

Health Hunter[®]

VOL. 15, NO. 2

N E W S L E T T E R

FEBRUARY 2001

Eye health: what I learned from Dr. Riordan's lunch and lecture presentation

by Richard Lewis

The eyes are certainly important. I woke up this morning wondering how much is having your vision worth? Everything!

The PDR lists 94 medications which can cause glaucoma.

This is interesting to me because most people do not pay attention to their vision until it goes bad. So, we will see what we can do to maintain your vision, whatever you have. Maybe even enhance it a bit. We cover a number of items, actually there are 14 questions. For a complete discussion of all the questions and answers plus his comments, you can get the video tape on Eye Health by Dr. Riordan from The Center's Gift of Health for \$19.95 plus tax and shipping. You can order it at www.brightspot.org.

Some people say that the eyes are the window of the soul; they reveal a great deal perhaps. Let's look at some of the questions and get started.

1. True or False. In today's world, it is very common for people in the U.S. to be wearing bifocals by the age of 41. True. When Dr. Riordan started practice 40 years ago, the average age of getting bifocals was 49. Now it is pretty common at 41 that a lot of people have bifocals. So something has been happening apparently with their vision. It is very interesting to him the deterioration of the vision that has gone on in the last 40 years. There are some

great advances in how to help improve vision. The eyes are an extension of the brain. If your eyes are failing, what do you think is happening behind your eyes?

2. True or False. Macular degeneration may be helped by more adequate nutrient intake. True. Increasingly, there is a notion that nutrients have something to do with our vision and have something to do with macular degeneration. Actually, macular degeneration is the leading cause of severe vision loss in the United States and Europe in those who are over 55.

3. True or False. A cataract lens contains a large amount of vitamin C? False. A normal lens has a lot of vitamin C. A cataract lens has almost none. The anterior chamber of the eye, the part in front of the lens, has six times the vitamin C as the plasma level. In order to meet that tremendous vitamin C need, the eyes require an enormous pump that keeps the plasma level at 1/6. If you have a small drop in plasma level that lasts long enough, you will have a tremendous drop in the vitamin C level of the anterior chamber. The cataract-vitamin C research was done in Great Britain many, many years ago. Vitamin C does have something to do with cataracts and their prevention.


4. One of the causes of night blindness is the deficiency of _____? Vitamin A. Inadequate zinc would be another. These have to do with how rapidly the chemicals in the eye accommodate.

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A healthy view of aging

When Robert Butler, M.D., was a young internist in the 1950s, he was faced with an aggressive 72-year-old male in the hospital. He gave him a sedative to calm him, but he became more aggressive. "I knew right then that we had much to learn about aging," he said.

Now, at age 73, after writing a landmark book on aging in 1963, researching aging with other scientists, receiving a Pulitzer Prize for another book, creating the National Institute on Aging, the International Longevity Center, and the first department on geriatrics at a medical school, he continues to work for the aging.

He recently said from his office, "Certainly, we have to face the challenges posed by increasing longevity, and begin to adapt to the idea that we need to plan for a longer future. Yet these extra years can be a tremendous dividend. My hope is that we won't squander it, but use it wisely." 

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Health Hunter Newsletter is published as a service ten times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (A Non-Profit Organization). Memberships are \$25 plus tax for one year, \$30 plus tax for outside the U.S.; \$48 plus tax for 2 years, \$53 plus tax for outside the U.S.; and \$71 plus tax for 3 years, \$76 plus tax for outside the U.S. To subscribe, see the order form on page 7 of this issue. (Prices good through 2001.)

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Nutritional Medicine

by Ron Hunninghake, M.D.

Vision

Sight is seeing with the outer eyes. Vision is seeing with the inner eye. What is the difference?


A camera "sees" an object and records the impression chemically onto film. Like the camera, the eye mechanically processes light reflected off of objects, focusing the image onto the retina. From there that image is biochemically translated into nerve impulses that are conducted through the optic nerves, back to the occiput of the brain. Here the brain re-translates the nerve impulses once again into an image that is holographically perceived and responded to by different parts of the brain. That's when you would say "I see it."

But where in all of this is "the

seer?" When you say "I see," who and where is this "I"? No anatomist has ever dissected the "I" from a cadaver.

