

# Health Hunter<sup>©</sup>

VOL. 18, NO. 10

NEWSLETTER

NOV/DEC 2004

## A feast for your eyes

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

**H**ow we see the world is not just a philosophical question. Our eyes provide us with the sense of sight, and protecting them with proper nutrition can protect us against eye disorders and declining vision.

### *Diets high in lutein and zeaxanthin protect against the development of cataracts.*

A lifetime of oxidative damage can affect the eye. Cataracts and macular degeneration are two disorders associated with aging. Age-related macular degeneration is the major cause of visual loss in the elderly in the United States. The macula is an area of the retina in the back of the eye responsible for sharp central vision. The most common form of macular degeneration is the atrophic or dry form where the light-sensitive photoreceptor cells of the macula breakdown. The result is blurring in the central part of the vision.

Antioxidants in food and supplements are important in protecting against this oxidative damage. Vitamin A and vitamin E deficiencies can increase your risk 5-fold for loss of photoreceptor cells. In addition, the eye contains high levels of polyunsaturated fatty acids in the retina. The polyunsaturated omega-3 fatty acid, DHA, is found in large amounts in photoreceptor cells and can be readily oxidized in the retina. Consequently, antioxidants are important in protecting these vital fatty acids against oxidation.

Cataracts affect over two-thirds of

Americans over the age of 70 years. Cataracts are opaque areas in the central lens nucleus or beneath the posterior lens capsule. These cloudy areas, from hardening of the lens, keep light from passing through the lens. The result is blurred vision, sensitivity to light, increased nearsightedness and distorted images. The healthy lens is sustained by surrounding fluid that is rich in the antioxidant vitamin C.

There are risk factors both genetic and environmental for acquiring oxidative injury to the eye. Risk factors include the following:

- Age (>65 years)
- Blue/green eyes (have 20x the risk of brown eyes)
- Being outside without sunglasses
- Smoking (even as little as once a week)
- Diabetes, heart disease, obesity
- Chemical toxin exposure (heavy metals)
- Family history
- Low fruit and vegetable consumption

So, how do we protect ourselves against these vision robbing eye disorders? The fact that you were told to eat your fruits and vegetables is already a step towards better vision. Carrots have been historically associated with vision by helping us to see better in the dark. But beyond carrots there are other nutrients and nutrient-rich foods that may protect vision. Research is shedding light on the relationship between age-related eye disease and dietary compounds.

Studies have shown that both specific nutrients and compounds in

*continued on page 2*

## Turmeric kills cancer cells

The curry spice turmeric gets its yellow coloring from a component called curcumin, a natural antioxidant that has anti-inflammatory effects. Curcumin kills cancer cells in laboratory tests, according to M. D. Anderson Cancer Center researchers reporting in the *International Journal of Cancer*.

According to the researchers, curcumin stopped the proliferation of skin cancer cells collected from head and neck cancers and it induced cell death or apoptosis of the cancer cells. Curcumin had no effect on healthy cells.

Previous research suggested that curcumin stopped the proliferation of prostate cancer cells as well as breast and liver cancer cells in the laboratory. According to mice studies, it may also fend off Alzheimer's disease.

Curcumin and curry rich cuisines such as found in Sri Lanka, where they have a lower cancer rate than Western countries, may have something we need in our diet. [H]

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*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 (CIHFI), a non-profit organization. Memberships are \$25 for one year, \$30 for outside the U.S.; \$45 for 2 years, \$55 for outside the U.S.; and \$60 for 3 years, \$75 for outside the U.S. To join, see the order form on page 7 of this issue. (Prices good through 2004.)

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Three numbers you need to know

Writing a book on systemic inflammation is a compelling experience: I am compelled to share three important numbers with you. Why?

Inflammation has come out of the closet. We used to think it was either acute and took care of itself, or it was chronic and you just had to take long-term medication.

Now we know there's another, more sinister side to inflammation: silent, low-grade, systemic inflammation. This is the kind that smolders somewhere in your body, often for decades, setting you up for sudden heart attack, cancer, chronic fatigue, and Alzheimer's, just to mention a few of its consequences.


