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N E W S L E T T E R

APRIL 1998

The cytotoxic test...and me

Ron Hunninghake, M.D.

Almost 17 years ago, I got my first glimpse of "the cytotoxic test." It was a sheet of paper listing 90 common foods and food additives. After each food, there were four columns of severity, ranging from a mild "1" to a severe "4."

At that time, as a young family physician, I had absolutely no idea what these numbers meant. I had no concept that foods had anything to do with common medical conditions and symptoms, other than maybe hives or severe throat swelling (anaphylactic reactions.) I was surprised when the patient who showed me this strange list announced that her chronic headaches had lessened significantly once she had eliminated her "reactive foods."

Food is the most commonly overlooked reactive trigger to commonly occurring symptoms.

Intrigued, but without a model to understand this test, I conveniently forgot about it for several years. Then, in 1987, as a result of consulting at The Center, I had my own cytotoxic test done. My medical paradigm was again challenged as I struggled to assimilate this innocent looking, but quite enigmatic, data.

At that time, I was a big diet pop drinker. I had switched from regular pop to diet in order to cut down on sugar, a step I viewed as quite progressive and beneficial to my health. The cytotoxic results told me I was a "2" to Nutrasweet. It suggested that I stop Nutrasweet (aspartame) for 90 days.

But I was consuming up to 64 ounces a day of the stuff! Give it up?! No way! Besides, I was healthy...or so I thought.

At that stage in my career, I was up nights delivering babies, making trips to the ER, and answering many middle of the night phone calls. I thought my irritability was simply fatigue and sleep deprivation. The fact that my shoes got tight every afternoon and evening was only mildly disturbing to me. With no explanation, I just blew it off as "getting older" or "too much salt."

When I finally did try to eliminate diet pop, I was amazed how addicted I was to the stuff. Trying to go even one afternoon without it was hell! My irritability was accentuated. I felt terribly sluggish. I craved the stuff worse than sugar. And I even felt depressed without it. Consequently, I would eventually succumb to going back on it. (I really knew I was in trouble when I caught myself hiding cans of diet pop around my office!)

Noting all this made me realize that maybe the cytotoxic test could be medically relevant!

Finally, when Lent came around and I was looking for something to give up, I made the fateful decision to give up diet pop. After I got through the first few days of penance, I started feeling better. Less irritability, more mental clarity, less puffiness, fewer cravings overall, and a greater sense of well-being and strength. I completely avoided Nutrasweet for the forty-some days of Lent.

Then Easter Sunday rolled around. I celebrated by having two large glasses of Diet Pepsi. Strangely, it tasted funny.

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Vegetarians short in zinc

"Compared with absorption from a nonvegetarian diet, 35% less zinc was absorbed from a lactoovo vegetarian diet similar to those in prosperous Western countries," wrote Janet Hunt and her colleagues at the U. S. Department of Agriculture, Agricultural Research Center, Grand Forks, North Dakota, in a recent issue of the *American Journal of Clinical Nutrition*.

There are two causes for the 35% lower zinc in the vegetarian diet, the researchers found. One is that zinc is about 14% lower in vegetarian diets than in the typical meat eater's diet. The other is that the zinc in vegetarian diets is 21% less absorbable than that in diets that include meat.

Vegetarians wanting to maintain the advantages of their lifestyle such as lower blood pressure and lower risk of heart disease, but wanting to increase their zinc, should increase the amount of whole grains and legumes they consume, Hunt added. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Cytotoxic prudence

The four cardinal virtues are prudence, justice, fortitude, and temperance. Long revered for their wisdom, what do these virtues have to offer the modern patient/co-learner striving to get well?

Prudence is not simply spending your resources wisely. The true meaning and value of prudence is correct perception. Without this, justice, or right action cannot be performed. The willingness to act, or fortitude, arises out of this reality based perception. And temperance, or the balanced nature of action, is totally dependent on a correct perception of the situation.

