

Riordan
Clinic

Health Hunters

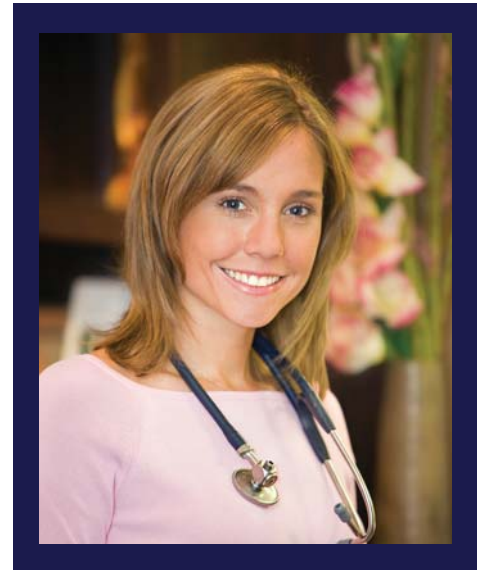
Newsletter A service of the Riordan Clinic, co-founded in 1975 by Olive W. Garvey and Hugh D. Riordan.
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Welcome Dr. Kaumeyer

by Penny Lasater

Exciting things are happening at the Riordan Clinic! We are pleased to announce the addition of Dr. Jennifer L. Kaumeyer to our staff.



Dr. Kaumeyer is a native of Southern Louisiana and began her studies at Louisiana State University where she majored in Microbiology and Nutrition. She went on to earn her bachelor's degree in Biology from the College of Charleston in Charleston, SC. She later received her Doctorate of Naturopathic Medicine from the Southwest College of Naturopathic Medicine in Arizona. She is moving to Wichita, from Raleigh, NC, with her husband and two young children.

Since 2008, Dr. Kaumeyer has operated a highly successful naturopathic clinic in Raleigh. She is a 4th generation doctor, but the first in her family to pursue naturopathic medicine. Her father, a radiologist in Louisiana, indirectly inspired her to pursue this route. Dr. Kaumeyer's great-grandfather, Dr. Corydon Wassell, was a Navy physician during World War II who won the Navy Cross and the Medal of Honor for his bravery. A book was written about his life and was later made into a movie starring Gary Cooper as Dr. Wassell. Dr. Kaumeyer's brother is also a distinguished graduate Air Force pilot.

Because of her passion for nutrition and nutritional biochemistry, Dr. Kaumeyer fell in love with the naturopathic medicine philosophy.

As a Naturopathic doctor, Dr. Kaumeyer's main focus is on getting to the root cause of a medical problem and not simply treating the symptoms, which is a philosophy that aligns perfectly with the 35-year history of the Riordan Clinic. Although Dr. Kaumeyer treats all conditions, she is especially interested in bio-identical hormones and gastro-intestinal issues. By developing a partnership with her patients, she develops a customized treatment plan to address each unique health issue. As a naturopath she utilizes the healing power of nature to restore the health of her clients.

Dr. Kaumeyer places great value on patient self-education and embraces the "co-learner" dynamic practiced at the Riordan Clinic. She ensures that her patients completely understand their diagnosis and motivates them to take responsibility and become an active participant in their healing process. *(Cont. on page 2)*

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Letter from the Editor:

by Amanda Hawkinson

Spring is on its way! Time to put away the snow shoes and bring out the flip flops! The past two months have flown by and we have been busy! This issue of the Health Hunters Newsletter is overflowing with updates on all of our exciting upcoming events.

Back in November, we announced our "Health Is" contest to USD 259 fifth graders. The winners have been selected and the first-place essay is published in this issue.

Last month, we helped raise awareness of heart disease by donating funds to the American Heart Association. Find out how we did our part and learn more about what you can do to make a difference.

Also, we are pleased to announce that Dr. Jennifer Kaumeyer, a Naturopath Physician, is joining the Riordan Clinic team and will be presenting the Lunch and Lecture (March 31st) in support of National Nutrition Month (sponsored by the American Dietetic Association).

Don't forget to sign-up for Check Your Health testing (formerly known as "Beat the Odds"). Schedule your appointment from March 21st to March 26th 2011 and receive substantially discounted prices on nutrient testing.

For more information on upcoming events and Riordan Clinic specials, please take a look at our website

www.riordanclinic.org
and don't forget to "Like" us on Facebook.

