

# Health Hunter<sup>®</sup>

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NEWSLETTER

FEBRUARY 2000

## Qi Gong: an ancient tradition for the new century

Angela E. Addario

If you were the leader of the world's most populous nation, what types of health care policies would you choose to offer your citizens? If you were accountable for the health of 1.25 billion people—over one-fifth of the world's population—how could you assure that each individual would have access to adequate medical care, whenever and wherever they may need it? What steps would you take to keep your subjects in top physical and mental condition, so that they in turn might collectively strengthen your nation's economic, technological, and military status as much as possible?

### *Qi Gong is the foundation of Eastern medicine as well as the martial arts.*

For the rulers of the People's Republic of China (PRC), their limited choices are governed by the staggering demographics of a country that is not only the most populous on earth—four and-a-half times the population of the United States—but also the third largest inland area. Many forms of "health care" systems currently implemented in Western nations would never be feasible for a country as massive as the PRC, where economies of scale dictate a sobering reality in which only the simplest, most immediately effective and economically efficient policies stand a chance of survival. Phrased another way, if 1.25 billion people were to visit doctors in hospitals every time that illness or injury were incurred, the

infrastructure of the nation would quickly break down—regardless of how modern and sophisticated the medical equipment might be and regardless of how skilled and advanced the training of the physicians might be. Offering treatment after symptoms have already manifest themselves is neither logistically nor financially viable, on a national scale, for a population of such magnitude. The only realistic choice that exists for a national policy of socialized health care within this context is a system such as the following: it must emphasize prevention over treatment, it must strive for an understanding of causality rather than for an alleviation of symptoms, and it must enable each individual to acquire the skills, the knowledge, and the sense of personal responsibility necessary for managing his or her own health.

Fortunately, China is also heir to the longest continuously recorded history on earth, and the traditions of its own ancient civilization may now offer answers to certain modern dilemmas.

At the essence of China's time honored medical tradition is "Qi Gong" (pronounced "chee gong"), a system of physical and mental training that has been documented in written records for 5,000 years. By some accounts its practices are thought to have originated as early as eight to ten thousand years ago. Over the ages, Qi Gong was a tightly guarded philosophy and methodology practiced only by the wealthy elite and by monks, the latter having served as both personal guards and physicians to

*continued on page 2*

## Guava fruit may help type II diabetes

A powdered extract of guava fruit and the leaves of the guava tree make up a traditional Chinese medicine that appears to lower blood glucose in type II diabetics, according to Dr. Albert Wing-nang Leung of Baptist University in Hong Kong.

This benefit comes without side effects. A study of 55 type II diabetic patients showed that 80% of the diabetics improved during the two months they took two to three grams of the guava extract three times a day, according to a report by the Diabetes Research Group from Guangxi Hospital in China.

Dr. Leung and his colleagues plan to replicate the study to verify these promising results and, as Western medicine has wanted to do, to try to identify the mechanism that allows the guava extract to work.

Dr. Leung was speaking at a Chinese medicine conference in Hong Kong to identify areas that Western and Chinese medical schools can collaborate in the future. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Healing

Close your eyes for 5 to 10 seconds...

Did you notice some quietness?

Take a deep breath, all the way into your belly...blow it all out, and close your eyes again.

Did you notice some stillness within?

OK, now take another deep breath, pull your shoulders up to your ears, and hold it for a good 5 seconds...then exhale all at once as you let your shoulders drop.

Now, close your eyes and smile inwardly.

Is it starting to feel more peaceful and serene within?

Now close your eyes again and begin to chant very softly the word "heeeeeee..."

After a few repetitions you should notice a tendency for the word to get quieter, more mental. Keep chanting the word mentally, but start to add "ahhhhh..."

Finally, end up this word with "lingggg..."

Just slowly and lovingly chant within your inner realm "heeee...ahhhh... linggggg....."

