

Health Hunter[®]

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NEWSLETTER

FEBRUARY 2006

Yeast: the hidden infection

by James A. Jackson, Ph.D.

Have you or a member of your family complained of being tired, tired, tired? Does anyone complain of headaches, insomnia, depression, intestinal problems, craving certain foods, fibromyalgia, recently become sensitive to the smell of perfumes or other chemicals, or how about a combination of many of these symptoms? Have any of the problems not been helped by traditional treatment? If so, you may be a victim of yeast overgrowth or, in medical terms, *Candida albicans* or candidiasis.

Yeast is a part of over 300 trillion other micro-organisms found on and in the body.

Just what is yeast or *Candida*? It is a microscopic fungus (yes, I said fungus!) that grows in dark, warm, moist places. There are more than 20 different species of *Candida*. *Candida albicans* (referred to hereafter as *Candida* or yeast) is the one most associated with humans. Another characteristic of yeast is that it can reproduce by "budding" and can ferment carbohydrates. It belongs to the family of molds, mildew, and fungi. Yeast is a part of over 300 trillion other micro-organisms (means you need a microscope to see them) found on and in the body. It is found throughout the gastrointestinal and genital urinary system. It is normally kept under control by the normal flora (bac-

teria) in the intestine.

Candida is an "opportunistic infection" just waiting for a chance to invade your skin, mucous membranes, intestines, or blood and other body organs. It is similar to a burglar that tries to rob ten houses on a block. The first nine have all the doors blocked so he can't get in. The tenth house has an unlocked back door, giving him an "opportunity" to break in. Some of the opportunities that allow *Candida* to "break in," or cause an "overgrowth," are: high estrogen levels, obesity, diets high in carbohydrates, refined sugar, yeast products, fermented foods, molds, diabetes mellitus, a history of taking steroids, constant stress, oral antibiotics (especially tetracycline), consumption of antibiotic foods (such as meat, dairy, poultry, and eggs), chemotherapy, radiation, malnutrition, AIDS, leukemia, food allergies or food sensitivities, or any decrease in the body's immune system.

Candida may appear as a cutaneous infection (on the skin), in the intestine, or widespread in the body (systemic). Women have more infections and side effects than men. Skin infections may involve the vagina, mouth, esophagus, rectum, penis, under the breasts, lower abdomen, armpits, ears, and nail beds. Babies may have a diaper rash. These skin infections are not hidden and are fairly easy to diagnose. A scraping or swab is placed on a glass slide, a couple drops of KOH (potassium hydroxide) added, and examined under the microscope for the presence

continued on page 2

Metabolic syndrome, inflammation associated with plasma fatty acids

Together with being overweight, blood plasma fatty acids modulate the development of the metabolic syndrome. The researchers' aim in this study was to investigate the relation of fatty acid composition in blood plasma phospholipids and cholesterol esters with weight status, metabolic syndrome, and inflammation in adolescents. This research was published in a recent issue of *The American Journal of Clinical Nutrition*.

The researchers used 120 subjects; 60 were normal weight and 60 were overweight. All were 12 years of age.

The results of this research are interesting. The researchers confirmed "that the fatty acid composition of plasma lipids, particularly saturated fatty acid proportion, is associated with weight status of otherwise healthy adolescents." [H]

Inside this issue...

Cultivate healthy reserves.....	2
Fad diets: truth and consequences.....	3
Information worth knowing.....	4
Did you know.....	4
Test of the month—Urine indican.....	5
Horse chestnut (<i>Aesculus hippocastanum</i>).....	5
Food of the month—leeks.....	5
Is fear holding you back?.....	6
What is your thinking style?.....	6
Case of the month.....	6
Special discounts.....	7
Upcoming events.....	8
Eat whole grains.....	8

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Nutritional Medicine

by Ron Hunninghake, M.D.

Cultivate healthy reserves

Health is having the reserve to do what you need to do and want to do with energy and enthusiasm.

Dr. Hugh Riordan was a keen observer of natural systems. He studied nature, attempting to glean fundamental principles of survival and growth. He was especially interested in what made a natural system healthy. In a very real sense, his life's work revolved around a simple question: "What is the essence of health?"

