

Health Hunter[®]

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N E W S L E T T E R

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You can cope with anxiety

Marilyn Landreth, M.A.

Fear and anxiety are natural responses to any experienced or perceived threat. It is how you deal with them that counts.

Fear occurs as a result of things happening quickly that throw us into an anxious state. When you are under threat, you don't have time to weigh the pros and cons of your actions; you have to react fast. Fear is a signal response that is meant to help protect you and help you survive.

*Mark Twain said,
"Courage is the mastery of
fear—not absence of fear."*

Anxiety, on the other hand, occurs when the threat is vague or ill defined. It is a painful or apprehensive uneasiness of the mind over an impending or anticipated ill. There may be times when you feel very anxious and you have the perception of a threat but don't quite know what is causing the concern. Anxiety comes from a part of our system recognizing a threat, but to our conscious mind it is not clear what it is.

Anxiety can result in a fight or flight response. The adrenalin flows and you are ready to do something. Symptoms of anxiety include physiological responses such as: difficulty breathing or breathlessness, rapid or pounding heartbeat, sweating, sweaty hands, dry mouth, tightness in the chest, dizziness, nausea, insomnia, fatigue, diarrhea, tension headache, and cramps. Symptoms of anxiety are found in physical ailments such as cardiovascular problems, asthma, diabetes, and hypothyroidism.

While anxiety can be a symptom of physical ailment, it can also come from medications. Stimulants, thyroid supplements, cold medication, tranquilizers, sleeping pills, blood pressure medications, steroids, and, ironically, antidepressants may also cause anxiety.

In fact, up until a few years ago, some people would see a psychiatrist with anxiety neurosis until they became aware of a condition called "caffeinism." They just needed to reduce their coffee intake. Watching your caffeine intake can make a difference.

What type of people are prone to anxiety that interferes with their life? There are several characteristics. They may be highly creative, have above average intelligence, and have a very active imagination. They may be prone to black-or-white, either-or thinking. They are generally people who have a strong need for external approval. They are perfectionists who hold themselves to extremely high standards. They are often people who need to control feelings.

Many times, but not always, the first anxiety attack occurs after a prolonged period of stress, usually accompanied by poor nutritional habits. After experiencing a bout with fear or anxiety, fear of having another attack compounds the problem. Now you can be anxious about being anxious.

The first step to coping with anxiety is to recognize that you are feeling anxious. Don't let those feelings scare you. Remember, the feelings are only a signal.

Give yourself permission to feel anxious about whatever is bothering


continued on page 2

Cranberry compounds really do fight urinary tract infections

You have known for years that cranberry juice fights urinary tract infections, but now it is official. Doctors can read in *The New England Journal of Medicine* just how it actually works.

During five years of study, Dr. Amy Howell and her colleagues at Rutgers University in New Jersey found that extracts containing compounds called condensed-tannins or proanthocyanidins can actually prevent the bacteria causing the infections from attaching to the lining of the urinary tract.

These compounds are commonly found in cranberries and blueberries. She added that the amount of proanthocyanidins in a 10-ounce glass of cranberry juice on a daily basis could help prevent urinary tract infections.

The common medical treatment has been antibiotics but, with the studies released recently about the overuse of antibiotics, cranberry juice could be the preferred treatment. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

Acceptance


"What you resist, persists."

When adverse events come our way, such as a serious illness, there is a huge tendency to wail and gnash teeth. "Why me, Lord"? There is the pervasive feeling of betrayal. "I don't deserve this"! Denial, anger, and bitterness join the many pills one must swallow in the ensuing medical battle.

Ironically, the harder one fights, the more tenacious the illness seems to become. Especially in our modern times, where a whole alphabet of medical nemeses...CFS, FMS, IBS, MS, RA, CA, and ALS (just to list a few)...literally "plague" us. The huge rise in the chronic, degenerative illnesses of aging is, in part, due to the medical successes of this century. We are living longer, but not necessarily better.

When locked into an unending battle with a chronic ("sustained") illness, the tendency is to fight it. We

assume that the illness is an "enemy." The "war" on cancer; "battling" illness; "attacking" the cause. All of these war metaphors hold the illness as the unrighteous, unjust enemy. The patient is held as the innocent victim. Our own responsibilities in the mess are often overlooked. Not that we directly caused our illness...but most certainly we participated in its genesis.