Let yourself experience a deepening of the inner quietness. Just let yourself lovingly be. "heeee...ahhhh... linggggg....."

When it seems right, gently let the word finish itself for now. Just sit quietly and enjoy what you have experienced.

Yes, you can meditate!



## Qi Gong- Continued from page 1

the emperors. Today, the practice of Qi Gong is believed by many in the West to offer a cost effective prototype for our own future health care systems. But what exactly is it???

Qi Gong is the foundation of Eastern medicine as well as the martial arts, both of which can be traced to the same common origin. "Internal" or "soft" Qi Gong evolved as a means of enhancing health, while "external" or "hard" Qi Gong developed as a means of disarming an enemy. Today, as throughout the millennia, Qi Gong masters are known for their extraordinary skills in both fields. In either case, the cultivation of Qi Gong is thought to vitalize organ systems, strengthen skeletal musculature, enhance immune function, and sharpen mental acuity.

Many Americans were first introduced to Qi Gong and Traditional Chinese Medicine (TCM) when *New York Times* columnist James Reston underwent an emergency appendectomy while accompanying President Nixon to Beijing in 1971—an operation that was performed with "acupuncture anesthesia". During the upheaval of the cultural revolution, Qi Gong was officially banned, yet ironically it was Mao Zedong himself who initiated a scien-

tific study of Qi Gong—a policy that continues today. With the end of the cultural revolution and the death of Chairman Mao in 1976, and with the improved Sino-American relations that followed, avenues of dialogue were opened. David Eisenberg, M.D., who was featured in the book and television documentary by Bill Moyers, *Healing and the Mind*, became the first U. S. medical exchange student to study TCM in China, through funding by the U. S. National Academy of Sciences, while still a student at Harvard Medical School. Dr. Eisenberg's book, *Encounters with Qi—Exploring Chinese Medicine*, remains a groundbreaking reference for both the history and potential future of Qi Gong. Similar ideas are echoed by Herbert Benson, M.D., Associate Professor of Medicine at Harvard Medical School & Deaconess Hospital, President and Founder of the Mind/Body Institute and author of several books, a colleague who accompanied him on several trips to China.

Today in the West, qi is recognized as the essence of the "energy medicine" or "mind-body medicine" of which Dr.s Larry Dossey, Andrew Weil, and Deepak Chopra, among others,


*continued on page 3*

speak. While Qi Gong practitioners claim success in treating virtually every type of illness, including asthma, hypertension, paralysis, and cancer, a complete scientific explanation remains elusive. Although the precise mechanisms by which Qi Gong may work are not yet fully elucidated, quantifiable and reproducible evidence that Qi Gong does work is proliferating.

Dr. Kenneth Sancier, now retired from his 35-year tenure as director of the Stanford Research Institute, and a widely respected chemist who holds 11 patents, is also President and Founder of the Qigong Institute—a computerized Qi Gong database referencing more than 1400 citations. From research conducted around the world, numerous double-blind, randomized studies have demonstrated statistically significant results in the application of qi to a variety of laboratory and clinical conditions, yielding data that corroborate Qi Gong's efficacy in everything from the regulation of the growth rate of cancer cells in vitro to increased crop yield when qi is applied to seedlings.

Despite the recent crackdown in China on one of Qi Gong's major branches, Falun Gong, which was banned in July of 1999, resulting in stiff prison sentences for four of its leaders, Qi Gong remains an officially sanctioned, heavily funded, and widely promoted area of research by China's government. Recent estimates indicate that 80 million people throughout China practice Qi Gong daily as a form of preventive medicine.

Here at The Center, our philosophy for the past 25 years has been that health is not merely the absence of disease; rather, time, experience, and common sense have proven that true health embodies the fullest expression of such natural qualities as vigor, vitality, verve, energy, and enthusiasm. Perhaps a medical system based upon such a premise, which has already been successfully implemented for at least five millennia, may have some validity.

