

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

MARCH 2001

## Organic gardening

by Melvin D. Epp, Ph.D.

**O**rganic gardening is a method that uses our understanding of nature as a guide for gardening. This production system avoids or largely excludes the use of synthetically compounded fertilizers and pesticides. Emphasis is placed on crop rotations, composted garden debris, composted animal manures, legumes and green manure, mechanical cultivation, mineral-bearing rocks, and biological control of pests. These inputs maintain soil productivity and tilth, supply plant nutrients, and control insects, weeds, and other pests.

### *The organic farming industry is growing about 20 percent a year.*

Progressively, the guidelines for organic production are becoming more clearly defined. For the first time, the U.S. government is now telling gardeners, farmers, and food producers what makes a product organic. The final national standards for the production, handling, and processing of organically grown agricultural products were announced by the former Agriculture Secretary, Dan Glickman, on December 20, 2000. Glickman hailed these standards as "the strongest and most comprehensive standards in the world."

For the gardener or farmer, these standards delineate clear guidelines on how to take advantage of the exploding demand for organic products. For the consumers, the organic standards offer another choice in the marketplace. For the organic industry, these standards

provide an important marketing tool to help boost sales, including exports since trading partners will now deal with only one national standard rather than multiple state and private standards. The new standards offer a national definition for the term "organic."

These standards detail the methods, practices, and substances that can be used in producing and handling organic crops and livestock, as well as processed products. It establishes clear organic labeling criteria, and specifically prohibits the use of genetic engineering methods, ionizing radiation, and sewage sludge for fertilization.

All agricultural products labeled organic must originate from farms or handling operations certified by a state or private agency accredited by the USDA. Consumers will begin seeing new organic labeling on products in their local grocery stores by the summer of 2001, with full implementation by mid-2002. The organic label is a marketing tool and not a governmental value judgment about nutrition or quality.

The organic food industry in 1999 was a \$6 billion industry with the annual increase in organic farm acreage at 12%. The organic farming industry is growing about 20 percent a year. Organic produce still remains the leading category, although such categories as organic frozen foods, organic dairy, organic bakery items/cereals, organic baby food, and organic ready meals are growing at a faster rate.

Several European countries are way ahead of the U.S. in organic production. There is a vast home-gardening culture in England. Europeans have

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## Vegetables not created equal in fighting cancer

"Eat your broccoli. It fights cancer!" a person told former president George Bush, Sr. But the Department of Agriculture found that of the 71 types of broccoli there is a 30-fold difference in glucophanin, the cancer fighting component of broccoli.

They also found that the varieties typically sold in grocery stores don't vary that much. Other fruits and vegetables have varying amounts of cancer fighting chemicals as well.

For instance, tomatoes contain lycopene, a very potent cancer fighting antioxidant. But lycopene concentrations increase with the heat of the day. Tomatoes harvested in August may have higher lycopene than fall tomatoes.

But tomatoes, broccoli, and carrots, along with other fruits and vegetables, are still good to eat year round to gain their cancer fighting nutrients. You should strive to eat at least five fruits and vegetables a day. FH

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## The health garden

"Health is like a garden..."

So you want to plant a *healthy behaviors*\* garden this spring. You've heard how good those homegrown healthy behaviors are. You know it will be a lot of work, but it's worth it!

It all starts with the seeds of *intention*. If you don't want to do it, no one else is going to do it for you. You have *envisioned* the healthy behaviors you want in your garden. This *inner image* of your completed garden is crucial for your success. Like any great artist, you must intuitively *see the results* you wish to bring into existence. Once clearly seen, you begin to feel the *enthusiastic anticipation* of a profitable harvest.

Now you choose an area of your life's property that must be *plowed up* before you can begin. So you dig into hard ground with great effort, turning over *the soil of old habits*. They do not give way easily. You till and you hoe, breaking the big clots into more manageable small clots...until the soil is ready to receive the seeds of your intended healthy behaviors.


You've finally planted your seeds. Be sure and water regularly with your *loving attention*. Any sprigs of *laziness* need to be weeded out daily! Take pride in your efforts. Tell others about your new garden. Read the garden section of the paper. Many others have gone before you and will happily share their

secrets with you. While your healthy behaviors are your personal responsibility, good gardening is almost always a cooperative effort.

At last the seeds have sprouted and you can actually see rows and rows of new healthy behaviors taking form. By now you're telling everyone that they need to grow their gardens too! The cultivating, the watering, and the hoeing continues, but with what seems such little effort. You've got momentum! You know you will soon reap the benefits of an impending harvest.