Paradoxically, our best efforts to rid ourselves of illness often only strengthen "it." We forget that "it" (the illness) is not "out there." We are fighting the war within ourselves. Like Chinese handcuffs (the bamboo tubing in which you place your index fingers...the harder you try to pull to get out, the tighter it becomes), we need to relax, observe, accept our situation...and then work for change and healing. Ironically, the best way to begin to change what you don't like...is to first accept it for what it is. 

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Anxiety

Continued from page 1

you. It is okay and normal to have anxiety.


Be a friend to yourself. Engage in compassionate self-talk:

- to empower and motivate yourself and others
- to calm yourself in a difficult situation
- to reassure yourself when you are feeling anxious and depressed
- to have compassion for yourself and others
- to talk to yourself in ways that reinforce your strength and courage, rather than your fears, to help you get to where you want to be
- to praise yourself, to mean it, and believe it
- to give yourself encouragement when you think you've done something to feel good about.

Other methods of coping with anxiety include getting busy and doing something productive with the energy

that is generated. Go for a walk, run around the block, clean your closet, do deep breathing, or throw blue rock (clay pigeons). Find humor in the day-to-day challenges. Relaxation training can be helpful since it is difficult to be relaxed and anxious at the same time. Express your feelings. Write them on a piece of paper and then tear them up or talk to someone about your feelings. Developing a belief in a power bigger than yourself can also go a long way in reducing anxiety.

Mark Twain said, "Courage is the mastery of fear—not absence of fear." General George Patton wrote in his autobiography that, "I learned very early in my life never to take counsel of my fears." And William James once wrote, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

Remember, learned fear and anxiety are normal and serve as an alarm system. We have a choice about how to respond to that alarm. 

Breast pain linked to high fat diet

A high fat diet, along with an elevated cholesterol level, may contribute to "cyclic mastopathy," or painful, tender breast swelling, according to a study reported in the *American Journal of Obstetrics and Gynecology*.

In some previous studies, women reported fewer symptoms of cyclic mastopathy after they reduced the fat in their diet.

In this study, headed by Dr. Pamela Goodwin at Mount Sinai Hospital in Toronto, Canada, the researchers examined the diets throughout the menstrual cycles of 34 women with cyclic mastopathy and 29 controls. The 34 women with painful breasts during their menstrual cycle ate a diet with a higher percent coming from fat sources than did the control subjects.

Other studies have found that about 40% of women in the western nations are affected by cyclic mastopathy while only 5% of the women in Asian countries are affected. Asian diets, as a rule, are considerably lower in fat than the western diets.

This may be another reason to convert to a whole foods diet which, like the Asian diet, is low in fat. H

Calcium supplementation helps PMS

Problems with calcium regulation may be involved in premenstrual syndrome (PMS), according to a study reported in a recent issue of the *American Journal of Obstetrics and Gynecology*.

In this double-blind study, the researchers randomized 497 women between the ages of 18 and 45 with PMS to receive either 1200 mg of elemental calcium per day or a placebo for three menstrual cycles.

"Fifty-five percent of the treated subjects reported a greater than 50 percent improvement in symptoms compared with 36 percent of those given placebo." H

HEALTH HUNTERS AT HOME

Exercise good for you—awake and asleep

For years, there has been an argument over whether regular exercise helps you sleep better or whether it doesn't make any difference. I have been one who has come down on the side of exercise increases my ability to sleep.

My wife claims that I am a flawed narrator when it comes to discussing falling asleep—exercise or no exercise. She swears that I can fall asleep when I get a couple of degrees off vertical. Standing, sitting, lying down, it doesn't make any difference. I do claim that it is my clear conscience that adds to the benefits of regular walking.

She quickly debunks the clear conscience claim and says exercise doesn't have anything to do with it. My reply is, "I rest my case!"

Until recently, there was no way to prove which side was right. A recent study has shed new light on the subject, and their conclusions are quite correct, I might add.

Researchers at the Respiratory Sciences and Sleep Disorders Center of the University of Arizona in Tucson found that "in both men and women, regular activity or exercise was associated with a reduced risk of disorders of initiating and maintaining sleep."

This study, reported in a recent issue of the *Archives of Internal Medicine*, makes a couple of points. It may help people get out and exercise as a remedy for their sleepless nights, and it makes my point that it is not just my clear conscience that helps me fall asleep quickly; it is my walking as well.