Certainly a healthy system is balanced. It can respond to stress and adapt. It can heal itself if injured. It manifests flexibility and creativity in the face of change. These key principles are crucial for maintaining health. But what is more fundamental than even these?

Dr. Hugh would often speak of a lake as a natural ecosystem that depended upon reserves. Without adequate reserves of water, one summer of drought could destroy its delicate balance. A tree could grow only as tall as the depth of its root

system would allow. Applying this principle to business, he noted that one bad year could bankrupt a thriving business that had neglected the accumulation of cash reserves.

Scurvy results from inadequate reserves of vitamin C. Beriberi is a thiamine deficiency. Whole foods have a deeper reserve of adequate nutrients than processed foods. A garden that has just been dug will not produce nearly as well as a garden that has been cultivated, fertilized, rotated, and cared for over several seasons.

Health is not a given. Good health is cultivated. Building health means to create reserves that can be drawn upon during lean times, stressful times, and times where demand outpaces supply.

Dr. Hugh knew that "need" depends upon "have." You cannot give what you do not have. Having means doing what you want to do. When you are free to do as you want...well, that's where the energy and enthusiasm really starts. [H]

Yeast—Cont'd from page 1

of yeast.

Intestinal and/or systemic symptoms of Candida are numerous. They may be caused by the toxins secreted by Candida. General symptoms are listed in the first paragraph. Emotional symptoms may include "feeling out in left field," "spaced out," nervous, anxious, depressed, confused, poor memory, mood swings, headaches, or hypoglycemic-like symptoms. Stomach or intestinal symptoms include indigestion, gas, bloating, belching, diarrhea, constipation, colitis, Crohn's Disease, irritable bowel syndrome, spastic colon, gastritis, excess mucous in feces, rectal itching, or hemorrhoids. Cardiovascular symptoms may include poor circulation, tightness in the chest, asthma, wheezing, coughing, or mitral valve prolapse. One of the toxins secreted by Candida is acetaldehyde, a chemical similar to formaldehyde!

Muscle and joint symptoms may

include numbness, paralysis or tingling of the extremities, poor coordination, weakness, aches and pains of joints and muscles, stiffness and swelling, or arthritis. Urinary symptoms are burning, frequent bladder or kidney infections, or frequent urinating. Symptoms of the eye, ear, nose, and throat are blurred vision, spots in front of eyes, eye or ear infections, pain or fluid in ears, sensitivity to noise, gum problems, white patches in the mouth, coughing, "bad breath," nasal congestion, post nasal drip, and sinus problems.

Some symptoms are specific to women. These may include vaginal discharge, itching, burning, PMS, menstrual cycle abnormalities, endometriosis, or sexual dysfunction. Symptoms specific to men include prostate problems, impotence, or loss of sex drive.

continued on page 3

Although not thought of as a “children’s disease,” some symptoms in children are thrush, diaper rash, colic, recurring ear infections, hyperactivity, learning disabilities, short attention span, nasal congestion, coughing, digestive problems, craving for “sweet foods,” and chronic fatigue. Also, *Candida* may result from indwelling catheters or “ports.”

The G.I. system is the largest potential “antigen” system in the body. Literally “tons” of foods and liquids pass through our system during our lifetime. The absorption surface of the intestine with its many small villi (little pouch-like out pockets in the small intestine) is about the size of a tennis court. The G. I. tract contains trillions of micro-organisms. There are more than 100 different strains of bacteria alone. The most prominent one is *Lactobacillus acidophilus*.

When there is depressed immunity, long term use of oral antibiotics or cortisol, chemotherapy, radiation, prolonged stress, etc., yeast and some pathogenic bacteria take over. As the yeast grows, it may damage the intestinal wall causing the “leaky gut” syndrome. This allows antigens (food or additives) to leave the intestine and cause an allergy. If the yeast enters the blood, it may cause Polysystemic Chronic Candidiasis and yeast may infect the brain, eyes, kidney, heart, lungs, liver, and spleen.