With limited natural resources and an increasing global population density, the economics of preventive medicine are relevant not only to socialized systems, but to every country. 

## HEALTH HUNTERS AT HOME

### There is a lot of it going around

While scanning the journals for articles that I thought would be of interest to *Health Hunter* readers, I found three (well, actually four) that seemed to go together. You can be the judge.

The first was from the World Health Organization (WHO) that dealt with global expansion. No, this is not a geopolitical position; it has to do with personal expansion of the waistline all around the world. The article was accompanied by two rather uncomplimentary pictures of two male waistlines.

It has to do with people in developing countries, as well as in developed countries, leaving the farm and heading for high pay and low exercise jobs in the city. "Definitely, they change the kind of work they perform; most of the time they [do] more sedentary activities; and they don't have to walk long distances to collect food and water," Dr. Wilma Friere of WHO explained.

In short, walking and work related exercise is down and weight is soaring upward worldwide.

The next one had to do with postmenopause and diabetes.

According to the *American Journal of Public Health*, postmenopausal women who exercise regularly are about half as likely to develop diabetes as their more sedentary counterparts. In this study, Dr. Aaron Folsom and his colleagues mailed questionnaires in 1986 to 41,000 women between the ages of 55 and 69 to look at the relationship between exercise and diabetes. They followed up with them 12 years later.

The good news from the study was that women don't have to exercise vigorously to lower their chance of getting diabetes. Moderate exercise at least four times a week was enough to get the benefit, the researchers found.

The third study mentioned that about 75% of people with type II diabetes, the one caused by the body's inability to use insulin, die of heart attacks or strokes. The inability to use insulin properly is often called insulin resistance by

doctors.


According to the researchers, writing in the *Journal of the American Medical Association*, exercise, which makes the body more receptive to effects of insulin, might improve a person's ability to dissolve blood clots and possibly lower the risk of heart attacks and strokes.

The common thread running through all three of these articles is the relationship between weight, diabetes, and reduced longevity. Increasing weight gain is becoming a greater problem, not only for the US, but worldwide. Increased weight often encourages the onset of diabetes. Diabetics often meet an early death from heart attacks and strokes. Exercise often lowers the rate of heart attacks and strokes while lowering weight as well.

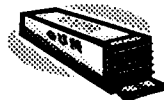
It is circular. It all works together. That is what some people often don't grasp. They tend to feel that everything happens in isolation. But it all works together—in this case the weight gain, the diabetes, the heart attacks and strokes, and the lack of exercise. And most importantly, it works the other way around; to exercise, lose weight, lower the risk of diabetes, heart attacks and strokes.

Now, for the fourth study. Chewing gum helps in shedding those extra pounds. If you didn't see this in the newspaper, recently researchers showed that if you chew sugar free gum all the waking moments of the day, you will lose on the average of 11 pounds a year.

This doesn't qualify as moderate exercise, as mentioned in the second study, but it does get you to begin thinking that what you do, or don't do, makes a difference.

Dr. Emanuel Cheraskin, who used to be a consultant here, likes to point out that when secretaries changed from the manual return typewriters to electric return typewriters, they began gaining three to four pounds a year. What you do does make a difference. 

—Richard Lewis



## INFORMATION WORTH KNOWING

Would you like to learn to solve health problems by modifying your diet and patterns of activity and rest, and by using natural remedies? Have you thought about doing those things but felt you lacked the will power to do so? Dr. Andrew Weil has written a book that leads you through the problems of making lasting changes for the better. His *8 Weeks to Optimal Health* was written to help you make those changes that you know deep in your heart need to be made. Dr. Weil has worked with many people over the years who have struggled with addictive behaviors such as smoking, drinking, compulsive eating, gambling, and shopping. He has learned that any addiction to a substance drops away when the users develop sufficient motivation to stop. That is just one of the areas on which his book touches. The questions this month are from this book.

1 Research into cigarette addiction, one of the most addictive substances, indicates that \_\_\_\_\_ is the best predictor of success in breaking the habit.

