

Health Hunter[®]

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N E W S L E T T E R

APRIL 1997

Natural options for hormone replacement therapy

Ron Hunninghake, M.D.

There are approximately 30 million menopausal women in North America today. In addition, over 20 million baby boomers are waiting in the wings of near menopause. This represents a huge slice of our female population. Merely viewed as an estrogen market (as crass as that sounds) the current 12% using Premarin generated \$700 million in sales in 1992!

Over 5000 plants have been shown to make progesterone identical to human progesterone.

From the purely human perspective, menopause is quite different from woman to woman. Many suffer no great emotional or physical discomforts. For others, the hot flashes are transient. But for the majority of women, menopause can mean several of the following symptoms: nocturnal hot flashes that disrupt sleep, vaginal atrophy and dryness that interfere with sexual function and urinary control, fluid retention, weight gain, poor libido, mood swings that go beyond simple irritability, even to the point of severe clinical depression and anxiety, headaches, fatigue, declining memory, loss of skin tone with more wrinkle formation, scalp hair thinning, facial hair growth, bony mineral loss (osteoporosis), body achiness, minor cardiac arrhythmia's that are frightening, and a host of minor symptoms that seem overwhelming and disconcerting.

Conventional dogma is simple:

menopause equates to estrogen deficiency. Estrogen is believed to maintain youthfulness in women (especially in the area of preventing vaginal mucosal atrophy), to prevent osteoporosis, to reduce the risk of coronary heart disease, and to carry a tolerable risk for breast cancer. In the minds of the vast majority of doctors, the benefits of estrogen outweigh its risks. The one exception to this is endometrial cancer. Here it has been shown that estrogen used alone carries an unacceptable risk. Hence the push in recent years for women to use progestins in combination with estrogen to reduce this risk.

The side effects of estrogen are often overlooked. Most physicians are simply unaware that estrogen, when not balanced with progesterone (the "other" female hormone) often causes excessive breast stimulation and pain, weight gain in the hip and thigh areas, salt and fluid retention, migraine headaches, depression, diminished thyroid function, enhanced risk for blood clot formation, decreased libido, impaired blood sugar control, loss of zinc and retention of excessive copper, and relatively poor osteoclast restraint (these are the bone cells that break down bone and contribute to osteoporosis.) Many, if not most of these side effects of estrogen, can be controlled with progesterone.

Another major misconception in the medical mind is that progestins are progesterone. More and more physicians are using Provera and other synthetic progestins in an attempt to

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Fat location may increase heart attack risk for women

Is it fat located on the arms, or the trunk, or the legs that increases the risk of heart attack or does it make any difference?

This question was asked by Martha Williams and her colleagues with the University of Alabama at Birmingham who set out to find the answer. With the help of 224 female volunteers between the ages of 17 and 77, and using dual-energy X-ray along with careful calculations, they found the answer.

"Trunk fat may put women at risk of developing [cardiovascular disease] whereas leg fat does not," they wrote in a recent issue of the *American Journal of Clinical Nutrition*.

They went on to point out that trunk fat is "lipolytically [cholesterol related] very active and will increase serum [triglyceride] concentrations, whereas leg fat... will have little effect on [triglycerides]."

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Nutritional Medicine

by Ron Hunninghake, M.D.

Pioneers

Pioneers are driven by an inner spirit to explore and settle new territories. Pioneers are not satisfied with the status quo. Something inside of them says there is more to it than just this. Pioneers are questing for a higher quality existence, unshackled by conventional standards.

Health pioneers are driven by an inner vision that recognizes the human body's amazing ability to renew itself. Unlike a machine, which breaks and must await the outside mechanic to fix it, the human body is inhabited by an inner healing force, a spiritual presence that transcends the mechanistic view of the universe.

To unleash this force, it must be fed. Health pioneers are looking for methods, strategies, techniques, electromagnetic currents, special foods, nutrient, phytochemicals, imagery, lifestyles, thought processes, prayers, meditations, and a host of additional triggers to evoke this healing, nourish-

ing, and regenerative response.

Pioneers have always been viewed as a little crazy. They see something that others do not see. Health pioneers are especially guilty of this. Conventional practice has an amazing property: those engaged in it assume it has always been that way. Haven't we always known about germs, the circulation of the blood, and the importance of washing our hands? Prior to Pasteur, Harvey, and Semmelweise...no. These men were health pioneers whose vision challenged the status quo.

