

Health Huntersm

N E W S L E T T E R

When we speak, our body is listening

Jon Sward, Ph.D.

When we speak, or think, our body is listening. Every thought releases chemicals in the brain called neuropeptides. These chemicals, along with electrical charges, stimulate the hypothalamus—an important part of the brain.

Every thought we think influences millions of atoms, molecules, and cells throughout the body.

The hypothalamus controls the autonomic nervous system and also controls the pituitary—the master gland of the endocrine system.

On the average, we have 60,000 thoughts every day. About 96% of them are the same as the thoughts we had the day before and the day before that. That probably contributes to the body being as stable as it is, since we're constantly translating thoughts into physiology.

Burl Payne, Ph.D., physicist and psychologist, tells us that thoughts generated in the brain activate hormone secretions and stimulate nerve centers within the body. Thoughts, coded as neural impulses, travel along nerve axons, activating muscles and glands, similar to telephone

messages traveling over wires in the form of electrical signals.

Using EMG instruments, says Dr. Payne, we can show that muscles are activated when we think about anything involving action or emotions, even though there may be no visible movement. Although we don't know how thoughts are generated in the brain, it seems clear that, once present, thoughts are amplified by the brain and turned into actions. Every thought we think influences millions of atoms, molecules, and cells throughout the body.

But, language has a tendency to become habituated and, people

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Little Things Add Up

About one third of U.S. adults are reported to be overweight, according to the National Health and Nutrition Examination. The largest increase was in white men and women.

Beta-carotene supplementation increases anti-oxidant capacity in older women

Since 1989, several research studies have confirmed that beta-carotene along with vitamin E helps to protect low density lipoproteins (LDL) in the blood from oxidative stress.

Other researchers have shown that plasma antioxidants are important for the protection of LDL cholesterol and other cellular components involved in the process of atherosclerosis from oxidation.

Still others found that both smokers and former smokers with above average intake of carotenoids had a lower risk of coronary heart disease.

Epidemiologic studies and clinical trials indicate that people with higher intakes of dietary antioxidants have relatively lower risk of coronary heart disease as well as cancer.

Recently, Mohsen Meydani and associates at Tufts University's USDA Human Nutrition Research Center looked more closely at the role of beta-carotene supplementation in older women to see if they

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Nutritional Medicine

by Ron Hunninghake, M.D.

The spirit of openness

*We live in the best of times and
the worst of times.*

Charles Dickens

For all our scientific and technical genius, modern medicine appears overwhelmed by the rising tide of infectious and degenerative illness. Cancer rates continue to swell in spite of decades of research and trillions of dollars spent. Bacteria appear to be winning in their war with our antibiotic arsenals. Lifestyle illness—obesity, smoking, drug and alcohol addiction, sexually transmitted diseases, to name just a few—rage on (though modest gains have been made in specific areas). Dietary indiscretion is rampant.

One very human response to unrelenting threat and conflict is “to dig in,” become dogmatic, and build our intellectual castle walls higher

and higher. We witness this when healthy skepticism turns to rigid cynicism.

Another response is to admit that things are not well and that different approaches need to be tried. This does mean that our current sickness care structures need to be replaced. Simply put: they need to **evolve** into new structures that address the fundamentals of true health-building and health-maintenance. Nutrition will need to take an ever more prominent role in this new paradigm of **health**.

Without the spirit of openness, this cannot happen. And this spirit is born of faith: that we, as a people, can rise above our problems and together create what truly matters to us—a healthy society made up of health-oriented individuals. Hh

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

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being people, pick up a lot of clichés. Unfortunately, the brain responds most to words that form concrete images. If we say repeatedly to ourselves things like: “I’m sick and tired of this,” or “I’m a nervous wreck,” there’s the strong possibility that we will indeed become sick and tired. Our body responds to this talk.

On the other hand, we can choose the words by which we express our thoughts, and that means we can select thoughts that help promote health and wellness in the body. For example, some years ago, I found myself in the habit of using some of these cliché phrases. Now when I don’t feel well, instead of saying, “I’m sick,” I tell myself, “my body is healing.” I try to get another,

more positive response going on in my body.