The "I" turns out to be the "inner eye" referred to above. (It's interesting that "I" and "eye" are pronounced the same.) The mechanical act of sight is mysteriously translated into the holistic act of visual perception and personal response. This whole phenomenon is vision.

Vision is, by nature, holistic. Vision depends upon the harmonious interaction of body, mind, and spirit. Anyone can see things, but to be a true "visionary" depends upon the depth and completeness of your "in-sight."

"Ah ha" you say,... "I see!" 

Eye health—Continued from page 1

5. The macula has the highest concentration of a yellow pigment called _____? Lutein. Most of what Dr. Riordan is discussing are factors that can be measured in the laboratory from blood samples. You can find out what these things are and how they are protective for your eyes.

6. True or false. Blue eyed, postmenopausal women have a greater chance of macular degeneration than brown eyed, premenopausal women. True. Actually, blue eyed people have a greater chance of macular degeneration than brown eyed people either pre- or postmenopausal. There are two types of macular degeneration, either the dry eye or the wet eye. Selenium, vitamin E, zinc, and vitamin C, which The Center gives intravenously, are quite helpful for macular degeneration.

7. Chelation tends to improve _____ and therefore improves eye health. Circulation. Any time you improve circulation, you tend to improve the eyes. Most antibiotics are chelators. If you look on your mayonnaise jar, you will find it has EDTA in it as a preservative. EDTA is the main intravenous chelation agent that is used. It removes heavy metals from the circulation sys-

tem—lead, cadmium, aluminum, and ionic calcium—which increases the flexibility of blood vessels and increases circulation. Beans are great chelators, if you want to do the non invasive type. Plus, you can take supplements that have chelation capabilities. Any time you improve the circulation, you tend to improve the eyes.

8. Within the nerve layer of the eye _____ work as a blue light sun filter on the central retina. Yellow carotinide pigments. It is the yellow carotenes that act as a filter and prolong eye health. When you see sunglasses with a yellow lens, they are doing what you can do in your eye.

9. _____ is the leading cause of blindness in the U.S. Glaucoma. The PDR (Physician's Desk Reference), lists 94 medications which can cause glaucoma. It is very important if a person is having pressure problems in the eye to look at what medications he or she is taking.

10. A glaucoma preventing diet would be balanced, emphasizing fresh vegetables and fruit and several servings of _____. Cold water fish. We get omega 3 fatty acids from cold

continued on page 3


water fish which are very helpful in preventing glaucoma. If we were hunting and fishing, we would have a lot of omega 3 fatty acids. We need more of what is available in the wild. Nuts also have a good supply of omega 3 fatty acids.

11. Cataracts affect _____ of those over 70 in this country. It is actually about 2/3 of those over 70 who have cataracts. The good news is cataract surgery is very quick and efficient now. You are out of the clinic in about two hours.

12. Which of the following foods will keep eye lenses clear: spinach; eggs and asparagus; garlic and onions; carrots and cantaloupes; yams, corn, and greens; or all the above. All the above. If you eat a wide ranging diet with more colors in it, the more carotenes you get. The bioflavonoids in general improve night vision and improve capillary integrity. The best way to prevent night blindness from happening is to take vitamin B6, about 250 mg a day while taking 50 mg of the other B vitamins.

13. Studies have shown that _____, a very effective antioxidant, protects diabetic eyes from developing cataracts. Alpha lipoic acid. In our research, it seems to double the effectiveness of vitamin C. It tends to prevent our lenses from developing diabetic cataracts. It also lowers blood sugar in people who are trying to control their blood sugar. To get sufficient amounts that really protect the lens requires supplementation.

14. _____ is the most important step you can take for healthy eyes. Good nutrition. That is kind of the punch line of this. If you eat more substances with a lot of colors, you will be considerably better.

We do measure in a laboratory blood test protocol that we call Eye Health. Dr. Riordan thinks it would be interesting to have a large number of people who would measure these things and then maintain these levels in their systems. They are lutein, beta carotene, red blood cell zinc, selenium, and vitamins A, C, and E. All of these nutrients are involved in keeping eyes healthy. 

