

Health Hunter[®]

VOL. 17, NO.4

N E W S L E T T E R

APRIL 2003

Do you have enough antioxidant nutrients to prevent degenerative diseases?

by James A. Jackson, Ph.D.

As readers of the Health Hunter know, antioxidants are vital to prevent, or delay, the onset of many degenerative diseases that occur as we age. This is especially true if one has a family history of any of these diseases (cancer, heart disease, etc.). But how do you determine that your body has sufficient amounts of the necessary nutrients to form these antioxidants?

You are NOT what you eat, but what you digest, absorb, metabolize, and excrete.

Many will say, "I eat what is recommended by the USDA and the Food Pyramid. I am sure I am getting the RDA that I need." My responses to these comments are:

1. The RDA is designed to prevent deficiency diseases, NOT degenerative diseases. True, you will not get Beriberi, Pellagra, Scurvy, etc., but the amounts in the RDA guidelines are not sufficient to protect against oxidative stress.

2. The Food Pyramid is designed to help you eat enough of the right kinds of food to obtain the RDA amounts. Also, the Food Pyramid has a tendency to change over time.

3. You are NOT what you eat, but what you digest, absorb, metabolize, and excrete. Eating the right type and amount of food is important, but if the

nutrients are not absorbed into the blood and carried to the various organs, they will not serve any useful purpose.

Proper absorption depends on the correct amount of stomach acid, digestive enzymes, and a proper functioning G.I. tract. So even if you are eating well, if you have any of the conditions just described, you still may not be protected at the cellular level.

So, how can one tell if they have the protective levels of nutrients necessary to prevent degenerative diseases? The only sure way is to have these nutrients measured in your blood and urine. If you eat well and have no problems with your digestive system, your blood levels should reflect this. If you are eating well and have absorption problems or you are suffering from oxidative stress, your blood levels will also reflect this.

Now that you have an idea as to the kinds of situations that can affect your nutrient levels, how do you know what nutrients you need to have measured for which disease? Here are some suggestions:

Bone Health - Are you genetically predisposed to osteoporosis? You might want to measure vitamins A, C, E, urine vitamin C, vitamin D, serum calcium and phosphorus, red blood cell magnesium, copper, and manganese. Yes, all those nutrients, and more, play a part in keeping your bones healthy.

continued on page 2

Synthetic antioxidants

Drugs are getting closer to antioxidants. Take for example the work of Kiyoshi Fukuhara of the National Institute of Health in Tokyo. He synthesized a chemical analog of catechins, the antioxidants found in tea, chocolate, and many fruits.

In the January issue of *Chemical Research in Toxicology*, Fukuhara and colleagues describe test-tube experiments showing that at high concentrations, the synthetic catechin remains an antioxidant.

Fukuhara says that supplements of this compound might someday "be useful for the prevention and treatment of radical-associated disease," including Alzheimer's disease, stroke, cancer, and radiation injury.

Antioxidants such as vitamins A, C, and E, along with phytonutrients, are an excellent alternative for now. [H]

Inside this issue...

A healthy investment	2
Coming up:	
Know Yourself/Beat The Odds	3
Information worth knowing	4
There really is a good reason for gardening organically	4
Lavender	5
Food of the month—swiss cheese	5
Miracle in the snow	6
A little Center history	6
Case of the month	6
Special discounts	7
Upcoming events	8
Eating fish reduces strokes in men	8

EDITORIAL BOARD

Joseph Casclari, Ph.D.

Donald R. Davis, Ph.D.

Melvin Epp, Ph.D.

Michael J. Gonzalez, D.Sc., Ph.D.

Ron Hunninghake, M.D.

James Jackson, Ph.D.

Tim Lawton, M.D.

Xiao Long Meng, M.D.

Nina Mikrova, Ph.D.

Hugh D. Riordan, M.D.

PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth and Barbara Dodson

Health Hunter Newsletter is published as a service 10 times a year by the Olive W. Garvey Center for Healing Arts, a division of "The Center for the Improvement of Human Functioning International (CIHFI), a non-profit organization. Memberships are \$25 for one year, \$30 for outside the U.S., \$45 for 2 years, \$55 for outside the U.S., and \$60 for 3 years, \$75 for outside the U.S. To join, see the order form on page 7 of this issue. (Prices good through 2003.)

