

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

NOV/DEC 1999

## Brain boosters

Ron Hunninghake, M.D.

**W**e are born with a hundred billion neurons or cells in our brains and each neuron has hundreds of dendrites or little arms on it. These arms connect with other brain cells in many complex ways. It has been calculated that when you take a hundred billion neurons, each one having hundreds of dendrites, there are more possible connections in the brain than there are molecules in the universe!

*The brain is only 2% of your body weight but 20% of your blood is pumped there.*

Our nutrition can either boost brain functioning or limit it. Most of us would rather boost functioning.

Life occurs on levels. The first level is your physical body which runs by the biochemistry in each cell. If a cell is missing one or more of the essential nutrients that are part of the biochemical team, it functions poorly. At The Center we look for the gaps in the biochemical team. Testing allows us to see these gaps.

Your emotions or your feelings are the next level. How you feel is influenced by biochemistry. Your cells are like machines. If something is missing that they need, the cells won't function as well as they should. That goes for neurons of the brain especially. It seems like the brain is extremely sensitive to imbalances in biochemistry. The third level is relational aspects of life. This is our biography.

There is an interaction between

these different levels. If you are living an extremely stressful life, you are going to deplete your biochemical reserves. If you are eating less than the optimal type of food, this, too, is going to have an influence on biochemical reserves. If you are thinking negative thoughts, these thoughts will have an effect on your biochemistry.

The brain boosters are nutrients, herbals, hormonal support, and medication. We will look primarily at nutrients.

There are three basic ways to look at nutrients. The first is macronutrients, the ones you eat and can see. It is the quality of the food. The second is micronutrients. The third category is the antioxidant or nutrient-like substances that are present in food that work beyond just the biochemistry. They can protect you from long-term damage.

If you can eat foods as they grew in nature (whole foods), you are going to help your brain function better. Whole foods retain their cellular structure. For a whole food to grow in nature it has to be composed of cells. For those cells to grow, they must have specific vitamins, minerals, and other nutrients in order for the cellular processes to work. When you eat a whole food you take in that menu of biochemicals which that particular food had to have in order for its cells to grow.


There are about four levels of micronutrients. We want to have a wide variety of nutrients available to our cells so we can handle the stressors that will inevitably come our way. Having an optimal level is the best. Having an adequate level will get you by, but

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## First red wine, now purple grape juice fights heart disease

After drinking 12 to 16 ounces of purple grape juice for two weeks, the 15 research subjects who had coronary artery disease at the beginning of the study showed improvement in their endothelial function and reduction in the susceptibility of low density lipoprotein cholesterol to oxidation.

Endothelial cells line your arteries. Improving endothelial cell functioning tends to prevent platelets from sticking to the artery walls and causing damage. These cells also secrete a substance which helps the arteries dilate so the arteries can carry more blood throughout the body. To check the flow capacity, researchers measured flow-mediated vasodilation (FMD).

At the beginning of the study, the FMD was 2.2mm plus or minus 2.9%. After drinking the grape juice, FMD results rose to 6.4mm plus or minus 4.7%. This amounts to tripling the blood vessel's ability to respond to increased flow, according to the researchers. 

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Brain health


It's actually quite strange to speak of "brain health," as if the brain could be healthy without the rest of the body being healthy.

"Health" means "wholeness." Health is holistic by its very nature. Health involves teamwork. All the parts that make up the whole need to be working in harmony to create balance and effectiveness.

The different organs of the body are composed of specialized cells that perform unique functions. The thyroid gland, for instance, has special cells that require all the essential nutrients for them to live and function properly. They have a specialized need for the mineral called iodine. Perhaps that might qualify iodine as a "thyroid booster." Yet iodine, by itself, would be

toxic to the body as a whole. Iodine requires the context of adequate whole foods, with all the other essential nutrients being present and accounted for. It's another example where the part supports the whole, and the whole supports the part.

So brain health may indeed involve "brain boosters." Many of these brain boosters will also boost kidneys and livers and hearts. So don't become too enthralled with any one "miracle brain enhancer!" Look to balance. Stick to the basics. Be always aware of the little things you can do right now to take better care of yourself. Try the specialized things if you wish...they may make a big difference.

They'll make an even bigger difference if you are taking care of your life as a complete whole. 

### Brain boosters - Continued from page 1

that's not going to give you optimal brain functioning. If anything, you are going to be tired, dull, and more forgetful if your diet is mediocre.