Take this “self test” with a friend. Take turns relaxing, with your eyes closed, while the other reads this list of words, and notice how your body feels: **Threat, loss, scared, fearful, afraid, panic, freaked out.** You might have noticed a slight increase in your heartbeat, breathing, or your palms becoming moist. Now, do the same thing again using these words: **Quiet, calm, tranquil, deeply relaxed, peaceful, joy, bliss.** Think about how you felt. Probably better, more secure.

Our conscious and subconscious mind is somewhat similar to a computer program. When you pull up a “file,” only part of it appears

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on the screen. This is the conscious segment. The rest of the information remains on the hard disk, or your subconscious. It is this information that gets into the long term memory and becomes the programming in the nervous system which has the greatest likelihood of affecting our physiology. If you want to retain information long term, a couple of things have to happen. You've got to engage in some kind of mental rehearsal for 10 minutes or more before the information goes into long term memory.

There's another way to "shove" information into long term memory quickly, but we have to be careful. When the brain is in an intense emotional state, like a trauma, it tends to go into the long term memory quickly. That's why we can have a frightening experience with a dog when we're three years old and from that time on be afraid of dogs. Even as adults, we may not remember why, but when we see a dog, we become frightened.

In effect, we have amnesia until something triggers the program in our subconscious. Perhaps a word or simple event is all that's needed.

Choosing our words more carefully, whether speaking to someone else, or ourselves, can have a positive effect. Not too many years ago, when a child would go to the doctor for a shot, he or she often would be told: "This won't hurt much." Of course, the child only heard the word "hurt," and reacted accordingly. Today, a better phrase is: "You'll feel a little stick."

Remember, our speaking habits do trigger images in our brain. Think and speak positively. Your body is listening! [H]

HEALTH HUNTERS AT HOME

Walkers no longer second class exercisers

I remember back when I was an active runner. I, like many of my fellow runners, always gave walkers a look of disdain when I zipped past them. I knew that we runners were the people who were really exercising and they were just out for a casual stroll.

Of course there was Shirley, who walked several miles every day with her arms swinging to accelerate her brisk pace and long stride. She stayed slim as a reed and always looked as fit as any runner.

There was the man who walked to his job at a local hospital every day striding along Central, or the woman who volunteered at the same hospital walking over three miles each way on the days each week she offered her time.

But I could ignore these as a minor anomaly because running was in and walking was out. Walking was just a way for old folks to get a little fresh air and nothing more. Walkers weren't even second class exercisers. They were way down the list.

Now, times have changed, at least for me. I walk instead of run because of a knee injury that won't let me jog any more. Walking is something I can do any time or any place. When the dog needs to go out, I take her for a ten or fifteen minute walk, sometimes longer if time permits. I can work in a walk at lunch or when I take a short break during the work day, and I can do it without getting all sweaty and having to change clothes. I just have to get out and do it. It is great!

As much as I enjoy walking, there was always that little voice from the past nagging at me saying,

"You're not even a second class exerciser," or "walking is just for old folks to get a little fresh air." I knew better and most of the time I could ignore it. But the little voice was always there.

Not any more. New research by Sutter and Esther, reported in the *Annals of Epidemiology*, shows that walking is as good as jogging when it comes to increasing your oxygen uptake.

In this research program, they had 28 people jog at 75% of maximum oxygen uptake for 30 minutes four times a week, while 28 walkers exercised at a 50% level for 30 minutes six times a week. They had another group of 19 "couch potatoes" who functioned as non-exercising controls.

After six months, the walkers and joggers showed a similar increase in VO₂max as measured by maximal bicycle ergometric testing. In short, they rode a stationary bike and breathed into a machine to find out how much better they now used oxygen. There was virtually no difference in improvement between the walkers and joggers. The couch potatoes, of course, showed no improvement at all.

Joggers did have slightly more injuries than the walkers, and joggers had more sore muscles, the researchers found.

