

Health Huntersm

N E W S L E T T E R

Pancreatic cancer research expanded

Excerpts from a presentation by Hugh D. Riordan, M.D.

The receipt of a \$52,000 grant from the New York based Wallace Genetic Foundation will help us continue our research into the treatment of cancer of the head of the pancreas.

...high dose intravenous vitamin C may help improve the quality of life of those who develop cancer.

Although not a large grant, it's significant because it represents a breakthrough for us in receiving foundation support from outside our geographic area. The support has come in recognition of our pioneering efforts to demonstrate that nutritional medicine may offer significant help to those who have developed cancer and to those who want to have a better chance of not getting it in the first place.

Since 1980, The Center has shown in several patients that high dose intravenous vitamin C may help prolong life and improve the quality of life of those who develop cancer.

RECNAC project, The Center's cancer research arm, exists for much the same reason that The Center itself exists: to fill a void in standard

medicine and standard research. The Center is looking where no one else has looked. It's not easy, but we have discovered where to look in less convenient places, perhaps because, as Doctor Harold Rusch once said, "we let our minds wander more."

The grant from the Wallace Genetic Foundation will be used for the nutritional evaluation and treatment of two people diagnosed with this deadly form of cancer. The patients must have been diagnosed through tissue biopsy and may have had surgery but may not have undergone chemotherapy or radiation treatment. The participants must

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Little Things Add Up

So, naturalists observe, a flea
Hath smaller fleas that on him
prey;
And these have smaller still
to bite 'em;
And so proceed *ad infinitum*.
Thus every poet, in his kind,
Is bit by him that comes
behind.

—Jonathan Swift

Cancer and aging from oxygen's dark side

We humans need oxygen's life sustaining powers to make our days bright and cheery, but oxygen has a dark side as well. If it mixes with certain chemicals, it can become a damaging free radical promoting disease and shortening life. Several new studies cast more light on oxygen's toxic dark side.

One study reported in *The Lancet* showed how nutrients work together to defeat the dark side of oxygen. Vitamin E can inhibit cholesterol oxidation and act as a protective vitamin in cardiovascular disease. The article added that vitamin C assisted the vitamin E molecule in inhibiting cholesterol oxygenation by recycling vitamin E after it had quenched the oxygen free radical.

Science News recently included three studies that dealt directly with cancer and aging. The first of these, published in the *Proceedings of the National Academy of Science* (PNAS), studied house flies. In this case the researchers, Rajindar Sohal and Sanjiv Agarwal, looked at the effects on life span by oxidized DNA. The higher the accumulation of oxidized DNA, the less time the flies lived.

The mitochondria (the energy

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PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth
and Barbara Nichols

Illustrator: Jackie Neypes

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Nutritional Medicine

by Ron Hunninghake, M.D.

Health building

Suppose your house got sick, and the house doctor determined it had a bad case of roof-leakitis, complicated by door-fall-offosis. What would you do?

A prescription for huge sheets of black plastic tarp and duct tape might help the symptoms...but perhaps you want to heal things a little closer to the level of causation. Of course, you would need a wise and competent carpenter.


The carpenter shows up one bright sunny day...but has no tools and no lumber and no shingles with him. Turns out, in that case, there's little he can do to help.

Over time, your house gets labeled "chronic" by your neighbors.

The costs of plastic tarp and duct tape keep mounting. You think maybe you should apply for house disability. And it gets awfully wet and uncomfortable living there.

Then someone suggests that you get a carpenter with tools! To your surprise, he actually measures to see how much lumber and shingles are needed! You buy them and bring them home...and over time, things are looking better, and you feel drier and more comfortable.

By golly, that carpenter has cured your house's roof-leakitis and door-fall-offosis...and several other odds and ends.

So when it comes to your body... "Is there a doctor in the house?" 

Carotenoids lower risk for macular degeneration, heart disease

Carotenoids, a group of antioxidants that includes beta carotene, may be valuable in lowering your chance of having a heart attack or getting macular degeneration, the leading cause of blindness in the elderly, according to two articles that appeared in the *Journal of the American Medical Association*.


To look at macular degeneration, researchers had two groups of people fill out food questionnaires for one year. One group included 365 people with age related macular degeneration and the other group 520 similar age people with good vision.

People in the highest one fifth of carotenoid intake had a 43% lower risk of age related macular degeneration than people in the lowest one fifth.

The other study showed a link between increased serum caroten-

oids with a reduced risk of coronary heart disease.