Antioxidants are important to the brain. The brain is only 2% of your body weight but 20% of your blood is pumped there. There is a lot of metabolic activity in the brain. A lot of oxygen is being utilized to fuel the metabolic activity in the brain. For that to occur you have to have something to control the excess of free radicals that are formed from too much oxygen. The brain is one of the biggest consumers of antioxidants such as vitamin E, vitamin C, and beta-carotene. If you want to improve the functioning in your brain, you need to be sure that you are getting adequate antioxidants.

If you are deficient in vitamin A and you start replenishing that deficiency, you can improve your IQ ten points, according to recent research.

Vitamin C is the premier antioxidant. The blood plasma level of vitamin C is 1/20th the level of vitamin C found in the brain. Vitamin C is necessary for the production of endorphins. If you are experiencing a lot of pain, vitamin C can help your body cope with that pain.

Vitamin C enhances immune function and longevity.

One of our greatest fears is developing some kind of dementia. Anything that helps protect brain functioning will help insulate it against the ravages of aging. Antioxidants have a protective effect on our cell membranes, the nuclei, the DNA, and the various structures of the cell that keep it functioning properly and that is very true in terms of the brain.

Vitamin E protects your blood vessels against heart disease. If vitamin E can protect the blood vessels to your heart, it should protect against stroke, which is a brain attack. Vitamin E is crucial to maintaining long term functioning of your brain. In the short term it also helps maintain good antioxidant control of free radicals within the brain. It will help short term functioning of the brain by maintaining better blood circulation.

B complex supports the other antioxidant vitamins. For example, vitamin C donates electrons to neutralize free radicals. The B vitamins help replenish that donated electron so that vitamin C can go back into action and

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## Brain boosters

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act as an antioxidant again and again. Niacin, a B vitamin, has been shown to improve memory. Vitamin B6 will help you have better dream function. Dr. Carl Pfeiffer, Dr. Riordan's mentor, used dream recall as a functional measurement of adequate vitamin B6. Dreaming is a normal function of stress reduction that occurs during the night.

Folic acid, B12, and B6 have recently been shown to control homocysteine. Homocysteine can be destructive to your blood vessels so if you can keep that under control you can maintain good circulation to your brain.

Magnesium, one of the trace elements, is necessary to keep enzyme systems functioning. It is the enzymes that make the biochemistry of the cells run.

There is the part of the brain, called the hippocampus, which some people feel is essential for memory function. The hippocampus has the highest concentration of zinc in the body. Zinc plays an important role in terms of memory.

Potassium is necessary for maintaining the electrical charge on the surfaces of the membranes for your nerve cells to transmit impulses properly. Your best sources of potassium are fresh fruits and vegetables.

Calcium is also important in terms of this nerve transmission along the neurons, so adequate amounts of calcium are important. You can get calcium from dairy products, but green leafy vegetables are an excellent source, too.

Selenium aids in the body's antioxidant factors. Selenium also helps with thyroid functioning.

Amino acids are the precursors to neurotransmitters. Anyone who is depressed, fatigued, or has what we call brain fog, has a good reason to get an amino acid profile. Amino acids are necessary for the elimination of toxic chemicals from your body. Amino acids are conjugates to these toxic chemicals in the liver, which will actually cannibalize amino acids in an effort to get rid of toxins as a first priority.

The essential fatty acids are very important because they are utilized in

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## HEALTH HUNTERS AT HOME

### It may be easy to pick up your pace

To many readers, some of this will sound a little repetitious, but as I often say, repetition is the Mother of Knowledge. In this case, repetition fits in with the theme for the issue: mind/body relationship and how nutrition helps the brain work.

For instance, Dr. Hunninghake talks about how the same nutrients that nourish your body also nourish and boost your brain.

Along this theme, I received a letter and a news release from Caroline Scott-Kortge that talked about the relationship of the brain to walking. I mentioned Caroline recently, but bear with me and learn how this fits together.

For some of the reported 77 million Americans who walk for exercise, getting above a stroll and past the three mile per hour level is difficult. This is where Carolyn Scott-Kortge comes in.

Caroline evolved from a sports "klutz" in early adulthood to a nationally ranked race walker in her 40s. It all started with a quest for more speed in her walking.

From this quest for speed, she learned that it wasn't just her body that had to learn how to go fast, but her mind as well. This combining body and mind in walking led Carolyn to write the book, *The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection* published by Harper San Francisco in 1998.

