

Stop prediabetes now

with Jack Challem, Ron Hunninghake, M.D., & Richard Passwater, Ph.D.

Dr. Richard Passwater is a nutrition researcher and author who recently interviewed Jack Challem and Ron Hunninghake, M.D. about their upcoming book, *Stop Prediabetes Now*, scheduled for release in November, which is American Diabetes Month.

Challem: When I visited The Center in 1997 and saw my blood test results, I realized I was prediabetic. This experience became part of my motivation for writing *Syndrome X*, which is a form of prediabetes. In my subsequent visits to The Center, Dr. Ron and I spent more and more time talking, which led to a friendship and to the collaboration on *Stop Prediabetes Now*.

Passwater: How is *Stop Prediabetes Now* different from *Syndrome X*?

Hunninghake: *Stop Prediabetes Now* is a much more practical book in terms of what to do about prediabetes, full-blown diabetes, and overweight. We begin with the idea that overweight and prediabetes are two intertwined health problems. When you improve one condition, the other will almost always improve. We recommend specific blood tests to get the full picture of glucose intolerance (or tolerance, as the case may be), explain how to safely shop in supermarkets and natural food stores, read food labels, recommend foods that stabilize appetite and blood sugar, and suggest a number of beneficial supplements. It's a much more integrated approach because the solution isn't just taking a lot of supplements. Reversing prediabetes and overweight involves changing eating habits, getting

more active physically, and controlling stress. When people start getting their blood sugar problems under control, they notice a number of "side benefits" to their health.

Challem: The standard American diet is perfect for creating prediabetes, overweight, and diabetes. It's difficult for people to navigate the market aisles and restaurant menus and to eat safe and healthy foods. In many ways, *Stop Prediabetes Now* is a manual for how to eat healthy and to prevent and reverse these health problems.

Passwater: How serious of a problem is prediabetes?

Hunninghake: It may be "ground zero" in the many degenerative health problems people now face. Look at the situation this way: People with prediabetes have glucose intolerance problems, and they usually have nutritional deficiencies that impair how they process carbohydrates. Both glucose intolerance and nutritional deficiencies set the stage for other health problems.

The single major risk factor for prediabetes and full-blown diabetes mellitus is being overweight. Two-thirds of Americans are now overweight, and four out of five men are overweight. Depending on whose numbers you use, 40 to 100 million adults are prediabetic. Because of the increases in overweight, prediabetes, and diabetes, related health problems will increase and life expectancy will likely start decreasing in the next few years.


If someone is prediabetic and doesn't do anything to change the *continued on page 2*

Coffee drinking slows LDL cholesterol oxidizing

Some doctors tell us to stay away from coffee for various reasons. Others say, "Hey, why not enjoy a cup of coffee? It has various antioxidant components that will help you." Sound confusing?

Recently, a group of Italian researchers published a paper in the *American Journal of Clinical Nutrition* which indicates that coffee could be a good guy when it comes to solving cardiac circulation problems.

To do this, the researchers had 10 volunteers, after an overnight fast, drink 200 ml (one cup) of coffee. They drew blood samples before the volunteers drank the coffee and at 30 minutes and 60 minutes after consuming the coffee.

The results, the resistance of the LDL cholesterol to oxidation increased significantly (had a lower ability to collect in clumps on artery walls) than before, probably as a result of incorporating coffee's phenolic acids into the LDL cholesterol. 

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Stop prediabetes—Cont'd from page 1

of the disease, he will likely become diabetic within a few years. Being overweight, prediabetic, or diabetic significantly increases the risk of heart disease, Alzheimer's, many types of cancer, and inflammatory problems. People become prediabetic as they age. Poor nutrition can accelerate the process and good nutrition can slow it.

Passwater: What are some of the symptoms of prediabetes?

Challem: I think two of the most common symptoms are feeling tired and mentally fuzzy, especially after eating. Many people have traditionally attributed this post-meal tiredness to hypoglycemia, or low blood sugar. Blood tests have never really confirmed this, which is why conventional doctors have always argued that they don't see many cases of hypoglycemia.