Millions of patients see doctors every day with common symptoms including headache, joint pain, fatigue, muscle achiness, sluggish thinking, daytime drowsiness, heart palpitations, low grade depression, and many more non-life-threatening complaints. Modern medicine does a great job of taking these symptoms and ruling out life-threatening conditions. It also has a staggering array of pharmaceuticals with which to treat the symptoms. But when it comes to elucidating causative

factors: "we just don't know," "too much stress," "too old," "overweight," and a host of non-specific platitudes really don't help anyone.

Enter the cytotoxic test. Here is an instrument of better perception. Since foods are the greatest antigenic challenge we all commonly face, couldn't they be considered possible culprits for common symptoms? The answer is a big "yes"...but only if you have "the eyes to see."

Knowing which foods are adversely reactive allows the patient/co-learner to take appropriate action either to eliminate or to rotate these foods. The specific nature of the test findings engenders a willingness to try avoiding those specific foods. Rather than going through complicated elimination schemes, a balanced and specific program can be instituted with the individualized information available from the cytotoxic test.

The cytotoxic test is a prudent course of action for the individual patient striving to better understand and more appropriately manage common, non-life-threatening symptoms. H

Continued from page 1

It had an unpleasant, chemical taste. No sooner had I drank the first glass, and I found myself yelling at the kids, for no good reason! Then, when I went to walk up the stairs, I could barely lift one foot after the other! That evening I could barely get my wedding ring off. All of these things were so glaringly obvious to me since none of these symptoms were present during Lent when I was off the aspartame.

Over the last 10 years since I have been practicing here at The Center, time and time again I have seen the power of the cytotoxic test work for our patients. Chronic headaches and migraines...gone or greatly relieved. Unrelenting arthritis...significantly improved. Colitis and irritable bowel...tamed. These and many other common medical symptoms can be improved through determining the individual

patient's cytotoxic foods, then subjecting the patient to an elimination period. Many of the reactive foods can be reintroduced and successfully rotated on a four day basis without re-triggering old symptoms. Certain foods, and especially chemicals, require permanent elimination.

The cytotoxic test is not a panacea. When combined with a thorough biochemical/nutritional workup and treatment program, it can be dynamite for markedly reducing or eliminating chronic symptom patterns.

One lady had heartburn for 20 years...until she stopped coffee, which was a "3" on her test. I saw a patient recently with a progressive five year history of migraines. She had had none in the month since instituting her cytotoxic results. (We hadn't even started

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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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her biochemical correction program yet!) One little 10-year-old, after missing more than half his school year due to headaches, returned to school for the rest of the year without absentee slips or headaches. Except for the day of his birthday party, when cake and ice cream (wheat, sugar, and milk were on his list) almost triggered a full blown headache. Extra vitamin C and rest staved it off. The success stories go on and on.

No, the cytotoxic test is not the answer to all medically difficult symptom complexes. But it can provide a powerful information piece to the clinical puzzle—one that oftentimes works quickly to begin alleviating long term symptoms. Food is something to which we “expose” ourselves every day. So if there is a daily symptom pattern, its cause should be relatable to a daily trigger. **FOOD IS THE MOST COMMONLY OVERLOOKED REACTIVE TRIGGER TO COMMONLY OCCURRING SYMPTOMS.**


The cytotoxic test is the easiest way to begin to get a handle on these common adverse food reactions that often contribute to the perpetuation of long term medical symptoms.

Not feeling well? Get your cytotoxic test done, and start to get a handle on things! 

Older Americans need vitamin D

“Vitamin D is needed to maintain calcium absorption and skeletal integrity as much in older as in younger people,” wrote Robert Utiger, M.D., in a recent issue of *The New England Journal of Medicine*.

Utiger’s editorial refers to research by Melissa Thomas, M.D., and colleagues, appearing in the same journal. Thomas et al concluded, “[Low vitamin] D is common in general medical inpatients, including those with vitamin D intakes exceeding the recommended daily amount and those without apparent risk factors for vitamin D deficiency.”

