

# Health Hunter<sup>®</sup>

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NEWSLETTER

APRIL 1999

## ADHD and other meaningless diagnoses

Hugh D. Riordan, M.D.

I would like to take a moment to orient you to one of The Center's important perceptions. There is a big controversy in medical circles between standard medicine and alternative approaches.

Standard medicine works very well for acute medical or surgical problems. If one is suffering from trauma, such as a broken bone or bleeding wound, the diagnosis is the problem. If one is having a coronary or a stroke, the diagnosis is the presenting problem.

### *ADHD and its diagnostic cousins would be more accurately termed biochemical dysfunction of the brain.*

Under those circumstances the doctor must act quickly, with great assurance to set the fracture, stop the bleeding, eliminate coronary artery blockage, etc. In this country, we have outstanding acute medical care when the diagnosis is the problem.

However, in non-acute medicine, the diagnosis, with which doctors and patients find satisfaction, all too often does not bear any relation to the causative problem. They somehow feel that putting a name to a group of symptoms is meaningful.

It is not. Much more thought is needed to solve non-acute problems. And, the acute care model of "here's a prescription to suppress your symptoms and be gone with you," does not work over time.

Here at The Center, we strive mightily to look beyond meaningless diagnoses. ADHD (attention deficit hyperactivity disorder) is one of those meaningless diagnoses. When the diagnosis is not the problem and is not related to outcome, it is meaningless. Children with symptoms of hyperactivity, inattention, inability to concentrate or to respond meaningfully to adult expectations receive a wide range of diagnoses more related to a specialist's orientation than to the child's symptom complex.

It is quite common for the same child, when seen by various specialists, to have different diagnoses, such as hyperactivity, dyslexia, autism, ADD (attention deficit disorder), or ADHD. None of those often-used diagnoses have any real meaning and have no prognostic value. The same is true with many adult on-set disorders, such as fibromyalgia and chronic fatigue.

In general, children with ADHD are slightly brighter; however, 25% repeat their grades. On average, they attain the same level of schooling, but lower occupational success.

ADHD and its diagnostic cousins would be more accurately termed biochemical dysfunction of the brain. Instead of getting stuck with some descriptive diagnosis, it would be more helpful to discover underlying causations for unacceptable behavior.

Recently, I heard a presentation by a doctor who was introduced as the leading expert in ADHD in this country. His topic was, "The Functional Neuroanatomy of ADHD—Implications for

*continued on page 2*

## Heavy coffee drinking can mimic stress

Drinking four or five cups of coffee in the morning leads to an increase secretion of stress hormones and a modest rise in blood pressure, according to Dr. James Lane and colleagues of Duke University Medical Center.

In the two week study of 72 habitual coffee drinkers, Dr. Lane and his colleagues found the subjects reported more stress and a higher level of activity on the days they received caffeine than the days they received the placebo.

"Moderate caffeine consumption makes a person react like he or she is having a very stressful day," Lane said in an interview. "If you combine the effects of real stress with the artificial boost in stress hormones that comes from caffeine, then you have compounded the effects considerably."

While stress hormones help the body react quickly to stressful situations, high levels over time have been linked to heart trouble. H

### Inside this issue...

Labelitis.....	2
Tomatoes help fight cancer, heart disease.....	3
Information worth knowing.....	4
Case of the month.....	4
Pets and the elderly.....	5
Curly-top gumweed, <i>Grindelia squarrosa</i> .....	5
Food of the month—aspargus.....	5
Parenting.....	6
High folate intake lowers colon cancer risk. 6	
Starchy, sugary foods may trigger overeating.....	6
Special discounts.....	7
Upcoming events.....	8
Low B12 linked to hearing problems in older women.....	8

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Labelitis—your cells don't even know your disease's name

Cellular nutrition describes the modern scientific endeavor to better understand the role of micronutrients at the cellular level. Proper cellular functioning depends upon a complex biochemical dance. Inadequate reserves of key nutrient precursors, or the backlogging of metabolic by-products disrupt all cells, subsequently affecting multiple organ systems, resulting in complex symptoms and mysterious disease syndromes.