© 2003/CIHFI

Special written permission is required to reproduce, by any manner, in whole or in part, the material herein contained. Write: Permissions, 3100 N. Hillside Ave., Wichita, KS 67219, USA. Phone: 316-682-3100.

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

Share information about The Center with your family and friends by inviting them to visit our website.

Meet us at the following address:

www.brightspot.org

or correspond with us by E-mail:

healthcoach@brightspot.org

Nutritional Medicine

by Tim Lawton, M.D.


A healthy investment

"When health is absent...wealth becomes useless."—Herophilus, c. 300 B.C.

I recently had lunch with a friend who is a financial planner. To help people plan for a successful retirement, he'll first gather information about their current financial condition. He will then estimate the amount of savings required by the time of retirement and plan a strategy to help them reach their investment goals. Finally, they will meet periodically to review progress toward the goal and fine-tune their investment plan.

I told him about our Know Yourself/Beat The Odds (KY/BTO) nutrient panels. This made good sense to him as the concept was very similar to his line of work. We spend a lot of time and energy to insure that our financial future is "healthy," but how much do we invest into the health of our bodies and brains? KY/BTO is a good investment in your future health, especially when you con-

sider that a month in a nursing home runs \$3,000 or more. If a Brain Health panel can keep you or a loved one out of the dementia unit for two weeks, it's already paid for itself!

Checking your nutrient levels to find out where you are starting is the first step in charting a course to improved health. Numerous studies on vitamins seem to produce conflicting results... "Take more vitamin E; it's good for your heart...No, vitamin E isn't helpful..." The major criticism of these types of studies is that they generally don't check vitamin levels. If you're deficient in vitamin E, then chances are you'll probably benefit from bringing up your vitamin E level. If you've already got adequate vitamin E, additional supplements may not make much difference. KY/BTO can help guide you to get the most benefit from supplements or dietary choices. 

Do you have enough antioxidant nutrients—Cont'd from page 1

Of course, most people know that calcium plays a major role in bone health, but did you know that magnesium is important for calcium utilization as well? It activates an enzyme found in the bone that is necessary for forming calcium crystals. Vitamin D is necessary for the gut to properly absorb intestinal calcium.

Manganese is necessary for mineralization and synthesis of connective tissue. Connective tissue is what holds a body together. Bone is a connective tissue because it's the structure on which everything else hangs.

Osteoporosis develops very slowly over 30 or 40 years and then one day a simple fall results in a broken hip. A micronutrient check-up from time to time could delay or eliminate this health risk.

Breast Health - It turns out that many factors influence what breast cells need for health promotion or to develop

disease. Suggestions for nutrient levels to check are vitamins A, C, E, urine vitamin C, vitamin D, folic acid, CoQ10, lycopene, and red blood cell selenium.

Selenium is a mineral that activates glutathione peroxidase, one of the most important antioxidant enzymes in the human body.

Vitamin D is necessary for normal cell replication and suppresses cancer cell growth.

CoQ10 enhances the movement of oxygen into the mitochondrial furnace of the cell. It is known that if you lack adequate oxygenation you are at a higher risk of getting cancer.

Folic acid performs an important function in making and repairing chromosomes. Chromosomal damage is associated with the growth of cancer.

Studies currently suggest that adequate amounts of these nutrients ap-

continued on page 3

Do you have enough antioxidant nutrients—Cont'd from page 2


pear to be protective. Your best defense against cancer may be optimal health.

Heart Health - The cause of heart disease is a buildup of plaque. Plaque occurs when fat deposits along the major arteries, especially the coronary or carotid arteries. Fatty streaks can begin as early as childhood and then pathologic fibrous plaques start to develop over time, starting as early as 25. If you have a positive family history of heart disease, suggestions for nutrient levels to check are vitamins A, C, E, urine vitamin C, homocysteine, CoQ10, lipoprotein(a), c-reactive protein, lipid profile, red blood cell magnesium, and selenium.

About 40% of heart attack victims do not have the conventional risk factors associated with heart disease. These people tend to have elevated lipoprotein(a) levels, a hereditary factor that is generally unaffected by behavioral risk factors. Lipoprotein(a) may represent an important protective function of the body. It is a patch the body makes for injured endothelial cells when there is a lack of materials to repair damage in the artery lining. The body uses collagen or connective tissue to make this repair.

CoQ10 is used in every cell in your body and helps to send oxygen into the mitochondria. The mitochondria are the cellular furnaces where calories are burned and energy is released. Without oxygen, the burning of fuel is shut off. Without CoQ10, there would be only enough energy reserves for about eight seconds.

