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N E W S L E T T E R

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Our ancestral diet

by Ron Hunninghake, M.D.

In 1985, S. Boyd Eaton, M.D., of Emory University, Atlanta, published a watershed article in the *New England Journal of Medicine*. This article summarized a vast body of anthropological and archeological evidence derived from the ethnographic records of 229 “hunter-gatherer” cultures. In particular, Dr. Eaton characterized the diet of our primitive ancestors.

Wholeness is by far the most important food characteristic in any diet.

Our ancestors were hunters of animal foods and gatherers of plant foods. Eaton showed that 73% of studied societies obtained **over half** of their food from hunting animals and fish. Their remaining caloric needs were met with gathering a large variety of plant matter, including leaves, roots, fruits, berries, seeds, and nuts. Paleopathologic techniques were used to assess fossil remains. The stunning conclusion: primitive hunter-gatherers generally were healthier than people today and rarely experienced degenerative/inflammatory disease.

Given the rampant obesity, inflammation, and degenerative disease in modern man, we are faced with three compelling questions: How has the

human diet changed over the course of history? Have these changes been beneficial? If not, what can we do to modify our food choices to recapture the benefits of our “ancestral diet”? The answers to these questions are implicit in the “The Diet Table” depicted below.

This table summarizes three humongous shifts in the way humans eat and the impact these shifts have had on four measurable characteristics of food quality derived from modern nutritional science. Let’s take a look at each of these characteristics to see how they impact food quality and human health.

Wholeness is by far the most important food characteristic in any diet. Wholeness refers to the cellular completeness of a food. If a food retains the same cellular components that it grew with, then it is a whole food. If parts of the food are removed by processing, or if the food is diluted with non-whole foods, then wholeness in some degree is lost. White flour is only 50% whole because the bran and germ have been milled out. Sugar is less than 1% whole since the entire cellular structure of sugar cane has been stripped away. Sugar provides calories and tastes good, but it has nothing left to feed the cellular biochemistry of anyone who eats it. Strawberry jam still retains cooked whole strawberries, but it is only 10%

The Diet Table

Diets →	Ancestral	Agricultural	Industrial	Fast Food
Wholeness	100%	90%	60%	35%
Omega-6/3	1:1	5:1	10:1	20:1
Glycemic Index	Very low	Low	Medium	High
ORAC Score	High	Medium	Low	Very low

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Lycopene reduces risk of cardiovascular disease in women

Higher lycopene concentrations in blood plasma are associated with a lower risk of cardiovascular disease (CVD) in middle-aged and elderly women. Research confirming this information comes from a study appearing in a recent issue of *The American Journal of Clinical Nutrition*.

Lycopene, a carotenoid that normally appears in the human body, comes from eating such foods as tomatoes, watermelon, pink grapefruit, papaya, and apricots. It may also be taken as a nutritional supplement.

Most research on lycopene has focused on a potential reduction of prostate cancer. Researchers in this study focused on lycopene’s antioxidant effect on CVD. They found that middle-aged and elderly women in the upper 3/4 of plasma lycopene concentrations had a 50% reduction in cardiovascular disease risk factor when compared with those women in the bottom 1/4 of lycopene concentrations. [H]

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Editor: Richard Lewis

Associate Editors: Marilyn Landreth and Barbara Dodson

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Nutritional Medicine

by Ron Hunninghake, M.D.

Health is not for health


Americans spend more on health than any other country in the world. Ironically, we rank only 17th in health by the Health of Nations index. (That's because we actually spend the vast majority of our money on sickness care, not prevention or true health care.) We constantly diet. We exercise. We worry about cancer. We battle heart disease. We fight wrinkles. We struggle with fatigue. We take flu shots. We gobble down antioxidants. We see doctors. We read the health section of the paper. We get monthly newsletters like this one, searching for ways to improve our health...

...and for what? Health? Are we striving to be healthy...just for the "health" of it? Is health an end or a means? And if it is a means, then a means to what?

Health as an end is not bad. Just to have lived the healthy life is quite an accomplishment. Health is more than physical health. There's mental and emotional health. And we need healthy relationships. Are you spiritually healthy? Certainly "the good life" would include a generous measure of "the healthy life."

