

Health Hunters

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NEWSLETTER

JANUARY 2010

Feed the brain and lift the mood

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

Sometimes after the holidays, people have a sense of *slump*. It may be just a change from the flurry of the holiday season or it may be an ongoing feeling of depressed mood. More work days are lost due to depression than to hypertension and heart disease combined. What is depression? Depression is a disturbance in normal daily activities which may be accompanied by feelings of hopelessness or guilt; there is a familial pattern.

The brain is the biggest user of nutrients of all the organs in the body.

Since the brain and the body are connected, depression may cause changes in appetite, sleep, energy, and concentration with headaches, backaches, or gastrointestinal disturbances. It may be which comes first (the chicken or the egg) because the body chemistry creates brain chemistry. The famous Nobel Laureate, Linus Pauling, said, "The function of the brain is affected by the molecular concentration of many substances that are normally present in the brain."

In fact, the brain is the biggest user of nutrients of all the organs in the body. Our founder, Dr. Hugh D. Riordan, always said, "Find out what the brain needs and feed it."

Studies have shown an association between nutritional status and cognitive functioning (thinking). Researchers found that when looking at healthy subjects (not on medications), those who did poorly with abstract thinking and memory had low levels of vitamin

B2, vitamin C, and vitamin B12.

That is just the tip of the iceberg for nutrients associated with brain health. Vitamin B6 is necessary to make the neurotransmitter, serotonin. This vitamin is found to be lower in the blood of women on birth control pills; 64% of American women do not even get the RDA (recommended dietary allowance) of vitamin B6. Alcohol intake promotes destruction and excretion of vitamin B6, as does cooking and food processing practices.

Another B vitamin, folic acid, is 50% destroyed with cooking. In depressed patients, low levels of this vitamin make them 6 times more likely to not respond to antidepressant therapy. In addition, there are certain people who have a genetic factor that prevents them from metabolizing folic acid to the form of the vitamin that is used by the brain to make neurotransmitters.


Vitamin C is another water-soluble vitamin like the B vitamins. Studies on the vitamin C status of persons admitted to a psychiatric hospital revealed that 32% had low levels of vitamin C. This was associated with behavioral changes as well as poor immune status; 10% had actual scurvy. The extreme vitamin C deficiency disease called scurvy has been found not only at The Center but Mayo Clinic has published reports of patients with bruising, joint pain, fatigue, and depression with low levels of vitamin C.

The highest concentrations of vitamin C in the body are in the adrenal glands and the brain, so vitamin C is important not only in helping to make neurotransmitters but is important in

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Extra protein helps weight loss

A weight-loss diet with extra protein and reduced carbohydrate promoted weight and fat loss, improved blood lipids, and was easier to follow than a more traditional diet. The 1-year study compared two diets with equal calories. One had 30% protein and 40% carbohydrate calories, the other had 15% protein and 55% carbohydrate (near the U.S. average). The higher protein diet worked best: More weight loss (average 17% more at 4 months, 26% more at 1 year), more fat loss (22% and 35%), more decline in serum triglycerides, and a greater rise in HDL ("good") cholesterol. Those in the higher protein, lower carbohydrate group also had less feelings of hunger, and more of them lost at least 10% of their body weight (31% vs. 21%). The extra protein came from meats, dairy, eggs, and nuts, which partly replaced breads, rice, cereals, and pasta.

—*J Nutr* 2009; 139:514 

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Nutritional Medicine

by Ron Hunninghake, M.D.

True health care reform

There exists within everyone's mind and heart a kind of legislative body that debates the key issues that will affect the quality of our lives as individuals. How we care for our health is just one of the many issues we all must sort through each and every day, as we strive to survive and thrive.

Health involves many, many choices. How long I sleep; what and how much I eat; exercise choices; water consumption; toxin exposure; supplement usage; and a long list of many other alternatives that could be categorized under "health care."

If each of us makes our healthy choices wisely, we generally stay well. Should we make a series of poor choices, we tend to get sick. When sick, it is natural for us to seek the advice, help, and care of professionals. Our "health care" shifts to "sickness care." Sickness care, as it is practiced in modern times, is quite expensive.