The mere labeling of the syndrome followed by the pharmaco-suppression of its key symptoms does little to help the organism re-regulate and heal. In fact, it compounds biochemical disruption and speeds deterioration of cellular/organ structures.

ADHD is a classic example of

this. Fundamental biochemical imbalances are giving rise to a complex clinical syndrome. Ritalin is being used to suppress the salient expression of this disorder: poor attention. This symptom is but the tip of the illness iceberg. Throwing a chemical tarp over the exposed tip does not make the iceberg any less dangerous for the passing Titanic.

The medical labeling of complex symptoms, followed by drug therapy to suppress symptoms without addressing underlying biologic causes, could be described as a kind of iatrogenic disease process itself, wherein medical intervention has unintentionally made things worse. Labeling the symptoms without correcting the underlying causes has "inflamed" the situation. Could we call this phenomenon... "labelitis"? H

## ADHD - Continued from page 1

Treatment."

His summary of treatment options included stimulants such as Ritalin and Dexedrine, tricyclic antidepressants, and more potent drugs, one of which was associated with the death of a few children. In discussing that, he said that the incidence of death was no higher than would be statistically expected while driving to and from a doctor's office. However, in my opinion, if you are one of those who died, the incidence was 100%.

Although the brain is the biggest user of nutrients, and last summer the National Institute of Mental Health finally held a conference on the benefits of fatty acids in relation to brain and emotional and mental health, there was not a single mention that nutrients, nor their lack, may play a role in the development of ADHD. How can this be? Perhaps we can get a clue from the sponsorship. Twelve pharmaceutical companies sponsored the conference through educational grants.

The expert did provide a good bit of interesting information. ADHD is sweeping the country. At least 5% of

children and 2% of adults in this country have ADHD.

The Center's approach in relation to ADD/ADHD is first to look for possible underlying causes for the behavior that leads parents to bring a child for evaluation.

After returning from this presentation, I reviewed the charts of our last six patients who came to us with referring diagnoses of ADD, ADHD, pervasive development disorder, or autism.

I would like to briefly review what in-depth laboratory evaluations of these children revealed.

#1 - Admit Diagnosis: non-verbal ADD, probable autism, male, age 4

High urinary pyrroles, candida problem, high indican, low GLA, low EPA, cytotoxic - +3 to BHA-BHT

#2 - Admit Diagnosis: ADD, allergies, constipation, male, age 8

High urinary pyrroles, high indican, low zinc, low hemoglobin, low GLA, low EPA, cytotoxic - +3 to BHA

#3 - Admit Diagnosis: ADHD, male,  
*continued on page 3*

age 11

Low B1, low vitamin C, abnormal amino acid pattern

#4 - Admit Diagnosis: ADHD, allergies, dermatitis, male, age 10

Amino acid abnormalities, low zinc, cytotoxic - +3 to garlic & BHA, low vitamin C, positive indican, low white blood count

#5 - Admit Diagnosis: pervasive development disorder, male, age 9

Low vitamin C, low GLA, low EPA, amino acid abnormality, high candida, low chromium, parasite - Dientamoeba

#6 - Admit Diagnosis: autism, dermatitis, male, age 8

Low vitamin C, high indican, high candida, high TSH (meaning low thyroid), high EBV (viral problem), cytotoxic positive findings

What does the review of the findings just mentioned of these six children tell us?

First, we notice that boys outnumber girls. In this case, six to zero. Throughout the world far more boys than girls are diagnosed with ADD, ADHD, or autism.

These abnormal findings tell us that the following factors may be underlying causes of these behavior problems.