To diagnose *Candida* one may look at a feces sample or culture. Neither is very quantitative. If an organ infection is suspected, an MRI or CT scan and/or biopsy may be required. A more meaningful test is to measure blood antibodies to *Candida*. The result is reported for three different antibodies: IgG, IgM, and IgA. High titers of IgG tell if you have a present or past infection, IgM tells you if the infection is current, and the IgA tells if the *Candida* is crossing or is involved with the intestinal mucosa. The normal titer is less than 12.5 units per milliliter.

Treatment depends on the location of the *Candida* and the symptoms. Diet is very important. One should avoid alcohol, sugar in food and drinks, food

continued on page 4

HEALTH HUNTERS AT HOME

Fad diets: truth and consequences

by Rebecca K. Kirby, M.D., M.S., R.D.

How many fad diets can you name? Although a diet is defined as a way of living, most diets are commonly targeted to weight loss and often are not a prescribed way of life. Instead, most diets fit the definition of fad which is from the Latin word meaning “stupid,” and the number of fad diets abounds. The diet industry in America generates about 30 billion dollars a year. This industry tries to appeal to what dieters want, which is quick, effortless weight loss with a magic bullet to alter their metabolism and allow unrestricted food consumption. Unrealistic expectations put people at risk for poor nutrition and the endless cycle of yo-yo dieting. What happens after the diet is over?

The *Truth* is that careful thought should be given before going on a diet. Weight loss and the maintenance of that weight loss is a lifetime commitment. Only lose weight if you are committed to change; change in your eating and exercise patterns. Be prepared for the rest of your life to make healthier food choices and exercise regularly.

The *Consequences* of fad diets are that you can lose weight on any diet but most people cease to comply with dietary restriction after 6 months and over 80% will gain the weight back. Sound familiar?

One of the most important considerations is the reason to lose weight. It should not be for cosmetic purposes; be happy with the way you are. Good reasons to lose weight are for better health. If you have arthritis, high blood pressure, sleep apnea, diabetes, heart disease, or a family history of diabetes and heart disease, just a 10% weight loss will improve these conditions and lessen your risk.

So what is the best approach to starting a lifetime of healthy eating? One of the most important changes you can make is really very simple. Eat more vegetables and whole fruits. The recommendation for a healthy diet is five to nine servings daily. But, in fact, forty-two per cent of Americans eat less than 2 servings of fruits and vegetables daily and the government’s Continuing

Survey of Food Intake shows that the consumption of vegetables has even gone down recently!


The largest proportion of calories in the American diet comes from (as Center consultant Dr. Don Davis calculates) cookie dough ingredients. Dr. Davis reports that 60% of U.S. calories are derived from refined sugars, refined fats and oils, and white flour (and white rice). These are non-whole foods. Essentially the diet consists of foods with calories that are not accompanied by nutrients—empty calories, wasted nutrition, junk food, and too much of it.

To get on track with a lifetime of healthy eating, consuming whole foods with 9 servings (or more) of vegetables and fruits daily is the simple way to start. In fact, you can consider vegetables as green-light foods as my dietitian colleague, Dr. Kathy Chauncey, would explain. Go, go, go. Enjoy as many as you need to satisfy hunger, no need to weigh or measure. Eat them raw, steamed, microwaved; fresh, frozen—even a canned vegetable is better than no vegetable at all. Limit deep-fried, breaded, or creamed preparations.

Replace sugary foods with fruits, melons, berries, and sweet vegetables. Substitute added fats with natural fats from nuts, nut butters, avocados, olives, cheese, or eggs. Make choices for whole grains, brown rice, and more beans on the menu.

These choices not only provide you with nutrients, both those discovered and those yet undiscovered, but will generally be low glycemic foods. The low glycemic foods help to modulate insulin response and stabilize blood sugar, plus delay hunger and increase satiety!

The bottom line is that to diet is temporary. Instead, nourish your body and your mind with a balance of whole foods for a lifetime.

For more about whole foods and glycemic load, watch these tapes of Center lectures: “Whole Foods: More Food for Thought,” “Atkins: A Whole Foods Perspective on Low Carb Dieting,” or “Low-Carb Dieting for Dummies.” 