Knowing the following three numbers will alert you to its hidden presence in your body. Then you can take action and reduce your risks for what some are calling "inflammaging."

**First number:** you will need to get an essential fatty acid panel done. These are the "good fats"...except for arachidonic acid (AA). AA is the bad guy,

while eicosapentaenoic acid (EPA) is the good guy. You need a ratio of AA/EPA which is 3 to 1 or less. This will markedly reduce systemic inflammation.

**Second number:** get a fasting insulin level. If it is greater than 5, your carbohydrate intake is excessive compared to your protein intake. This is triggering excessive insulin, which inhibits EPA and makes the AA/EPA ratio worse, and you get more inflamed.

**Third number:** get a fasting lipid panel to check out your triglyceride/HDL ratio. The closer it is to one, the lower your risk for Syndrome X. Almost half of all Americans are flirting with Syndrome X with its high blood pressure, central obesity, abnormal cholesterol, and pre-diabetes...and hidden inflammation.

These are not easy scores to achieve, but if you can, you will not only reduce hidden inflammation, you will enhance your health and well-being while living longer to boot! 

## Eyes—Cont'd from page 1

certain foods can reduce the risk of vision loss. A landmark study called The Age-Related Eye Disease Study (AREDS) supported by the National Institutes of Health's National Eye Institute looked at the importance of antioxidant vitamins and co-factor minerals in the progression of macular degeneration. The study found that various combinations of antioxidant vitamins and minerals reduce the advancement of vision loss in subjects with macular degeneration. The authors of the study urged high risk individuals to consider taking daily supplements similar to those in the study which included the following: 500 mg of vitamin C, 400 I.U. of vitamin E, 15 mg of beta-carotene, and 80 mg of zinc, plus 2 mg of copper.

Although this study found no benefit in protection from cataracts, an-

other study at Harvard looking at supplement usage found that subjects who took multivitamin supplements had a reduced risk for subsequent cataract formation.

In addition to the vitamins and minerals we get from fruits and vegetables, there are pigments that give our foods a variety of rich colors that are also good for the eyes. Lutein and zeaxanthin are yellow-colored carotenoids that affect pigment density in the macula. These pigments absorb UV light and help protect the central retina. A postmortem study of the eyes of people who had macular degeneration found that those with the highest concentration of lutein and zeaxanthin had an 82 percent lower incidence of age-related macular degeneration.

*continued on page 3*

The Lutein Antioxidant Supplementation Trial (LAST), a randomized placebo trial, found that the groups of subjects supplemented with 10 mg of non-esterified lutein alone or with a multi-nutrient supplement had slowing in the progression of macular degeneration, improved macular density and central vision, and improved near visual acuity over the group receiving placebo.

In another study looking at foods, it was found that people who eat the most antioxidant-rich dark, leafy greens had about a 40 percent lower risk of macular degeneration than those who ate the least amount of these vegetables.

Diets high in lutein and zeaxanthin protect against the development of cataracts, too. Plus for additional protection from cataracts, vitamins C and riboflavin (B2) are very important. The anterior chamber of the eye in front of the lens is rich in vitamin C at about 8 times the plasma level of vitamin C. A cataract lens contains almost no vitamin C.

Looking at food records of women between the ages of 50 to 70, researchers found that those who had vitamin C intakes several fold higher than the Daily Value (60 mg/day), reduced the odds of developing cataracts by nearly half. In addition, vitamin B2 deficiencies are found in about a third of people with cataract lens. A study that supplemented vitamin B2 at 15 mg per day in 24 patients with cataracts found that in nine months all cataracts had disappeared.

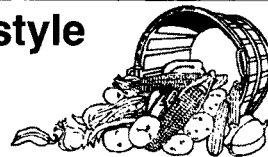
So where do we get all these good nutrients? Well, eat your fruits and vegetables. The carotenoid beta-carotene is found in kiwi fruit, grapes, oranges, kale, dark green leafy vegetables (spinach, collards, mustard greens), green peas, and also in pumpkin, zucchini, and all kinds of squash and corn.