- a. wishing
- b. making an attempt to quit smoking
- c. substituting another addiction
- d. none of the above

2 Whether you are a therapist, counselor, friend, or relative of an addict, all you can do is give \_\_\_\_\_ for changing behavior along with encouragement and support.

- a. good reasons
- b. motivation
- c. money
- d. all of the above

3 Health is a dynamic and temporary state of equilibrium destined to break down as conditions change, although most of the breakdowns need not be major.

- a. True
- b. False

4 Health is wholeness and \_\_\_\_\_, an inner resilience that allows you to meet the demands of living without being overwhelmed.

- a. planning
- b. work
- c. balance
- d. none of the above

5 When you cut your finger your body's normal process is for the wound to heal itself. This an example of \_\_\_\_\_.

- a. faith healing
- b. medical intervention
- c. spontaneous healing
- d. none of the above

6 The healing system is a structural component of the body, like the nervous system or the musculoskeletal system, not a functional system.

- a. True
- b. False

7 NSAIDs (nonsteroidal anti-inflammatory drugs) and some natural approaches both work on the same physiological endpoint: a family of hormones called \_\_\_\_\_ that mediate pain and inflammation.

- a. estrogen
- b. prostaglandins
- c. T3
- d. all the above


• FOR ANSWERS, SEE PAGE 7 •

## Zinc for colds, again

Zinc is back in the news again as a cold remedy. This time it is a zinc based nasal spray.

A study scheduled to appear in the February issue of the *American Journal of Infection Control* completed at the University of Southern California found that zinc nasal spray ended symptoms of 104 cold sufferers several days earlier when compared with a placebo.


The company says its research suggests the zinc gel spray prevents infection by blocking viruses from binding with cells in the nasal cavity.

The scientific community is still arguing the benefits of zinc lozenges, so it will be a few years until the definitive answer comes from them. In the meantime, the results look good. 

## Short takes

About 30% of people taking antibiotics get diarrhea. For active people, diarrhea can play havoc with your busy day. If you eat 16 ounces of yogurt a day as long as you are on the antibiotic, according to University of Pittsburgh researchers, the natural cultures will replace the good bacteria wiped out by the antibiotics.

Zinc can keep athletes running at their peak. Researchers at the Agriculture Research Service found that athletes eating a low-zinc diet for nine weeks had poorer oxygen uptake and low energy production. The researchers pointed out that you need at least 12 to 15 mg of zinc per day, the amount in six ounces of lean beef.

Girls who receive vitamin D supplements from infancy have greater bone mineral density in later childhood than children who don't receive vitamin D, according to research reported in *The Journal of Clinical Endocrinology and Metabolism*. This increased bone mass from infants receiving vitamin D "may have a significant impact on peak bone mass" when the girls reach maturity, according to the researchers. 

### 25th Anniversary Update

10 Years of RECNA Cancer Research

Thursday, February 10, 2000 - Come to this lunch & lecture presentation to hear firsthand from the dedicated researchers of the RECNA cancer research project what they have discovered.

## Case of the month

A 56-year-old man came to The Center in the summer of 1998 complaining of chronic obstructive pulmonary disease, cramps in his hands and feet, sleep apnea, and emphysema, to name a few. He also said he had caught the flu and colds often throughout his life, had had low body temperature for a long time and had warts on his hands.

In his words, he had felt bad for several years and he wanted to feel better and be able to enjoy the out-of-doors again.

From the laboratory testing done at the initial evaluation, we learned several things. His plasma vitamin C was sub-optimal and his plasma vitamin C response to the 15 gram intravenous vitamin C challenge was low compared to normal people. He was started on EmergenC and intravenous vitamin C combined with magnesium. His magnesium tended to be low and this was the best way to get it back to normal.