HEALTH HUNTERS AT HOME

Now beer has some health benefits



First scientists discovered that the antioxidants in wine, and especially red wine, may be the reason for the French having lower cataracts and heart attack rates.

And, everyone knows that the French eat a lot more foods higher in fat than the average American does. Americans are, as a whole, beer drinkers and this doesn't seem quite fair.

Now, researchers have found that beer, and especially darker beer, may have the same effect for you as red wine.

Colleen Trevithick, a second year Ph.D. candidate in chemistry at the University of California, Los Angeles, and her Canadian chemist father, Professor John Trevithick of the University of Western Ontario, have been investigating whether antioxidants in beer can prevent cataracts, especially in diabetics.

Colleen Trevithick presented the results at the International Chemical Congress in Honolulu, Hawaii. The research was sponsored, in part, by the Labatt Brewing Company of Canada.

"Beer is chock full of antioxidants, and antioxidants are really good for you," Colleen Trevithick said. "They reduce aging and slow down age-related problems with heart disease," she added.

The researchers found that the lenses in the eyes of rats and cows normally damaged by high levels of glucose appear to be shielded by the type of antioxidants found in a daily glass of beer. Antioxidants help clear out the oxidants and free radicals that cause the heart problems.

She also said that rum was helpful, but beer is better as far as antioxidants are concerned. Martinis are excellent, she also said. But again, don't drink dry martinis because all the antioxidants are in the vermouth.

There is another bit of research that is of interest to beer drinkers and this one has to do with the heart.

Joe Vinson, a professor at the University of Pennsylvania, and colleagues fed hamsters a high-cholesterol, high-fat diet until the hamsters developed atherosclerosis (fatty deposits in the

arteries).

Next, in this controlled study, the researchers gave the hamsters the human equivalent of one beer a day—either light or dark beer.

"There was a 50 percent reduction in the atherosclerosis, this is what causes heart disease," Vinson told the same conference in Honolulu. "Beer and wine, they really work." And in the case of atherosclerosis, light beer edged out dark beer in reducing it.


Both groups of researchers found that the antioxidants in beer reduce cataracts and fatty buildups in the heart. Each group was doing research in both cataract and heart disease areas. This is good news for American beer drinkers.

But both of the research groups definitely agree on one thing—moderation. It doesn't mean that if one beer reduced the atherosclerosis by 50 percent, maybe two or more beers will do even better.

They say in response to this that one beer a day does the job, so stick with just one a day. Both researcher groups looked at the problems and their statistics really show that the one beer a day rule really works.

It is much like the J effect in research. On the left hand part of the J, the little upturn, are the non-beer drinkers. There is the effect, but not as much. The bottom of the J is the one beer effect from the antioxidants. This is where you get the most effect. The right hand, the tall part, is the effect of more than one beer.

This shows that no beer has no effect. One beer has the maximum lowering effect. More than one beer has little effect on the cataract and heart problems and may have a negative effect on your liver and other problems with your body.

So enjoy your beer a day with its positive effects on your cataract and heart health. If you are one who doesn't like to drink beer, keep up your antioxidants on a daily basis and it may have the same effect as the one beer a day does. 

—Richard Lewis

INFORMATION WORTH KNOWING

Have you ever wished you had one book that could give you a guide on nutritional, herbal, and complementary therapies? *Prescription for Nutritional Healing* by James F. Balch, M.D. and Phyllis A. Balch, C.N.C. is such a book. Their book incorporates the most up-to-date findings in the field of nutrition—from chromium picolinate to melatonin to shark cartilage. It also provides the latest research on herbal medicine. Written in an easy-to-understand style, this book is a useful addition to your home library. The questions this month are taken from a section of their book that deals with eyes.