When one of our long-time-sick co-learners comes in having greatly improved, they often state: "I feel like I've gotten my life back." It is as if the illness had held them hostage. They were not the free agents they wanted to be. A huge chunk of attention, time, and money was devoted to getting well. And when they do achieve a sufficient level of wellness, they are ready to resume living. They have, in a word, recovered freedom.

"Health is having the reserve to do what you want to do and need to do, with energy and enthusiasm." Hidden in the Center's definition of health is that phrase: "what you want to do". Health is the freedom to do what you want to do.

Folks, it's freedom. That's why we crave health. An unhealthy life is a life lived in bondage, a slave to ailments and limitations. To commit to healthy choices greatly increases the probability of one's lifelong ability to choose. Even in illness, choose hope. Hope bridles the stallion of imagination, and sets us in the direction of our dreams. Without hope, there could be no health. And without health, freedom starves. 

Ancestral diet—Cont'd from page 1

whole because the strawberry calories have been diluted 90% with sugar, which, as noted above, is totally bereft of nutritional wholeness.

Our ancestral diet was 100% whole. Primitive humans did not have the ability to alter their foods. Cellular completeness could not be tampered with. With the shift to an agricultural society, butter could be churned, honeybees were raised, but these and a few other practices resulted in less than a 10% reduction in wholeness. With the industrial age and the advent of grain mills, refinement of sugar cane, and heavy presses that made vegetable oils, wholeness took a big hit, losing up to 40% or more of nutrients from common calories. (Milled grains, refined sugar, and separated fats make up the "big three" of non-whole foods.) Around

1950, fast foods became the nutritional paradigm of western culture. The Happy Meal—burger (grain fattened beef) on white bun, French fries (predominately vegetable oil), and a soda pop (9 tsp of white sugar per standard serving)—is only about 35% whole...a very *unhappy* nutritional fact.

The omega-3 oils are very important to human biochemistry and were abundant in our ancestral diet. Omega-3 regulates inflammation, immune function, clotting, brain function, and a huge host of important functions. With the addition of grains to our diet, the 1:1 omega-6:omega-3 ratio went up to 5:1. Grains are the major source of omega-6 fats. The further refinement of grains to give them a longer storage life dropped our omega-3 intake further in the in-

continued on page 3

dustrial era. Finally, with fast foods, omega-3s are almost nil. The pro-inflammatory effects of omega-6 oils are further worsened by the trans fats found in the multiple use oils in these “greasy-spoon” restaurants.

Glycemic index (G.I.) is calculated by giving volunteers enough of a test food to equal 50 grams of test food carbohydrate. Blood sugar levels are drawn like a glucose tolerance test. The results are compared to the subject's glucose control test and expressed as a percent. For example, 50 grams of carrot carbohydrate produces a curve about 48% of the control glucose curve. The G.I. of carrots is 48. Carrots are a whole food like what our ancestors ate from the plant realm. Most of these ancestral foods were highly colorful and had low G.I.'s. Whole grains have a higher G.I. Refined grains have an even higher G.I. Consuming sugary soda pop (high G.I.), along with French fries (high G.I.) and burgers on white bread (moderately high G.I.), all team up together to produce a super high glycemic index, thus setting the stage for high insulin levels, metabolic syndrome, diabetes, heart disease, and a host of severe degenerative illnesses.

Finally, the ORAC score (Oxygen Radical Absorbance Capacity) developed at Tuft's to express the antioxidant power of common foods, demonstrates a decline in the diet's ability to protect modern humans from free radical damage. This sets the stage for cancer, heart disease, cataracts, arthritis, cirrhosis, COPD, Alzheimer's, and a burgeoning list of chronic illnesses.

