

Health Hunter[®]

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NEWSLETTER

MARCH 2006

Intravenous vitamin C and cancer

by Ron Hunninghake, M.D.

"...it takes much more than logic and clear-cut demonstrations to overcome the inertia and dogma of established thought." —Irving Stone

Irving Stone was an early thinker and writer about vitamin C (its scientific name is *ascorbic acid*). He knew it would be an uphill battle to change the way the medical profession viewed vitamin C. While most doctors accept that scurvy is a vitamin C-deficiency illness, few have made the rather humongous jump to seeing high dose intravenous vitamin C as a major player in the management of cancer.

The National Institutes of Health has published evidence demonstrating vitamin C's anti-cancer properties.

There is actually a wide spectrum of medical uses for vitamin C. Evidence exists documenting it as the best antiviral agent now available... ***IF used at the proper dose.*** Vitamin C can neutralize and eliminate a wide range of toxins. Vitamin C will enhance host resistance, greatly augmenting the immune system's ability to neutralize bacterial and fungal infections. Now the National Institutes of Health has published evidence demonstrating vitamin C's anti-cancer properties. With so many medical benefits, why do so few doctors know of them?

One explanation stems from ascor-

bic acid's designation as a "vitamin." Consider *Dorland's Illustrated Medical Dictionary's* definition of vitamin: *A general term for a number of unrelated organic substances that occur in many foods in small amounts... that are necessary in trace amounts for the normal metabolic functioning of the body.* As a vitamin, only a minuscule 60 mg of ascorbic acid is needed to prevent the emergence of scurvy symptoms. As a medical treatment for cancer and life-threatening infections and toxic exposures, tens of thousands of milligrams of ascorbic acid must be administered, often by the intravenous (IV) as well as the oral route.

The Center's founder, Dr. Hugh Riordan, was a true scientist who believed in the power of scientific measurement over dogma. With the establishment of The Center in 1975, he routinely checked plasma vitamin C levels in chronically ill patients. He found these sick patients to be consistently low in their plasma C levels. Interestingly enough, the cancer patients he was seeing had ***VERY LOW vitamin C reserves.*** This matched scientific literature documenting low vitamin C levels in cancer patients. Cancer cells were actively taking up vitamin C in a way that depleted tissue reserves of C.

PET scans are commonly ordered by oncologists to evaluate their cancer patients for metastases (cancer spread to other organs). What is actually injected into the patient at the start of the scan is radioactive *glucose*. Cancer cells


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Antioxidant strengthened tea helps weight loss

Men who drank oolong tea strengthened with antioxidants from green tea lost more weight than did men who drank just oolong tea, according to Tomonori Nagao and his research colleagues.

This is not the first research project where researchers used green tea or antioxidants from green tea to lose weight. European scientists reported that men taking two capsules containing epigallocatechin gallate (EGCG) burned more calories than men who did not take it. EGCG is a compound found in most brewed teas, especially in green tea.

The federal government's Beltsville Agricultural Research Center studied 12 men, looking at tea components and weight loss. They found each volunteer burned about 12% more fat on days when they drank full-strength oolong tea.

These studies are just a few that show tea, and especially green tea components, will help to reduce weight. 

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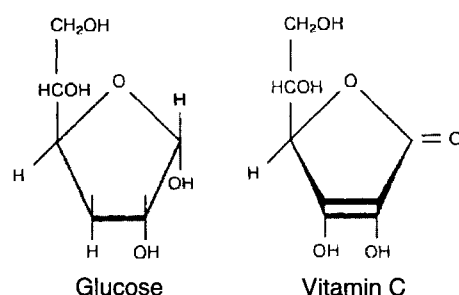
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are anaerobic obligates, which means they depend upon glucose as their primary source of metabolic fuel. Cancer cells employ transport mechanisms called glucose transporters to actively pull in glucose.

In the vast majority of animals, vitamin C is synthesized from glucose in only four metabolic steps. Hence, the molecular shape of vitamin C is remarkably similar to glucose. (Figure 1) Cancer cells will actively transport vitamin C into themselves, possibly because they mistake it for glucose. Another plausible explanation is that they are using the vitamin C as an antioxidant. Regardless, the vitamin C accumulates in cancer cells.

