

Health Huntersm

N E W S L E T T E R

Getting over gas, bloat, and embarrassment

Excerpts from a presentation by Ron Hunninghake, M.D.

Gas: A fluid such as air that has neither independent shape nor volume, but tends to expand indefinitely.

Bloat: A flatulent digestive disturbance of domestic animals, especially cattle.

It is thought that three-fourths of the adult population in the world are lactose intolerant.

Embarrassment: To cause to feel confused and ill at ease; disconcerted; flustered; to cause one to experience a state of self-conscious distress.

Flatulence: The presence of an excessive amount of gas in the stomach and intestine.

Five gases are involved in intestinal gas. Nitrogen and oxygen are the least problematic of the five because they are swallowed. The other three, methane(CH₄), carbon dioxide (CO₂), and hydrogen (H₂), constitute the bulk of intestinal gasses. Gas in the intestine comes from hydrogen producing bacteria.

For many years it was not known what was normal vs. abnormal gas. An Australian study evaluated 160 days of flatus emissions and they

found that males pass gas about 12.7 times per day and females about 7.1 times per day. They did an aroma quotient which discerned that male gases were worse than female gases.

Why do people develop gas? Genetic factors is one reason. One of the more common genetic factors is lactose intolerance when drinking milk or consuming dairy products. Lactose is in the water phase of milk. Milk, ice cream, or cottage cheeses include the water phase, or whey, which tends to cause problems if you are lactose intolerant. The fat phase in milk, as in cheese or yogurt, tends to be better tolerated. It is

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Little Things Add Up

Johns Hopkins University first enrolled women medical students in 1893. The 1994 freshman class included 63 women and 57 men.

Soy beans deserve more respect

Soy beans earned a place of respect in the eastern diet for over 1,000 years as an excellent source of protein. In China they are called *ta-tou*, which means "greater bean."

Not so in the U.S. We have seen soy beans only as something suitable for animal food (a good, cheap source of protein) and in processed foods when food technologists want a filler to save on using meat.

This perception is changing. Soy beans are moving into greater use in the western diet, not only for their food value but for the prevention and treatment of chronic disease.

At a recent conference held in Mesa, Arizona, and sponsored by soy bean producer and processing organizations, researchers presented over 30 papers showing the positive effect soy beans in their several forms can have on heart disease and cancer.

Soy sauce has been used in flavoring oriental dishes for quite some time. In recent years, tofu dishes have begun appearing on the menus of oriental restaurants with increasing acceptance. Magazines are featuring tofu recipes that depart from traditional oriental fare and are more mainstream cooking.

Tofu, sometimes called bean

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Nutritional Medicine

by Ron Hunninghake, M.D.

Five "bodies"

When we think of health, we think of the body. Physical health is the most obvious manifestation of living our lives in balance. Modern scientific medicine is most concerned about our physical body.

A new arena of health that has come into better focus in recent years is so-called "mind-body medicine." Research has clearly shown that we are more than just a physical body, and that these inner "bodies" can also affect our health.

Our emotional "body" is often ignored when it comes to understanding an illness. Anger is an example of a symptom of this body. Feeling cared for could be described as a nutrient for this body.

Our mental "body" is tied up with our beliefs/attitudes. A defeatist attitude, in regards to a serious illness, can kill you just as surely as a bullet through the heart. It is also at this level that images evoke powerful emotional and physical responses that can heal or hurt. For example,

seeing your white blood cells chewing on a tumor can be a powerful help to the immune system's fight against cancer.

The causal "body" is probably not very familiar to you. This is "us" in time. We all have a history of cause and effects that constitute the results we now experience. What we are today is the sum total of what has happened to us on the level of our "causal body." It is intimately tied to our sense of self-responsibility for our health and well-being.

The spiritual "body" is our perspective. Some say it is our ultimate self, or our soul. Without the spiritual perspective, it is difficult to achieve optimal health in all areas of our lives. Prayer and attention to relationships are two of the many domains of the "spiritual body."

