

Health Hunters

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NEWSLETTER

JANUARY 2009

Fending off the common cold

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

It's that time of year again when the heating bills rise, the air dries, and we succumb to indoor activities along with everybody else, leading to an increased risk for transmission of the common cold. The more people we come in contact with and the greater the time we spend indoors the greater the risk of catching the highly contagious common cold virus.

There are many nutritional factors that play a role in both the prevention and treatment of the common cold.

The common cold is caused by infection by one of the more than 100 serotypes of rhinovirus. Unfortunately, due to the many different types and complexities of the cold virus, it is not possible to gain complete immunity to the common cold. It's also very difficult to avoid catching a cold due to the many routes of transmission. The cold virus is transmitted in the air in aerosol form and also through saliva and nasal secretions (coughing, sneezing, sharing a drink, kissing, etc.). Once the virus is transmitted to the friendly host (you!) it begins to replicate within 8-12 hours. The virus creates symptoms anywhere from 2-5 days after hitching a ride with the host.

The most common kickbacks we get for being a friendly host include: sore throat, runny nose, congestion, sneezing, and coughing. Other symptoms include pink eye, achy muscles, fatigue, headaches, and cravings for strange foods. A virus is basically like Clark Griswold's cousin Eddie who comes uninvited for

Christmas, trashes the house and overstays his welcome. Not to worry, the common cold is generally eradicated in about 7 days but can linger for 2 weeks in some cases.


Viruses not only cause pesky symptoms, but they are costly on our wallets, too. Between physician visits, over-the-counter prescriptions, prescription medicines, and missed school and work days, we spend around 32 billion dollars per year on this little nuisance. The other costly toll is the overprescribing of antibiotics for the common cold. Antibiotics should be used for bacterial infections, not for viruses. Around one-third of patients who see their doctor for the common cold are given an antibiotic. This is leading toward the current problem of antibiotic resistance.

With the cold, prevention is the key. Avoiding contact with others who have a cold would be ideal if we lived in an ideal world. However, this is practically impossible; so there are other steps we can take. Washing our hands (scrubbing with hot water) thoroughly and regularly with mild soap is a major preventative action. Avoid anti-bacterial soaps that have no effect on viruses and may be harmful to normal skin flora. Keeping your hands away from your mouth, nose, eyes, and face is also helpful. Getting adequate sleep and rest while avoiding simple sugars can give our immune system a boost. Using salt water throat gargles, herbal throat sprays, saline nasal rinses, gentle eye rinses, and cleaning under the fingernails can all help keep viruses from gaining a foothold.

There are many nutritional factors that play a role in both the prevention

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Macular degeneration, lutein, and DHA

Macular degeneration is a major cause of blindness in the elderly. It destroys central vision needed for reading and recognizing faces. Dietary lutein helps make light-absorbing pigments in the macula and slows progression of the disease. DHA is a dietary omega-3 fatty acid needed to maintain photoreceptor rods; high intake seems to help prevent macular degeneration. A new study in elderly women finds that supplementation with both lutein (12 mg/day) and DHA (800 mg/day) works better than either alone to increase light-detecting pigments in the central macula. Lutein is highest in dark green vegetables (amounts per half cup cooked: kale 12 mg, spinach 10 mg, collards 7 mg, broccoli and green peas 1 mg; romaine lettuce has 3 mg per 2.5 cups). The best sources of DHA include mackerel, salmon, herring, and trout (700 to 1,500 mg per 3 oz.). Poultry wings, thighs, and legs have about 50 mg per 3 oz. —Am J Clin Nutr 2008; 87:1521 

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www.healthhunteronline.org

Nutritional Medicine

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

Understanding and tolerance: we are all unique


The beginning of the New Year is a good time to remind ourselves of human diversity. At The Center, we discuss, discover, explore, and exalt our biochemical uniqueness. This is the concept of biochemical individuality developed by Dr. Roger J. Williams and put into practice by Dr. Hugh D. Riordan. Measuring levels of nutrients assists us in defining each person's unique nutritional fingerprint in order to restore proper functioning of the body's systems.