High urinary pyrroles - (2 of 6)

Candida (yeast fungal problems) - (3 of 6)

Putrefactive bowel bacteria - (4 of 6)

Low zinc - (2 of 6)

Fatty acid imbalance - (3 of 6)

Adverse food reactions - (4 of 6)

Adverse food reactions to BHA - (3 of 6)

Low vitamin C - (4 of 6)

Amino acid abnormalities - (3 of 6)

Anemia - (1 of 6)

Low vitamin B1 - (1 of 6)

Intestinal parasites - (1 of 6)

Low thyroid - (1 of 6)

Based upon these findings, I would urge you to spread the word. "Don't let a diagnosis, especially a meaningless diagnosis, prevent you from looking deeper and more thoroughly to discover underlying problems which might be causative." In many cases, correcting biochemical problems will tremendously improve, and at times eliminate, behavior problems. [H]

## HEALTH HUNTERS AT HOME

### Tomatoes help fight cancer, heart disease...

For years, tomatoes have been the favorite of gardeners and friends of gardeners. We have one friend who will take any extra tomatoes we grow. All we have to do is let her know and she is at our door.

In the last few years, tomatoes have become the dandy of medical research. As others find out what we at The Center have known for years, researchers began digging into fruits and vegetables to see if there may be something there that can help prevent cancer or heart disease or...

Historically, tomatoes have had a checkered past. Tomatoes have been traced back to the 700's when they were cultivated by the Aztecs and Incas.



Europeans first saw the tomato when the Conquistadors reached Mexico and Central America in the 16th century. They took tomato seeds back with them where they quickly found favor in the Mediterranean countries of Spain, Portugal, and Italy.

Tomatoes remain a mainstay of the Mediterranean diet that is now being upheld by several researchers as a model of healthy eating.

As tomatoes spread to other countries, many embraced them. The French called it, "The Apple of Love" and in Germany it was known as "The Apple of Paradise."

But the British condemned the tomato. While they admired its brilliant color, tomatoes were considered poisonous. They did have one good use in Britain. Tomatoes were the fruit of choice to throw at politicians and actors alike as an indication of the crowd's dissatisfaction.

This attitude and use of the tomato was exported to the colonies in North America. It wasn't until 1781, when Thomas Jefferson began growing them in his garden, that tomatoes first gained a little respect in the New World—even though they started here over 1,000 years earlier.

By the 1830's the tomato was becoming popular in the Northeast. And, as they say, the rest is history.

Oh yes, the British did finally accept the tomato. It is told that a politician had to publicly eat a tomato on the steps of British Parliament before the British people would accept tomatoes as a food.

The name tomato comes from the Aztec word *tomatl*. The Latin name used by scientists is *Lycopersicon esculentum*.

It is the red color of the tomato that attracts the researchers' interest. Lycopene, a carotenoid, gives tomatoes their famous red color. Yellow

tomatoes may taste good, but they have very little lycopene in them. Those wonderful little bell shaped yellow tomatoes of my youth which my father grew to add variety to our tomato selection weren't as good for us as the row of red ones I had to hoe all summer.

In a recent article about the cancer fighting ability of tomatoes, Edward Giovannucci, M.D., Sc.D., of Harvard Medical School, reviewed over 70 research studies covering tomatoes and cancer.

He found from this review that individuals who consumed more tomato products, or had higher blood levels of lycopene, had a lower risk of some types of cancer. It showed strong benefits for prostate, lung, and stomach cancers. The review also showed some effect in preventing cancer of the pancreas, colon and rectum, esophagus, oral cavity, breast, and cervix.

Lycopene is the obvious ingredient in tomatoes to examine for its anti-cancer properties. With tomatoes, as with all whole fruits and vegetables, there may be hundreds of other phytochemicals we haven't discovered yet. That is why you need to eat the real thing.

Now, since you know all of this, you can be self-righteous about eating tomatoes. No longer will tomatoes be enjoyed just for their rich, red color, lovable shape, and delicious flavor. They can be savored for the lycopenes and other nutrients they possess that will be coursing through your body defending you from various diseases that are running rampant in our society. [H]

—Richard Lewis

## INFORMATION WORTH KNOWING

Although modern medicine functions well as a crisis intervention, it may not be as helpful for long term or chronic conditions. Formal training is limited to a conventional model of crisis and disease management based primarily on drugs, surgery, and radiation. Ralph Golan, M.D., practiced that type of medicine for many years and felt frustrated by its limitations. Since 1979, he has been practicing preventive and wellness medicine. The questions this month are taken from his book, *Optimal Wellness*, a comprehensive reference text.

