression in any given year. That amounts to approximately 17 million people. While there are prescription drugs that do help many people, they do not work for everyone and there are potentially adverse side effects. Linda Knittel, M.A., a nutritional anthropologist, has written the *User's Guide to Natural Remedies for Depression*. Find out how diet, natural light, and many supplements can improve mood and well-being. The questions this month are taken from her book.

1 Scientific research shows that most mood disorders, including depression, are also linked to levels of certain \_\_\_\_\_ chemicals.

- a. toxic
- b. brain
- c. inert
- d. new

2 While not all the causes of depression are known, it does seem that there is a connection between genetics (family history of depression), biology (involves fluctuations in hormones in the body or secretions to the brain), and \_\_\_\_\_.

- a. price of prescription drugs
- b. birth order
- c. environment
- d. phases of the moon

3 It has been discovered that the cells of depressed individuals are often either unable to receive neurotransmitters (chemicals that are released by the nerve ending in the brain) or are unable to use them optimally.

- a. True
- b. False

4 It is important to rule out physical problems that can lead to depression. There are at least a hundred physical conditions that can lead to a symptom of depression. This includes candida (a yeast overgrowth), PMS, and \_\_\_\_\_.

- a. hypothyroidism
- b. lazy eye

- c. dyslexia
- d. none of the above

5 Some vitamins and minerals play a key role in the creation and maintenance of mood regulating neurotransmitters. Known vitamins and minerals are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

- a. B12, vitamin D, zinc
- b. niacin, omega-3, zinc
- c. B12, niacin, zinc
- d. omega-6, folic acid, magnesium

6 The B vitamins play a major role in the prevention of depression. They work together for important functions such as mood regulation, energy metabolism, and the creation of red blood cells.

- a. True
- b. False

7 \_\_\_\_\_ is a coenzyme needed to form brain neurotransmitters and to metabolize amino acids and carbohydrates.

- a. Magnesium
- b. Zinc
- c. Calcium
- d. Iron

Kirlian photography—Cont'd from page 3

cal state were analyzed. The main question of the research was, "Can Kirlian images identify general ill health or health rather than diagnose the specific illness?" This research indicated that the measure of images was a reliable and a potentially useful parameter.

In the terms of physiological parameters, two parameters demonstrated statistically significant relations with parameters of images or aura, the temperature of the skin and heart rate. This correlation supported the conclusion that the Kirlian image is measuring "metabolic or biophysical condition and may therefore prove to be a valuable indicator of general health."

The same group made a correlation between self-reported stress and Kirlian images. They found that after interventions very significant findings appeared and the reduction of stress was associated with strengthening of the Kirlian aura.

The conclusion of the authors was that Kirlian images are potentially able to indicate efficacy of various stress-reducing therapies. The more informative was the relative change in the image over time.

In our research, we analyzed the effect of acupuncture on the improvement of the homeostasis of the patients. Kirlian images were compared before and after the acupuncture procedure. Outcome parameters calculated by the program software included mean values for the corona surface area, normalized area, and fractality. The image parameters were compared with skin resistance and the level of metabolic activity. We found restoration of the balance of energy after acupuncture. The area of the images was increased after acupuncture and acupuncture with electromagnetic stimulation. A positive emotional state may result from the treatment and normalize the person's bioenergetic state.

This method can be useful for estimation of the level of the metabolic condition and the effect of different treatments such as auricular therapy, treatments with homeopathic remedies, and others.

EH

• FOR ANSWERS, SEE PAGE 7 •

## Lysine and arginine may reduce anxiety and stress

L-lysine and L-arginine, both amino acids, together appear to reduce stress and anxiety as well as affect the nervous and endocrine systems, according to Jezova Macatsori and colleagues writing in a recent issue of the journal, *Nutritional Neuroscience*.

For this study, the researchers selected 29 subjects who were at the upper limit of the normal range for anxiety and had them take either 3 grams of L-lysine, 3 grams of L-arginine, or a placebo for 10 days. Then the subjects were asked to engage in public speaking, which added a social stressor to them.

