

# Health Hunter<sup>®</sup>

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NEWSLETTER

FEBRUARY 2003

## Overcoming depression

by Hugh D. Riordan, M.D.

**D**epression affects about 17 to 19 million American adults each year. We take a somewhat different approach to depression at The Center.

*It is possible to become depressed because of the lack of a sufficient amount of a single trace element.*

Did you know every medical text book, at least up until a few years ago, indicated that one of the most common effects of inadequate vitamin C is depression? We very seldom go to a psychiatrist who measures our vitamin C level.

Many years ago, I had a lady who was a teacher and she was profoundly depressed. She had three years of psychotherapy prior to coming to The Center. She had profound fatigue and was barely able to function at all. Our testing revealed she had no detectable vitamin C, so we gave her 500 milligrams of vitamin C a day—not very much by our standards.

In a couple of weeks, she thought a miracle had occurred. No miracle had occurred. She was low on vitamin C and depression is the natural consequence of that. She had very good insurance. A psychotherapist could have seen her every week for two years and the insurance company would have paid the entire bill. Our bill was for two office calls and three vitamin C levels. The company would not pay because vitamin C had nothing to do with depression, according to their payment schedule. If you are depressed, vitamin

C is worth considering.

In studies at two area health care centers, 30% of new admissions with a diagnosis of depression had low plasma vitamin C levels. Actually, we did this study a number of years ago and found that if you took a hundred people who are depressed without checking their level and gave them all vitamin C, 30% would get better. Statistically that would be below the placebo level. That is why it is important to separate out the 30% from the large group, so the people who are low in vitamin C will obviously respond more to the vitamin C than the people who are not.

Of course, man and woman does not live by vitamin C alone. It is possible to become depressed because of the lack of a sufficient amount of a single trace element. The following is from an audio tape of a person who had this problem:

“I was getting more depressed. I had two grand babies coming at the end of July and I didn’t want to see them. That’s rather odd for a grandmother. I knew I wasn’t up to helping my children with their children. I knew I had to teach. We needed the income. I never got any sleep and I wasn’t worrying about my students. I teach learning disabled students. I love my job. I just didn’t feel up to it and I knew something was wrong.


“I tried hypnosis to no avail. I tried several psychiatrists. I responded completely opposite of what the medication I took was supposed to do. One psychiatrist knew enough to send me to The Center.

“This wasn’t just a light depression  
*continued on page 2*

## Eating fruits and vegetables lowers blood pressure

Eating more fruits and vegetables for six months increased plasma levels of antioxidants and lowered the blood pressure of participants in a research study reported in *Lancet*.

The researchers recruited 690 healthy participants between the ages of 25 and 64 from two general practices in Thame, Oxfordshire, U.K. They were divided into two groups. They completed questionnaires that assessed their fruit, vegetable, and fat intake. Their blood pressure, weight, height, and plasma levels of cholesterol and antioxidant vitamins were checked.

The intervention group, who was encouraged to increase intake of fruits and vegetables, showed a reduction in blood pressure of 4.0 mm Hg systolic (the high number) and 1.5 mm Hg diastolic (the lower one). The researchers pointed out that a reduction of 2 mm Hg in diastolic blood pressure resulted in a decrease of about 17% in the incidence of hypertension. 

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Vitamin co

A cloud of cynicism has descended upon the ancient art and science of medicine.

From the doctor's side, patients have become overly demanding, obese, unwilling to accept responsibility for their health, disrespectful, and a constant threat for lawsuits. Everyday is a day where the doctor's waiting room is jammed with very sick patients who expect quick fixes to their complicated health problems.

From the patient's side, doctors have become overly aloof, uncaring, business-oriented, too quick to prescribe expensive meds, and seemingly unwilling to take time to listen to their concerns. Everyday fatigue and depression deepen, and the Prozac look-alikes are just not enough to heal the feeling of overwhelming hopelessness.