Magnesium is involved with over 300 enzyme reactions, including essential fatty acid metabolism and antioxidant formation. It releases muscular spasms, opens arteries like nitroglycerine, and blocks excessive adrenaline. It strengthens the heart muscle contractions much like digitalis and is an anticoagulant like aspirin.

Dr. Riordan says that degenerative diseases are both genetic and environmental. Monitoring your nutrient levels and learning how to adjust those levels can prevent or delay the onset of many degenerative diseases. 

HEALTH HUNTERS AT HOME

Coming up: Know Yourself/Beat The Odds

I read an article in *Science News* called "Proof of Burden" that made me think of the Know Yourself/Beat The Odds Laboratory Fair.

The article had to do with chemical cocktails now found in the blood that were not there a generation or two ago. These include toxic metals, artificial hormones, an ingredient of plastics, flame retardants, pesticides, herbicides, and disinfectants. All bad things.

The object of the article was to point out how bad these things are in the blood. The Center looks at this problem from a different light—how are the nutrients doing in your blood with all of these undesirable ingredients available in your blood. Are you doing good or doing poorly with your nutrients?

This problem brings up another situation we are seeing at The Center. When we began seeing people with chronic fatigue and fibromyalgia, they were mostly women in their 40's and 50's. Lately, we have begun seeing men and women in their 30's, 20's, and even in their teens with these conditions.

I wondered why this was happening until I read this article and I began to understand why we were seeing women and men who are younger and in their teens with chronic fatigue and fibromyalgia. They were simply getting more of these chemicals in their blood and less of the nutrients they need to keep their bodies running the way they should.

This brings me to Know Yourself/Beat The Odds. What better way to find out how your nutrients are doing in your blood system than to check them with this program. You simply come in, give some blood and/or some urine and in two or three weeks you get a report back that is easy to understand. From this report you will learn what is present and what you need to do to get your levels up to where you need them. And you may be reassured that your levels are sufficient.

Take vitamin C for instance. It is in every health panel. It is checked in

the blood and in the urine.

Say, for instance, your vitamin C is all right in your blood test, but is low in your urine tests. This means that you are taking enough vitamin C to get by with what is going on with your body right now. But what would happen if something like an infection of some type comes along. You don't have enough vitamin C reserves spilling in your urine to make up for it and you catch the infection.

We like for you to have your urine vitamin C up in the 20 to 40 range. If your urine vitamin C is in the 20 to 40 range, you have plenty circulating in your blood and you still have enough spilling in your urine to keep your bladder and its related tubing well cleaned out. You would have good vitamin C reserves.


This is just one quick example of what you can learn from Know Yourself/Beat The Odds. If you simply do the Antioxidant Health panel, you will not only learn about vitamin C but vitamins A and E as well.

And there is more—Bone Health, Brain Health, Breast Health, Eye Health, Heart Health, Pre-Conception/Fertility Health, Prostate Health, and Skin, Hair and Nail Health panels.

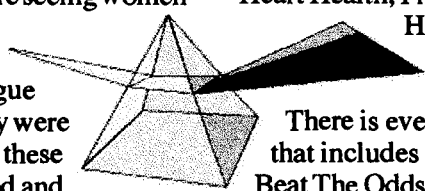
There is even a Mega Health panel that includes every Know Yourself/Beat The Odds test from all the panels above.

The various panels come with a discount over the costs of the individual tests done by the laboratory. At the KY/BTO Laboratory Fair on April 25 and 26, there is an even greater discount on the panels for Health Hunters.

The Heart Health and the Pre-Conception/Fertility panels require a 14-hour fast because one or more of the tests are critical and require it. The other panels don't require fasting so you can just come in and do them.

Plan on showing up and doing one or more of the panels. It is fun. It doesn't take you long. And there are various other things you can do, also. Oh yes, it is a bargain, too. 

—Richard Lewis



INFORMATION WORTH KNOWING

Did you know that breathing satisfies the oxygen needs of a majority of the millions of living cells in the body? We need to breathe to satisfy the need to supply oxygen to the working muscles as well as the need to remove carbon dioxide from our bodies. The more physically active we are, the more we breathe. Our emotions play a part in the way we breathe. Emotions can take our normal relaxed breathing into an unconscious heightened state of breathing that can become a life-long trait. A tragic loss of a loved one or times of emotional disturbances can lead to abnormal breathing patterns. Sophie Gabriel has studied breathing techniques from around the world that are physiologically sound. She has shared the results of her studies in her book, *Breathe for Life*. She shares her path to enlightened breathing as well as step-by-step instructions with diagrams and photographs. The questions this month are taken from her book.