By living in all five "bodies" in a full and conscious way, we can gain a deeper balance that is the basis of an ever-growing health and wholeness. [H]

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

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thought that three-fourths of the adult population in the world is lactose intolerant. Stomachs and intestines are not breaking down the milk sugar and it goes into the colon where bacteria ferment it into H₂ and CO₂ and in some cases CH₄.

What do you do about lactose intolerance? Using lactate tablets, lactate milk, and other forms of enzyme treated milk works fine for some people. But if you have sensitivities to casein and some of the proteins within milk, these may not be enough. If you want to use dairy products without developing

intestinal discomfort, you should try yogurt.

Use pasteurized yogurt or frozen yogurt containing live organisms. These particular organisms contain lactase, so when you consume yogurt you're getting lactase, mentioned above. If these organisms are missing, there is nothing in the yogurt to help you.

Some carbohydrates are not absorbed by anyone. If you eat beans, you have gas. Beans contain a non-absorbable trisaccharide that needs a special enzyme to break it down,

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which none of us have. An entrepreneurial company invented "Beano," which is an enzyme that can reduce H₂ excretions by 70% to help you digest beans.

One of the things I do with patients who are having gas problems is to use extra digestive enzymes, pancreatic enzymes.

You'll find resistant starches in various fruits and flours. Often people find that fruits, such as raisins, cause gas. If you cook and cool potatoes, bread, or certain fibrous foods, a process called retrogradation occurs, meaning that crystals which render 40% of the starch indigestible will form. Some dietitians think this is a good way to lose weight. "If people would cook their foods and then cool and reheat them this is a way of curbing obesity." However, there is a down side to this: you're going to be producing more gas.

We encourage our patients to eat good foods and use acidophilus and various other friendly bacteria to replenish the good bacteria in the gut. One problem today is the use of a lot of antibiotics. These alter the intestinal flora and that may cause excessive gas.

There are two types of bacteria in the gut that consume H₂: the methane producers and the sulfate reducing type of bacteria. The most important is the methane producer in terms of your flatus. Methane gas is composed of 4H and 1C and you're using five molecules of gas to make it down into one molecule. People who make a lot of methane have a built-in way of controlling it. So, if you're having a lot of gas it would behoove you to try some of these suggestions to improve the health of your intestinal flora. [H]

HEALTH HUNTERS AT HOME

Big black spots are good for you!

One of my favorite cartoonists is Jules Feiffer, and my all time favorite strip of his was titled, "Big Black Spots Are Good For You."

In my earlier years, I enjoyed it for its attack on pollution of our environment. Then I began to see it as a metaphor for disinformation in general.

The strip opens with people beginning to worry about black spots they saw floating in the air. As these black spots became bigger and more numerous, the government became concerned as well. If they didn't do something about the problem, they would lose votes.

Big black spots became the concern of leaders of Congress as well as the President's cabinet. After much joint discussion, the leaders at all levels decided what to do. They started a public relations campaign to convince the people that big black spots are good for you.

As the spots grew in size and number, the intensity of the campaign grew until the last panel of the strip was completely black.

Today a campaign of this type would more accurately be called disinformation. A disinformation campaign, at its worst, tries to convince you that black is white rather than dealing with the problem at hand.

Needless to say Feiffer falls from my consciousness for a year or two until I read something that brings him back to the conscious level—when someone tries to convince me that another kind of big black spots is good for me.

It happened recently with a short, two paragraph article in *Science News* about a two-decade drop in

sperm count.

The first paragraph reported on new research by Jacques Auger and his colleagues at the Universite Paris Sud in France and reported in *The New England Journal of Medicine*. Auger's group found a steady 20-year drop in the concentration, motility, and percent of normal-shaped sperm among the 1351 fertile men studied. This unexplained drop occurred "independent of the age of the men," they found. Earlier research on dropping sperm counts has been reported in *Health Hunter*.