The doctor-patient relationship is not well. And it is in this sacred bond that the true power of medicine resides. As is typical of modern thinking, the external world of drugs, tests, technology, and hospitals has usurped the inner world of care, listening, thoughtful teaching, co-learning, mutual respect, commit-

ment to the relationship, and well...yes, let's say it out loud...*love*. Patients no longer love their doctors, and doctors no longer love their profession.

These are harsh criticisms and cannot with fairness be leveled on all parties in every instance. Rather, it is an overview statement. It represents what appears to be happening in a general sense. It is a diagnosis of what might be described as a modern epidemic of medical cynicism, with a multiplicity of underlying causes.

No one pill will treat this condition, but I would like to offer an idea that might serve as nutritional remedy: vitamin *co*. There are many words that begin with *co*: cooperation, concern, commitment, co-learner, collegial, communication, and compassion. All of these words take their fundamental meaning from the root idea of *working together*. Relationship, to be healthy, needs to be a *co*-thing. By focusing on the quality of relationship in all things medical, there is at least a chance to heal the cynicism and renew the spirit of caring that is the fundamental underpinning of medical service. [H]

## Depression—Continued from page 1

sion. It was an inability to cope with life, inability to enjoy my family. We couldn't go out to dinner because I was allergic to so many foods.

"The thing that changed my life was calling back The Center and letting them know that I wasn't feeling any better. They decided to give me double the amount of liquid zinc. Dr. Riordan told me how to take it. Instead of having it in a whole lot of water, I just had a smidgen of water. In two day's time when I had double the zinc, my husband said he had a new wife and he wasn't sure he could cope with me.

"We even brought my daughter here who is severely depressed and we know she will get help. She has some of the same nutrient needs that I have but not the need for zinc. But we are all happy about the two new grand babies.

I have even been able to do better with my students."

There were several important points mentioned in that little piece. One point is to measure what's going on. If you gave zinc to 100 people who are depressed, 99 are not going to do much with that. In her case, zinc seemed to be her particular thing. It is very important to look at the individual biochemistry to see what is missing and what needs to be improved. Then you can do a great deal. She also indicated that she wasn't doing very well initially and that's why we have follow-up to see what's going on. Her initial zinc we knew was low and the initial amount we gave her was not sufficient to raise it to the level that she needed. Increasing her zinc was what eliminated her

*continued on page 3*

depression.

Keep in mind that zinc is involved in at least 100 enzyme systems in the brain alone. So, it's a very important trace mineral. Certainly not the only one, but one that is worthy of consideration when brain tissue function is not optimum.

Serotonin tends to improve mood and promote relaxation. If you're going to do a study on serotonin, you need to collect the urine for 24 hours. The lab will inform you that avocados, pineapple, eggplant, plums, walnuts, and pregnancy are going to affect the serotonin level.

According to a study done in Great Britain, 80% of people with mood disorders noticed that food choices affected how they felt. The food you choose—avocados, bananas, and some walnuts, should pick up your serotonin level and, thus, enhance how you feel if you are depressed.

Sugar and alcohol are considered "food stressors," according to a British study. In the same study, water, vegetables, fruit, and fish were considered "food supporters." Actually, the researchers said water was number one for subjects wanting to improve how they felt. As we get older, one of the major problems is dehydration. When we were young, the ratio of water inside the cell to outside the cell is 1.2 to 1. There is more water inside the cell than there is outside. By the time we are 60, the ratio is 0.8 to 1. Even if you are drinking enough water, you are dehydrating all the time. So the goal is to drink sufficient water.

The incidence of depressive disorders varies throughout the world. Japan has the lowest incidence of depression as does Korea—2%. Taiwan has 3%. The USA has 7%, New Zealand has 11%, and France has 16%. It would appear that the dietary choices people make have something to do with whether or not they are depressed. Japanese and Koreans eat fish. The omega-3 fat in most fish manipulates brain chemicals in ways that boost mood. You can, of course, measure fatty acids to see what levels you have. If the brain is not working well, feed it what it needs!