Happy reading!
Amanda Hawkinson
Editor
newseditor@riordanclinic.org

In addition to spending time with her husband and two children, Dr. Kaumeyer enjoys running, weight lifting, hiking, and reading. She loves competing in all sorts of road races, from 5k's to full marathons, and cheers her husband on during his triathlons. She is a member in several key professional organizations including the American Association of Naturopathic Physicians, North Carolina Association of Naturopathic Physicians and the Arizona Naturopathic Medical Association.

Dr. Kaumeyer will be the featured speaker at the upcoming Lunch and Lecture on Thursday, March, 31st, 2011. You can schedule an appointment with her by calling 316-682-3100. In honor of her family's military heritage, she will offer a 20% discount on doctor visits to veterans and active military personnel.



Join us in welcoming Dr. Kaumeyer and her family to Wichita.
We are so happy to have her on the Riordan Clinic team!

Wearing Jeans and Raising Awareness

By Amanda Hawkinson

According to the American Heart Association, cardiovascular disease claimed the lives of nearly 500,000 American women in 2004, yet women were not paying attention. Many believed this disease targeted only older men. To dispel the myths and to raise awareness of heart disease, which is the number one killer of women, the American Heart Association created Go Red for Women- a passionate, emotional, social initiative designed to empower women to take charge of their heart health.



To support Go Red efforts, the Riordan Clinic raised funds by letting staff donate \$5 to wear jeans on Valentine's Day. We are pleased to donate \$100 to bring awareness to this important issue.

For more information on this event and to learn how you can help go to www.goredforwomen.org.

Check Your Health
Formerly known as "Beat the Odds"

Select a panel that addresses your specific health concerns—over 10 panels to choose from

Tests assess your individual nutrient status

Use the results to address specific nutrient needs via food choices and supplementation

It's time again for our semi-annual Check Your Health event!
Schedule testing during this event and

SAVE 45%
on test panel pricing.

Go to www.riordanclinic.org for detailed information and pricing

Call 316.684.7784 to schedule an appointment for **March 21 - March 26**.

The 6 principles of Naturopathic Medicine:

1. First Do No Harm

Naturopathic doctors use safe, gentle, and natural therapies to improve the well-being of a patient's health, while limiting risk and adverse effects.

2. The Healing Power of Nature

Naturopathic Medicine respects the innate intelligence of the human body to heal. Nature stimulates the physiological systems of the body to bring the organism into balance and equilibrium moving towards a state of optimal health.

3. Find and Treat the Cause of Illness

Doctors of Naturopathic Medicine address lifestyle and nutritional factors that cause disease susceptibility. Through tonification of tissues and organs and supplementation of nutritional deficiencies, Naturopathic Medicine goes to the source of disease and promotes the true treatment of illness.

4. Treat the Whole Person

Naturopathic doctors treat the whole person while taking into consideration the complex factors of human existence, including lifestyle, diet, nutritional status, environmental toxins, genetic predisposition, and emotional, mental, and spiritual health.

5. Doctor as Teacher

Docere, the Latin root for doctor means "to teach". A principle objective of Naturopathic Medicine is to educate the patient with current scientifically-proven information and clinically-valid therapeutics to promote self-responsibility for health and well-being.

6. Prevention

Naturopathic Medicine teaches the benefits of healthy living in order to prevent the development of chronic illness and destructive disease states.

About Naturopathic Medicine



Naturopathic doctors (ND) combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles, and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. By using protocols that minimize the risk of harm, naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health. It is the naturopathic physician's role to identify and remove barriers to good health by helping to create a healing internal and external environment.

Naturopathic doctors treat all medical conditions and can provide both individual and family healthcare. Among the most common ailments they treat are allergies, chronic pain, digestive issues, hormonal imbalances, obesity, respiratory conditions, heart disease, fertility problems, menopause, adrenal fatigue, cancer, fibromyalgia, and chronic fatigue syndrome. Naturopathic doctors can perform minor surgeries, such as removing cysts or stitching up superficial wounds. However, they do not practice major surgery. Naturopathic doctors are trained to utilize prescription drugs, although the emphasis of naturopathic medicine is on the use of natural healing agents.

A naturopathic doctor has completed a postgraduate medical education specializing in primary care natural medicine.

Naturopathic doctors are distinct from acupuncturists, chiropractors, osteopaths, and medical doctors.

They are uniquely trained to provide a comprehensive and integrated approach to assist your body's innate healing processes.

