

Health Hunter[©]

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NEWSLETTER

APRIL 2004

Preventing and reversing type 2 diabetes

by Tim Lawton, M.D.

Diabetes. It's on the cover of *Time Magazine*. The epidemic seems to be raging out of control. Eighteen million Americans are diabetic and that number is increasing by 1.3 million every year. Diabetes is now the #5 cause of death in the U.S., but is expected to be the #1 killer by 2010.

Americans derive over 50% of our calories from highly refined, low fiber foods.

The CDC reported recently that a baby born in the U.S. in the year 2000 has a 1 in 3 chance of developing diabetes in his/her lifetime. The numbers are even higher for African Americans, Hispanics, and Native Americans.

Is there any way to make sure you're not another statistic in the diabetes epidemic? The good news is that the majority of cases of diabetes are preventable. The Nurses Health Study (*New England Journal of Medicine*, 2001) followed 85,000 nurses for 16 years. Of the 3,300 who developed diabetes, it was estimated that 91% could have been prevented through a healthy diet and exercise!

What dietary factors are most important in the prevention and treatment of diabetes? The answers have been known for decades, but largely underutilized. In 1980, at The Center's 4th International Conference on Human Functioning, Dr. James W. Anderson presented his research on controlling diabetes through diet. The key? Fiber.

Fiber is found only in plant based foods. There is no fiber in animal products like eggs, dairy, meat, or fats.

It has been said that we suffer from "high calorie malnutrition." Americans derive over 50% of our calories from highly refined, low fiber foods. Refined white flour, sugar, and commercial fats and oils are at the top of the list. These have little or no fiber to help the body.

The smooth functioning of our digestive system requires fiber. To a diabetic or pre-diabetic, adequate fiber can be the difference between normal and abnormal blood sugars. Dr. Anderson's work showed that fiber slows the emptying of the stomach and delays glucose absorption. This is great news for all of us. Without fiber, sugar would enter the blood stream too rapidly, leading to wild fluctuations in blood glucose.

How much fiber do we need? Dr. Anderson's patients consumed about 25-50 grams a day. The best sources of fiber are vegetables, fruit, whole grains, legumes (beans), nuts, and seeds. The amount of fiber varies for each food, but, on average, these foods have about 2-4 grams per serving. If one can get at least 10-15 servings of these wholesome foods a day, the goal of 25-50 grams is easily achieved.

Another way to help guide food choices is to use the glycemic index. High glycemic foods are generally highly processed, low fiber, low nutrient foods. These can cause big swings in blood sugar. Low glycemic foods are

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Walking helps the brain as well as the body

Take a walk and pump up your brain as well as your body—especially senior citizens. Two studies have shown walking 10 to 45 minutes two or three times a week will help seniors improve their brain power.

"Even moderate cardiovascular activity of a sort that is within reach of healthy older adults results in improved neural functioning and extends or enhances independent living," said Arthur Kramer of the University of Illinois at Urbana-Champaign.

He had mice exercise by running the wheel. At the end of testing, the mice showed an improvement in learning, memory, and attention. Seniors, they said, will do the same.

In another research project, scientists assessed the physical fitness in 41 adults between the ages of 58 and 77 after each walked one mile. The people who walked did better than non-active peers.

So, get out and take a walk to help your brain. 

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PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth and Barbara Dodson

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Nutritional Medicine

by Ron Hunninghake, M.D.

The age of diabetes

Historians are fond of characterizing certain epochs in the course of human events as "The Age of _____" with _____ being the predominant force shaping the events of that time. Usually this force is some major war, or the rise of an influential political system, or the crowning of one of the great human faculties, such as Reason. Regardless, the bottom line is that this powerful force significantly affects the lives of the individuals living at that time.