Pioneers in every walk of life serve a unique function: their inner quest challenges our complacency with what is. They see what could be, and follow it. When they find it to be true, those left guarding the fort are forced to grow. Leaving the fort creates uneasiness.

There is a pioneer in each of us...and a fort-guarder. History has shown us that a peaceful co-existence of the two is possible...and desirable. 

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obviate the side effects of "unopposed estrogen." However, the synthetic analogs to natural progesterone have their own list (and a rather long one at that) of side effects. Any woman taking a synthetic progestin would be wise to ask her pharmacist for a copy of the package insert that outlines these significant side effects. Natural progesterone, as it occurs in the human body, has none of these undesirable effects.

The benefits of natural progesterone are quite striking. Progesterone has been shown to protect against fibrocystic breast symptoms; it promotes thyroid hormone function and fat burning in the body; it has diuretic and anti-depressant properties; blood clotting mechanisms are normalized by it, as are blood sugar levels; libido is restored; the endometrium is healthier with progesterone; endometrial and breast cancer risks are lowered; osteoblast (the bone cells that build bone) are stimulated; it is a precursor to corticosterone production and facilitates better stress manage-

ment; and zinc and copper levels get normalized by it.

Estrogen and progesterone function in the body antagonistically. This does not mean one is "good" and the other "bad". As with most hormonal control mechanisms, there needs to be a balance. Estrogen is harmful when it takes on a dominance that diminishes the natural balance it normally has with progesterone. Many of the severe symptoms of menopause begin occurring several years prior to cessation of ovarian function. This is due to the premature cessation of ovulation. Without ovulation, no progesterone is made. Anovulatory cycles are characterized by estrogen dominance, and are associated with all the symptoms mentioned above under estrogen side effects. One author called this peri-menopausal time period "perpetual PMS."

Because estrogen can be made in the adrenals and synthesized from progesterone, a natural alternative to

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synthetic estrogen and progestin replacement therapy is natural progesterone. Over 5000 plants have been shown to make progesterone identical to human progesterone. One plant, the wild yam, is exceptionally high in natural progesterone. Dr. John Lee, a family physician from California, began using topical wild yam extract with his menopausal patients over 15 years ago. (Note: orally consumed yam extract is largely deactivated by the first pass effect of the liver.) He has written a wonderfully lucid book, *What Your Doctor May Not Have Told You About Menopause*, that carefully outlines this most difficult topic. The book is worth its cost just for the more thorough understanding it gives on the cooperative nature of female hormones.

The use of wild yam extract topically has been met with extreme suspicion and frank hostility by many physicians. Women who have tried it and found it to be effective, are put in a very uncomfortable position. Their physicians, feeling the professional and medical-legal burden of abiding by the standards of the day, are unwilling to condone the use of a natural substance that they feel is under-researched and non-regulated in its content. Women who have suffered the side effects of synthetic therapy and found the natural alternatives to work better, with no or minimal side effects, feel the obligation to follow their body's dictates. Throw this into the sociologic environment created by the consumer and feminist movements and it all adds up to a rather complicated situation.

In the final analysis however, we each bear the ultimate responsibility for our health. The best advice includes: follow the "buyer beware" attitude when it comes to natural progesterone creams and other natural alternatives. Maintain an open dialogue with your primary care physician. Practice good lifestyle choices, which are agreed to by both sides of the issue. Try out the alternatives while using the conventional methods of assessment (such as regular pelvic and pap exams, bone density measurements, consultations with experts, etc.) in order to maintain a standard of objective honesty. Bottom line: safety first! [H]

HEALTH HUNTERS AT HOME

Do prostate cancer and breast cancer have something in common?

Today, estrogen remains one of the foremost risk factors for breast cancer, the second leading cause of death for women in the U.S.

In men, prostate cancer is the counterpart for breast cancer in women. Prostate cancer is the number one cancer in men and the second leading cause of cancer death.

Researchers are beginning to believe that the two types of cancer have more in common than statistics.

"Growing evidence suggests that both malignancies trace to a common mechanism—damage to DNA. Such damage can be triggered, at least in part, by estrogen," wrote Janet Raloff in *Science News*.

As we men get older, our testosterone levels begin to wane.

A quick aside: I have a friend whose wife considers this waning testosterone a good thing. She would accuse him of suffering from "testosterone poisoning" when he burst out with all sorts of expletives when referring to the "dumb" driver he had just encountered.

But waning testosterone is a problem because the male production of estrogen does not fall in old age. The lessening of testosterone concentrations in relation to estrogen in older males causes other problems—free radicals.

