

Health Hunter[®]

VOL. 15, NO. 10

NEWSLETTER

NOV/DEC 2001

Antioxidants

by James A. Jackson, Ph.D.

As Dr. Richard Passwater states in his book, *All About Antioxidants*, "it is funny to hear that anti- something is good for you." In the case of antioxidants, this is true. Antioxidants are a group of substances including enzymes, vitamins, minerals, some amino acids, and phytochemicals/bioflavonoids that destroy or neutralize oxidants.

...it is important to remember that your body cannot make most vitamins...

Oxidants are also called free radicals. Free radicals are derived from oxygen metabolism in the body. About three pounds are produced in your body per year (this is three pounds of AIR, so it is a lot). Air pollution, radiation, cigarette smoke, sunlight, environmental chemicals, and exposure to metals also produce them. Free radicals are lacking an electron and are very reactive in the body. They are like moving magnets, stripping electrons from your cell's proteins, DNA, cell membranes and cause oxidation. Antioxidants neutralize this by giving up an electron and sparing your own tissue. Oxidation is what causes iron to rust, meat and butter to turn rancid, and apples and potatoes to turn brown. If not neutralized or destroyed, your body will "rust away" the same as a car. Some compounds like hydrogen peroxide are called "reactive oxygen species" but are just as dangerous as free radicals. However, some free radicals, in low doses, are useful to the body. The

cells in your body that "eat" bacteria (phagocytes) use free radicals generated inside the cell to kill bacteria.

A limited amount of antioxidants are made in your body and serve as the first line of defense against oxidants. These require various minerals, depending on the enzyme. Remember, your body cannot make any minerals; you must obtain them through the diet or as supplements. Some of these are listed below.

1. Catalase (any compound with "ase" on the end of the name usually indicates an enzyme) contains the mineral iron and breaks down hydrogen peroxide in the cell to water.
2. Glutathione peroxidase contains four atoms of the mineral selenium and also breaks down hydrogen peroxide in the cell to water.
3. Superoxide dismutase are two types, one contains manganese and the other contains copper and zinc. These break down the very damaging oxidants called super oxide and other oxides into hydrogen peroxide then to water.

If your body is under any type of physiological or psychological stress (called oxidative stress), many more oxidants are produced than these enzymes can handle; therefore, you need a secondary line of defense.

The secondary line of antioxidant defense consists of water-soluble and fat-soluble vitamins such as vitamins A, C, E, and the various carotenoids (beta-carotene, lycopene, lutein, etc.). Again, it is important to remember that your body cannot make most vitamins, you must obtain them through your diet

continued on page 2

Tea tree oil: science learns what people knew

It all started with a major outbreak of a vaccine resistant staph infection that all but shut down the intensive-care unit of Australia's Royal Perth Hospital. It sent doctors and nurses searching for an alternative to antibiotics.

"Tea tree oil (TTO) has been widely used in the community for 80 years and is active against many microorganisms...there has been insufficient [scientific] and safety information, leading to understandable medical caution," said Christine Carson (University of Western Australia, Perth).

So they undertook a preliminary study. They took 30 people with Meticillin-resistant staph infections and washed the skin of 1/2 with TTO ointment and 1/2 with conventional treatment. This showed 1/3 were completely cleared of the infection while only 13% were cleared by conventional treatment.

Until further tests are completed, they just may use TTO. [H]

Inside this issue...

Cellular bioterrorism.....	2
Health and the weather.....	3
Information worth knowing.....	4
Folic acid supplements during pregnancy prove no risk.....	4
Inadequate nutrient intake common for elderly.....	5
A little coffee may raise heart risk, maybe.....	5
Curly-top gumweed, <i>Grindelia squarrosa</i>	5
Food of the month—bacon.....	5
Honoring achievement.....	6
Saw palmetto actions for prostate hormones becoming clearer.....	6
Case of the month.....	6
Special discounts.....	7
Upcoming events.....	8
Antioxidants may help keep carotid arteries clear for elderly.....	8

EDITORIAL BOARD

Joseph Casclari, Ph.D.