1 In order to achieve optimal wellness it is important to look at the \_\_\_\_\_.

- a. disease they are presenting
- b. symptoms
- c. whole person
- d. none of the above

2 One (some) of the way(s) that Dr. Golan works with his patients is(are) by \_\_\_\_\_.

- a. getting to know the person
- b. coming to an agreement with the person as to treatment
- c. sometimes including conventional medical treatment
- d. all of the above

3 The belief that patients should take an active role in their treatment is a very modern idea.

- a. True
- b. False

4 By uncovering underlying causes or significant contributors to chronic and recurring ailments, and by treating them, health reserves can be built. Many common denominators of illness are \_\_\_\_\_.

- a. diet and nutrition
- b. poor digestion and assimilation
- c. toxic bowel and/or sluggish liver
- d. all the above

5 The brain, as well as every other organ, gland, and system in the body, can't function normally without an adequate \_\_\_\_\_ support.

- a. nutritional
- b. selenium
- c. social
- d. none of the above.

6 If you consume juice within fifteen minutes after it is juiced, you will get the benefit of enzymes which aren't normally found in commercial juices.

- a. True
- b. False

7 The digestive phase starts, before you take your first bite, with the cephalic phase. During this phase, intricate neurological and hormonal communications occur between the \_\_\_\_\_ and the digestive system.

- a. heart
- b. brain
- c. lungs
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

## Case of the month

This 10-year-old male came to The Center in August of last year with the diagnosis of ADD (attention deficit disorder), anxiety, and possible autism and Tourette's Syndrome. His parents remarked that he had trouble controlling his temper.

He had already been treated for chronic yeast problems and digestive enzyme deficiency prior to coming to The Center.

From the laboratory testing done at the initial appointment, the boy and his parents learned that he had several deficiencies.

From the urinary profile, they learned that his specific gravity was high, indicating that he needs to drink more water. His vitamin C level was zero, indicating he had inadequate reserves of this vitamin. They also found his urinary indican level was a little high, indicating a significant amount of putrefactive, or unfriendly bacteria in his bowel. Urinary pyrroles were slightly high, indicating that he has a genetic disposition which leads him to lose zinc and some of the B vitamins in his urine.

His zinc level was very low and his plasma vitamin C was low. His B2 level was also low. His fatty acids were out of balance and his systemic yeast (candida) was still elevated.

He started on a regimen of treatment to get all of these back in balance. His zinc level rose a little with oral zinc, but still remained in the low range. At his last visit, he was given zinc intravenously to further boost his zinc level.

Oysters are high in zinc and, in talking with his mother, she said that it is easy to get him to eat smoked or fried oysters. "They give him a jump-start." She is looking forward to the results from the intravenous zinc.

When he came in recently, Dr. Riordan remarked that he was holding his father's hand and making eye contact during conversation—a marked improvement. H

*Humor is chaos, remembered in tranquility.*

—James Thurber

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## Pets and the elderly

A number of studies have found that a pet can enrich the well-being of the elderly. The most serious disease for older persons is not cancer or heart disease; it is loneliness. Love is the most important health tonic we have and pets are one of nature's best sources of love.

Pets can be a reason to get out of bed, someone who depends on you and gives unconditional love. For many, it may be the only living thing with whom they talk or interact for days at a time. Pets can fill the void left by the death of a longtime spouse.

Patients in hospitals and nursing homes who have regular visits from their pets have been shown to be more receptive to treatment. Depressed patients who were unwilling to work to regain lost abilities resulting from stroke when given a pet begin to smile and cooperate with therapists.

Some pet programs at nursing homes are credited with enabling patients to reach out beyond their own pain and isolation and start caring about the world around them once again. A lot of these patients have many losses and personal as well as physical health problems. It is important for them to have something like a puppy that is so accepting. It doesn't care if you are in a wheelchair or if you can't walk, or if you've had an amputation. The puppy loves everybody and that means a lot to the patients.