The congressional debate currently underway is not about health care reform. It is about sickness care reform. Specifically, it is about the payment for sickness care, with little or no regard for the role that unwise choices play in the emergence of sickness. Is payment for sickness care an individual responsibility or the responsibility of the state? This is a thorny question

at the heart of the debate.

Here's another way to ask this question: Is payment for health care (wellness) an individual responsibility or the responsibility of the state? Wellness is rarely "a covered service." This reflects the general view that true health care is the responsibility of the individual. We are responsible for our choices in just about every walk of life...except, it seems, when we get sick. There is no accountability for sickness care, except sky-rocketing health insurance costs.

A truism: you cannot legislate healthy choices. Human beings learn through making mistakes. But a medical care system that ignores the educational opportunity to teach "wiser choices" to the sick individual is a system destined to fail. Effective sickness care reform cannot ignore wellness education as an integral part of a successful medical system.

True health care reform will come when parents, schools, and institutions teach, from the earliest age... that healthy choices are the foundation of lasting health...that healthy choices provide their own reward...that the creation of health will always be an individual responsibility...and that the health of the nation depends on the health of its people. H

Feed the brain and lift the mood—Cont'd from page 1

the response to stress. When 60 healthy volunteers were supplemented with 1000 mg of sustained release vitamin C three times a day for 14 days and then subjected to the Social Stress Test, they had lower subjective stress and better (decreased) blood pressure response and cortisol recovery.

Vitamin C also has an effect on histamine levels because as vitamin C levels go down, the level of the neurotransmitter histamine goes up. High levels of histamine are associated with low levels of serotonin, dopamine, and norepineprine as well as stimulation of the inflammatory response.

Fats are also important for the brain. The brain is the fattest organ in the body. The fats in your diet are in turn found in your nerve cell membranes. The fat-soluble vitamins A and E are required to protect the fats in these cell membranes. Other nutrients that are important are the omega-3 fatty acids. A study looking at fatty acids and behavior in patients with major depression found low levels of omega-3 fatty acids or high ratios of omega-6 fatty acids in the blood. The omega-3 fatty acids, EPA and DHA, found in fatty fish, are abundant in the brain and make up almost half

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the fat in the brain.

Another important fat in the brain is cholesterol, which plays a role in cellular structure and function and may affect neurotransmitters. Low levels of the neurotransmitter, serotonin, have been found in men with low serum concentrations of cholesterol. Psychological functioning studied on 20 healthy men before and after treatment with a cholesterol-lowering statin drug showed significant increases in depression among the men.

The second brain in the body is often attributed to the gastrointestinal tract. Specialized serotonin-releasing cells are found throughout the digestive system. Keeping these and all cells of the digestive tract healthy is one of the roles of beneficial bacteria called probiotics.

In addition, the food you eat can affect mood. Not only is your food providing (or not providing) the nutrients that the brain needs, but dietary factors like sugar and alcohol can contribute to mood swings, grogginess, and fatigue. Alcohol is a depressant and can slow neurotransmitters and disrupt the phase of sleep that is necessary for serotonin production. Foods that elicit a high glycemic response such as sweets, refined grains, potatoes, and fruit juice or sweetened beverages can also contribute to insulin resistance and poorly controlled blood sugars.

Minerals like magnesium, zinc, and copper plus the amino acids that make up the protein foods we eat are all necessary in the proper balance for optimal brain health. For example, low magnesium can cause insomnia and depression. Stress lowers zinc levels and raises copper levels which can cause agitation. Zinc is also necessary for the production of serotonin.

So remember to make nutritious whole foods a major part of your diet. After the holidays is a good time to recommit to getting good nutrition back on track. Center your eating plan around vegetables, whole fruits, protein foods, nuts and seeds, legumes (beans), and unprocessed grains. Remember also to eat regularly and drink plenty of water. The proper functioning of the brain depends on it! [H]

HEALTH HUNTERS AT HOME

Vitamin 'L' = love: the importance of pets in the lives of the elderly

by *Norvalee Kolar*



Everyone needs someone. Everyone needs to be needed. When you reach retirement age, after a life filled with demands on your time and energies, it can be a bit disturbing to suddenly be out of the 'demand' loop. There are as many ways to meet this new disconnected feeling as there are people. Everyone has different needs and ways to meet those needs. No specific thing is right for everyone.

