

Health Hunter[®]

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NEWSLETTER

FEBRUARY 1999

Not well? Could it be candida?

Ron Hunninghake, M.D.

To understand how candida could contribute to "unwellness," a review of the gastrointestinal system is needed.

There are two ways to understand the gastrointestinal system. The GI system can be viewed as a long hollow tube called the gut. The gut begins with the mouth, for chewing, continues with the esophagus, for swallowing, goes into the stomach, for digestion, empties into the small intestine, for assimilation, and ends in the colon, for elimination. The gut, viewed this way, is simply an organ of digestion.

Candida overgrowth is extremely pervasive in our culture.

Another view of the gut is equally important, though not as readily appreciated. The gut is the home of over 300 trillion micro-organisms, representing 300 plus species. Living in symbiotic harmony, this "friendly flora" performs many functions essential to health and well-being. The production of natural antibiotics, the synthesis of B vitamins, and the toning and strengthening of our native immunity are but three of numerous important functions of this hidden part of our GI system.

One of the micro-organisms that makes its home in the gut is *Candida albicans*. This fungal organism, when its growth is properly controlled by the white blood cells that constantly patrol the gut lining, is benign and non-pathogenic. By analogy, *Candida* is like crab-

grass. When the lawn (i.e. gut flora) is green and healthy, there is no place for the pesky crabgrass to grow. But if the lawn is dug up, or improperly sprayed, the crabgrass will seize the opportunity to invade into the "unhealthy" part of the lawn. This may make your lawn more prone to other undesirable weeds.

Like crabgrass, *Candida* is an opportunistic organism. When the underlying health of the gut is challenged, the self-regulatory mechanisms that normally maintain ecologic balance are weakened. *Candida* proliferates beyond its normal role in the gut flora. Large numbers of *Candida* growing in the gut result in the excessive release of metabolic by-products called candidotoxins.

Many doctors working with patients who have *Candida* overgrowth believe that the many associated symptoms, involving almost every organ system in the body, are due to reactions to candidotoxin (not the direct effect of a localized infection of *Candida*, as the conventional viewpoint correctly points out is unlikely).

What factors cause candida to proliferate out of control? There are basically four:

1. High cortisol levels (due to stress, prescription steroids, prolonged illness, and malnutrition),
2. High estrogen levels (female, pregnancy, birth control pills, estrogen replacement therapy, and obesity),
3. High sugar levels (refined sugar, excessive juices, and diabetes),
4. Antibiotics (recurrent treatment of chronic infections, including acne, sinusitis, and urinary tract infections).

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Supplement users have a healthier lifestyle

Those who take nutritional supplements tend to fall into the same demographic categories and have a healthier lifestyle, according to a study by Barbara Lyle and colleagues of the University of Wisconsin published in *The Journal of Clinical Nutrition*.

The researchers found that women are more apt to take nutritional supplements than men and both men and women with more than a high school education were more inclined to supplement.

"We found that supplement use was associated with the consumption of certain foods that are important sources of antioxidant nutrients," the researchers wrote. Men tend to eat more citrus fruit than women.

In the lifestyle area, researchers found that supplementers lived a more active lifestyle and exercised regularly.

"Clearly, nutrient supplements are a potentially important source of nutrients that may play [a positive] role in chronic diseases," they concluded. 

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Not well? Could it be candida?

Continued from page 1

These four underlying, predisposing factors are extremely common in Western civilization. When they occur in concert together, the gut flora's inherent balance becomes disrupted, and the stage is set for the otherwise benign Candida organism to begin proliferation.

Candida is a dimorphic organism; this means it can exist in two forms. The yeast form is proliferative, but not invasive. The mycelioid form is quite invasive, and is characterized by the growth of "roots" that actually infiltrate the intestinal wall, causing inflammation and the resultant leakage of undigested, large peptides across the gut lining. This results in multiple adverse food reactions, another common finding in the Candida picture. The mycelioid form of Candida is normally controlled by the nutrient biotin, a B vitamin that is synthesized by a healthy gut flora. When the four predisposing yeast overgrowth factors are present, the flora health diminishes, and the production of biotin is cut short. Non-invasive Candida proliferates. The lack of biotin leaves the gate wide open for the mycelioid form to "dig deep." As many a chronic Candida patient will tell you...this condition, once established, is tough to heal.