Emanuel Cheraskin, M.D., D.M.D.

Donald R. Davis, Ph.D.

Ron Hunninghake, M.D.

James Jackson, Ph.D.

Hugh D. Riordan, M.D.

Frederick I. Scott, Consulting
Editor, International Scientific
Communications, Inc.

PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth
and Barbara Nichols

Health Hunter Newsletter is published as a service 10 times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (A Non-Profit Organization). Memberships are \$25 plus tax for one year, \$30 plus tax for outside the U.S.; \$48 plus tax for 2 years, \$53 plus tax for outside the U.S.; and \$71 plus tax for 3 years, \$76 plus tax for outside the U.S. To subscribe, see the order form on page 7 of this issue. (Prices good through 2001.)

© 2001/CIHFI

Special written permission is required to reproduce, by any manner, in whole or in part, the material herein contained. Write: Permissions, 3100 N. Hillside Ave., Wichita, KS 67219, USA. Phone: 316-682-3100.

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

Share information about The Center with your family and friends by inviting them to visit our website.

Meet us at the following address:

www.brightspot.org

or correspond with us by E-mail:

healthcoach@southwind.net

Nutritional Medicine

by Ron Hunninghake, M.D.

Cellular bioterrorism

Many who fear surprise terrorist assaults are probably unaware that terrorists have already attacked them...in their bodies. These terrorists are invisible and attack us millions of times a second. The damage happens so gradually as to be almost imperceptible. Their strategy, it seems, is to slowly amass damage to our cellular structures including cell membrane receptor status, DNA mutation/replication errors, mitochondrial energy under production, and a host of other cellular injuries.

This is bioterrorism at its worst: slowly our vital functions are eroded and we aren't even aware of it until a major organ system completely breaks down. Vascular plaque plugs up a coronary to where a heart attack "just hap-

pens;" lens opacification finally results in the need for cataract surgery; bone/cartilage deterioration leads to a "spontaneous hip fracture."

Free radicals are the "silent terrorist cells" that constantly threaten our organs, our bodies, our biological way of life. We can no longer assume we are safe. We simply aren't.

Know Yourself/Beat The Odds is a kind of "weapons detector" we can put our bodies through to see how many hidden bombs we are carrying. We can neutralize these "radical" enemies. We need to stand up for our own healthy preservation. With the intelligent use of antioxidants, we can now take the war to these hidden enemies...and win! ☐

Antioxidants—Continued from page 1

or as supplements. Glutathione, a sulfur containing amino acid located inside cells, is made from two amino acids, cysteine and methionine. Coenzyme Q10, carnitine, alpha-lipoic acid, pycnogenol, and other anti-oxidants from various bioflavonoids also act as antioxidants.

If one is constantly exposed to oxidative stress and production of large amounts of oxidants, several things may happen—most of them bad. Excess oxidant or free radical production has been associated with many degenerative diseases. In 1954, Dr. Denham Harman first proposed the free radical theory of aging. If one can control the excess production of free radicals, then one can delay the onset of degenerative diseases and help people live better, longer. If one could prevent, delay, or reduce the severity of diseases through antioxidants, it is estimated that a yearly savings from hospitalization would be about \$9 billion each year. A five-year savings would be more than \$45 billion.

It also makes good sense to age better. It is much more cost effective to prevent diseases than to treat them. As the result of degenerative diseases, it is estimated that 43% of Americans over

65 years of age will spend some time in a nursing home. The cost is very high —\$40,000 to \$100,000 a year. Some of the degenerative diseases associated with free radical damage in addition to accelerated aging are Alzheimer's, arthritis, autoimmune diseases, cancer, cataracts, coronary heart disease, macular degeneration, and Parkinson's.