Naturopathic doctors are skilled in diagnosis and treatment of disease utilizing natural therapeutics

including clinical nutrition, botanical medicine, lifestyle counseling, homeopathy, physical medicine, and hydrotherapy. They tailor these approaches to the needs of each individual patient. Naturopathic medicine is effective in treating most health problems, whether acute or chronic. Naturopathic doctors cooperate with all other branches within the medical field, referring patients to other practitioners for diagnosis or treatment when appropriate.

As with all physicians today, naturopathic doctors are trained at accredited, four-year or five-year, post-graduate, medical institutions. The training consists of a comprehensive study of the conventional medical sciences, including anatomy, physiology, pathology, microbiology, immunology, clinical and physical diagnosis, laboratory diagnosis, cardiology, gastroenterology, gynecology, etc., as well as a detailed study of a wide variety of natural therapies. In their last two years of their intensive clinical training, NDs learn how to integrate the principles of naturopathic medicine into clinical practice.



HCG Weight Loss Intervention- SUCCESS!

Since starting the HCG Weight Loss Intervention program at the beginning of the year participants have literally lost HUNDREDS of pounds. Here is one success story.

A 55-year-old female who has dieted off-and-on throughout her life contacted us. The diets she has tried left her skeptical and disillusioned. She read about the Riordan Clinic HCG Weight Loss Intervention and decided she would try again. She is on several prescription medications and her goal is to lose weight and hopefully stop taking the drugs. She is off to a great start!

The patient and her husband travel two hours one-way weekly for her HCG appointment—she is determined to lose weight. We are thrilled to report that she started the HCG intervention on January 6, 2011 weighing 201.1 lbs. and as of February 16, 2011 she weighed 177.3—that's a loss of 23.8 lbs.! **SUCCESS**—and she's not done yet!

This patient is a great example of the weight-loss success that awaits you with the Riordan Clinic HCG Weight Loss Intervention. Go to www.riordanclinic.org for additional information.

If you are ready to improve your health and well-being call 316-682-3100 to get started today!

Healthy Eating on the Run

You probably eat out a lot – most Americans do. People are looking for fast, easy, and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or a sit-down restaurant, there are smart choices everywhere.



Here are some tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Order the regular or child-size portion, not mega-sized. For a lighter meal, order an appetizer in place of a main course.
5. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
6. Hold the bread or chips until your meal is served. Out of sight, out of mind.
7. Alcohol tends to increase your appetite and provides calories without any nutrients. No more than one drink for women and two for men.
8. Order one dessert with enough forks for everyone at the table to have a bite.
9. Try a smoothie made with juice, fruit, and yogurt for a light lunch or snack.
10. Always eating on the go? Tuck portable, nonperishable foods in your purse or tote. Some suggestions are peanut butter and crackers, granola bars, fresh fruit, trail mix, single-serve packages of whole grain cereal or crackers.



Patient Profile

By Kameron Hodges, RN

In December 2010, an eight-year-old girl was brought to the clinic complaining of fatigue, leg, and muscle weakness, swollen lymph nodes, and discomfort behind the ears. She also had recurring and worsening bouts of stomach pain and vomiting and frequent upper respiratory and sinus infections. Furthermore, the youngster came with a diagnosis of Molluscum contagiosum, a viral infection of the skin, causing blotchy areas and warts, which primarily affected her fingers.

Several lab tests were performed, including tests of plasma and urine vitamin C, plasma vitamin B3 and Vitamin D, a Complete Blood Count, oral candida, hair tissue analysis, and cytotoxic food sensitivity.

The tests revealed low levels of urine vitamin C and plasma vitamin D and high levels of copper. The cytotoxic food test revealed several food allergies including a moderate sensitivity to many common fruits, vegetables, and grains, and reactivity to all tested milk and cheese products. In addition, the results demonstrated a moderately severe sensitivity to celery, corn, and beef.

The plan of care included starting the youngster on daily supplementation of D3, zinc, and niacinamide as well as making major food-choice alterations. Bee Propolis capsules, a potent anti-viral, was prescribed to address the skin infection. It is too early to determine the impact of this treatment but we expect it will have a substantial impact over time. The use of Theramedix LCS was also suggested to ease digestion of dairy products. The parents were instructed to avoid giving the child celery, corn, or beef for three months and to avoid the remaining sensitivity-prone foods (particularly dairy products) for 3 to 4 weeks. After this period, the foods could be slowly reintroduced into the diet.