Figure 1



If large amounts of vitamin C are presented to cancer cells, large amounts will be absorbed. In these unusually large concentrations, the anti-oxidant vitamin C will start behaving as a pro-oxidant as it interacts with intracellular copper and iron. This chemical interaction produces small amounts of hydrogen peroxide.

Because cancer cells are relatively low in an intracellular anti-oxidant enzyme called catalase, the high dose vitamin C induction of peroxide will continue to build up until it eventually lyses the cancer cell from the inside out! This effectively makes high dose IVC a non-toxic chemotherapeutic agent that can be given in conjunction with conventional cancer treatments. Based on the work of several vitamin C pioneers before him, Dr. Riordan was able to prove that vitamin C was selectively toxic to cancer cells if given intravenously. This research was recently reproduced and published by Dr. Mark Levine at the

National Institutes of Health.

As feared by many oncologists, small doses may actually help the cancer cells because small amounts of vitamin C may help the cancer cells arm themselves against the free-radical induced damage caused by chemotherapy and radiation. Only markedly higher doses of vitamin C will *selectively* build up as peroxide in the cancer cells to the point of acting in a manner similar to chemotherapy. These tumor-toxic dosages can only be obtained by intravenous administration.

Over a span of 15 years of vitamin C research, Dr. Riordan's RECNA (cancer spelled backwards) research team generated 20 published papers on vitamin C and cancer. RECNA even inspired its second cancer research institute, known as RECNA II, at the University of Puerto Rico. This group recently published an excellent paper in *Integrative Cancer Therapies*, titled "Orthomolecular Oncology Review: Ascorbic Acid and Cancer 25 Years Later." RECNA data has shown that vitamin C is toxic to tumor cells without sacrificing the performance of chemotherapy.

Intravenous vitamin C also does more than just kill cancer cells. It boosts immunity. It can stimulate collagen formation to help the body wall off the tumor. It inhibits hyaluronidase, an enzyme that tumors use to metastasize and invade other organs throughout the body. It induces apoptosis to help program cancer cells into dying early. It corrects the almost universal scurvy in cancer patients. Cancer patients are tired, listless, bruise easily, and have a poor appetite. They don't sleep well and have a low threshold for pain. This adds up to a very classic picture of scurvy that generally goes unrecognized by their conventional physicians.

When Center cancer patients receive IVC, they report that their pain level goes down, and that they are better able to tolerate their chemotherapy. They bounce back quicker since the IVC reduces the toxicity of the chemotherapy and radiation without compromising their cancer cell

continued on page 3

killing effects. IVC is complementary to oncologic care. IVC is not “either/or” – it’s a good “both/and” proposition. IVC can help cancer patients withstand the effects of their traditional therapies, heal faster, be more resilient to infection, develop a better appetite, and remain more active overall. These things promote a better response to their cancer therapy.

IVC has been used for three decades here at The Center. There have been no serious complications, but there are a couple of potential complications that need to be screened for. Because vitamin C enhances iron absorption, iron overload must be ruled out. The high sodium load of IVC can create a fluid overload in a patient with congestive heart failure, renal insufficiency or failure. We also check our patients for G6PD deficiency (an enzyme used to maintain stability of the red blood cell membranes). Although many physicians worry that large doses of vitamin C may cause kidney stones, we have rarely seen the phenomenon, and several huge clinical trials in the medical literature refute this misconception.

To summarize, most organisms make their own vitamin C. When they are under stress, either by illness or injury, Mother Nature has provided them with a means to facilitate healing: they synthesize more ascorbic acid. As a result, they are in less pain, they remain active, they can sleep, and they have a better appetite: all functions which promote healing.