For this study, the researchers analyzed data from the Tucson Study of Obstructive Airways Disease. As a part of this study, 722 men and women were asked about their sleep and exercise patterns.

From this data, the researchers found that those walking more than six blocks a day had 33% fewer sleep disturbances than those who walked less than six blocks. Adding to the exercise benefits, those walking more than six blocks a day at a "brisk pace" reduced

their sleep disturbances by half.

The study does throw Jackie a bone. They found that the only exception to sleep improved by exercise was women who exercised vigorously, especially on the weekends. These women had about double the risk of sleep disorders as women who did not indulge in vigorous exercise.

They went on to point out that "exercise occurring late in the evening, especially if vigorous and prolonged, may be detrimental to sleep."

Overall though, the researchers found that exercise was strongly linked to restful, deep sleep.

As with many studies, the authors did not learn the underlying physiological mechanisms of exercise that caused better sleep, but in this case they were willing to speculate.

Exercise may raise the core temperature of the central nervous system, lulling the body into a somnolence similar to that experienced with a warm bath. Other possible reasons for increased ease of sleeping, they think, may include a rise in oxygen consumption, increased fitness, and reduced stress from the exercise.

The great thing about the research, especially since Jackie and I are not getting any younger, is that exercise helps all ages. In the language of researchers, increased age "does not appear to mitigate the beneficial effects of exercise on sleep." We would say that no matter what your age, you will sleep better if you exercise regularly—even if it is walking a little more than six blocks.

Having written this, I leaned back in my chair and thought of all the benefits we get from exercise, even just moderate exercise like that mentioned in this research study. We not only sleep better, we move better, our sense of balance is better, and if we exercise with a friend or our mate, the friendship deepens and the relationship is richer.

That is a great deal of gain for about a half an hour a day. H

—Richard Lewis



INFORMATION WORTH KNOWING

Have you ever told your doctor that you were having health problems and felt like your complaints were not receiving the attention they deserved? As a physician who treated a wide variety of patients, Dr. Vliet was surprised at the number of women who voiced that complaint. She began to listen to their symptoms and to their opinions as to what was the root of their problem. The more she listened, read, and practiced, the more she came to respect their wisdom and insights. *Screaming to be Heard* grew from that experience. The questions this month are taken from her book.

1 When Dr. Vliet refers to women's healing wisdom she means they are attuned to their body rhythms and sensations in a positive way. Women also tend to have _____.

- a. a very good intuitive sense about body changes
- b. trouble discerning the real from the imagined
- c. a stronger body than men
- d. none of the above

2 The brain is connected to the body, and hormones are one of the most potent chemical messenger systems affecting the brain and all its functions. Both estrogen and progesterone have (a) profound effect(s) on (the) receptor system(s) of _____.

- a. serotonin
- b. norepinephrine
- c. dopamine
- d. all of the above

3 The Baltimore Longitudinal Study of Aging was started in 1958 and is one of the early studies of both men and women.

- a. True
- b. False

4 Cigarette smoking has been linked to earlier menopause and bone loss both in female smokers and in nonsmoking women whose spouses smoke. The fastest growing group of smokers in the United States are _____.

- a. boys under the age of 11
- b. girls under the age of 11
- c. men over 21
- d. women over 21

5 _____ is/are like "chemical communicator(s)" that carry messages to and from all organs of the body and serve to connect one organ's function with another organ's function.

- a. Cartilage
- b. Vitamin C
- c. Hormones
- d. all of the above

6 Every woman needs the same level of hormone replacement therapy.

- a. True
- b. False

7 Estrogen has an effect on the brain by enhancing central nervous system availability of norepinephrine and dopamine. Another effect of estrogen on the brain is that it _____.

- a. regulates sleep centers
- b. decreases pain tolerance
- c. decreases the production of the enzyme involved in memory
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 54-year-old man came to The Center in 1995 complaining of joint pain and stiffness that had migrated into his muscles as well. He said he was nearly paralyzed with pain and stiffness. Extreme fatigue had accompanied the stiffness and pain. It all started, he believed, when he had his teeth pulled the year before.

He is a farmer and dirt contractor who has to climb on and off large equipment which he operates all day long to make a living, and he wasn't able to do this in his present condition.

After the comprehensive evaluation, he was started on intravenous vitamin C (IVC) and magnesium while awaiting the results of his laboratory tests.

