

Health Hunter[®]

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NEWSLETTER

NOV/DEC 2005

*** Celebrating 30 Years ***

Thirty years at The Center

by James A. Jackson, MT(ASCP)CLS, PhD,
BCLD(ABB) & Ron Hunninghake, M.D.

One of the first units of The Center for the Improvement of Human Functioning International, Inc. (previously known as The Garvey Center) established by Dr. Hugh D. Riordan thirty years ago was a small laboratory, now known as The Bio-Center Laboratory, dedicated to nutrition and food sensitivity testing.

Scientists at the NIH demonstrated that high doses of I.V. vitamin C (ascorbic acid) really do kill cancer cells.

Sharon Neathery was one of the first technicians hired by Dr. Riordan. Sharon had been trained in St. Louis, Missouri, by the developers of the Cytotoxic Food Sensitivity test. She had other laboratory skills as well. Dr. Riordan's judgment was excellent since Sharon is still a member of the laboratory staff and is responsible for performing many of the most difficult procedures in our laboratory. In addition to Sharon, our excellent staff consists of Jerry Tiemeyer, laboratory manager; medical technologists Chris Revard, Nhu Tang, and Doug Johnson (part-time); research chemist Kevin Alliston, Ph.D. (part-time); phlebotomist and receptionist Megan Powers; and receptionist Anh Le.

Under the guidance of The Center's Board and Dr. Riordan, our

physicians, and lab staff (all past and present), the Bio-Center Laboratory is recognized nationally and internationally as a leader in nutrition and other laboratory testing. The laboratory has received accreditation from the Federal Government as an independent reference laboratory through the Clinical Laboratory Improvement Act (CLIA) continuously since the laboratory was established. Physicians and other hospitals send specimens to the Bio-Center Laboratory from many different states and several foreign countries.

The laboratory staff also supports the research division at The Center and was helpful in the intravenous vitamin C treatment for cancer. This treatment has recently been vindicated by scientists at the NIH who demonstrated that high doses of I.V. vitamin C (ascorbic acid) really do kill cancer cells. Working with the most modern equipment, the laboratory staff have researched and developed many new methods of measuring nutrients and have authored or coauthored over fifty articles dealing with nutrition and testing.

Longevity of the laboratory staff is also remarkable. The present staff has an average of over thirteen years working in the Bio-Center Laboratory.

About thirteen years ago, Dr. Riordan, several of the physicians, and the laboratory director decided to design a program to allow a patient to have various nutrients measured in their blood in hopes of keeping optimal lev-


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Essential fatty acids reduce pneumonia risk

Dr. Anwar Merchant and colleagues report in a recent issue of *The American Journal of Clinical Nutrition* that if men take essential fatty acids they will reduce their chance of getting pneumonia.

In their research, they evaluated 38,378 men between the ages of 44 and 79. They followed these men for 10 years. During this time, the men had 441 cases of pneumonia.

"Essential fatty acid intake may decrease the infection risk by reducing inflammation and improving insulin sensitivity," the researchers said. Inflammation increases hyperglycemia which raises your infection risk.

Taking both omega-6 and omega-3 fatty acids regularly should help keep you from having blood plasma inflammation and from getting pneumonia, according to the researchers. Taking both of them together works better than just taking one or the other, they said. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

Care for the whole person

In the early 1980s, Dr. Hugh Riordan was elected the president of the American Holistic Medical Association. It was a watershed moment representing a long professional metamorphosis that had fundamentally changed the way he cared for patients.

In medical school, medical doctors learn to treat diseases and tend to specialize in disease care. The name of the game is the name. Diagnosis is the step-by-step process of listening (briefly...about 23 seconds according to one study), examining, testing, and finally assigning a diagnostic name. Based on this name, a prescription or "treatment" is given, along with an insurance code in order for payment of services to be awarded.

Oh, by the way, this all happened to a real person, living in a real life, with feelings, circumstances, and personal dreams very much at work here. But there is no diagnostic coding protocol for these contributing factors. And more often than not, there's no time to even consider them!