The manifestations of chronic Candida overgrowth are global. The almost universal symptom is fatigue. Candidotoxin can affect every organ system in the body. Cumulatively, the end result is fatigue. Each individual affected has their own "weakest links." This means that this condition will show up differently in different individuals, depending upon which organ systems are the most vulnerable to attack. For example, an individual with a weak central nervous system might manifest Candida overgrowth as poor memory, drowsiness, and depression. Weak joints would show up as arthritis-like pain. Irritable bowel symptoms (gas, bloating, diarrhea alternating with constipation) could be Candida related. A long list of organ-specific symptoms have been linked to this fundamental gut imbalance. Therefore, symptoms alone cannot be diagnostic. The entire clinical picture, a thorough evaluation, and

specific laboratory testing are necessary to make a correct diagnosis. Working with a health practitioner who understands Candida overgrowth is immensely helpful.

Treatment of this ecologic disruption of the delicate symbiotic balance of the gut flora needs to be holistic to be effective. Treatment with antifungal medications alone may tone down symptoms, but will not cut at the root of this "lifestyle illness." Control of refined sugars and excessive juices in the diet is a good starting point. (Some practitioners prefer the more stringent elimination of all sugars, fruits, and yeast containing foods for a period of time.) Botanicals such as grapefruit seed extract or low risk pharmaceuticals such as nystatin or lamisil can be used to actually kill Candida in the gut and systemically (if it has colonized in remote cavities such as the gall bladder or the sinuses.) Nutrient testing to correct deficiencies will boost overall immunity. Biotin, as a supplement, will discourage transformation to the invasive mycelioid form of Candida. And finally, a whole host of "probiotics" to restore ecologic balance of the gut flora are available, the most important of which is high quality *Lactobacillus acidophilus*.


Candida overgrowth is extremely pervasive in our culture. It can masquerade as almost any chronic illness. Indeed, it probably accompanies most chronic illnesses. (Chronic parasitic illnesses such as Giardiasis is commonly associated with Candida overgrowth.) The diagnosis of Candida overgrowth is seldom made in conventional medicine, except in the case of vaginal Candida or oral Candida (thrush). This is unfortunate, but a reality to be dealt with nevertheless. Those patients who believe they are afflicted with Candida as an overgrowth syndrome need a comprehensive, compassionate approach to this very complex illness. Candida overgrowth can be controlled, but not by so-called "magic bullets." As with most chronic illnesses, it is not the agent of illness that needs the focus, but the host in which it has found a place to proliferate.

HF

Tea drinkers have lower heart attack risk

People who drink one or more cups of tea during the day had a 46% reduction in heart attack risk than non tea drinkers, according to Dr. Howard Sesso and colleagues of Brigham and Woman's Hospital and Harvard Medical School in Boston, MA.

The researchers, reporting in the *American Journal of Epidemiology*, studied the effects that coffee, both regular and decaffeinated, and black tea had on heart problems. Unlike the tea, coffee had no positive effect on heart attack risk factors.


Like many studies recently, lifestyle may be a factor. The researchers found that heavy coffee drinkers are often heavy smokers. Tea drinkers tend to have healthier lifestyles. 

Wine, first for hearts, now for strokes

Wine keeps coming up in the health news. It first appeared as the "French connection"—the fact that the French have a lower risk of heart problems because they drink red wine.

Now there is the Danish connection. In the latest study coming from Denmark, researchers followed 13,000 people for 16 years. They found that one or two glasses of wine a day reduced the risk of stroke by 30%.

Many doctors here are reluctant to recommend regular wine drinking because it may lead to accidental deaths, cirrhosis of the liver, etc.

But, as Ron Hunninghake, M.D., often says, "All things in moderation, including moderation." 

CPR classes

The Center at 3100 North Hillside will be a site for Red Cross CPR classes on March 20, 1999. Watch for more information.