In the second paragraph, the article attempted to create a balanced presentation by quoting an American source from a reputable institute who said not to worry. Sperm counts can vary widely from day to day and besides "sperm concentration in itself is not the chief determinant of male fertility," he added.

This sounds similar to "big black spots are good for you." Rather than try to find out why the sperm count is dropping and what could be done to enhance a person's biochemistry to reverse the trend, it is just explained away so that people won't think about it.

Now, when you read something that just doesn't ring true to you, see if it passes the "big black spot" test. All too often scientists, as well as politicians, try to explain things away rather than asking the hard question, "what can be done to solve this problem?"

As Albert Einstein once said, "We live in a world of problems which can no longer be solved by the level of thinking which created them." [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Scientists have expressed their concern that we may be developing bacteria which is immune to antibiotics. *Health Hunter* wants to give you information so you can make informed choices about your health care. In Beyond Antibiotics you will find out some of the problems caused by overuse of antibiotics. Also, you will learn what you can do to avoid antibiotics by building up your immune system and improving your resistance to infections. The questions this month are taken from this book written by Michael A. Schmidt, Lendon H. Smith, and Keith W. Sehnert.

- In learning about antibiotics, the healthiest way to use them is
 - antibiotics alone.
 - address dietary, nutritional, psychological, social, and lifestyle factors along with antibiotic use.
 - address dietary, nutritional, etc., before infection strikes to reduce need for antibiotic.
 - Avoid antibiotic use by learning basic strategies to avoid common illnesses.
- Obstetricians and Gynecologists write 2,645,000 antibiotic prescriptions
 - a day.
 - a week.
 - a month.
 - a year.
- The question we need to be asking is "How can we develop a stronger antibiotic to kill bacteria?"
 - True
 - False
- With the discovery of new germs every year, we need to find a way to control infections. Research is revealing _____ has a profound effect on our immunity.
 - diet and nutrition
 - environment and lifestyle
 - stress and attitude
 - all the above
- "Miracle" antibiotics are mainly responsible for the decline in infectious diseases such as tuberculosis, rheumatic fever, diphtheria, etc.
 - True
 - False
- The intestinal tract is home to many different kinds of bacteria. In the best of circumstances they
 - all need to be destroyed.
 - all are deadly.
 - live in harmony together.
 - are indifferent to each other.
- The bacterium, *Lactobacillus acidophilus* is one of the more important beneficial bacteria. It plays a role in
 - digestion of food.
 - manufacture of vitamins B1, B2, B3, B12.
 - manufacture of folic acid.
 - all the above.

• FOR ANSWERS, SEE PAGE 7 •

When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth becomes useless and reason is powerless.

Herophilus, c. 300 b.c.

Case of the month

This is a follow-up on the "Case of the month" in the April, 1994, issue of *Health Hunter*. An 11-year-old male came to The Center with severe Attention Deficit Disorder problems. He had fatigue, recurrent ear infections, bronchitis, asthma, depression, aggressive behavior, as well as many other symptoms. He has significantly improved since that time. Since he lives in Texas, I had not seen him since October, 1994.

In December of 1994, the mother called to report that, in the last several months, his temper episodes were increasing. He felt stressed and was returning to many of his old symptoms. It turned out he was not taking his supplements regularly. We made some adjustments in the supplements, and I had the mother read a copy of a book called Solved: The Riddle of Illness, about the use of natural thyroid to help improve the overall metabolic functioning. I also had her read an article entitled "Attention Deficit Hyperactivity Disorder in People with Generalized Resistance to Thyroid Hormone," which was published in *The New England Journal of Medicine*. A low dose of natural thyroid was begun on 12/24/94.

On 2/8/95, the mother called back reporting "like a miracle" the boy was sleeping better, no more nightmares, was bright, cheerful, less aggressive, and non-confrontational.