The Diet Table gives a panoramic view of the progressive demise of our ancestral diet. But by understanding the components of this diet, we can make food choices that reflect the fundamentals of a healthy diet: high level wholeness, a nearly 1:1 omega-6:omega-3 ratio, a low glycemic index, and a high ORAC score. Such a diet plan promises to feed the genetically determined biochemical needs of our cells. Practiced on a consistent basis, we too can enjoy the same level of health and freedom from inflammation and degenerative disease as our ancestors...without having to run from wild animals. [H]

HEALTH HUNTERS AT HOME

Vitamin deficiencies in teens through elderly

It seems everyone is turning up with one vitamin deficiency or another. Take teens, for instance. According to the results from a study, vitamin D deficiency may be more common than recognized in adolescence.

Dr. Catherine Gordon of Children's Hospital Boston looked at 307 healthy adolescents (200 female and 107 male with a mean age of 15 years) and found evidence of vitamin D deficiency. The serum levels of 25 hydroxyvitamin D (25D) was equal to or less than 20 ng/mL in 40% of the teen sample. This indicates a deficiency in vitamin D. A vitamin D deficiency of 15 ng/mL or less was found in 24% of the teens. A severe deficiency (of equal to or less than 8 ng/mL) was found in 5% of the teens.

Dr. Gordon also found a marked seasonal effect. The mean level of 25D hovered around 25 ng/mL, which is considered normal in the summer and fall but dropped to 18 to 20 ng/mL in the winter and spring. The highest incidence of low vitamin D was in African Americans at 35%, followed by Hispanic teens at 22%. Asian teens came in third at 17%, and Caucasian adolescents came in last at 5%.

There was a “modest but significant” correlation, she said, between calcium consumption and 25D. Teens who drank approximately 1.4 cups of milk a day had low levels of vitamin D, while those who drank 2.2 cups a day had a normal 25D. There was also a significant correlation between weekly hours of exercise and serum 25D.

It is valuable for teens to get outside and go for a walk. They can get vitamin D from the sun through their skin.

Vitamin C is involved with female fertility and miscarriages. Women who have these types of problems often have what is called “short luteal phase.” A short luteal phase is often characterized by a poor temperature shift and/or short number of postovulatory days.



A study was conducted in Japan with women who were being treated for infertility problems and had a short luteal phase. The treatment group received 750 mg of vitamin C until they became pregnant. In the vitamin C treatment group, 25% became pregnant within 6 months of beginning the vitamin C treatment. Only 11% of the untreated became pregnant. Vitamin C increased the hormone levels in the treatment group, which increased fertility. All the subjects were trying to become pregnant.

As we get older, vitamin B12 becomes a problem for many of the over 60 group. In a nutritional status survey conducted in Boston recently, 24% of people aged 60 to 69 showed deficient levels of vitamin B12, defined as less than 185 pmol/L in the blood. For people 70 to 79 years old, 32% showed low vitamin B12, as did 37% of those who were 80 years old or older. Dr. Robert Russell of Tufts University, Boston, said at the annual meeting of the International Academy of Nutrition and Aging. Longstanding deficiency of vitamin B12 has been associated with irreversible cognitive decline in older people.

Vitamin B12 deficiency is more common among people over 60 because of a prevalence of atrophic gastritis, a chronic inflammation of the stomach that damages the glands that secrete acid and pepsin. One solution is to take vitamin B12 supplements daily. It is often recommended that people with these problems take 100 to 500 micrograms of vitamin B12 a day.

In one study, older patients with serum vitamin B12 levels of less than 150 pmol/L and cognitive dysfunction received intramuscular injections of 1,000 micrograms of vitamin B12. Eleven of the 18 people showed a marked improvement in their cognitive ability scores. Those who did not improve had had cognitive problems for at least 12 months.

Last month, I talked about infants. This covers the remainder of the people—at least one problem for each. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

What is the connection between vitamins, minerals, essential fatty acids, and emotional well-being? Joan Mathews Larson, Ph.D., explores those connections in her book *Depression Free Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger From Your Life*. Dr. Larson has worked for over twenty years to help people overcome problems perceived as emotional that had gone unresolved. She claims that some unstable feelings are the result of an unbalanced chemistry rather than psychological in origin. An experience with a family member led her to do research to understand the connections between alcohol, prescribed drugs, stress, and/or poor nutrition, and/or poor absorption that can alter the natural substances the human brain needs to create and regulate emotions. The questions this month are taken from her book.