HEALTH HUNTERS AT HOME

NIH Office of Dietary Supplements opens new database you can access

A few years ago, the U.S. Congress passed the Dietary Supplement Health and Education Act which, among other things, funded the Office of Dietary Supplements (ODS) at the National Institutes of Health (NIH) in Washington, DC.

On Wednesday, January 6, 1999, the ODS introduced a new database service on the internet.

"This database is one of the specific mandates for the Office of Dietary Supplements designated in the original Dietary Supplement Health and Education Act of 1994 that created the office," said Dr. Bernadette Marriott, Director of ODS. "We have viewed its development as a key effort of the office that will be useful to the scientific community and to the public for identifying scientific information on dietary supplements."

The official name for the database is the International Bibliographic Information on Dietary Supplements or IBIDS for short. The government loves acronyms.

The database sounded great to me. I figured IBIDS would not only be valuable to us at The Center, but it would prove valuable to *Health Hunter* readers as well.

I waited a few days and then logged on to the ODS internet home page. I wanted to see how easy or difficult IBIDS actually is to use and what one can get from it.

First, I discovered IBIDS is very user friendly with plenty of introductory information and easy access to the actual database. I could have bypassed all of this information and gone directly to IBIDS to start searching, but I wanted more information.

To get the project underway, IBIDS designers used data from three major international data sources containing scientific research on dietary supplements and herbs. In the future, they intend to include more information from 10 additional sources that will possibly make this the best source of information covering vitamins, minerals, amino ac-

ids, fatty acids, herbal products, and such in the world. Exciting stuff.

Next, I printed out a list of key words I could use in searching the database. For instance, if I wanted to find information on the broad subject of vitamin A, I could look under the following words: vitamin A, retinol, retinyl palmitate, retinal, retinene, retinoic acid, retinylacetate, beta

carotene, beta-carotene, or carotene. Each one would get me into vitamin A. Many of these I don't know about or wouldn't think about using, but they are there if I should need them. The designers seem to

be thorough in their initial structuring of IBIDS.

I decided to search on the word "yarrow," the herb of the month in this *Health Hunter*. I punched the "GO" button and waited. They had a note above the button that it may take a while to get in because of the overwhelming load on the system from so many more people rushing to use the information than they had expected.


I tried again and got in. Again, it is user friendly. I had to make a decision about whether I wanted all the information or just peer reviewed journal articles. I selected peer reviewed. Easy. Next, I typed in my key word for the search (yarrow) and hit "ENTER".

I received a list of 14 articles. If I wanted more information on an article, I could just click on the green "SAVE" flag at the left of the entry and continue through the 14 selections.

At the end of the session, the database asked for my e-mail address so I typed it in the appropriate space, hit "ENTER," and closed out the session.

In about 20 minutes, I checked my e-mail and there was the information they had sent.

It is not a perfect system at this time, but it is way ahead of what is in second place, which is almost nothing.

Give it a test drive. The address is <http://dietary-supplements.info.nih.gov>. 

—Richard Lewis



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—Richard Lewis

INFORMATION WORTH KNOWING

William G. Crook, M.D., published his first book concerning yeast problems in 1983. Since that time, he has treated hundreds of patients and contacted several dozen physicians who were knowledgeable and experienced in treating patients with yeast-connected health problems. He found that yeasty foods triggered reactions in most people, although some people were able to tolerate these foods, especially after avoiding them for several weeks. Dr. Crook has also studied women with chronic fatigue, headache, muscle aches, memory loss, and some that just felt sick all over. He has found that many of those symptoms are yeast related. The questions this month are taken from his newest book, *The Yeast Connection and the Woman*.