A pet can be a reason to go out for a walk, go get groceries, and something to talk to and talk about to others. When people talk to people, blood pressure tends to go up because we always wonder how the other person is evaluating us. With pets, it is just unconditional love. Studies show that pets can aid relaxation, lower one's blood pressure, promote health, and prolong life. Nurtured by the affectionate attention of pets, stress and anxiety are eased. Anyone who ever bonded with one will confirm the value of a pet.

Many of your medical providers know that if you suffer from heart disease or stress, a hug a day may keep the doctor away. If hugs are hard to come by, the next best thing may be a dog or a cat in the lap. [H]

—Nelda Reed

# Herbal History

## Curly-top gumweed, *Grindelia squarrosa*

Curly-top gumweed is common west of the Mississippi river and from Canada down into Mexico. It grows up to about three feet tall with single branches coming from the sparse leaves. A yellow flower blooms at the end of each branch during May, June, and July.

The flower heads and the leaves were most commonly used for medicinal purposes. The flower heads are extremely resinous.

The Cheyenne boiled the flower heads with their large seed pods to make a remedy for external skin diseases, scabs, and sores. They would rub the resin from the flowers on their eyelids for various eye problems.

Curly-top gumweed was also used for children. The Teton Dakotas used a tea made from boiling the leaves and flowers to cure stomachaches.

At least two tribes of the Sioux Nation made tea from this plant for

kidney trouble, according to a 1905 book, *Native Economic Plants of Montana*, by J. W. Blankenship.

Many of the tribes of the western area used the curly-top gumweed to make a tea used for coughs, pneumonia, bronchitis, asthma, and colds. It proved to be a very successful remedy for a number of medical problems by practically all tribes west of the Mississippi river.

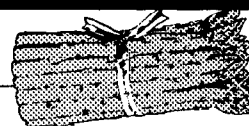
The settlers also found curly-top gumweed to be a successful medicinal plant. They would use the tea for coughs (including whooping cough), colds, and bronchitis. Some folk practitioners used it for cancer of the spleen and stomach.

The plant, with its attractive flower, thrives in poor soil. In pastures, cattle will not eat it. In spite of its yellow flower, it is too invasive to use in wild flower gardens.

Source: *Medicinal Wild Plants of the Prairie*, by Kelly Kindscher [H]

# Food of the Month

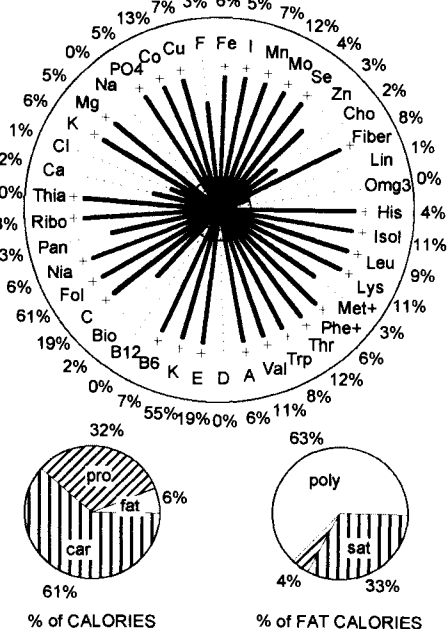
by Donald R. Davis, Ph.D.



## NutriCircle

6 spears (2/3 cup) = 21 calories

**ASPARAGUS** spears are fast-growing sprouts of stalks that would become six-foot tall and inedible if we let them. Like other vegetables, they are extraordinarily rich in nutrients compared to calories. Only 21 calories (about 1% of daily needs) supplies 5% or more of the recommended intakes of nine vitamins, nine minerals, fiber, and seven of the nine essential amino acids (3 o'clock to 5 o'clock). Folic acid and vitamins C, E, and K stand out (6 o'clock to 8 o'clock). Some asparagus eaters notice the odor of sulfur-containing substances in their urine. Whether you notice them or not may depend more on your genetic ability to *smell* them than on whether you *produce* them.