1 There is an obvious difference between people who have had some form of breathing training and those who have not. With good quality breathing the _____ muscle(s) is(are) the main muscle(s) used along with the intercostal muscles.

- a. upper chest
- b. shoulder
- c. diaphragm
- d. all the above

2 When you breathe deeply, powerfully, and proficiently, you will see results on a number of levels. Physically it will help you to _____.

- a. tone all the muscles used in respiration
- b. easily perform physical activities
- c. expand and contract your rib cage with ease
- d. all the above

3 On a mental level, you will find that deep, rhythmical breathing creates a harmonious emotional state.

- a. True
- b. False

4 Breathing is an involuntary and automatic self-regulating function of the nervous system. This means that our breathing will continue to keep us alive without any conscious effort on our part. It is also a part of the _____.

- a. respiration highway
- b. voluntary nervous system
- c. bicardial system
- d. none of the above

5 If you want to keep your whole respiratory system in basic good health, then for as long as you live you will need to exercise and _____ your breathing.

- a. rest
- b. challenge
- c. stop
- d. none of the above

6 There are three kinds of breathing that occur automatically: natural breathing, self-continued breathing, and self-regulating responses.

- a. True
- b. False

7 _____ is one of the most fundamental lessons in breathing training and without it you will never achieve a really high quality of breathing.

- a. Breath holding
- b. Time training
- c. Awareness
- d. Counting

• FOR ANSWERS, SEE PAGE 7 •

There really is a good reason for gardening organically

by Melvin D. Epp, Ph.D.

In addition to the fresh air, exercise, and the occasional blister, gardening is intellectually intriguing, emotionally relaxing, and just plain fun. However, creating natural biological balances within an organic garden is really the challenge. With a bit of thought and planning, one can build a biologically active soil with high organic matter. Plant diseases can be minimized with cultural techniques and disease resistant cultivars. Harmful insects can be contained by maintaining viable populations of beneficial insects and by planting flowers that attract the beneficials. Organic techniques help maintain the ecological harmony and productivity of the interdependent communities of soil life, plants, and animals within the garden.

But at the end of the day, when you give your aching muscles some well deserved relief, I am sure you just occasionally ask yourself, "Why do I do it?" In the last year, there have been several reports published that actually support what you have always assumed, that organic vegetables are worth their production efforts or their costs.

At the National Institute of Food & Nutrition Research in Italy, a study found that organic pears, peaches, and oranges had higher antioxidant levels than their conventional counterparts. Specifically, organic William's pears contained less fiber but more natural sugar, vitamin C, and antioxidants and were more resistant to mildew and fungi. (www.organicTS.com)

A study has shown that organic soups sold commercially in the United Kingdom contained about six times as much salicylic acid as non-organic soups. Salicylic acid, which is responsible for the anti-inflammatory action of aspirin, has been shown to help prevent hardening of the arteries and bowel cancer. Salicylic acid production is a natural defense mechanism in plants when attacked by insects. A little insect nibble here and there actually makes the vegetables more healthful for us.

continued on page 5

The more sand that has escaped from the hourglass of our life, the clearer we should see through it.

—Jean Paul

(*European Journal of Nutrition*, Vol. 40, page 289)

A U.S. study reported that organically grown oranges contained up to 30 percent more vitamin C than those grown conventionally. (*Science Daily Magazine*, June 2, 2002)

Organic fruits and vegetables have only a third as many pesticide residues as their conventionally grown counterparts. The Consumer Union and the Organic Materials Research Institute conducted these studies. (*Food Additives and Contaminants*, May 8, 2002) Earlier articles in the *Consumer Report* suggest that washing vegetables also reduces residues appreciably.