The Federal Government recommends that instead of supplementing, a person can get adequate levels of antioxidants by eating three to five servings of fresh fruits and vegetables a day. The problem with this is that, according to the USDA's own data, on any given day:

1. 41% of people did not eat fruits of any kind
2. 82% of people did not eat any cruciferous vegetables (broccoli, cauliflower)
3. 73% of people did not eat any vitamin C rich fruits or vegetables
4. 80% of people did not eat any vitamin A rich fruits or vegetables
5. 84% of people did not eat any high fiber grain foods
6. Overall, 81% of people did not eat the RDA for fruits and vegetables.

continued on page 3



If only about nine percent of the U.S. population eats the recommended diet recommended by the government, the only way one can get the essential nutrients required is by supplements.

The foods that one chooses to eat determines the amount of antioxidants one gets from the diet. Whole, unrefined foods are antioxidant-rich. Foods that are refined or processed lose many of their nutrients. Polished rice has the bran removed from the kernel. It is the kernel that contains almost all the B vitamins. Vitamin E is removed from vegetable oils in the refining process and during refining to white flour. Bioflavonoids tend to taste bitter, so they are removed from refined foods.

How can one tell if they have a deficiency of antioxidants? It depends on many factors. Remember, each person is unique. What is good for one person may not be adequate for another. The water soluble vitamins (vitamin C and the B vitamins) are not stored and may be depleted before the fat soluble vitamins (vitamins A, D, E, K, and the carotenoids). One does not have to develop outright scurvy before they show symptoms from vitamin C deficiency. The two most common symptoms of vitamin C deficiency are fatigue and irritability. Other symptoms are weight loss, bleeding gums, loss of appetite, poor wound healing, dry skin, limb pain and tender joints, muscle cramps, skin hemorrhages, and frequent infections. If you are under constant stress, ill, work in a polluted environment, smoke cigarettes, or take many medications, your risk of vitamin C deficiency increases. The RDA for vitamin C is 75 mg per day for women, 90 mg per day for men, and an additional 25 mg a day if you smoke cigarettes. The RDA will prevent scurvy; however, it has been demonstrated that 150 mg a day is the minimum for vitamin C to serve as an antioxidant.

There should be a balance in antioxidants, either taken in through the diet or as supplements. They must also be absorbed from the G.I. system to enter the blood. If not absorbed properly, no matter how much you eat, it will not help you. At the BioCenter

continued on page 4

Health and the weather

Winter is coming on and so comes the flares in arthritis pain and other cold weather problems. The problem you have is you may know arthritis pain intensifies when barometer drops and the temperature gets really cold, but you have no luck explaining it to your standard doctor. They were not taught about weather in medical school, but you know that the pain is real.

And there are the winter heart attacks. These occur when a person goes out to shovel snow just like the teenage boy next door, but he or she is 54-years-old, has had a desk job for the last 30 years, and has gained some weight while losing muscle mass over the years. During this time period, the arteries have started to plug up as well. But they think they are still young, go out to shovel snow, and the heart attack happens.

Or maybe it is the winter blues or depression that has swallowed you or someone you know. This is often called Seasonal Affective Disorder (SAD) and is caused by a shortage of daylight in the winter—especially when it is cloudy. The doctors know about this because they did teach it in medical school. As the daylight shortens, depression sets in and if it is cloudy for two or three days, you really feel depressed.

These are three of the problems that often come with winter. So what can we do about it?

In the case of winter blues or SAD, you can use light. There have been many studies that show 60% to 90% of patients with SAD respond very well to treatment with about 30 minutes of fluorescent light a day.

The fluorescent light is great for the winter blues, but what have we done to ourselves to create these winter weather problems?

The trappers in the Rocky Mountains during the first half of the 19th century told stories about Native American mothers who would set their babies on blankets in the snow so they could become accustomed to the winter cold. Native Americans grew up tough and hardy so they were able to endure the winters as well as the summers they would have to face.

Today newborns are whisked away into an air conditioned nursery and then they live in 72° environments the rest of their lives.