“A widespread increase in vitamin D intake is likely to have a greater effect on osteoporosis and fractures [in the elderly] than many other interventions,” Utiger concluded. 

HEALTH HUNTERS AT HOME

Food for thought, or be glad your kid is not a deer

“Deer Addicted to Snacks Killed,” read the headline on the news story with a dateline from the Grand Canyon National Park.

Dr. Don Davis, a biochemist at the University of Texas and a consultant at The Center, brought me a copy of this 1995 news article during his most recent trip to The Center. It got me thinking; but more on the news article first.

“Park rangers have been killing off more than two dozen mule deer that became hooked on junk food left by visitors...”

“The deer became hooked on snack food and candy handed out at Phantom Ranch losing their natural ability to digest vegetation, [David Haskell, chief of resource management for the Grand Canyon National Park] said. He called junk food ‘the crack cocaine of the deer world.’

“They’ve become in extremely poor health, almost starving to death,” he said.

This got me thinking about us humans. What if our government had park rangers whose job was to shoot us when we become unhealthy from eating junk food?

Were there such park rangers, my daughter would have been dead early this week from a ranger’s bullet. Alison has a yeast problem that has been slowly coming to the crisis stage for about two years. I have been watching it, but I couldn’t say too much. We have a good father-daughter relationship.

My responsibility in this relationship is to bring home from The Center everything I believe will help her feel better. Her responsibility is to appear to ignore it. I think that is the relationship most parents have with a teenager if they are honest.

She does eat a lot of salads and fruit, but she loves her refined sugar—and any way she can get a lot of it in fast is great with her. Sometimes she will say, “Boy do I need sugar fast.” She sees it

as energy food.

But sugar also feeds the yeast and the yeast took over. Alison hit an all time low on the energy scale, along with many other symptoms that come with yeast. When one looked at her tongue, it was covered with a white coating and thickly coated at the back.

We probably could hide this from the park rangers, but not for long.

Early this week, she felt sorry for herself because this yeast problem was affecting not only her school work but her social life. Or was it the other way around?


Anyway, she got a bag of tootsie rolls, adjourned to the lower level of the house, watched television, and ate. When I got home, the coffee table was littered with wrappers and the bag was close to empty.

The next day Alison hit bottom with her exhaustion. Dr. Ron Hunninghake called it feedback. The park rangers would see it another way. She would have been marked for elimination because of her poor health from junk food addiction.

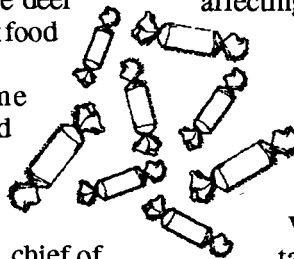
Fortunately, we humans are not like the deer. Park rangers don’t shoot us for ODing on junk food such as sugar. We pay in other ways. And Alison has paid for her indulgence.

The bright side of this is she now knows she is going to have to drastically reduce her sugar intake and will always have to watch it if she wants to have a good quality of life in the future. Unlike the deer, she will recover.

She will also have to add more whole foods to her diet, as Dr. Davis recommends. She will have to eat more vegetables and eventually more fruits. She will have to eliminate (or keep to a minimum) added fats, added sugars, white flour products, and anything made with yeast.

The sad part of this is that I can’t say, “I TOLD YOU THIS WOULD HAPPEN!!!” I can just take pleasure that she has learned it on her own. 

—Richard Lewis




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INFORMATION WORTH KNOWING

Doctors learn a great deal about the physical and chemical makeup of the body in medical school. Once they are practicing medicine they soon realize that each patient is an individual who has rather unique ways of responding to treatment. Leo Galland, M.D., has written a practical book about detecting the unsuspected causes of our illnesses, how to build resistance to disease, and harnessing our body's natural ability to heal. Our questions this month are taken from his book, *The Four Pillars of Healing*.