So, now when a jogger goes by with a disdainful look, I can smile to myself knowing that I am getting similar benefits from walking and I won't have the sore muscles when I am through. Maybe it's not a look of disdain; it's just a grimace from the sore muscles. [H]

Richard Lewis

INFORMATION WORTH KNOWING

Did you know that many of Boston's roads were developed by following cow paths? The cows tended to head in the direction they wanted to go and detour around any obstacles in the path. With enough repetition, the path became set. Many times this is what people do in their lives, set a course and then follow that "path." *The Path of Least Resistance*, written by Robert Fritz, will show you a revolutionary program for creating anything. Becoming the predominant creative force in your life allows you to begin seeing the possibilities. The following questions are based on that book.

1. Fundamental structures in your life determine the path of least resistance. Structures that influence your actions are composed of
 - a. your desires and beliefs.
 - b. objective reality.
 - c. your assumptions and aspirations.
 - d. all of the above.
2. When considering the structural perspective, it is only a psychological viewpoint.
 - a. True
 - b. False
3. In one study of information given to children age three and four years, it was found that _____% of what the children were told was either what they could not do or how bad they were because of what they were doing.
 - a. 85
 - b. 65
 - c. 42
 - d. 20
4. The main claim to fame of the greatest leaders and statesmen we have had in history was in solving problems.
 - a. True
 - b. False
5. When following the path of least resistance in problem solving, what drives the action is the _____ of the problem.
 - a. ownership
 - b. time
 - c. intensity
 - d. length
6. The vital question when learning to become a creative force in your own life is
 - a. How do I resolve this dilemma?
 - b. What do I want to create?
 - c. When can I expect things to change?
 - d. all of the above.
7. Psychologist Carl Rogers considers _____ as being creative.
 - a. a child inventing a new game with playmates
 - b. Einstein formulating a theory of relativity
 - c. a housewife devising a new sauce for meat
 - d. all of the above.

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 42-year-old white male farmer came to The Center with a diagnosis of poorly differentiated adenocarcinoma of the lung that had been deemed "incurable." He underwent a complete evaluation, including extensive biochemical testing which showed, most prominently, ultra-low ascorbate reserves.

The patient was begun on 30 grams of intravenous vitamin C three times weekly. Also, 300 mg of CoQ10 daily was initiated. Supplements to correct several other marginal nutrient levels were also started.

Metastatic lesions to the spine and deep vein thrombosis of the right leg were complications encountered two months into therapy. Radiation for the spine and anti-coagulant therapy for his leg were performed at other institutions.

The patient has continued the vitamin C therapy with periodic increases in dosage. His breathing has improved and he remains quite optimistic, using various imagery techniques in conjunction with his nutritional therapy.

At the time of printing this issue, he is beginning live cell thymus and shark cartilage therapy to control metastatic growth of the tumor in his spine. Overall, his quality of life remains good as he was able to recently load hay bales! H

Integrity is our willingness to live out our vision even against all odds.

Peter Block

Continued from page 1

received similar protection from heart disease. They reported their results in *The American Journal of Clinical Nutrition*.

For their study, twelve healthy women between the ages of 62 and 80 participated in a randomized double blind placebo controlled study where they were given either 90 mg of beta-carotene or a placebo to determine the effect of beta-carotene on antioxidant levels and on the LDL cholesterol.

"Supplementation with 90 mg beta-carotene per day (clearly a supplemental level that is not achievable by diet) for 3 weeks significantly increased plasma beta-carotene concentration without affecting concentrations of vitamin E or other antioxidants," the researchers discovered.

"These findings suggest that dietary beta-carotene may play an important role in the overall antioxidant defense system of plasma," they added.

Further laboratory tests confirmed the protection of LDL cholesterol by beta-carotene from oxidation.

They conclude by adding, "It is plausible that the beneficial effect of dietary carotenoid supplementation on reducing the risk of coronary heart diseases...might be mediated in part through its radical trapping capability and through reduction of the degree and rate of peroxidation in plasma lipoproteins."

These results indicate that beta-carotene supplementation increases the plasma antioxidant capacity of older women.

Whether this effect is available to younger women is yet to be proven, but indications are that it may indeed be true. [H]

For the Health of It

Vitamin A

This article is taken from the first of a series on fat soluble vitamins appearing in The Lancet, the leading British medical journal, by C J Bates.