Dr. Riordan once said that here at The Center, we don’t treat cancer... we treat people who happen to have cancer. IVC is a tool that allows our Center physicians to harness a healing mechanism that our human ancestors lost long ago: the ability to dramatically increase tissue levels of vitamin C. Research shows that the astonishingly high levels achievable only by IVC not only help fight the risk of infection and the pain of metastases, they actually aid in the defeat of the cancer cells themselves, through a very elegant mechanism that does no harm to healthy cells. It’s a discovery that the medical world is only beginning to discover. [H]

HEALTH HUNTERS AT HOME

The power of juicing

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

Hippocrates said, “**Let your food be your medicine and let your medicine be your food.**” That statement holds true today. Everyday you can read about some new beneficial property found in foods or food’s effect on our health. Juicing fresh fruits and vegetables offers a unique way to concentrate whole food nutrients and cofactors into a tasty beverage that is good for us.

If food is our medicine, then we are an undermedicated society. Fewer than 20% of Americans get the minimum recommendation of 2 fruits and 3 vegetables in their diet. The Surgeon General, National Cancer Institute, and the U.S. Department of Health and Human Services all advocate a large increase in fruit and vegetable consumption to ward off illness. Five out of the ten leading causes of death in America are diet related. Yet, our healthcare system largely relies on medications, our diets are still poor (largely fast foods), and time for a home-cooked meal is becoming a thing of the past.

Juicing provides a small piece of the healthcare puzzle. It allows us to quickly meet our daily recommendations for fruit and vegetable intake in just one or two 8 oz glasses. Fresh juice is loaded with goodness. Vegetable juices contain protein, carbohydrates, essential fatty acids, vitamins, minerals, water, enzymes, plant pigments, and other accessory food components.

The enzymes in plant food help us to break down food in the digestive tract, sparing the body’s digestive energy. In addition, many plant enzymes have anti-inflammatory properties, making juicing good for “itis” conditions. Many varieties of carotenes are also found in juices. Carotenoids are full of antioxidant and vitamin A like properties. While beta carotene supplementation provides only one carotene, juicing has the potential to provide the complete package of carotenoids. This is important because tissue carotene content has a better correlation with maximal life-span potential than any other factor studied. Juicing dark green leafy vegetables and yellow and orange



fruits and vegetables can load us up on carotenoids. Moreover, juicing provides us with the capacity to load up on flavonoids – the body’s natural biological response modifiers. Flavonoids provide antiviral, antiallergic, antioxidant, and anti-inflammatory properties.

Buying a good juicer is a great way to invest in your health. Juicers separate liquid from pulp while blenders liquefy everything put into them. You can use a combination of the two when making juices (i.e. juice carrots and blend the juice with bananas or ice to make a smoothie). When buying a juicer it’s a good idea to look at horsepower, percent of juice recovery, speed of juicing, ease of use, ease of cleaning, and price. Juicer prices can range from \$90-\$2000, so do your homework before buying.

When juicing, it is always preferable to use local organic produce to reduce exposure to pesticide, fungicide, and fertilizer residues. If that option doesn’t exist, soak your produce in additive free soap (castille) to remove surface residues. Variety is also a key component in juicing. Don’t get stuck doing the same juice every day. Have fun and experiment with different colors of fruits and vegetables. A good rule is to use carrots and apples as a base to cut the taste of stronger plants. Remember that fresher is always better. For optimal benefit, drink your juice immediately after juicing. You can store it in the refrigerator in an airtight container for up to 12 hours. Freezing the juice is another option.

What about fiber? Fiber is a very important part of our diet and most Americans are fiber deprived. Because juicing removes the fibrous layers from plants, it is necessary to get the fiber from other whole food sources. However, it is the juice that provides nourishment to our bodies. You can utilize the pulp leftover from juicing in soup stocks or muffin mixes. The pulp can also be used as compost.

Juicing is a great way to increase quality nutrient intake, improve energy levels, and prevent disease. [H]

INFORMATION WORTH KNOWING

Did you know that toxins and germs abound in our world? They are in the air we breathe, the food we eat, and products we use in our daily lives. Shari Lieberman, Ph.D., and James J. Gormley have written *User's Guide to Detoxification*. They write how we can take steps to enhance our body's ability to detoxify synthetic hormones, pollutants, and other chemicals. They focus on specific supplements, including herbs and vitamin-like substances, that help protect our bodies from everyday exposure to toxins. Their book alerts us to the toxic substances that can be found inside and outside our home. The questions this month are taken from their book.