1 Ancient healing systems, however much they may differ on certain aspects, share with one another a common belief that separates them from modern clinical medicine. The ancient systems all approached sickness as a problem between _____ and relationship.

- a. judgment
- b. solitude
- c. balance
- d. none of the above

2 A high content of essential fatty acids (EFA) called EPA (eicosapentaenoic acid) alters the way the body produces a chemical, prostanooids, which plays a role in the development of _____.

- a. pain and inflammation
- b. bones and teeth
- c. height and weight
- d. all the above

3 Modern preventive medicine is based on the understanding of risk factors.

- a. True
- b. False

4 Patient centered diagnosis builds upon the foundation of biological and behavioral sciences to identify the _____ of disease in individual patients.

- a. mediators
- b. triggers

- c. antecedents
- d. All the above

5 The rewards of friendship and social support systems may include an increase in self-esteem and with it a boost to perceived self-efficacy.

- a. True
- b. False

6 The human body has many lines of defense from environmental toxins including

- a. constant shedding of skin & the lining of the intestinal tract.
- b. going into alert whenever the pollution is too high.
- c. free radicals that repair damaged cells.
- d. all the above.

7 The body's cellular information network is profoundly influenced by nutrition. Nutrition affects the way cells respond to signals from other cells. The most direct and dramatic effects are produced by _____ and calcium.

- a. glucose
- b. magnesium
- c. dietary fats
- d. all the above.

• FOR ANSWERS, SEE PAGE 7 •

Cases of the month

We saw our first arthritis patient in early 1978. This was a 56-year-old woman who was an avid golfer and an excellent keyboard musician. The arthritis was in her hands primarily, making it impossible to pursue either of her passions. Her other major complaint was she would have heart palpitations that would send her to the emergency room at least once a week.

One of the tests run on her was the cytotoxic food sensitivity test. Two of the major foods she needed to eliminate were corn and white potatoes. There were a few foods to which she was less sensitive but still showed on the test.


In talking with her recently, she said, "Food sensitivities were primary with my arthritis. If I back slide and eat any of the foods on the list, I pay for it. The arthritis starts coming back. As long as I stick to the foods that are all right and leave the others alone, I don't have arthritis problems.

"For the heart palpitations, Dr. Riordan told me if I never ate white potatoes again, I would never have heart palpitations again. I haven't eaten them and he was right. I have not had that problem since."

She remarked a few years ago that she was driving the golf ball farther now than she did before the arthritis started.

A 12-year-old boy came to The Center primarily with complaints of headaches, being overweight, having itchy legs, and acne.

Among the tests done was the cytotoxic food sensitivity test. At his last office call, Dr. Hunninghake recorded that he was no longer having the debilitating headaches. His parents attribute this to their son's being faithful to staying away from the foods that the test showed he should leave alone.

They also said that his concentration at school was much better. One of the contributions to this, along with getting away from the headaches, has been the elimination of the leg itching while sitting. He was constantly concerned with this itching before, but now it is not a problem. He will still occasionally dig at his legs when he walks, but it is nothing like it was before. 

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Longevity

According to a recent report from Reuter's Health Information Services, about one out of five adults in the United States suffers from some disability or health problem. This has a serious impact on their activity level and their quality of life. "Quality of life includes health, level of activity, spirituality, social support, satisfaction with personal accomplishments, resources and life situation."

In the study, 17% to 22% of people (women more often than men) reported having some type of activity limitation in the previous month due to mental or physical health problems. The average person's month included 2.8 days of poor mental health, 2.8 days of pain, 3.2 days of poor physical health, 3.2 days of depression, 5.4 days of anxiety, and 7.8 days of sleeplessness.

Here at The Center, most co-learners are encouraged to follow a good program of supplements as well as engage in a regular activity program. They, therefore, skip a number of poor days that the majority of the above mentioned find they are going through each month.