For new readers of *Health Hunter*, free radicals are oxygen molecules that have lost an electron and rush through the body looking for a place to steal an electron to replace the missing one. DNA are often targeted, causing damage to them. Estrogen can trigger this damage to DNA, at least in part.

This free radical model "is a very neglected area in prostate cancer research," Shuk-mei Ho, an endocrine oncologist at Tufts University, told *Science News* recently.

Free radical research is beginning to draw some interest. For instance, Maarten Bosland at New York University Medical Center at Tuxedo found through rat studies that hormone imbalance did contribute to prostate cancer.

Bosland pointed out that "tumors in

the prostate develop only in that region where you find elevated levels of [free radical] oxidative damage."

Donald Malins with the Pacific Northwest Research Foundation in Seattle is working on a test to look at free radical damage in the prostate. By graphing free radical damage in normal and diseased tissue, he feels he will come up with diagnostic information that will tell whether a person's prostate is healthy, contains cancer, or has sustained damage likely to turn into cancer.

Until Malins or another researcher comes up with such a test, should older males just sit around, wringing their hands, waiting for prostate cancer or is there something we can do?

Recent studies have shown that vitamin E is an excellent antioxidant that helps squelch free radicals before they can cause damage, but generally one needs to include some supplemental vitamin E to go with your diet to gain the full effect.

A diet rich in tomatoes could help protect against cancer. Tomatoes are rich in lycopene, one of the carotenoid pigments, which is well known for its antioxidant effect.

Those of you who received the last Health Hunter learned about selenium's role in preventing cancer in all sites in the body. Like vitamin E, to gain selenium's cancer fighting antioxidant effects, it may be necessary to add it as a supplement to the diet.

Breast cancer and prostate cancer may have more than estrogen in common as a cause. They also have in common ways to help prevent it as well—antioxidant foods and supplements to assist in controlling free radicals that contribute to both cancers.

Bosland, for one, is planning to look at dietary approaches. He is interested in genistein, a compound found in soy products that blocks much of estrogen's activity in people and inhibits the growth of prostate cancer cells.

Who knows; it could work to prevent breast cancer, too. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Women are more conscious of osteoporosis nowadays than they used to be. We are bombarded with information on taking hormones or not taking hormones until it is really difficult to decide what to do, particularly if we have a family history of osteoporosis. *Preventing and Reversing Osteoporosis* does a thorough job of researching bone structure and osteoporosis. Diet and what we are missing in that diet may hold clues to ways to prevent or reverse osteoporosis, according to the author, Alan Gaby, M.D.

1 _____ is/are living tissue(s) continually remodeling itself and constantly participating in a wide range of biochemical reactions.

- a. Calcium
- b. Bone
- c. Teeth
- d. All the above

2 Bone tissue consists of both cells and an intercellular matrix. Cells within bone which are involved in laying down new bone tissue are called _____.

- a. Osteoblasts
- b. Osteoclasts
- c. Osteomasts
- d. all the above

3 Despite all the preventive measures, at least 1.2 million women suffer from fractures as a direct result of osteoporosis.

- a. True
- b. False

4 Preventing osteoporotic fractures requires attention to

- a. preventing loss of calcium and other minerals from the bone.
- b. maintaining the soft tissue component of bones, such as protein, which gives bones their unique structure.

- c. making sure bones are capable of efficiently repairing damaged areas.
- d. all the above.

5 On the average, all women with a given bone mineral content suffer the same number of fractures.

- a. True
- b. False

6 Too much _____ in the diet may promote bone loss because it causes more calcium to be excreted.

- a. milk
- b. fruit
- c. protein
- d. none of the above

7 Another nutrient that plays a key role in formation, remodeling, and repair of bones is _____.

- a. ginkgo
- b. vitamin K
- c. salt
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 41-year-old female from Abilene, Kansas, came to The Center with a history of chronic ulcerative colitis since May, 1986.

Her symptoms included daily bloody diarrhea, abdominal cramping, bloating and gas. She experienced constant fatigue, making it difficult to keep up with her two boys.

Other problems included anemia, headaches, gum loss, memory loss, irritability, depression, low motivation, drowsiness, skin dryness and itchiness, and white spots on her nails.

She had been taking five Sulfasalazine capsules, a sulfa antibiotic, for her condition since October of 1992.