*continued on page 4*

## HEALTH HUNTERS AT HOME

### Fiber revisited

An article appeared in *Clinician Reviews* discussing the merits of fiber in our diet. So I thought that this would be a good time to revisit the importance of fiber in the diet for you and me.

Fiber is one of those things we tend to take for granted, except for a few people. These few have found out the value of fiber in their diet and have become very conscious of the fiber they eat.

But why should I be conscious of the fiber I eat and how much should I get? Well, those are good questions.

We will start with the last part of it. I, and you, should eat 25 to 35 grams a day of fiber. The easy way to do this is to eat a whole foods diet. That is eating foods as close to the way mother nature made the food instead of the way food technologists want you to eat. Using the food technologist approach, one would probably get, at best, less than 10 grams a day—very low.

This brings me to the "why" part of the question. When I have a high fiber content in my food, I have a fairly fast bowel transit time. Bowel transit time is, as Dr. Riordan defines it, the time it takes for food to go from your mouth to your tail.

The article says the bowel transit time for the average American is 72 hours; for people living in countries with a high fiber diet, the time is 24 to 48 hours. Dr. Riordan suggests that the time from mouth to tail should be about 18 hours. That is quite a difference from the 72 hours of the average American.

The average American has one difficult bowel movement a day, if they are lucky. Dr. Riordan suggests that you should have three to five quick, easy, and soft bowel movements a day, just like animals living in the wild. So, if you are having problems with your bowel movements, maybe you need to add more foods with high fiber content.

Fiber comes in two types—soluble fiber, which is easily digested, and insoluble fiber. Soluble fiber comes from pectins such as root vegetables, cabbage, apples, whole

wheat bran, and beans. Gums, which come from oatmeal, dried beans, and other legumes, are also soluble fibers.

Insoluble fiber also comes from several types such as cellulose, hemicellulose, and lignans. You get cellulose from cabbage, peas, apples, root vegetables, whole wheat flour, beans, and bran. Hemicellulose is found in bran, cereals, and whole wheat flour. Lignans are primarily found in flaxseed, a phytochemical that works similar to insoluble fiber. You can begin to see why a whole foods diet is so important.

A low fiber diet is associated with increased risk for colon cancer, according to several epidemiological studies. "These studies give support for a protective effect [against colorectal cancer] associated with fiber-rich diets," according to Trock and colleagues writing in the *Journal of the National Cancer Institute*. "Both prospective and retrospective studies suggest that vegetable and fruit intake may reduce the risk of cancer," wrote R. G. Ziegler in *The American Journal of Clinical Nutrition*.

All of these suggest a high fiber diet to reduce the risk of colorectal cancer.

High fiber diets work to rid you of coronary heart disease (CHD) risk factors. One literature review not only explored the role that fiber plays in reducing CHD risk, it also examined the benefits of certain nutrients found in high fiber foods—an added benefit.

Fiber also works to reduce diabetes risk factors. One clinical review suggested a diet of high fiber food (whole foods) can improve metabolic control in persons with diabetes.

It all boils down to eating a whole foods diet, one rich in fruits and vegetables, along with some meat. The meat should include fish and other seafood, along with chicken and occasionally beef and pork. It will keep you regular as well as work to eliminate colorectal cancer and heart and diabetes risk factors.

—Richard Lewis



## INFORMATION WORTH KNOWING

Do you want to reach and maintain your ideal weight? Do you want to eliminate sugar cravings and enjoy sustained energy and endurance? Do you know that each person's metabolism is as individual as she/he is? William Wolcott, a pioneer in the field of metabolic research has developed a method that allows each person to identify his/her metabolic type. Knowing your metabolic type can help to create a diet that suits your individual nutritional needs. You might need a low-fat, high-carbohydrate diet or a high-fat, high-protein diet or anything in between. In their book, *The Metabolic Typing Diet*, Wolcott and acclaimed science writer Trish Fahey provide simple self-tests that you can use to discover your metabolic type and determine what kind of diet will work best for you. The questions this month are taken from their book.