Have we entered The Age of Diabetes? Type II diabetes has been referred to as "The Master Disease of Our Time" in a book by British Surgeon Captain T.L. Cleave, M.D. United Nations researchers now believe that there will be over 300 million diabetics populating our globe by the year 2025. American babies born in the year 2000 have a 1 in 3 chance of developing diabetes in their lifetime. One in three Americans will face the much higher risk of accelerated heart disease and stroke, blinding retinopathy, potential kidney failure, and limb amputation. The cost of caring for diabetic complications will most likely eclipse all other

sickness-care costs!

Although no one would intentionally choose diabetes, in The Age of Diabetes governmental agencies and medical insurance companies will make it clear to their constituents: "By your lifestyle choices, you chose your diabetes." Diabetes is a disease of excess: excess consumption of refined carbohydrates, excess calories, and excess non-whole foods. Combine these excesses with a lack of exercise, throw in some genetic predisposition, and you have a rather precise recipe for Type II diabetes.

Is there any good news in The Age of Diabetes? Yes! While pharmaceutical interventions do exist and are helpful, any good diabetologist will tell you that Type II diabetes cannot be properly managed without careful attention to the diabetic's diet. Exercise as a means of lowering insulin resistance is almost mandatory. As the diabetes/obesity epidemic mounts, perhaps, at long last, medical practitioners everywhere will wake up and acknowledge the true foundation of good medical care: preventive and therapeutic nutrition and lifestyle! [H]

Diabetes—Cont'd from page 1

generally the whole foods and high fiber foods listed in the previous paragraph. Some exceptions to this rule include potatoes and dried fruit. These are whole foods, rich in fiber and nutrients, but they do have a high glycemic index. Knowing both the glycemic index and the fiber content of foods can be useful in controlling blood sugar. If you want to learn more about the glycemic index, I recommend *The New Glucose Revolution* by Dr. Brand-Miller.

Diabetes is a progressive disease. By the time someone is diagnosed with type 2 diabetes, they usually have had insulin resistance or pre-diabetes for years. It starts innocently in childhood. We get cake at birthdays and soda pop for a treat. These things make us feel good and are associated with happy

times. We tend to prefer these treats over the things that are best for us. The rapidly absorbed high sugar load is something our bodies were not designed to handle on a continual basis. Our cells become "full" of sugar or energy and can't absorb any more. The cells essentially close their "doors" to accepting any additional glucose. The blood glucose level starts to rise and the pancreas responds by pumping out larger and larger amounts of insulin. Ordinarily, insulin acts like a key unlocking the cells' doors, opening them to accept more glucose. However, when the cells are full, the insulin "keys" do not work to open the doors. This is called "insulin resistance."

Insulin resistance or pre-diabetes

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HEALTH HUNTERS AT HOME

Inflammation in fat

Ron Hunninghake, M.D., the Director of clinical services, has been interested in the inflammatory response and chronic disease for several years. He often checks the c-reactive protein (CRP) level of an individual because a high CRP level is often used as an indication of inflammation. He is also very interested in diabetes and its response to the Atkins type diet programs. As an individual loses weight on an Atkins type program, his/her diabetes also often comes under control.

But, he is also interested in why our bodies make cholesterol, since about 80% of the cholesterol is made in the liver and only about 20% comes from our diet. Cholesterol is an antioxidant, he says. Since we cannot make vitamin C in our bodies, we make cholesterol to protect us against free radicals.

Take, for instance, the case of the person who ate exclusively fast food for a month just to see what would happen to him. First of all, his cholesterol went up during the month. This was probably his body's response to the increased free radicals that were found in the fast food he was eating. His weight also went up from eating so many hamburgers and fries for every meal. Maybe there is a relationship there.

The United States government statistics pointed out that in 2001 one in five adults were obese and about twice the number were in the overweight class. Also, there is information suggesting that a lot of people eat fast food for many of their meals. This is evident from the long lines of cars in the drive-through lanes of fast food operations around the dinner-time hours. Even Dr. Lawton thinks there is a relationship between eating fast food and gaining weight, as he mentions in his lead article this month.