However, Dr. Williams was thinking on an even broader level in a 1954 publication exploring the 'biological basis of individual liberty' in a book called *Free and Unequal*. Just as there may be a hundred-fold difference in the requirement for zinc from one individual to another, there will also be big differences in how an individual perceives their environment, how they react to other people, how they process information (learn), what they value and what gives satisfaction to life.

The point is that we are all differ-

ent from the cellular level on up to the outward personality. In science, we have to make some generalized observations. Differences are even specifically bred out of research lab animals so that the animals will be as similar as possible. Nothing could be further from reality when it comes to humans; our genetic variability and diversity is infinite, and it is what makes us durable.

There have been many useful tools developed to explore these differences in people. At The Center, we look at brain dominance to get an overview of thinking preferences. There are also tools for personality testing which look at preferences in how people perceive the world and act on it. Dr. Williams discusses a game in his book that explores how different our life desires and wants may be.

We should look at getting better acquainted with ourselves and embracing our likes and dislikes and embracing them in others. Tolerate and celebrate our differences, our uniqueness, and enjoy the diversity that is us. 

Fending off the common cold—Cont'd from page 1

and treatment of the common cold.

Vitamin A supports the health of our mucous membranes that line the respiratory tract and enhances the removal of mucus. By maintaining the integrity of mucus membranes, vitamin A helps to create a protective barrier from outside invaders. Vitamin A is also an important regulator of the immune system.

Zinc promotes tissue healing and has been shown to be effective for colds when taken in the form of a zinc gluconate lozenge.

The old standby, **vitamin C**, promotes tissue healing and tissue integrity, enhances immune function, fights inflammation and oxidation, works as an antihistamine, and is antiviral.

Lauric acid is the main antiviral and antibacterial substance in human breast milk. It is also found in coconut.

Monolaurin is a souped up form of lauric acid that appears to be more active against viruses. Monolaurin helps prevent the attachment of viruses to susceptible host cells. Monolaurin can also inactivate viruses and inhibit their replication. Monolaurin also makes the virus stand out as more of a target for the immune system by binding to the outer envelope of the virus.

Thymic protein can also be used to give our immune system a boost. The thymus gland is where immature white blood cells go to be trained. They go in as boys and come out as men (fighting soldiers). The thymus gland is like a boot camp for the specialized white blood cells known as T-cells. As we age, the thymus gland atrophies and may not perform as well, with the result being

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HEALTH HUNTERS AT HOME

People do not live by ORAC alone (Oxygen Radical Absorbance Capacity)

by Dean Dodson

a compromise in our immune system function. Thymic protein is a chain of amino acids that can stimulate the thymus gland and turn on the T-cells. This is something I routinely take during the winter months.

There are many Botanicals that help us battle viruses and boost our immune system.

Hypericum contains constituents that inhibit encapsulated viruses.

Garlic is useful as an antimicrobial.

Baptisia contains water-soluble polysaccharides known as arabinogalactans that stimulate the immune system.

Eleutherococcus enhances activation of T-lymphocytes. It is used as a direct antiviral and in the prevention of viral illness.

Ligusticum works as an antiviral botanical and a diaphoretic (raising temperature and causing sweating). Ligusticum works great for viral sore throat infections.

Lomatium is one of the most powerful antiviral herbs around. The resin fraction of Lomatium occasionally causes a whole-body rash. The rash resolves shortly after withdrawing from the herb, but can be uncomfortable for a few days. There are preparations available that have the resin fraction removed, and these may work just as well as those with the resin fraction.

Licorice is another great antiviral herb that is supportive to the adrenal glands.

Ligustrum has strong antiviral activity and works as a powerful immune stimulant. It can raise white blood cell counts in order to battle infections.

Astragalus is another herb that increases white blood cell production while also increasing the immune fighting capabilities of natural killer cells.

Codonopsis is a great herb to use during the winter to strengthen the immune system and restore energy to the body. It is known to raise both white and red blood cell counts.