In addition, his chromium was low and his vitamin B2 and B6 levels were sub-optimal. His white blood count was low and his systemic yeast was high. He had an elevated Epstein-Barr virus indicating that he had a recent exposure to the virus. "I would suggest taking some intravenous vitamin C in the near future to reduce the effects of the viral load that you had," Dr. Riordan wrote.

Throughout the year and a half, Dr. Hunninghake continued to finetune his nutrient program, adding B complex, some additional trace minerals, additional intravenous vitamin C alternated with intravenous hydrogen peroxide, adjusting his diet to better suit his body, and including some additional oral ester C.

The patient reported to Dr. Hunninghake at a recent appointment that he was finally feeling better. He has more stamina for the first time in years. He has less muscle fatigue and weakness, no "brain fog," and he is not depressed. He still has the warts on his hands, but the Bio-pro is beginning to get rid of them.

While talking with him recently at The Center, he was much more animated and enthused about life. [H]

# Herbal History

## Beebalm, *Monarda fistulosa* L.

Beebalm, like last issue's Boneset, has been long used by Native Americans for lowering fevers and for colds.

Along with its interesting name, Beebalm, the plant has been known by other names such as horse mint, fern mint, Oswego tea, and oregano.

Beebalm grows from one to four feet tall from creeping rhizomes. Its lavender flowers grow in clusters at the end of its branches from June to September. The petals of the flowers are fused at the base into a tube separating into two lips, one slender and slightly arched and the other bent backwards. The leaves, the flower clusters, and the roots have been used for various remedies.

The Lakotas drank a tea made from the flower heads to cure colds and fevers. They also made a tea from the leaves for whooping cough and other coughs. In addition to these uses, the

Dakotas also made a tea from either the leaves or flowers and drank it for abdominal pain.

In addition to cold remedies, several tribes also used beebalm as a perfume for their hair, bodies, homes, and their horses. It was occasionally used as a beverage tea and a seasoning for food.

The early pioneers also found beebalm to be an important plant for folk remedies. They used it to treat headaches and fevers, much as the Native Americans they encountered.

In his 1928 book, ethnobotanist Huron Smith wrote that *Monarda* "is an aromatic stimulant, diaphoretic and carminative, occasionally used by the white man for flatulent colic, nausea and vomiting, and the diarrhoea resulting from cold." Beebalm has been a widely used folk remedy for centuries.

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

# Food of the Month

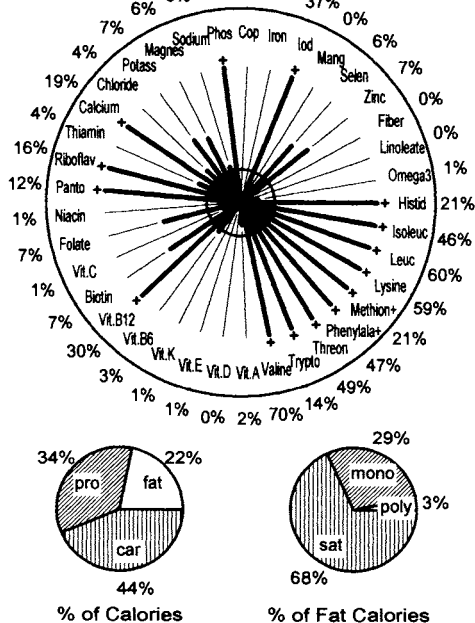
by Donald R. Davis, Ph.D.



## NutriCircle

1/2 cup = 72 Calories

**YOGURT** is made with milk and helpful bacteria that create tartness and change the liquid to a gel. The bacteria also help digest lactose, so most lactose-intolerant persons can eat yogurt. Other known benefits include reduced risk of vaginal yeast infections and traveler's diarrhea, restoration of intestinal bacteria after antibiotics, and perhaps protection against cataracts. To skip the many empty calories in sweetened and frozen yogurts, serve plain yogurt over chopped fruit, or sweeten it with frozen orange juice concentrate. Nutritionally, yogurt closely resembles the milk from which it was made, here about 1.5% fat milk.