The researchers found that subjects who took L-lysine and L-arginine showed an improvement in a hormone that plays an important role in the function of the adrenal glands. They also found improvements in cortisol, adrenaline, and noradrenaline levels—all help in relaxation.

"Results of the present study support the hypothesis that L-lysine and L-arginine, which may induce [anti-anxiety] effects, modify hormonal responses during psychosocial stress in humans," the researchers concluded. [H]

## Mediterranean diet and the Greeks

A recent study of the Mediterranean diet found that Greek people were using it and some were still gaining weight. This was perplexing, but it turned out that some of the Greeks in the study were relatively inactive and that was the reason for them being overweight—not the Mediterranean diet with its emphasis on using olive oil. This applies to Americans, too.

As Americans become more overweight, especially children and teenagers, the more inactive they become. Exercise, along with a better diet, will help these younger people, as well as older Americans, lose weight and get in better nutritional shape as well.

The Mediterranean diet is a good diet when those on the diet are at least modestly active, but it will add pounds to the sedentary. [H]

# Herbal History

by Chad A. Krier, N.D., D.C.

## Peppermint (*mentha piperita*)

The Greeks and Romans crowned themselves with peppermint at their feasts and adorned their tables with its sprays. I'm happy to just use it as a tea during the winter months to keep me warm. If you have winter guests coming for dinner, it works as a perfect pre and post meal beverage. *Mentha* relaxes the esophageal sphincter, allowing gas to escape from the stomach, reducing gastrointestinal pressure, and allowing for less Glade plug-ins in the house.

Peppermint boasts many useful medicinal traits: spasmolytic (reduces muscle spasms), carminative (reduces or prevents gas), cholagogue (stimulates bile flow), choleric (stimulates bile production), antiemetic (prevents vomiting), antitussive (relieves coughing), and diaphoretic (induces perspiration).

Peppermint is useful in many GI related conditions. A tea of peppermint is a traditional therapy for colic in infants. Enteric-coated peppermint oil has shown benefit for people with irritable bowel syndrome (IBS) (adult colic) according to double-blind studies. Randomized controlled trials with peppermint have shown effectiveness for accelerating gastric emptying time, reducing symptoms of pain, nausea, belching, heartburn, flatulence, and bloating (dyspepsia).

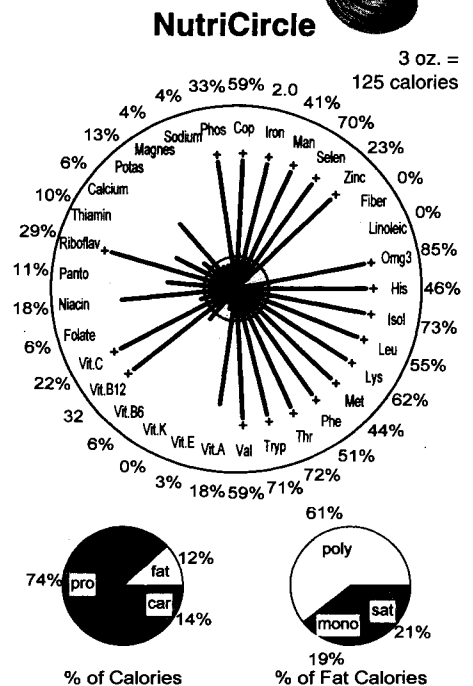
To make an excellent Winter Tea: boil 2 cups of water and pour over 1 tablespoon of peppermint leaves and 1 stick of cinnamon. Cover and let sit for 15-20 minutes. Strain and add honey and milk to taste or drink plain. Your guests will be impressed with your homemade creation. [H]

# Food of the Month

by Donald R. Davis, Ph.D.



CLAMS have been prized as food since prehistoric times, including by Native Americans who used violet parts of some clam shells as money. Over 2000 types are known, mostly marine varieties that burrow in sand with a muscular foot protruded between its shells (valves). Some are eaten raw when they are young and most tender and sweet. Nutritionally, clams are rich in many nutrients. A 3-ounce serving of canned, drained clams (shown here) contains 10% to 3200% of the RDAs for 24 of 33 nutrients shown, especially vitamin B<sub>12</sub> (32 RDAs), iron (2 RDAs), selenium, copper, omega-3 fat, and all essential amino acids (3 to 6 o'clock).