A Seattle study confirmed that children eating primarily organic diets had significantly lower organophosphorus pesticide exposure than did children consuming primarily conventional diets. The study examined the urine of 18 pre-school children whose diets were considered organic and 21 children whose diets were considered conventional based on food diaries kept by the parents. The findings demonstrated that dietary choices can have a significant effect on children's pesticide exposure. (*Environmental Health Perspectives*, Vol. 109, No. 3, March 2001, pp. 2999-303 and ehponline.org, posted Oct. 31, 2002, C. L. Curl, R. A. Fenske, & K. Elgethun)

Higher levels of total phenolic metabolites were consistently found in organically and sustainably grown foods as compared to those produced by conventional agricultural practices. Secondary phenolic metabolites play an important role in plant defense mechanisms, and increasing evidence indicates that many are important in human health. The crops marionberries, strawberries, and corn were studied in California at UC Davis. (*J. Agric. Food Chem.* 2003, 51, 1237-1241)

Yes, the evidence is mounting that organic methods optimize the health and productivity of the interdependent communities of soil life, plant, animals, and people. Organic methods are useful in creating vegetables that have compounds that are of specific benefit for our sustained health and the health of our children. [H]

Herbal History

Lavender

You can use a small garden in your yard to furnish herbs rather than going to the health food store to get them processed. The herbs are fresh and you can pick only what you need. Leave the remainder for another day.

Take lavender for instance. Lavender is good for easing insomnia. Just the smell of lavender in the bedroom helps make sleep easier and longer lasting than you can often get from sleeping pills, experts say.

In a small study done in 1995, the British researchers found that infusing the scent of lavender into the rooms of patients in a nursing home worked as well as medications. The patients in the rooms with the lavender smell not only fell asleep faster, they slept more peacefully.

A study completed in 1998 found that a dose of lavender increased drowsiness. "Lavender has a sedative effect on the central nervous system and releases

nervous tension," wrote the researchers.

Since lavender is a Mediterranean plant, it likes sun and a dry, rocky soil. This makes it struggle a bit to get itself established. It is best to start lavender from a small plant or from a side shoot from a mature plant that you can stick in sandy or light soil to root. It is slow to germinate from seed. It grows well in a pot or in the ground. Water well until it is established and during hot summer days, but don't overdo it. Lavender does not like soggy soil.

It grows long stems with a cluster of small purple flowers at the end and several leaves along the stem. Cut the stems and hang them in a dry place out of the direct sun once flowered.

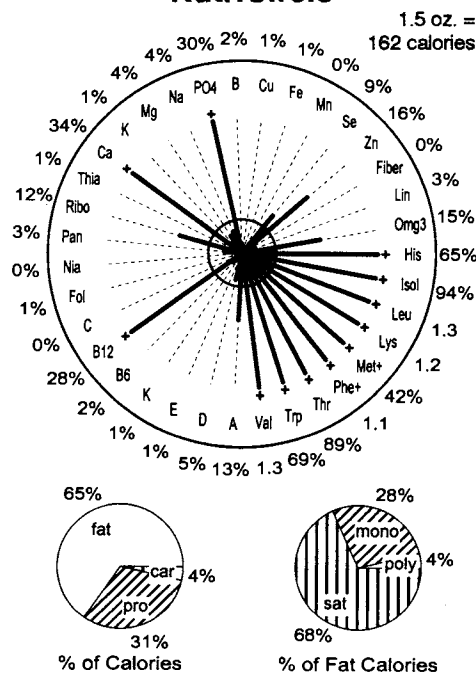
You can make tea from the dried or two teaspoons of fresh flowers by adding them to a cup of boiling water and brewing for ten minutes. Strain the tea and drink it before going to sleep. [H]

Food of the Month

by Donald R. Davis, Ph.D.



NutriCircle

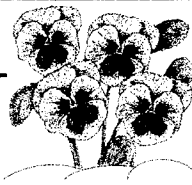


SWISS CHEESE has holes made by bubbles of carbon dioxide gas produced by one of the bacteria used to make it. The bacteria also produce propionic acid and other characteristic flavors. Swiss cheese has more protein and calcium and less fat than most others. Cheeses also contain conjugated linoleic acid (CLA) that becomes part of our cells and seems to protect against cancer, heart disease, and bacterial toxins. A 1.5-oz. serving of Swiss cheese has 10% to 34% of the RDAs for vitamins A and B₁₂, riboflavin, calcium, phosphate, zinc, and omega-3 fat, plus large amounts of all essential amino acids of protein (*His* to *Val*).

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.




Miracle in the snow

Spring has finally arrived. The birds are singing, the dandelions are blooming, and the thunderstorms have begun. I especially enjoy all the colors of spring—deep green, vivid yellow, soft lilac, and purple of the pansies. I love all flowers, but pansies are among my favorites.