From the initial results, the intravenous vitamin C was continued and increased to 25 grams. This was combined with magnesium and a vitamin B complex. The vitamin C was gradually increased to 82.5 grams and then reduced to 32.5 as he improved. For a while, the vitamin C was alternated every other week with a mini-chelation.

For supplements, he started on vitamin C, a vitamin C complex, and selenium to help increase low areas shown on the testing, and Latero Flora to reduce the high levels of candida yeast.

This patient was like many others. He did not have steady upward progression towards health and freedom from pain and stiffness. He would have times of ups and downs, but his down turns were often higher than when he started. Sometimes the therapy that had worked well for months would seem to set off his arthritis again.

In May, 1997, he remarked that IVC gave great results. He is now 50% plus back to normal and works eight to ten hours a day. "Three years ago I could not 'doze' (operate his dirt moving equipment)." Then three months later, he noted everything flared up in his legs and hips again. Adding calcium with IVC helped.

During the three years he has continued to work with The Center, he has seen many changes in his life. He got married for the first time, returned to Polka dancing, one of his great loves, and is still running his dirt contracting business and farming. FH

It's Coming!

November 20

FOOD, PRIZES, AND A GREAT TIME
Health Hunter Appreciation Night

Anxiety

William Ullathorne had a good thought about anxiety. He said:

Beware of anxiety. Next to sin, there is nothing that so troubles the mind, strains the heart, distresses the soul, and confuses the judgment.

I know for a fact that when I have a different task to perform, and I am not too familiar with what the results should be, I fret and stew about it and become so anxious about the outcome that I am weary before the task is completed. Then I find out I was doing it right all along, and all the anxiety was uncalled for.

We need to take time to think. We can do more with our heads than we can with our feet.

When a mundane task becomes automatic, stop and think of a way you can do this task more efficiently.


I know the old saying, "don't put off till tomorrow what you can do today," but maybe to save ourselves some stress and anxiety we could say, "put off a few things until tomorrow that don't really need to be done today."

Take time to enjoy the beauty of each day, and spend some extra time with your family, reminisce about the fun you have had in the years just passed, and plan for more pleasant days ahead. I have never heard anyone say on their death bed, "I wish I had spent more time working at my business."

Another quote that helps me with stress and anxiety is from John Burroughs:

Too Little Time

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see. The longer I live the more my mind dwells upon the beauty and the wonder of the world.

Above all take time to be grateful for just one more day. Let a friend know how special they are to you. 

—Nelda Reed

Once you know, it is impossible to not know. And, you are forever changed.

—Hugh Riordan, M.D.

Herbal History

Chokecherry and wild black cherry

The chokecherry and wild blackberry were among the earliest recorded plant-based remedies used by the American immigrants. Reverend Manasseh Cutler, wrote in 1785, "an infusion or tincture of the inner bark is given with success in jaundice."

The mother of Meriwether Lewis, of the Lewis and Clark Expedition fame, was known as a "yarb" or herb doctor in Albemarle County, Virginia. From her, Lewis learned about many plant-based medicines at an early age.

Lewis gained further instruction in herbal medicine from Benjamin Rush, a doctor and statesman, before he and William Clark left on their expedition to the Pacific Ocean.


In his diary dated June 11, 1805, after he and his men had killed four elk, Lewis wrote, "I was taken with such violent pain in the intestines, that I was unable to partake of the feast marrow-

bones." As the pain increased, he directed his men to collect a small bundle of chokecherry twigs. He boiled the twigs in water until a "strong black decoction of an astringent bitter taste was produced."

He drank a pint of this followed by another pint an hour later. He wrote, "my fever abated, a gentle perspiration was produced and I had a comfortable night's sleep."

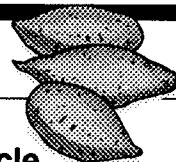
It continued in popularity through 1921 when John Uri Lloyd wrote, "No more popular bark of a native tree, excepting sassafras, is known to home medication."

Today, modern drugs have replaced the chokecherry and its very close cousin, the wild black cherry, but with such a long history of successful medicinal use, it may come back.

Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher 

Food of the Month

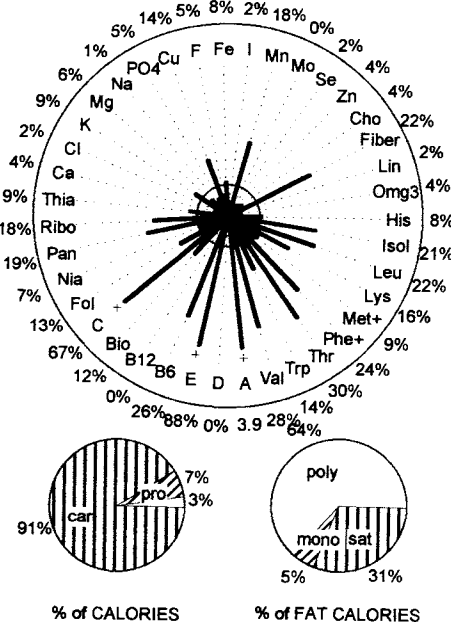
by Donald R. Davis, Ph.D.




NutriCircle

5" x 2" potato = 190 calories

SWEET POTATOES have saved many millions of lives during famines caused by natural disasters and wars, especially in Asia and Africa. Rwandans eat about a pound a day. Over 5000 varieties are known. After cooking, some are soft, moist, sweet, and deeply colored yellow to orange-red (by antioxidant carotenes). These are often wrongly called yams, which are botanically unrelated. Others are firm, dry, and paler colored. Among 24 nutrients adequately supplied relative to calories, notice especially fiber and vitamins A (carotenes), E, B6, and C. At Thanksgiving, let's wonder, why don't we do this more often?



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

Mental Medicine

by Marilyn Landreth, M.A.

Do you need a dog on your head?

Having a good support system is important to good health. One evening I was strengthening my support system with a dinner out with friends whom I had known for many years. We chose a local restaurant at which to meet. After we were seated, we realized that it was family night at this particular restaurant and there were a lot of children running around. The restaurant had provided clowns to keep the children entertained, and the clowns were making balloon hats and animals for the children.


Peggy is the ring leader of our group. She has more energy than the other six of us put together. She is a busy, active woman with a love of flowers, friends, and her 10 grandchildren. While we might be considering doing something, Peggy has already made the plans and is getting us involved.

After most of the children had gone home and while the clowns were still there, one walked by our table and Peggy told him, "I want a hat, too." The clown asked the rest of us if we wanted hats and we quickly said "yes." He made all of us

hats—some with hearts, some with animals, and some with bugs. We continued eating, visiting, and wearing our beautiful creations.

I looked at Peggy, wearing her balloon bug hat with antennae hanging down, and said, "One thing about Peggy, she is not going to grow old gracefully." She replied, "You're darn tooting. They are going to have to come and get me kicking and screaming all the way." As I looked at her with her balloon hat, I said, "Well, the way you look right now, someone is going to come and get you." She looked back at me and said, "You are a fine one to talk, you've got a dog on your head."

At first, people would come by the table and make some comments about our chapeaux, but before we left other "adults" were also wearing hats and enjoying them.

The mental medicine from this evening was enjoying time with friends, doing something a little different, and laughing. Anyone need a dog on their head? 




Cow's milk may cause constipation in children

"In young children, chronic constipation may be a manifestation of intolerance of cow's milk," wrote Giuseppe Iacono, M.D., and colleagues in *The New England Journal of Medicine* recently.

To come to this conclusion, they studied 65 children ages 11 to 72 months in a double blind, crossover study comparing cow's milk with soy milk. All 65 had come to a clinic at the University of Palermo, Italy, with constipation problems.

While receiving soy milk, 68% of the children had their constipation and other symptoms that brought them to the clinic disappear. When switched to cow's milk, the symptoms returned.


Although chronic diarrhea is often "the most common gastrointestinal symptom of intolerance of cow's milk, our current results confirm our earlier observations that chronic constipation can also occur," the researchers concluded. 

Garlic prolongs elasticity of the aorta

Previous research has suggested that garlic has protective effects against a variety of cardiovascular diseases. Now, German investigators designed a cross-sectional, observational study to assess the effects that long-term garlic use has on elasticity of the aorta (a heart artery) in healthy, non-smoking adults.

If garlic does have any protective effect against cardiovascular diseases relating to aging, the researchers hypothesized, regular garlic intake would delay the stiffening of the aorta.

To prove this, they compared 101 healthy men and women ages 50 to 80 who had been taking greater than 300 mg of standardized garlic powder daily for at least two years with 101 age and sex matched control subjects. The average length of garlic supplementation was 7.1 years.

After carefully assessing the artery flexibility of both groups, "The results of this...study suggest for the first time that regular long term garlic powder intake attenuated age- and pressure related increase in aortal stiffness." 

