

# TACT—Trial to Assess Chelation Therapy

by Ron Hunninghake, M.D.

The Olive W. Garvey Center for Healing Arts has been selected as one of over 120 national test sites for TACT—Trial to Assess Chelation Therapy.

TACT is a nationwide clinical study involving over 1900 subjects being conducted by the National Institutes of Health. The study hopes to answer three fundamental questions:

- Is chelation therapy safe?
- Is it effective in reducing the incidence of clinical cardiovascular events?
- Does it improve quality-of-life and reduce health care costs?

Chelation is a medical/lifestyle therapy to improve general circulation. “Chele” is Greek for *claw of the crab*. Chelation **grabs and removes** heavy metals from the walls of arteries.

During chelation, an intravenous solution containing EDTA (Ethylene-Diamine-Tetraacetic-Acid) is infused over a three-hour period. EDTA is a man-made amino acid, patented in 1938 as a possible antidote to chemical warfare agents. EDTA binds toxic heavy metals, including lead, cadmium, and aluminum, and to a minimal degree, mercury. This EDTA-metal complex is then excreted harmlessly through the kidneys.

The intent of chelation therapy is to reduce several factors that damage your arteries and cause vascular heart disease:

- Injury (homocysteine, bacteria, hemodynamic stress)
- Inflammation (WBCs and macrophages)
- Stiffening (free radical cross-

- linking)
- Narrowing (plaque formation)
- Rupturing (instability of plaque)

Heavy metals catalyze free radical formation. Free radicals oxidize cholesterol. Oxidized cholesterol builds up in the walls of blood vessels, causing damage and inflammation. Damaged blood vessels form plaque. Plaque clogs arteries and can rupture suddenly, causing heart attacks and strokes.

Studies on chelation currently exist in the medical literature. Although these mostly case studies do show improved blood flow, reduction in symptoms, and the overall safety of the procedure, they do not meet scientific criteria as “evidence-based.”

TACT hopes to remedy this situation. As a 5-year, randomized, double-blind, placebo-controlled trial sponsored by NIH including National Institute for Complementary and Alternative Medicine and the National Heart, Blood, & Lung Institute, TACT will meet all evidence-based criteria. This study is being conducted in conjunction with Mt. Sinai Hospital of Miami and Duke University.


The Center is now calling for voluntary participants in this groundbreaking national study. If enough willing participants step forward, the decades old controversy surrounding chelation will end. Proponents and opponents of chelation alike are eager for a well conducted trial such as this, but without a sufficient number of eligible participants, it may never happen.

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# Eat fish, protect your brain

Development of Alzheimer’s disease and its related dementia is often caused by a diet high in fried foods, especially red meat and potatoes. Dr. Eha Nurk and colleagues looked at the diets of 2031 men and women from Western Norway to see if their intake of various forms of seafood would affect their cognitive ability as compared to those eating little or no seafood. The subjects were between the ages of 70 and 74 years.

“We found that fish eaters had significantly better results on all cognitive tests (they used six different tests to check the brain’s cognitive ability) than did non-consumers,” the researchers reported.

Whether the subjects ate lean or fatty fish seemed to have little effect on the results. When subjects ate quite a bit of fish, their brain scores improved even more than the subjects who ate little or no fish. Eating seafood reduces your chances of Alzheimer’s disease. 

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# Nutritional Medicine

by Rebecca K. Kirby, M.D., M.S., R.D.

## A great new year

The New Year is a time for renewal. I think we all know this because we make lots of resolutions for the new year, resolutions for lifestyle changes. However, we tend to overshoot. Though we may understand what we need to do to improve our health, best intentions fall by the wayside as our busy lives gain momentum over the year.

There are lots of ways to work towards improving our health. After holiday indulgences, we think about starting regular exercise and eating healthier. These are excellent goals. Also, consider stress reduction (cuts down on doctor visits), more sleep (helps with weight loss), drinking water (to help eliminate those holiday excesses), or cultivating a positive attitude (protects against heart disease).