Medicinal mushrooms (Maitake, Shitake, and Reishi) contain high amounts of polysaccharides that are

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Through the years, it has been theorized that many diseases such as cancer, heart disease, Alzheimer's, and the speed at which we age are in part a result of oxidative stress. Based on years of research and data gathering, most health conscious people would agree that oxidative stress is a major factor in the formation of a degenerative disease and the aging process. At a molecular level in the body, the degree of oxidation taking place results in damage to our DNA, proteins, and lipids. Granted, there is a lot more to it than that, but at a basic level this is what happens.

As we live our lives, how the body deals with and controls the oxidative damage has a profound effect on our long term health. In other words, the degree of this damage to our DNA, molecular proteins, and lipids depends on our body's ability to control the free radical damage. With the right resources, our body has the ability to not eliminate but reduce and minimize this damage.

Fruits, nuts, and vegetables offer an excellent source of antioxidants. Obviously, many factors such as cultivar, growing conditions, harvest timing, degree of processing, and preparation techniques all impact our body's ability to utilize and maximize the food we ingest. Another factor to consider is our body's ability to, via the digestive process, actually assimilate the nutrients and utilize them in our bodies, but that is a whole different chapter to look at.

Certain vitamins and minerals such as vitamins A, C, E, and selenium have long been recognized as antioxidants. There are many others, but most of us are well aware of the beneficial effects these can play in our body's healthy function.

To maximize the effect that food can have on the healthy functioning of our bodies, it would seem to be a good idea to know the "Oxygen Radical Absorbance Capacity" (ORAC) of the food we eat. The ORAC scale of measurement offers this basic information

which can be utilized by each of us as another tool in our quest for better health and wellness.


In 2007, the USDA published new research findings involving 277 selected foods that were tested for their oxygen radical absorbance capacity. The information is a good tool for anyone interested in their health and what they eat.

The information allows the user to compare a wide range of foods and the beneficial antioxidant value each has. A couple of high ORAC examples are pecans and ground cinnamon. Pecans have a Total-ORAC rating of 17,940 where the Total-ORAC rating for ground cinnamon is 267,536. Compare those with the low Total-ORAC rating of 578 for catsup and you get an idea of the profound difference. Keep in mind that serving size is a primary factor to look at. For a complete comparison and listing, visit the following website:

www.ars.usda.gov/Services/docs.htm?docid=15866

Take a look at all the information and use it as another tool in your good health tool kit.

The title for this article is "People Do Not Live by ORAC Alone" for good reason. As one who is always looking for parts to the health puzzle, I have to constantly remind myself and be aware that health is a result of the combination of its holistic parts. The ORAC rating is just one of the tools to help us be aware of the dynamic impact some foods can have on our bodies.

My goal with this short article has been to hopefully ignite a spark of curiosity and offer some good information that will be useful in your day-to-day life. As I have written in previous articles, health and wellness is a quest and an adventure. I know that the more I learn, the more I realize that I don't know, and that creates a thirst for more knowledge. Arm yourself with information and investigate. It's one of the joys in life that only costs your time and involvement. 



INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Dr. Abram Hoffer is the founding father of orthomolecular medicine. His discoveries have been instrumental in establishing connections between malnutrition and mental illness, in diagnosing schizophrenia, in substituting nutritional therapy for drugs in the treatment of disease, and using niacin to lower serum cholesterol. Abram Hoffer, M.D., Ph.D., and Milton Walker, D.P.M., have written an update of their earlier book, *Smart Nutrients: Prevent and Treat Alzheimer's and Senility, Enhance Brain Function and Longevity*. As our population ages, Drs. Hoffer and Walker want us to know that senility is not inevitably a product of aging. They discuss how nutrients such as niacin, CoQ10, vitamin E, vitamin B6, chromium, selenium, and copper play a role in brain function. They also discuss factors that increase our chances of developing Alzheimer's disease (AD). It is interesting to have a window into the work that Dr. Hoffer has spent a lifetime doing. Our questions this month are taken from their book.

1 Dr. Hoffer's mother told him that she was having physical and mental symptoms including a failing memory, swollen and painful joints, and other signs of senility. He was going to be out of the country for several months and he wanted to do something to help her. He had studied the placebo effect and decided to try it on his mother. He decided to use _____, a nutrient he had studied that caused the body to flush.