Currently, the youth is doing very well! Despite the challenges of keeping a youngster happy while omitting some of her favorite foods, she is free of stomach discomfort, vomiting, fatigue, and respiratory infections. In addition, she has not experienced further muscle weakness. Foods are being gradually reintroduced into her diet and the parents are watching their impact closely. Her improved health and general sense of well being have made it all worthwhile for both the child and the parents.

The 35 year history of the Riordan Clinic has focused on nutrition-based solutions for chronic health problems. This patient profile is a great example of how making dietary changes can dramatically improve quality of life.

And the "Health Is...." Contest Winners Are...

As part of our 35th Anniversary Celebration in November 2010 we invited USD 259 Wichita Public School 5th graders to take part in the Health Is... essay contest to promote enhanced health awareness in the schools. Students were asked to write an essay communicating what health means to them. The essays were judged on originality, clarity, motivational impact, and emphasis on health (not disease). Our judges were thrilled with the entries and enjoyed reading all that the 5th graders had to offer. Prizes totaling \$1700 were awarded to the top three entries and their supervising teachers.

1st Prize Winners

Nickolas M.,
Mrs. Lori Kersten at
Peterson Elementary

2nd Prize Winners

Jameson L.,
Mr. John Simkins at Isely
Traditional Magnet
Elementary

3rd Prize Winners

Reza P.,
Mrs. Linn Bertog at Bostic
Traditional Magnet
Elementary



Thank you to everyone who participated. Enjoy the 1st prize essay written by Nickolas.

Essay on Health
by
Nickolas M.

There are two different kinds of health, good and bad. This essay will inform you of how to maintain good health. With a few simple tips, you will be very healthy, and happy about it.

Diet

Your diet is very important to your health. Eating right prevents obesity, numerous diseases, and gives you all the nutrients you need. Food also provides a person's energy. To eat right you must not eat too many calories, or you will gain weight. If you eat too few calories you won't have enough energy. You also need to eat a variety of different foods, so you will get all the nutrients your body needs. Too much of one kind of food is bad. To find out how many calories you should eat, and what foods you should eat, you can look at the government published food pyramid, or talk to your doctor.

Exercise

To be healthy you also have to exercise regularly. Exercising can be fun, and is good for your health. If you have eaten too many calories, you can burn them off by exercising. Some good examples of exercise are sports, running, walking, push-ups, and sit-ups. You need to exercise for thirty minutes or more at least three times a week.

Personal Hygiene

Personal hygiene is being clean. To have good personal hygiene, you just have to do a few simple things that you probably already do. You should brush your teeth at least every morning and every night before you go to sleep, to prevent painful cavities. Another easy thing you should do is take a good shower once a day. If you are twelve years old, or older, you should use deodorant. You should also clip your fingernails and toenails. If you have good personal hygiene then people are more likely to like you.

Sleep

It is very important to get a good night's sleep. You should rest for at least eight hours a night, so you have enough energy for the day. Another reason sleep is important is that your body grows while you sleep. Sleep also gives your body a chance to heal if you injured yourself. It's bad to sleep too much. If you sleep too much you will become lazy.

Mental Health

Mental health is how you feel, and how you deal with life. To maintain good mental health, you have to deal with problems in a positive way, not negatively. It is also important to have good self-esteem. This will help you to be happier.

If you follow these simple tips, you should be able to live a happy and healthy lifestyle.

History of St. Patrick's Day

By Amanda Hawkinson

Have you ever wondered who the real Saint Patrick was and why we celebrate him? Each year millions of people around the world celebrate this patron saint of Ireland without any knowledge of his life or why he is so important to the Emerald Isle.

It is important to note that Saint Patrick was not Irish. In fact, he was born in 385 AD in Wales, which was a Roman territory at the time, and was raised in a wealthy family. Although his given name was Maewyn he was also known as Patricus because his father was a Roman official. At age 16, he was captured by a clan of Irish marauders and was brought to Ireland as a slave. It was during this time that he turned to his religion for solace, becoming a devout Christian.

After he escaped, he began studying in a monastery. It was there that he heard the voice of God telling him to return to Ireland and to convert the Pagans to Christianity. He did this as Bishop to Ireland in 432. Patrick established many monasteries and churches throughout Ireland and is seen as the man who was responsible for bringing Christianity to Ireland.



Lunch and Lecture Series 2011

Knowledge is Power – Why Nutrient Testing is Important!



Presenter: Dr. Ron Hunninghake

Tuesday, March 15, 2011 - 6:00 pm to 7:00 pm Cost: Free

Do not be left in the dark about your health status. Come to this important lecture and learn how our specialized nutrient testing can benefit you.