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.

## Saturday trips to town


Do you have memories that can bring a chuckle or smile? Here are a few things that bring a smile to my face.

Weekly trips to "town" (8 miles away) were looked forward to all week. There seemed so many things you could do in our small town. We received an allowance of 25¢ and the ways to spend that money were part of the fun of having an allowance. I usually spent 10¢ on the movies. You could go to the 1 p.m. movie and stay until the 10 p.m. movie was over for the same 10¢.

It was always a toss up as to whether I would buy a nickel ice cream cone, candy or fresh roasted nuts from TG&Y, or three cookies at the bakery with the rest of my money. At C & R drugstore you could buy the previous month's comics, with the front torn off, for a nickel. Harry in the Chair was stationed in his wheelchair somewhere on Main Street with his tray of candy, gum, and cigarettes for sale. I was half afraid of him because he was paralyzed

and could only move his fingers and point with a stick to your change. I always thought I should buy something from him, but it took a great deal of courage to approach him and face his eagle eyes. It was also fun to listen to the Native Americans as they sat on the curb and talked in their (to us) incomprehensible language.

I was always reading and in my vicarious adventures I learned about giving a percentage of your check as a "tip" if you liked the service. So one Saturday I ordered a hamburger for twenty cents and did not have a soft drink to go with it so I could leave a tip. I was so proud of my grown-up self as I started out the door of the cafe until I heard the waitress shouting after me, "Hey little girl, you left your nickel!" I was utterly crushed as I walked back to retrieve my "tip."

Take a few minutes and relive a happy memory for today's mental medicine. 



## Case of the month


A very tired and extremely depressed 47-year-old woman came back to The Center in 2000. She saw Dr. Ron Hunninghake when she returned. She had come to The Center in 1985 for the ABNA program with fatigue and she completed the program feeling good.

When her initial test results were reported, she was low in progesterone and the IGF-1 growth hormone. She was also low in one amino acid and high in another, high in two fatty acids, and low in one of the yeasts. In addition, she was borderline high in the IgG, IgM, and IgA candida antibodies and vitamin B12. Her hair analysis showed her high in magnesium and calcium and low in manganese, chromium, and potassium. Her potassium to sodium ratio was 0.4 and we would prefer to see it much higher. Also, her urine Indican level was high and we would prefer to see it lower.

During the first two years, she would call Marsha McCray, a Center nurse, regularly with complaints about what she was taking because she was so depressed. She also saw Dr. Hunninghake about once a month during this time and he would work with her nutrients in an attempt to help her feel better.

This continued for five years with continued complaints that she was still depressed and fatigued with no change in her symptoms or even reporting that she was worse than the last time she saw Dr. Hunninghake. He was beginning to think that she was just going to feel bad and there was nothing he could do for her to help her feel better.

When she came in April of 2005, Dr. Hunninghake started her on multiple yeast treatments. She came back for the August appointment and reported that she was improved.

Again, in September and December she happily reported she was much improved. Dr. Hunninghake told her she was a frustrating case over the years and she answered, "But you did not give up on me as other doctors did and you finally found what was the underlying cause of my problem." 

## CENTER UPDATE

### Farmed vs. wild salmon, which is best?


Here at The Center, we prefer wild salmon as opposed to farm-raised salmon. Farm-raised is higher in omega-3 fatty acids, but wild Pacific salmon is lower in dioxins.

A recent issue of *The Journal of Nutrition* published a research study by Jeffery Foran and colleagues titled, "Quantitative Analysis of the Benefits and Risks of Consuming Farm and Wild Salmon."

In this study, the researchers looked at the omega-3 fatty acids as well as the contaminants such as dioxins in the meat of wild salmon and farm-raised salmon. They found the same thing that they had learned from previous studies—that "wild salmon [from the northern Pacific ocean] have significantly lower levels of contaminants than farmed salmon [from the Atlantic ocean and Europe]."

The researchers took a conservative approach to developing risk ratios

for non-cancer diseases for wild salmon and farm-raised salmon. From this the researchers concluded that farm feeders need to change the food they use. If the farmers would do this, the farm-fed salmon would be highly desirable because they have more omega-3 fatty acids than the wild salmon and they would not have the dioxin levels in the meat that they have now with the high-dioxin foods they use.