Having healthy relationships lowers the risk of heart attacks as well as other chronic illnesses. The giving of love is as important as the receiving of love. Maybe even more so. In the study of psychoneuroimmunology it is theorized that what goes on in the head affects what goes on in the body. Under this concept, then, the giving and receiving of love is a stimulant to the immune system. Take it one step further and love = vitamin L, rather like the Beatles' song, "All You Need is Love." Enter un-conditional love. Just about the only place to get that is from a pet. Most people are familiar with conditional love. The "I will love you IF." We get plenty of that, but what we get from our pets is unconditional love. They just give it, no matter what. That is the love that is so beneficial - from immune system stimulation to lowering the likelihood of heart attacks and less winter colds. I like the sound of that.

My grandchildren once gave me a blue beta fighting fish. I knew nothing about fish or what to expect, but I dutifully put the bowl on the kitchen counter and fed the fish. I have a penchant for wind chimes. In my kitchen I have tiny wind chimes hung from the upper cabinet doors. Every time I would open the cabinet to get the fish food they could chime. After some time passed, I noticed that when the chimes rang the fish surfaced, expecting to be fed. Just watching fish in an aquarium can be helpful in lowering blood pressure. I've decided that you can build a relationship with just about anything.

When assessing the situation of

an elderly person, it is important to consider just what they are physically capable of. Also, be especially cognizant if they are unfortunate enough to lose a pet of long standing. This can be a very vulnerable time and cause many physical responses, most of which will be undesirable. I believe it to be best if a suitable replacement is brought in immediately. If they are reasonably mobile, then you want to retain and even encourage that, so a small dog would fit the requirement nicely - a reason to set up a daily routine of walking, feeding, and playing with the dog. Another consideration is the size of dog. A large breed dog can become overpowering and might cause the owner to fall. If access to the outdoors is limited, then a cat would fill the bill nicely. No need to walk in 'iffy' weather. A litter box is all that is needed. Nothing is quite as soothing as a warm, soft, furry bundle on your lap, which lowers blood pressure, while lifting mood. Both cats and dogs enjoy playful interaction.

Birds are another alternative unless there are lung conditions involved. Birds can be comfortable companions. They are basically low maintenance and suitably distracting. Their happy singing and chatter can be up-lifting to the spirit. They are also inexpensive to own and keep. I've had canaries and a pair of bandit finches. The canary lived the longest, and I was able to give it medical treatment when it was needed.

One of the main benefits of pet ownership is to keep the focus away from self. Really, the secret of happiness is outward, not inward. When living alone it is easy to become focused on self and small discomforts. One person I know is so focused on health and money issues, that there is never a really pleasant day in their life. Actually, I know a young person who fits that bill too, so it must not be totally age related.

Best of all, get plenty of vitamin "L" by bonding with a pet of your choice, and keep your focus on others and how you can still be of benefit to them. [H]

INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Have you ever wanted to know more about Attention Deficit Hyperactive Disorder (ADHD) and Autism Spectrum Disorder (ASD)? Pamela J. Compart, M.D., and Dana Laake, R.D.H., M.S., L.D.N., have written *The Kid-Friendly ADHD & Autism Cookbook: The Ultimate Guide to the Gluten-Free, Casein-Free Diet*. The term “autism spectrum disorder” is used to indicate a large variety of severity and combination of symptoms. Autism is growing at an alarming rate of over 500,000 and growing. According to the Centers for Disease Control and Prevention (CDC), one out of 175 school-age children currently has autism. The number of children born “autistic” hasn’t changed much in the last few years but what has changed is the number of children that develop symptoms between the ages of 12 and 24 months. Common to both children with ADHD and ASD is how certain foods have a negative impact on their systems. Many children crave the very food that impacts their behavior negatively. Parents struggle with finding ways to get their child to eat healthy foods. As well as healthy food recipes, this book offers useful suggestions for feeding the picky eater and methods for starting and maintaining healthy eating habits. The questions this month are taken from their book.

1 ADHD is a collection of symptoms that can’t be diagnosed by using a blood test. Failure to pay attention to details or making careless mistakes in schoolwork, fidgeting or squirming, and difficulty staying seated when expected are some of the symptoms. Everyone can have periods of difficulty with attention or hyperactivity. To be diagnosed with the disorder, symptoms must be present for at least _____.