1 Who said, "the future may teach us to exercise a direct influence by means of chemical substances upon the amounts of energy and their distribution in the apparatus of the mind."

- a. B. F. Skinner
- b. Sigmund Freud
- c. Albert Einstein
- d. Virginia Satir

2 Nobel Laureate, Linus Pauling, was interested in physiology, not psychotherapy, of disturbed mental functions. He was the first to call mental disorders _____.

- a. molecular diseases
- b. mental dysfunctions
- c. diseases of the mind
- d. all of the above

3 Pauling said, "Orthomolecular psychiatric therapy is the treatment of mental disease by the provision of the optimum molecular environment for the mind, especially the optimum concentrations of substances normally present in the human body."

- a. True
- b. False

4 Roger Williams, a University of Texas researcher, discovered that natural brain chemicals can _____ from person to person.

- a. vary widely
- b. remain identical

- c. remain the same
- d. none of the above

5 In the eighties, exciting information was found about the role of _____ in brain research. They stimulate the mind, control depression, produce sleep, and create energy and excitement.

- a. vitamin C
- b. vitamin D
- c. amino acids
- d. none of the above

6 According to statistics published in *The Journal of the American Medical Association (JAMA)* in 1997, zero deaths occurred from nutritional therapy, 1,132 deaths from prescription drugs used correctly, and 337 deaths from over-the-counter aspirin and painkillers.

- a. True
- b. False

7 _____ is important to our nervous system, our endocrine system, and every cell in our bodies. Foods naturally high in fats are healthy to eat.

- a. Prozac
- b. Valium
- c. Cholesterol
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

An optimist is the human personification of spring.
—Susan J. Bissonette

Fruits, veggies, and low-density cholesterol

Everyone knows that LDL cholesterol (low-density lipoprotein cholesterol) concentration in the blood is associated with an increased cardiovascular risk factor. At least those who read *Health Hunter* have the opportunity to realize this.

But just how much will the fruits and vegetables they eat affect their cholesterol level? Researchers also wanted to find this out, so they collected data to find out what effect fruits and vegetables may have.

In this research project, they collected data from 4,466 people who were in the National Heart, Lung, and Blood Institute Family Heart Study.

The researchers publishing their paper in *The American Journal of Clinical Nutrition* found that "consumption of fruits and vegetables was inversely related to LDL cholesterol in men and women, independent of age, ..., smoking status, educational attainment, and use of vitamin supplements." People with the highest consumption of fruits and vegetables had approximately six to seven percent lower LDL than those in the lowest level of consumption. [H]

Whole foods reduce rectal cancer

"Intake of plant foods, especially vegetables and whole-grain products, reduces the risk of rectal cancer," said researchers of the Health Research Center, University of Utah in *The American Journal of Clinical Nutrition*.

For this research study, they compared data from 952 cases of rectal cancer with data from 1,205 population-based controls living in Utah or enrolled in the Kaiser Permanente Medical Care Program of northern California.

They learned that not only did whole foods, such as plant foods, reduce the risk of rectal cancer, but dietary fiber also was shown to have a strong effect on cancer tumors. High fats in foods increased the risk of rectal cancer. [H]

The Garden and the gardener

by Melvin D. Epp, Ph.D.


It's that time of the year when we are all praying for spring. Spring will come on her own schedule, but for now consider growing sprouts to keep that gardening edge.

By investing a few dollars in equipment and using a few minutes per day, you can produce the tastiest, most economical, crisp fresh vegetables imaginable. Simple sprouting jars are available at most health food stores. Most of these stores also carry organic seeds for sprouting.

The choice of seeds for sprouting is quite varied. Most people are familiar with alfalfa sprouts, but broccoli, radish, cabbage, arugula, turnips, and mustard are other choices for sprouting. Mung and soybeans are other options. Each has a unique flavor, so be adventurous and discover your favorites.

The nutritional values increase during sprouting. In soybeans, vitamin C content increases from a mere trace to 13 mg/100 grams (this is equivalent to the vitamin C content in lettuce or tomatoes). Riboflavin content increases 370%, and niacin increases 200%. Researchers estimate that broccoli sprouts provide ten to 100 times the power of mature broccoli to neutralize carcinogens. A sprinkling of broccoli sprouts in your salad or on your sandwich can do more than even a couple of spears of broccoli.