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.




## How do you communicate with yourself?

One of the modern authorities on communication, Anthony Robbins, said, "The way we communicate with others and with ourselves ultimately determines the quality of our lives." Businesses spend a great deal of money every year trying to improve communication between management and employees but how many of us think about improving communication with ourselves?

At The Center we know that each patient comes with their own unique individuality. They are also the expert on themselves. Part of our process is getting the patient to communicate all the many clues they have, many times, unknowingly picked up about their own disease process. They start out as pa-

tients and end up as co-learners.

You know more about you than any other person. Sometimes the problem is getting in touch with that part of yourself that has many of the answers to your life questions. Learning to relax your body and mind is the first step in communicating with yourself. Allowing enough time in your busy schedule for meditation and contemplation is another big step. Getting clear in your own mind what is important for you is another step that can improve your communication with yourself.

So, if you want to improve communications with yourself, set aside a few minutes each day to meditate and get to know yourself as you would a good friend. 

## Low blood pressure and the elderly

When I started at The Center in 1980, one of my problems was high blood pressure. I was taking four different pills to control this. We hear so much about high blood pressure problems but very little about low blood pressure, which is also very risky among the elderly population. It has been found that a low blood pressure may actually increase the risk of a stroke.

Dr. Monique M. B. Breteler, of Erasmus University Medical School in Rotterdam, and colleagues found a J-shaped relation between systolic and diastolic blood pressure and incidence of stroke in older adults who were receiving treatment for hypertension. The relationship held even after researchers adjusted for other risk factors.

By comparison, they found a more linear relationship between blood pressure and stroke incidence in older adults without a diagnosis of hypertension. Both were followed for an average of 4.7 years as part of the Rotterdam Study, a prospective population of Dutch adults ages 55 and over.


Although it is essential that you consult with your physician before making drastic changes in your medical program, you must realize that in the final analysis you are the one responsible for your health.

Following is a quote by Sidney Lovett that I have found to be of great help to me each and every day (especially since the fall that just recently happened):

*Give the best you have received from the past to the best that you may come to know in the future.*

*Accept life daily not as a cup to be drained but as a chalice to be filled with whatsoever things are honest, pure, lovely, and of good report.*

*Making a living is best undertaken as a part of the more important business of making a life.*

*Every now and again take a good look at something not made with hands—a mountain, a star, the turn of a stream. There will come to you wisdom and patience and solace and, above all, the assurance that you are not alone in the world.* 

—Nelda Reed

## CENTER UPDATE

Recently, you may have heard of a study denouncing individual nutrients for various reasons. In my opinion, every human study that attempts to look at the effect of a single nutrient is flawed. The reason is simple; nutrients work together and their effectiveness is interdependent. Nutrients provide a biochemical fabric, which cannot be produced by a single thread. But, typical academic studies are enamored with the pharmacological model in which a sub-lethal dose of a substance is used. The context of non-toxic amounts of multiple nutrients working together escapes consideration. —Hugh Riordan, M.D.

## Are all calcium supplements created equal?

The answer to the above question is a resounding NO, according to three studies completed at the University of Texas Southwestern Medical Center at Dallas.


Calcium citrate proved to be far more absorbable than calcium carbonate. This is particularly important to women as they grow older to get the maximum absorbability from the calcium they take.

Ron Hunninghake, M.D., a physician at The Center, has often pointed out that it is not the amount of a particular nutrient you take, but what is important is how much you absorb, metabolize, and put to work. This proves particularly true for calcium.

In the first study reported in the *American Journal of Therapeutics*, Dr. Khashayar Sakhaee and colleagues combined the results from 15 previous

studies where men and women took either calcium citrate or calcium carbonate. They reported "Calcium citrate is better absorbed than calcium carbonate by about 25%, whether it is taken on an empty stomach or given with meals."