So, there may be a relationship between eating fast food and gaining weight. And there is, quite often, a relationship between weight gain and diabetes. There does seem to be a relationship between cholesterol, CRP (an indication of inflammation), and free radicals. Is there a relationship between

fat and inflammation?

That is where we started—inflammation and fat. As people become fatter, they are more prone to be a host for chronic diseases such as diabetes, atherosclerosis, and cancer, according to a team of researchers at the Rand Corporation in Santa Monica, California.

Two studies offer a clue to why this is true. The researchers have found that, with obesity, macrophages appear in abundance within fatty tissue. Macrophages are in the body's immune system and not particularly associated with fat. But, macrophages actually appear to be a primary chemical causing inflammation in fat.

Hong Chen, a noted geneticist, has found that obesity would switch on genes that alter their management of lipids or sugars. She and her team of researchers reported in the *Journal of Clinical Investigation* that most of the obesity-activated genes have been associated with macrophages.

In another case, Anthony Ferrante,

Jr., of Columbia University's Naomi Berrie Diabetes Center in New York, and his fellow researchers were getting similar information from their

research with mice. His team wanted to find out which genes switched on as mice became fatter. They found that out of 100 genes that were active in the obese mouse, most were macrophages.

Now that they have established that the immune system is depressed in obese people because of the macrophage's gravitation to the fat tissue, most researchers feel that they need to find drugs that are immune boosters to prevent having chronic disease.

At The Center, we believe that when the body's immune system is very low, you are capable of getting it back in shape if you use the proper nutrients. The best way to find out what nutrients you or someone you know may be low in is to use laboratory testing. The other part is to lose some weight. We have covered fat loss in the past and will do it again in the near future. [H]

—Richard Lewis

can be detected long before someone has clinical signs or symptoms of diabetes. If someone has a fasting blood glucose between 100 and 125, this is considered pre-diabetes. Elevated fasting insulin level is also a measure of insulin resistance.

The only cure for insulin resistance is to make the cells hungry again for energy. This is accomplished when we exercise and the cells use up their stored energy. Of course, one has to expend more energy than they are taking in for this approach to work. Thus, the dietary changes described above are also extremely important.

How do we get more physical activity into our day? Our ancestors didn't have to go the gym to work out. Life was a work out! Most of the advances of the 20th century have been labor saving devices. When did you last have to churn your own butter, or wash your own clothes by hand, or even walk a few miles to visit a friend? It is estimated that the average American gets 1/6th the daily physical activity of our Amish friends, who still plow their fields with horses and live much as our ancestors did.

Does the diet and exercise plan work? After my lecture last month on Reversing Type 2 Diabetes, a woman from the audience came up to me to share her success story. Her diabetes had been dangerously out of control. After changing her diet and increasing her physical activity, her blood sugars were back to the normal non-diabetic level. She was ecstatic.

Remember, if you are taking insulin or medications for diabetes, you'll need to monitor your blood sugar closely and work with your doctor as you make improvements in your diet and increase your physical activity. [H]

A dose of red wine

Red wine in moderate doses helps the heart, researchers say. But what do those who eschew alcohol do? Researchers at the Pavese Pharma Biochemical Institute, Parva, Italy, are developing a pill that would give the benefits of red wine without the alcohol. [H]



INFORMATION WORTH KNOWING

Are you one of the one in five people who suffers from heartburn and indigestion? Is there a connection between diet, exercise, or lack of exercise, and heartburn? While medication can mask the symptoms, the little "purple pill" does not find the underlying cause of the symptoms. Sherry A. Rogers, M.D., a leading expert in drug-free gastrointestinal therapy, has written a book for people who struggle with this problem. *No More Heartburn: Stop the Pain in 30 Days—Naturally!* details how to return your body to its natural state of health without the side-effects of prescription drugs. She presents her program as "the safe, effective way to prevent and heal chronic gastrointestinal disorders." The questions this month are taken from her book.

1 The gastrointestinal (GI) tract involves everything from the mouth to the rectum. Your intestinal tract tells you that something is wrong by _____.