Dark green leafy vegetables are good sources of vitamin B2 as are organ meats, dairy, and egg yolks. Vitamin C-rich foods include papayas, cantaloupe, broccoli, green peppers, Brussels sprouts, citrus fruits, and strawberries. Foods rich in zinc include oysters, beef,

*continued on page 4*

## HEALTH HUNTERS AT HOME

### Two studies: the Mediterranean-style diet lengthens life expectancy



The Mediterranean-style diet has been around for generations, if not centuries. It includes a lot of vegetables, fruits, nuts, seeds, whole grains, and olive oil, along with fish and occasionally meat. These foods are rich in phytochemicals, antioxidants, linolenic acid (an omega-3 fatty acid), and fiber. All of these are good things to have in your diet.

In two studies that appeared back to back in a recent issue of *The Journal of the American Medical Association*, the researchers wanted to find out what the mortality (death) risk factors for all causes and cause-specific mortality for men and women in Europe were. In short, would you have a chance to live longer if you ate a Mediterranean-style diet rather than other forms of diets available in northern Europe?

In the first study, researchers wanted to find out if a Mediterranean-style diet, along with physical activity, drinking moderate amounts of alcohol, and being a non-smoker or someone who had stopped smoking more than 15 years ago would make a difference in the mortality rate for all causes and specifically for coronary heart disease (CHD), cardiovascular disease (CVD), and cancer.

They concluded by saying, "...a Mediterranean diet, rich in plant foods in combination with nonsmoking, moderate alcohol consumption, and at least 30 minutes of physical activity per day is associated with a significantly lower mortality rate, even in OLD AGE (emphasis added)." That sounds good to me.

Researchers in the second study wanted to assess the endothelial function and vascular inflammatory markers in patients who ate a Mediterranean-style diet and its effect on the metabolic syndrome. Endothelial cells are a layer of flat cells lining the blood and lymphatic vessels.

These researchers concluded that, "The results of this study presented the first demonstration, to our knowledge, that a Mediterranean-style diet rich in whole grains, fruits, vegetables, le-

gumes, walnuts, and olive oil might be effective in both reducing the prevalence of the metabolic syndrome and its associated cardiovascular risk." That sounds good, too.

But as you read more deeply in the articles, the researchers reveal even more significant information.

For instance, the second study pointed out that the high level of antioxidants in the food would improve the cells in the blood vessel lining after one meal on the Mediterranean-style diet.

The fiber content of the Mediterranean-style diet is high because of the high content of vegetables and fruits. They said that the fiber content of the diet might have an anti-inflammatory effect, at least in the intestinal function. This alone would help the body. Add to it the anti-inflammatory effect of the omega-3 fatty acids, and the inflammatory level in your system would be greatly reduced.

Furthermore, the researchers pointed out that the Mediterranean-style diet reduced the rate of fatal heart attacks by one-third and the rate of sudden death from all cardiac causes by two-thirds.

In the first study, the researchers used a score of 0 to 8 with a low-quality diet getting a 0 and a high quality Mediterranean-style diet getting an 8. A Mediterranean diet score of 5 or more points showed a lower risk of all-cause and cause-specific mortality than a lower score. The strongest association was seen for CHD. Similar results were seen for cancer risk factors.

The researchers in both studies were looking for different results, but their conclusions were quite similar. If you are using a form of the Mediterranean-style diet now, you will have much lower mortality risk factors.

This does not mean you necessarily need to be risky when walking on ice or reckless when crossing a street in traffic, but it does mean that if you eat a Mediterranean-style diet, you will have a better chance of living longer.