Here is a poem that helps guide me though each day. I hope it helps you too:

Enough happiness to keep you sweet,
 Enough trials to keep you strong,
 Enough sorrow to keep you human,
 Enough hope to keep you happy,
 Enough failure to keep you humble,
 Enough success to keep you eager,
 Enough friends to give you comfort,
 Enough wealth to meet your needs,
 Enough enthusiasm to look forward,
 Enough faith to banish depression,
 Enough determination to make each day better than yesterday.

The above is from a book called *The Treasure Chest*. No author is listed. I have had this book for many years and refer to it often. I don't worry about longevity. I am just grateful for today.

—Nelda Reed

Herbal History

White sage (*Artemisia ludoviciana*)

White sage has been known by many names throughout history: prairie sage, wormwood, white mugwort, Louisiana sawewort, Garfield tea, and lobed cudweed, to name a few.

The origin of the Latin name dates back to about 350 BC. The plant was named for Artemisia (meaning mugwort), the wife of King Mausolus. When the king died, Artemisia had the Mausoleum (one of the seven wonders of the world) built to honor her husband. Ludoviciana is the Latin name for Louisiana—not the state but the vast Louisiana Territory.

It grows throughout the U.S., generally west of the Mississippi river, throughout much of Canada, and down into Mexico. Because of its wide availability, it became a popular herb used by many Native American tribes and then picked up by the settlers and doc-

tors as they moved west.

Various Indian tribes found many uses for white sage. The Dakotas and other tribes brewed white sage tea for stomach trouble. The Cheyenne used crushed white sage leaves as a snuff for sinus attacks, nose bleeds, and headaches.

Crows found it valuable as the active ingredient in a salve for muscle soreness. The salve was made by mixing white sage with neck fat (probably from the buffalo). The Kiowas made a bitter drink from white sage which they used to reduce phlegm and to relieve a variety of lung and stomach complaints.

For the Cheyenne, "man sage" was perhaps the most important ceremonial plant. Along with ceremonial uses, it was burned as an incense to drive away bad spirits and evil influences.

Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher, Ph.D.

Food of the Month

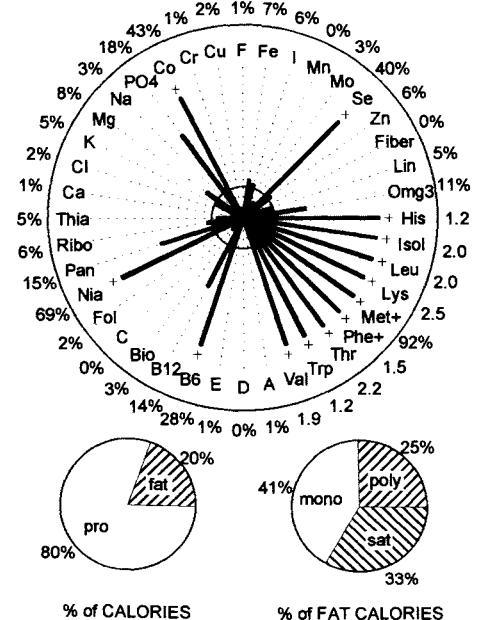
by Donald R. Davis, Ph.D.



NutriCircle

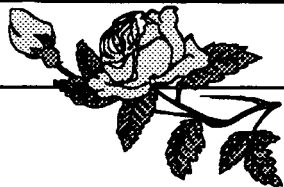
3 ounces
= 140 calories

CHICKENS widely sold in the U.S. have much more fat in and under their skin than the more naturally raised chickens now becoming available. It seems sensible to remove this excess fat, or to cook much of it out by baking or broiling. One benefit is to increase the lengths of the nutrient bars shown here by decreasing mostly calories, not nutrients. Of the 40 nutrients shown here for skinless breasts, 23 are in adequate amounts relative to calories, especially amino acids and B-vitamins. Skinless legs have more fat (40% of calories), but also more of several nutrients, including omega-3 fats that U. S. diets tend to lack.



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

Mental Medicine



by Marilyn Landreth, M.A.

Are you a toxic person?