On 3/13/95 the patient came back to The Center for a follow-up evaluation. His humor had greatly improved. Grades were doing fine, and the teachers remain impressed. He had experienced no colds or flu this winter, which was a major improvement. He was still doing great, according to the mother. TH

Continued from page 1

curd, is the chameleon of foods. It takes on the characteristics and flavors of the other foods in the recipe.

"When one considers the many nutritional attributes of soy foods, from the very basic (high-quality protein, lactose free and cholesterol free, good source of omega-3 fatty acids) to the exciting (the prevention and treatment of heart disease and cancer), it is clear that the nutrition community should welcome...soy foods into the American diet," wrote Mark Messina in the proceedings of the conference published in *The Journal of Nutrition*.

In addition to being low in saturated fat and cholesterol free, soy bean products have a cholesterol lowering effect. One researcher found that as little as 25 grams (about 0.9 oz.) of soy protein a day was all that was needed to lower the cholesterol in the subjects tested.

It is good for bone health, too. Protein tends to cause a loss of calcium in the urine and the Western diet is generally rich in protein. But, not all protein acts the same in this case. Soy protein causes much less calcium to be lost in the urine.

Along with this, the phytoestrogen (plant based natural estrogen) found in soy beans has been shown, in some cases, to provide women the boost they need in menopause.

Both the prevention and treatment of cancer has interested researchers recently. Epidemiologic data suggest consuming as little as one serving of soy foods (i.e., one cup of soy milk or 1/2 cup of tofu) per day lowers the risk of a wide range of cancers.

These are but a few of the advantages of adding soy protein to ones diet. [H]

Mental Medicine

by Jon Sward, Ph.D.

There are lots of people who have symptoms who are not seeking treatment. When symptoms are of no bother, treatment is not generally sought. Patients seek treatment when their symptoms become uncomfortable or cause suffering. Suffering is not necessarily physical pain, although it may be that too. But suffering always includes psychological discomfort.

Consequently, patients want relief. Most are not very interested in doctors' theories, except as a source of relief. Patients are far more pragmatic. They are interested in what works for them, whether it fits somebody's good theory or not.

Patients are also less concerned about having a "right diagnosis," especially if it leads nowhere. Too many doctors have thought their job

was done after they made a diagnosis—giving a problem a name—followed by dry explanations with lots of reasons why "you'll just have to learn to live with it."

Since it is the psychological discomfort created by symptoms that motivates patients to seek treatment, all sensible treatment should focus first and foremost on helping the patient alleviate suffering and discomfort, through whatever means.

An effective practitioner communicates directly and indirectly that he or she cares, will listen and take the patient seriously, and is committed to sticking by the patient and searching for answers that will help bring relief. These simple communications, mental in nature, carry important healing properties that help physical therapies work better. [H]

CENTER UPDATE

Red wine and heart disease: the French paradox

Why do the French, who eat a relatively high-fat diet, have such a low incidence of heart disease?

A research project completed in Israel and reported in *The American Journal of Clinical Nutrition* says it's the red wine. Not only did Bianca Fuhrman and associates find it is the red wine, but they found out why it is red wine and not white wine.

This research, "demonstrates for the first time that daily consumption of red wine (400 mL) for 2 weeks reduced the susceptibility of [blood] plasma and low density cholesterol (LDL) to peroxidation. White wine consumption showed the opposite effect," Fuhrman wrote.

It is the oxidized LDL through

the peroxidation process in the blood that not only starts, but continues, the atherosclerotic plaque buildup in the arteries that causes the blockage leading to much of the heart disease.

The researchers found, "the phenolic substances in red wine with antioxidant properties toward LDL oxidation, are absorbed from the gut into the circulation, bind to LDL, and thus exert their antioxidant characteristics." These phenolic substances were not found in white wine.

Actually, they found that the white wine accelerated the peroxidation of LDL because the phenolic substances are not present in the wines to counteract the alcohol. [H]

Beat The Odds Update

Asthma and vitamin C

Can vitamin C help asthma sufferers? Recent research, reviewed in *The American Journal of Clinical Nutrition*, shows a link between the two.