Every day now you work in your health garden. You admire your creation. Things are beginning to flower. Pretty soon the little baby behaviors are quite visible and growing. What once were tiny, almost invisible seeds are now beautiful, growing behaviors.

The day arrives to begin harvest. Now you can gather fitness, better immunity, a healthier attitude, a body that is biologically younger than its chronologic age. You pick better sleep, a leaner and stronger body, and better digestion and elimination. You feel alive and great as you gather the bounties of healthy behaviors into your life basket. You have served the purpose of growing a wonderful health garden. Now it serves you...with HEALTH!

\* See a list of healthy behaviors on page 4. 

## Organic gardening—Continued from page 1

been sensitized by events that encouraged them to question the safety of their food sources. In 1986, the Chernobyl accident placed an irradiation contamination scare on vast vegetable and fruit growing areas. In 1996, the "mad cow disease" outbreak in Britain and in 1999, the Belgium dioxin crisis and recall of Coca-Cola products thought to contain a fungicide, encouraged Europeans to seek organic foods as a safer alternative.

Certification distinguishes organic foods from natural or health foods.

Gardeners or farmers may voluntarily choose to be certified as organic producers, but cannot label their products as organic unless they are certified. Organic growers are inspected annually by third-party independent certifiers in order to maintain their organic certification. The growers must provide written records that organic methods of production have been followed. It must be documented that organic methods have been practiced for three years before an initial certification is

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granted. The growers must also verify with farm records that they follow strict guidelines for safe and hygienic food production including that their water is safe and meets standard health codes.

A question often raised is whether organically grown produce is more nutritional than conventional chemically grown produce? The answer is difficult to determine directly because, experimentally, the two comparisons should be grown side-by-side to eliminate environmental and soil variations. The rules of organic growing dictate that the two must be at least 25 feet apart to prevent the cross-contamination of chemicals onto the organic produce. Recently, Mary-Howell R. Martens reported in *ACRES U.S.A.*, November 2000, that over a two-year period the essential minerals were much higher in organically grown apples, pears, potatoes, and corn as compared to conventionally produced products. She also reported organically grown apples in a Swiss study had significantly firmer flesh and better sensory taste evaluations.

When *Consumer Reports*, March 1999, asked the question "How safe is our produce?" one of the recommendations for their readers was to consider buying organically grown produce. When *Consumer Reports* tested organic fruits and vegetables for their January 1998 report "Greener Green?", they found that organic produce had few or no toxic pesticide residues.

Some people continue to feel uneasy about organic produce because of its lack of a chemical residue. They argue that produce without this residue is simply a convenient vector for subjecting consumers to biological hazards. This problem has not been substantiated because organic growers follow strict guidelines for safe and hygienic food production. As with all food producers, they must be in compliance with local, state, and federal health standards. Pasteurization, selected use of chlorine, and other food safety practices also are allowed and followed in organic production. The statistics from the Centers for Disease Control show

*continued on page 4*

## HEALTH HUNTERS AT HOME

### Have you ever heard of EI?

EI is environmental illness. It is a real problem for many people and some of these are patients of The Center. In many cases, it is called chemical sensitivity. These are people who do not have full blown EI.

Let me give you a couple of examples of EI who came to The Center, as best I remember them. One is a chemical engineer who was working at a chemical plant when it had an emergency release of gas that hit her right in the face.

She went from a person who could exist very efficiently in the environment she worked in to one who could not stand any chemicals—even perfumes and many soaps. She was breathing oxygen and wore a mask to filter out as many chemicals as she could.

The second person started with symptoms of hypoglycemia around 1990. She went to various doctors for several years and gradually got in worse shape. By the time she came to The Center, she breathed through a mask almost all the time. She had continued to lose weight until she was down to about 100 pounds. She is 5 feet 7 1/2 inches tall. That is too thin to win.

Both of these women were suffering from environmental illness (EI). Men can and do get EI as well.

These women had gotten to where they could not stand to smell ANY chemical, including perfumes, colognes, many kinds of soaps, any household chemicals—anything. They did not even have the strength to drive themselves to The Center, even though they both lived nearer than 100 miles away.