If buying sprouts, the stems should be creamy white with a subtle, fresh smell. Avoid sprouts with brown bruises or a pungent odor. Before eating, rinse the sprouts and pat them dry with paper towels. Sprouts are best used right away, but they will last in the refrigerator for two or three days if sealed in an airtight plastic bag.

In 2002, the FDA issued a warning that the conditions for growing sprouts make sprouts susceptible to bacterial contamination. Organic sprouts pose a larger health threat because they do not undergo the irradiation that helps eliminate bad bacteria. Pregnant women and young children are advised to avoid eating raw sprouts. If you are concerned about the possibility of contamination, cook your sprouts before eating them. 

Herbal History



Echinacea revisited


Echinacea has received a lot of bad press recently because of a report that appeared in *The Journal of the American Medical Association (JAMA)*. This report covered 707 upper-respiratory-tract infections (URIs) in 524 children between the ages of 2 and 11 years.

Faculty members at Bastyr University, Kenmore, Washington, and the University of Washington, Seattle, found that treating children who had URIs with echinacea syrup had little effect on the severity of existing URIs. Echinacea did reduce the number of second and third URIs, they wrote.

Alternative & Complementary Therapies asked for comments from James Drake, Ph.D., a botanist and director of the Green Farmacy Garden, Fulton, Maryland. He wrote, "Too often I, ...read...the title plus abstract, without going into the whole article. Certainly the last sentence in the *JAMA*

abstract was negative. 'Conclusions: Echinacea purpurea, as dosed in this study, was not effective in treating URI symptoms in patients 2 to 11 years old, and its use was associated with an increased risk of rash.'

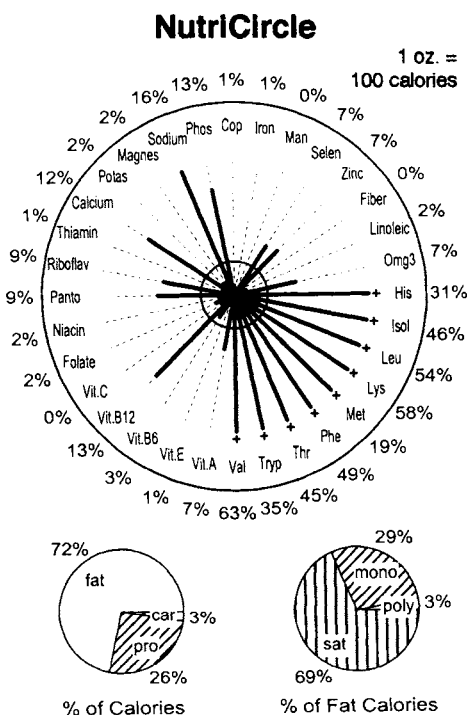
"Had the immune boosting dose been given in advance of the microbe-induced symptoms, the statistics for the first URI might have been better...as were the data for subsequent URIs. ...I optimistically conclude after reading this study that echinacea can lessen the number of URIs over the winter. ...I pessimistically conclude that, applied after symptoms surface, neither echinacea nor 'conventional therapies' are demonstrably beneficial for treating URIs."


If you would like more information about this, read "Herbalists Response to JAMA Echinacea Study" in the February 2004 issue of *Alternative & Complementary Therapies*. 

Food of the Month

by Donald R. Davis, Ph.D.

BLUE CHEESE gets its blue color and flavor from a blue or blue-green mold that grows during several months of aging, often in cool, moist caves. Roquefort cheese is a particular blue cheese from France, and there are many others (Stilton, Gorgonzola, Danablu, Maytag, etc.). Try blue cheese crumbled on salads, in dips, on pasta, spread on celery or bread, or in bread recipes (1/2 cup per loaf). A 1-ounce serving (100 Calories) contains 5% to 16% of the RDAs for vitamins A and B12, pantothenic acid, riboflavin, calcium, sodium, phosphorus, selenium, zinc, omega-3 fat, and protein. It also contains CLA, a phytochemical-like antioxidant.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). 