Medical care in 21st century America has become highly technical, procedural, and impersonal. The days of Marcus Welby, M.D., have been

killed by HMOs, PPOs, and a whole array of alphabetic regulators that leave patients and doctors equally dismayed, discouraged, and disgruntled.

The Riordan Approach offered an exciting alternative to this scenario. Taking time to cultivate a preceptor, co-learner relationship, Dr. Riordan listened and invited the patient into the discovery process of why the illness persisted. He listened to their life circumstances. He put himself in their shoes to determine which biochemical tests might best characterize the true underlying causes of their sickness. He cared for them as a whole person, taking their feelings, their family situation, the effect of their environment and job, their lifestyle choices, and their diet all into consideration. Then...then he put together a comprehensive treatment plan to feed their bodies, their minds, and their souls.

"There is a place to come when you are weary.

When your body and your spirit are in pain.

A place where hope survives, to truly be alive.

A place where you can find yourself again."



Thirty years—Cont'd from page 1

els of these same nutrients to prevent the early on-set of degenerative diseases. This program was called "Beat The Odds." The program has now grown to 12 panels and is called Health Hunter/Beat The Odds. Information about these panels may be obtained on The Center's website www.brightspot.org. To find out more about the Bio-Center Laboratory, please visit our website, www.biocenterlab.org.

The Center for Healing Arts, the clinical arm of The Center, grew out of Dr. Riordan's early biochemical research on chronically ill patients. Because Dr. Riordan was a psychiatrist, The Center's early patients were mostly

physician-referred for sustained psychiatric illness. They came for what was then known as the "two-day evaluation" due to the amount of time required for this extensive battery of biochemical tests at The Bio-Center Laboratory.


Dr. Riordan's unique evaluation often proved successful at uncovering unsuspected underlying causes for these desperate cases, who had not gotten results elsewhere. He fancied himself a kind of Sherlock Holmes, with conventional doctors functioning as Scotland Yard. Conventional medicine performs routine testing to diagnose standard disease states. If the subsequent therapy failed to correct the illness,

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something more was obviously needed. Dr. Riordan developed an extensive knowledge base gleaned from hosting fifteen International Conferences on Human Functioning and attending hundreds of holistic and nutritionally oriented seminars around the world. Combining this knowledge with a precise laboratory characterization of the patient's unique biochemistry, he was able to solve many medical mysteries and pave the way to better health for thousands of patients over his 30-year career at The Center.

Early on in this process, Dr. Riordan invented a program called Personal Health Control. Each week, different "experiments" were assigned to "co-learners" who had signed up to find out more about what made them well and what made them sick. By eliminating refined sugar, enhancing fiber intake, measuring urine vitamin C, and observing the pH of their saliva, to mention just a few of the program's components, co-learners arrived at a startling discovery: they could make choices in their lifestyle that helped them to feel better and function better!

Much to his delight, Dr. Riordan found that making the biochemical modifications revealed by the two-day evaluation and adopting a co-learner's lifestyle helped not only psychiatric patients but ANY chronically ill patient! By correcting their underlying biochemistry with orthomolecular protocols, by eliminating toxic foods and heavy metals, and by encouraging the adoption of more healthy whole food diets and lifestyle patterns, hopelessly ill patients were transformed into healthier, better functioning co-learners.

In the early 1990s, this clinical program was renamed The Olive W. Garvey Center for Healing Arts, in honor of Mrs. Garvey's early insight: that doctors could use nutrition to heal what many considered "unhealable." Her tremendous support was instrumental in allowing Dr. Riordan to create a Center where his favorite quote became an everyday experience for thousands of Center co-learners: "While they were saying it couldn't be done, it was done." 

HEALTH HUNTERS AT HOME

My life at The Center

This month we celebrate 30 years of The Center's seeing patients. I have only been here for 20 years so I don't know very much about the first 10 years, but let me give you some background.