The researchers in this study measured the serum carotenoid levels in 1899 people in the Lipid Research Clinic's Coronary Primary Prevention Trial. They found that those in the top one fourth of serum carotenoids in their blood had a far lower risk of having heart trouble. If the subjects had never smoked, the chance of having heart disease dropped to 28%.

Dark green leafy vegetables are the best source of most carotenoids in your diet. Beta carotene is found in yellow and orange vegetables such as carrots. We serve freshly squeezed carrot juice, along with plenty of green leafy vegetables, at The Taste of Health, The Center's restaurant, to help people who eat there get their carotenoids. 

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also be free of liver metastases.

"I've written to physicians in the Wichita area advising them of the availability of this research and treatment project, asking that if they encounter patients who might be interested in this approach, to let them know. There would be no charge for any of the extensive biochemical evaluations performed or therapy administered as part of the research protocol," Dr. Riordan said.

Generally, the survival time for people diagnosed with cancer of the head of the pancreas is extremely short. Our research study will be based on our cell culture research which resulted in a scientific paper being written titled: "Intravenous Ascorbate as a Tumor Cytotoxic Chemotherapeutic Agent." H

Esophageal cancer and green tea

Green tea gets another boost for its anti-cancer characteristics—in this case it seems to work for esophageal cancer.

Since green tea is often consumed in China, this research, reported in the *Journal of the National Cancer Institute*, examined 900 people with esophageal cancer and 1500 people who didn't have cancer. All lived in Shanghai.

The researchers found that green tea drinkers had a far lower risk of esophageal cancer. Among those who did not consume alcohol or smoke, there was an even greater decrease in the risk among tea drinkers.

Xiao Long Meng, M.D., a researcher at The Center, concurs. He has often championed green tea for its anti-cancer value. H

HEALTH HUNTERS AT HOME

Start the day with a good breakfast

I have been battling with my 14 year old daughter lately about eating breakfast.

I keep telling her that it is the most important meal of the day. Without a decent breakfast, she is short of the essential brain food she needs to do a good job at school. She says she doesn't have enough time.

I have even mentioned that the reason it is called breakfast is that you are doing just that; breaking the fast of the night with a hearty, energy giving start to the day.

But she just looks through me with that teenage look that says, "As soon as this background static is over I will get back to what is important in life." A father has little credibility at this age.

In spite of this I keep on trying. I was paging through the February issue of *The Physician and Sports-medicine* and came across an article written just for my daughter and many others who skip breakfast.

Susan M. Kleiner, Ph.D., R.D., had written about nutrition on the run. That is Alison in the morning—on the run. Credibility was another advantage of this article. There was the Ph.D. and R.D. behind her name, along with a long list of credentials in a foot note. She had credibility my daughter would accept.

Under the heading of Start Out Right she says, "If breakfast is the meal that you usually skip, make a resolution to change that habit forever. Without breakfast you'll be tired and hungry all day long." That sounds like what I was saying to my daughter, but it is good advice for all of us to remember—especially chronic breakfast skippers.

Kleiner has some suggestions to make breakfast easier. First of all she says that if one has time, it is easy to eat more healthfully than grabbing something on the way to work.

Cereals are a good way to start the morning, but you have to read the labels to be sure you are not getting a lot of sugar in the one you select. When combined with 1% milk and fruit, it makes a good breakfast that is quick and easy to fix.

Kleiner suggests toasting fresh bread, bagels, or English muffins and topping them with peanut butter or all fruit jelly. She suggests combining this with a piece of hard cheese like Swiss or cheddar. My daughter will eat a multi-grain toaster waffle with peanut butter and then add a piece of low fat mozzarella cheese for the much needed morning protein. That is what she had this morning. She can eat this in the car on the way to school.

One nice thing about Alison is we can almost always get fruit down her. This morning she didn't have time to eat her fruit with her breakfast so she agreed to take an apple to eat during her first hour class.

Kleiner's suggestions work for Alison. If you are one who doesn't have time in the morning to eat a good breakfast before rushing off to work or school, I hope you take Kleiner's words to heart and stop skipping breakfast. It is the most important meal of the day. Using some of her suggestions combined with your own good ideas, you can come up with a way to give yourself a proper send-off, as we try to do for Alison. H

—Richard Lewis

INFORMATION WORTH KNOWING

The mission of The Center for the Improvement of Human Functioning, *Health Hunter's* parent company, is to help spread an epidemic of health. We define health thus: Health is having the energy to do what you want to do and need to do with energy and enthusiasm. Energy is the keyword. One way to have energy is to make sure you supply the right fuel for your body. Dr. Ron Hunninghake has a whole series of Lunch and Lectures geared to supplying information about the different nutrients your body requires for varying functions. It has been a fascinating group of classes that really underlines the importance of **all** the nutrients. The questions this month are taken from the Know Your Nutrient series.