- a. boron
- b. niacin
- c. selenium
- d. zinc

2 In 1950, Stieglitz wrote that senile changes were primarily due to cellular malnourishment. He thought this was caused by _____.

- a. inadequate supply of food
- b. inefficient distribution of nutrients
- c. ineffective use of nutrients
- d. all of the above

3 Although aging and death are inevitable, the rate of aging, as measured in years, is a flexible relationship.

- a. True
- b. False

4 _____ rank(s) among the world's highest risk factors for bringing all kinds of health problems.

- a. Testosterone
- b. Disorientation
- c. Stress
- d. Free radicals

5 While we don't eat pure cholesterol, we do eat foods that contain cholesterol such as eggs, dairy foods, and fats. About _____ grams of cholesterol are manufactured each day in the average body.

- a. 0.2 to 1.1
- b. 1.2 to 2.1
- c. 2.2 to 3.1
- d. 3.2 to 4.1

6 There is an inverse relationship between the amount of cholesterol that is taken in through the food we eat and the amount of cholesterol that is manufactured in the body.

- a. True
- b. False

7 Nutrition plays a major role in how we age, but it is not the only thing to consider. Another way to improve health and longevity is by being _____.

- a. physically fit
- b. thin-skinned
- c. a carnivore
- d. cholesterol conscious

• FOR ANSWERS, SEE PAGE 7 •

Test of the Month

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

White Blood Count (WBC) & Differential

Sometimes the oldest and simplest tests give the physicians the most information. Two of these, the WBC (white blood cell count) and cell differential are part of the complete blood count (CBC). Most every patient who comes to The Center has this test ordered by our physicians. The WBC gives a total count of five different cells that make up this category. The normal WBC count is 4,500 to 10,000 mm³. The differential is made by counting 100 cells on a stained slide and differentiating them by percentage and type.

The five different cell types are as follows: Granulocytes, as the name implies, have a nucleus and contain granules in their cytoplasm. Non-granulocytes just contain a nucleus and usually have no granules. The name of each granulocyte cell series comes from the stain taken up by their granules.

The largest percent of WBCs are the neutrophils ("segs" or "polys") that phagocytize or eat bacteria and any other cellular debris. The granules stain pink, or neutral. Eosinophils are elevated in allergies and parasitic infections and the granules are orange from the Eosin part of the stain color; hence the name. Eosinophils contain histaminase, an enzyme that breaks down histamine.

Basophils, or mast cells, are the cells that cause the allergic reaction by releasing histamine and other allergy chemicals. The granules take up the basic or blue stain and the granules are like rough, blue gravel. The basophils may normally be only 0-2%. They are elevated in certain allergic conditions and some malignancies.

The non-granulocytes are lymphocytes (which produce antibodies) and are the second highest percentage of the total WBC count. Monocytes are the largest cell in the blood and are, like the neutrophils, phagocytic.


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Minds are like parachutes - they only function when open.

—Thomas Dewar


When the results are furnished to the physician he looks for two things: the WBC count and the percentage of different cells on the differential. If the WBC is high, say 14,000 or 15,000 and the neutrophils are about 75% to 80%, the physician suspects a bacterial infection. If the count is in the upper thousands with a lot of immature cells, he may suspect a form of leukemia and request a bone marrow examination.

If the results of the WBC count are low, say under 4,000, and there are a lot of lymphocytes, say 60% or higher, he may suspect a viral infection such as the flu. These are generalities, as the physician has to consider many other things before he makes a diagnosis.

The Bio-Center Laboratory performs many of these simple, yet valuable, tests each day for our physicians and co-learners. As part of the CBC, they are one of the most inexpensive tests we do in our laboratory. 

The Bio-Center Laboratory passes the CLIA inspection

The Bio-Center Laboratory is a federally licensed independent laboratory and reports directly to The Center Board of Directors. The laboratory falls under the Clinical Laboratory Improvement Act (CLIA). The Bio-Center Laboratory is licensed in the highest category, “high complexity” testing. This means we must meet many standards as to personnel, equipment, record keeping, controls, etc. As a CLIA laboratory, we can receive samples from health care workers from every state in the U.S. and foreign countries.