I came to The Center twenty years ago. I was looking for another line of work and gave my resume to some friends and told them if they knew of anyone who could use a person with such a diverse past to give them my resume. One friend gave it to Dr. Riordan. Dr. Riordan read it, gave me a call, interviewed me, and offered me a job. I figured I could work anyplace for five years, so I took it. It was a wise decision.

A few years before coming to The Center, a friend asked Jackie and me if we wanted to be members of Personal Health Control (PHC), a project of The Center. We did. PHC was based on Dr. Riordan's belief that no one would want to carry on a short project for two weeks. PHC was made up of several short projects, all of which were kept to 10 days or less. PHC changed The Center. Before PHC, The Center saw psychiatric patients with schizophrenia, bipolar disease, depression—those types of psychiatric disease. Dr. Riordan was a psychiatrist and these came naturally.

After the PHC project, The Center began seeing people who had more of the regular types of sustained problems, such as chronic fatigue, heart problems, and arthritis, that had gone undiagnosed or untreated for several months or years. We still saw psychiatric patients, but more people came to The Center with the standard types of problems. We grew considerably.

We even saw our first cancer patient during these early years. But more on cancer later.

When The Center started 30 years ago, it was in two locations—the main office at the corner of Oliver and Central and the laboratory located between Hillside and Oliver on Douglas across from Clifton Square shopping center. We continued to grow to the point that we had to build at our present location at 3100 North Hillside. Shortly thereafter, I came to The Center.

The space was huge. I remember the lower level of the center dome was completely empty. There was plenty of space under domes 4 and 5 to house the laboratory. But we continued to see more and more patients.


The laboratory grew with The Center. Sixteen years ago we officially started cancer research at The Center and moved it into part of lower Dome 4 and the upper part of Dome 3. We continue to do cancer research today with a full time staff including M.D.s and Ph.D.s.

We have been seeing more and more people with cancer during my short tenure at The Center. I remember one person came to The Center to see if she could get in the ABNA clinical program we had in 1989 to treat people without cost to them.

It was on a Friday afternoon in October when she came. I told her that it would be into the next year, if she could get in at all. A tall woman, she leaned over the counter and said very forcefully, "I have been told that I will be dead from cancer in a month." I told her to wait a moment, talked to Dr. Riordan, and he worked her in early the next week.

She was a nun who lived for three more years and started a retreat center that is still going and growing today. She is one of many people with cancer we have seen. Most of them are alive today in spite of what their cancer doctors told them.

As you can see, we have done a lot in 30 years. We started as a small operation and have grown to a significant one that fills the space in the eight domes and all the lower level. We have an expanding certified organic garden that provides much of the produce for our restaurant that serves many people Monday through Friday. We have a nutrient center for patients. We have a clinical services arm that fills the center dome and has offices in two additional domes.

We have grown considerably since we first started 30 years ago and the future is bright. 

—Richard Lewis

INFORMATION WORTH KNOWING

Many years ago, Carl Pfeiffer, Ph.D., M.D., the director of the Brain Bio Center in Princeton, New Jersey, told Olive W. Garvey that she should provide the funding for Hugh D. Riordan, M.D., to build a laboratory similar to his laboratory. Dr. Pfeiffer's center provided nutritional testing and treatment for mental disorders. Mrs. Garvey had read a review of Dr. George Watson's book, *Nutrition and Your Mind*. She had been looking for such an opportunity and asked Dr. Riordan to submit a proposal for a grant. Dr. Riordan later said that he did not spend a great deal of time writing the proposal that basically said, "I don't know what I'll do and you don't know what I'll do, but I will give the next three years of my life doing it." Thus began the start of The Center for the Improvement of Human Functioning International. It has grown because of one man's unwavering dedication, along with a unique woman's support and belief in this "new" kind of medicine. In the beginning most of the patients were from out of town and it soon became apparent that, as well as the Bio-Center Laboratory, other divisions were necessary. The questions this month detail some of the accomplishments of The Center.