This month our lead article has to do with food allergies. As you now know, food sensitivities can be measured by the cytotoxic test. Cyto means at the cellular level. That is one form of toxicity.

Another form of toxicity is one about which we don't too often think. What about the people around you? Are they a positive influence on your well-being or are they toxic? Stop and think how you feel after you have been around different people. With some people you might want to spend more time because they help you see the world in brighter colors. You might want to limit the amount of time you spend with other people because they seem to drain your energy, especially on those days when

you seem to have a little lower energy level.

Now spend a few minutes and consider whether you are a toxic or a non-toxic person. We all have our days when we are not as positive as we would like to be. Are you having more days like that? What can you do when you seem more toxic than not? Stop and smell the roses, watch a sunset or sunrise, listen to birds sing, keep a gratitude journal and read old entries on gloomy days, tell a joke, help someone, volunteer your time for something in which you believe, or give and get several hugs.

These are a few things that work for me. What activities can bring you from toxic to non-toxic to positive?

Glutathione drops, sickness and aging increase

"There is increasing evidence that free radical damage may be an important cause of some of the adverse effects of disease and advancing age," wrote S. L. Nuttall, with Queen Elizabeth Hospital and the University of Birmingham at Birmingham, England, in *The Lancet*.

The researchers felt they would have support for this idea if they could measure, in the blood plasma, an indicator of oxidative stress such as lipid peroxidation products as lipid hydroperoxide [LPH] and found it elevated when antioxidants, such as glutathione, were low in the elderly and the sick. The researchers were particularly interested in those who were acutely and severely sick.

Lipid peroxidation is oxidized fats in the blood caused by free radical damage. Some researchers believe this is the beginning of artery plugging arteriosclerosis.

In their research, they measured LPH and glutathione levels in four groups: young volunteers, healthy elderly, sick elderly outpatients, and sick elderly inpatients. Health was defined as an absence of major medical or surgical illness in the previous five years.

Their findings were interesting. The young had the lowest LPH and the highest glutathione while the sick elderly showed a dramatic difference with the highest LPH and the lowest glutathione. The healthy elderly fell comfortably in between.

"Ageing is therefore associated with a decrease in plasma antioxidants and an increase in evidence of oxidative damage even in those who are apparently healthy. Disease, particularly acute severe disease requiring hospital admission, is associated with greater changes in antioxidants and evidence of oxidative damage," the researchers concluded.

This research shows the importance not only of keeping your antioxidants up as you age, but checking regularly to see that they are staying up there with programs like Beat The Odds at The Center.

CENTER UPDATE

CDC jumps on the folic acid bandwagon

Less than one third of the American women of reproductive age are taking the recommended amount of folic acid (folate), one of the B vitamins, according to a report from the Centers for Disease Control and Prevention (CDC) in Atlanta that appeared in a recent issue of *Morbidity and Mortality Weekly Report*.

Why is folic acid important to women of reproductive age? Compelling research early in this decade provoked the U. S. Public Health Service in 1992 to recommend that these women should take 400 micrograms of folic acid daily before they become pregnant to help reduce the occurrence of birth defects such as spinal bifida (spine and spinal cord defects) and anencephaly (severe disorders of the brain and skull).

At the time of the Public Health Service report, Dr. Riordan, The Center's director, remarked, "The secret of folic acid is to be taking it regularly before you become pregnant because many women don't realize they are pregnant until after the damage

caused by low levels of folic acid is done."

A survey commissioned by the March of Dimes and completed by the Gallup Organization confirmed this. Of the 2001 American women contacted by Gallup, about 50% participated in the survey.

The survey found that 64% of the women took some type of vitamins on a somewhat regular basis. Only 44% took vitamin supplements containing folic acid and only 32% took folic acid daily.

The survey also found that the majority of women who didn't take vitamins said cost was the reason. The survey went on to point out that vitamins could be furnished to low income women.

The CDC report concluded by stating, "...many women will not consume enough folic acid to prevent...birth defects. Taking folic acid containing supplements is the most effective way of ensuring a woman has adequate intake of folic acid."