Blood sugar levels go up after a meal, and recent research has clearly shown that higher blood sugar levels increase mental fuzziness and feeling tired. There is a family of brain chemicals called *orexins*, which enable us to feel alert. However, as blood sugar levels increase, production of orexins shuts down, making us feel less alert and more tired. So, people who get tired after eating lunch are actually experiencing hyperglycemia, or blood sugar that's too high. That's a sign of prediabetes.

Hunninghake: There are many clinical signs that point strongly to prediabetes. One is insulin resistance, where the buildup of low-grade inflammation in the body silently causes a dysfunction of insulin receptors. Then, the body cannot process blood sugar properly. Another is elevated triglycerides. Still others include elevated cholesterol, hypertension, and abdominal obesity. These are the symptoms that make up Syndrome X, but they're all related to excess insulin, which itself is related to consuming too many sugars and sugar-like carbs.

As mentioned, there is this inflammatory component of prediabetes. When the body is injured or stressed, the body secretes a number of inflammation-promoting cytokines, including interleukin-6 and C-reactive protein. These are communication molecules

that set off "red lights and sirens" in the body. There is a cascade effect, so inflammation becomes a bigger and bigger problem. People who are prediabetic, diabetic, or overweight tend to have higher levels of these inflammatory signals.

It's important to recognize that "normal" blood sugar levels may not be ideal. The standard reference range is between 65 and 99 mg/dl of blood, but this range is far too wide to be of any real value. The best fasting blood sugar level seems to be right around 80 mg/dl of blood. Some research has shown that people with "high normal" blood sugar levels are more likely to develop diabetes within a few years, compared with people who have "low normal" blood sugar levels. Normal does not necessarily mean healthy.

Passwater: What are the major dietary causes of prediabetes?

Challem: The dietary causes are the usual problematic eating habits and foods that most people hear about. They include: Too many sugary and sugar-like carbs, regardless of whether you count them in grams or calories, trans fats, refined omega-6 oils, and deficiencies of nutrients involved in insulin function and glucose control. There are also the nondietary factors, such as not getting enough physical activity and not protecting against stress. Stress increases insulin and the stress hormone cortisol, both of which promote the formation of belly fat.

Like a lot of people, I took plenty of supplements (and still do), but for years gave only lip service to diet and exercise. Many of the retailers I see at trade shows are not the picture of health; they don't set a good example for their customers. They're fat, stressed, and prediabetic. They get caught up in the pressures of running a business and forget to take care of themselves. They don't have to be perfect, but I think they should do their best to set a good example for their customers. Otherwise, their credibility is hurt.


Passwater: What are the foods that improve blood sugar and help people reduce weight?

continued on page 3

Challeng: First on my list is quality protein, namely fish and organic chicken. Protein stabilizes and often lowers blood sugar levels, helping people avoid the extreme blood sugar swings that invariably lead to hunger and overeating. By controlling blood sugar levels, protein suppresses appetite, so people tend to eat fewer calories. Even when people eat more protein calories, the body responds to those calories in a healthier way. In contrast, eating sugars and sugarlike carbs—breads and pastas, regardless of whether they're whole grain or refined, stimulates insulin secretion. Excess insulin increases belly fat, cholesterol, triglycerides, and blood pressure.

Second on my list are high-fiber vegetables. They also stabilize blood sugar. When you are eating quality protein and high-fiber veggies, you're eating a balanced diet. If you're relatively sedentary, you don't need any more carbs than those in the veggies. If you're very active physically, you can probably tolerate more pure starch, such as bread and pasta.

The irony is that much of the health food industry was built on the idea of whole-grain goodness, which now doesn't appear to be so good after all. Around the turn of the century, Dr. John Kellogg used whole grains to treat a lot of people at his sanatorium in Battle Creek, Michigan. Americans weren't eating much in the way of vegetables then. But when you look at the Paleo diet data, humans seemed to do better, historically, with just protein and veggies. When grains became dietary staples, a lot of illnesses, including bone problems, arthritis, and birth defects, suddenly became common.