Whatever you chose to do, enhance your chances of continued success by concentrating on **1** healthy resolution. Let me give you a suggestion (you knew this was coming). Eat (at least) 5 servings of vegetables and fruits (nonstarchy) each day. This helps to refocus how we plan our snacks and meals with a fruit or vegetable in mind. Every time you have something to eat, include a vegetable or fruit or, better said, don't have anything to eat unless you are having a vegetable or fruit with it.

What you get are more vitamins, minerals, fiber, phytochemicals, plus a

low glycemic load, and no trans fats. The fruits and vegetables help protect against heart disease, mental decline, cancer, stroke, diabetes, and weight gain.

*There may even be a bonus of weight loss.* A study with two groups of obese teens, one group instructed to lose weight on a low fat diet and the other group instructed to eat more vegetables and fruits (weight loss was not mentioned), found that the group working on eating more fruits and vegetables lost more weight.

Currently less than 10% of Americans consume 5 servings of fruits and vegetables a day, so we could all probably do better. So, what is a serving anyway? A serving is ½ cup chopped fruit or vegetables, 1 cup salad greens, ½ cup of cooked vegetables, or 1 medium size piece of fruit. Nonstarchy means bananas, plantains, potatoes, and corn don't count. These are fine fruits and vegetables, but we often rely too heavily on them, plus they have a bigger effect on raising blood sugar. Eat your fruit instead of drinking the juice; this also is better for the blood sugar, plus you get fiber and protein from the whole fruit.

Keep track of the 5 a day. Take that shiny new 2008 calendar and make those ticks for each daily fruit or vegetable. If you get in more than 5, that's even better. You might even deserve a reward. Happy New Year! 

TACT—Cont'd from page 1

Who is eligible to participate at no cost? The inclusion criteria are simple and straightforward:

- You are 50 years of age and above
- The study invites both men and women
- You must have suffered a medically documented heart attack at least 6 weeks prior to the start of your involvement in the study
- History of allergic reactions to EDTA or any of the therapy's components
- Coronary or carotid revascularization procedures within 6 months prior to study start or a scheduled revascularization
- History of cigarette smoking within 3 months prior to study start

There are factors that may exclude your participation:

- History of having had chela-

tion therapy within 5 years prior to the start of your involvement in this study

*continued on page 3*

- Childbearing potential
- History of liver disease
- Having diagnoses of additional medical conditions that could otherwise limit your 5-year survival

Before counting yourself out, please call and discuss these factors with a Center physician.

There are no costs for taking part in the study. You should continue to see your regular doctor. You will need to maintain your health insurance to cover all medical care not included in the study.


Participation will always be your choice. The study team will work with you to schedule your visits at a time that works best for you. You can leave the study at any time.

Why participate? Help the medical community find new and effective treatments for heart disease. Join a nationwide effort to learn whether chelation therapy works. Know that your health will be closely monitored (doctor appointment every 3 months) while you are enrolled in the study.

TACT participants will be asked to come to The Center for their treatments once a week for 30 weeks. Then, they will have 10 more visits, between 2 weeks and 2 months apart. Each treatment will take at least 3 hours.

In conclusion, chelation is a medical/lifestyle therapy meant to improve circulation. Chelation is safe, under medical supervision. It is legal, cost-effective, and has many “side benefits.”

In the past 50 years, it is estimated that over a million people have undergone chelation. They have done so in spite of medical condemnation of chelation. They have paid for chelation out of their own pockets because they experienced results. Were they wrong... or were they simply ahead of their time?

Now, with TACT, science can help us answer that question. As the study site's principle investigator, I invite you to seriously consider being a part of this monumental scientific endeavor. Please help us gain a better understanding of the clinical value of chelation as a treatment for artery disease. Call today. I'll be happy to call you back and discuss your participation in this historical event. 

## HEALTH HUNTERS AT HOME

### Cranberries and cardiovascular disease

You have probably seen commercials on television with two men standing in a cranberry bog wearing chest high waders with water and cranberries up around their waists. These commercials are selling cranberry products and they are selling them quite well.