According to Carolyn, "The vast majority of the people I see on my daily walks are missing out on many of the health and fitness benefits of walking. They err on the side of under-exertion. They never push their pace or breathe a bit harder. As a result, they fool themselves about the aerobic benefits their walks provide."

The obstacle that stops walkers short of those benefits, Carolyn discovered, usually is not a lack of physical strength, but a lack of mental tools.

Push your body past a stroll and you're likely to trigger mental protests. "Hey this is hard. What's going on?" Carolyn pointed out. "That's the sign that you've moved beyond your body's comfort zone. It's the point at which a

'spirited' attitude helps keep you focused on your goal."

"Usually, we exercise mindlessly," Carolyn says, "unaware of the words that roll through our heads until the weight of the message lodges in our cells: 'This is hard. I'm tired. I'm bored.'"

The last time Carolyn was at The Center, she shared a few simple ways to bypass what she calls "mental hecklers that obstruct the path to wellness." Then we all took a walk to see if these simple tools really work. I am here to testify, along with many other Center staff members on this walk, that these simple techniques do improve the way the mind and the body work together!


Carolyn suggested that we simply count footsteps mentally—1-2-3-4, 1-2-3-4 or focus on our breathing by repeating "In" and "Out" mentally while we walked.

Using these simple techniques helped us focus on our walking rather than going over the laundry lists of things we had to do at work and at home. We were on the edge of 'spirited' walking.

When we returned from the walk, Carolyn explained that we need to, "Form a partnership of mind and muscles to sustain that increased level of effort for a few minutes. Tell yourself that you will maintain the pace for five minutes, for example. Or for two blocks. Give yourself small, achievable goals as you make changes in your walking style."

In *The Spirited Walker*, Carolyn maps a practical and inspiring route through the mental challenges that slow the progress of fitness walkers. She encourages her readers to go for more—more speed, more focus, and more enjoyment—by walking the spirited path.

If you want to get more out of each walk, I suggest you pick up a copy of *The Spirited Walker* and add some of Carolyn's tools to your regular walks.

Since the gift giving season is coming up, you also might consider giving *The Spirited Walker* as stocking stuffers for all your walking friends. 

—Richard Lewis

## INFORMATION WORTH KNOWING

"How can I have more energy?" Are you one of the many people who would like to improve their energy level? According to Carlson Wade in his book, *Natural Energy Boosters*, there are many ways you can go about improving your energy level. You can have vibrant health by understanding what is robbing you of your vital energy. He uses natural ways to improve your vitality without medication and harmful side effects. Wade gives you a "game plan" for replacing fatigue with more energy including power foods. The questions this month are taken from his book.

1 Noise is an invisible threat that can leave us exhausted through the mechanism of excessive blood pumping and \_\_\_\_\_.

- a. accelerated heartbeat
- b. jamming our neurons
- c. phantom noise
- d. none of the above

2 Chronic hyperventilation syndrome (HVS) has been diagnosed in patients with poor breathing patterns which leads to fatigue. Hyperventilation patients breathe shallowly and rapidly leading to hyperventilation and a loss of \_\_\_\_\_.

- a. white blood cells
- b. breath
- c. carbon dioxide
- d. all of the above

3 The B vitamins, especially choline and B6 or pyridoxine, play an important role in maintaining memory.

- a. True
- b. False

4 The \_\_\_\_\_ vitamins are vital in feeding energy to the brain because they are coenzymes or catalysts in many of the body's important functions.

- a. B-complex
- b. One a Day
- c. time release
- d. none of the above

5 When your energy level is low over a long period of time, it is not a fun time. By learning to find humor in everyday living you can add more zest to your life. \_\_\_\_\_ is energizing.

- a. Humor
- b. Laughter
- c. Giggling
- d. all of the above

6 To enrich your bloodstream and boost your energy, several vital nutrients are needed on a daily basis.

- a. True
- b. False

7 Messages are passed from cell to cell in the brain by electric impulses and by chemicals called neurotransmitters. \_\_\_\_\_ is/are manufactured by your brain from the food you eat.

- a. Serotonin
- b. Dopamine
- c. Norepinephrine
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •


### Brain boosters

Continued from page 3

the formation of cell membranes in order for your brain to function well. Remember, the brain is very high in fat.

Trans fatty acids, such as margarine and the hydrogenated fats, are junk fats that we see so much in our culture. They tend to promote free radicals and cause a kind of deterioration process.