—Richard Lewis

## INFORMATION WORTH KNOWING

Sinusitis is one of the most common chronic conditions in United States affecting about 40 million Americans. If it affects you or someone you care about, *Sinus Survival* written by Robert S. Ivker, D.O., may be just the book for you. After Dr. Ivker developed chronic sinus problems he decided that he did not have to “live” with the disease. Over the years he has developed a method to alleviate the pain from sinus problems. His approach has been used with hundreds of patients in his medical practice. While he does not offer a long-term quick fix to the problem, he has discovered ways to almost eliminate the condition. Since Dr. Ivker is the past president of the American Holistic Medical Association, many of his remedies have to do with healing the mind, body, and spirit. The questions this month are taken from his book.

**1** Optimal health results from balance and harmony in the physical, mental, emotional, environmental, spiritual, and social parts of your life. When this balance is present, there is a flow of energy throughout the body, mind, and spirit. This energy flow is called \_\_\_\_\_.

a. qi  
b. prana  
c. ki  
d. all of the above

**2** The sinuses are air-filled cavities located behind and around the eyes and nose. The primary jobs for the nose and sinuses are filtering, regulating temperature, and \_\_\_\_\_.

a. for blowing  
b. humidifying  
c. making noise  
d. none of the above

**3** The mucous membrane and its cilia provide a good defensive mechanism against infections. The mucous membrane lining the entire respiratory tract produces between 1 cup and 1 pint of mucus daily.

a. True                      b. False

**4** A primary objective of the Sinus Survival Program is to heal the mucous membrane lining the entire \_\_\_\_\_ tract.

a. digestive  
b. respiratory  
c. circulatory  
d. all of the above

**5** There is evidence that the health of the entire human respiratory tract is rapidly deteriorating. More than one-third of Americans suffer from some form of respiratory illness. Dr. Ivker believes that \_\_\_\_\_ is the primary cause of respiratory disease.

a. genetic susceptibility  
b. air pollution  
c. bacteria  
d. none of the above

**6** Carpets are one of the most common sources of indoor air pollutants. They trap and hold on to dust, pollen, and microorganisms.

a. True                      b. False

**7** As well as adding a colorful attractive feel to a room \_\_\_\_\_ can help improve indoor air as oxygenators, filters, and humidifiers.


a. drapes  
b. plants  
c. fluorescent lights  
d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

Eyes—Cont'd from page 3

beans, and spinach. Foods that are rich in vitamin A are liver, sweet potato, carrots, green leafy vegetables, butternut squash, cantaloupe, and mango. Foods rich in Vitamin E are wheat germ, nuts, sardines, and dark green leafy vegetables.


Did you notice a theme that dark green leafy vegetables appear as a good source of all these vital nutrients for the eyes? Plus when you eat the colorful vegetables and fruits, you benefit from many other pigments and phytonutrients (over 800 carotenoids alone) that are beneficial to your health and that are too numerous to name!

So, take a generous serving of nature's bounty and feast for the eyes. Protect your vision with good nutrition. 

## Eat your fruits and vegetables, reduce metabolic syndrome

Metabolic syndrome is a clustering of symptoms including insulin resistance, central obesity (or a large stomach), dislipidemia (that's high cholesterol), and hypertension. If you have one or more of these symptoms, you may have what is called metabolic syndrome.

In a recent research study, the researchers reported in the *American Journal of Clinical Nutrition* that subjects who ate more fruits and vegetables and drank little or no soft drinks had no symptoms for metabolic syndrome. Those with one or more symptoms may have had metabolic syndrome and generally ate far fewer fruits and vegetables and drank more soft drinks—that is they had a poorer diet than those eating more fruits and vegetables and drinking little or no soft drinks.

The answer is simple. Eat more fruits and vegetables and reduce or stop drinking soft drinks. This will reduce your chances of developing metabolic syndrome and help you reduce or eliminate some of the symptoms mentioned above. 

It is impossible to enjoy idling thoroughly unless one has plenty of work to do.—Jerome K. Jerome

## The Garden and the gardener

by Melvin D. Epp, Ph.D.

The seasons continue to cycle,  
It is autumn now.

The swallows have congregated  
And left for warmer climes.

The monarchs have fluttered on  
through

In route to the forests of Mexico.