CENTER UPDATE

Iodine deficiency, a growing problem

Iodine deficiency may show up as an enlarged thyroid, mental deficiencies such as retardation, and other health problems. And the bad news is that Americans are getting less iodine in their diet than they were in 1974.


According to a study from The Centers for Disease Control and Prevention, the number of Americans with low iodine has quadrupled in the last 25 years.

"Lack of iodine is the world's leading cause of preventable mental retardation and can cause population-wide drops in IQ in areas where deficiency is common," according to Dr. Glen Maberly of the Rollins School of Public Health at Emory University.

With iodine deficiencies, both great and small, becoming more common in the U.S., Ron Hunninghake, M.D., has an easy and inexpensive test

for it and a solution to the deficiency.

Get a small bottle of 2% iodine tincture, he suggests, paint a spot of the tincture about the size of a silver dollar on the back of your hand, and then see how long it takes to disappear. If the circle lasts for 24 hours, your iodine level is good. If it disappears in less than 24 hours, continue painting the spot daily until it does last for 24 hours.

Two tips. A 1 fluid ounce bottle that will last you about three months will cost about \$2.00. To keep people from constantly asking you if you injured yourself because of the iodine blot on your hand, you can place it on your arm, shoulder, or stomach. Be sure that when you place it somewhere clothes will come in contact with it that the iodine is completely dry. It will stain clothing if it is not dry. 

Answers from page 4

- 1 a. Sensing body changes and what is wrong with them is a gift that enhances survival.
- 2 d. All are involved in mood regulation.
- 3 b. The last major report of this study was published in 1984 entitled "Normal Human Aging." It contained no data on women.
- 4 b. Tobacco companies target young people by advertising glamour, glitz, thinness, and an image of good health.
- 5 c. Hormones keep the connections and messages flowing smoothly and our organs functioning in an integrated manner. Without hormones, we would die.
- 6 b. Just as we are individuals in our physical appearance, we are also individual in our hormonal needs.
- 7 a. Estrogen also increases pain tolerance and increases production of the enzyme needed to make acetylcholine, the memory enhancing neurotransmitter. [H]

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

SCREAMING TO BE HEARD

by *Elizabeth Lee Vliet, M.D.*
 Dr. Vliet describes the often unrecognized hormonal changes that contribute to a wide variety of health problems that affect women in greater numbers than men. Women have known for a long time that these problems have a physical connection. Hardcover.
 Retail Price: \$27.50
 Health Hunter: \$24.75

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with *Ron Hunninghake, M.D.*
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with *Joseph J. Casciari, Ph.D.*
 Learn about this exciting area of cancer research. In angiogenesis, cells in damaged tissues send out signals that stimulate new capillary growth in the area of the wound. Tumor cells also stimulate the angiogenesis process to supply the tumors with nutrients. Can cancer be cured by disabling the angiogenesis? Find out what new steps have been taken in this fascinating area. Audio cassette & video tape.

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2 Yoga	3 L & L - Echinacea: For Better Immune Function, Yoga	4 Yoga	5 L & L - Sauna Therapy, Sounds for Healing	6
9 Yoga	10 Yoga	11 Yoga	12 L & L - Healthier Holiday Recipes	13
16 Yoga	17 L & L - Body-Mind-Spirit: the Energy That Moves Us, Yoga	18 Yoga	19 L & L - Ask the Doctor	20 Health Hunter Appreciation Night
23	24	25	26 Center closed	27 Center closed
30				

DECEMBER

SPECIAL CLASSES:
3 Sounds for Healing

Antioxidant rich diet helps older rats think better

Eating a diet rich in antioxidants retards the onset of age-related slowing of the signals traveling between neurons in the brain and deterioration of cognitive ability—at least in rats.

Dr. James Joseph and colleagues with the USDA Human Nutrition Research Center on Aging at Tufts University presented these findings in the *Journal of Neuroscience*.

They concluded that animals fed diets supplemented with either vitamin E or strawberries and spinach extract "...did better than control [animals] on all the [cognitive and neuronal tests]... and the ones that were better than everyone else were the ones that were fed the spinach extract."

Maybe Popeye and the rats know something that we all should know.

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- You can cope with anxiety
- Iodine deficiency,
- a growing problem,
- Breast pain linked to high fat diet
- Garlic prolongs elasticity of the aorta

INSIDE THIS MONTH'S ISSUE . . .