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). [H]

# Mental Medicine

by Marilyn Landreth, M.A.

## Parenting


Parenting has always been challenging. Through the generations the challenges have been different. My grandparents came to Oklahoma from Kentucky for a better life. Their challenges were to find the courage to move to a new territory, and feed and clothe their children while they learned how to farm on flat land rather than hills.

One of my parents' challenges was how to feed their children during the depression. Another challenge was the rationing of many items during World War II which meant they could not buy new tires they needed to take their sick baby to a specialist in "the city."

Parents of my generation had very diverse challenges. Our children viewed the world through the "magic" of television. They saw the war on the 6 o'clock news, the repeated burial of John Kennedy in November 1963, and also

Lee Harvey Oswald killed "live" in front of TV cameras. The bright side was the space program and the race to the moon. They were the first generation that had a front row seat of history in the making.

Now the present generation has new challenges in this affluent society. Most parents have met the basic necessities of food and clothing. Their concern is having time to spend with their children and making sure their children have an education that allows them to be the best they can be. The challenges that parents face nowadays are just as valid as those of yesteryear.

Sometimes we forget all the toil and strife previous generations have faced to get to where we are today. Knowing the challenges that previous generations faced can bring perspective to the challenges of today. 

## Starchy, sugary foods may trigger overeating


Rapid absorption of glucose following the consumption of foods with a high glycemic index (starchy or sugary foods) may trigger hormonal changes that lead to overeating, Dr. David Ludwig and colleagues of Tufts University in Boston reported in the electronic pages of the journal, *Pediatrics*.

The researchers offered unlimited snacks to 12 obese boys for five hours after giving them meals with low, medium, and high glycemic food.

The low glycemic meal was a vegetable omelet and fruit, the medium was unprocessed oatmeal, and the high glycemic meal was processed "instant" oatmeal. Each meal contained the same amount of calories.

Those eating the high starch, high glycemic index meal of "instant" oatmeal ate 81% more snacks than the boys eating the vegetable omelet and fruit. In addition, the researchers found that the boys who ate the high starch meal had a marked increase in blood glucose followed by a sharp drop, triggering hunger.

This goes along with The Center's recommendations to eat whole foods, rather than processed foods. The omelet and fruit would tend to be whole foods while the instant oatmeal is a highly processed food. It was the highly processed food that started the blood glucose sudden climb followed by a precipitous drop. This blood glucose sudden climb and fall triggered the snack eating by the boys. The whole foods meal keeps the blood glucose more stable and does not trigger the hunger response.

Dr. Ludwig and his colleagues would certainly concur. 



## CENTER UPDATE

### High folate intake lowers colon cancer risk

Folate has become the friend of women of all ages, according to a recent study appearing in the *Annals of Internal Medicine*.

Last month, *Health Hunter* reported that folate was important to women of child-bearing age to prevent neural tube defects in the child. It also showed the value of folate to nursing moms so that they could keep themselves healthy while producing healthy milk for the child.

Now older women get their turn. In this study, Dr. Edward Giovannucci and colleagues followed over 88,000 nurses who were cancer free in 1980 for 15 years. The women reported what they ate and the supplements they took during this period.

The researchers found three interesting points about folate and colon cancer that they reported in their study.


First, those with higher folate intake, 400 micrograms (mcg.) or greater, had a 1/3 lower risk of colon cancer than those with an intake of 200 mcg. of folate. It required taking folate supple-

ments to reach the 400 mcg. level; food was not adequate to reach this level.

Secondly, the researchers found that after 15 years of supplementing their diet with additional folate to exceed the 400 mcg. level, the nurses' risk factor for colon cancer dropped to 1/4 that of nurses who fell well below this level of folate consumption.

The third point had to do with how long the nurses had been taking folate and the reduction of colon cancer risk.

This reduction in risk for long term consumption of 400 mcg. of folate or better represents 15 new cases of colon cancer rather than 68 per 10,000 found in the normal population of women ages 55 to 69.