The best source of vitamin A is liver. For those who find liver a little hard to face, meat and fish are also a good source of vitamin A. The primary molecule of vitamin A is retinol.

Some plant carotenoids, such as beta-carotene, are water soluble but are converted to vitamin A in the body. Rich sources of these carotenoids include green leafy vegetables and most yellow or orange fruits and vegetables, such as carrots.

Some carotenoids cannot be converted to vitamin A, but these may still have antioxidant properties which will make them important nutrients.

"In parallel with the studies of effects of vitamin A deficiency and supplements on populations, there has been an upsurge of investigative effort on functions of vitamin A at the organ and cellular level. Since the balance of public health evidence favours an effort on responses to infection, a logical focus of investigation is the immune system," Bates wrote in *The Lancet*.

Vitamin A deficiency clearly affects the immune system. "Retinoids including retinoic acid probably do exert other important effects on immune functions, including [changing in cell character], stimulation of [cells to absorb foreign objects like bacteria], and modulation of [cell division]. Other studies have raised the possibility that beta carotene may also possess immunoenhancing effects in some vulnerable groups of people. Clearly this is a

promising development in view of the low toxicity of this nutrient," wrote Bates.

Vitamin A also protects against degenerative diseases. "Vitamin A and its oxidised derivatives and analogues have, for many years, been known to possess cancer-modulating activities in animal models and in some human cancers," Bates said.

Evidence of the protection by beta-carotene and other carotenoids is very strong "since dietary and blood carotenoids are derived from diets that are rich not only in carotenoid-containing fruit and vegetables, but also in other protective nutrients such as vitamin C, and they tend to contain favourable levels of fat, fibre, and polysaccharides," he added.

Recent research showed that beta-carotene supplements can reduce the burden of oral leucoplacia and other precancerous lesions in people who are at a high risk of developing oral cancer.

Beta-carotene has proved effective with other cancers by itself and in combination with other nutrients. In one study, on mainly gastric and esophageal cancer, it proved successful in combination with vitamin E and selenium. Other studies have shown similar results.

Bates concluded that, "Vitamin A and its nutritional associates the carotenoids remain at the forefront of investigative research, and of public health concern, in the 1990s. If their postulated protective properties are verified, then new intake recommendations for carotenoids may need to be formulated. Clinicians, nutritional scientists, and food industry will all have to face up to this challenge." [H]

CENTER UPDATE

Fatty acids may be best cardiovascular disease indicator

An essential fatty acid profile may tell more about a patient's risk of heart disease than a lipid profile, said Edward Siguel, M.D., Ph.D., of Boston University Medical School in *Modern Medicine*.

According to Siguel, normalization of essential fatty acids can help regulate saturated fats and cholesterol in cells. In this study, he evaluated the fatty acid patterns in 47 people with cardiovascular disease (C.V.) and compared them with 56 non-obese controls.

He found that the C.V. subjects had higher levels of saturated fats and monounsaturated fats and had fatty acid ratios different from the controls. High levels of essential fatty acids were associated with lower triglycerides and higher ratios of high density lipoprotein, the good guys.

Green vegetables are an excellent source of fatty acids. For more omega-3 fatty acids, add some soybeans or walnuts to your diet. Safflower and sunflower oils and seeds are a good source of omega-6 fatty acids.

Niacin lowers cholesterol

For those concerned with high cholesterol, a recent study published in *The Journal of the American Medical Association* confirmed again that niacin can significantly bring the level down.

James King and associates at the Bowman Gray School of Medicine in Winston-Salem, NC, gradually increased the crystalline niacin intake of 15 people to as high as

3000 mg per day. At the end of 12 weeks, total cholesterol was lowered 14%, triglycerides dropped 40%, and the good HDL cholesterol increased by 30%.

The crystalline niacin was increased gradually to reduce the possibility of skin flushing. When using niacin to reduce cholesterol, one should work with a physician familiar with it. If the flushing occurs, he or she can switch you to another form that will work better.

Chronic disease and nutrition

We need to replace the outdated concept of "one disease-one nutrient" with a multifactorial nutritional intervention, wrote Walter Mertz, M.D., in the *Journal of the American Dietetic Association*. The Center started treating people with chronic disease over 20 years ago.