- 1 While some eye disorders, for example nearsightedness or cataracts, are localized problems, eye disturbances are often a sign of disease elsewhere in the body. Watery eyes might be a symptom of _____.
 - a. thyroid problem
 - b. common cold
 - c. poor circulation
 - d. none of the above
- 2 What we think of as the simple act of seeing is actually a complex, multi-step process that goes on continuously and at _____.
 - a. breathtaking speed
 - b. slow speed
 - c. intermediate speed
 - d. none of the above
- 3 Many cases of eye damage and vision loss are linked to underlying diseases of one type or another. Diabetes and high blood pressure are two diseases that do not affect eyesight.
 - a. True
 - b. False
- 4 One major contribution to eye trouble is poor diet, specifically the denatured, chemical, and preservative-laden foods that most _____ eat daily.
 - a. Europeans
 - b. Japanese
 - c. Americans
 - d. none of the above
- 5 A bloodshot appearance of the eyes can result from deficiencies in histidine, lysine, or phenylalanine as well as _____.
 - a. riboflavin
 - b. pyridoxine
 - c. some amino acids
 - d. all of the above
- 6 A recurring tendency to periodic blurring can result from an inadequate supply of the light-sensitive pigment in the eye called rhodopsin, or visual purple, which is composed of vitamin A and protein.
 - a. True
 - b. False
- 7 When the lens of the eye thickens, becoming clouded or opaque, it becomes unable to focus or admit light properly. This eye condition is referred to as _____.
 - a. cataract
 - b. Bitot's spots
 - c. conjunctivitis
 - d. all of the above

• FOR ANSWERS, SEE PAGE 7 •


Brain use when listening

Women listen with the whole brain. Men listen with only half the brain, according to a study by Dr. Joseph Lurito, an assistant professor in radiology with the Indiana School of Medicine.

In this study, the researchers scanned the brains of 20 men and 20 women in a functional medical resonance imaging machine while having these subjects listen to excerpts from John Grisham's novel, *The Partner*. Researchers watched blood flow patterns on a nearby video

screen.

They found that while listening to the novel, men had an increased blood flow in the left temporal lobes of their brains. Women, by contrast, had activity in both temporal lobes.

Though preliminary, the results may help doctors treat stroke victims with a better understanding of how men and women's brains work. It also may help women understand why men don't listen to them while working at a task. 


Nuts promote better health

Now medical experts promote peanuts and pecans as a healthful snack, according to two recent scientific studies.



It wasn't that way a few years ago when Dr. Donald Davis presented his "Nuts About Nuts" lecture and an article in *Health Hunter*. He used studies to report that people who ate nuts had fewer heart attacks than those who ate other high-fat types of snacks. The medical experts tended to condemn him for such statements.


But recently, a study found that those who received their monounsaturated fatty acids from peanut butter received nearly the same reduction in heart attacks as those who used olive oil. The results were 21% reduction with peanut butter, 26% reduction with olive oil, and only 12% reduction with a low fat diet, according to Penn State researchers.

Peanut consumption dropped in the late 1980's and early 1990's when nutritionists recommended a low-fat diet. Now they are saying a moderate fat diet is O.K. if the fats are from nuts and olive oil. They are finally catching up. 

Low serum folate concentrations associated with increased CVD death

Low serum folate levels appear to increase the risk of death from cardiovascular disease (CVD) for nondiabetic adults, according to findings by Dr. Catherine Loria of the National Heart, Lung and Blood Institute in Bethesda, Maryland.

Dr. Loria and colleagues studied a subset of 689 adults in the Second National Health and Nutrition Examination Survey at base line and 12 to 16 years later.

Among the participants who did not have diabetes, the researchers found those in the lowest 1/3 of serum folate had 2.64 greater risk of death than individuals in the highest 1/3. 

Case of the month

This 43-year-old woman came to The Center in November, 1999, with many complaints, including allergies, acne, chronic obstructive pulmonary disease, tendonitis, tinnitus, and osteopenia. She was also depressed, had migraine headaches, and was fatigued.

After the evaluation, Dr. Riordan started her on niacinamide to control her low blood sugar and eye exercises to help her with her phoria.


When the laboratory results were done, she received many suggestions. Intravenous calcium gluconate was suggested to work with the Page bodies in the blood. Biotin was also suggested to work with the Page bodies; Armour thyroid, 1 1/2 grains, to boost her thyroid; evening primrose oil to improve her fatty acid balance; nystatin caps to reduce the candida; and metagest to improve her digestion, to name a few.

Dr. Hunninghake suggested she increase her thyroid and include a slow release T3 to further help the thyroid. Later he started her on Cortef to help her with the fatigue.

In March, 2000, she said that tinnitus in her ears had cleared up. In April she said that the Cortef had helped her headaches a great deal.