Lecithin is a phosphyl-lipid needed for the production of healthy membranes in the brain. It is a source for choline and your brain makes acetylcholine, an important neurotransmitter. You can use acetylcholine to enhance your overall mood and brain function. If there is a decline in acetylcholine, research shows that memory will not work as well.

Various herbs can enhance brain function as well, but that is a subject for another *Health Hunter* article. If you work on getting the first line of brain boosters, your vitamins, minerals, amino acids, and fatty acids, as close to optimal as possible, you should notice an increase in brain functioning. Your friends certainly will. 

## Vitamin E supplements help diabetic complications

High doses of natural vitamin E can improve kidney function and blood flow in the eyes, according to George King, M.D., and colleagues at the Harvard Medical School and the Joslin Diabetes Center in Boston.

The researchers gave either 1800 IU of vitamin E or a placebo to 36 insulin-dependent diabetics and non-diabetic people, both men and women, ages ranging from 10 to 45 years, in this eight month study. Each person in the study received either the vitamin E or the placebo for four months and then crossed over to receive the other for four months.

"After vitamin E treatment, diabetic patient retinal blood flow was significantly increased and was comparable with non-diabetic subjects," Dr. King wrote. "Additionally, vitamin E treatment significantly normalized elevated baseline creatinine in diabetic patients." Creatinine clearance is a measure of kidney function. 

Join us for *Health Hunter* Appreciation Day  
Thursday, December 2  
9 a.m. - 4 pm.

## Case of the month

A 45-year-old woman came to The Center in 1995 with the diagnosis of a Ewing sarcoma tumor on her pelvis. Chemotherapy had reduced the tumor before coming to The Center, but she still had numbness and tingling remaining that had not been addressed.

From the results of her laboratory work done at the initial evaluation, she discovered many areas that were in good shape and a few that were low. Among these was a low white cell vitamin C level, indicating that she was extremely low in vitamin C at the cellular level. This is often true of people who have cancer.

She started receiving 30 grams of intravenous vitamin C twice a week. In March, 1997, this was changed to 50 grams once a week as her vitamin C level began to improve. In December of 1997, this was reduced to once a month.

In addition, she was taking vitamin C, Proantho C, vitamin E, selenium, calcium, and cod liver oil by mouth. She remarked at the December, 1997, meeting that she had had no colds during the year. She also returned to work this year after losing her job before coming to The Center because of the pain from the cancer.

In 1998, the tumor was reported to be in a stable condition. She said she no longer sees herself as a "sick person."

At a recent appointment, she said that she has reduced her work hours from 50 to 60 hours per week down to 40 hours. She enjoys her work and the people with whom she interacts on a daily basis.

Her May CAT scan showed her tumor condition to be stable. She has stopped her intravenous vitamin C and is working with oral nutrients including vitamin C. She continues to remain healthy and cold free.

Now, according to Dr. Hunnigake, attitude is the key to her continued success. As long as she continues with a positive attitude, that is not seeing herself as a "sick person," along with regular monitoring and CAT scans, she should continue to do well. [H]

# Herbal History

## Buffalo gourd, *Cucurbita foetidissima*

The buffalo gourd grows in sandy soil and disturbed soil in the south central part of the country. As a child, we would find the two to four inch diameter, green and white striped gourds growing along railroad right-of-ways. They set on the vine following the long, trumpet-like, yellow orange flower.

The buffalo gourd was a much revered and feared plant by the native Americans. They used the roots, flowers, and seeds for medicinal purposes.

According to ethnobotanist Melvin Gilmore, writing in 1919, "This is one of the plants considered to possess special mystic properties. People were afraid to dig it or handle it unauthorized. The properly constituted authorities might dig it, being careful to make the prescribed offering of tobacco to the spirit of the plant, accompanied by the proper prayers, and use extreme care not to wound the root in removing it

from the earth."

The Osages used the buffalo gourd as a mystical medicine for long life, according to Patrick Munson, writing in the 1981 *Plains Anthology*. Legend has it that the medicine was revealed to them by the buffalo bull, thus the name.

After carefully peeling the roots, the Kiowas would boil the roots to make a tea and drink this tea to induce vomiting. One extremely large plant had a root weighing 178 pounds with a maximum circumference of 4.7 feet. The vines of this plant reached over 20 feet.

In the Southwest, the Zunis powdered the seeds and flowers, mixed it with saliva and applied it to areas of swelling. According to some researchers, the Tewas ground the roots, then stirred the powder into cold water and drank it as a laxative.