Mental Medicine

by Marilyn Landreth, M.A.


Spring is coming!

After several days of cold, snow, and dark days, I could feel my spirit drop. I tried all the usual things to improve my mood. I sang a silly song, read jokes, and thought good thoughts.

The following sayings improved my mood a little. Mark Twain said, "My mother had a great deal of trouble with me, but I think she enjoyed it." Wilma Askinas said, "A friend is someone who sees through you and still enjoys the view." The one that I really liked was by unknown, "The really happy person is one who can enjoy the scenery when on a detour." They all brought back happy memories but still didn't quite lift me up.

Then I called the post office and the person answered the phone with such energy and enthusiasm that I was

envious of his good humor. What could I do to get that joy in life back? Then the sun came out. The temperature left the frigid range, and life was beautiful again. Isn't it strange how a little thing like the sun shining can give us such happiness? Then I began to notice that the crocus, daffodils, and other spring flowers were beginning to shoot up through the ground. The signs of springtime were there during the cold but not noticed until the sun came out.

Anne Bradstreet said, "If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome." All I know is that I will welcome Spring with open arms! 



Case of the month

This 83-year-old woman came to The Center in late October of 2003 complaining of lower back and right leg pain, loss of memory, tendency towards diabetes, hair loss, and poor sleep patterns. But most of all she wanted to get rid of the pain in her lower back and right leg so that she could sleep. She also thought her memory might get a little better if the pain was gone.


After her evaluation with Dr. Riordan, the laboratory collected samples to evaluate her vitamins, magnesium, zinc, essential fatty acids, C-reactive protein, insulin levels, and T3 thyroid, along with hair and urine. She then completed the initial evaluation and started auricular therapy with Marsha McCray, R.N., for the pain in her back and leg.

She returned in November for another auricular therapy treatment from Marsha and to see Dr. Lawton for the results of the laboratory testing. He recommended Armour thyroid to raise her thyroid, vitamin D to help her low level, Emergen C packets to raise her low vitamin C and mineral levels, Pro-dophilus and Nystatin to correct her high candida level, and a better diet to help correct the high candida level as well as her high insulin level.

In December, she returned for her fourth auricular therapy treatment and another appointment with Dr. Lawton. She said that her pain was 85% gone, her hearing was a little better, and the thyroid helped her feel better. Dr. Lawton started her on liquid minerals and continued the other nutrients she was taking.

When she returned for her appointment in early February she said, "The pain is ALL gone." She first told Marsha this and then repeated it to Dr. Lawton. She was so excited.

In the "needs improvement" column, her hair is still falling out. She is taking nutrients to work on this. She also has occasional dizzy spells before eating. Dr. Lawton has her taking CoQ10 at a higher dosage than she was taking to help with this.

But, most importantly, the pain is gone, which is why she came to The Center in the first place. 

CENTER UPDATE

Antioxidants and physical performance

Researchers wanted to find out if antioxidants could help muscle strength and physical performance of those who were older. To the researchers' knowledge, this had never been studied before. Research had been collected on younger athletes but not on older people, so they set up a research study to find out if this was true.

In Italy, they recruited 986 persons who were 65 or older. For physical performance tests, they used walking speed, the ability to rise from a chair, and standing balance.

The researchers used a food diary to check the daily dietary intake of vitamins A, C, and E, as well as beta-carotene. Blood plasma alpha- and gamma-tocopherol levels (two types of vitamin E) were also checked.


First, the researchers confirmed previous findings that suggest a strong correlation between blood plasma antioxidant levels and physical performance and strength. In fact, they found a particular high correlation between vita-

min E and physical condition.

They also found that vitamin C was not only a first-line defense in blood plasma, but it also is a powerful inhibitor of lipid peroxidation and regenerates vitamin E.

Secondly, their findings suggest that a high intake of vitamin C and beta-carotene increases muscle strength. An improved antioxidant status often correlates with exercise training.