These are a couple of the worst cases we have seen at The Center. But there are similar stories of a lesser degree in many of the patient/co-learners who come here. They cannot be near a person who is wearing perfume without having an allergic reaction. For the person wearing the perfume, it is just to enhance the way they feel about themselves. To the EI person or the chemically sensitive person, it is another chemical or combination of chemicals they have to overcome, and they just

don't have the ability to combat the chemicals in the shape they are in at the time.

I tell you this as an introduction to explain why we are concerned about chemicals and perfumes at The Center and tell you a little about myself.

When I first came here over 15 years ago, I was struck by how Dr. Riordan would go to great efforts to find a bug exterminator that used organic products rather than chemical products to spray at The Center. He went, it seemed to me and even perturbed me, to excessive means, I thought, to do this. But he understood environmental illness.

I did not. He had been working with these people for years and he knew the problems they had with chemicals.

Over the years I have learned to be sensitive to the people who are EI or chemically sensitive. I have learned that after-shave lotions and perfumes contain chemicals that are harmful to EI people and that leaving after-shave off is an excellent way to help them have a good experience at The Center.

From the doctors, I have learned that there are some chemicals that make their eyes water or cause their throats to constrict a little. And from them I learned that I would have a reaction to some chemicals, even though brief. I had thought that my reactions to various perfumes were just natural reactions, but I learned that they were not natural and actually were very small reactions to what EI people have in a big way.

This column came about because the second woman I mentioned above gave me a brochure covering EI. It said that the best way to help chemically sensitive people and EI people is to leave the perfume or after-shave lotion off when you come to The Center. It may seem like an inconvenience to you, but is a great saving for them.

With such a small bit of thought from you, you may help a person with EI have a good experience at The Center. And that would be a good thing for such a minor inconvenience. ☐

—Richard Lewis



## INFORMATION WORTH KNOWING

Springtime is the time to think about planting a vegetable or herb garden. Have you ever wanted an easy-to-read and understandable book on herbs so that when it comes time to harvest them you will know what to do with them? *Tyler's Honest Herbal* written by Steven Foster and Varro E. Tyler, Ph.D., is a sensible guide to the use of herbs and related remedies. Currently more misinformation regarding the efficacy of herbs is being placed before consumers than at any other previous time. There is a brief description of the natural drug and its proper nomenclature, as well as that of the plant from which it is derived. This is followed by comments on its alleged uses, a nontechnical discussion of the chemistry and pharmacology (when known) of the active principles of the drug. Many references are given that the authors say must be scrutinized carefully. The questions this month are taken from this book.

1 Regardless of the regulatory or legal advantages that may be gained by calling them something else, whenever herbs are used to diagnose, cure, mitigate, treat, or prevent disease, they are by definition \_\_\_\_\_.

- a. useless
- b. drugs
- c. placebos
- d. none of the above

2 Herbs must be administered in proper doses for an appropriate length of time to produce their benefits. These benefits result from the presence of \_\_\_\_\_ active principles.

- a. no
- b. one or more
- c. sixty
- d. none of the above

3 Every herb is the same as another herb. They are all safe and effective.

- a. True
- b. False

4 Apparently, the interest in herbal medicine that has developed in the last decade had its origin in the disillusionment of some people in \_\_\_\_\_.

- a. modern medicine
- b. more herbal information
- c. better educated consumers
- d. none of the above

5 On the internet, practically all nonscientific advocacy literature recommends a large number of herbs for the treatment of a variety of ailments based on hearsay, folklore, and tradition; in fact, the only criterion that seems to be avoided is scientific evidence.

- a. True
- b. False

6 Aloe, a handy, homegrown remedy can be used for \_\_\_\_\_.

- a. minor burns
- b. abrasions
- c. other skin irritants
- d. all the above

7 Capsicum, cayenne pepper, or chili pepper consists of the dried ripe fruit of *Capsicum frutescens L.*, *Capsicum annuum L.*, or a large number of hybrids. It has proven effective \_\_\_\_\_.


- a. as a source of vitamin C
- b. in gastrointestinal conditions
- c. to treat chronic pain due to herpes zoster when applied locally
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

Organic gardening—  
Continued from page 3

that a vast majority of food-borne disease is associated with cross-contamination and handling later in the distribution chain and in the home.