As part of having the license, we are inspected every two years by a laboratory professional from the Kansas Department of Health in Topeka. Two years ago, we received ZERO deficiencies. This is remarkable as few laboratories receive zero deficiencies. During our recent inspection, we received only one deficiency. This is again an unusually low grade. The problem was a small record keeping error. 

Herbal History

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

Mustard (the counterirritant)

A counterirritant by definition is a substance which creates inflammation in one location with the goal of lessening the inflammation in another location. The external use of mustard (*Brassica alba*) has been used effectively as a counterirritant for many moons.


A mustard pack can be applied externally to the chest for the effective treatment of colds or coughs. Mustard and mustard oils are absorbed into the skin and act deep in the lung to encourage expectoration, or the loosening of mucus. Mustard is also anti-bacterial and can help fight off lung infection.

Use caution when applying mustard externally as it can be irritating (counterirritant) to the skin. The mustard pack should be removed if you experience pain or notice a glowing redness on the skin. Avoid contacting the mustard on sensitive tissues including the nipples, genitals, face, and especially eyes. I would recommend using the

application no longer than 10 minutes with children and no longer than 15-20 minutes for adults.

Mustard Pack Directions

Mix 1-2 tablespoons of dry mustard with 1 cup of flour in a small mixing bowl. Carefully add enough hot water (pouring a little at a time) to make a paste. Spread the mustard paste over a cotton cloth or a piece of cheesecloth, then cover with another piece of cloth to make a mustard sandwich (do not eat it). Place the cloth over the chest area and cover it with a sheet of plastic wrap. Place a hot water bottle, hot towel, or hot gel pack on top of the whole preparation and leave on for the desired time frame.

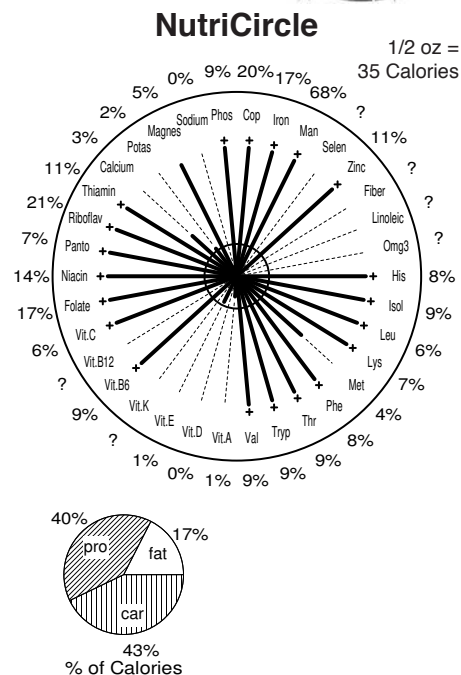
Check your skin every 2 to 3 minutes and take the pack off if it is too uncomfortable. The pack can be applied to the chest and upper back for relief of chest congestion. I use this therapy on my own kids at home and have found it to be very effective for chest colds. 


Food of the Month

by Donald R. Davis, Ph.D.



BEE POLLEN is pollen collected by bees. Bees use their tongue to brush pollen from their head and body to a pollen comb on their hind legs. There they compact it, transfer it to a pollen basket made of hairs, and carry it to their hive, where it is their major food. Bee pollen is also sold as a human food, often with extravagant, but undocumented, health claims. It is rich in nutrients. According to one company's incomplete analysis (see question marks), a half-ounce, 35-Calorie serving contains 5% to 20% of the RDAs for at least 7 vitamins, 6 minerals, and 8 amino acids. However, those 35 Calories can be costly—50 cents as bulk granules and 5 dollars as 15 capsules.



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 chart shows the sources of calories. Data is missing for the types of fat. 

Mental Medicine

by Marilyn Landreth, M.A.