Cranberries are one of three fruits that are native to North America. The other two, by the way, are blueberries and concord grapes. Cranberries grow predominately in the northeast part of the country from Canada to North Carolina. About 85% are grown in the U.S., with Canada and Chile making up the remainder of the berries.

In addition to cranberry juice and cranberry relish, cranberries and parts thereof have antibacterial, antiviral, antimutagenic, anticarcinogenic, antitumorogenic, antiangiogenic, and antioxidant activities. They are good for preventing urinary tract infections and stomach ulcers, as well as improving oral hygiene.

But with all this hype, people overlook one very important point—that cranberries are good for your cardiovascular system.

For instance, dietary antioxidants are associated with a reduced risk of cardiovascular disease (CVD) and high blood pressure. The total antioxidant capacity of cranberries ranks the highest among 24 commonly consumed fruits, followed very closely by low bush blueberries. Cranberries are also ranked in total antioxidant activity to quench peroxy radicals that can cause CVD.

In another study, the values for 11 common fruits were expressed as micromoles of vitamin C equivalents per gram of fresh weight (umol/g). The antioxidant capacity of cranberries (177 umol/g) was the highest, with apples (97.6 umol/g) and red grapes (64.7 umol/g) trailing behind. Cranberries and cranberry juice consistently rank highest for their antioxidant capacity.


When it comes to high blood pressure, cranberries increase the resistance

of low density lipoprotein cholesterol (LDL) to oxidation, according to a study conducted by Chu and associates. Treatment with powdered cranberry juice stimulated the cellular antioxidant systems involving superoxide dismutase, catalase, and peroxidase in muscle tissue, according to another study.

“The effects of cranberry juice consumption on plasma antioxidant activity and biomarkers of oxidative stress were examined in 20 healthy young females (ages 18-40 years) in a placebo-controlled trial by Duthie et al,” wrote Diane McKay, Ph.D. and Jeffrey Blumberg, Ph.D. in the journal, *Nutrition Review*. These women consumed either cranberry juice cocktail or a placebo drink of sweetened strawberry flavored mineral water for two weeks. The researchers found an increase in the blood plasma vitamin C in the women drinking the cranberry juice but not the placebo. Other studies showed the same results.

The effects of cranberry juice consumption on cholesterol have been examined by at least three research groups. They found that the subjects who drank cranberry juice had significantly reduced total cholesterol and LDL when compared to those taking the placebo drink.

McKay and Blumberg conclude by writing, “A growing body of literature indicates polyphenolics, including those found in cranberries, may contribute to reducing the risk of CVD by increasing the resistance of LDL cholesterol to oxidation, inhibiting platelet aggregation, reducing blood pressure, and via other anti-thrombotic and anti-inflammatory mechanisms.”

You can see that cranberries are not only tasty to eat and drink, they also are good for your cardiovascular system and high blood pressure. So, the next time you see those two guys standing in a cranberry bog, take note and pick up some cranberry juice or relish at the grocery store. Both you and your heart will be glad you did. 

—Richard Lewis



## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

As you are well aware, diabetes is becoming commonplace. More and more people are being diagnosed with diabetes at even younger ages. Of course, prevention is the best solution, but for some people it may be too late to prevent diabetes but not too late to learn how to control it. Diana Guthrie, Ph.D., A.R.N.P., F.A.A.N., C.D.E., B.C.-A.D.M., A.H.N.-B.C., C.H.T.P., a holistic nurse who is certified in diabetes education and management and is a healing touch practitioner, has written *Diabetes Self-Management's Hidden Secrets of Natural Healing: Using Food, Supplements, and More to Slow or Even Reverse the Complications of Diabetes*. Dr. Guthrie gives you a starting place to gain information about this formidable disease. Alternative and Complementary therapies are gaining more recognition in treating chronic diseases with conventional or Western medicine. Her knowledge of conventional, alternative, and complementary therapies can help diabetics plan comprehensive strategies with their conventional doctors. This book is written in a straightforward and easy-to-understand format. The questions this month are taken from her book.