Take the 54-year-old for instance. He or she opens the garage door to get into the car kept in the attached garage to go to work in a 72° environment. They are a little cold for a couple of minutes until the car warms up. They experience another few minutes of winter when they go from where they park the car to get back into the 72° environment. And then they complain about the bitter cold.

“Why have we fallen into the habit of pathologizing the weather? For many, sunshine is nothing more than a cause of wrinkles and skin cancer; wind is a vehicle for pollen; rain is a cause of slick highways, auto accidents, and rained-out sporting events,” wrote Larry Dossey, M.D., in a recent edition of *Alternative Therapies*.

Some of us are constantly placing ourselves in contact with weather in spite of the complaining we do about it. In the winter we may go snow-skiing or walking in the cold because we believe it will make us healthy. We do the same in the summer with mowing the lawn, hiking, biking, and gardening in the out-of-doors. “But,” as Dr. Dossey points out, “their major benefit may be due to the fact that they are antidotes to weather deficiency.”

We need winter just as we need spring, summer, and fall. We need those winter antidotes just as we need summer ones.

Maybe if the 54-year-old would start today working out at the gym about two or three times a week and begin walking for 30 minutes every day, he or she may be able to shovel the snow next winter. But let the neighborhood kids do it for you this winter.

And for the arthritis pain that comes from winter days when the temperature and the barometer drop, see your alternative doctor. They know the pain is real. And most of all, bundle up and get out and enjoy the winter. You will be a better person for it.

—Richard Lewis

INFORMATION WORTH KNOWING

Doctor Eugene Shippen has studied, prescribed, and watched responses from his patients to a substance that he believes is more powerful than any other health factor. That substance is testosterone. When testosterone is normally abundant, he states that it is at the core of energy, strength, stamina, and sexuality. When deficient it is at the core of disease and early death. Testosterone therapy has every prospect of becoming for men what estrogen therapy is for millions of women. This month the questions are taken from this book.

1 While alterations in our physical identity are familiar to us at some point, we become aware that we are surprised to have changes that we had not expected. Many of these changes as we age are _____ related.

- a. food
- b. alcohol
- c. hormonally
- d. none of the above

2 A decline in hormonal activity from youthful norms will result in suboptimal cellular activity. (A) reason(s) for hormonal change is(are) caused by _____.

- a. illness, stress
- b. natural decline of aging
- c. autoimmune destruction of our glands
- d. all the above

3 Estrogen can be as crucial as testosterone to the hormonal health of a middle-aged man.

- a. True
- b. False

4 In midlife, a surprisingly high number of men see their sexual capacity diminishing. This often is a tip-off that other health changes are emerging. Sexual changes can forecast diseases such as _____ and diabetes.

- a. anemia
- b. heart disease
- c. cystitis
- d. none of the above

5 When it comes to estrogen, the window of optimum effectiveness in the male body is very small. As a man ages, he develops changes in his ratio of testosterone to estrogen with the estrogen level becoming higher than the testosterone. The most common cause(s) of midlife estrogen increases in males is(are):

- a. age-related increases in aromatase activity.
- b. alterations in liver functions.
- c. zinc deficiency and obesity.
- d. all the above.

6 Heavy alcohol intake can cause a rise in estrogen. While it is not recommended, women can increase their circulating estrogen levels threefold with just one drink.

- a. True
- b. False

7 Dr. Shippen has found in his practice that he can almost predict that if he received lab reports on a 70-year-old man with low testosterone before he saw the patient he would expect to find a man with low muscle strength and energy, declining or quiescent sexual function, and severely compromised _____.

- a. eyesight
- b. brain function
- c. bone density
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •


Discovery favors the prepared mind.

—Louis Pasteur


Antioxidants—Continued from page 3

Laboratory, we offer panels of blood tests called Know Yourself/Beat The Odds. This allows you to select a panel of tests to see the concentration of various antioxidants in your blood. You will receive your results compared to the accepted normal level and what your optimal level should be. One panel I would recommend to everyone is the basic antioxidant panel. This will measure blood levels of vitamins A, C, E, and urine level of vitamin C. To learn more about these panels, go to our web site, www.brightspot.org.