Racing wheelchairs

Until my mother became a resident of a nursing home (NH), I hadn't thought too much about NHs other than to know that I didn't want to ever need to be in one. That sentiment is shared by many people. When we think of a NH, many of us may visualize someone slumped over in a wheelchair without any knowledge of this world they now live in.

At one time or another NH residents were someone's child, sibling, spouse, etc. Now they may seem robbed of their personality. As I have gotten to know some of the residents, I realize that they all have lives that mattered. I've also learned that being in a NH doesn't mean their story is over.

I've learned a few things about my mother of which I hadn't been aware. She likes to win. Since she has been in the NH she has discovered bingo, and she loves to play to win. Mom likes to get a prize no matter what it is, but the important thing is that she wins.

One day after winning at bingo, she started for her room in her "buggy" (wheelchair) when her neighbor across the hall from her (we'll call her Susie) shot around mom in her "buggy." In mom's words, "She left me in the dust." [Mom has held a grudge against Susie since last summer when Susie celebrated her 100th birthday. Mom wants to be 100 but has 8 more years to go.] Mom said she kept on putting one foot in front of the other. Susie was a little confused and didn't know where her room was so she had to ask directions from everyone she met. Mom kept her head down and kept on going. Just before they got to their rooms, Mom passed Susie. She laughed as she told me the story with a glint of satisfaction in her eyes.

So, the next time you go to a NH, just remember my mom. The tortoise does sometimes win the race and there is a lot more life in these old folks than you might sometimes think! 


Case of the month

This 73-year-old female came to The Center in October 2008 with symptoms of fatigue. She also said the soles of her feet were numb and hypothyroid and hypoglycemia were issues. Her health history included the usual childhood diseases, arthritis, back pain, heavy metal poisoning, and hypoglycemia. She came to The Center through a naturopathic friend who had treated one of The Center's patients.

During her initial visit with the physician, the following laboratory tests were recommended: co-enzyme Q10; CRP; DHEA; ferritin; homocystine; thyroid tests; vitamin levels of B1, B2, B3, B5, B6, B12, D, and folate; and mineral levels of magnesium, zinc, selenium, and manganese. CBC and EFA were also recommended.

The tests showed high vitamin E and urine C and low levels of lycopene. Her calcium was low as well as the lymphocytes in her blood. Her CRP was elevated. She was given intravenous vitamin C with B vitamins and magnesium to improve her fatigue level.


She returned on December 9, 2008, to review her progress and adjust dosages of supplements she had been taking. She stated that her energy level had improved but it was going to take more time to work on her other health issues.

Since she lives out of state, she will be followed by phone to monitor her progress. 

Fending off the common cold—Cont'd from page 3

responsible for immune modulation. These polysaccharides increase a powerful immune chemical known as interferon which can fight off infections. Medicinal mushrooms also bolster the production of white blood cells.

A great herbal combination product for supporting the immune system and white blood cell production is called Phytoguard 2.

While the common cold presents a challenge to our immune system, there are many preventative and therapeutic tools readily available to us that can help lessen the burden of dealing with the viral invader. 

CENTER UPDATE

What is chelation?

Chelation comes from the Greek word "chelos," meaning "claw." EDTA, a powerful antioxidant, enters the bloodstream and is able to latch onto heavy metals and then transport them out of the body through the urine. EDTA is stable and safe to administer. It removes a variety of heavy metals that play a part in accelerating the aging process and artery disease.

Here at The Center, chelation therapy is administered intravenously while the patient is relaxing in a recliner. This intravenous solution, along with EDTA, may include vitamins and minerals that your doctor thinks may be helpful in your case. The rate of infusion varies depending on the type of chelation recommended and may last up to three hours. Most patients will need 30 to 40 or more treatments.

Anyone with the following medical problems may want to consider


chelation therapy:

- coronary artery disease, angina, heart attack
- transient ischemic attack, stroke
- diabetes, leg ulcers
- past artery bypass surgery or angioplasty
- heavy metals on urine testing

Here are some resources which will help you learn more about chelation:

— *Bypassing Bypass Surgery* by Elmer Cranton, M.D., Hampton Roads Publishing Company, Inc., 2001, 2005.