- a. two months
- b. six months
- c. one year
- d. two years

2 ASD is also a developmental disorder that is much more complex than ADHD. It requires a total of six symptoms from the following three areas: Qualitative impairment in social interaction; qualitative impairments in communication; and restricted, repetitive, and stereotyped patterns of behavior, interests, and activities. There must also be delays or abnormal functioning occurring before the age of _____ in at least one of the following: social interaction, language as used in social interaction, and symbolic or imaginative play.

- a. six months
- b. two years
- c. three years
- d. five years

3 A child who is able to recite a whole book from memory but is unable to have a conversation has one of the indications of autism.

- a. True
- b. False

4 Children who have been identified with ADHD or ASD often require a comprehensive set of treatments. Therapies such as behavioral therapies, organizational strategies, educational interventions, and medication are some of the comprehensive treatments. Other areas that are often overlooked are the _____ components.

- a. diet and weight
- b. weight and nutrition
- c. diet and nutrition
- d. nutrition and dehydration

5 Immunoglobulin E (IgE) antibodies are the antibodies (immune cells) that result in traditional allergies. Immunoglobulin G (IgG) antibodies are one type of food sensitivity. _____ antibodies are obvious and fast.

- a. IgE
- b. IgG
- c. Both IgE and IgG
- d. Neither IgE nor IgG

6 IgG food sensitivities can result in physical symptoms similar to allergies.

- a. True
- b. False

7 Food intolerances are not IgE or IgG reactions. Intolerances include problems with digestion of foods due to the lack of specific _____.

- a. gluten
- b. casein
- c. antibiotics
- d. enzymes

• FOR ANSWERS, SEE PAGE 7 •

Test of the Month


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

Estimated Average Glucose (eAG)

People with diabetes are used to having serum blood glucose levels, finger stick whole blood glucose (Glucometer) levels, and a red blood cell (RBC) HbA1C level done to help control their diabetes. Each has their own value; the HbA1C gives a three-month value (the life of a “normal” RBC) of the blood glucose and is reported in percent (%) and not in mg/dL like the other tests. As you know, the higher the percent, the higher the blood glucose has been over that period of time.

Recently, the American Diabetic Association has proposed that HbA1C be converted to and reported as an estimated Average Glucose (eAG). This converts the HbA1C percent into mg/dL, the same units as reported by the other methods. A mathematical equation is used to convert one into the other. However, there are various charts available to do this for you.

A1C%	eAGmg/dL
5	97
5.5	111
6	126
6.5	140
7	154 – the ADA says this should be the goal for diabetic patients
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

The Bio-Center Lab has incorporated this reporting mechanism in our reports. The next time you have an HbA1C done, check out the eAGmg/dL just below it. We hope this will help you understand and control your diabetes better. 

Apples and peaches and pears...oh, my!

by Gary Branum, Ph.D.

Let's talk about fruit. When we think of fruits, we mentally divide them into two broad categories: common and exotic. A few of the common fruits are mentioned in the title of this article. Some of the exotics are kiwi, mango, papaya, and star fruit. Most of these are available at our local stores. However, a vast, untapped resource exists in some regions of the world in the form of fruits that are staples of local indigenous peoples, but that are only now being recognized and beginning to be cultivated.

The African Plum (safou) is the largest success story. It is the most widely eaten fruit in Central Africa, is the closest to large commercial production, and has begun reaching European markets. It is described as having a flavor that is both nutty and tangy, and is usually boiled or roasted before being eaten as a paste with plantains or fufu porridge.

Fruits that are further from commercial production but have tremendous commercial possibilities include chocolate berries (*Vitex zeyheri*). The black berries have a strong fragrance and can cause a brown stain on the lips, but they have a wonderful chocolate flavor. This plant is also called "chasteberry" and the powdered extract has been used to relieve the symptoms of premenstrual stress.

Aizen (*Boscia senegalensis*) is a shrub that is native to hot, arid regions of Africa. The fruit is a sweet, yellow berry about the size and texture of a cherry. When dried, the fruits become raisin-like with a caramel flavor.

Ebony fruit (*Diospyros species*) is the fruit of the tree that produces ebony wood. The fruit is like a persimmon and has a delicate, sweet flavor.