1 People in different parts of the world developed very distinct nutritional needs in response to a whole range of variables, including climate, geography, and whatever plant and animal life their environments had to offer. As a result, people today have widely varying nutritional requirements, especially in regard to \_\_\_\_\_.

- a. proteins
- b. fats
- c. carbohydrates
- d. all the above

2 People who currently inhabit tropical or equatorial regions have a strong hereditary need for diets high in \_\_\_\_\_.

- a. carbohydrates such as vegetables, fruits, grains, and legumes
- b. animal proteins and fat
- c. fatty fish
- d. none of the above

3 Nathan Pritikin found that the Bantu tribes in Africa eat a very low-fat diet, one that is regarded as very healthful in the United States. This one-size-fits-all type of diet has drastically reduced the incidence of heart disease.

- a. True
- b. False

4 Scottish, Welsh, Celtic, and Irish people have certain nutritional requirements that are just the opposite of the Bantu. Their diets have been very high in \_\_\_\_\_.

- a. green vegetables
- b. fatty fish

- c. low-fat grains
- d. none of the above

5 For many people it is difficult to figure out their ethnic background to decide their genetic dietary needs. Even if that were possible, other confounding factors are \_\_\_\_\_.

- a. environment and size
- b. lifestyle choices and environment
- c. availability of food and recipes
- d. none of the above

6 Despite all the diet and nutritional information and food products that have been introduced, we have not managed to lose weight nor have we managed to put a dent in chronic illness.

- a. True
- b. False

7 Metabolic typing is the culmination of seventy years of pioneering efforts and interrelated discoveries. Metabolic typing \_\_\_\_\_.

- a. is applicable to chronic health problems
- b. produces reliable, predictable clinical results
- c. offers a highly integrated approach to building health
- d. all the above

Depression—Continued from page 3

Most people don't appreciate that food has something to do with how they feel. In addition to general responses to various food, adverse reactions to specific foods can lead to depression. The Center uses the cytotoxic test to detect adverse food reactions. This test is useful for people who have problems with brain fog or are not thinking well. The test is done by separating out the white cells and then mixing them with various food antigens. If the white blood cells are happy and healthy, that food is fine. If there's a kill off of white blood cells, then you have a positive cytotoxic test. Limiting cytotoxic foods can improve brain function.

Neurotransmitters are derived from amino acids, which can be measured in blood and urine. Abnormal amino acids can be corrected nutritionally which should improve neurotransmitter and brain function. Adequate amounts of fatty acids, which are in every cell membrane, can have a stabilizing effect on mood. The cells talk to each other through fatty acids in the membrane.

Inadequate thyroid function can lead to depression. One can measure a standard thyroid test, thyroid stimulating hormone (TSH), or thyroxine (T4). We measure triiodothyronine (T3), which is the active hormone that gets into the cell.

Hormonal changes, such as low testosterone, have been shown to affect depression. The same thing is true with female hormonal imbalances.

Short term depression in response to unpleasant life events is normal and does not necessarily need an antidepressant. In our culture right now there is the notion that one should never feel depressed about anything. When certain things happen, you ought to feel depressed. If it is a short term thing, it usually doesn't need treatment.

People who are depressed have been shown to breathe less deeply than people who are not depressed. You can de-stress by deep breathing. Take five deep breaths and hold each for six seconds. Do this four times a day. This decreases tension. You have two sides of the nervous system, the central ner-

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• FOR ANSWERS, SEE PAGE 7 •

vous system and the autonomic nervous system. All day long we are tensing up with whatever is going on and the autonomic nervous system tenses, too. It is like tightening a ratchet. When you take five deep breaths, it is like releasing the ratchet.

Exercise had been shown to be useful in eliminating depression. There are studies at the University of Wisconsin that show that getting people who are depressed to run in groups reduces the depression in about 85% of the people.