Whether you grow your own organic produce or procure it locally in stores or at a farmer's market, the following tips will minimize cross-contamination and provide you with healthful foods:

- Buy fresh-looking fruits and vegetables that are not bruised, shriveled, moldy, or slimy.
- Separate meats from fruits and vegetables in the shopping cart.
- Put produce away promptly and keep it in the crisper.
- Thoroughly wash hands before preparing food and immediately after handling raw meat.
- Always wash fresh fruits and vegetables thoroughly in clean drinking water before eating them.
- Keep all cut fruits and vegetables covered in the refrigerator.
- Store prepared fruit salads and other cut produce in the refrigerator until just before serving.
- Throw away cut produce that has been out of the refrigerator for four hours or more. 

### Healthy Behaviors List

- Adequate water intake
- Take vitamin E
- Walk regularly
- Breathe with diaphragm
- Pray and/or meditate
- Garden

## Case of the month

This 43-year-old male came to The Center complaining of depression, tennis elbow, and allergies. After seeing Dr. Riordan during his initial evaluation, Dr. Riordan found that the patient was indeed depressed and had tendinitis, allergies, and sinusitis.

Dr. Riordan started the patient on fortified flax, B complex twice a day, and had him check oral pH and read *The Wonderful World Within You*.

When he came back in three weeks to get his laboratory results and receive his initial recommendations, he learned quite a bit. For instance, both his urine vitamin C and his blood plasma vitamin C were very low. He started taking Emergen C packets twice a day. His dietary fatty acids were low and he started Super EPA three times a day. His candida yeast was extremely high so he started taking Nystatin capsules to combat this. He also started Pro Dophilus twice a day and Knox unflavored gelatin three times a week.

He started on this regime and came back to visit Dr. Ron Hunninghake in about eight weeks. The patient said he felt great, euphoric, his tennis elbow was pain free, but he was tired a lot. He was inactive, he said.

Dr. Ron started him on amino acids because he found his amino acids were out of line on his laboratory tests. He also reduced the Pro Dophilus to once a day. The patient again went home to work on these new additions to his daily regime.

He came back to see Dr. Ron in February of 2001. The patient said his immunity was great. He noticed no allergic responses for quite a while. His moods had much improved. "The light switch went on with the amino acids. They really helped," he said.

In addition, his hemorrhoids were O.K. Sleeping was just excellent, he remarked. He had more energy now. He felt so good that he mentioned that he had neck problems he had forgotten before. Dr. Ron found a swollen disk in his neck and prescribed Glucosamine Sulfate for this. [H]

# Herbal History

## Fleabane, *Erigeron philadelphicus*

Fleabane, which grows throughout the United States, Canada, and Mexico in fields and meadows, was used by the Native Americans and settlers in the 1800's.

A member of the sunflower family, fleabane grows from 3/4 to 2 1/4 feet tall with sparsely spaced leaves up to five inches long. From May to June, it has several flower heads with multiple flowers on each. The flower's rays are white to pink in color with a flower disk of yellow. When the flowers fade, they are followed by a gray and hairy seed pod.

It is easily grown with the seeds planted in the fall, but it is such a weedy looking plant that it does not look good in a garden.

Fleabane's medical use was many and varied. For instance, the Mesquakies powdered the flower disk to make a snuff that was sniffed into the nostrils to cause sneezing. The sneezing broke up a head

cold, they found.

The Lakotas made a tea from the entire plant of fleabane to treat children with sore mouths and adults who had difficulty urinating. They also made a tea from selected parts of the plant for rheumatism, lameness, and stomach disorders.

According to Samuel Stearns in his 1801 *American Herbal*, the settlers' chief use of fleabane was to burn it to destroy fleas and gnats. In Benjamin Smith Barton's 1810 *Collections for an Essay towards a Materia Medica of the United States*, he called fleabane a powerful diuretic and sudorific, useful in gouty and gravelly complaints. It was also mentioned in the 1892, *Medical Plants* by Charles Millspaugh and was officially listed in the *U. S. Pharmacopoeia* from 1831 to 1882.

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

# Food of the Month

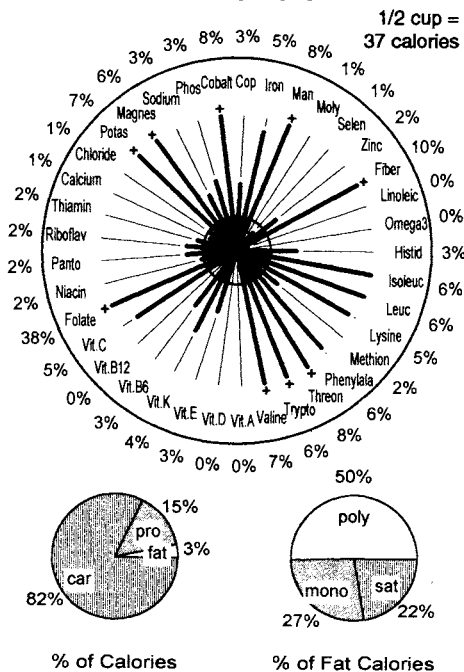
by Donald R. Davis, Ph.D.