The one that I am anxious to try is gingerbread plums (what a great name!). These fruits grow on a tree native to sub-Saharan Africa and have the texture and crunchiness of an apple coupled with the flavor of a strawberry.

There's always something new under the sun, at least new to us. Look for these fruits in your supermarket in the next few years. [H]

Physical Medicine

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

Sinus drainage therapy

In the midst of winter, colds and sinus congestion frequent the symptom list of many who come into our office. There is a simple and effective hands on home therapy that can be practiced two times daily to promote drainage and relief from congestion. It is a mixture of chiropractic and osteopathic physical medicine.

1. Start by applying pressure with both hands (palms) over the frontal bone (forehead) for 15 seconds. **2.** Rub your forehead from inward (midline) to outward (side of head) 6 times. **3.** Apply pressure to the inner upper part of the upper orbit bone (where the upper eye and nose meet) on both sides for 6 sec. **4.** Apply pressure to the upper bridge of the nose off and on 8 times (pumping on the nose). **5.** Apply pressure to the lower inner part of the eye for 6 seconds. **6.** Tilt your head back and apply pressure to the right frontal bone (forehead) and the left cheekbone for 10 seconds. Reverse your

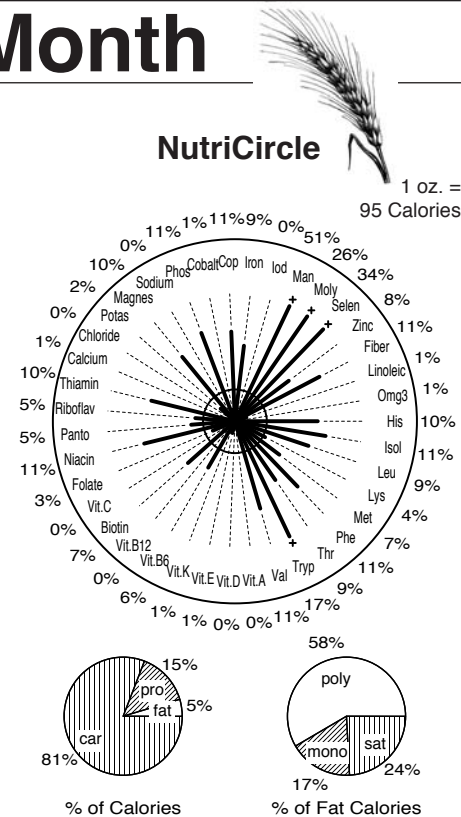
hands and repeat the same sequence for 10 seconds. **7.** Rub your fingers down the sides of your nose 10 times. Start at the top and work your way down. **8.** Use your fingers and apply rotary moves to the sides of your eyes on each side in the little depressions (temple area) for 6 seconds each side. **9.** Apply pressure in the upper outer part of the lip on each side for 6 seconds. **10.** Rub under your chin and down the front and back of your neck in circular motions. Repeat step 10 three times. **11.** Rub your chest midway and underneath your collarbone on each side in a circular pattern for 10 seconds. **12.** Raise your right arm and gently squeeze it with left hand. Start at the wrist and work down to the shoulder (milking the arm towards your heart). Repeat this drainage on the other arm as well.

Follow these 12 steps to keep things flowing during the winter months. [H]

Food of the Month

by Donald R. Davis, Ph.D.

WHEAT is the world's third largest crop, after maize and rice. It supplies much of the calories and protein in most countries. Usually it is consumed whole (with the germ and bran) in India and the Middle East. In Europe whole wheat products are used more than in the U.S., where white flour products predominate. Whole wheat flour contains adequate amounts of 24 out of 39 nutrients shown here, relative to its calories, including 6 vitamins, fiber, magnesium, iron, selenium, and zinc. The removal of bran and germ from white flour causes 70% to 80% losses of fiber and most vitamins and minerals, though 4 vitamins and iron are added back to "enriched" flour.



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.




Gadgets

Computers, internet, cell phones, blackberries, Facebook, and the list goes on of all the electronic gadgets that have become indispensable to our lives. As I get older the harder it is for me to keep up with all the new technology. David Viscott said, "Even those who venture to dip a toe in the pond of risk never allow themselves to get used to the water."