INFORMATION WORTH KNOWING

Did you know that one in every three Americans regularly battles digestive problems, such as irritable bowel syndrome (IBS)? IBS can restrict your life—from the pain and embarrassment of cramps, constipation, and diarrhea. While conventional drug treatment can provide temporary relief, they may be harmful in the long run. Richard Ash, M.D., along with Winifred Conkling, have written *What Your Doctor May Not Tell You About IBS*. Dr. Ash presents a plan to help you heal without masking symptoms or relying on medication. The questions this month are taken from their book.

1 The gastrointestinal (GI) tract can be viewed as an indicator of overall health. The GI tract has two functions. One, it allows the body to obtain nutrients from food, and, two, it keeps _____ away from the body.

- a. odors
- b. toxins
- c. calories
- d. fats

2 The optimal pH range in the stomach is 1.5 to _____ with hydrochloric acid being the primary stomach acid.

- a. 2
- b. 2.5
- c. 3
- d. 3.5

3 Except for the common cold, IBS accounts for more work and school absences than any other illness.

- a. True
- b. False

4 Your digestive system is much more than just your stomach and intestines. The sight, smell, and thought of food stimulates

- a. the pancreas
- b. your hormones

- c. the jejunum
- d. the flow of saliva in your mouth

5 If the level of gastric juices, including hydrochloric acid, pancreatic enzymes, and bile, drops too low, _____ can flourish.

- a. yeast
- b. vitamin C
- c. lipoic acid
- d. calcium

6 IBS is a description of a group of symptoms; it is a label of exclusion, not a diagnosis of a specific disease.

- a. True
- b. False

7 Dr. Ash says you can cure your IBS by changing your diet and nourishing your body with appropriate nutritional supplements. The IBS Eating Plan he designed is easy. It includes _____.

- a. Accentuate the Alkaline
- b. Banish Bread (and other yeast foods)
- c. Cut Carbohydrates
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

Fear is the little darkroom where negatives are developed.


—Michael Pritchard

Yeast—Cont'd from page 3

dyes, phosphates, NutraSweet®, and trans fats (read food labels). Eat plenty of whole foods and vegetables and clean up your environment: no smoking, pesticides, mold, and mildew in the house and have a food sensitivity test performed to avoid sensitive foods.

Probiotics (means “for life”) are a group of friendly bacteria that may help you stay well. They manufacture lactase, some B-vitamins, kill some of the “bad” bacteria, and help control Candida. Two main probiotics are *Lactobacillus acidophilus*, and *Bifidobacterium bifidum*. These may be purchased over the counter or may be found in a high quality sugar-free, fruit-free yogurt. Some brand names are Vital-Dophilus®, Prodophilus®, and EnteroPro®. Many vitamins and minerals are helpful, along with CoQ10.

Some prescription drugs are Nystatin® for intestinal Candida. Other drugs may include Nizoral, Diflucan, Sporanox, and Lamisil. Some “herbs” useful in treating yeast are olive leaf extract, Klorex (Polygodial), Caprylic Acid, Undecylenic Acid, garlic, oregano, and citrus seed extract.

In conclusion, if you have any of the symptoms mentioned (which occur in many diseases other than Candida) that do not respond to conventional treatment, you should ask your physician about the possibility of a Candida (yeast) infection. 

Did you know...

...you can tour The Center for free Monday through Friday at 1:30 p.m. and by appointment. You can also take a virtual tour on our website.

...The Taste of Health Restaurant serves a delicious buffet meal Monday through Friday, 11:30 a.m. - 1:30 p.m. Menus are available on our website.

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www.brightspot.org

Test of the Month

by Dr. James A. Jackson,
Director, Bio-Center Laboratory

Urine indican¹

Urine indican has been measured in the Bio-Center Laboratory for about 30 years. Dr. Riordan trained the other Center physicians to use this test to measure "bowel putrefication." Increased amounts of indican appear in the urine when there is an intestinal obstruction, stomach cancer, low stomach acid, obstruction of the liver bile ducts, and malabsorption syndromes.

The urine from a patient on a normal omnivorous diet (meat, vegetables, and fruit) excretes very little indican in their urine. However, a patient on a high protein diet may excrete increased levels of urine indican.