In May, she wrote Dr. Hunninghake, "I realized that the improvement may be due to increased T3 and I could finally get rid of candida..."

"But it wasn't until after I started taking Cortef that I noticed some relief from allergy symptoms, episodes of hypoglycemia, shortness of breath, and fullness in my ears. My appetite increased, and I'm especially thrilled (and surprised) with the fact that within three days of taking the full dose you'd ordered (15 mg), the headaches I'd had for 10 years since I'd been diagnosed with Hashimoto's disease...were completely gone...I worried that it would be temporary, but as of now, I still haven't had a migraine headache and haven't taken Florinal for about a month."

She is still doing well today. 

Herbal History

Pasque flower, *Anemone patens*

The pasque flower has several names: prairie crocus, twin flower, blue tulip, windflower, prairie smoke, and lion's head, to name a few. Prairie smoke and lion's head refer to the hairy plumes of the seed-like fruits.

It grows in the northern segment of the United States west of the Great Lakes and along the Rocky Mountains. The pasque flower is the state flower of South Dakota and is the first wild flower to bloom in the spring. It grows in open prairie, often in rocky soil.

The pasque flower was used as medicine by the northern native American tribes. The Blackfeet women boiled the plant and drank the tea to speed the birth of a child. The Blackfeet also crushed the leaves of the plant, which contain a vesicant, and used it on some injuries as a counterirritant.


According to Melvin Gilmore, an ethnobotanist, the Omaha also used the

crushed flower leaves as a counterirritant for rheumatism, neuralgia, and similar diseases. The Omaha recognized this medicine was dangerous if taken internally.

It was used as medicine by anglo practitioners as well. Huron Smith, an ethnobotanist, wrote in 1933 that a group of trained physicians whose practices were based on a wide variety of techniques used most of the *Anemone* interchangeable for many ailments.

Along with two of the European *Anemone* species, the pasque flower was officially listed in the *U. S. Pharmacopoeia* from 1882 to 1905 and the *National Formulary* from 1916 to 1947.

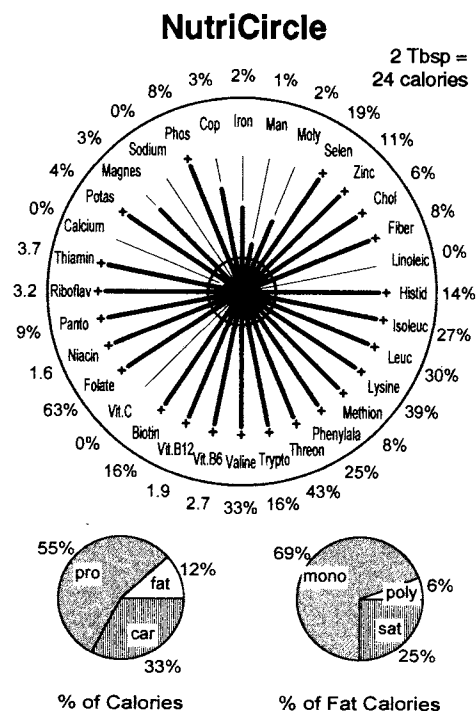
The pasque flower can be planted in flower gardens. It is best propagated from seeds planted in flats since it does not compete well with other plants.


Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher. 

Food of the Month

by Donald R. Davis, Ph.D.

YEAST is a single-celled organism used for millennia to leaven bread and make alcoholic beverages. In tablespoon quantities, the dried cells also serve as a nutritional supplement, because they are so rich in a wide range of nutrients. Vitamin B₁₂ is not naturally present, but is added to popular "Vegetarian Support" yeasts like that shown here. Two tablespoons contain 15% to 270% of the RDAs for 7 vitamins, 6 amino acids, and selenium, plus lesser amounts of many other nutrients. This fortified yeast is far less costly than other single-cell supplements such as spirulina, and is the only one having vitamin B₁₂ that is proven active.



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.



How clear is your "vision?"

Eyesight and vision have a lot in common. You can have eyesight but be lacking in vision. You can lack in eyesight and still have vision. Let me bring you up to date on my niece, Debbie, a person with "vision." She has juvenile onset diabetes. Doctors told her that she would probably not live to see her sixteenth birthday because they had such a difficult time controlling the diabetes. She is now 36 years of age.