- 1** According to U.S. Centers for Disease Control and Prevention, there are now 20.8 million people with a common metabolic disease called diabetes. Complications from diabetes kill more than 400,000 Americans every year with an estimated cost to our economy of \$\_\_\_\_\_ billion.
- 13
  - 25
  - 156
  - 178
- 2** A higher-than-normal blood insulin level over a period of time leads to insulin resistance. More insulin is needed to get glucose into the cells to be used for energy. Insulin resistance causes the \_\_\_\_\_ to work overtime and eventually will lead to insulin deficiency.
- gallbladder
  - pancreas
  - spleen
  - heart
- 3** Hypoglycemia is one of the three major acute complications of diabetes and its treatment. Hypoglycemia happens when there is too much insulin in the blood in relation to the amount of glucose.
- True
  - False
- 4** Using conventional medicine, there are three main treatment strategies. They are to keep blood glucose, blood pressure, and \_\_\_\_\_ as close to normal as possible.
- vitamin c
  - blood lipid levels
  - progesterone
  - GABA
- 5** Complementary medicine and alternative medicine are exactly the same. They refer to therapies that are used along with conventional medicine.
- True
  - False
- 6** Orthomolecular medicine is a medical term which means "naturally occurring substances normally present in the body." Some of the basic principles of orthomolecular medicine are: nutrition first; drug treatment used sparingly or not at all; environmental and food poisoning need to be investigated and treated, and \_\_\_\_\_.
- blood tests may not reflect nutrients in the tissues
  - meditation is important
  - acupuncture
  - acupressure
- 7** People who look for the upside of life rather than the downside have a higher level of immunoglobulin A in their \_\_\_\_\_.
- sweat
  - fat
  - blood
  - urine

• FOR ANSWERS, SEE PAGE 7 •

# Test of the Month

by Dr. James A. Jackson,  
Director, Bio-Center Laboratory

## Lipoproteins

Lipoproteins are a mixture of fat (lipo) and proteins called apoproteins. Any fat, fatty acids, triglycerides, etc., are not soluble in the blood. A prime example of this is the skillet you put in the sink after frying a steak, bacon, pork chops, etc. You notice that the fat will float on top of the water; it is not water-soluble. If you had "free fat" in your blood, you would have a "fat embolism," which may kill you.

The body makes the fats soluble in the blood by attaching them to proteins. They are transported to and from tissues, especially the liver, in this form. The terms HDL (high-density lipoprotein), LDL (low-density lipoprotein), VLDL (very low-density lipoprotein), and chylomicrons come from the original method of separation. This method was high-speed centrifugation. The more protein and less fat in the lipoprotein, the heavier (more dense) it would be, and it would be spun down to the bottom of the tube. This is why the name HDL (high-density lipoprotein). It contains 50% protein and about 50% fat (20% of the fat content is cholesterol). The function of HDL is to carry cholesterol from the cells to the liver (HDL-Cholesterol). This is why it is known as the "good cholesterol."

Low-density lipoprotein (LDL) is the next layer from the bottom of the centrifuge tube. It contains 20.7% protein and 79.3% fat (50% of the fat is cholesterol). LDL-C is the major transporter of cholesterol in the blood and carries cholesterol to tissues. When the LDL-C is oxidized, it can be deposited in the walls of different arteries, causing atherosclerosis. This is why LDL-C is referred to as the "bad cholesterol." The third layer from the bottom of the tube is called very low-density lipoprotein or VLDL. It is larger than HDL-C and LDL-C and contains 7.1% protein and 92.9% fat (22.2% cholesterol). It contains about 52% triglycerides. The

*continued on page 5*

Lipoproteins—Cont'd from page 4

VLDL concentration is usually calculated based on the serum triglyceride value divided by 5.0. As an example, a triglyceride value of 200 mg/dL would equal a VLDL of 40 (200/5). The equation can only be used if the triglycerides are less than 400 mg/dL.

The lightest and largest lipoprotein, and one that we do not measure routinely in the laboratory, is chylomicrons. It contains over 81% triglycerides, about 9% cholesterol, and about 3% protein. If a person had a genetic lipid disease, Type I hyperlipidemia, a creamy layer would form on top of the serum when placed in the refrigerator overnight (similar to cream on milk).