The chemical name for indican is indoxal sulfate. It is produced by bacterial action on the amino acid tryptophan in the intestine. Since proteins are made of amino acids, this explains why a high protein diet may cause the increased excretion of indican.

The test is performed on a routine urinalysis specimen. The urine is extracted into a chloroform layer and is examined visually and compared to a standard color chart.

We consider a negative or +1 as normal, while 2+ or higher are abnormal. Some laboratories consider +1 as positive. Some say there may be a variation in readings depending on the skill of the technologist, but our technologist, Sharon Neathery, has been performing this test at the Bio-Center Laboratory for 30 years; therefore, there is no variation.

The physicians at The Center order a urine indican test on patients when they suspect bowel putrefication, problems with intestinal integrity, absorption, protein catabolism, yeast overgrowth, and the other conditions described above. To learn more about this and other tests, visit our website, www.biocenterlab.org.

1. Jackson JA, Riordan HD, Neathery S: Urine indican as an indicator of disease. J Orthomol Med, 2000;15(1):18-20. [H]

Herbal History

by Chad A. Krier, N.D., D.C.

Horse chestnut (*Aesculus hippocastanum*)

Horse chestnut's claim to fame is its beneficial effects on veins and connective tissue. *Aesculus* acts on the connective tissue barrier between blood vessels and tissue, reducing vascular fragility and permeability (reduces leaky vessels). Hence, it has been termed a venous trophorestorative (restores the veins ability to function).

According to eclectic herbalists, horse chestnut has the following medical actions: anti-edemic (reduces edema), anti-inflammatory, astringent (tightens things up), febrifuge (reduces fever), and antioxidant.

The principal ingredient in *Aesculus* seed extract is the triterpene glycoside mixture named aescin (escin). Escin decreases capillary permeability by reducing the number and size of the small pores of the capillary walls. Investigators have also demonstrated that

escin has venotonic activity. In fact, extracts of *Aesculus* seed standardized for escin appear to be as effective as compression stockings without the nuisance in the treatment of varicose veins.

Clinical trials have supported the use of horse chestnut for chronic venous insufficiency, hemorrhoids, varicose veins, and edema of the lower limbs. Prophylactic use decreases the incidence of deep vein thrombosis following surgery. *Aesculus* can be applied topically for hematoma, contusions, and other nonpenetrating wounds involving edema.

I find it valuable to combine oral dosing and external applications of horse chestnut in the treatment of varicosities and hemorrhoids. After application of the topical form, an elastic bandage or stocking should be worn. It is important not to massage the varicosity in order to avoid inflammation of the vein. [H]

Food of the Month

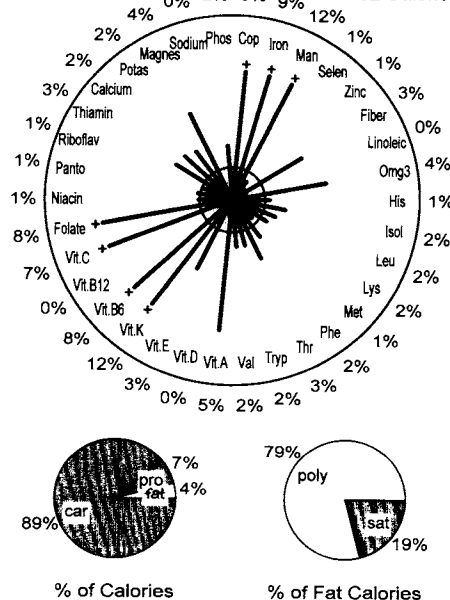
by Donald R. Davis, Ph.D.



NutriCircle

1/2 cup =
32 Calories

LEEKs resemble overgrown green onions but with a milder taste. They are native to the region between Israel and India. Very early they became popular throughout Europe. Welch defenders in 640 AD wore leeks in their caps to distinguish themselves from invading Saxons, and since that time in Wales leeks have been worn and eaten as a symbol of national pride. The world-famous soup, vichyssoise, is made from pureed leeks, potatoes, and cream and is usually served cold. Relative to calories, leeks contain adequate amounts of 27 of 34 nutrients shown here, especially vitamin K, manganese, iron, copper, folate, and vitamins B₆ and C.