Asthma cases have risen in the last several years. Between 1980 and 1987, physician diagnosed asthma in the United States has risen by 43% in people over 20 years of age.

One place to begin looking for the reason for this increase would be changes in the diet and the environment. One researcher noticed an increased lack of foods containing antioxidants in the diet while another gained an appreciation for the role of antioxidants in lung disease. This led to looking at antioxidant deficiencies, and primarily vitamin C, in asthma.

"Low dietary vitamin C is associated with increased symptoms of bronchitis and wheezing and with pulmonary function deficits. A diet low in vitamin C, assessed by 24-hour recall of foods eaten, correlates

with decreased pulmonary function, suggesting that choice of foods poor in vitamin C may predispose to asthma," wrote Gary Hatch in the article.

Researchers have discovered low blood levels of vitamin C in both the plasma and white blood cells of asthmatics. "One study examining 62 asthmatic and 57 normal adults of both sexes showed 35% and 50% lower concentrations of vitamin C in the blood [white blood cells] and the plasma of asthmatic patients, respectively," Hatch wrote.

Giving asthmatics supplemental vitamin C has also been tried. Since 1973, seven studies found significant improvements in respiratory measurements as a result of adding 1 to 2 grams of vitamin C to the regimen of asthmatics.

"These results suggest the potential for a modest effort of a large supplementation of vitamin C in reversing hyperresponsiveness and other symptoms of ongoing asthma," Hatch concluded. H

Exercise, antioxidants, and the one horse shay

We are designed to work like the old one horse shay immortalized in song: we are to keep running up to the end and then just collapse at the last instance.

Instead, we talk about the "declining years," that time when we keep going but that inevitable decay slowly takes its toll.

There are ways to reverse that inevitable decay of time—exercise and antioxidants, to name two.

Marie Fiatarone, chief of the physiology lab at the USDA Human Nutrition Research Center on Aging at Tufts University, led researchers to find out how to reverse musculo-

skeletal frailty in older people.

Elderly people who lifted weights three times a week more than doubled their muscle strength along with increasing their walking speed and improving stair climbing ability.

Antioxidants are another answer. No one sets out to do oxidative damage to themselves, but it happens when we don't have ample levels of antioxidants.

Vitamins A, C, E, and beta carotene, along with selenium, are the primary antioxidants. Adding more fruits and vegetables to the diet is a good place to start. H

Spring peepers

What a pure delight it was to arrive in the predawn hours yesterday and be greeted on my walk from the car lot to the building by...spring peepers. Nothing heralds spring as surely as the joyous croaking of frogs freed from the deep mud of winter hibernation. You can feel the exhilaration in the sudden burst of exaltation. It cannot be contained. It must ring all day. I went up on the deck later in the day just to absorb the joyance. What a soul-lifter after the gloom of two days of rain. We often forget all the wonderful things that rain brings. The peepers announce for sure that spring is here and not just on the way.

Can henbit be far behind??? Henbit, the glory of spring. Purple clouds of splendor copiously scattered with abandon by the flower fairies and plant devas (spirits). They love to leave a trail of their handiwork...patches of exquisite color brightening each new vista. The sunny glow of forsythia and magical multi-colored displays of tulips, hyacinth, and jonquils displayed on a bed of dark green Dutch clover, sprinkled with a dusting of white blossoms valiantly trying to remind us of the winter snows that we've just escaped. Sing a paean of elation to the renewal of the spirit in each one of us. Life springs abundantly everywhere you look.