The Center prides itself on being in the forefront of nutrition medicine and nutrition testing. For over 20 years, Dr. Riordan has been advising patients who have macular degeneration, or those who want to prevent the onset of the disease, to take high levels of certain antioxidants. He has been criticized by some in the conventional medical profession for this treatment as being unnecessary and ineffective. Guess what? A recent study by Dr. Paul Sieving, director of the National Eye Institute, showed that daily doses of tablets containing vitamins C, E, beta-carotene, and zinc “can slow or even prevent vision loss in people with macular degeneration!” This, of course, coming from the established medical community, makes the treatment of macular degeneration with antioxidants acceptable. Twenty years late, but acceptable.

To learn more about antioxidants in health and disease, I suggest that you read the booklet *All About Antioxidants* by Dr. Richard A. Passwater and *Antioxidants, Your Complete Guide* by Carolyn Reuben. 

Folic acid supplements during pregnancy prove no risk

There is no risk for pregnant women during their first pregnancy to take 400 mcg of folic acid a day, according to Jacqueline Gindler, M.D., and colleagues. This research came from the Jiaying City Collaborative Project on Neural Tube Defect Prevention study reported in *The Lancet*. 

Inadequate nutrient intake common for elderly

Older people living in the community have low nutrient intake from what they eat, according to Teresa Marshal and her colleagues. In looking at the 79-year-old and older adults, 80% of the adults reported inadequate consumption of at least four or more nutrients with adequate being defined by the recommended daily allowance. This research was published in *The Journal of Nutrition*. FH

A little coffee may raise heart risk, maybe

The coffee wars continue. First coffee is good for you and then it is bad. In this report, researchers state coffee is bad for you, maybe.

In this case, Benedicte Christensen of Ullevål University Hospital in Oslo, Norway and colleagues wanted to find the effect coffee has on cholesterol and homocysteine. To do this, they divided 191 subjects who drank an average of five cups of coffee a day into three groups: those who gave up coffee completely for six weeks, another group limited to one to three cups of filtered coffee a day, and those who drank at least four cups a day.

The researchers checked the subjects' blood for cholesterol and other heart risk factors at the beginning, three weeks into the study, and at the end of the six week research.

The results, published in the *American Journal of Clinical Nutrition*, showed that the non-coffee drinking group reduced cholesterol by 5% and homocysteine by 12%, a reduction in the heart disease risk factor. The other two groups showed little or no results.

This study doesn't directly link coffee with heart disease, but Christensen speculates that coffee drinking could be part of the heart problem.

There are two lessons from this research. First, try to keep coffee drinking to one or two cups a day. Second, other risk factors and your overall health and nutrition are certainly a big part of the heart health equation. FH

Herbal History

Curly-top gumweed, *Grindelia squarrosa*

The curly-top gumweed grows in the U.S. from Mexico into Canada and from Louisiana up through Minnesota to the west coast. It grows in disturbed areas, roadsides, railroads, and pastures.

It is a sticky biennial herb that grows over three feet tall. The plant has a smooth, single stem sprouting at the top into short branches with a small flower head at the ends. The sticky, yellow flower heads and leaves were used for medicines.

The Cheyennes boiled the curly-top gumweed flower heads as an external remedy for skin diseases, scabs, and sores. They also rubbed the sticky residue on their eyes as a remedy for snow blindness and other eye problems.

The Lakotas boiled the curly-top gumweed along with a member of the marigold family to make a tea for the spitting of blood. The Teton Dakotas made a tea from the plant that they gave

to children for stomach ache.

In his book, *Native Economic Plants of Montana*, J. W. Blankenship wrote in 1905 that both the Lakota and Dakota Sioux made a tea from the curly-top gumweed for kidney problems.