Have you ever noticed how some people compare others to a flower such as, "He came out smelling like a rose," or "She is such a pansy"? When they refer to someone as a pansy, they are usually suggesting that they are weak. I have been watching the pansies that we planted last fall and they are not weak. We have had wind, rain, snow, and temperatures in the single digits. Snow covered the flowerbed for several days, and I was sure they had been killed. When the snow started melting, there

was at least one that still had a blossom on it. In a few days another one had a blossom, and now that the weather is nicer they are all blooming in a bright spot of color.

What allowed some of the flowers to keep blooming even under the snow? Although they were somewhat sheltered on the southeast side of the building, that was not the whole story. Whatever it was, the sight of the brave show of color in a long dark winter provided me with a sense of hope. If that fragile little flower could keep going, so could I. Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is." Those blooming pansies have been a miracle for me this winter. Have you noticed any miracles lately? 

CENTER UPDATE

A little Center history

When The Center opened almost 28 years ago, it was based on the work done by Dr. Roger Williams—everyone who comes to The Center is special, unique, and different. This means we have to treat everyone differently, and we do.

Each person who comes to The Center is checked over carefully with a very thorough evaluation that can last anywhere from a day to three days. The evaluations start out the same way. You come in the morning fasting for at least 12 hours. In this fast, you can have bottled water and that is all. You check in with the nurses and then do a little testing with them.


Next, you spend an hour plus with Dr. Riordan. That is where the similarity ends. Dr. Riordan evaluates everyone differently and comes up with different laboratory work to find out what are the underlying causes for each person.

But some people are lucky. They are healthy and have nothing wrong with them at the time. So The Center

needed to find a way to help these people without having them go through the entire evaluation. And Know Yourself/Beat The Odds was born.

Know Yourself/Beat The Odds was developed as a process where a person could have his/her nutrient levels checked without having to see a doctor. As we have offered this program for several years, we have found that it is most cost effective to only offer this program through the KY/BTO Laboratory Fair at various times throughout the year. By batching the laboratory tests, it can save you money.

Then, while you go about your life, the lab goes about preparing your detailed report about your tests. Completing this report usually takes a couple of weeks and then it is mailed to you.

When you receive it, you read it over and find out how your nutrients are doing. If one is low, you know that you need to increase your supplement to get the nutrient up where you need it. Simple, isn't it? 

Case of the month


This 65-year-old lady came to The Center in early January of 2003 with concerns about allergies, arthritis, fatigue, gastritis, obesity, sinusitis, and tendinitis. She had recently retired from teaching and these problems had been slowly creeping up on her. She said that she was having trouble exercising because of sore knees and the weight has been steadily increasing.

After his hour plus evaluation, Dr. Riordan suggested she do extensive laboratory testing which she did. This included a check of her nutrients, food sensitivities, parasites, candida, thyroid panel, and many more. After receiving a 3B injection, she went home to practice deep breathing and read *The Wonderful World Within You* by Dr. Roger Williams.

She came back a couple of weeks later to meet with Dr. Lawton to receive the results of her laboratory testing. He said her nutrients were good, but her omega-6/omega-3 ratio was high. Also, her candida, cytomegalovirus, Epstein Barr virus, and C-reactive protein were high. He suggested some nutrients to correct these along with Nystatin to work with the candida and glucosamine sulfate for her arthritis. She also had two intravenous vitamin C infusions with a blood plasma vitamin C drawn immediately after.

She came to The Center for an appointment with Dr. Ron Hunninghake early in March. She told him that her fibromyalgia was diagnosed in the fall and she had a miserable fall season. Dr. Ron doubled her glucosamine sulfate that Dr. Lawton had started her taking. Dr. Ron also suggested she start drinking the MSM water to further help with her fibromyalgia.

She also told Dr. Ron that she was feeling at least 70% better than she did in October and she hopes the improvement continues.

Dr. Ron had her stop any further intravenous vitamin C infusions because she had done so well with the initial two that she didn't need to have any more. She also said that she now enjoys the fact that she is sleeping better than she was. 