Hunninghake: From a clinical perspective, people who are overweight and prediabetic generally respond best to a low-carb diet built around quality protein and high-fiber vegetables. Such people tend to be carbohydrate sensitive, or they are outright carb addicts. They're almost always sedentary. They just don't need the carbs, and when they eat carbs, they almost always go back to the eating habits that made them sick. We're not advocating an Atkins-type diet, but more of a protein-rich, high-color, and high-fiber hunter-gatherer style of eating. 

HEALTH HUNTERS AT HOME

Botanical products for urinary incontinence

Urinary incontinence is one of those subjects that affects some of us, and it is one of those subjects that we just don't talk about. Even I would just as soon let someone else deal with urinary incontinence, but here is an attempt to take a look at it.

The subject of urinary incontinence is one of the most common and bothersome problems we face, but, again, we just don't want to talk about it. Most physicians don't want to deal with urinary incontinence as they see their patients growing older either. But it is not just older adults who have the problem of urinary incontinence; it can even affect younger adults as well—even as young as 20 years of age.

Urinary incontinence is not a disease, even though television wants us to think it is and to ask for their advertised pill from our physician to stop the "disease." But the pills come with side effects. It is, though, a symptom that needs to be addressed.

There are various types of incontinence that urologists see: stress incontinence, urge incontinence, functional incontinence, overflow incontinence, and mixed incontinence. These are only classifications the urologists use to explain the "disease." They are not looking at the root cause.

As you probably know, The Center would rather use nutrients, botanicals, and herbal products to solve the root cause of the symptoms rather than just give you a prescription and hope that you or the "disease" will go away.

When you look at the root cause of incontinence, several nutrients, botanicals, and herbs come to The Center doctors' minds. Let's start with nutrients.

For instance, one can use about a gram of vitamin C taken three times a day to help keep bacteria from growing in the urine. One can also use beta-carotene in doses up to about 25,000 IU to 50,000 IU per day to help the immune system stay healthy and help keep the mucous membranes that line the urinary tract vital.

One can also use zinc to help the


immune system become healthy and stay healthy. A dose of 30 mg per day is a good place to start with zinc. Calcium at 1000 mg per day and at least 500 mg of magnesium a day, taken together, help improve the control of the muscles used during urination.

Cranberry juice helps prevent bacteria from sticking to the bladder walls and has been shown to reduce urinary tract infections. Cranberry juice is also used by some women to keep urinary tract infections from recurring. Cranberry supplements may work better than cranberry juice because of their high concentrations of the active ingredients in the supplement.

Saw palmetto is the basic herbal product used for older male adults with urinary problems that are related to the prostate gland swelling. The prostate gland is located around a part of the urinary tract. As males grow older, the prostate gland tends to swell and begins restricting the urethra, slowing the urinary flow. If left to continue to swell, the prostate will eventually cut off the urine for some males. One has the choice of using drugs to slow the swelling and control the urine flow or using saw palmetto. It depends on your doctor, but most doctors will suggest drugs with their various side effects.

If the doctor is more holistically inclined, he or she will suggest taking saw palmetto. The Center doctors often suggest a product called Pro Sanoa (one herbal company's brand name for saw palmetto), or they may choose to use Ultra Prostagren (a combination of saw palmetto and a nettle complex).

Saw palmetto comes from the dark purple berries of the palmetto palm that grows along the coast from South Carolina south to Florida and also southern California. The berries are then processed to make an almost black juice that is then put into capsules to help the prostate gland shrink so that a good urine flow returns.

These are some solutions to urinary incontinence. 