Answers from page 4

- 1 c. They all approached sickness as a disharmony between the person and their environment rather than a product of a particular disease.
- 2 a. Other signs of EFA deficiencies include dry skin, eczema, and susceptibility to inflammation.
- 3 a. Understanding risk factors for an illness and altering those is the bases for preventive medicine.
- 4 d. A mediator is anything that produces symptoms; a trigger is anything that activates a mediator in an individual; and antecedents are the risk factors that predispose a person to acute or chronic illness.
- 5 a. A higher level of self-efficacy improves an individual's ability to cope with symptoms and adopt healthier habits.
- 6 a. Also enzyme systems in the liver destroy toxins and produce enzymes that repair damaged cells and promote healing.
- 7 c. The minute amount of calcium that is not stored in the bones or rendered inactive is able to activate or inactivate enzymes. At the cellular level EFAs give cell membranes flexibility and are plucked from them and transformed into chemical messengers. HH

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

THE FOUR PILLARS OF HEALING by Leo Galland, M.D.

Dr. Galland has been very successful in curing patients whose illnesses have defied treatment. In this book he shares his medical philosophy and healing program that he has developed over three decades of education and practice. Dr. Galland views each patient as a unique individual and an equal participant in their treatment plan. Hardcover. Retail Price: \$24.00
 Health Hunter: \$21.60

WOULD YOU RATHER BE A PRUNE OR A PLUM?

with Hugh D. Riordan, M.D.
 At long last the standard medical profession is beginning to appreciate what Dr. Riordan has been preaching for decades. Recently, it was noted in *The Journal of the American Medical Association* that dehydration was one of six most frequent discharge diagnoses among both men and women who developed progressive disability. Audio cassette & video tape.

BORON: For Better Bones with Ron Hunninghake, M.D.

Since 1980, evidence has been mounting that demonstrates the major role that boron plays in calcium and magnesium metabolism. Because over half of the American diet is non-whole, boron intake from fruits and veggies is commonly deficient. This statistically increases the risk for bone loss, especially in postmenopausal women. Other bone disorders, such as arthritis, are also associated with inadequate boron intake. Audio cassette & video tape.

GINSENG: For More Energy with Ron Hunninghake, M.D.

An adaptogen, ginseng helps with stress, improves athletic performance, and may alleviate menopausal symptoms. Chinese herbologists have used it for over 5000 years for its many tonic effects. Japanese researchers have shown it can lower LDL "bad" cholesterol and raise HDL "good" cholesterol. A host of health benefits have been touted. Audio cassette & video tape.

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Upcoming Events...

APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yoga	2 L & L - Herbal Myths and Legends	3
6 Yoga	7 L & L - B-6, B-12, and Folate	8 Yoga	9 L & L - The Natural Approach to Menopause	10
13 Yoga	14 L & L - Health Talk: Arthritis	15 Yoga	16 L & L - How to Prevent Urinary Stones	17
20 Yoga	21	22 Yoga	23 L & L - You Can Cope with Anxiety	24
27 Yoga	28 L & L - Probiotics	29 Yoga	30	

MAY

LUNCH AND LECTURE CLASSES

- 5 Biofeedback and Stress Management
- 7 New Treatment Strategies for Prostate Cancer
- 12 Premenstrual Syndrome
- 14 The Wonderful World Within You

Zinc improves immune system in elderly

In a recent study in Italy, researchers found that zinc increased the number of white blood cells. The various types of white cells are the disease fighters found in the blood and are an excellent measure of the immune system's strength.

The researchers, writing in the *Journal of the American Geriatrics Society*, explained the results that gave 136 residents of Casa Di Riposa Roma III in Rome, Italy either 25 mg of zinc sulfate or a placebo.

They found that those who received the zinc had a significant increase in white blood cells as opposed to those receiving the placebo.

"These data indicate that zinc supplementation improved cell-mediated immune response," the researchers concluded.

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