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

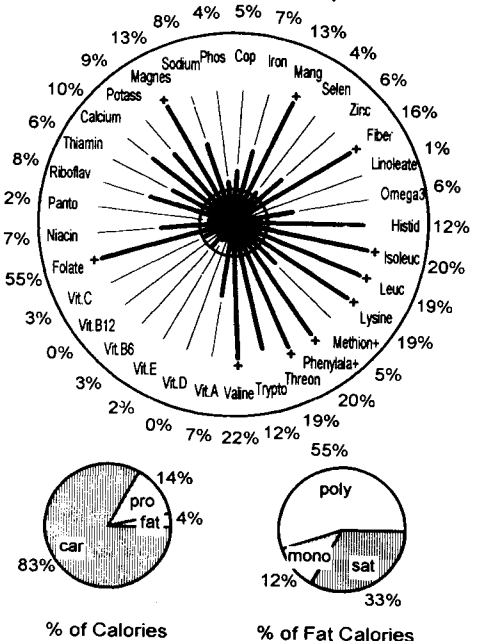
## Food of the Month

by Donald R. Davis, Ph.D.



### NutriCircle

1/2 cup=80 Calories



**BLACK-EYED PEAS** (cowpeas) are a New Year's Day tradition throughout the South, symbolizing good luck and prosperity. "Hoppin' John" is a thick soup that also includes rice, ham bone or sausage, and sometimes tomato sauce and cabbage. The immature peas shown here (boiled with salt) have more vitamin A and C than mature, dried peas. A half-cup serving contains 8% to 55% of the recommended amounts of 16 of the 33 nutrients displayed, including folic acid, calcium, magnesium, potassium, and manganese. Relative to calories, 90% of nutrients are adequate, including omega-3 fat—a fine start for a New Year and a New Century.

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.

## Do you have enough energy?


When asked, "What do you hope to accomplish by coming to The Center?", the number one answer from new patients is, "More energy." Since our definition of health is "having the reserve to do what we want to do and need to do with energy and enthusiasm," we understand how energy, or lack of it, can have an effect on a healthy life.

Over the years we may have pushed our bodies enough to use up most or all of our reserves. Our reserves can be likened to a savings account. If we withdraw more than we deposit, we can be overdrawn. In other words, if you are eating a poor diet, not getting quality rest, and/or failing to renew your energy with exercise, over time you will run out of energy.

Fatigue or lack of energy is a universal symptom for many kinds of medi-

cal problems. While it is important to consider the medical implications of fatigue, it is also important to look at the psychological and spiritual aspects of our life.

Are we taking enough quiet time to think about what is important in life to us? Are we still willing to get out of our ruts and take a few risks rather than settle for the status quo? Are we still willing to have dreams for the future and take steps to make those dreams reality?

You are the only one who can answer the above questions. When considering your answers, remember that Max De Pree said, "We cannot become what we need to be by remaining what we are." Explore your physical, emotional, and mental well-being to regain energy and enthusiasm. 



## Exercise your brain

In reading again from *The Wonderful World Within You* by Dr. Roger J. Williams, I am reminded of the importance of exercising regularly and judiciously.

He states that he would never have been able to write his many books late in life without a good exercise program that included walking two to four miles daily. Exercise helps in transporting nutrition to the brain, where it is needed.


Like Dr. Williams, I like to conserve brain cells by furnishing them with the best possible environment. I can make my body and brain stronger through judicious use of relaxation, exercise, rest, and high quality nutrition. The younger you start the better your chances of making good progress.

I was 63 years of age when I began a different way of life. I established a good nutrition program along with a special exercise program. I feel it is through these changes that I am able to function at a very acceptable level daily.

Of all the technological inventions that have changed our patterns of activity for the worse, the automobile gets the prize. It has compromised health significantly, not only because it has darkened the air in our cities with exhaust emission, but especially because it has deprived us of opportunities to walk. In walking, or other good exercises, we exercise our brains as well as our musculoskeletal systems.

When we walk, the movement of our limbs is cross-patterned: the right leg and the left arm move forward at the same time, then the left leg and the right arm. This movement generates electrical activity in the brain that has a harmonizing influence on the whole nervous system—a special benefit of walking that you do not necessarily get from other kinds of exercise. This cross-patterned movement is necessary for normal development and optimal functioning of the nervous system.

I can think of nothing better to leave you with than an expression by Wilfred T. Grenfell:

"Joy—Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile." (So! Get out and WALK.) 