—Richard Lewis



INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Jack Challem, known as the Nutrition Reporter™, and Ron Hunninghake, M.D., the Medical Director of the Center for the Improvement of Human Functioning International, have collaborated on a new book, *Stop Prediabetes Now*. Prediabetes has reached epidemic levels. Are you one of the tens of millions of people at risk for developing type 2 diabetes as well as other health risks? Jack Challem and Dr. Ron know that you can take control of prediabetes, reduce your weight, and reduce your risk of developing diabetes. Information on laboratory tests that can help you in assessing your risk of developing prediabetes are discussed and are extremely helpful in understanding the condition. Jack Challem and Dr. Ron have found that the treatment for prediabetes is affordable, practical, and surprisingly easy. The questions this month are taken from their book.

1 Being overweight is the number one risk factor for developing prediabetes and diabetes. One of the problems in dealing with weight issues is that many overweight people are _____.

- a. deaf
- b. in denial
- c. blind
- d. uneducated

2 Today an estimated 40,000 American adolescents have type 2 diabetes. Eating large quantities of junk food has played a part in the development of type 2 diabetes. People who dine at fast-food restaurants two or more times a week are far more likely to be overweight.

- a. True
- b. False

3 Prediabetes, diabetes, and obesity are associated with an increased risk of developing _____.

- a. faster aging
- b. heart disease
- c. inflammation
- d. all of the above

4 If you were to eat food as it grows in nature, for the most part you would have the ideal diet. While there are natural sugars in nature, they are generally paired with _____.

- a. sodium
- b. seasonal availability

- c. fiber
- d. iodine

5 Laboratory tests can help you understand risk factors for developing illnesses. Fasting glucose, fasting insulin, and _____ are three tests to clarify your risks of developing prediabetes.

- a. hemoglobin A_{1c}
- b. iron level
- c. hormone level
- d. selenium level

6 Humans have been given the innate ability to eat the foods that are best for them. For that reason, scientists know that genes are more important than the foods people eat.

- a. True
- b. False

7 Nutrition and physical activity are both important for controlling weight. Good nutrition can help you lose a significant amount of weight. Physical activity stimulates the conversion of dietary _____ to muscle.

- a. protein
- b. carbohydrates
- c. starch
- d. fiber

• FOR ANSWERS, SEE PAGE 7 •

Health Hunter contest winners

Thanks to all of you who wrote an essay or sent in your form for the drawing. Winners of the essay contest were announced at the Health Hunter/Beat The Odds “Ask the Doctors” evening. The winner of the drawing for \$2,000 in Center services was Ruth McCollum.

We awarded four gift certificates for \$50 in Center services to Floyd Bartel, Charlotte Houck, Wilma Monical, and Elizabeth Shorter. Excerpts of their essays will be in a future *Health Hunter Newsletter*.

Carly Swenson’s essay was the winner of a gift certificate for \$200 in Center services. Here is her essay:

“What I have learned from the *Health Hunter Newsletter* that has improved my health is...spend time researching information about the illnesses with which I live to make better decisions about my health choices. The newsletter provides a starting point.

Keep a positive hopeful attitude, believing I can improve my health situation, and to take responsibility for discovering and implementing new methods, ‘Mental Medicine’ provides ideas.

Remain open to change. Life itself is a process continually presenting new challenges—my physical being is part of this life. The ‘Case of the Month’ reinforces this.

Just think of yourself as a hot air balloon. You control ups and downs, speed and direction. The newsletter can be part of the ballast that keeps you from being directionless and having crash landings. It can help keep your ‘basket’ strong and give you a colorful, well-filled balloon.”TH

On November 1, 2007

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Epidemic of Health.**

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Winter is on my head, but eternal spring is in my heart.—Victor Hugo

Test of the Month

by Dr. James A. Jackson,
Director, Bio-Center Laboratory


B.U.N.

When patients see the doctor order this test on them they probably think, "Great, a BUN; I get something to eat! Wrong! This test is used to measure kidney function and is part of the chemistry profile, or it may be ordered separately.

B.U.N. is an abbreviation for **Blood Urea Nitrogen**. Urea is a waste product produced in the body from protein (amino acid) metabolism. The kidneys must be working properly to remove this waste product from the blood.