Answers from page 4

- 1 c. There is no exaggerated movement of the upper chest, sternum, and shoulders. Correct, deep, diaphragmatic breathing utilizes the entire lung capacity.
- 2 d. You will also be able to subdue physical pain, rest, feel refreshed, and release accumulated tension, allowing you to relax more easily.
- 3 a. Paradoxically, deep breathing can be very invigorating and calming at the same time.
- 4 b. As a result of our conscious or habitual behavior, we can alter our breathing in a positive or negative way. I just made up bicardial.
- 5 b. You cannot maintain a healthy functioning respiratory system by practicing breathing exercises and/or physical exercise for a period of time and then stopping.
- 6 b. There are two kinds of breathing: natural and self-regulating responses. Natural breathing is referred to as survival breathing.
- 7 c. Even if you do not ever technically learn how to improve your breathing, simply by observing how you are breathing in every circumstance you will gain certain insights. HH

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

BREATHE FOR LIFE

by *Sophie Gabriel*

Increase your ability to handle stress with more ease through learning to breathe correctly. After taking our first breath as a newborn, we must continue to breathe every minute of our lives, awake or asleep. While breathing is unconscious, it is driven by the demand that is signaled from deep within our bodies. Softcover.

Retail Price: \$14.95

Health Hunter: \$13.46

KNOW YOUR NUTRIENTS: FOLIC ACID

with *Ron Hunninghake, M.D.*

Studies have shown that folic acid (B-complex vitamin) helps prevent birth defects and digestive problems. It's important to new cell growth,

including red and white blood cells, and is needed for proper liver function. Fatigue, poor memory, and digestive problems are indications of low levels of folic acid.

KNOW YOUR NUTRIENTS: VITAMIN B6

with *Hugh D. Riordan, M.D.*

If you just seem to be "out of it," suffering from depression, dizziness, fatigue, nervousness, sleepiness, or weakness, you could be suffering from a lack of vitamin B6. A natural diuretic, B6, found in meats, grains, and eggs, is instrumental in treating allergies and arthritis. This vitamin strongly influences functions of the nervous system. Healthy skin and hair depend on adequate intake and absorption of B6.

• To Order, Fill Out the Form Below •

TITLE	AUDIO OR VIDEO TAPE	PRICE	QUANTITY	TOTAL
	circle one			
Breathe for Life (book)		_____	_____	
Know Your Nutrients: Folic Acid	audio video	_____	_____	
Know Your Nutrients: Vitamin B6	audio video	_____	_____	
<i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)				_____
Two Year Membership/renewal - \$45 (\$55 for outside the U.S.)				_____
Three Year Membership/renewal - \$60 (\$75 for outside the U.S.)				_____
Subtotal				_____
**Add Sales Tax				_____
***Add Postage & Handling				_____
TOTAL				_____

** Kansas residents add 6.3%.
 *** Add \$3.00 for first book or tape;
 50c for each additional book or tape.

Payment: Check VISA Am. Exp. Discover M. C. Exp. Date _____

Card # _____ Signature _____

Ship to: Name _____ Address _____

City _____ State _____ Zip _____

Prices good through 2003.

Mail form and payment to:
 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219

Upcoming Events...

**April 25-26 Know Yourself/Beat The Odds
Laboratory Fair**

Lunch & Lectures:

April

- 8 Know Your Nutrients: Vitamin B5
- 10 Why Do My Vegetables Laugh at Me?
- 15 Know Your Nutrients: Vitamin B12
- 17 The Impact of Fresh, Healthy Foods on Learning
- 22 Know Your Nutrients: Biotin
- 24 Center Techniques for Reducing Pain
- 29 Know Your Nutrients: Vitamin D

Eating fish reduces strokes in men

Eating fish once a month or more can reduce the risk of ischemic strokes in men, wrote Ka He, M.D., M.P.H. and colleagues of the Harvard School of Public Health in a recent issue of *The Journal of the American Medical Association*.

The researchers based their study on data collected from The Health Professional Follow-Up Study that collected information for 12 years on 43,671 men.

In this large study, the researchers "observed a 40% lower risk of ischemic stroke in men who consumed fish once per month or more compared with those who ate fish less often." This may be due to the omega-3 fatty acids found in cold water fish grown in the wild. They did not find such results for hemorrhagic stroke, though.

- Do you have enough antioxidant nutrients to prevent degenerative diseases?
- There really is a good reason for gardening organically
- Miracle in the snow
- A little Center history

Health Hunter

A Publication of The Center for the Improvement
of Human Functioning International, Inc.
3100 North Hillside Avenue
Wichita, KS 67219 USA

RETURN SERVICE REQUESTED

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 858
WICHITA, KS 67219

INSIDE THIS MONTH'S ISSUE . . .