1 The Center is comprised of the Bio-Center Laboratory, The Olive W. Garvey Center for Healing Arts, The Bio-Medical Synergistics Education Institute, and _____.

- a. Pfeiffer Research Center
- b. Bio-Communications Research Institute
- c. Cancer Research Center
- d. Food Research Institute

2 The Center's treatment is based on nutritional therapies and often refers to the kind of medicine promoted here as _____ medicine.

- a. orthomolecular
- b. mainline
- c. intuitive
- d. maverick

3 Most hospitals build libraries for their doctors, nurses, and medical students and that are off limits to patients. At The Center patient/co-learners are encouraged to visit our Mabee Library.

- a. True
- b. False

4 The Center has hosted _____ International Conferences on Human Functioning that have attracted people from all over the world.

- a. five

- b. ten
- c. fifteen
- d. thirty

5 The Center provided childhood education for three seasons with a television program called _____.

- a. One of a Kind
- b. Dr. Riordan and the Color Blue
- c. What You Should Be Eating
- d. You Are What You Eat

6 The Taste of Health Restaurant serves lunch Monday through Friday from 11:30 a.m. until 1:30 p.m. Great tasting foods made with lower fat, refined sugar, and _____ are served.

- a. colorful vegetables
- b. organic vegetables
- c. fresh fruits
- d. all of the above

7 The Center is different in what we do and how we do it. That's because the price of making a difference is being different.

- a. True
- b. False

Monitoring and prevention in the workplace

Absenteeism from work due to "sickness" or preventable injuries results in decreased productivity and increased health care costs for the employer. Employers pay over half of the nation's health care bills and the insurance, absenteeism, replacement, and training of employees lost through illness add to this burden.

Heart disease, cancer, and accidents account for nearly 75% of total deaths in the U.S. These diseases are associated with various risk factors (smoking, poor nutrition, and lack of exercise) and can be reduced through a health promotion strategy aimed at identifying employees' nutritional risk factors for the diseases, then educating and motivating the employee to reduce the risks.

OSHA was established to prevent accidents in the workplace; why not a BTO (Beat The Odds) nutritional program to help prevent diseases in the workplace? This is exactly what The Center has done. We have worked with companies to establish a health program to measure and monitor blood and urine nutrient levels.

If we do not eat right, exercise, and monitor our nutrition, the odds are we would develop one of the many degenerative diseases (cardiovascular disease, cancer, Parkinson's disease, Alzheimer's disease, macular degeneration, etc.).

The Center can offer this program to any organization. It is conducted on-site and consists of a series of blood profiles and panels. We only measure nutrients and natural occurring substances in the body. The profiles measure vitamins, important minerals, complete lipid profile with calculated risk factors, blood glucose, and optional PSA test for prostate screening. The results are returned to the employee in color-coded booklet form with a CD explaining what the test results mean. Their results, normal results, optimal results, and how one can improve the results are included.

If you work in a company that may be interested in starting such a program, contact The Center for more information.



• FOR ANSWERS, SEE PAGE 7 •

The Garden and the gardener

by Melvin D. Epp, Ph.D.

The concept that food and medicine speak similarly to health is not new. Hippocrates (460 B.C.–377 B.C.) is quoted saying “Let your food be your medicine, and your medicine be your food.”

At a recent staff meeting, a nurse who worked with Dr. Riordan in the 1960s recollected discussions at that time of the virtues of gardens and fresh produce. Dr. Riordan relished telling me as a new recruit that he had shown his children how to garden in the Native American style and had dropped a fish in the hole under each tomato plant.

When The Center’s campus was built in the mid-80s, volunteers created an area for vegetable production and for growing herbs. Dr. Riordan assumed that since he could cajole his children to grow vegetables, all of mankind had the innate capacity and desire to garden. Pictures in the archives show that volunteers did make noble attempts at gardening. The constancy of these attempts was sporadic and was more educational than monumentally productive.