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.

Is fear holding you back?


Would you like to take part in an adventure, return to school, or ask for a raise, but you just can't seem to do it? Is fear holding you back?

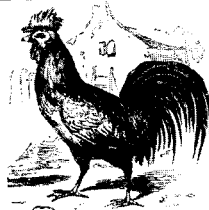
When I was a child living on a farm, one small banty rooster named Rowha terrorized me. He was my oldest brother's pet and loved to fight. One time he caught me unaware and gave me a few scratches. After that I always looked to see where he was before I ventured from the house. If he was way up in the wheat pasture, then I would run to the chicken house to gather eggs. Many times as I started out the door from gathering eggs, there would be Rowha smirking at me.

One day Rowha got sick with pneumonia. I was ecstatic to think that my nemesis would be gone. But, my dad gave him a shot of penicillin

and he quickly recovered. At that point I knew that I was no longer going to be afraid of him, and I carried a big stick everywhere I went until he got the message. I never had to hit him, but he knew I meant business.

When we moved to Wichita, it was very scary. After my husband would go to work early in the morning, I would go back to bed. Every little sound scared me until one day I thought of a saying I had heard: "A coward dies many deaths, a brave man only once." I would say that to myself as I checked to find the source of the sounds. That has been my mantra many times in life.

Franklin Delano Roosevelt said, "We have nothing to fear except fear itself." Don't let your fears keep you in the "chicken house." 



Case of the month


A 64-year-old male patient presented to Dr. Ron Hunninghake with chief complaints of weight gain; sleep problems; joint pain in the hands, hips and knees; indigestion; hiatal hernia; low back pain; and fluctuating blood pressure issues. His past medical history included abnormal lab testing for thyroid, testosterone, and serotonin, all of which were being medicated at the time he came in for his first appointment.

Dr. Ron recommended MSM powder for relief of arthritic pain and ordered comprehensive nutrient testing.

Abnormal lab findings included low levels of vitamin B5 and CoQ10, high pyrroles, high CRP (C-reactive protein), and altered fatty acid ratios. Many nutrients were at suboptimal levels, including the B vitamins, vitamin D, magnesium, zinc, and beta carotene. Testosterone and thyroid were also suboptimal despite taking these medications. Moreover, there were many positive reactions on the cytotoxic food panel (food allergy testing), indicating the possibility of leaky gut syndrome.

On his first follow-up appointment the patient reported that much of his pain had subsided as a result of the MSM use. However, he was still having significant abdominal complaints relating to his hiatal hernia and weight gain. Dr. Krier recommended a naturopathic technique for reducing hiatal hernia pressure which includes heel drops, fluid loading, and abdominal muscle work.

In addition, Dr. Krier recommended a treatment protocol to bring his nutrient picture into balance. Nutrients recommended included the following: vitamin B5, CoQ10, Cardirite multivitamin, zinc orotate, fish oil, and B vitamin injections.

The patient continues the recommended treatment protocol and coming in for B injections on a weekly basis. He reports that his overall feeling of well-being has greatly improved. He notes that his therapy has worked very quickly and he has been very pleased with the results. 

CENTER UPDATE

What is your thinking style?


We all have our own unique ways of processing information, learning new material, and remembering things. Research has indicated that there are four basic ways we do this. Sometimes we use only one of the four methods, sometimes two, and sometimes all of them.

People who are logical and analytical like to know how things work. They like numbers, understand money, can be critical and logical, and like to quantify things. They are comfortable working alone and being challenged. They are good debaters. They sometimes have problems with expressing emotion, with vague ideas, and with lack of logic.

People who are organized and controlled tend to like an ordered environment. They like to have a structured agenda for meetings. They like to have a plan, like program evaluations, attending to details, and doing follow up. They like to play it safe. They like a beginning, middle, and end to lectures. They struggle with risk, ambiguity, and unclear directions.

People who are more into the feelings area are empathetic. They like to find just the "right" music or poem to express their ideas, like to express ideas, like to be a part of a team, like to have a "hands on" approach to learning, and like getting groups to work well together. They have a problem with too much data, lack of personal feedback, and a lecture approach rather than participation in the process.