Why measure all these complicated things in blood? Why not just a total serum cholesterol? Cholesterol is only one risk factor for heart disease and/or stroke. By measuring the lipoproteins, we get several risk factors. The cholesterol/HDL ratio (cholesterol divided by the HDL) result should be 0 to 5.0. This is less than 1/2 average to average risk for cardiovascular disease. The higher the number, the higher the risk. The optimal ratio is 2.0 to 4.0. The LDL/HDL optimal ratio is 0.5 to 2.5. So dig out those Health Hunter/Beat The Odds results and check your lipoproteins. [H]

## Organic solvents may reduce child growth in uterus

According to the journal, *Human Reproduction*, women can be exposed to solvents such as benzene, toluene, and xylene. Finnish investigators conducted a study of 1670 newborns of women who worked during their pregnancy to find out if prenatal exposure had any effect on the infants.

The researchers found that 22% of those women worked in life sciences and health related professions as pharmacists, technicians, or nurses and were exposed to these solvents. Women in related occupations were the next most often exposed. The prevalence of small-for-gestation age newborns was 18.2% among exposed women and 11.5% among unexposed women. It pays for women to protect themselves from these solvents. [H]

# Herbal History

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

## Herbal medicine for menopause

Using herbal support while going through menopause can often prove very beneficial for women who experience symptoms during this unique part of their life. The Center carries an herbal product called Women's Menocaps that contains herbs which promote balance during menopause. Menocaps can be utilized to alleviate hot flashes, mood swings, insomnia, heart palpitations, and to promote a general feeling of wellness. The Menocaps formula contains Dong quai, Chaste tree, Motherwort, Burdock, Black cohosh, and Licorice.

Dong quai (*Angelica sinensis*) is used as a general female tonic.

Chaste tree (*Vitex agnus castus*) is beneficial for reducing hot flashes, headaches, dizziness, and dry vaginal tissues.

Motherwort (*Leonurus cardiaca*)

helps to regulate the nervous system and reduce muscle spasm.

Burdock (*Arctium lappa*) helps the liver detoxify and metabolize female hormones, promoting healthy hormone metabolites.

Black cohosh (*Cimicifuga racemosa*) works to decrease muscle spasms, regulate blood pressure, support digestion, regulate mood, promote bone health, and decrease joint pain.

Licorice (*Glycyrrhiza glabra*) may prolong the availability of female reproductive hormones by working on the liver. Licorice also is supportive to the adrenal glands which take over for the ovaries during menopause.

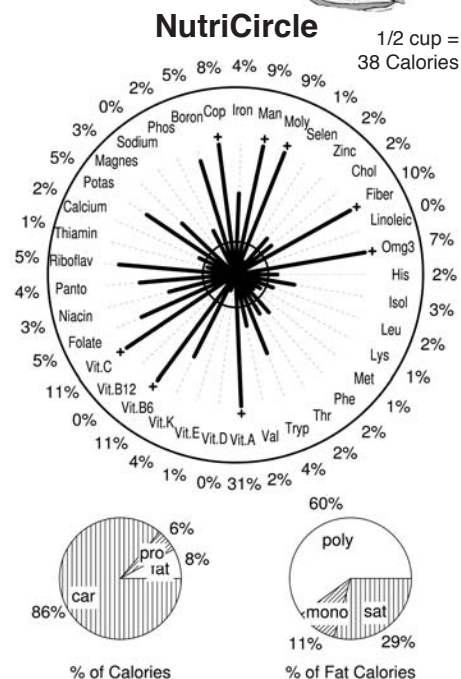
I generally recommend two caps of Women's Menocaps three times daily for women who are experiencing menopause related symptoms. [H]

# Food of the Month

by Donald R. Davis, Ph.D.