- Mainstream medicine doesn't normally test for vitamin, mineral and other nutrient deficiencies.
- Nutrient deficiencies have been shown to suppress immune system function, which leads to chronic disease
- The 35 year Riordan Clinic history is built on nutrient testing to measure your individual biochemical status
- Results from our exclusive test panels are an important tool to measure your health status

For reservations: call 316.927.4273 or email us at reservations@riordanclinic.org

Naturopathic Medicine – Healing the Body Naturally



**Speaker: Introducing the Riordan Clinic's own
Dr. Jennifer Kaumeyer, ND**

**Thursday, March 31, 2011 - 12:00 pm to 1:00 pm
Cost: \$15 - Lunch is included.**

Come to this informative lecture on Naturopathic Medicine and meet the newest Riordan Clinic doctor, Jennifer Kaumeyer, ND.

Dr. Kaumeyer will discuss the use of diet, exercise, lifestyle changes, and cutting-edge natural therapies to enhance the body's ability to ward off and combat disease. Naturopathic Medicine is founded on six principles: first do no harm, let nature heal, identify and treat causes, educate patients, treat the whole person, and prevent illness. Treatment modalities focus on identifying the underlying cause of illness, not just treating symptoms.

Join us to learn more about Dr. Kaumeyer and the foundation of Naturopathic Medicine.

For reservations: call 316.927.4273 or email us at reservations@riordanclinic.org

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supplement sale! Plan your purchases
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The independent newsletter that reports vitamin, mineral, and food therapies

Focus on ‘Good’ and ‘Bad’ Carbs, Not Just Fat Intake to Reduce Heart Risks

If you’re reducing your intake of saturated fats, it’s important to pay attention to the types of carbohydrates you eat. Some types of carbs will lower your risk of a heart attack, whereas others will boost your risk, according to three new studies.

Marianne U. Jakobsen, PhD, of Aarhus University Hospital, Denmark, and her colleagues studied 53,644 women and men. Over 12 years of follow up, almost 2,000 of the subjects suffered a heart attack.

When Jakobsen looked at the subjects’ eating habits, a pattern emerged: On the positive side, people had a lower risk of heart attack if they cut back on saturated fats but increased their intake of whole grains and high-fiber vegetables and fruits. People were 12 percent less likely to have a heart attack with every 5 percent increase in calories from high-fiber foods.

However, people who cut back on saturated fats but increased their intake of high-glycemic carbs did not fare so well. Their odds of a heart attack jumped 33 percent for every 5 percent increase in calories from high-glycemic, low-fiber carbs, e.g., white bread and pasta, potatoes, and sweets.

Meanwhile, Sabina Sieri, PhD, of the Fondazione IRCCS Istituto Nazionale dei Tumori, in Milan, Italy, and her colleagues studied the dietary habits of 47,749 men and women. After about eight years of follow up, Sieri found that women consuming the largest amounts of high-glycemic carbs – those that quickly raise blood sugar levels – had more than double the risk of developing heart disease, compared with women who ate low-glycemic, high-fiber carbs. The types of carbohydrates did not seem to influence the risk of heart disease in men participating in this study.

In the third study, Miriam B. Vos, MD, of Emory University, Atlanta, and her colleagues analyzed dietary data and lipid abnormalities among 6,113 men and women participating in the most recent National Health and Nutrition Examination Survey.

Vos classified the subjects by the amount of “added sugars” (primarily sucrose and high-fructose corn syrup) in their foods, ranging from less than 5 percent to more than 25 percent of their calories.

People who consumed the largest amounts of sugars – typically added during manufacture or processing of foods – had higher blood levels of triglycerides and lower levels of the “good” high-density lipoprotein (HDL) form of cholesterol. Both high triglycerides and low HDL are risk factors for cardiovascular disease.

References: Jakobsen MU, Dethlefsen C, Joensen AM, et al. Intake of carbohydrates compared with intake of saturated fatty acids and risk of myocardial infarction: importance of the glycemic index. *American Journal of Clinical Nutrition*, 2010; epub doi 10.3945/ajcn.2009.29099. Sieri S, Krogh V, Berrino F, et al. Dietary glycemic load and index and risk of coronary heart disease in a large Italian cohort. *Archives of Internal Medicine*, 2010;17:640-647. Welsh JA, Sharma A, Abramson JL, et al. Caloric sweetener consumption and dyslipidemia among US adults. *JAMA*, 2010;303:1490-1497. □

Perspectives

Attacks on Multivitamins

I like to read what other newsletters and magazines write about vitamin supplements. The *Tufts Health & Nutrition Letter*, *Reader’s Digest*, and even *Prevention* recently published long articles attacking multivitamins. These rabid attacks cited widely criticized scientific articles, and by repeating misinformation, they may have misguided and harmed millions of people.