Frost nipped the upper sweet potato  
leaves,

But the tubers are succulent and fat.  
Tomato's fruits are still trying to

grow large,

The cool weather has retarded their  
sweetness.

The carrots are building up sugar,  
The parsnips will also add sweetness.

The pumpkins and winter squash  
Were set out to dry off and toughen  
up.

They are in storage now

Waiting for the inspiration of a cook.

So let's fire up the barbeque.  
Let's get some new CDs.  
It's time for a harvest festival.  
It's time to celebrate.

The harvest was good again this year.  
The greens of spring were succulent.  
The fruits of summer were sweet.  
The tubers of fall were large.

Year after year, the sunshine is  
warm.

The winds are refreshing,  
The rains are energizing.  
The soil is dynamic and fertile.

The oaks grow large,  
And the cottonwoods grow even  
taller.

The vegetable garden responds  
To the energies of the gardener.

During the harvest festival we dance  
And express our excitement  
For the progression of the seasons.  
The gardener is rewarded. [H]

## Herbal History

### Sosa (*Solanum chrysotrichum*) a cure for athlete's foot

A Mexican herb commonly known as sosa (*Solanum chrysotrichum*) proved to be effective in getting rid of athlete's foot in a double blind study that was reported in the journal *Planta Medica*.

A sosa extract has five saponins identified that have anti-fungal activity. In this study, researchers with the Mexican Institute of Social Security used a standard extract of these five sosa saponins to make a 20 percent solution that they mixed in a cold cream. They also made cold cream mixed with 2 percent ketoconazole, a popular anti-fungal pharmaceutical. These were packaged in dispensing tubes.

They then randomized 101 adult patients with athlete's foot (*T. pedis*) and had them apply daily either cream on the athlete's foot in the evening after washing and drying their feet. They did

this for four weeks. Severity of the infection was measured weekly.

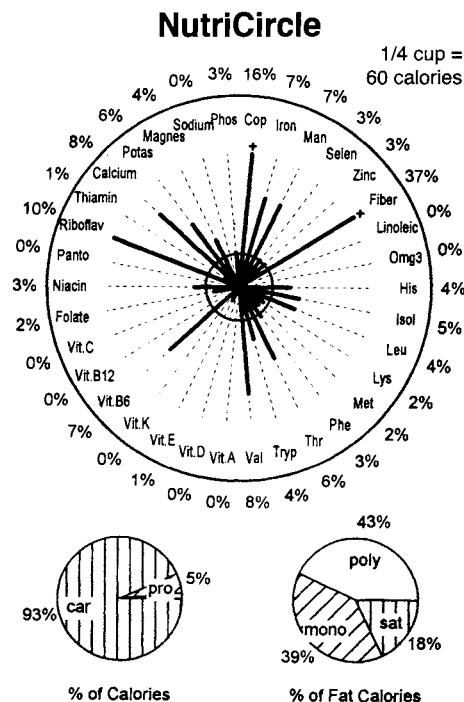
The researchers found that both groups improved clinically. There were no significant differences in efficacy between the two groups for four weeks, but the group treated with the sosa extract had a higher percentage of patients with clinical improvement. Neither treatment group reported patients with adverse reactions to the treatment that resulted in ceasing treatment.

Standardized sosa was able to relieve symptoms of athlete's foot along with eliminating the fungus. The researchers found that a preparation made from a standardized 20 percent of five of the sosa saponins appeared to be as effective as the commonly used two percent solution of the drug ketoconazole cream. [H]

## Food of the Month

by Donald R. Davis, Ph.D.

**CAROB** comes from a tree native to the eastern Mediterranean. The trees produce many large pods containing a sweet pulp and hard seeds. The pulp has been eaten for centuries, either fresh or dried and powdered. Before sugar became widely available in the 1700s, carob powder was a popular sweetener with a somewhat chocolate-like flavor. It is far superior to sugar for all 34 nutrients shown here, most notably calcium, fiber, and riboflavin. Try it in smoothies and sprinkled on hot or cold cereals. In baking, use it as a chocolate substitute and a partial substitute for sugar. Carob candies usually contain partially hydrogenated fat.