- 1 What are yeasts? Yeasts are _____.
- single cell living organisms which are neither animal or vegetable
 - part of the "microflora" that lives on the surface of all living things
 - kind of a fungus
 - all the above
- 2 One family of yeasts, *Candida albicans*, normally lives on the inner warm creases and crevices of the _____.
- digestive tract and toes
 - digestive tract and vagina
 - toes and throat
 - none of the above
- 3 Yeast infections are especially apt to trouble you if you have taken repeated or prolonged courses of amoxicillin, ampicillin, Ceclor, Keflex, tetracycline, and/or most broad-spectrum antibiotics.
- True
 - False
- 4 There is much evidence to suggest that *Candida albicans* is one of the most allergenic microbes. The relationship between yeasts and _____ has been established in a double-blind trial.
- hiccups
 - swollen fingers
 - urticaria
 - all the above
- 5 Women develop yeast-related problems more often than men because of _____.
- the pill
 - anatomical differences
 - hormonal changes
 - all the above
- 6 If you want to overcome your yeast-related health problems, you must change your diet.
- True
 - False
- 7 Almost without exception, people with yeast-related health problems are sensitive to _____ with which they come in contact during everyday life.
- chemicals
 - people
 - hot air
 - all the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 26-year-old woman came to The Center with several complaints—fatigue, Raynaud's, abdominal bloating and discomfort, headaches, clenching and clicking in her jaw, lower back pain, dry eyes, premenstrual syndrome including bloating and severe cramps, hair loss, and oral and vaginal yeast. Also, she had been told by several doctors that, "it is all in your mind."

From what Dr. Riordan learned during the initial evaluation, he started her on Bio Pro to begin boosting her immune system.

From the laboratory testing done during the initial evaluation, she learned that several areas were out of balance and this could indeed be causing her symptoms. It was not just in her "mind". She had high candida yeast and a high Epstein Barr titer. The following areas tested low: chromium and zinc in the trace minerals and vitamins A, C, E, and B1. She also had a low urine vitamin C, indicating her reserves of vitamin C were very low. Her urinary pyrroles were high, indicating she was losing zinc and vitamin B6 in her urine.

After four months, retesting showed her Epstein Barr virus was under control. After seven months, her potassium to sodium ratio had improved, but vitamins A and C were still low. Vitamin E was excellent.

When interviewed near the end of the first year, she said she finally had come to terms with the fact that she won't get well overnight and that she is on a "health journey." This journey will continue the rest of her life. She can either make it a positive or a negative journey. She chose to make it positive.

For instance, she started exercising—something she couldn't do a year ago. She said that she can only exercise for ten to 15 minutes a day, but she is exercising. Making this possible is an increase in her energy. Also, her immune system is considerably improved. Before she came to The Center, she would catch everything that would come along and be sick several times a year. Last year, she only had one major infection.

On the down side, she is still having stomach problems. Overall, she is better. She added, "I am about one-third along on my health journey, but I am on it." [E]

Folic acid and childbirth

Only 22% of women between the ages of 18 and 45, the accepted child bearing ages, know they should get 400 micrograms of folic acid daily. Sadder yet, only 16% of these women know folic acid helps prevent birth defects.

Source: *March of Dimes, White Plains, NY*

Sugar cravings

Ninety-nine percent of us have probably grown up relishing sugar, and to be told that we need to cut back or maybe eliminate sugar in our daily diet is very hard to accept. Needless to say, in short, it is an irritant.

Reducing sugar can be a great irritation to us. It's hard to give up this pleasurable treat. We need to find something to replace this feeling. Maybe the following article, "Make a Pearl" by Henry Emerson Fosdick, will help us make something positive for our well-being in place of this sugar craving irritation:

"Most of us can afford to take a lesson from the oyster. The most extraordinary thing about the oyster is this. Irritations get into his shell. He does not like them; he tries to get rid of them. But when he cannot get rid of them he settles down to make of them one of the most beautiful things in the world. He uses the irritation to do the loveliest thing that an oyster ever had a chance to do. If there are irritations in our lives today, there is only one prescription: make a pearl. It may have to be a pearl of patience, but, anyhow, make a pearl. And it takes faith and love to do it."

Be creative and, with a strong will and effective concentration, this 82-year-old senior citizen is betting we can all come up with something creative to help us through this irritating period. For instance, if we listen to our "body wisdom," we can cultivate it by consuming superior food. We need to remember that energy yielding "foods" such as sugar cannot contribute to adequate nutrition. The next time you have this sugar craving, instead of that brownie, try a quick handful of nuts or an apple. Just chewing this quality food may take your mind away from that sweet craving.