The nitrogen in the name comes from the ammonia (NH₃) released from amino acids of proteins. The nitrogen the body cannot reuse is combined with one carbon C=O(NH₂)₂ to form urea. This is accomplished in the liver and is a very important protective mechanism for the body. At low levels, urea is not toxic; however, as you probably know, ammonia is a very strong toxic substance. It is used in many chemicals, such as floor and tile cleaners. If it builds up in the blood, a condition called "uremia" (essentially urine in the blood) occurs.

In addition, the brain is very sensitive to ammonia and a condition called encephalopathy will occur if the BUN (ammonia) gets very high. The BUN, along with creatinine, is used to monitor dialysis patients. The normal range is 5 to 26 mg/dL. High levels are found in acute and chronic renal diseases, shock, and any blockage of the urinary system. High intake of protein, bleeding in the G.I. tract, congestive heart failure, and severe dehydration will also cause high BUN levels.

So, the next time the doctor tells you he wants you to have a BUN, don't head to the bakery, but to the laboratory! 

*What sunshine is to flowers,
smiles are to humanity. These are
not trifles, to be sure; but, scat-
tered along life's pathway, the
good they do is inconceivable.*

—Joseph Addison

Herbal History

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


Nasosympatico

The Nasosympatico formula is used for cases of acute and chronic sinusitis. I use it in conjunction with a chiropractic sinus drainage technique and diathermy (deep heating device) to promote drainage of the sinuses. The Nasosympatico formula is comprised of the essential oils of thyme, eucalyptus, peppermint, and lavender.

The essential oils work as local decongestants. The volatile nature of the oils causes lacrimation (tearing), loosening of mucus, and promotes drainage of the nose and sinuses (may cause sneezing). The Nasosympatico technique promotes sympathetic tone of the sphenopalatine ganglion (the regulator of secreto—motor function for mucus membranes of the sinuses, the nose, and the eustachian tubes). Basically, it helps promote nervous system control of mucus production. The essential oils

are also antimicrobial, which helps fight off infectious organisms.

The basic protocol is to perform a series of sinus pressure techniques with lymph drainage and cranial manipulation. Next, the patient's oral pharynx is painted with bitter orange (antimicrobial) oil. This is followed by inserting nasal applicators that have been dipped into diluted essential oils into each nasal meatus. A total of 6 nasal applicators are used. Once the nasal applicators are in place, a diathermy unit is placed over the sinuses and deep heat is delivered for 15-20 minutes. The patient focuses on breathing thru their nose, inhaling the essential oils deep into the sinuses.

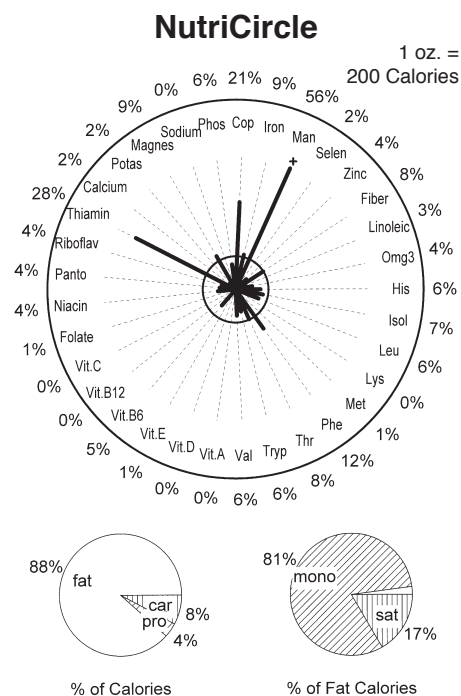
I generally recommend 6-8 treatments initially on a weekly basis until things are under control; then patients may want to follow up with the technique seasonally. 




Food of the Month

by Donald R. Davis, Ph.D.

MACADAMIA NUTS are the seeds of tropical trees native to Australia, now grown in Hawaii and elsewhere. They are prized for their flavor, either raw (shown here) or roasted. Compared to other nuts, they are unusually high in fat (90% of calories) and only modestly endowed with nutrients. Nevertheless, recent studies with large daily intakes of 1.5 to 3 oz. show improvements in several risk factors related to heart disease, including LDL cholesterol, oxidative stress, clotting, and inflammation. Macadamia nuts are highest in monounsaturated fat, manganese, thiamin, copper, magnesium, iron, 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). 