1 The term _____ refers to a situation in which people experience health problems that seem to be connected to the place they have been, but no specific illness or cause can be determined.

- a. building related illness (BRI)
- b. spontaneous combustion
- c. sick-building syndrome (SBS)
- d. bird flu

2 Which of the following causes have been implicated in SBS?

- a. inadequate ventilation and chemical contaminants of indoor sources
- b. indoor chemical contaminants and outdoor sources
- c. inadequate ventilation and biological contaminants
- d. all of the above

3 Most air pollution comes from one source: burning fossil fuels – natural gas, coal, and oil – to power cars and industrial processes.

- a. True
- b. False

4 The EPA and the World Health Organization have estimated that there are between _____ and _____ synthetic chemicals in use today.

- a. 110,000 and 260,000
- b. 350,000 and 440,000

- c. 560,000 and 810,000
- d. 720,000 and 925,000

5 Foreign chemicals, drugs, byproducts of our own metabolism, excess hormones, vitamins, minerals, cholesterol, and fatty acids are detoxified by organs such as the _____ for that purpose.

- a. heart
- b. skin
- c. eyes
- d. all of the above

6 A high fiber diet, rich in broccoli and cabbage along with flavonoids, does not help to detoxify the body.

- a. True
- b. False

7 There are ways to enhance the body's built in detoxification functions, such as drinking plenty of fluids, allowing controlled fevers if not too high, maintaining a healthy circulation and lymphatic system, and maintaining good _____.

- a. digestion
- b. circadian rhythms
- c. relationships
- d. chocolate balance

• FOR ANSWERS, SEE PAGE 7 •

It's time to plan that garden!!

by Gary Branum, Ph.D.

Here it is, the first of March. Although we don't usually think of March as a time for harvesting, there are a few crops that are still around from last fall. We harvested last fall's kale and turnips until the beginning of January, and we still have Jerusalem artichokes. As long as they're in the ground, the artichokes will be fine and we'll dig them as we need them up until the soil warms and they start to sprout.

It seems to be a little too cold to be thinking about planting, but we here at the Brightspot Organic Garden are already well along in our planning and preparation for the spring garden. In early January we placed our seed orders so we could start seeds in the greenhouse in late January/early February. Our cold-weather crops like broccoli, collards, cabbage, and lettuce are already planted in flats in the greenhouse. After they've grown for about four weeks, we'll move them outside for a few days to "harden" them. Then we'll move them out to the garden about March 15. St. Patrick's Day is also the time for planting potatoes in Kansas, so we'll set them out at the same time.

Of course, to get ready for all this we'll have to pick a few of the warmer days between now and March 15 and begin to prepare the soil and install our drip irrigation system.

We'll plant warm weather crops in the garden after the danger of frost is past. How do we know when that is? Most of us rely on the historical average date of the last killing frost. Sounds simple, but the average date depends on where you look. I've seen May 1, May 11, April 13, and April 27 listed as the average date in Wichita. However, the US Weather Service says the real date is April 9, so we'll go with that one.

We'll start moving plants to the garden about April 15, depending on weather conditions. Since we'll have several thousand plants in our garden, it's impractical to try to protect them if we get a late frost, so we hope that this date is correct. If the good Lord's willin' and the creeks don't rise, we'll have fresh produce before you know it! ☐

Kind words can be short and easy to speak, but their echoes are truly endless.

—Mother Teresa

Test of the Month

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


Urine pyrroles

Ask a "traditional" health care worker to explain what a urine pyrrole result means in relation to mental health and they will probably look at you funny and say "nothing." This is not surprising. Even though urine pyrroles (pyroluria) have been used for about 50 years in orthomolecular medicine to help diagnose schizophrenia and other mental disorders, they have been ignored by traditional medicine.

So what is this stuff—urine pyrroles? Pyrroles make up the heme molecule, the basic structure of hemoglobin, porphyrins, myoglobin, and cytochromes. Hemoglobin gives the red color to the red blood cells, has iron in it, and carries oxygen to the tissues and CO₂ away from tissues. People with pyroluria excrete abnormal amounts of pyrroles.