One more quote by George Klinge:
 "God broke the years to hours and days,
 That hour by hour and day by day,
 Just going on a little way,
 We might be able all along, to keep quite strong."
 [H]

—Nelda Reed

Herbal History

Yarrow, *Achillea millefolium*

Yarrow, common to North America and to Europe, has a long history as a medicinal plant. Part of its Latin name refers to Achilles, the Greek warrior, who was supposed to have used the yarrow plant to heal the wounds of soldiers.

Besides yarrow, the plant has been called wild tansy, thousandleaf, sneezewort, knight's milfoil, herbe militaris, and soldier's woundwort. The last three refer to its use in the military for wound healing.

Native Americans had names for the plant that were equally descriptive. The Cheyenne called it "i ha i se e yo," which translates as cough medicine. In Osage, it was "wetsaoindse egon," meaning rattlesnake's tail-like. This referred to the fern-like leaves of the plant. The Lakota called it by two names—cedar weed and wound medicine.

Yarrow grows in prairies, mead-

ows, and open woods from Mexico, up through what is now the United States, and into Canada. It is a short plant that seldom reaches two feet tall. Its stem grows erect with widely spaced fern-like leaves and a few branches near the top. The flower heads bloom at the end of the branches in flat-topped clusters from May to October.

Yarrow is equally common in Europe and its history of use dates at least back to the early Greeks. In North America, we don't have an early historic reference dating back as the Europeans do. We do know that it was used by the native Americans for many purposes, and maybe they had used it just as long as the Europeans had or longer.

More on the various uses of this fascinating plant, both here and abroad, next month.

Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher [H]

Food of the Month

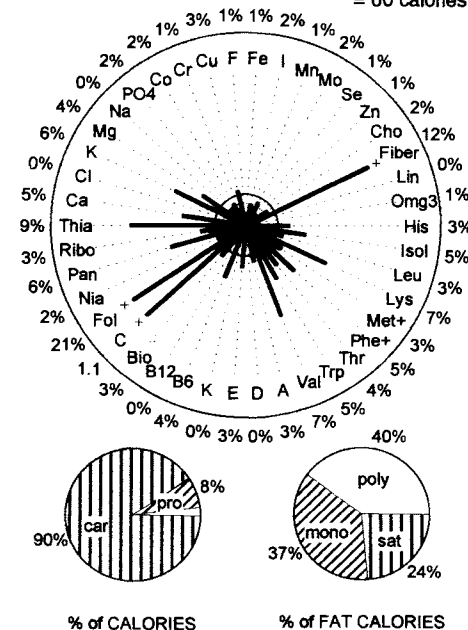
by Donald R. Davis, Ph.D.



NutriCircle

1 small = 60 calories

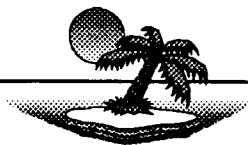
ORANGES are the largest fruit crop in the U.S. Far more than a source of vitamin C, they carry adequate amounts, compared to calories, of 23 out of 42 nutrients shown here. Standouts include vitamin B₆, folic acid, pantothenic acid, thiamin, calcium, potassium (K at 10 o'clock), magnesium, fiber, and amino acids. Orange juice has lost most of the latter two groups, and if it was frozen (often inadequately), possibly all of the vitamin C. We can make the most of oranges by peeling and eating them whole, or by juicing them ourselves and eating the pulp. Orange peel contains irritants, but the white part is edible and antioxidant rich.



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.



Add more joy


Remember when you were a child and the world seemed like a magical, adventurous place with grown-ups being the only thing keeping you from having the great adventure that was awaiting you? You just knew that when you had charge of your own destiny you would always be ready to get up in the morning for another exciting day.

Now that you are supposed to be directing your life, what has happened to your sense of excitement and possibilities? Some of you still have that spark that makes life interesting, but for many people the stress of everyday life can take much of the joy out of living.