Mental Medicine

by Marilyn Landreth, M.A.

Scream and stomp


How long has it been since you've been to a high school football game? This year, for the first time in many years, my husband and I attended a game. Going though a metal detector was very different than the last time we had attended. Once we got on the other side of the gate we could feel the excitement in the air. Parents and grandparents all took their seats to cheer their team on.

Just looking at all the young people taking part in the evening from cheering, playing in the band, and, of course, the ball players reminded me of all the many hours that went into having this type of event. Supporters have attended many football games since their student began playing, usually around age ten. They sat on a hard bleacher in all kinds of weather just to support their child/grandchild. The many hours practicing that the band members, cheerleaders, and players spent to make the event possible was a little overwhelming.

It was a wonderful early fall eve-

ning. The sky was incredibly blue with just a hint of a breeze. At the kickoff each side started yelling and stomping their feet. Mild mannered people suddenly became outspoken boosters for their team. It was wonderful! There is something about yelling and stomping that can relieve a great deal of stress.

The great thing about the game was that all the players tried their best to win, but when it was over they shook hands with their opponents. They learned from their mistakes and would be back on the field the next week to give it their best.

Life is sometimes like that. We may stomp and scream and give it our best. Then, we can make the decision to learn from each win or loss and go on. When we let go of the mistakes of the past and come out ready to give it our best again, we all win. If you need to scream and stomp, go to a football, basketball, or other sporting event and give it your best! 




Case of the month

The grandparents of a 10-year-old girl brought her to The Center with the major complaints of autism and allergies. She has been developmentally delayed for many years. Her grandparents hoped that she would become more functional and independent, have less behavioral problems (these are particularly bad), her speech would become more intelligible, and she would gain better social skills from her experiences at The Center.

After Dr. Ron Hunninghake examined her and talked with the grandparents, he and the grandparents came up with a list of laboratory tests they wanted her to complete. These included vitamins A, C, D, and E, along with a B vitamin panel; trace elements including copper, magnesium, selenium, and zinc; a candida panel; essential fatty acids; and a standard cytotoxic food sensitivity test, which included 90 foods—all using blood. In the urine, they had her do a 6-hour post DMSA, organic acids, pyrroles, and a urinalysis with a urine vitamin C test.

The cytotoxic food sensitivity test, The Center has found, is an extremely important test to find out what foods the person is sensitive to, and it is especially useful for those who are autistic. Once found, the foods can be eliminated. In this case, the test found that she was sensitive to bananas, BHA/BHT, cabbage, all cheeses, chocolate, coconut, corn, dextrose, eggs, grapes and raisins, honey, cow's milk, oats, pineapple, both sweet and white potatoes, strawberries, vanilla, and baker's yeast. These were all part of her diet, especially milk, potatoes, and chocolate. Her grandparents were advised to eliminate those foods completely from her diet both at home and at school.

In addition to getting her nutrients up in good shape, the doctors began working on her high mercury levels with DMSA chelation.

After three rounds of chelation (each round taking two weeks) her grandparents report that she is calmer, and summer school has gone well. She continues to eliminate the sensitive foods, working on the mercury with DMSA chelation, and taking her nutrients. 

CENTER UPDATE

An alternative to mammograms

"It is counterproductive to get stuck in the debate on screening mammograms," says Christine Horner, M.D., surgeon, author, and a leading advocate for women's breast health. "It's far more important for women to focus on prevention." In *Waking the Warrior Goddess* (Basic Health, 2005), Horner makes the following recommendations:

Consume:


- Fresh fruits and vegetables, especially anticancer cruciferous vegetables such as broccoli, cauliflower, and cabbage.
- Organic whole grains.
- Health-promoting fats such as omega-3 fatty acids.
- Green tea as a drink or supplement.
- Turmeric, the number 1 anticancer spice.
- Vitamins and minerals such as vitamins B12, D, E, and folate

and the trace element selenium help stop cancer growth.