1. Emerging role(s) for vitamin E seems to be in connection with the
 - a. liver.
 - b. muscles.
 - c. retina.
 - d. all the above.
2. Vitamin E absorption is influenced by
 - a. fat absorption.
 - b. water.
 - c. zinc.
 - d. hydrogen utilization.
3. _____ controls passage of potassium in and out of cells.
 - a. Zinc
 - b. Copper
 - c. Magnesium
 - d. Selenium
4. Excessive magnesium intake leading to toxicity is rare.
 - a. True
 - b. False
5. When zinc demand exceeds zinc supply it can lead to
 - a. a spare tire around your waist.
 - b. delay of healing of wounds.
 - c. an increase in protein absorption.
 - d. all the above.
6. Deficiency of tyrosine (an amino acid) may impair the proper balance of
 - a. neurotransmitters.
 - b. being asleep and awake.
 - c. oxygen intake.
 - d. all of the above.
7. L-Tyrosine could be considered a nutraceutical (using a nutrient as a pharmaceutical agent) in the treatment of specific ailments.
 - a. True
 - b. False

• FOR ANSWERS, SEE PAGE 7 •

When one door closes, another opens. But we so often look so long and so regretfully upon the closed door that we do not see the one which has been opened for us.

—Alexander Graham Bell

Case of the month

A 61-year-old female nurse came to The Center with a long history of rheumatoid arthritis and polymyalgia. She was also significantly overweight, weighing 221 lbs. on her first visit.

A careful history was taken and a biochemical evaluation done which showed the patient to be quite low in urinary vitamin B6 and C. She was markedly deficient in zinc and was copper toxic on her hair analysis. Her overall minerals and fatty acids were low. She was also found to have a high level of Candida antigen response in her blood.

We worked to replenish the nutrients that were deficient. This included magnesium, B6, B1, zinc, powdered flax, and osteoprime, as well as latero flora for the Candida. We began to use a slow release form of T3 thyroid. The patient went on a low fat, high whole foods diet and began some moderate exercises.

She noticed significant improvement, but it wasn't until she actually began to lose significant amounts of weight and was switched over to glucosamine sulfate that a 70% improvement occurred.

The final phase of her treatment came when she went to her rheumatologist to tell him about the marked improvements with the glucosamine. He suggested adding evening primrose oil, which is a good source of GLA, and she was ecstatic to find that her improvement was now 95%. She had lost down to 173 lbs., representing almost a 50 lb. weight loss in the one year and three months that she was here at The Center. Overall, her satisfaction is high, and she continues to exercise, work on improving her diet and look for other alternatives to reach that last 5% of improvement. H1

Continued from page 1

packets in muscle cells) were the primary source of radicals. It appears "that mitochondria play an important role in aging by being both a primary source of radicals and the primary site of [radical] damage," Sohal told *Science News*.

Mammals are susceptible to the same oxidation changes as house flies and many biologists suspect the same relationship to aging.

Other studies have shown the strong relationship between oxidative damage and chronic illness, from cancer to heart disease and the degenerative diseases of aging.

In the same issue of PNAS, Rayudu Gopalakrishna and his colleagues at the University of Southern California in Los Angeles show the relationship of cancer to tar deposits in the lungs from cigarette smoke.

The researchers found that mice with tar from cigarettes in their lungs were far more likely to develop cancerous growths in their lungs than mice without the tar.

"Gopalakrishna's work dovetails nicely with ours," William A. Pryor of Louisiana State University in Baton Rouge told *Science News*. Their study, reported in *Environmental Health Perspectives*, shows that the tar from cigarette smoke can bind to DNA and "nick" or damage it. This DNA nicking effect is the same for those who breathe second hand or side stream smoke as it is for the smoker.

One way to be sure you are doing the most you can to prevent these oxidation changes in your own body from causing cancer and aging problems is to join **Beat The Odds**. This program will look specifically at certain antioxidants circulating in your body to be sure you are keeping them at an ample supply. [H]

Mental Medicine

by Jon Sward, Ph.D.