What has changed? For many people their perception of life plays a role in the amount of stress they experience. For example, if your perception is that you are a superperson, able to leap tall buildings in a single bound, be a caring involved parent, successful

business person, and do all this without taking care of your health, then when you run out of energy you have a two-fold problem: the stress of not meeting your obligations, and health problems that can be generated from stress.


What can you do to help relieve some of the stress of everyday life? First, become aware of the messages you are giving yourself. Secondly, learn to find time for yourself, even if it is only a few minutes. While waiting to pick up the kids from school, you can imagine yourself relaxing on a beach in Hawaii, or, when the train holds you up for a few minutes, see that as an opportunity to do some deep breathing, muscle relaxation, or take a mini vacation to the place of your choice in your mind.

We all need to step back from our busy lives and use our imagination to find out if we are living the life we want to be living. 

High homocysteine levels dangerous for elderly

Older men who had high levels of the amino acid homocysteine were at increased risk of heart attacks and strokes, according to Dr. Coen Stehouwer and associates of the National Institute of Public Health and Environment in Bilthoven, the Netherlands.

Reporting in *Arteriosclerosis, Thrombosis, and Vascular Biology*, the researchers followed 900 men, ages 64 to 84 at the beginning of the study, for ten years. They found that high homocysteine contributed both to thickening of the arteries and the inability of arteries to expand with each heart beat.

High homocysteine levels may be reduced by simple treatment with folic acid and vitamin B6, the researchers reported. 


Nordic doctors promote use of more laughter with patients



"It's a known fact that humor is a great medicine, it helps people feel better when they are sick," said Stein Tyrdal, the president of the new Nordic Society for Medical Humor. They laughed off the organization with about fifty doctors from four Nordic countries.

Humor and healing was promoted by Norman Cousins in his book, *Anatomy of an Illness as Perceived by the Patient*. Humor again took center stage in the current hit movie, "Patch Adams," about Patch Adams, M.D., who entertains patients while wearing clown costumes during his normal office hours and hospital calls.

"Humor is a damn strong medicine and overdoses are impossible," remarked Carl Loenberg, a country doctor from western Norway.

The new group has bylaws stating that the group can expel members if they become, "too serious and try to undermine the group's work." Loenberg added. "As a penalty we'll kick them over to some jurists' organization." 

CENTER UPDATE

Lettuce helps women reduce hip fracture risk

Iceberg lettuce has been the Rodney Dangerfield of nutrition—it just doesn't get any respect as a food worth anything.

No respect, that is, until recently. A new study published in *The American Journal of Clinical Nutrition* found that vitamin K (mainly in lettuce) lowered the risk factor for hip fracture in older women. Suddenly, lettuce is projected into the nutritional spotlight along with other green leafy vegetables and broccoli.

The Harvard researchers found that older women who consumed at least 109 micrograms of vitamin K a day had a 30% lower risk of hip fracture than those who consumed less. The current recommended daily allowance is 65 micrograms—about half that needed to lower the risk factor.


To accomplish this, the researchers followed 72,000 middle-aged and older nurses and former nurses for 10 years.

Of the women in the study, 270 had

hip fractures during the 10 year follow-up period. The researchers counted only those fractures that were due to low or moderate trauma, such as falling from the height of a chair, tripping, or slipping on ice.

The researchers found that for the women in the study, "The food items ...that contributed the most to dietary vitamin K intakes were iceberg lettuce (29%), broccoli (15%), cooked spinach (12%), cabbage (7%), raw spinach (6%), romaine lettuce (6%), Brussels sprouts (5%), kale and other greens (4%), and oil and vinegar dressing (2%)."

"Women who consumed lettuce one or more times per day had a significant 45% lower risk of hip fracture than women who consumed lettuce one or fewer times per week," the researchers wrote.

It looks like you had better eat a lettuce salad at least once and even twice a day—and include some iceberg lettuce. 