As one example, the Tufts newsletter claimed to investigate the “top 20” multivitamin supplements (apparently those sold in drug stores) and warned that they don’t contain enough calcium and vitamin D for bone health, not enough antioxidants for eye health, not enough DHA (one of the omega-3s), not enough ginkgo, not enough bilberry, and not enough probiotics.

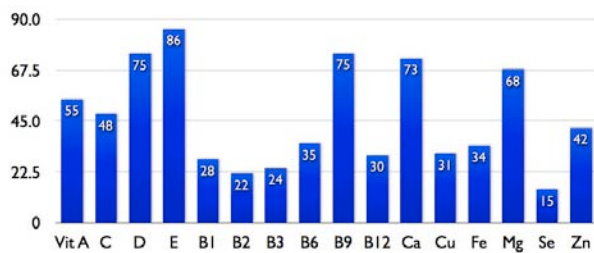
More research summaries on next page

First, I could quibble about ingredients in multivitamins, but these formulas have never been intended as the end all of supplements. They're basically a form of nutritional insurance, one that's needed more than ever given the disastrous state of malnutrition in the United States and other Western nations. It's physically impossible to pack ideal amounts of every nutrient into a capsule or tablet.

Second, in its diatribe against multivitamins, the nutritionally conservative Tufts newsletter indirectly suggested that, if people wanted higher potencies of some nutrients or herbs, they should go buy standalone supplements of calcium and D, lutein, antioxidants, DHA, ginkgo, bilberry, and probiotics. After all, if you can't get enough of these nutrients in a multivitamin, it only makes sense to make up the difference with whatever individual supplements are important to your health.

There is so much good research supporting the benefits of taking a high-potency multivitamin. Taking a daily multi reduces inflammation and your risk of heart disease, cancer, mood problems and many other health problems.

The Percentage of Americans Who Do Not Obtain Recommended Amounts of Vitamins and Minerals



I have long recommended that people take at least a high-potency multivitamin, and I continue making this recommendation. Given the millions of Americans (and others) who do not get adequate nutrition, it only makes sense. —JC

Vitamin E Supplements Help in Treating Fatty Liver Disease

Taking vitamin E supplements can improve liver function in people with fatty liver disease, also known as nonalcoholic steatohepatitis (pronounced stee-at-oh-hep-a-titus) or NASH.

Arun J. Sanyal, MD of Virginia Commonwealth University, Richmond, and his colleagues treated 247 men and women who were overweight or obese and had been diagnosed with fatty liver disease. The diagnosis is typically made when fat accumulation in the liver exceeds 5 to 10 percent, causing inflammation, scarring, and a reduction in liver function.

None of the subjects consumed large amounts of alcohol or were diabetic, both risk factors for the disorder.

They were asked to take 800 IU of natural-source vitamin E, the drug pioglitazone, or placebos daily for 96 weeks. By the end of the study, 43 percent of the patients taking vitamin E had improved significantly.

Patients taking vitamin E had less liver fat and lower levels of the liver enzymes alanine aminotransferase (ALT) and aspartate aminotransferase (AST), all signs of improved liver function. They also had less liver inflammation, but no change in fibrosis (excess fibrous tissue or scarring). No improvements occurred among patients taking placebos, and the improvements with pioglitazone or placebos were not considered significant.

Reference: Pioglitazone, vitamin E, or placebo for nonalcoholic steatohepatitis. *New England Journal of Medicine*, 2010; epub 10.1056/NEJMoa0907929. □

Lycopene Shows Some Benefits in Malignant Brain Tumors

Adding natural-source lycopene supplements to conventional therapies can extend the lives of patients with gliomas, a type of brain tumor.

Tarun Puri, MD, and his colleagues at the All India Institute of Medical Sciences, New Delhi, treated 50 patients who had been diagnosed with high-grade gliomas (mostly glioblastoma multiforme). The patients' average age was 38 years.

The patients underwent surgery, followed by radiation therapy and the drug paclitaxel, which sensitizes tumors to the effects of radiation. Half of the patients received 8 mg of lycopene or a placebo daily, starting on the first day of radiation therapy.