— *Forty Something Forever: A Consumer's Guide to Chelation Therapy* by Harold and Arline Brecher, Health Savers Press, 1992.

— "How Chelation Works to Improve Your Circulation" by Ron Hunninghake, M.D., Lunch & Lecture presented here at The Center. 

Answers from page 4

- 1 b. Niacin causes a facial “flush” that eventually goes away. When he returned he found that his mother’s symptoms had been greatly reduced.
- 2 d. This led to a deficiency of essential nutrients and enzymes. An inefficient distribution was caused by poor circulation.
- 3 a. In other words, inevitable aging occurs at variable rates of time for different people.
- 4 c. Stress is recognized as a primary risk factor for senility and premature aging as well as other diseases.
- 5 b. An excessive intake of sugar and/or fats can increase the level of cholesterol in the body.
- 6 a. If more cholesterol containing foods are consumed, then less cholesterol is made by the body. Generally it is thought that food makes up a small portion of our daily cholesterol requirements.
- 7 a. The way we become physically fit is by using our body in exercise and work. Exercise we enjoy can have a lasting health benefit. H

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SMART NUTRIENTS

by *Abram Hoffer, M.D., Ph.D., and Morton Walker, D.P.M.*

Medical researcher, Dr. Abram Hoffer, and medical writer, Dr. Morton Walker, team up to present a program of diet and supplementation to prevent or reverse senility. A guide is given for people who want to achieve optimum health for their thought processes and memory. Soft cover.
 (\$14.95 HH price \$13.46)

create wellness, as well as what we do to promote healing.

THE 7-DAY DETOX VITALITY ENHANCEMENT

with *Chad Krier, N.D., D.C.*

Learn how to stimulate your body’s natural ability to cleanse itself. Like getting an oil change for your car, the 7-day detox can help improve your body’s natural filtration systems. This lecture is based on the book *7-Day Detox Miracle* by Drs. Bennet and Barrie.

HEALING & THE LAW OF ATTRACTION

with *Ron Hunninghake, M.D.*

Since the release of the movie, *The Secret*, millions have learned about the potential we have to shape our lives through properly focused attention. Dr. Ron Hunninghake discusses how the law of attraction applies to health and disease, what hinders our ability to

AVOID MENTAL DECLINE

with *Rebecca Kirby, M.D., M.S., R.D.*

What are the risk factors for dementia and the best ways to prevent it? Whether you simply want to stay sharp or you want to circumvent a family risk for dementia, research shows biochemical, medical, lifestyle, and social factors make a difference.

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Upcoming Events. . .

Lunch & Lectures:

January:

- 15 Eat, Exercise, Excel Wellness Program for Students
- 22 New Cancer Research: Vitamin C and Angiogenesis
- 29 The Potbelly Syndrome: How to Lose Weight by Controlling a Germ

February:

- 5 Vitamin D Truth: What Can It Do for You?
- 12 Flu and You: Are You Ready?
- 19 Your Key to Improved Brain Function: Neurotransmitter Testing
- 26 Weight Loss: Getting the Fat Toxins Out

March:

- 5 How to Build Emotional Intelligence at Home and in the Classroom
- 12 Vitamin K: New Evidence for Cancer, Heart Health, and Bone Health
- 19 In the Dumps? Beat Depression and Improve Mental Health

Diet reduces heart attack and stroke risk

A new study adds to evidence that proper diet helps prevent heart attack and stroke. Previously the “DASH diet” with moderate salt intake was found to reduce high blood pressure better than salt restriction in most persons. (DASH stands for Dietary Approaches to Stop Hypertension.) Now a study of 89 thousand female nurses finds that self-selected DASH-like diets are associated with 20% to 25% reduced risks for fatal and non-fatal heart attacks and stroke, and reduced levels of C-reactive protein (a measure of inflammation). The DASH diet includes 10 servings per day of fruits and vegetables, 2.7 servings of dairy foods, and above-average intakes of nuts, seeds, beans, and fish, with low intakes of saturated fat, oils, and products containing refined sugar or white flour. —*Arch Int Med* 2008; 168:713