The Center prefers to refer to it as a sustained illness rather than chronic. In a sustained illness, we look for the underlying causes for the disease rather than treat the symptoms.

Dr. Mertz continues with several examples of nutritional solutions to various problems, such as epidemiologic studies show that the more vitamin E consumed the lower the risk of coronary artery disease. Chromium deficiency results in insulin resistance, and supplementation can improve glucose metabolism to a more normal state. Chromium intake in the U.S. population is at or below the estimated safe and adequate level. An increase in simple carbohydrates (such as sugar) results in simple urinary chromium losses. H

Ballet in the sky

Sometimes in groups, sometimes singly, the dance is always in progress...lie on your back and look up. Against the cloud backdrop they perform. Whole troupes of starlings, vees of geese, corps of crows... intricately choreographed. Wheeling, returning, left, right, all in perfect synchronization.

You can almost hear them laughing as they soar with zest. Feel the thrill of the unison dance. Exhilarating, breath-taking, you feel the lightness in your solar plexus. Your spirit soars with them. You giggle too, knowing the inner communication, you are one with them. Embraced by the unity, fulfilled by the elation. Up, up, you are flying.

Then there is the soloist. A hawk perhaps. Gliding as if on a giant ice rink. Feel the wind rushing by. The hunger that fuels the solitary ice dance, circling, circling, endless searching, the sighting, the demanding hunger precipitates a premature strike and the meal is missed. Will we eat today or must we wait until tomorrow?

Back to the soaring, searching. Another meal is sighted, careful slowly, now! This time is successful. The dance is ended. Take a bow and prepare to assuage the aching hunger. Eat, rest, and live to dance another day.

We can all be our own choreographer. Savor the freedom and beauty of the moment. Dance where you are, here, now. Choose your own pace, whether a wild Scottish jig or a waltz. The next dance might be a stately gavotte, a requiem performed by herons on the lake. H

*Love and light,
Norvalee*

Answers from page 4

1. d. We act in accordance with our structures in the same way that a door is a structure in a building; our "structures" determine our behavior.
2. b. The study of structure when applied to behavior shows that people act in accordance with their underlying structure. Some structures are more useful than others when desiring a certain outcome.
3. a. Most of what we learn as children is avoidance of possible consequence and prevention of harmful situations.
4. b. Great leaders and statesmen are builders and creators of what they want to happen.
5. c. In problem solving, we tend to oscillate from worse to better and then from better to worse.
6. b. We tend to think we are either born being creative or not. It is actually a skill that can be learned.
7. d. The basic steps to being creative are: know what you want to create, know what currently exists, take action, learn rhythms of creative process (germination; assimilation; and completion), and keep on creating. [H]

SPECIAL DISCOUNTS

THE PATH OF LEAST RESISTANCE

by Robert Fritz

The basic principle of this book is "energy always moves along the path of least resistance, and any change you attempt to make in your life will not work if the path of least resistance does not lead in that direction." Learn how to form new structures in your life so that the path will lead to the goals you want. Softcover.

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2/21 Know Your Nutrients: Be Better with B6
2/23 Getting Over Gas, Bloat, and Embarrassment
3/2 What Causes Heartburn, Ulcers, and Indigestion?
- 3/21 Spring Classes begin
- 5/5 Evening Reception with Miss Kansas
- 5/6 Child/Parent Health Day with Miss Kansas
- 6/15 Summer Classes begin
- 6/9-10 Health Fair
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Call (316) 682-3100 for more information on programs listed above.

Kids and calcium

Almost everything we read these days, we come across an article talking about osteoporosis, older Americans, and calcium intake.

As important as calcium is for this group, there is another step that can be started earlier—getting enough calcium in kids to insure proper bone growth at that age.

According to a recent report in *The American Journal of Clinical Nutrition*, W. T. K. Lee and associates at the Chinese University of Hong Kong had 7-year-old children take 300 mg of calcium per day.

After 18 months these children had significantly greater gains in bone mineral content and bone width than control subjects taking no calcium supplements.

INSIDE THIS MONTH'S ISSUE . . .

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