Recent research shows that certain types of mental and behavioral interventions enhance the healing process. Human intuition has known for centuries that we heal faster when we are treated with tender loving care rather than neglect or abuse. Science is now proving the truth of common sense. At The Center, we call the application of that science: "Mental Medicine."

Thought and emotion produce chemicals called "neuropeptides" (NP) in the brain. Some NPs travel the central nervous system which affects muscles and voluntary body functions.

Some NPs affect the hypothalamus—part of the midbrain controlling the autonomic nervous system (ANS). The ANS in turn regulates the body's "automatic"

processes. The hypothalamus also tells the pituitary—the "master gland"—how to function. The pituitary directs the rest of the endocrine system.

NPs also attach to immune cells, telling them to speed up or slow down. It should be no surprise that NPs of "love" have the most positive immune effect.

Hence, we see one link between thought and the remainder of the body, and there are many other links I'll discuss in future editorials.

At The Center we believe in treating the person first; the disease second. That's why we include the healing aspects of the mind into the overall treatment plan. After all, we are human beings, not machines or robots. [H]

CENTER UPDATE

Filtered coffee better for heart

Coffee can raise your cholesterol and triglycerides, researchers believe. But have heart, coffee drinkers, Martijn Katan and colleagues of the Agriculture University in Wageningen, the Netherlands, have found the culprits and possibly a solution—filter your coffee when brewing.

Two alcohols in the oil sometimes seen floating on the top of a cup of coffee cause this rise in cholesterol and triglycerides, Katan's group reported last year. This year they reported in the *American Journal of Clinical Nutrition* that it may also be caused by the suspended sediment found in Turkish or Greek coffees, French press, and espresso.

They also reported that drip brewers which use a filter reduce the sediment and oils in coffee to "negligible amounts."

Nutrients work in many ways

We need to replace the old "one disease-one nutrient" concept with one of multifactorial nutrition interventions, according to Walter Mertz, M.D., in an article in the *Journal of the American Dietetic Association*.

This is the philosophy of The Center. Nutrients don't do just one job. They tend to nourish and benefit every cell in the body. This is the process of getting side benefits from nutrients rather than side effects as often associated with prescription drugs, according to Dr. Ron Hunninghake. [H]

Beat The Odds Update

Vitamin takers—are they quacks, kooks, or on the cutting edge?

“According to a recent study, the use of vitamins and supplements increases as education increases,” reports James Jackson, Ph.D., consultant at The Center.

Dr. Jackson says sales of vitamins and supplements have become a \$2.5 billion dollar industry as more and more people seek alternative treatments to standard medical care. The emphasis is on “supplements.” They do not replace the diet but add to a well-balanced diet as a form of insurance against chronic diseases.

Unfortunately, he says, the U. S. Government and some medical people still feel there’s no need to take vitamins and supplements. An article in *Family Practice News* stated the government’s intent is to “protect poor, uneducated consumers from predatory, dangerous, and unproven health care specialists.” Some medical sources, Dr. Jackson mentions, have said taking vitamins and supplements is dangerous, even fatal. In the past 10 years there have been no documented fatalities from vitamin supplementation.

“Compare those statistics to adverse (over the counter and prescribed) drug reactions. According to the FDA (Federal Drug Administration), their latest figures show 300,000 deaths annually from drugs and surgery; 659,000 hospitalizations due to drug reactions; with digitalis alone there have been 28,000 cases of life threatening or fatal reactions; 41,000 hospitalizations and 3,300 deaths from aspirin-like compounds,” he says. He went on to say that 9.6 million older adults suffer each year from adverse drug reactions.

The RDA (recommended dietary allowances) established by the U. S. Government, of vitamins and nutrients, is adequate to prevent deficiency diseases such as scurvy, rickets, and beriberi in healthy people. But the key, he says, is in the word “healthy.”

“At any given time, 50% of the people in the U. S. are sick. The RDA is for normal healthy people, but does little for the elderly, pregnant, pediatric patients, and others. Besides, most people don’t reach the RDA level in their regular diet, anyway,” Dr. Jackson says.

He points to a government survey that noted of 11,000 questioned, 81% did not eat the recommended daily allowance of fruits (2 servings) or vegetables (3 servings). Another study recommended, for chronic disease prevention, eating seven servings of fruits and vegetables daily.

The National Cancer Society, says Dr. Jackson, recently reported that if we eat 3-5 servings of fresh fruits and vegetables daily, our risk of developing cancer will decrease by 45%. “This is after three decades and three trillion dollars of research. The Center has been saying that for 20 years.”