Debbie had the first heart attack when she was in her early twenties and began having problems with her eyesight and kidneys. She was completely blind by age 24 and had to be on dialysis shortly thereafter. After about a year, her sister, Mari, donated a kidney for Debbie and she seemed to get a new lease on life. That was eight years ago.

Now Debbie is the family cook, gardener, and seamstress. She bakes bread. Her husband made a crushed rock path out to the garden so she can plant, water, pull weeds, and harvest

the vegetables when she is there by herself.

She started putting together quilts and decided she wanted to make a special one for her grandmother, Marie. Marie had been there for her every time she needed someone. Debbie contacted all her relatives and asked them to send an outline of their hands. She put together blocks with each one of Marie's family on it. Someone would trace the outline of the hand and then Debbie painted in the rest of the hand. She sewed together the 62 blocks by hand, with love, and used threads to hand tie the quilt.

Debbie definitely cannot see, although we sometimes forget that fact until we look into her cloudy eyes. She visualizes what she wants to happen and has the motivation to "see" that it happens. She has accepted the doctors' diagnosis but not their prognosis. She has a very different vision of her future. [H]

CENTER UPDATE

Drugs interfere with folic acid, causing birth defects

Drugs interfering with the body's use of folic acid may increase the risk of birth defects if taken during pregnancy, according to researchers from Boston University's Sloan Epidemiology Unit.

In this study, the researchers reviewed 6,932 infants born with oral clefts or defects of the heart or urinary tract. The researchers compared these babies with 8,387 babies with other defects not commonly thought to be caused by a lack of folic acid.

The researchers found that the risk of oral clefts and heart defects were about three times as high if the mothers were taking dihydrofolate reductase inhibitors during the first three months of pregnancy. It doubled if they were taking epilepsy medications.

The dihydrofolate reductase in-

hibitors, medications that reduce folic acid absorption, include cancer drugs aminopterin and methotrexate; sulfasalazine, an anti-inflammatory drug; pyrimethamine, a drug to treat protozoal infections; triamterene, a diuretic; and trimethoprim, an ingredient of the antibiotic Bactrim.

Epilepsy drugs can affect the absorption of folic acid as well. These include phenytoin, phenobarbital, primidone, and carbamazepine.

Watch the drugs you take or someone you know takes who is considering getting pregnant or has just become pregnant. These drugs may cause the baby to be born with a birth defect because the mother was very low in folic acid during the first three months of the pregnancy. [H]

Most popular diets flawed

There is the high protein diet, the low fat diet, the high carbohydrate diet, the macrobiotic diet, the... You name it. There is a diet out there that claims to solve all your problems if you will just follow it.

Finally, the average American is fed up with all of these diets and the conflicting advice. They are just saying, "Give me French fries with my chicken fried steak!"

It is a high fat meal, but so what. No one seems to agree on what is the ideal diet.

"The more negative and confused people feel about dietary recommendations, the more likely they are to eat a fat-laden diet that skimps on fruits and vegetables," said Ruth Patterson, lead author of a study published in the *Journal of the American Dietetic Association*. Patterson is with the Fred Hutchinson Cancer Research Center.

Patterson and her colleagues surveyed 1,751 Washington adults about their eating habits and attitudes toward food and nutrition guidelines.

They found that:

- More than 40% said they were tired of hearing what foods they should or should not eat.
- About 40% said that dietary guidelines should be taken with a "grain of salt."
- 70% said the government should not tell people what to eat.

Patterson fears that a nutritional backlash could undermine nutritional information even though 90% of those surveyed feel that nutrition research will help them live longer.

Maybe the best solution to this problem comes from Donald Davis, Ph.D. Dr. Davis, of the University of Texas at Austin, is a consultant to the Center.

"Eat whole foods." That is Dr. Davis' solution. And by eating whole foods, he means to eat a lot of fruits and vegetables. Eat meat if you want to do so, but combine this with fruits and vegetables and eat them as fresh as possible. It is that simple. [H]

Editor's note:

Nelda Reed will return soon. Until then we will have a substitute.