Tumors took longer to metastasize in patients taking lycopene – an average of 41 weeks, versus 27 weeks for patients getting placebos. In addition, patients taking lycopene lived longer – an average of 66 weeks, versus 39 weeks for those receiving placebos. Puri described seven of the patients taking lycopene as having a complete therapeutic response at the last medical follow up, compared with only two receiving placebos.

Puri wrote, "The encouraging results obtained in our study and evidence from recent reviews on the incorporation of nutritional agents in cancer management have opened new vistas in cancer management."

Reference: Puri T, Goyal S, Julka PK, et al. Lycopene in treatment of high-grade gliomas: a pilot study. *Neurology India*, 2010;58:20-23. □

Combining Lutein with Vitamin A Slows Deterioration of Vision

Vitamin A supplements have been routinely recommended for people with retinitis pigmentosa, an inherited disease that accelerates the breakdown of photoreceptor cells in the eye's retina. A new study has found that adding the antioxidant lutein helps preserve vision.

Retinitis pigmentosa first reduces mid-peripheral and far peripheral vision, leading to tunnel vision. Then, after age 60, central vision begins deteriorating and leads to blindness.

Eliot L. Berson, MD, of the Harvard Medical School and his colleagues treated 225 patients diagnosed with retinitis pigmentosa. The patients ranged in age from 18 to 60 years, and all were nonsmokers.

All of the patients were given supplements that provided 15,000 IU of vitamin A palmitate daily. Some were also given either 12 mg of lutein (approximately the amount in a half cup of cooked spinach) or placebos daily.

After four years, the combination of lutein and vitamin A significantly slowed the loss of mid-peripheral vision, compared with vitamin A alone. Mid-peripheral vision is between central and far peripheral vision.

Reference: Berson EL, Rosner B, Sandberg MA, et al. Clinical trial of lutein in patients with retinitis pigmentosa receiving vitamin A. *Archives of Ophthalmology*, 2010; 128:403-411. □

Specific Types of Dietary Fat May Influence Risk of Endometriosis

Endometrial cells normally form the lining of the uterus, but in endometriosis, these cells grow outside the uterus, such as on the ovaries. Endometriosis is a serious and painful gynecological disease that is the third leading cause of gynecologic hospitalizations.

But the risk of developing endometriosis can be influenced by eating habits and the specific types of fats consumed.

Stacey A. Missmer, ScD, and her colleagues at the Brigham and Women's Hospital, Boston, analyzed dietary and health data over 12 years from 70,709 registered nurses who were participating in a larger study.

Total fat consumption was not associated with the risk of endometriosis. However, women consuming the largest amounts of trans fats – found in hydrogenated oils, fried foods, margarine, crackers, and many other processed foods – were 48 percent more likely to be diagnosed with endometriosis.

In contrast, women with who consumed the most omega-3 fish oils – found in salmon and tuna – were 23 percent less likely to have endometriosis.

Reference: Missmer SA, Chavarro JE, Malspeis S, et al. A prospective study of dietary fat consumption and endometriosis risk. *Human Reproduction*, 2010: epub ahead of print. □

Eating Enough Dietary Protein May Reduce Risk of Hip Fractures

Eating adequate amounts of protein might reduce the risk of hip fractures, according to a new study.

Marian T. Hannan, DSc, of the Harvard Medical School and her colleagues analyzed the eating habits and risk of hip fractures among 946 older men and women.

People who ate larger amounts of protein, though within the normal range, were 37 percent less likely to suffer a hip fracture. In contrast, people who consumed the least amount of protein – less than 46 grams daily – were 50 percent more likely to experience a hip fracture.

A 3-ounce piece of cooked chicken contains about 27 grams of protein.

Protein can protect against fractures in at least two ways. Bone is a matrix of minerals and protein, and adequate protein helps strengthen that matrix. In addition, protein is needed to make muscles, which improve physical strength and stability.

Reference: Misra D, Berry SD, Broe KE, et al. Does dietary protein reduce hip fracture risk in elders? The Framingham osteoporosis study. *Osteoporosis International*, 2010: epub ahead of print. □

Cutting Sleep Hours Leads to Significant Boost in Food Intake

Some research has shown that a lack of sleep might lead to an increased risk of overweight and obesity. The reasons have been attributed to a number of factors, including higher levels of stress hormones and disrupted eating habits.