Laboratory testing was positive for *Endolimax nana* cysts, an amoebic parasite in her stool exam. Eight out of 20 foods were cytotoxic positive. In addition, CEA (a test for fast growing cells such as cancer) was in normal limits. Urinary pyrroles were elevated. The potassium to sodium ratio was found to be quite low (and she admitted to eating a low whole foods diet). Her hair mineral testing indicated that she was a slow oxidizer.

Laboratory testing also found her plasma C level was 0.1, which is scurvy level! Essential fatty acids, omega 3 and omega 6, were also found to be low.

Treatments included Parax, an herbal parasite therapy, for two months and Emergen C packets twice daily in addition to several intravenous treatments. Also Ester C capsules, two a day, were added.

She was given EicoPro, two capsules per meal, as a source of omega 3 and omega 6 oils. Selenium, 200 mcg per day was started. Ultra Clear Sustain, a low allergy rice protein powder was advised, along with cutting out her allergic foods.

The real turning point came when L-glutamine powder was added and worked up to 12 grams per day. The bleeding and diarrhea stopped and she was able to wear off the antibiotic. She now has two normal bowel movements per day and is thrilled. Plus she has enough energy to chase her eight- and twelve-year-olds.



Share information about The Center with your family and friends by inviting them to visit our Internet website! Meet us at the following address: <http://www.brightspot.org> or correspond with us by E-mail: healthcoach@southwind.net.

Light exercise equals improved sleep for the elderly

I would like you to read a quote from General Douglas MacArthur:

People grow old by deserting their ideals. Years may wrinkle your skin, but to give up interest wrinkles the soul. When the wires are all down and your heart is covered with the snows of pessimism and the ice of cynicism, then and then only, are you grown old.

We all need a good night's sleep to help us maintain our ideals. A recent article in the *Journal of the American Medical Association* states that older adults who have trouble sleeping should try exercising more.

The study included 29 women and 14 men ages 50 to 76 years who were sedentary, free of cardiovascular disease, and reported moderate sleep complaints. Exercise consisted primarily of four, 30- to 40-minute endurance training sessions (low-impact aerobics, brisk walking) per week for 16 weeks.

The researchers found that those who exercised slept almost an hour longer, while those who did not exercise had minimal sleep improvement. The exercisers also reported cutting in half the amount of time it normally took for them to fall asleep.

As our body heals itself during sleep, we receive a double bonus when we exercise—more sleep and a healthier body. We can then awaken with a brighter and more meaningful attitude to begin our day.

—Nelda Reed

More grape skin news

Last month, Health Hunters learned the advantages of eating grapes, skin and all.

This month, we learn from *Newsweek* of a new drink made from powered grape skin extract. One gram of the extract has the same amount of cardio-protective polyphenols as one finds in a half liter of red wine.

Don't rush out to purchase the extract unless you live in Singapore. It is being test marketed there first.

Mental Medicine

by Marilyn Landreth, M.A.

Who is your role model for growing older?

What are your beliefs concerning growing older? Is it a time you look forward to living or do you think it is just slightly better than the alternative—dying. Our beliefs concerning growing older just might have an effect on the way we age.

If we were lucky enough to be reared in an extended family with grandparents, aunts, uncles, and other relatives and friends who were busy and active, although old in years, we might have a different view of old age than people raised in different circumstances.

My mother will soon be eighty-one and is still employed. Another friend's mother is 87 and works circles around younger people. She works more than 40 hours a week in the family business, does books for the store at night, and goes on buying trips by herself to re-

plenish stock. We have several volunteers here at The Center who are retired from a pay check but continue to be very active. I would venture to say they all have role models that lived long and useful lives.

Along with a good role model, it seems that people who have a zest for life don't take the little things too seriously. They can see the humor in many situations that others might not.

If aging is a state of mind, we need to be putting out messages that you can grow old, healthily, with a great body, and an active inquiring mind. In addition to eating healthy food, exercising, and learning to deal with stress, we can use the Mental Medicine of knowing that healthy aging is possible and look at the funny side of life whenever we can.

Food of the Month

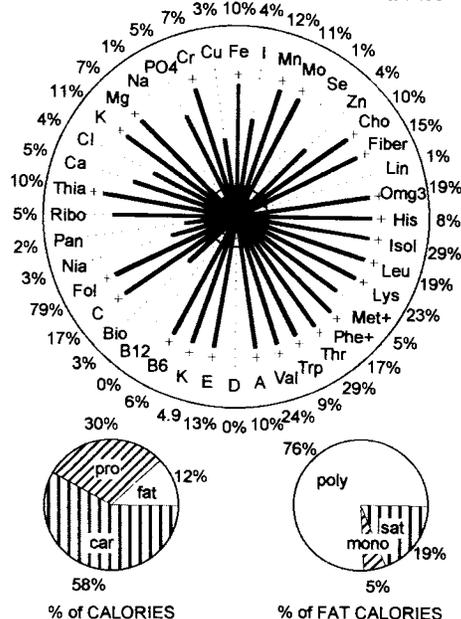
by Donald R. Davis, Ph.D.