WINTER SQUASHES have diverse shapes, flavors, and skin colors, with flesh ranging from pale yellow to deep orange. Some are mildly sweet. They differ from summer squashes by having a hard shell, long shelf life, and more starchy texture. Varieties include Acorn, Butternut, Banana, Autumn Cup, and Spaghetti squash. They can be baked, steamed, boiled, or microwaved, and served as a vegetable, mashed like potatoes, or in soups and stews. A half-cup of composite varieties (shown here) contains 5% to 31% of the RDAs for 12 nutrients, including omega-3 fat, plus smaller amounts of many others, all in only 38 Calories.



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.



## Thoughts to start a new year

Time seems to be flying by. This is the time of year for introspection to gain an appreciation for the year that is past—remembering with gratitude all the wonderful aspects of the year and that we made it through the rough parts of the year.

Speaking of making it through another year, recently the Midwest experienced one of the worst ice storms in several years. The weather forecasters let us know several days in advance what to expect. On the morning that the big ice storm was to arrive, we awoke to complete darkness at my home. The nightlights and other tiny lights that are normally shining were off. My first thought was that the power for the whole town was out.

Although the power was off for our entire neighborhood, most of the town had power. Schools had been cancelled and some businesses were

closed. The Center was open so I had somewhere to go and stay warm. All day during the driving rain the temperature hovered around 33 degrees. The threat of heavy ice continued all day. Wichita was spared the ice damage that many of our neighboring towns experienced.

Thinking about the differences that a couple of degrees made between loss and just an inconvenience got me to wondering about how many times we are impacted by something as small as two degrees and never realize it? While we can't spend a lot of time worrying about what might have happened, we might want to spend some time reflecting on our good fortune.

Seneca said, "While fates permit, live happily; life speeds on with hurried step, and with winged days the wheel of the headlong year is turned."

Happy New Year!



## Case of the month

A 47-year-old male came to The Center in May of 2002. He was concerned about allergies, arthritis, chronic fatigue syndrome, depression, gastritis, hypothyroidism, myositis/myalgia, and tendonitis. He also had pernicious anemia, and he was addicted to tobacco.

After seeing him for over an hour, Dr. Hugh Riordan recommended that he have the following laboratory tests done: coenzyme Q10, c-reactive protein, cytomegalovirus IgG, Epstein Barr, fructosamine, H. pylori antibody, mycoplasma/platelet aggression screening, thyroid T3 (unbound), a vitamin A, C, E, B12, and folate profile, red blood cell magnesium and zinc, chemistry profile, complete blood count, red blood cell essential fatty acids, and a cytotoxic food sensitivity test in the blood. He also did standard urine tests.

When he came back to The Center for the results of the tests, Mavis Schultz, ARNP, started him on magnesium sulfate, multi-mineral tablets, cod liver oil, Emergen-C packets, prodophilis, zinc orotate, vitamin B6, and vitamin A. Then, he saw Dr. Ron Hunninghake about three months later.

He continued seeing Dr. Hunninghake for four years and continued doing better with occasional backslides. He said at one point that he is more alert. "Everything is starting to come back." Buffered C is helping to reduce his smoking.

Then, in August of 2006, he had angina pain that would not go away. It was discovered that he had a 99% blockage in his left anterior descending artery from his heart and so he consequently had a stent placed in the blockage.

He returned to The Center and Dr. Hunninghake started him on intravenous chelation in July of 2007. At the end of September, he reported that after seven chelations, his mental function is up! He has cut his coffee intake by one half and his cigarettes to a quarter of what he previously smoked. He also said he now is able to wake up easier in the morning. He is feeling much better than when he came here in 2002.

## CENTER UPDATE

### Trash trans-fatty acids

The Food and Drug Administration (FDA) has finally come out against trans-fatty acids, sometimes called trans fats for short or TFA for the legitimate abbreviation. The Center has been opposed to the consumption of trans fat for years and the Taste of Health Restaurant works very conscientiously to eliminate TFAs from their menu.

A daily intake of just five grams of trans fats will cause an increase of 30% in coronary heart disease, and for many this is quite a bit.

Trans fats are made from unsaturated fats that have been either saturated or "partially saturated" with hydrogen to change them from a liquid fat to a solid fat at room temperature. This gives the product with trans fats a longer shelf life and a higher frying temperature than the fats that haven't been hydrogenated. This is great for commercial frying and manufacturing, but it is bad for you.