## NutriCircle

1/2 cup = 37 calories

**BEETS** have been cultivated since pre-Christian times, for both their roots and leaves. The familiar red beet is closely related to Swiss Chard and the sugar beet. A half-cup serving (sliced) contains only 37 calories, but it supplies from 5% to 28% of the RDAs for 15 nutrients shown here, especially folic acid, potassium, magnesium, cobalt, manganese, and fiber. Relative to its few calories, 14 additional nutrients are present in at least adequate amounts. Beet fiber (from the sugar industry) has been widely studied for its stabilizing effects on blood sugar in diabetic persons and for its possible role in preventing bowel cancer.



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]

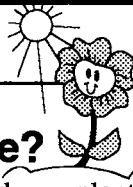
# Mental Medicine

by Marilyn Landreth, M.A.


## What are we planting in our "garden" of life?

Have you ever thought that making a garden is much like living a life? How we take care of the "soil" and what we allow to take "root" can play an important part in how beautiful and productive our garden of life will be. Do we allow disappointments and challenges to take root and flourish, overgrowing all the other plants, leading to bitterness and hate? Or do we learn from the seemingly "negative" events and turn them into fertilizer to help love, respect, and compassion grow.

We can learn to build up our "garden" so that when the inevitable storms and heavy rainfall of life come along all our plants are not washed away in sorrow and fear. Faith is a nutrient that allows us to accept the storms and challenges as part of life in which we can learn and grow stronger. Plant something strong, like rutabaga, for humor and to add character.



What kind of plants do we plant on purpose in our garden of life? Are they all there for feeding our body the nutrients that go toward a healthy body or do we also plant some fragrant and beautiful plants to add joy, tranquility, and peace to feed our spirit as well as our body?

There are some things we cannot change, such as how many days of sunshine with the right amount of rain we will receive. What we can change is how we look at the events in our life. If we look at life events as not being inherently "good" or "bad" but that they just happen, we can learn from those events. It is the way we interpret what has happened more than the actual event that affects our lives either negatively or positively. We can build up our garden for tomorrow's trials, joys, and challenges while, at the same time, we enjoy each moment today. 

## CENTER UPDATE

### Glucosamine now good for osteoarthritis

After a three-year study, the researchers now say that glucosamine sulfate helps people with osteoarthritis, according to *The Lancet*, a leading British medical journal.


At The Center, we have been giving glucosamine sulfate to our osteoarthritis patients with good success for several years.

In *The Lancet* study, the researchers gave 1500 mg of glucosamine sulfate to 106 patients for three years and gave a placebo to 106 patients for an equal amount of time. All of the 212 patients had a diagnosis of knee osteoarthritis at the beginning of the trial and were randomly selected to be either in the treatment or placebo group.

The results were amazing for two reasons. First, the group receiving the glucosamine sulfate for three years had a 20 to 25% reduction in their symptoms of osteoarthritis. This is compared to the placebo group having a slight worsening of symptoms.

Secondly, this research was sponsored, in part, by a drug company. Who benefits from the results?—the nutritional products industry, not the drug industry.

"Although health-care professionals generally expect to be involved in medical decisions of public-health importance, the reality is that they are not regarded as a repository of objective advice about nutritional products and are generally kept out of the loop. This situation must change. It is time for the profession to accommodate the possibility that many nutritional products may have valuable therapeutic effects and regain the credibility of the public at large," wrote Tim McAlindon of the Arthritis Center, Boston University Medical Center in an editorial in the same issue of *The Lancet*.

We agree. It is time all doctors gain knowledge about the benefits of nutrients. 

### Red wine discouraged for hearts, maybe


Here today, gone tomorrow, and back again another day. That is the reaction to red wine by physicians.

This happened recently. "We want to make clear that there are other risk-reducing options that are well-documented and free of the potential hazards associated with alcohol consumption," said Ira Goldberg, M.D., a member of the American Heart Association's Nutrition Committee.

They promote eating healthfully, exercising regularly, and maintaining a healthy weight as the accepted ways to ward off heart disease.