A psychologist said that we are all hit by the same hammer, so he made an interesting observation: "A person made three dolls—one of porcelain, one of plastic, one of steel. If you hit all three with a hammer, the porcelain would smash into pieces, the plastic one would be dented, and the steel doll would give off a musical note." So, it is not the hammer but how you are made that makes a difference.

Eat well, drink water, and check your nutrient levels and you will be like the doll made of steel. [H]

## Better iron status reduces cardiovascular risk in women of reproductive age

Usha Ramakrishnon and colleagues of the International School of Public Health at Emory University found that iron status in the woman's body affects the cardiovascular risk factors of women in their reproductive age. This research was published recently in *The American Journal of Clinical Research*.

Using data from the third National Health and Nutrition Examination Survey, the researchers found that serum ferritin was a good measure of iron stores in the body. They also found that women in the lowest quarter of those surveyed for serum ferritin were most likely to have cardiovascular problems as opposed to those women in the top quarter of serum ferritin. [H]

# Herbal History

## Capsaicin in hot peppers makes tumor cells commit suicide

Throughout the world, hot red chili peppers belonging to the *Capsicum* family have been among the most heavily and frequently consumed spices for centuries.

These chili peppers also cause cancer cells to commit suicide through the process called apoptosis. Hot chili pepper's principle pungent ingredient is capsaicin.

Capsaicin "...has analgesic and anti-inflammatory activities and is used currently in topical creams and gels...to mitigate neurogenic pain," wrote Young-Joon Suhr, Ph.D., in a recent issue of the *Journal of the National Cancer Institute*.

The role of capsaicin in the cancer process is quite controversial. Some investigators suspect it to be a tumor-promoting agent. Yet others believe capsaicin has a chemopreventive and chemo-

therapeutic effect.

In the same journal, Numsen Hail, Jr. and Reuben Lotan presented a paper supporting capsaicin in promoting cancer cell suicide. "Mitochondria are attractive targets ...because there is growing evidence that suggests that many cancer chemotherapeutic agents modulate or interfere with mitochondrial functions to promote...cell death," they wrote. The mitochondria are the furnaces of every cell in your body.

They conclude by saying, "...agents such as capsaicin..., which appear to target mitochondrial respiration in the [skin cancer] cells examined in the study, may be useful in the prevention or treatment of skin cancers and/or other hyperproliferative skin disorders by promoting endogenous apoptosis-inducing mechanisms." In short, it causes skin cancer suicide. [H]

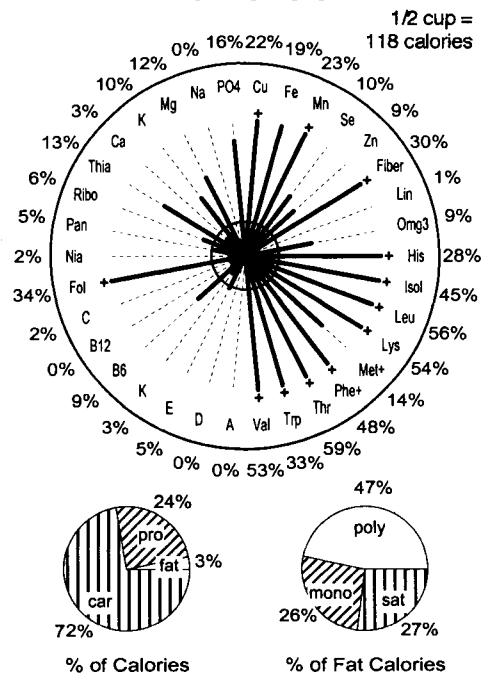
# Food of the Month

by Donald R. Davis, Ph.D.



**PINTO BEANS** and other mature beans are often grouped with meats, fish, and eggs, because of their considerable protein and meat-like quality when combined with grain foods. Mature beans also have significant amounts of omega-3 fat (*Omg3*). One-half cup of boiled pinto beans (118 calories) contains 10% or more of the RDAs for folic acid, thiamin, potassium, magnesium, phosphate, copper, iron, manganese, selenium, fiber, and all essential amino acids of protein (*His* to *Val*). Canned beans are convenient, or cook your own with onions, tomato, and ham or bacon. Soaking dry beans overnight speeds cooking.