My grandfather-in-law was a perfect example of that saying. Although he was very adventurous in buying and driving an automobile when they first became available, he never quite trusted them. He never drove over 30 miles an hour even when he ventured out on the road to travel from Carlton, Oklahoma to Wichita to see his first great grandchild. He might never have made it to our house if he hadn't stopped in Harper, Kansas, where his brother brought him the rest of the way to the big city. They stayed

to admire the new addition for no more than 30 minutes before they were back on the road again.

I remember his cautious ways every time I attempt to learn something new about the cell phone or computer programs. My grandchildren help me out when I get stuck. Alyssa showed me how to use some of the features on my new cell phone, and Jadyne knows more about the computer at age 10 than I do with all my years of experience.

From previous history we have learned that even as we laughed at Grandpa Fielder for his lack of risk-taking with the automobile, someday our grandchildren's grandchildren will laugh at their grandparent's inability to learn the newest gadget. Dorothy Confield Fisher said, "What is life but one long risk?" What gadget have you "risked" learning about lately? 


Case of the month

A 78-year-old female had a history of TIAs, loss of memory, fatigue, congestive heart failure, cough, arrhythmia, and macular degeneration. Her husband was most concerned with the memory loss and remembered reading about hyperbaric oxygen therapy helping patients with head injuries and memory loss. He searched the internet looking for a local facility that does hyperbaric oxygen therapy (HBOT) and found only one such place listed in the Wichita area – a hospital. A person at the hospital told him they only used their chambers to treat wounds but to look into the Bright Spot. The woman became a new patient at The Center and saw Dr. Kirby for the first time in July of 2009.

Dr. Kirby ordered initial lab tests that included CoQ10; CRP; glutathione; homocysteine; a thyroid panel; vitamins A, E, C, and D; vitamins B1, B2, B3, B5, B6, and B12; folate; beta-carotene; lutein; and lycopene. She also ordered a magnesium/calcium ratio, zinc, copper, manganese, selenium, essential fatty acids, lipid profile, basic cytotoxic, female hormone panel, and a urinalysis.

The lab results showed that she had borderline thyroid function and that her cholesterol and triglycerides were elevated. The lab tests also showed elevated homocysteine levels, a few food sensitivities, and that her vitamin C and vitamin D were low normal. It was also noted that she had a urinary tract infection.

Dr. Kirby treated the woman's urinary tract infection and had a diet consultation with her on the second day. Dr. Kirby also ordered an IV Mini-Myers, nutritional supplements, and a series of 20 HBOTs.

The woman's first HBOT occurred on a Friday. Monday, the husband reported his wife did not ask him all weekend, "What day is it?" He stated, "She knew what day it was, both days!" During the course of HBOT the woman's memory continued to improve. The woman and her husband continue to be pleased with her progress. The husband states, "I'm a true believer in hyperbaric oxygen therapy!" 

CENTER UPDATE

by Dean Dodson

Is health really a priority?

The word "health" evokes many different thoughts and concepts to different people. It's a concept or thing; a condition, state one is in or not in; a description and a classification. We have known for years that to achieve overall health (at a very basic level) is a combination of several holistic components. Our nutritional, physical, emotional, mental, and social well-being work together and are balanced in such a manner to equate to good health. I have often thought of health, in regard to the healthy state of the body, as a balance scale. It maintains a delicate state of equilibrium to stay balanced and at the same time must focus on lifestyle choices to weigh more heavily toward the optimum side of physical health. "Lifestyle," you know that thing that makes up everything in our life, impacts what we call good or poor health.

The word "health" and the concept of health seem to be everywhere nowadays, reaching from our daily life to the

distortions and special interest presented in society. I recall Dr. Hugh Riordan stressing that health first starts with one's own personal responsibility and desire to maintain or improve personal health to achieve an optimally healthy state. I really believe optimal health has been and will always be a global lifestyle choice and responsibility that each of us makes to a greater or lesser degree.

Unless we have a serious accident or have inherited maladies, what we make as a "priority in life" often tends to be self-fulfilling. Good health generally is the result of a conscious, well-informed, exploration and priority based quest with "a passion for life" thrown in. What are your priorities? Are you saying you want to be healthy without really living it? If so, I hope this little commentary gives you cause to think about priorities and refocus if necessary.

Enjoy 2010 and make some healthy priorities. 