In the Northwest Territory of Canada, the Crees used some parts of the curly-top gumweed to prevent pregnancy, while in the Southwest the Zunis used the resin for relief from poison ivy.

Settlers drank a tea made from the curly-top gumweed for coughs (including whooping cough), pneumonia, bronchitis, asthma, and colds, according to Jeffery Hart in a book published by the Montana Historical Society. It was also used by folk medicine practitioners for cancers of the spleen and the stomach.

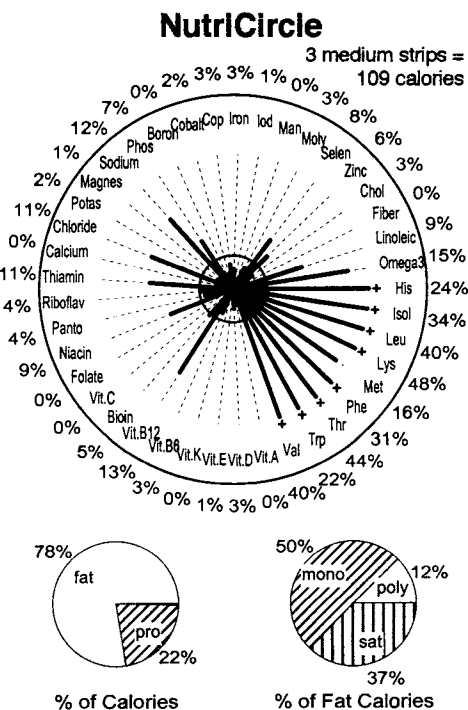
The plant is difficult to propagate and grows in a rather weedy form making it an unattractive plant for wildflower gardens. FH

Food of the Month

by Donald R. Davis, Ph.D.



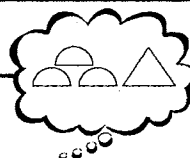
BACON has more benefits and fewer disadvantages than some imagine. Of the 41 nutrients shown here, 21 are adequate relative to calories, including vitamin B₁₂, niacin, thiamin, selenium, zinc, and all essential amino acids. Pork is lower in saturated fat than beef, and is much higher in heart-friendly omega-3 fat, which tops even chicken, the leading U.S. source. Three strips of bacon have only 3 grams of saturated fat—little more than a pat of butter, which has far less nutrition. Sodium is high (300 mg), but in home meals can be countered by using little or no salt on accompanying foods such as eggs, potatoes, or salads.



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). FH

Mental Medicine

by Marilyn Landreth, M.A.



Honoring achievement


Twenty-six plus years ago two people got together to undertake a new kind of health care. The concept that you could make a difference in the kind of health you will have tomorrow by not smoking, by exercising, and by eating a healthy diet today was only beginning to emerge. While these two forward thinking individuals had only an idea that they could make a difference in the health of many individuals, a seed was planted.

Norman Vincent Peale said, *Plant the seeds of expectation in your mind; cultivate thoughts that anticipate achievement. Believe in yourself as being capable of overcoming all obstacles and weaknesses.* Olive Garvey and Hugh Riordan, M.D. both believed in themselves and their vision. This belief was to carry them through many difficult, exciting, and challenging years.

They started with a small research laboratory and from that modest beginning their vision has grown to be a major

holistic/alternative/complementary medical facility that has served ailing people from all 50 states and 39 foreign countries.

Last week we honored one of those individuals, Hugh Riordan, M.D., for his contributions to humankind. His dedication, perseverance, and vision were instrumental in the development of The Center. His dedication in being the first one to work in the morning and the last one out at night for many years set the tone for the rest of the staff. By giving his full concentration and effort to what he was doing he persevered when other people might have quit.

Charles Swindoll said, *One essential ingredient for being an original in the day of copies is courageous vision.* Dr. Riordan is certainly an original. Just knowing that he has succeeded when many others have not gives us all hope that we can have the courage to dream. 

CENTER UPDATE

Saw palmetto actions for prostate hormones becoming clearer


Saw palmetto is becoming a more frequently used solution for benign prostatic hyperplasia (BPH). BPH is the swelling of the prostate gland which reduces the urine flow as men age.