### NutriCircle



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.

## Where is your focus?

Isn't it interesting how our perception of life affects the way we feel? I've been thinking about that a great deal since my mother has come to live with us. She has been having health problems for some time and we finally realized that she could no longer live by herself. After 86 years of independent living, she is now dependent on us. We have been getting a lot of sympathy and condolences from friends and relatives. While we appreciate their concern, we also look forward to giving back some of the care and quiet comfort that she has given us.


When I was a child, I experienced her acceptance and love for me as an individual. She always seemed to let me know that no matter what happened she had confidence that I would know what to do and that she would always love me. She was not a huggy, kissy kind of parent (that was my Dad), but she was the one who gave me strength.

I also remember the many times she would get up in the middle of the night to take care of a sick child and never seem to mind the inconvenience



or the mess she encountered. I asked her what she thought when she became pregnant with another baby (me) when she already had two children under three. She replied that she was happy to have another baby to play with and love.

Now, this woman, who could remember all the relatives' birthdays, is slowly losing that clear memory. The hands that have made many pies and rocked many babies are becoming quiet. She finds simple joy in watching the squirrels and geese quarrel over the corn in the feeders at our riverside home. Now her main job is getting her son-in-law to keep the feeders full and the fireplace stocked. She still has a twinkle in her eye and we feel very privileged to be able to spend this time with her.

Greg Anderson said, "Only one thing has to change for us to know happiness in our lives: where we focus our attention." Where is your attention focused? Is it focused on things you cannot change? Or is your focus on what is right in your life? 

## Case of the month


A 67-year-old, very slight woman first came to The Center in November, 2002. She complained of having anxiety attacks (practically daily), tachycardia (racing heart), esophageal reflux, chills, fatigue, low thyroid function, tendinitis, and allergies. The panic attacks seemed to come in the morning and were followed by fatigue.

Dr. Riordan checked her vitamins A, C, E, and the B's. Magnesium, selenium, and zinc were checked in the red blood cells and chromium was done in the serum. Amino acids and essential fatty acids were checked, along with the immunoglobulins. Her urine was checked for indicans, pyrroles, potassium to sodium ratio, vitamin C, and a complete urinalysis.

Dr. Riordan also recommended that she read the book, *The Wonderful World Within You*, and that she receive a magnesium injection and auricular therapy.

When the results were back from the laboratory, she had an appointment with Mavis Schultz, a nurse practitioner. Mavis recommended she take chromium picolinate for her low chromium, Liquid Minerals to correct her other low minerals, and Nystatin for her high candida. Mavis also recommended Prodophilus to help get the friendly bacteria back in the gut.

Mavis increased her vitamin C from one to three times a day, recommended evening primrose oil, and to eat more fruits and vegetables each day. Since the patient said the auricular therapy and the magnesium injections seemed to work for two or three days, Mavis continued these once a week for awhile.

When she came to see Dr. Ron Hunninghake in January, 2003, she said the pain she had with the heart was now better and there were no heart palpitations. She feels better—not well, but better. She is encouraged. Dr. Ron started her on a saline nasal spray, 5-HTP, discontinued the Nystatin, added Prolive to replace the Nystatin, increased her Liquid Minerals, and added ginger root capsules. She is looking forward to continuing to improve. 

## CENTER UPDATE

### Does portion size affect your weight?

The doctors at The Center often recommend that people who have problems losing weight eat a meal no bigger than the size of their fist, five to seven times a day. This is the portion size that satisfies them as long as they eat this amount as often as recommended.


Now, there is research supporting this portion size approach. Barbara Rolls and colleagues of the Department of Nutritional Sciences at Pennsylvania State University found that portion size does affect calorie intake of both normal size people as well as overweight people, according to *The American Journal of Clinical Nutrition*.

In their research, they served lunch to 51 men and women one day a week for four weeks. One group received a portion size of 500, 625, 750, and 1000 grams of the entree during the four weeks.