Revel in the grandeur of the new season and spread that feeling by smiling at the next ten people you meet. Joy is contagious. Spread your share because that is what bounces back to you. If we could get this going, it would surely quell some of the harshness in daily commerce. That would truly be a random act of kindness. Let's spread joy. H

Love & Light,
Norvalee

Answers from page 4

1. d. By simply increasing your activity level by walking 30 minutes a day, you improve your immunity and avoid the need for antibiotics.
2. b. Internists gave out 1,415,000 during the same period while Pediatricians prescribed over \$500 million worth of antibiotics to treat ear infections in children.
3. b. That gives you a certain amount of information, but it completely ignores the idea of susceptibility. What factors are involved in one person getting an infection while another exposed person does not?
4. d. The National Cancer Institute says that 60 to 70% of all cancer, which is connected to the immune system, is related to diet, lifestyle, and environment.
5. b. Infectious diseases had already declined substantially before the introduction of antibiotics, and their introduction did not appear to cause further reduction.
6. c. They live in a symbiotic relationship, meaning they benefit from the existence of one another.
7. d. It also secretes a substance that destroys invading infectious bacteria. [HI]

SPECIAL DISCOUNTS

BEYOND ANTIBIOTICS

by Michael A. Schmidt, Lendon H. Smith, and Keith W. Sehnert

The widespread use of antibiotics has generated a host of antibiotic resistant bacteria. If you felt helpless when you read that statement, this book may be for you. You can learn how to build your immunity and improve your resistance to infections. Softcover book.

Retail Price: \$16.95

Health Hunter Price: \$15.15

KEEPING THE HEART PUMPING AND THE BLOOD MOVING—IT'S CIRCULATION!

with Ron Hunninghake, M.D. and Jon Sward, Ph.D.

Recent research shows reducing stress and expressing your feelings appropriately reduces the risk of heart attacks and actually helps cleanse the circulatory system. Also, learn how some medical treatments can reduce the chance of heart attacks and strokes without the high cost of bypass surgery. Audio cassette.

Retail Price: \$7.00

Health Hunter Price: \$6.30

VITAMIN TAKERS—ARE THEY QUACKS, KOOKS, OR ON THE CUTTING EDGE

with James Jackson, Ph.D.

Some government agencies and medical groups say only "uneducated consumers" supplement their diets with vitamins or other nutrients. In actuality, people who use alternative therapies or take vitamins and supplements have an above average education. Audio cassette.

Retail Price: \$7.00

Health Hunter Price: \$6.30

HOW "MISSING" NUTRIENTS CAN CAUSE DEPRESSION

with Jon Sward and Ron Hunninghake, M.D.

If you thought life's problems were the primary causes of depression, think again. New studies reveal that low levels of certain amino acids and other nutrients influence brain chemistry, the root of most depression. These new biochemical causes take depression out of the mental illness category. Audio cassette.

Retail Price: \$7.00

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Lunch & Lecture Classes:

- 4/11 Know Your Nutrients: Niacin
4/13 Plant Food Chemicals that Prevent Cancer
4/20 Can Alternative Medicine Help You Too
4/21 Beat The Odds Update: Antioxidants
4/27 How I Got Rid of My Glasses
5/2 Know Your Nutrients: Carnitine
5/4 Is It Really All in Your Head?
5/9 Know Your Nutrients: Fatty Acids
5/11 Unlocking Your Brain's Healing Potential
- 5/5 Evening Reception with Miss Kansas
- 5/6 Child/Parent Health Day with Miss Kansas
- 6/9-10 Health Fair
- 6/15 Summer Classes begin
- 6/16-17 Unfolding Potentials
- 9/8-10 14th International Conference on Human Functioning

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

Live longer: religious, social perks

Do religious beliefs give you strength and comfort? Do you regularly participate in social activities? If so, you have a greater chance of surviving heart surgery, according to *Psychosomatic Medicine*.

Thomas Oxman, M.D., and associates interviewed 232 people, 55 or older, 2 weeks after heart surgery. At six months, 21 had died.

One in five of these patients who found neither strength and comfort from religion nor had social activities died in the period. The numbers jumped to one in 13 if they had either religious strength or social participation, but not both. Only one in 50 of those reporting both religious strength and social activities died in the six month period.

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Health Hunter

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