What can you do to keep trans fats

at a minimum in your diet? First of all, read the labels—not just the nutritional chart on the side of the container but the label. The FDA allows food producers to label foods as 0 trans fats as long as the product has less than 0.5 grams of trans fats per serving of the food, and servings are often quite small.

So what can you do? When you read the label, look for the following:

- Partially hydrogenated vegetable oil
- Hydrogenated vegetable oil
- Shortening

These are key words for trans-fatty acids or trans fats. Also, don't purchase liquid or tub margarines that contain hydrogenated fats.

Secondly, use naturally occurring, non-hydrogenated fats. Foods labeled "light" or "reduced fat" may contain some trans fats in them.

These are only two of the ways you can eliminate trans-fatty acids from your diet, but they are a good start.

Answers from page 4

- 1 c. Complications from diabetes account for the most money spent rather than the day-to-day management of the disease.
- 2 b. This leads to Type 2 diabetes, which is rapidly increasing in both adults and children.
- 3 a. Skipping meals, exercising more, or taking more insulin than necessary for the amount of food that has been eaten are some of the causes.
- 4 b. They do this through diet, exercise, and insulin and other medicines.
- 5 b. Alternative medicine would use acupuncture in place of diet, exercise, and medicine to treat diabetes, while complementary medicine would use it along with diet, exercise, and medicine.
- 6 a. Also, hope is an ally of the doctor and a right of the patient.
- 7 c. It is an antibody that protects against bacteria and viruses and can be protective against infections. <sup>H</sup>

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 Learning how to manage your diabetes rather than have your diabetes control your life is the focus of Dr. Guthrie's book. Complications of diabetes can be slowed or reversed by using food, supplements, and other natural remedies. Softcover. \$24.95 HH price \$22.46

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with *Rebecca Kirby, M.D., M.S., R.D.*  
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with *Chad Krier, N.D., D.C.*  
 Sinus congestion got you bogged down? Learn about the underlying causes of this problem and explore the use of botanical medicine, homeopathy, and nutrition as treatments. Dr. Krier introduces you to a hands-on technique for relieving sinus pressure.

### TYPE II HYPOTHYROIDISM

with *Ron Hunninghake, M.D.*  
 Many patients with normal TSH present with the classic picture of low thyroid—fatigue, fluid retention, dry skin, depression, and high cholesterol, just to name a few symptoms. Learn how this may represent another type of hypothyroidism where peripheral cellular receptors are resistant to thyroid hormone.

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# Upcoming Events...

## Lunch & Lectures:

### January:

- 17 What Really Causes Cancer (and What You Can Do to Prevent It)
- 24 The Nutritional Approach to Anxiety and Depression
- 31 Improve Your Cholesterol Profile Naturally

### February:

- 7 Oxidants and Antioxidants: The Battle for Our Body
- 14 Help Kids Stay Drug Free: Alternatives to Psychiatric Medications That Work
- 21 Thyroid Supporters: The Botanical and Nutraceutical Approach to Thyroid Support
- 28 Viral Infections and Enzymes: Can Enzymes Help?

### March:

- 6 What Really Causes Asthma (and What You Can Do to Treat It)
- 13 Sensitivity to Foods: What's Eating You?

## Omega-3 fatty acids inhibit COX-2 inflammation

Docosahexaenoate (DHA), the most abundant omega-3 fatty acid, reduces COX-2, an enzyme that is induced by inflammatory cytokines in the heart and blood vessels, says Raffaele De Caterina, M.D., Ph.D. Omega-3 and DHA are also known for their heart-protective effects.

“Activation of COX-2 has been linked to inflammation related to massive overproduction of proinflammatory lipid mediators called eicosanoids, and to early atherosclerotic plaque development,” according to Dr. De Caterina. It is believed that omega-3 fatty acids alter COX-2 expression. Dr. De Caterina suggests that omega-3 fatty acids may actually lower the gene expression of COX-2.