NutriCircle

1/2 head = 35 calories

LETTUCE is often said to contain no nutrients. This partial truth rests on its watery, fluffy nature. Otherwise, it is one of the richest foods we have, as shown here for head lettuce. We simply must eat a lot of it to reap its bounty. Half of a small (6-inch) head supplies 15% or more of the RDAs for vitamins C and K, folic acid, fiber, omega-3 fat and six of nine essential amino acids. Relative to calories, head lettuce contains adequate amounts of 35 out of the 40 nutrients here. Romaine lettuce has more carotenes, vitamin C, and other nutrients, but less magnesium. Try lettuce plain, or limit oily dressings by adding nuts, avocado, olives, or cheese instead.



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).

Beat The Odds Update

You need the whole team to win the game

We know that antioxidants squelch cell and DNA damaging free radicals. Now, recent research develops a new understanding of how antioxidants actually work to control free radicals.

One study looked at the relationship between vitamin E, vitamin C, and beta carotene. Vitamin E reacts with free radicals, donating the electron they need to restore them to a less harmful state. Vitamin E needs a replacement electron which beta carotene is more than willing to contribute. Vitamin C now replaces the beta carotene electron and becomes a water-soluble radical that washes out of the body. The cycle goes on continually, T. George Truscott and his associates with Keele University in England found in a study published in the *Journal of the American Chemical Association*.

Ron Hunninghake, M.D., often

points out that one nutrient alone won't solve the problem. It requires all of the team to do the job. He often adds that a team can have the finest quarterback in the league, but if you send only the quarterback to play the game without the rest of the team, he is quickly trounced by the weakest of teams.

Rodney Levine and colleagues, with the National Heart, Lung and Blood Institute in Bethesda, Maryland reported in the *Proceedings of the National Academy of Science* that the amino acid methionine may be protein's last defense against free radicals.

They found that almost all free radicals they studied have a preference for attacking methionine. Free radicals turn methionine into methionine sulfoxide that doesn't particularly change the structure of the protein studied. Methionine, they suspect, is there to protect the protein. [H]

CENTER UPDATE

H-SCAN tells how old you are—biologically

A computer that tells me how old I am? My driver's license has my birthday on it and lets me drive legally, too.

Your driver's license only confirms your chronological age, but the new H-SCAN biological age computer tells you how old you are biologically, a far more important number.

The H-SCAN computer, through 12 different tests, measures such areas as different sensory functions, cognitive functions, motor functions, pulmonary function, and more.

For example, muscle movement speed as response to a light signal relates not only to the performance of the sensory motor neurons, but of pathways between the muscles and the brain.

These are functions you use every moment of every day and as you age these functions tend to slow down, or age biologically.

When you sit down in front of the The Center's H-SCAN biological age computer, you find five simple devices in front

of you, a computer screen that leads you through the tests, a simple six button keypad with a light above each key, earphones for the hearing test, a small box for the vibratory sense test, and a little larger box with a lens on one end for the eye function test. Nothing threatening for those uncomfortable with computers, just easy to use components.

And when you are finished with the 45 minute program, the H-SCAN prints out a colorful, easy-to-understand report that shows you the areas where you excel and any areas where you may want to do some improving.

The Center's H-SCAN biological age computer is used in all clinical evaluations and is a component of the Beat The Odds program. Come, give it a whirl. You just might be like many of the staff and be able to brag that you have proof that you are younger than your driver's license shows. [H]



Coffee's O.K. again

Coffee's tasted success and failure in the scientific press the last few years. It has been accused of either causing or helping everything from cancer to low birth weight babies.

"If coffee was our worst vice, we would be in fine shape," Dr. John Potter with the Fred Hutchinson Cancer Research Center in Seattle told scientists at a meeting of the American Association for the Advancement of Science.

Potter showed that coffee contains antioxidants that help prevent cancer. He added, "There are many hundreds of bioactive chemicals in coffee, and there is a widespread collection of effects."