Dr. Goldberg did say that studies suggest drinking a moderate amount of red wine can increase blood levels of high-density lipoprotein cholesterol, the good cholesterol. But he said that similar increases may be obtained with exercise and medication.

There has been the hypothesis that red wine counteracts the effects of dietary cholesterol and saturated fat in the diet. Studies showed lower rates of heart disease, despite high-fat diets, in parts of Europe where people drink wine regularly.

This brings us back to Dr. Goldberg's recommendations. But maybe you don't want to take medications. If you were to eat whole foods, exercise moderately, keep your weight in control, and drink a glass of red wine every day, you just may be able to keep away from the medications that he or your local doctor would suggest and stay away from heart disease. It is just a thought. 

In 1998, Americans ate per capita an average of 18 pounds of apples. By contrast Americans also consumed on the average of 25 pounds of candy during the same time.

Answers from page 4

- 1 b. Herbs are nothing more than diluted drugs.
- 2 b. These usually complex chemical compounds are present in the plant material.
- 3 b. They are all different. Some are safe and effective. Some are neither.
- 4 a. Although b and c might play a part in it, the high cost of modern medicine and its inability to cure everything is the main reason for the interest.
- 5 a. This is potentially harmful since in many instances downright dangerous or poisonous herbs are recommended, usually on the basis of some outdated reference.
- 6 d. There is a vast folk literature indicating that the fresh gel or mucilage of aloe promotes wound healing on external application.
- 7 d. Capsicum can also be used for trigeminal neuralgia, or for surgical trauma (stump pain following amputation). FH

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

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*by Steven Foster & Varo Tyler, Ph.D.*  
 This book makes a good reference book if you are using any herbal remedies to improve your health. You can find valuable information to help you understand the positive and negative effects of herbal substances. It provides concise, well-referenced information on the most frequently encountered herbal remedies. Retail Price: \$24.95  
 Health Hunter: \$22.46

**PRECONCEPTION BIOMARKERS**  
*with Ronald Hunninghake, M.D.*  
 Preconception biomarkers allow both the future mother and the future father to test the adequacy of key nutrients that have been shown to be important for the health of the newly conceived baby. For example, folic acid, if deficient, can result in neural tube defects such as spina bifida. By pre-assessing the adequacy of this biomarker, the mother can reassure herself that she has an adequate supply. This phenomena is true for a number of key nutrients.

**IS MAGNET THERAPY FOR REAL?**  
*with Donald R. Davis, Ph.D. & Ronald Hunninghake, M.D.*  
 Magnet mania swept Europe in the 18th century and then faded. Now it's back, with more powerful magnets and annual sales of about \$300 million in the U.S. and over \$1 billion worldwide. Early scientific studies have found relief of persistent pain, but skepticism is still needed. A review of the claims for magnet therapy and the current state of knowledge about it are discussed.

**16 WAYS TO ENHANCE WELLNESS**  
*with Hugh D. Riordan, M.D.*  
 To become a star in any area of life, learning the basics is all-important. During more than 40 years of medical practice, Dr. Riordan has learned what he believes the basics are that allow us to have the highest possible quality of life at any age. From this presentation you will find your own blueprint for greater energy, vitality, and focus to achieve what is important to you.

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TITLE	AUDIO OR VIDEO TAPE <small>circle one</small>	PRICE	QUANTITY	TOTAL
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# Upcoming Events...

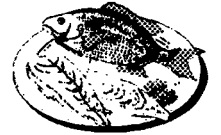
MARCH				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 L & L - How You Can Get Over Chronic Fatigue, Yoga	2
5	6	7	8 L & L - Treating Prostate Enlargement	9
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## Women who eat fish weekly may cut stroke risk



Women who eat four ounces of fish two to four times a week reduced their ischemic stroke risk by 48 percent, according to a recent report in the *Journal of the American Medical Association*.

Dr. Kathyryn Rexrode of Brigham and Women's Hospital in Boston and an instructor at Harvard Medical School and colleagues followed about 80,000 women between the ages of 34 and 59 at the start of the research for 14 years to discover this. The authors took into account the women's ages and whether they smoked. These factors could affect this type of stroke.

They also found, though not statistically significant, that even women eating one serving of fish a week had a reduction in their stroke rate.

- Organic gardening
- Have you ever heard of E1?
- Glucosamine now good for osteoarthritis
- Women who eat fish weekly may cut stroke risk

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