The results were similar from the second study. Dr. Howard Heller and colleagues reported in the *Journal of Clinical Pharmacology* that calcium citrate supplements had a 2.5-fold better absorption of calcium compared to calcium carbonate.

Dr. Sakhaee and colleagues in the third research study found postmenopausal women who took a calcium citrate supplement for two years had greater reserves of bone density in the spine than women who took an inactive placebo. 

Answers from page 4

- 1 b. Even if the attempt is not successful and the person starts smoking in a week, every attempt gets them closer to success.
- 2 a. Motivation for change must come from the individual. Others can give good reasons for the change and encouragement.
- 3 a. Health is not static; it is normal to lose it periodically in order to come back to it in a better way.
- 4 c. If you have that kind of resilience, you can interact with germs, allergens, and carcinogens without the ill effects of the bad stuff.
- 5 c. Healing is an automatic process activated by any breakdown in health.
- 6 b. The healing system is a functional system of the body. Most Western medicine focuses more on structure than on function.
- 7 b. One of the natural remedies that helps to reduce inflammation is a small change in diet. Including olive oil and oily fish rather than the polyunsaturated vegetable oils is a change that can be beneficial. [H]

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by *Andrew Weil, M.D.*

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### DIABETES & NUTRITION: Take Charge

by *Jeanne Drisko, M.D.*

Diabetes is not just a disorder of the pancreas. Changes can be found in every cell related to this problem. The diabetic has choices that can impact these changes positively and many of these are related to dietary and lifestyle choices. Make changes and take charge. Audio cassette & video tape.

### LATEST TRENDS IN ALTERNATIVE MEDICINE

with *Ronald Hunninghake, M.D.*

Dr. Hunninghake reports on a major study that documents the increased utilization of alternative therapies in this country, and also expounds on his theory as to why this is happening and how it can be integrated into conventional medicine. Audio cassette & video tape.

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with *Donald R. Davis, Ph.D. & Charles Pack*

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# Upcoming Events . . .

FEBRUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 L & L - Giving White Blood Cells a Boost	2 Yoga	3 L & L - The Exciting New Scene of Anti-Aging Medicine	4
7 Yoga	8 L & L - What is Acupuncture?	9 Yoga	10 L & L - 10 Years of RECNAV Cancer Research	11
14 Yoga	15	16 Yoga	17 L & L - Protein Diets: What You Need to Know	18
21 Yoga	22 L & L - Weight, Blood Pressure, & Cholesterol	23 Yoga	24 L & L - Imagine That: Guided Imagery	25
28 Yoga	29 L & L - The Methodology of Acupuncture			

## MARCH

### LUNCH & LECTURES:

- 2 Possible Causes & Solutions for ADD/ADHD
- 7 How to Develop an Organic Garden for Herbs & Nutritious Vegetables
- 9 Fibromyalgia & Chronic Fatigue
- 14 Hormone Replacement Therapy: An Individualized Approach
- 23 Our Journey Toward Wholeness

## Vitamins C and K3 may destroy prostate cancer cells

A combination of vitamins C and K3 appears to destroy prostate cancer cells, Dr. Jacques Gilloteaux of Lake Erie College of Osteopathic Medicine in Erie, PA told Reuters Health recently.

Dr. Gilloteaux and his colleagues gave doses of a vitamin C/vitamin K3 combination to mice that had tumors composed of human prostate cancer cells.

It was given to the mice by mouth and by injection, as well as a placebo group that received nothing. Interestingly, those mice receiving the vitamins by mouth had a greater long-term survival rate than those that received the injections or the placebo group in which all died.

The researchers plan to move the treatment into clinical trials soon to prove the validity of the treatment on humans.

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- Qi Gong: an ancient tradition for the new century
- Guava fruit may help type II diabetes
- Low blood pressure and the elderly
- Vitamins C and K3 may destroy prostate cancer cells

INSIDE THIS MONTH'S ISSUE . . .