Creative people like to take risks and have a variety of things to do. They like to see the "big picture," change things, break rules, and they like surprises. They can sometimes see connections that others can't, are curious, make good detectives, and have an active imagination. They have an entrepreneurial spirit. They have a problem with deadlines, time management, lack of flexibility, administration, and details.

Did you recognize your preferred way? Learning more about oneself and others can be both exciting and interesting. 

- 1 b. When the body is over stressed, the digestive system tends to be the first to break down.
- 2 b. The use of antacids raises the pH above 3.5, which inhibits the acid in the stomach that is responsible for digestion of proteins.
- 3 a. Americans spend more than \$3 billion a year on over-the-counter medications to manage digestive problems.
- 4 d. This helps to begin to chemically break down the food you eat.
- 5 a. The use of medications such as Tagamet, Zantac, Prilosec, and other drugs to inhibit the production of hydrochloric acid can make yeast overgrowth worse.
- 6 a. IBS is a sign that the digestive system is out of balance. You need to find the specific cause for each patient.
- 7 d. Also drop dairy from your diet. By changing your diet to reflect these principles you will reach the appropriate pH level in your digestive system. [H]

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT IBS

by Richard Ash, M.D. and Winifred Conkling

Dr. Richard Ash presents a plan to help you heal your system without masking symptoms or relying on medication. Soft cover.

Retail Price: \$14.95, *Health Hunter*: \$13.46

FUZZY HEAD? FEELING ACHY?

with Rebecca Kirby, M.D., M.S., R.D.

Food sensitivities are a repeated burden on the immune system. Learn about the Cytotoxic Food Test at The Center that looks at a cellular response to over 80 foods. Avoiding foods that are damaging to your blood cells may result in increased energy, a clearer head, reduced stiffness, and weight loss to boot!

INFLAMMATION, ARTHRITIS, AND AGING

with Ron Hunninghake, M.D.

At long last, Dr. Ron's first book is out! In his new book, he explains what good and bad inflammation is all about. Learn about Dr. Ron's Five Pathways to Healing.

TREATING VARIOUS MENTAL AND BEHAVIORAL DISORDERS NATURALLY: The Pyrrole Test

with James Jackson, MT (ASCP), Ph.D.

Urine pyrroles have been found in the urine of schizophrenics, depressed or stressed adults, and learning disordered children. Some are related to problems caused by excess pyrrole excretion that depletes vitamin B6 and zinc. Dr. Jackson discusses the theory of pyrroluria and The Center's 30-year history with this test and various diseases.

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Upcoming Events. . .

Lunch & Lectures:

February:

- 7 The Benefits of Colonic Hydrotherapy
- 9 Candida: the Hidden Infection
- 16 Feeling Better with Lotsa Laughter!
- 21 Taste of Health Restaurant: The Whole Story
- 23 The Antiviral Properties of Vitamin C

March:

- 2 Reduce Your Risk for Dementia and Alzheimer's Disease
- 9 The 7-Day Detox Vitality Enhancement
- 14 The Benefits of Roling for Body Realignment
- 16 Treating Various Mental and Behavioral Disorders Naturally
- 23 Declining Food Quality and Efforts to Improve It
- 30 Solved: the Riddle of Fibromyalgia

Eat whole grains

While the relationship of eating whole grains is known to affect adults, it has not been studied in older adults. It was thought that the metabolic consequence of eating high whole-grain diets might be different in elderly persons.

In this study, recently reported in the *American Journal of Clinical Nutrition*, a significant inverse trend was found between whole-grain intake and metabolic syndrome (cardiovascular risk factors). The subjects included 535 healthy persons aged 60-98. The criteria for the metabolic syndrome was set by the third report of the National Cholesterol Education Program.

Nadine R. Sahyoun, Ph.D., the lead author of the study, went on to say, "Whole-grain intake is a modifiable dietary risk factor, and older and young adults should be encouraged to increase their daily intake to three or more servings a day."

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- Yeast: the hidden infection
- Fad diets: truth and consequences
- Is fear holding you back?
- Eat whole grains

INSIDE THIS MONTH'S ISSUE . . .