In this research, Leonard Marks, M.D., and colleagues of the Urology Sciences Research Foundation and published in *Urology* wanted to find out if saw palmetto combined with other herbal products worked as well as finasteride (Proscar) in reducing BPH and increasing urine flow when compared to a placebo. They used prostate biopsies to get the results.

The saw palmetto combination used in this test was 106 mg of saw palmetto extract, 80 mg stinging nettle extract, 160 mg pumpkin seed extract, 30 mg of flavonoids extracted from lemons, and 190 mg of vitamin A in each capsule. One capsule was taken three times a day.

Although a 1998 article in *The Journal of the American Medical Association* said that saw palmetto preparations are safe and effective in treating many of the symptoms of BPH, there was no research showing how these results were achieved.

Dr. Marks and his colleagues answered this, at least in part. The saw palmetto combination significantly reduced the conversion of testosterone to dihydrotestosterone (DHT) in the prostate. It is DHT that causes the swelling of the prostate and reduced urine flow.

They also felt that this reduction in DHT in the prostate was caused by the saw palmetto combination inhibiting the enzyme 5-alpha reductase which is responsible for the conversion of testosterone into DHT. The researchers did point out that the reduction of the enzyme is more modest than for finasteride, though. 

Case of the month

This 41-year-old male came to The Center in July, 1998, with many problems including allergies, asthma, constipation, depression, gastritis, high cholesterol, irritable bowel syndrome, obesity, back pain, mitral valve prolapse, sleep problems, and fatigue. In short, he felt terrible.

After his interview with Dr. Riordan, laboratory tests were ordered as well as auricular therapy and a magnesium injection for starters. The magnesium helped, he said.


He came back in six weeks for an appointment with Dr. Hunninghake. After they reviewed his laboratory results, he was started on Ester C, Fruit and Veggie Plus, black current seed oil, melatonin and DLPA for sleep, Zinc Boost, and glucosamine sulfate. He also read *Your Body's Many Cries for Water* and began drinking an Ultra Clear and frozen fruit drink every morning.

He was also in a miserable marriage and that finally ended in a divorce in mid 1999.

The patient continued to improve and he and Dr. Hunninghake continued to fine tune his nutrients. In May, 1999, he said his back felt great. In October, 1999, his digestion was better, cholesterol was down to 200 from 400, but he still had allergic rhinitis. He mentioned he had a dog now.

In March, 2000, he said he was "getting along good!" He was walking at the track, had improved his diet, fatigue was better, and his bowels were regular. Since the divorce he has been more relaxed.

In March, 2001, he mentioned he had a girlfriend now. "The old marriage was very negative. My wife offered no support and I worked all the time so that we wouldn't interact because all interactions were bad. This new relationship is wonderful. We walk together, talk together, and support each other. When I have a bad day at work she supports me. When she has a bad day, I support her. It is great," he said.

He continues to do great. He isn't sure now if it is The Center or his new love, but he will continue with both. 

Answers from page 4

- 1 c. Many people experience these changes related to hormones as pain, weariness, the fraying of desire, and/or depression.
- 2 d. This decline in hormonal levels can result in illness, fatigue, malaise, and further aging.
- 3 a. Men have estrogen levels as well as women. There is a window of optimal function for every hormone in the human body.
- 4 b. The extent to which a person is at risk also depends upon their individual genetics as well as diet, exercise, and lifestyle.
- 5 d. As well as overuse of alcohol, drug-induced estrogen imbalance. Almost all of these problems are interrelated.
- 6 a. The rise in men is less dramatic but very significant.
- 7 c. One researcher found that in independent-living old men, serum testosterone levels were the strongest predictors of bone mineral density. 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

TESTOSTERONE SYNDROME
by Eugene Shippen, M.D. & William Fryer

Testosterone deficiency has been an unrecognized syndrome that impacts every cell in the body. It may be linked to nearly every major degenerative disease. Find out more about the effects of testosterone deficiency on both men and women. Softcover.
 Retail Price: \$14.95
 Health Hunter: \$13.46

INTRODUCTION TO CHELATION
with Ronald Hunninghake, M.D.