In 1996, Donna Brown gardened more intensively and successfully got the Brightspot Garden certified organic. After a couple of years, she moved away. The garden languished until I started in the fall of 1999. The rules of organic certification had become more rigorous and so it took until the gardening year of 2001 to be organically certified again. We are just completing the fifth year of certified organic production.

The Brightspot Garden has become progressively more productive as the soil was enriched, the crops were rotated, and consistent attention was provided. During 2005, the 0.58-acre mixed vegetable Brightspot Garden has already presented more than 13,000 pounds of certified organic produce to the on-site Taste of Health Restaurant. The chefs have taken these raw vegetables and daily created fresh, highly flavored, whole food delectables.

“An old-fashioned vegetable soup, without any enhancement, is a more powerful anti-carcinogen than any known medicine.” —James Duke, Ph.D. [H]

Herbal History

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

Poke, pokeweed, poke root (Phytolacca decandra)

Phytolacca is a supreme lymphagogue (promotes lymph flow thru its softening and dissolving actions). It has a specific action on the lymphatic system, decreasing inflammation and increasing lymphatic drainage. It is most indicated in cases of hard lymph nodes and acts most specifically on the head, neck, and breast lymphatics. Phytolacca combines well with Commiphora, Echinacea, Gallium, Burdock, and Prickly Ash to promote Lymphatic drainage.

Phytolacca is also useful for certain endocrine, urinary, and gynecological conditions. Phytolacca affects glandular tissue in general (ovaries, testes, mammary, thyroid, etc.) by increasing their secretions. Namely, it is helpful for goiterous thyroid glands and hypothyroid in general because it improves circulation and lymphatic flow

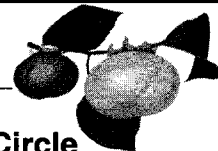
through the thyroid gland. Further, it is useful in the treatment of cystic kidneys. In addition, Phytolacca is much indicated in mastitis, sore nipples, and cystic breast tissue. It can be applied topically and/or taken internally.

Phytolacca is also useful in infectious or inflammatory conditions of the upper respiratory tract (nose, throat). It is particularly good for acute inflammation. Phytolacca can be mixed with Galium (another lymphagogue) and anti-viral herbs such as Baptisia and Licorice to fight upper respiratory infections.

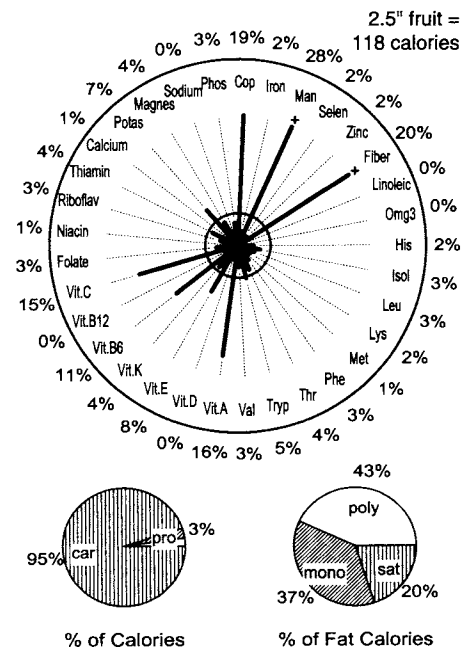
Phytolacca contains alkaloids that can be problematic if used in large dosages. Hence, only very small doses of this herb are generally used. It is very wise to consult with a knowledgeable herbal practitioner before using this on your own. [H]

Food of the Month

by Donald R. Davis, Ph.D.



NutriCircle



PERSIMMONS available in the U.S. are nearly all Oriental or Japanese varieties. They are native to China, where there are thousands of varieties. Most persimmons in our stores are Hachiya, which are bitter and astringent till they are fully ripe and soft, with a jelly-like consistency inside. The Fuyu variety is sweet while still crisp as an apple. Astringency is caused by tannins, which also may be removed by overnight freezing and thawing, or other means. Unlike most fruit, persimmons ripen in late fall. Nutritionally, they are most notable for vitamins A, E, B₆, and C, the minerals potassium, copper, and manganese, and fiber.