Dr. Jackson states there is strong evidence which shows that proper nutrition, including vitamin and mineral supplements, could prevent 50 to 90% of all cancers, and various nutrients can reverse premalignant conditions.

“Vitamin takers are neither kooks nor quacks, but intelligent people who are on the cutting edge of nutrition.” [H]

Noon time serenade

In a large old tree just north of the shipping and receiving entrance, we’ve been beneficiaries of a most beautiful serenade. A pair of western meadowlarks have been using that area as their performance stage. They seem to be most active around lunch time. When leaving the building it’s most elevating to the spirit to pause and listen. I was familiar with the song of the eastern meadowlark which is simple and distinctive. I really struggled to identify the song I was hearing which was a jumble of flute-like notes, rich and gurgling. Their songs sound so self-assured. The maintenance people working in the garage area have noticed and appreciated the uplifting song, too.

Even in the depths of winter there are wonderful things to see and hear. For a pittance spent for natural sunflower seed you can attract cardinals, purple finch (which look like sparrows that have had their heads and chests dipped in red paint), song sparrows, bluejays (the bullies of the block), and many other delightful song birds and frisky, playful squirrels. Some folks try to keep the squirrels out of the bird feeder, but I simply adore them and add pecans and walnuts to the sunflower seed especially for them. There’s something so helpful to de-stressing about spending a wintry Saturday afternoon just watching the interplay at the feeder and heated birdbath.

The most scarce item for all wild life during the winter is water. For a very small investment in an electric birdbath heater you can attract everything within several square blocks, just for a drink, and there’s no mess of seed hulls to clean up.

Happy watching! [H]

*Love and Light,
Norvalee*

Answers from page 4

1. d. For many years it has been said that vitamin E was a nutrient looking for a disease. Now it seems that vitamin E plays a role in many areas.
2. b. Only 20 to 40% of dietary vitamin E is absorbed. Maybe because fat absorption is necessary for vitamin E absorption and many people are trying to reduce their fat intake.
3. c. Magnesium is the second most plentiful intracellular mineral.
4. a. A healthy kidney can excrete 5,000 mg of elemental magnesium daily. Too much magnesium causes drowsiness, poor reflexes, and nausea.
5. b. Areas of rapid cell growth suffer first and most severely. Also deformities in offspring of mothers deficient in zinc; impaired development of bones, muscles, nervous system (dwarfism); and hair loss.
6. a. The body uses L-Tyrosine to build structural proteins, enzymes, and neurotransmitters.
7. a. Early reports suggest it may be helpful for anxiety and depression among other possibilities. HI

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KNOW YOUR NUTRIENTS: Vitamin E

with *Ron Hunninghake, M.D.*
Recently, vitamin E has been found to be a powerful antioxidant that "scavenges" free radicals that would otherwise damage the inner lining of blood vessels and lead to atherosclerotic blockage. Find out more about this circulation superstar! Audio cassette.

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with *Ron Hunninghake, M.D.*
Dr. Carl Pfeiffer, Dr. Riordan's mentor, says in one of his books that if we understood the biological value of zinc, it would be more valuable than gold. Zinc deficiency has been linked to acne, joint pains, hyperactivity, and many other conditions. Learn how this nutrient is "gold" to our bodies. Audio cassette.

Retail Price: \$7.00
Health Hunter Price: \$6.30

KNOW YOUR NUTRIENTS: Tyrosine

with *Ronald Hunninghake, M.D.*
According to *The American Journal of Psychiatry*, L-Tyrosine helps control anxiety and depression. This nutrient has also been linked to appetite control, helps allergies, and has been found to help people with cocaine addiction. It's most commonly found in meat, eggs, and dairy products. Audio cassette.

Retail Price: \$7.00
Health Hunter Price: \$6.30

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- 6/16-17** **Unfolding Potentials**
- 9/8-10** **14th International Conference on Human Functioning**

Call (316) 682-3100 for more information on programs listed above.

Curry helps prevent colon cancer

Those pungent currys from Asia contain the spice turmeric which gets its bright color from the curcumin in it. A study, published in *Cancer Research*, suggests that curcumin may suppress colon cancer.

The study, led by Bandaru Reddy of the American Health Foundation, first fed 66 rats a strong colon carcinogen and then put 30 of them on a diet containing curcumin.

"At the end of the year, 81% of the rats eating regular chow had developed cancerous tumors, compared to 47% that dined on the curcumin-treated fair. Curcumin-treated animals also developed smaller tumors," *Science News* wrote when reporting on the study.

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