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 a cheering section?

Recently I was privileged to be a volunteer for the Southwest Regional Figure Skating competition. My job involved carrying judges' scores from the judges' box upstairs to the accountant's office, helping proof the results, and then taking the results and posting them downstairs.

In between the running up and down, I got to watch the competition. The first thing I noticed was that almost every contestant fell at least once. Some of them fell during the warm up session and some fell on the actual competition. A couple fell very spectacularly and rotated across the ice on their tummies.

The second thing I noticed was that when someone fell several people would clap. When I first heard them I thought they were extremely rude and were happy that the person had fallen down. That was not the case. The clapping was meant to urge them on or say,

"It's okay now get up and try again." The very beginners fell. The junior and senior skaters fell. I think, as well as learning how to spin and jump, one thing they all learn is that falling is just a part of the sport.

The third thing I noticed was that each skater had a cheering section. They cheered when they did well and they cheered them on when they fell. The skaters seemed to support each other as well as having a cheering section.

It reminded me a lot of life. Some of us tend to be very cautious and try to keep from "falling or failing." If we keep persevering, we learn that to be a success at life failing is just part of the process. We learn from our failures. And wouldn't it be nice if we all had a cheering section that urged us on when we failed and cheered us on when we succeeded. Yea! Yea! Yea!

## Case of the month

This 42-year-old male patient came to The Center in 1994 with chronic fatigue, dermatitis, gastritis, dry eyes, and sinusitis. These were cleared up. Then he returned again to The Center in October, 2003, with hepatitis C, polycythemia (too much blood), and hypogonadism, plus his fatigue was back.

He developed hepatitis C when he was taking plasmaphoresis (platelet replacement) treatment in the blood.

After evaluating him, Dr. Hunninghake suggested he do some laboratory testing to find out what his results would be. He started taking 3B injections on a weekly basis for about five weeks to improve his low vitamin B levels.

Dr. Hunninghake also started him on a weekly dosage of 15 grams of intravenous vitamin C with magnesium. After checking his laboratory results, Dr. Hunninghake increased this dosage to 25 grams of vitamin C with magnesium in November, 2003. The dosage was again increased to 50 grams of vitamin C with magnesium weekly in March, 2004. He is continuing the same dosage of intravenous vitamin C with magnesium today.

Elevated liver enzymes are one indication of hepatitis C. He had very high liver enzymes when he returned to The Center in October, 2003. Now, a year later, he has lowered his liver enzymes by about one-half and is continuing to work on them to get them in the normal liver enzyme ranges.

In addition, Dr. Hunninghake started him on lithium orotate, milk thistle, lipoic acid, and selenium. He later added 5-HTP, Pro EPA, and zinc. These are to increase the low ranges of test results.

The patient/co-learner is making good progress in working on his various problems. His sinus problems are still there, but he is working with them and the sinuses are improving. He goes to bed about 8:00 p.m. and gets up at 4:00 a.m. His energy is still low, but improving. He is feeling "pretty good," all things considered.

## CENTER UPDATE

### Supplements can save billions in health care costs

A news release by the Dietary Supplement Education Alliance (DSEA) stated that "...use of dietary supplements such as calcium and folic acid could save billions of dollars in health care costs over the next five years."

For calcium, the statistics were amazing. Using the Congressional Budget Office's (CBO) cost accounting methods, the DSEA estimated the five-year (2005-2009) net savings for hospitals, nursing homes, and physicians from hip fractures in people over 65 through daily intake of 1,200 mg of calcium with vitamin D would be 13.8 billion dollars. This would be a significant savings.


Hugh Riordan, M.D., the president of The Center, has said for years that if Sedgwick County would give all women of childbearing age 400 mcg of folic acid a day, the expense of the folic acid would be much less than the cost of raising one child with spina bifida. Women low in folic acid have a greater

chance of having a child with spina bifida, a neural tube deficiency.