- Coenzyme Q10. If you are over 35 years of age, consider this supplement.

Do not consume:

- Red meat. Women who consume the most red meat have a higher risk of breast cancer by 30% to 50%.
- Cigarettes. Women who smoke increase their risk of breast cancer as much as 60%.
- Toxins. Use only natural, non-toxic cleaning, bathing, and beauty products.

These are just a few of the recommendations Dr. Horner makes in her book. For more recommendations on the prevention of breast cancer and the complete text of these recommendations, go to your local library or bookstore and get a copy of Dr. Horner's book. 

Answers from page 4

- 1 b. Most people think they look better than they do and weigh less than they actually do.
- 2 a. A generation ago type 2 diabetes was almost unknown in children. A change in eating habits has led to an epidemic of obesity in children.
- 3 d. You can lower your risk of developing these and other diseases by controlling your blood sugar and weight.
- 4 c. Fiber in most fruits and vegetables slows down the digestion of sugars and starches, leading to a more moderate increase in blood sugar.
- 5 a. This test looks at how blood sugar has damaged proteins in your blood and provides information on your average glucose levels for the past 6 weeks.
- 6 b. Genes also depend on good nutrition. Your body needs the correct fuel in order for it to be as healthy as possible.
- 7 a. The more muscle cells you have the better your body burns the carbs and fat that you consume.

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STOP PREDIABETES NOW by Jack Challem & Ron Hunninghake, M.D.

Obesity is recognized as a problem in America and results in many cases of diabetes and other health problems. Eating properly, controlling weight, and exercising can reverse and eliminate type 2 diabetes. Learn how in their interesting and informative book. Hardcover. \$24.95 HH price \$22.46

CONTROVERSY: Do Antioxidants Help or Hinder Chemotherapy and Radiation? with Glen Hyland, M.D.

Intravenous vitamin C has been successfully used at The Center for over 20 years as adjunctive care for cancer patients. The NIH has published research replicating The Center's demonstration that high doses of vitamin C are selectively toxic to tumor cells. Dr. Hyland shows you how to further enhance its effectiveness with oral supplements.

PSORIASIS—DEEPER THAN SKIN DEEP with Chad Krier, N.D., D.C.

Silver scales...pitted nails...and it is seen on extensors...(sung to the tune of silver bells). This is how Dr. Krier remembered psoriasis/diagnostic signs and symptoms during medical exams. Psoriasis goes far beyond the surface of the skin. It's a life-altering disease that often leads to embarrassment for those afflicted. He explores the chemical imbalances of psoriasis and the naturopathic way to bring them in line.

HEADACHES: Different Types, But One Common Outcome—MISERY! What To Do? with James Jackson, MT(ASCP), Ph.D.

Everyone has an occasional headache, but for some they are severe, chronic, and even debilitating diseases. Dr. Jackson discusses types of headaches, their cause, and treatment.

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Prices good through 2007.

Upcoming Events. . .

Lunch & Lectures:

November:

- 1 Stop Prediabetes Now: the Ultimate Plan to Lose Weight and Prevent Diabetes
- 8 MSM: 14 Days to Natural Pain Relief and Expanded Wellness
- 15 Health Hunter/Beat The Odds "Ask The Doctors"

Mark your calendar!

New Lunch & Lectures will begin in January.

Chocolate for your teeth?

We have read that dark chocolate helps keep your blood pressure down, improves cardiovascular health, and enhances your glucose tolerance. But is dark chocolate good for your teeth?

Arman Sadeghpour, Ph.D., with Tulane University, and associates compared cocoa extract versus fluoride, side by side, on the enamel surface of human teeth. The cocoa extract came out ahead of the fluoride in protecting the teeth.

The researchers report that chocolate contains a water insoluble, crystalline bitter powder called theobromine. Theobromine helps harden teeth and makes them less susceptible to decay, according to Sadeghpour.