- 1 d. Yeasts contribute in various ways to the health of the host.
- 2 b. Candida can branch from a single cell yeast form into a branching fungal form that can burrow beneath the surfaces of your mucous membranes.
- 3 a. Candida yeasts aren't destroyed by antibiotics. If antibiotics are taken for acne or infections, candida can multiply in the intestinal tract and vagina.
- 4 c. Both immediate and delayed hypersensitivity reactions to candida are very common in the adult population.
- 5 d. Also women tend to go to physicians more often than men do and, since they are concerned about their complexion, they tend to take antibiotics for acne.
- 6 a. Remove sugar, bread, soft drinks, and most ready-to-eat cereals from your diet.
- 7 a. Get rid of odorous bathroom and kitchen chemicals, insecticides and other volatile inhalants, tobacco smoke, perfumes, and colognes, just to name a few chemicals.



SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

THE YEAST CONNECTION AND THE WOMAN

by William G. Crook, M.D.

Many people suffer from yeast related illnesses that manifest with symptoms of fatigue, muscle pain, ear problems, headache, depression, and food allergies. Patients have responded well to a sugar-free, alcohol-free diet, and antiyeast medication. Dr. Crook has successfully treated those symptoms and shares his findings in this book. Softcover.

Retail Price: \$17.95

Health Hunter: \$16.16

ST. JOHN'S WORT: For Better

Moods with Ron Hunninghake, M.D. Hypericin is the active ingredient in St. John's Wort. Historically used as nerve tonic, hypericin's ability to act as a mild MAO inhibitor gives it mild to moderate antidepressant activity. A less well known effect of the compound is its antiviral properties. The focus of this presentation, however is its mood elevating effects. Audio cassette & video tape.

ESTROGEN REPLACEMENT THERAPY with Charles Hinshaw, M.D., Ron Hunninghake, M.D., & Marilyn Landreth, M.A.

Is estrogen replacement therapy recommended for all menopausal women? What are the benefits? What are the side effects? Why can't doctors agree on these questions? Gradually, answers are emerging from the darkness of ignorance and bias surrounding estrogen replacement therapy. Cost effective, objective measurement of hormone levels is now available, and new routes of hormone administration make replacement easier and more effective. Audio cassette & video tape.

LIVING, LOVING, AND LAUGHING

with Sister Ann Cecile Gaume
 Want to live life more fully? Sister Ann Cecile Gaume, recipient of the Notable American Award, explores with you ways to become more alive with JOY, LOVE, LAUGHTER, and some high energy techniques. Audio cassette & video tape.

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2 L & L - Cayenne: For Better Circulation	3	4 L & L - Daily Victories, Sounds for Healing	5
8	9 L & L - Aloe: For Better Gut Function	10	11 L & L - RECNAAC 1999 Cancer Research Update	12
15	16 L & L - Licorice: for Better Adrenal Function	17	18 L & L - The Influence of Diet on Behavior	19
22	23 L & L - Garlic/Onion: for Better Overall Health	24	25 L & L - Vitamin B12: Needs Increase with Age	26

MARCH

LUNCH & LECTURE CLASSES:

- | | |
|--|------------------------------------|
| 4 The Center's Approach to Attention Deficit Disorder and Autism | 11 Auricular Therapy |
| 9 Immune Therapy for Prostate Cancer | 16 The Art of Healing |
| | 18 Nutrition and Cancer Prevention |

Vitamin B complex safe, effective treatment for night-time leg cramps in elderly

Vitamin B complex, comprised of vitamins B₁, B₂, B₆, and B₁₂, proved to be a safe treatment for leg cramps that tend to plague elderly patients, especially those with hypertension, according to a recent report in the *Journal of Clinical Pharmacology*.

At the end of a three month period, patients taking the vitamin B complex reported having fewer leg cramps with less intensity and duration, according to Dr. Paul Chan of the Taipei Medical College and his colleagues. Those receiving a placebo reported no improvement.

Chan concluded that, "...clinicians should reconsider the treatment of choice for nocturnal leg cramps," considering the demonstrated safety of vitamin B complex.

Health Hunter
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3100 North Hillside Avenue
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- Not well? Could it be candida?
- Tea drinkers have lower heart attack risk
- Lettuce helps women reduce hip fracture risk
- High homocysteine levels dangerous for elderly

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