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.

Walk the Gratitude Trail


As I walk around the Olivia G. Lincoln Gratitude Trail, I notice that the leaves are turning colors and falling. Birds twitter, little critters scamper away, and the muskrat swims gracefully through the pond water. This is one of my favorite times of year. Reading the inscriptions of the stones and bricks that have been put on the path to honor a family member or friend, it is a time to reflect on the year and be thankful for all our many blessings. Although this has been a trying and difficult year for many of us, we still have many blessings to be thankful for.

It started in January with the passing of our larger than life founder and president. He played such a major role in The Center, not just in the founding of The Center but also in the day-to-day management. Our blessing is that he left highly competent people to carry on his vision and skills. He taught us



well and while we have floundered a little we have already come around. We were also blessed in that he guided The Center for almost thirty years.

The hurricanes, tsunami, floods, and other natural disasters seemed to follow each other too closely this year. Paul Harvey said, "In times like these, it helps to recall that there have always been times like these." The blessings from these disasters were that people cared for other people and were generous in opening their hearts and purse strings to the many victims.

Robert Orben said, "The world now has so many problems that if Moses had come down from Mount Sinai today, the two tablets he'd carry would be aspirin." We invite you to walk around the Olivia G. Lincoln Gratitude Trail and enjoy the noise of nature. It is better than an aspirin and just the kind of Mental Medicine needed. 

Case of the month

A 73-year-old male came to The Center in October 2001, complaining of food allergies, arthritis, hypertension, pain in the extremities, and especially in his lower back, sinusitis, tendonitis, and insomnia. His wife came here a few weeks earlier with modest success already, so he decided to come also.


After his initial evaluation, Dr. Riordan wanted him to do some laboratory testing, and he did. His next appointment was with Mavis Schultz, Nurse Clinician.

Mavis suggested he take acidophilus to counteract his elevated candida level, magnesium chelate for his low magnesium, Zinc Boost for elevated pyrroles, evening primrose oil to counteract his low omega-6 fatty acids, quercetin/bromelain for elevated IGE level, vitamin B6, lipoic acid for his blood sugar, and Doxycycline to take care of the parasite found in his stool sample. In addition, she had him take an injection of magnesium sulfate for four weeks.

Dr. Ron Hunninghake suggested that he take various other herbal and nutritional products over the following years. In addition, Dr. Ron had him begin chelation in June 2004, and he continues it today. Dr. Ron suggested that he do the chelation every two weeks. He reported in October that he has greater stamina since starting the chelation.

In June 2004, he flew his ultralight airplane for five hours during one week. Again, in June 2005, he said that he worked ten hours on his airplane with only bug bites on his lower legs. He used castor oil and patches on this and they cleared up nicely.

He said that his dizziness is doing pretty good. Dr. Ron had him begin a retraining program that involved work with his neck and shoulders for dizziness and vertigo. He graduated from the program in January 2005. In October 2005, he said that the ginger now helps him keep his balance.

For a man in his mid 70's, he is doing pretty well. He enjoys his ultralight airplane and that is saying something for someone who is the age that he is. 

CENTER UPDATE

Coffee's got antioxidants

For years, "medical experts" have been condemning coffee because it just has caffeine. Well, that has changed and is proving The Center right for not joining in the condemnation.

Coffee has antioxidants! Joe Vinson, a chemistry professor at the University of Scranton in Pennsylvania, told attendees of the American Chemical Society recently that we get over one gram of the antioxidant compounds known as flavonoids in an average day from drinking about eight ounces of coffee. Both caffeinated and decaffeinated coffee appear to have similar antioxidant capacities from flavonoids.


"Tea," he said, "is far behind at roughly 300 milligrams of antioxidants in our average daily consumption." We don't drink a lot of tea in the U.S., even though it is fairly high in flavonoids, according to Vinson.