The pyroluric is usually female and usually comes from an all girl family. They have a "China doll" appearance with the lightest hair and skin in the family. The skin tends to itch or burn in the sun, not tan. There are white spots on the fingernails, and the nails are pale, soft, and easily broken. Teeth tend to be crowded and prone to cavities. They may limp and have thin wrists and ankles with accumulated weight in the mid-section. They have low stress tolerance, social withdrawal, isolation, and delinquency. They are easily irritated, delusional, depressed, and have a tendency to anemia and lack of dream recall.

Persistent elevated urine pyrroles may be found in the urine of autistic children (24%), psychiatric patients (42%), and active schizophrenic patients (52%), but not "recovered schizophrenic patients." A temporary elevation may be found in the urine of people (11%) undergoing "stress." The treatment is with oral vitamin B₆, zinc, and magnesium.

More information about urine pyrroles may be found in tapes of Center Lunch & Lectures. 

Herbal History

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

Aloe (Aloe barbadensis/A.vera)


Aloe is a common herb that has been marketed successfully for its use in healing sunburns and minor skin irritations. Aloe latex contains anthraquinone glycosides, the constituents that cause cathartic laxative effects. The gel component of aloe does not cause laxative effects.

Various constituents of aloe have been shown to have anti-inflammatory effects as well as to stimulate wound healing. Bland has reported positive effects of orally consumed Aloe vera juice on urinary indican levels. After one week of drinking 6 ounces of Aloe vera juice three times daily, urinary indican levels decreased one full unit. This suggests that regular Aloe vera juice consumption can lead to improved protein digestion and assimilation and/or reduced bacterial putrefaction.

Aloe vera gel is an extremely good

demulcent which heals and prevents aggravating irritants from reaching sensitive ulcers. Moreover, Aloe vera gel can inhibit the secretion of hydrochloric acid. By coating membranes and reducing acid, it allows for healing of ulcerations. It would be wise to take aloe away from meals so as not to decrease acid production at those times.

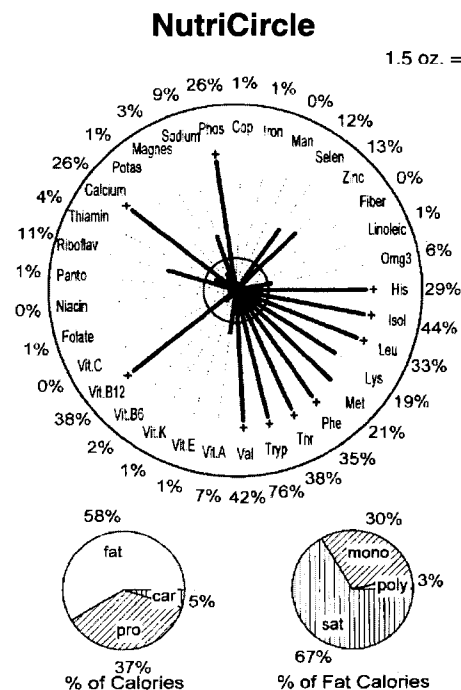
Unlike many other anti-inflammatory substances, Aloe vera has been shown to stimulate fibroblast and connective tissue formation, thereby promoting wound repair. Another interesting effect of aloe in wound healing is its ability to counteract the wound healing suppression effects of cortisone.


Aloe vera extract has also shown positive effects in the treatment of psoriasis. Moreover, aloe has been shown to lower fasting blood sugar in type 2 diabetics. 

Food of the Month

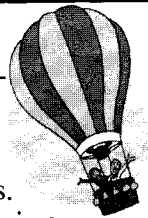
by Donald R. Davis, Ph.D.

MOZZARELLA CHEESE is the cheese usually used in pizza. The low-moisture version known to Americans is firm, somewhat rubbery, and made with part-skim cow's milk. Traditional Italian mozzarella is fresh (not aged), soft and moist, and is most prized when made with the rich milk of water buffalos. It is often served with tomatoes as a salad and is best eaten soon after making. Nutritionally, our firm mozzarella contains adequate amounts of 18 out of 33 nutrients shown here, relative to calories, especially vitamin B₁₂, riboflavin, calcium, phosphorus, selenium, zinc, and all the essential amino acids of protein (shown at 3 to 6 o'clock on the NutriCircle).