A new study has confirmed that inadequate sleep could set the stage for weight gain.

Laurent Brondel, PhD, of the Centre European des Sciences du Gout, Dijon Cedex, France, and his colleagues studied 12 healthy young men. On one day, the men were monitored as they went to bed at midnight and woke up at 8 a.m. On another day, they went to bed at 2 a.m. and woke up at 6 a.m., after just four hours sleep. In both cases, the men were allowed to eat as much food as they wanted.

When the men were sleep deprived, they were much hungrier before breakfast and dinner – and ate about 560 more calories that day. The increase in

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Quick Reviews of Recent Research

- Low vitamin D may aggravate asthma

Doctors at the University of Colorado, Denver, reported that blood levels of vitamin D were related to the severity of asthma in a study of 58 patients. Normal to high levels of vitamin D were associated with better lung function. In contrast, people with low vitamin D levels had greater airway reactivity.

Sutherland ER. *American Journal of Respiratory Care and Critical Care Medicine*, 2010;181:699-704.

- Alpha-lipoic acid helpful in neuropathy

Researchers from the Netherlands recently analyzed 10 placebo-controlled studies in which alpha-lipoic acid was used to treat diabetic neuropathy. Daily intravenous administration of alpha-lipoic acid significantly reduced nerve pain over three weeks. Oral alpha-lipoic acid was less effective but did provide some benefits over three to five weeks. Nerve pain was reduced by 30 to 50 percent. European doctors have used both intravenous and oral alpha-lipoic acid, an antioxidant, to treat diabetic neuropathy for decades.

Mijnhout GS. *Netherlands Journal of Medicine*, 2010; 68:158-162.

- B vitamins associated with lower heart risks

Japanese doctors asked 58,730 men and women, ages 40 to 79 years, to complete a dietary questionnaire, after which their health was tracked for 14 years. During this time, 3,497 of the subjects died from stroke, coronary heart disease, or other types of cardiovascular disease. Relatively high intakes of vitamin B6 and folic acid were associated with a lower risk of death from heart failure in men and a lower risk of death from stroke, coronary heart disease, and cardiovascular disease for women.

Cui R. *Stroke*, 2010: epub ahead of print.

- Zinc supplements ease depression and anger

Japanese doctors asked young women to take either a multivitamin supplement or a multivitamin

with 7 mg of zinc daily for 10 weeks. The multivitamin was given to prevent outright vitamin deficiencies, and it provided half of the Japanese recommended daily allowance for vitamins. Clinical tests showed that women taking the zinc benefited from significant reductions in anger and hostility, as well as in feelings of depression and dejection.

Sawada T. *European Journal of Clinical Nutrition*, 2010; 64:331-333.

- Green tea might contribute to fat burning

Swiss researchers investigated the potential role of green tea extract and caffeine in fat oxidation – the burning of fats in cells. On different days, they asked 10 generally healthy but overweight or obese men to take 300 mg of epigallocatechin-3-gallate (EGCG), 600 mg of EGCG, 200 mg of caffeine, or a combination of 300 mg of EGCG and 200 mg caffeine. The combination of EGCG and caffeine led to a 49 percent increase in cellular fat oxidation.

Thielecke F. *European Journal of Clinical Nutrition*, 2010: epub ahead of print.

- Sunlight may benefit people with MS

The incidence of multiple sclerosis (MS) increases in populations farther from the equator, and researchers have long thought that low levels of vitamin D – the sunshine vitamin – might be a factor in the development and severity of MS. While that might be true, new evidence suggests that sunlight might have other benefits in MS. Researchers at the University of Wisconsin studied laboratory mice with an MS-like disease. When the mice were exposed to ultraviolet (UV) rays to mimic the effects of sunlight, they found that the UV rays protected against MS-like damage. The amount of UV was not large enough to significantly increase the animals' blood levels of vitamin D.

Becklund BR. *Proceedings of the National Academy of Sciences of the USA*, 2010;107:6418-6423.

Sleep and Food Intake...

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calorie intake, if maintained over the course of a year, would lead to an increase of at least 30 pounds in body weight.

“These experimental results suggest, as observed in several epidemiological studies, that sleep restriction could be one of the environmental factors that contribute to the obesity epidemic.”

Reference: Brondel L, Romer MA, Nougues PM, et al. Acute partial sleep deprivation increases food intake in healthy men. *American Journal of Clinical Nutrition*, 2010: doi 10.3945/ajcn.2009.28523. □

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