Answers from page 4

- 1 b. Of course you would need to see what other symptoms are associated with watery eyes.
- 2 a. When the eyes and brain are healthy, then vision happens instantly. Anything that interferes with any link can result in impaired vision.
- 3 b. Diabetes can lead to hemorrhages in the retina and the vitreous of the eye leading to complication. High blood pressure produces a gradual thickening of the blood vessels inside the eye that can lead to complications.
- 4 c. A deficiency of just one vitamin can lead to various eye problems. Supplementation can prevent or correct some eye problems.
- 5 d. Of course histidine, lysine, and phenylalanine are the amino acids referred to in this instance.
- 6 a. If there is not enough pigment present, a time delay occurs between the time the eyes focus on an object and the time the brain forms an image of it. This is experienced as a blurring of vision.
- 7 a. The most common form of cataracts affects people over sixty-five and is often caused by free radical damage. [H]

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PRESCRIPTION FOR NUTRITIONAL HEALING

by James F. Balch, M.D. & Phyllis A. Balch, C.N.C.

This book explains and lists the various types of nutrients, food supplements, and herbs found in health food stores and drugstores. It also describes common disorders, from acne to cancer to yeast infections, and names the supplements that can be used to combat the conditions. It also is a guide to traditional remedies and therapies that can be used in conjunction with a nutritional program.

Retail Price: \$19.95

Health Hunter: \$17.96

SHOULD I STOP TAKING HERBS BEFORE SURGERY? Medicine & Herbal Medicine Interactions

with Jeanne Drisko, M.D.

Herbal medicine use may pose potential risks for patients contemplating surgery. Herbal medicines may interact with anesthesia or other medicines that may be prescribed. Some of the common potential problems for the perioperative patient and anyone taking herbs are presented.

WATCH OUT BELOW: A Layperson's View of How Our Bodies Work with Marilyn Landreth, M.A.

Our bodies are just like little towns. We have a power supply, a waste disposal plant, and lines of communication. We know what happens to our town when any of these important components are not functioning properly. The same thing happens to our body when important functions are not working right. Most of us never stop to think that the food we eat or the exercise we don't get has an effect on how well our bodies work.

INTRAVENOUS VITAMIN C: Is It Safe, and Is It Effective?

with Joseph Casciari, Ph.D.

The purpose of this tape is to answer questions concerning the therapeutic use of intravenous vitamin C. Can vitamin C be used to treat cancer? Is intravenous vitamin C safe? Does vitamin C supplementation improve the immune system? What are the pros and cons of supplementing with vitamin C during chemotherapy? How much vitamin C does the human body really need?

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Upcoming Events...

| FEBRUARY | | | | |
|----------|---------|-----------|---|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | 1 | 2 |
| 5 | 6 Yoga | 7 | 8 L & L - Growing Herbs in Containers, Yoga | 9 |
| 12 | 13 Yoga | 14 | 15 L & L - Women & Heart Disease, Yoga | 16 |
| 19 | 20 Yoga | 21 | 22 L & L - Why is Folic Acid Important?, Yoga | 23 |
| 26 | 27 Yoga | 28 | | |

MARCH

Lunch & Lectures:

- | | | | |
|---|---|----|---------------------------------|
| 1 | How You Can Get Over Chronic Fatigue | 15 | Growing O' the Greens |
| 8 | Natural Approaches to Treating Prostate Enlargement | 22 | Why is Selenium Important? |
| | | 29 | How to Boost Your Immune System |

Too little cholesterol also a risk

Between 1992 and 1999, researchers from Banyu Pharmaceutical Co. in Japan gave a cholesterol lowering drug to 50,000 people between the ages of 35 and 70 who were diagnosed with high cholesterol.

Of approximately 40,000 of these people who had no history of heart disease, about 800 died during the trial period. The causes of death included heart failure, cancer, and stroke, according to the research team.

The researchers found that those with cholesterol levels between 180 and 280 mg per 100 ml of blood died at the same rate as the general population. Those with cholesterol levels above or below the 180 to 280 mg range died at more than twice the rate of the general population.

- A healthy view of aging
- Most popular diets flawed
- Drugs interfere with folic acid, causing birth defects
- Too little cholesterol also a risk

INSIDE THIS MONTH'S ISSUE . . .

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