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

Mental Medicine



by Marilyn Landreth, M.A.


Life's journey

As I journey through this life it is interesting to see how my fellow travelers are doing. We recently returned to our hometown for the funeral of my husband's elderly uncle. His uncle had lived in the same area for all of his 92 years. My husband's cousins and their families were in attendance. Most of the cousins of my husband's generation were roughly the same age within ten years.

Every Easter the Landreth family would get together for a picnic, but it has been several years since they have been together. Some looked healthy and fit, while others could barely get around, but they were happy to see each other again even considering the circumstances. Many of the cousins have

had tragedies in their lives.

One family had lost a son in a car accident. Another family had lived through the treatment and death of a child from cancer. Several were dealing with their own life's challenges. It seemed that those who were able to find enjoyment in their life, job, or family seemed to be the mentally healthiest ones. They might have physical infirmities but their mental attitude was great.

Michael LeBoeuf, Ph.D., said, "Adversity is an experience, not a final act." As I see the life cycles in three generations, it becomes clearer to me that to live in the moment and enjoy that moment has great power. What moment are you living in? 

CENTER UPDATE

Judging nutritional quality with food labels


by Donald R. Davis, Ph.D.

Food packages contain three sources of information about nutritional quality—the supplier's label in large print, the ingredient list, and the Nutrition Facts label. The large print may mislead, and we should check it against the ingredient list. For example, we can learn that Froot Loops contain no fruit and that Strawberry Melon Real Fruit Beverage contains no strawberry or melon (and only 5% of any fruit). Ingredients must be listed in decreasing order by weight. If the first few ingredients include added sugars, added fats, or white flour, the nutritional quality is suspect, especially if two or more non-whole foods are prominent.

Added sugars may include high-fructose corn syrup, fructose, or honey. White flour may be called flour, wheat flour, or unbleached flour. Rice is nutritionally similar to white flour, unless it is brown rice or wild rice. Partially hydrogenated fats raise double concerns—added fat and trans fatty acids. Salt rarely contributes more than 2% to any product, so any foods listed after salt are insignificant regarding nutritional quality. Small amounts of preservatives or artificial

colors may be of concern, though.

If the ingredient list passes inspection, the Nutrition Facts come next. They show the serving size, the number of servings per container, and the amounts per serving of several nutrients. The calories per serving matter most if the product is of low nutritional quality. The amount of total sugars is especially useful for breakfast cereals and pastries (compare the total sugars weight to the serving weight). The amount of fat and the percent of calories from fat are worth noting for products with added or low-quality fat, like hot dogs, sausage, fried foods, oils, dressings, chips, and dips. To me there is no similar concern about the fat in whole foods like nuts, peanut butter, fatty fish, avocado, egg, or tofu.

Nutrition Facts labels must show the amounts of only four vitamins and minerals, but they may show many more. Impressive lists of nutrients are common for breakfast cereals, but if the ingredient list shows that these nutrients are added, we may question the intrinsic quality of the product and recheck the major ingredients. 

Case of the month

A 56-year-old female came to The Center through the Health Hunter/ Beat The Odds program in November, 2002. Her results showed low urine vitamin C and high C-Reactive Protein. In January, 2003, she became a patient and initially had an appointment with Dr. Riordan.


Her presenting symptoms included chronic fatigue syndrome, chronic sinusitis, fibromyalgia, depression in the spring and fall, headaches, and allergies. She reported that some days she could barely function and had to rest every afternoon. She stated that she went to bed tired and woke up tired.

Initial laboratory tests showed elevated ASO titer, elevated Epstein-Barr Virus, elevated C-Reactive Protein, and her candida level was high. Dr. Riordan ordered intravenous vitamin C and magnesium sulfate for stiffness. After the intravenous vitamin C, her vitamin C level was still low. She was started on multiple supplements to correct deficiencies.

She reported that the intravenous vitamin C helped her mental alertness and attitude, but there was no change in her pain and stiffness.