Those who said they had been taking folate for less than four years showed little reduction in colon cancer risk rate. The relative risk factor for colon cancer continued to improve until the folate consumption reached 15 years where the risk factor was the lowest. 

*Laughter is the shortest distance between two people.*

—Victor Borge

Answers from page 4

- 1 c. Lifestyle choices, relationships, nutrition, exercise, environmental effects, psychological and social factors, and spirituality, to mention a few.
- 2 d. To build a health reserve, Dr. Golan uses health education, self-care, and prevention with both conventional and alternative approaches.
- 3 b. This belief dates back to 400 B.C. when the philosophical roots of naturopathic medicine began.
- 4 d. Hypoglycemia, adrenal exhaustion, yeast overgrowth, food allergies/intolerances, and psychoneuroimmunology complete the list.
- 5 a. To function at peak efficiency, every hormone, enzyme, antibody, and neurotransmitter needs a good diet.
- 6 a. Enzymes are the "alive" quality of juice. Sugar and preservatives are also found in commercial juices.
- 7 b. These signals, triggered by the anticipation of eating, hunger, and the smell of food, prepare the digestive organs. PH

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### OPTIMAL WELLNESS

by *Ralph Golan, M.D.*

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with *Donald R. Davis, Ph.D.*

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### SUGARS & SWEETENERS: Which Are Best

with *Donald R. Davis, Ph.D.*

Americans consume more sugar than ever, despite artificial sweeteners and official advice to eat less. Are some sugars better than others? Are artificial sweeteners safe? This talk will review the options and pros and cons for sugars and sweeteners. Also, we will consider why Mother Nature gave us a sweet tooth, and how we might cooperate with Her. Audio cassette & video tape.

### PROPOLIS: Nature's Antibiotic

with *Ron Hunninghake, M.D.*

Propolis is the sticky resin which seeps from the buds of poplars and the bark of chiefly conifers. Bees carry it home in their pollen baskets and blend it with wax flakes. It is used to line the brood cells. Why? Because propolis has marvelous antiseptic, antiviral, antifungal, and antibacterial properties. The Russians have demonstrated effectiveness against even streptococcus...thus dubbing propolis as "Russian penicillin." Audio cassette & video tape.

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# Upcoming Events . . .

APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sounds for Healing	2
5 Yoga	6 Yoga	7 Yoga	8	9
12 Yoga	13 L & L - 5HTP: a Way to Boost Serotonin, Yoga	14 Yoga	15 L & L - Getting Rid of Chronic Fatigue	16
19 Yoga	20 Yoga, L & L - Insomnia: How to Go to Sleep & Stay Asleep	21 Yoga	22 L & L - A Measure for Exercise	23
26 Yoga	27 L & L - Gualifenesin: Fibromyalgia Therapy, Yoga	28 Yoga	29 L & L - Healing Sounds, Healing Spaces	30

## MAY

### LUNCH & LECTURE CLASSES:

- |                                    |   |
|------------------------------------|---|
| 6 Human Growth Hormone Replacement | 20 Using Your Imagination for Health & Relaxation |
| 11 Olive Leaf Extract              | 25 Phytonutrients: Plant Based Super Nutrients    |
| 13 The Great Salt Debate           |   |
| 18 Niacin                          |   |

## Low B12 linked to hearing problems in older women

Hearing loss at any age can be a problem. For older women, according to recent research, hearing loss may be due to low levels of vitamins B12 and folate.

"Poor auditory function was consistently associated with low concentrations of serum vitamin B12 and red cell folate in this sample of healthy, independently living older women," wrote Denise Houston and colleagues of the University of Georgia in the *American Journal of Clinical Nutrition*.

The sample consisted of 55 healthy women aged 60 to 71. After hearing tests, the researchers placed the women in a hearing impaired group or a normal hearing group. The hearing impaired group, for instance, had a 38% lower vitamin B12 level than the normal group.

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- ADHD and other
- meaningless diagnoses
- Tomatoes help fight cancer, heart disease...
- High folate intake lowers colon cancer risk
- Starchy, sugary foods may trigger overeating

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