The second group received the entree in a serving dish and they were allowed to take as much as they wanted.

The researchers found that "persons responded to both small and large increases in portion size and that there was little attenuation of the response over the range of portion size." In short, the subjects ate everything, whether it was a small amount or a large amount.

One interesting point the researchers discovered was that hunger and satiety of those involved was the same regardless of the serving size. When offered a bigger portion, the subjects ate the bigger portion before feeling satisfied. And the calories went up.

If the subjects had known about the fist-sized concept, they may not have eaten all of the large size and been satisfied with eating a smaller portion. 

Answers from page 4

- 1 d. These macronutrients are the fundamental dietary "building blocks" or the compounds most essential to sustaining life.
- 2 a. These foods provide the kind of body fuel that is most compatible with the unique body chemistry of people who are genetically programmed to lead active lifestyles in warm and humid regions of the world.
- 3 b. The low-fat diet overlooks the enormous amount of biochemical and physiological diversity among individuals.
- 4 b. The low-fat diet that can prevent heart disease in the Bantu can actually cause heart disease in many people of Anglo-Saxon descent.
- 5 b. Environment and lifestyle have shifted dramatically over the last century. Physical activity is just one instance that has shifted.
- 6 a. The incidence of obesity in the U.S. increased by 32% in the last 15 years. Chronic illnesses are increasingly common among children and young adults.
- 7 d. It also offers a highly integrated approach to building health, relies on the body's innate intelligence, and represents a logical new paradigm shift. 

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 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

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by *William Wolcott & Trish Fahey*  
 Not just another diet book. Wolcott and Fahey have developed a method to individualize diet and nutritional needs. Just as each person's fingerprints are unique, his or her metabolism is influenced by various factors such as heredity and lifestyle. Softcover.  
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 Health Hunter: \$13.46

### BIBLICAL ADVICE FOR BETTER HEALTH

with *Tim Lawton, M.D.*  
 The ancient Israelites were spared from diseases which ravaged their Egyptian neighbors. Are the dietary and lifestyle laws written four thousand years ago still relevant today in the light of mod-

ern science? A practical approach to apply Biblical nutritional principles is taken in this lecture.

### ENHANCING FEMALE HEALTH

with *Molly Siple, M.S., R.D.*  
 Learn all about the special foods that support female health from month to month and for years to come. Find out what's for breakfast, lunch, and dinner that will help you achieve hormone balance and prevent conditions such as persistent fatigue, menopausal hot flashes, and degenerative diseases such as osteoporosis. Powerful means of improving your health and well-being can be as close as your refrigerator. Molly takes us on an imaginary tour of our supermarket as she helps us stock our shelves with healing foods.

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# Upcoming Events. . .

**Mark your calendars!**  
**Lunch & Lectures begin in early March.**

**The following topics will be offered:**

Know Your Nutrients  
The Inflammation Syndrome  
Food Sensitivities  
Stretching & Health  
The Fungal Link to Cancer  
Are Toxins Real?  
Herbs & Kids  
Staying Healthy on a Budget  
Diabetes  
Metabolic Watchers  
Nutrition  
...and many more!

## Do dairy products prevent the risk of breast cancer?

To find out if milk and other dairy products would help to prevent the risk of breast cancer, Myung-Hee Shin and colleagues of the Harvard School of Public Health used information from the Nurse's Health Study which involved 88,691 women followed for over 15 years.

The researchers found that post-menopausal women did have a significant reduction in the risk of breast cancer from consuming dairy products.

In premenopausal women, they found that drinking skimmed or low fat milk only reduced the risk of breast cancer. Vitamin D, often added to milk and calcium, a product of milk, separate from milk, did not show a definite trend towards reduction in breast cancer.

- Overcoming depression
- Eating fruits and vegetables lowers blood pressure
- Where is your focus?
- Does portion size affect your weight?

INSIDE THIS MONTH'S ISSUE . . .

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