A cup or two of coffee while reading the morning paper won't hurt, and may just help your health, Potter feels.

From UPI [H]



Amazing statement of the month

"This is one of the first big studies that suggests that the immune system is important in how people do after surgery," said one researcher.

The researcher is referring to a study that appeared in a leading medical journal that found if a part of the immune system is low or depressed before heart surgery, the patient is more apt to have complications, including infections, lung damage, and kidney collapse.

Maybe improving the patient's immune system before surgery would help hurry healing after surgery. [H]

Nothing beats a good belly laugh

Is laughing at an old Laurel and Hardy movie the same as when your big brother tickles you? No, say a group of University of California, San Diego researchers reporting in *Cognition and Emotion*. "Tickle and humor responses (share) a common motor-response pathway, without sharing the same psychological state," they added.

In the two UCSD studies, the researcher found that tickling may be related to social anxiety, "and that ticklish laughter might be similar to nervous, rather than mirthful laughter." [H]

Answers from page 4

- 1 b. We sometimes forget that bone is more than a collection of calcium crystals.
- 2 a. Osteoclasts participate in the breaking down of old or damaged bone tissue, a process called resorption.
- 3 a. Almost twice as many major fractures connected with osteoporosis are seen now compared to thirty years ago.
- 4 d. Careful attention to nutritional and hormonal factors are important in all three areas.
- 5 b. Some suffer repeated fractures, while others with the same bone mass do just fine. Integrity of the protein matrix and others that support the structures of the bone play a part, as does the efficiency with which the bone can repair the accumulation of microfractures.
- 6 c. Calcium is mobilized to buffer the acidic breakdown products of protein.
- 7 b. Vitamin K helps to build the calcium matrix upon which calcium crystallizes.



SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

PREVENTING & REVERSING OSTEOPOROSIS

by Alan R. Gaby, M.D.

Preventing osteoporosis is easier to accomplish than treating it. More people are becoming interested in this disease since people are living longer and increasing their odds of having osteoporosis. Dr. Gaby has done an excellent job of reporting on a natural approach to increasing bone mass. Softcover.

Retail Price: \$14.95

Health Hunter: \$13.46

FOLATE: THE PREVENTION NUTRIENT

with Ronald Hunninghake, M.D.

Folic acid has come into the media spotlight as a premier prevention nutrient for spinal cord birth defects. Less well known, but equally important, is its role in preventing high blood homocysteine, a new major risk factor for blood vessel disease and heart attack. Audio cassette & video tape.

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with Hugh D. Riordan, M. D.

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with Ronald Hunninghake, M.D.

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APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy Body Aerobics	2 Yoga, Eat Your Way to Natural Weight Loss	3 Happy Body Aerobics	4
7	8 Happy Body Aerobics	9	10 Happy Body Aerobics	11
14 Yoga	15 Happy Body Aerobics	16 Yoga, Eat Your Way to Natural Weight Loss	17 Happy Body Aerobics, L & L - Fats	18
21 Yoga	22 Happy Body Aerobics, L & L - Pregnenolone	23 Yoga	24 Happy Body Aerobics L & L - Enrich Your Life	25
28 Yoga	29 Happy Body Aerobics	30 Yoga, Eat Your Way to Natural Weight Loss		

MAY

LUNCH & LECTURE CLASSES:

- | | |
|------------------------------------|---------------------|
| 1 Reminiscing 40 Years of Medicine | 20 Fibromyalgia |
| 6 Herbology "Nature's Pharmacy" | 22 Pain |
| 15 What's Causing the Anger? | 29 Healthy Children |

Skimpy eaters may be low in nutrients

With today's increasingly sedentary lifestyles and the desire for a slimmer body, many decrease the amount they eat to fit into this model. Social pressure leads young women into this trap.

Do skimpy diets in order to try to keep skimpy bodies really mean skimpy nutrient supplies?

A group of Spanish researchers at the University of Madrid checked 56 healthy women between the ages of 21 and 30. They found that low calorie diets resulted in low intakes of vitamins E, B6, and A as well as low blood levels of B1, B2, B6, and beta carotene.

The lesson to learn from this is eat more fruits and veggies and maybe look into supplementing skimpy diets.

From the *International Journal of Vitamin and Nutritional Research*

INSIDE THIS MONTH'S ISSUE . . .

- Natural options for hormone replacement therapy
- Do prostate cancer and breast cancer have something in common?
- H-SCAN tells how old you are—biologically
- Coffee's O.K. again

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