—Nelda Reed

## CENTER UPDATE

### Something old, something new for prostate problems

Saw palmetto, one of the more common herbal remedies recommended for benign prostatic hyperplasia (BPH), is making a tentative move into mainstream medicine.

The growing body of evidence shows that saw palmetto is not only safe, but effective. A meta analysis of 18 studies involving 2,939 men which appeared last November in the *Journal of the American Medical Association*, showed that saw palmetto works better than a placebo in relieving BPH symptoms such as frequently getting up at night to urinate, poor bladder emptying, need to urinate often and urgently, and a weak stream, according to researchers.


Recently, a large study using a commercially available version of saw palmetto called Permixon (sold in Europe) proved to be safe for BPH and caused no changes in standard blood tests. Permixon also proved as effective as Proscar, the leading BPH drug, without causing the impotence that often

accompanies the drug.

Soybean and tofu and other products made from soy hold new interest for those men who want to protect against prostate cancer.

Researchers discovered that American men are almost five times as likely to die from prostate cancer than Japanese men who consume a lot of tofu in their diet. But when Japanese men move to Hawaii and adopt an American diet, they have the same death rate as Americans.

According to one researcher, Japanese men do develop small prostate tumors, but apparently the tofu they eat delays the onset of cancer or slows the growth of the tumors.

Researchers think the protective effect of soy products may come from the isoflavones, food based chemicals that influence cell growth and regulation and behave like weak estrogens. We may have to add a cup of soy products to that old adage about apples keeping doctors away. 

Answers from page 4

- 1 a. If you can't carry on a normal conversation because of the noise in your environment, then that noise can be sapping your energy.
- 2 c. A loss of carbon dioxide affects the blood's hemoglobin resulting in a reduced ability to send oxygen throughout the body.
- 3 a. A diet that is high in processed foods but low in nutrients may play a part in poor memory.
- 4 a. They are particularly involved in the process of oxidation or burning of food into fuel or energy.
- 5 d. Joking breaks the tension, gives us a different way to look at common problems, and helps us feel better.
- 6 a. Nutrient deficient blood can zap your energy, drain your emotions, and depress your immune system.
- 7 d. Dopamine and norepinephrine are alertness chemicals and serotonin is a calming chemical.

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
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Do you want to increase your energy level? Do you know that the food you eat, the kinds of exercise you do or don't engage in, and even your posture has an effect on your energy level? Learn how making some simple lifestyle changes can increase your energy level. Softcover.

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Continuing the ideas of Dr. Roger Williams, Dr. Ron further elucidates on the nutritional origins of chronic illness. Very simple and easy to understand experiments are presented that demonstrate how important the nutritional environment of the cell is to your health. Audio cassette & video tape.

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with Donald R. Davis, Ph.D.  
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# Upcoming Events . . .

NOVEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Yoga	2 L & L - Immunotherapy and Cancer, Yoga	3 Designs for Change, Yoga	4 L & L - Chronic Diseases, Sounds for Healing	5
8 Yoga	9 L & L - Safe Uses of Low Doses of Hydrocortisone, Yoga	10 Designs for Change, Yoga	11 L & L - Do Food Preferences Help Us Get What We Need?	12
15	16 L & L - How Perception Influences Our Lives, Yoga	17 Designs for Change	18 L & L - A Review of You	19
22	23 Yoga	24 Designs for Change	25 Center Closed	26 Center Closed
29	30 Yoga			

## DECEMBER

- 1,8,15 Designs for Change
- 2 Sounds for Healing: Meditation
- 2 Health Hunter Appreciation Day

## Drink tea—keep your arteries clear

Drinking tea reduces your chances of developing atherosclerosis, or hardening of the arteries, Dutch researchers reported in the *Archives of Internal Medicine* recently. This research was from drinking black tea, popular in Holland, but the effects could be extended to green tea.

This research followed 3,454 people for two to three years. At the end of this time, the results showed that people who drank one to two cups of tea a day were 46% less likely to develop severe atherosclerosis. They also found that those drinking four cups of tea a day reduced their risk as much as 69%. The effect of drinking tea was more pronounced in women than men, according to the researchers.

Some researchers believe that it is the free-radical quenching effects of the flavonoids in the tea that helps keep the arteries clean.

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- Brain boosters
- Something old, something new for prostate problems
- Exercise your brain
- Drink tea—keep your arteries clear

INSIDE THIS MONTH'S ISSUE . . .