In the research study that discovered the flavonoid capacity of coffee, Vinson and colleagues examined the

antioxidant content of over 100 foods and beverages. They also checked data from the U. S. Department of Agriculture to find out how much Americans consumed of each item they examined.

In the past, studies have checked the levels of particular antioxidants in particular foods or beverages; in this study the researchers put them together. Coffee came out on top from serving size and frequency of consumption. Bananas came in second, followed by dried beans and corn. Incidentally, dates have the highest antioxidant, but Americans rarely eat dates.

Coffee outranked many popular sources of antioxidants, such as tea, milk, wine, chocolate, and cranberries because of the amount of coffee Americans drink.

Vinson urges people to use moderation in drinking coffee even though this may encourage them to drink more. Everything in moderation is the motto of The Center. 

Answers from page 4

- 1 b. After testing it soon became apparent that treatment was needed for patients, education for other professionals as well as the lay public, and research to find more answers.
- 2 a. Orthomolecular medicine describes the practice of preventing and treating disease by providing the body with optimal amounts of substances that are natural to the body.
- 3 a. Part of The Center's philosophy is the patient as a co-learner. We have found that the people who come to The Center are well read and knowledgeable about their health.
- 4 c. The first conference was held in 1977. The goal was to provide medical education that was needed.
- 5 a. One of a Kind was geared to short segments about eating right, songs, and inspirational messages on managing relationship problems.
- 6 d. During the summertime, vegetables grown in The Center's organic garden add color and freshness to the menu.
- 7 a. The Center has earned international recognition for the different path we have taken. [H]

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

DR. HUGH RIORDAN:
A 30-Year Retrospective with Ron Hunninghake, M.D.
 Dr. Hunninghake talks about the amazing career of this fascinating maverick physician who founded The Center.

Health by Dr. John Matsen.
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 Set of 3 Video Tapes - Reg Price: \$37.50
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IODINE: The Thyroid Enhancing, Immune Boosting, Cancer Preventing, Hormone Modulating Mineral with Ron Hunninghake, M.D.
 Learn about the benefits of this amazing mineral you thought you had enough of but didn't.

IMPROVING SCHOOL TEST SCORES & STUDENT BEHAVIOR: Eat, Exercise, Excel! with Dean Dodson
 What do you do when your school is not doing well? Find out the little changes that made big differences in a Kansas school. Changes in school environment, a can-do attitude, better nutrition, and exercise have had astounding results. Video documentaries by national award-winning producer/director, Dean Dodson, chronicle the program and the positive changes that have taken place over the past three years. Comments from the principal, teachers, staff, and students reinforce the power of positive changes experienced from the Eat, Exercise, Excel program.

HEALTHY SECRETS FROM YOUR NINE LIVER DWARVES with Chad Krier, N.D., D.C.
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Upcoming Events. . .

Lunch & Lectures:

November:

- 8 Health Hunter/Beat The Odds
- 10 Treating Various Mental and Behavioral Disorders Naturally:
The Pyrrole Test
- 15 The Center's Approach to Colds & the Flu
- 17 Healthy Eating for the Holidays

One solution for obesity, alcoholism, etc.

A new drug, called rimonabant, is undergoing testing that may reduce food cravings in some people who have trouble with overeating various foods, researchers say. The researchers are even trying the drug to eliminate smoking.

According to the April 16 issue of the journal, *Lancet*, researchers had 1,507 volunteers take various doses of rimonabant or a placebo for one year. Of the 599 people taking the maximum dose (20 mg) almost 70% lost 5% of their body weight. They went on to say that only 50% of the volunteers taking a placebo lost that much weight. The added 20% of participants losing weight doesn't seem too impressive for the 599 volunteers taking rimonabant when compared to natural ways of losing weight.

- Thirty years at The Center
- Essential fatty acids reduce pneumonia risk
- Walk the Gratitude Trail
- Coffee's got antioxidants

INSIDE THIS MONTH'S ISSUE . . .

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