On the first follow-up appointment, she stated that she felt 100% better already and hadn't felt so good in two years. She did not need to rest as much during the day. On the second follow-up appointment, she stated that the mental fog, depression, and fatigue were still a problem, although it was not as bad as it had been. Her pain had still not improved.

Over the next couple of years while she continued to improve, her symptoms tended to vary in intensity. Pain was decreasing and she was able to exercise. Also, her sleep pattern was improving. Getting an intravenous Meyers (vitamin C with B-complex and magnesium) seemed to work better for her than just intravenous vitamin C, and there was an adjustment in the supplements and hormones she was taking.

On her last appointment she reported that she had more energy, and she was still continuing to improve. She reported that overall she was doing much better. 

- 1 c. BRI is used when identifiable illness can be directly linked to airborne building contaminants, while SBS cannot.
- 2 d. These contributing factors can act in combination and may work in conjunction with inadequate temperature, humidity, or lighting.
- 3 a. Environmental Protection Agency (EPA) has said that "tens of thousands of people die each year from breathing tiny particles in the environment."
- 4 c. Between 2,000 and 5,000 new chemicals are added every year.
- 5 b. Also the lungs, gastrointestinal tract, liver, and kidneys are the organs of detoxification.
- 6 b. High fiber diets, cruciferous vegetables, and beneficial compounds such as flavonoids are part of a "detox diet."
- 7 a. Over the course of our lifetime more than 100 tons of food has to be processed in our digestive system. HH

SPECIAL DISCOUNTS

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

USER'S GUIDE TO DETOXIFICATION

by Shari Lieberman, Ph.D., C.N.C., F.A.C.N., and James J. Gormley
 We live in a toxic environment. We can get toxins in the air we breathe, the food we eat, and the water we drink. What is a person to do? Dr. Lieberman and Mr. Gormley share with us ways they have found to help us detoxify. Soft cover. Retail Price: \$5.95 Health Hunter: \$5.36

INCREASING LONGEVITY WITH A MICRONUTRIENT TUNE-UP

with Rebecca Kirby, M.D., M.S., R.D.
 What is behind the slowing down of mental and physical function? Minimize the degenerative diseases of aging and feel younger than your chronological age. Aging well is possible.

IVC AND CANCER: HISTORY AND SCIENCE

with Ron Hunninghake, M.D.
 Dr. Hugh Riordan was a pioneer in the use of intravenous ascorbic acid (IVC) for cancer control. However, he was not the first, nor will he be the last to use it for this purpose. This presentation reviews the history and scientific basis of IVC for cancer control.

WHY STOMACH ACID IS BENEFICIAL TO YOU

with Chad Krier, N.D., D.C. & Marsha McCray, R.N.
 If you have problems with gas, bloating, indigestion, heartburn, dry skin, H pylori, candida, and autoimmune diseases, it may be time to check your acid levels. Dr. Krier and Nurse Marsha explore a unique way to check your acid levels.

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Prices good through 2006.

Upcoming Events. . .

Lunch & Lectures:

March:

- 2 Reduce Your Risk for Dementia and Alzheimer's Disease
- 9 The 7-Day Detox Vitality Enhancement
- 14 The Benefits of Rolfing 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

April:

- 6 Preventing Childhood Type II Diabetes

April 6 - Health Hunter/Beat The Odds Presentations on Health Panels and "Ask the Doctors"

April 7 & 8 - Health Hunter/Beat The Odds Days

Air pollution helps cholesterol clog arteries

Researchers exposed some mice to polluted air for 30 hours a week as well as giving them a high-fat diet. Other mice breathed filtered air and ate either a regular diet or the high-fat diet.

Lung Chi Chen and colleagues of New York University School of Medicine found that the mice breathing the polluted air along with the high-fat diet developed more plaque in the arteries than did mice who weren't exposed to air pollution, according to *The Journal of the American Medical Association*.

The mice breathing polluted air and eating a high-fat diet developed plaque in 42% of the arteries, while the mice eating a high-fat diet but breathing filtered air had only 26% blockage. Those eating a normal diet and breathing filtered air had only 13% blockage.

- Intravenous vitamin C and cancer
- The power of juicing
- Test of the Month: Urine pyrroles
- Judging nutritional quality with food labels

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