Answers from page 4

- 1 b. Difficulty sustaining attention, often not seeming to listen when spoken to directly, and often acting as if driven by a motor and talking excessively are a few more symptoms.
- 2 c. An important feature of ASD is that the diagnosis is not just about delayed development or lack of certain skills. The quality of the interaction is also important.
- 3 a. While his/her language skill may seem advanced, his/her ability to communicate is not typical.
- 4 c. This area is often overlooked, although many of the symptoms are related to nutritional deficiencies, poor diet, and sensitivity to certain foods.
- 5 a. Most food reactions are not IgE. The biggest difference in IgE and IgG is the time it takes for the reaction to occur.
- 6 a. Food allergy symptoms occur quickly. Food sensitivity symptoms can occur at any time within three days after eating the food.
- 7 d. Other reactions are caused by maldigestion of lactose, carbohydrate double sugars, and proteins from gluten and milk. [H]

SPECIAL DISCOUNTS

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 Video Tapes: Regular Price—\$9.95; Health Hunter Price—\$8.95
 CDs: Regular Price—\$9.95; Health Hunter Price—\$8.95
 DVDs: Regular Price—\$14.95; Health Hunter Price—\$13.45

THE KID-FRIENDLY ADHD & AUTISM COOKBOOK

By Pamela J. Compart, M.D. & Dana Laake, R.D.H., M.S., L.D.N.

This book is more than a cookbook; it is also a compendium of information about ADHD, Autism, and diet. It is a how-to guide for beginning and maintaining a healthier diet that can improve your child's brain function. Hard cover. (\$24.99 HH price \$22.50)

HOW SWEET IT IS: The Facts on Sweeteners with Rebecca Kirby, M.D., M.S., R.D.

Have you wondered about that assortment of sweeteners out there? Which ones are healthier choices, and which ones are just empty calories? And just how much sugar are we eating anyway, and do we need it? Dr. Kirby gives the low-down on sweeteners and their properties and politics.

THE ULTRAMIND SOLUTION: How to Fix Your Brain by Healing Your Body with Mary Braud, M.D.

Dr. Braud presents the keys to better health that are essential to creating a healthier brain using the recently released book by Mark Hyman, M.D. as a guide. If you are one of the millions of Americans affected by the epidemic of brain dysfunction, this lecture provides immensely valuable information.

CoQ10: THE ENERGY NUTRIENT with Chad Krier, N.D., D.C.

As cellular levels of CoQ10 decline, so goes our energy reserve and health. Low levels put us at increased risk for developing fatigue, cardiovascular complaints, migraine headaches, and many other conditions. Medications, certain diets, and food choices can all affect our levels of this vital nutrient. Learn how to keep up optimal levels.

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Upcoming Events. . .

Lunch & Lectures:

January:

- 14 Swine Flu #2 - H1N1 is Changing
- 21 The Riordan IVC (Intravenous Vitamin C) Protocol for Cancer - New Hope for Cancer Patients
- 28 Lower the Risk of Heart Disease, Cancer, Diabetes, Arthritis, and Dementia While Losing Weight

February:

- 4 Using Supplements with IVC (Intravenous Vitamin C) Therapy for Cancer
- 11 Mushroom Power - Cancer Prevention and Nutritional Benefits
- 18 The Great Brain Tune Up
- 25 Why Stomach Acid is Beneficial to You

March:

- 4 Gluten Sensitivity and Celiac Disease
- 11 The High Cost of Hidden Stress - Healing Chronic Illness Through the Recovery of Self
- 18 Optimism: Is It the Key to Happiness and Success?

Rethinking screening for breast cancer

Twenty years of mammography screening has increased the diagnosed incidence of breast cancer, with less than the expected decrease in mortality. A recent evaluation suggests that screening unfortunately detects many low-risk cancers that need no treatment, without significantly reducing the burden of life-threatening tumors. To prevent one death from breast cancer, 838 women of age 50 or more must have annual mammograms for 6 years, leading to 535 recalls for suspicious findings, 90 biopsies, 18 diagnoses of invasive cancer, and 6 diagnoses of localized tumors. Although many diagnosed tumors are not dangerous, doctors cannot distinguish the deadly ones, so most are treated as deadly, at great human and financial cost. The authors call for better screening methods and improved messages to the public about screening. We would also like to learn why breast cancer mortality is much higher in the U.S. than in Japan and China.

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