"In conclusion, our study indicates a significant positive correlation between plasma antioxidant concentrations and physical performance and strength. Higher dietary intakes of antioxidants, especially of vitamin C, in the elderly were also found to be associated with greater skeletal muscular strength," the researchers wrote.

Vitamins A, C, and E, along with beta-carotene, are not only good for your blood plasma antioxidant levels, but they help your muscles and strength—especially in older people. 

- 1 b. By 1927, he became "firmly convinced that one day all these mental disturbances we are trying to understand will be treated by means of hormones or similar substances."
- 2 a. He thought the disturbed mental functions were the result of a biochemical abnormality.
- 3 a. He coined the term Orthomolecular Therapy and gave a scientific identity to the role of nutrition in psychiatry.
- 4 a. One person can stay healthy on one recommended daily allowance (RDA) while another goes through life never feeling really good on the same RDA.
- 5 c. Amino acids were powerful tools for mental health because they convert to, or are, our brain neurotransmitters.
- 6 a. JAMA reports that 140,000 deaths occur annually from adverse drug reactions. The same is not true of nutrient therapy.
- 7 c. The key word is "natural," since fats that have been altered should be avoided at all costs.

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

DEPRESSION-FREE, NATURALLY

By Joan Mathews Larson, Ph.D.
 Does your diet play a role in the way you view the world? Nutritionist, Joan Mathews Larson, Ph.D., offers her formula for healing emotions biochemically. According to Dr. Larson, her method is safe, fast, long lasting, and cheaper than prescription drugs or psychotherapy. Soft cover.
 Retail Price: \$14.95
 Health Hunter: \$13.46

ATKINS: A WHOLE FOODS PERSPECTIVE ON LOW CARB DIETING

With Donald R. Davis, Ph.D. & Rebecca Kirby, M.D., R.D.
 From a whole foods perspective, the

Atkins diet shines by excluding all added sugar and white flour, two of our three major non-whole foods. However, it endorses our third non-whole food—added fats and oils. Learn about natural fat sources and healthful whole foods to keep trim the low carb way.

WHOLE FOODS: MORE FOOD FOR THOUGHT

With Donald R. Davis, Ph.D. & Rebecca Kirby, M.D.
 What does it mean when people refer to whole foods? Dr. Davis and Dr. Kirby explore topics such as nutrient depletion from food processing and changing your diet. Take a new look at the wholesomeness of traditional diets vs. the standard American diet. Learn how to eat in order to feel better.

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Upcoming Events. . .

Lunch & Lectures:

March

- 9 Beating the Odds of Heart Disease & Hypertension
- 11 How I Got Rid of My Migraines and How You Can Get Rid of Yours
- 16 Beating the Odds of Osteoporosis
- 18 Water and Well-being: How Much to Drink?
- 23 Beating the Odds of Dementia
- 25 Promoting a Lifestyle of Health with Healing Herbs

April

- 1 Preventing and Reversing Arthritis
- 8 Taming and Eliminating Irritable Bowel Syndrome
- 15 The Thyroid Link to Fibromyalgia and Other Ailments
- 22 Eat Smarter for a Slimmer, Healthier You
- 29 Eating Your Way to Health with Spring Vegetables

April 1, 2 & 3 - Health Hunter Know Yourself/Beat The Odds Days

If you have been to a Lunch and Lecture and are planning to attend another, bring a friend with you. If your friend enjoys the Lunch and Lecture as much as you enjoyed your first one, he or she will have a great time and learn a lot.

Anti-Alzheimer's disease supplements

When taken together, vitamins C and E may protect your brain from getting Alzheimer's disease, according to a research paper published in the *Archives of Neurology* recently.

Researchers from Johns Hopkins University, Maryland, looked at data on 4,740 people who were 65 years of age or older. They discovered 304 who showed signs of Alzheimer's disease.

The researchers found that 78% of the people in the study who were taking vitamins C and E were less likely to show signs of Alzheimer's disease than those who did not take vitamins. There was no benefit in taking either of the vitamins alone, the researchers added.

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- Our ancestral diet
- Lycopene reduces risk of cardiovascular disease in women
- Spring is coming!
- Antioxidants and physical performance

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