The DSEA research confirms this. They found the total cost in 2004 of raising a child with neural tube deficiency to be \$532,000. Considering this, they came up with a savings of \$1.3 billion for five years of reducing the number of children with neural tube deficiency. Not bad for only taking 400 mcg of folic acid a day.

They also looked at omega-3 fatty acids for reducing cardiovascular disease and high blood pressure, glucosamine for reducing inflammation effects and its believed ability to repair and maintain cartilage, and saw palmetto (an herbal remedy) for the elimination of benign prostatic hyperplasia or swelling of the prostate gland which greatly reduces urine flow. All three of these are backed up by several studies that show the nutrient or herb does what individuals say it will do.

Answers from page 4

- 1 d. The Chinese refer to it as qi, the Japanese call it ki, and in India it is known as prana. We generally refer to it as unconditional love.
- 2 b. The nose and sinuses are the entrance and vestibule of the respiratory tract. They serve as the first line of defense against environmental problems.
- 3 b. It produces between a pint and a quart of mucus daily that traps particles that enter the nasal passages.
- 4 b. Dr. Ivker sees this as the key to curing chronic sinusitis and allergies, preventing colds, and providing a strong support for optimal health.
- 5 b. The entire respiratory tract from the nose to the lungs is subjected to a relentless assault of toxic pollutants with almost every breath.
- 6 a. While the carpets may take some of the particles out of the breathing zone after time they can create a culture of bacteria, yeast, dust mites, and molds.
- 7 b. The Foliage for Clean Air Council recommends a minimum of two plants per 100 square feet of floor space in the average home. 

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

### SINUS SURVIVAL: The Holistic Medical Treatment for Allergies, Colds, and Sinusitis

by Robert S. Ivker, D.O.

Chronic acute sinusitis is the most common chronic illness in America. Dr. Ivker developed a program to help him overcome chronic sinusitis. What he learned became the basis for this book. Softcover. Retail Price: \$13.95  
 Health Hunter: \$12.56

### TURNING SCHOOL FAILURE INTO SUCCESS

with Hugh D. Riordan, M.D.

What do you do when your school is not doing well? When your school spends a great deal of time and money on discipline? When the students are unhappy and not achieving well? When your school is known to be the one to avoid by parents, teachers, and students because failure is expected? Learn the little changes that make a big difference. Failing kids become successful with this approach.

### FOODS THAT HURT: Understanding Your Body's Reaction to Food

with James Jackson, Ph.D.

Have you ever had headaches, joint and muscle pain, depression, intestinal problems, or fatigue, and did not know why? Dr. Jackson reminds us that we are what we eat, digest, absorb, metabolize, and excrete. Listen to The Center's laboratory director discuss how The Center has successfully discovered the food cytotoxic connection to better health and vitality.

### THE MYSTIQUE OF GARLIC

with Melvin Epp, Ph.D.

To say that garlic is the greatest is a truistic statement and not an herbal hyperbole. Known to man long before recorded history, garlic has been used as currency, for a plethora of health issues, and to ward off vampire bats. What is it about garlic that endows it with such expansive effectiveness? Listen to this informative lecture and find out more about this versatile herb.

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# Upcoming Events. . .

## Lunch & Lectures:

### November

- 11 Getting the Lead Out
- 16 Identifying Your Risk for Future Illness
- 18 Simple Solutions to Some Psychiatric Problems

Watch for new winter Lunch & Lectures  
beginning in 2005.

## Retinal disease may be caused by high homocysteine

In a research study reported in the *American Journal of Ophthalmology*, the researchers studied 762 subjects with retinal disease and compared them with 358 control subjects. They found that serum folate (also called folic acid) was low in 287 of those with retinal disease, but vitamin B12 was normal. Folate and vitamin B12 help control the homocysteine level in the body. The control subjects had normal levels of both folate and vitamin B12.

The researchers also found that those with low folate had an elevated homocysteine level in the blood serum. The homocysteine level was normal in the controls.

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