"Only actions that reduce contaminants in the tissues of farmed salmon while maintaining elevated concentrations of [omega-3] fatty acids will reduce the influence of contaminant-associated risk on the benefit-ratio, and only in that case will all farmed salmon become a highly desirable, low risk source of beneficial [omega-3] fatty acids," the researchers concluded. They prefer northern Pacific ocean grown wild salmon for now. 



- 1 b. When there are not enough of these specific brain chemicals or they are not able to function properly then mood problems can arise.
- 2 c. Environmental causes include seasons and stressful or sad emotional situations.
- 3 a. Optimally 85% of the neurotransmitters are reabsorbed by the cell that released them.
- 4 a. More women than men seek treatment for depression and women are more prone to auto-immune diseases. That is one of the reasons that women need to have their thyroid function checked.
- 5 c. Vitamins B1, B12, C, folic acid, and niacin, and minerals such as magnesium and zinc have been identified.
- 6 a. Although each B vitamin has a specific function, they work best as a team taken together.
- 7 a. Magnesium is also needed for the proper use of vitamins C and E and to convert the B vitamins to a form the body can use. TH

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

### USER'S GUIDE TO NATURAL REMEDIES FOR DEPRESSION

by Linda Knittel, M.A.  
 Learn about safe and natural treatments to uplift your mood and conquer depression. Diet, natural light, and many supplements can improve mood and well-being. Softcover. Retail Price: \$5.95, *Health Hunter*: \$5.35

### THE PROTECTIVE POWER OF PLANT STEROLS: What's it Doing in My Yogurt?

with Rebecca Kirby, M.D., M.S., R.D.  
 Eating plant sterols has been shown to have a cholesterol lowering effect and, subsequently, plant sterols as additives are becoming more readily available in functional foods as well as in supplements. Plant sterols may possess anticancer, anti-inflammatory, and antioxidative properties as well. Learn about the health news on the sterols of the plant world and find out more about the emergence of functional foods.

### THE NATURAL PROSTATE CURE - A Book Report

with Ron Hunninghake, M.D.  
 Roger Mason, author of *The Natural Prostate Cure*, spent a full year reviewing over 100,000 entries from *Chemical Abstracts*, representing 34 years of prostate research. Dr. Ron summarizes the research cited in Mason's book and maps out the natural treatment plan any man can use to promote optimal health.

### THE ABC'S OF HEPATITIS

with James Jackson, MT(ASCP), Ph.D.  
 Diseases of the liver are the 10th leading cause of death in the U.S. Many things will cause hepatitis, but viral hepatitis gets the most attention. There is an "alphabet" of viruses that can cause hepatitis; however, we are mainly concerned with the viruses that cause Hepatitis A, B, and C. Some people are infected with viral hepatitis for years and don't know it. Dr. Jackson discusses the various types of viral hepatitis.

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# Upcoming Events. . .

## Lunch & Lectures:

### January:

- 12 Fad Diets: Truth and Consequences
- 19 Women's Hormone Replacement Therapy
- 26 Amino Acids, Neurotransmitters, and Mental Health

### February:

- 2 Juicing for Health
- 7 The Benefits of Colonic Hydrotherapy
- 9 Candida: the Hidden Infection
- 16 Feeling Better with Lotsa Laughter!
- 21 Taste of Health Restaurant: The Whole Story
- 23 The Antiviral Properties of Vitamin C

## Bad news for obese people

The waist-to-hip ratio, especially in the higher portion of the ratio, "shows the strongest risk of myocardial infarction (heart attack) worldwide," according to the INTERHEART study that appeared recently in the *Lancet* journal.

Salim Yusuf, M.D., the lead author of the study, went on to say that the ratio was the strongest predictor for having heart attacks for both men and women. The study applied to men and women of all ages and ethnic groups. In short, it applies to all people and especially the obese. The waist-to-hip ratio is even better in predicting heart attacks than the body mass index (BMI).

If you are one of the people whose waist has been growing lately, it may be time to begin losing some weight.

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