EDTA chelation therapy is a proven method of removing heavy metals, such as lead, from the body. When heavy metals are left to accumulate, they generate free radicals that can damage arteries, brain tissue, and other important parts of the body. EDTA chelation improves circulation and this promotes better exchange of oxygen and nutrients. This results in better functioning and a slowing of the aging process.

HERBAL MEDICINE 102—COMMONLY USED HERBS
with Ronald Hunninghake, M.D.

Dr. Ron focuses on commonly used herbs as they are practically applied in the treatment of many common medical conditions. Using case studies to illustrate the scientific background of herbs, Dr. Ron demonstrates their effectiveness in non-acute situations. This is a useful lecture for those wanting to expand their natural treatment options into the herbal arena.

ARE VEGETABLES STILL A GREAT SOURCE FOR BASIC NUTRITION? *with Donald R. Davis, Ph.D. & Melvin Epp, Ph.D.*

How good is the food we eat today compared to what our parents and grandparents ate? During the past 60 years, vegetable production has changed from home-gardening to commercial production to organic farming and farmer's markets. Doctors Davis and Epp review trends in vegetable food value during these changes in vegetable sourcing.

• To Order, Fill Out the Form Below •

TITLE	AUDIO OR VIDEO TAPE <small>circle one</small>	PRICE	QUANTITY	TOTAL
Testosterone Syndrome (book)		_____	_____	_____
Introduction to Chelation	audio video	_____	_____	_____
Herbal Medicine 102	audio video	_____	_____	_____
Are Vegetables Still a Great Source?	audio video	_____	_____	_____
<i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)*		_____	_____	_____
Two Year Membership/renewal - \$48 (\$53 for outside the U.S.)*		_____	_____	_____
Three Year Membership/renewal - \$71 (\$76 for outside the U.S.)*		_____	_____	_____
* No postage necessary.			Subtotal	_____
			**Add Sales Tax	_____
			***Add Postage & Handling	_____
TOTAL				_____

** Kansas residents add 5.9%.
 *** Add \$2.00 for first item; 50¢ for each additional item.

Payment: Check VISA Am. Exp. Discover M. C. Exp. Date _____

Card # _____ Signature _____

Ship to:
 Name _____ Address _____
 City _____ State _____ Zip _____

Mail form and payment to:
 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219

Prices good through 2001.

Upcoming Events...

NOVEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 L & L - Getting It Off, Keeping It Off	2
5	6	7	8	9
12	13	14	15 L & L - Improve Your Energy	16
19	20	21	22 Center closed	23 Center closed
26	27	28	29	30

DECEMBER

7 Health Hunter Special Day
24 & 25 Center closed for the holiday

Antioxidants may help keep carotid arteries clear for elderly

Catharine Gale and colleagues wanted to find out if the presence of antioxidant vitamins in blood plasma of older adults helped prevent plaque from developing in the carotid arteries located in the neck. They published their results in *The American Journal of Clinical Nutrition* recently.

"Findings in the present study that elderly men [age 66 to 75 years] with higher plasma concentrations of vitamin E, vitamin C, and [beta]-carotene have thinner artery walls and little or no plaque in their carotid arteries suggests that antioxidant vitamins are important in the first phases of atherosclerosis [plaque buildup]," the researchers concluded.

RETURN SERVICE REQUESTED

Health Hunter
A Publication of The Center for the Improvement
of Human Functioning International, Inc.
3100 North Hillside Avenue
Wichita, Kansas 67219 USA

- Antioxidants
- Cellular terrorism
- Tea tree oil: science learns what people knew
- Saw palmetto actions for prostate hormones becoming clearer

INSIDE THIS MONTH'S ISSUE . . .