- a. nausea and heartburn
- b. acid indigestion and excessive intestinal gas
- c. bloating and cramps
- d. all the above

2 Digestion begins in the eyes, nose, ears, and brain. How you sense and think about food affects how you digest it.

- a. True
- b. False

3 Americans eat the _____ of foods in the world, which strains our digestive capacity.

- a. least variety
- b. largest variety
- c. least quantity
- d. none of the above

4 Commercials such as, "My Doctor said 'Mylanta'" can lead to more problems. As Mylanta soaks up the acid that prompts indigestion it also depletes the same acid that is needed for absorbing _____.

- a. minerals
- b. vitamins

- c. germs
- d. none of the above

5 Gastroesophageal reflux disease (GERD) is another disease for which people take antacids. The valve between the esophagus and stomach becomes defective. One major cause is the way Americans tend to eat. These can include _____.

- a. rushed meals and poor chewing
- b. saying prayers before eating
- c. eating simple meals
- d. all the above

6 The gut houses only one tenth of the body's immune system and detoxification system. It is therefore not an important factor in our health.

- a. True
- b. False

7 Are you obsessed with sweets? You may unknowingly be harboring _____ that gobble up sugars before you can use them, leading to bloating and indigestion.

- a. ghosts
- b. cytokines
- c. yeasts
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

High magnesium may protect against diabetes

Two recent studies show that diets high in magnesium may protect against adult-onset (type 2) diabetes. Even children are showing up with "adult onset" diabetes these days. Magnesium plays a key role in enzymes that are involved in the breakdown of glucose or blood sugar.

Ruy Lopez-Ridaura, M.D., of the Harvard School of Public Health, tracked the health of 85,000 women who participated in the Nurses Health Study and almost 43,000 men who joined the Health Professionals' Follow-up Study. Magnesium intake was analyzed with dietary questionnaires every two to four years.

The researchers found out early in the study that people with higher intakes of magnesium were more physically active, thinner, and more likely to take a multi-vitamin and magnesium supplements.

Lopez-Ridaura and colleagues also followed the risk of diabetes during 12 years for men and 18 years for women. The researchers found that people eating diets rich in magnesium were 33 to 34 percent less likely to develop diabetes.

In the second study, Simin Liu, M.D., ScD, of the Harvard School of Medicine reported the results of a similar analysis of women in the Women's Health Study. This study included 39,000 women 45 years of age and older.

He found in a six-year period that women who ate a diet rich in magnesium had an 11 to 19 percent lower risk of developing diabetes. Women in the study who were overweight, a risk factor for diabetes, benefited the most from a high-magnesium diet. They had a 22 to 24 percent lower risk of getting diabetes if they ate a diet high in magnesium when compared with overweight women who ate a low-magnesium diet.

Both reports stated that eating a diet rich in whole grains, nuts, and green leafy vegetables increased the magnesium levels.

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.

—Ralph Waldo Emerson

The Garden and the gardener

by Melvin D. Epp, Ph.D.

As I was walking across my farmyard in northwest Butler County on March 7, I heard a sound that made me stop and smile. The frogs were croaking. From observations in previous years, I knew that a sequential array of events had already occurred. Yes, spring was truly on its way. The songs of the frogs told me that the male trees of the red cedar had already nearly completed shedding their wind-borne pollen, crocus would be flowering, the wild-type daylilies would have initiated shoot growth, the dormant buds on the silver maple trees would be expanding and probably beginning to shed pollen, and my wife needed to get her prescription for allergy pills filled.

The study of annual cyclic events of nature in response to seasonal and climatic changes in the environment is called phenology. In botany, phenology refers to the timing of flower emergence, sequence of bloom, fruiting, and leaf drop in autumn. The time of the migration of birds and butterflies is also included in the study of phenology.

Phenology is not a new science. It began about 1736 in England.

Cyclic events are tracked for specific plants and animals from year to year so that comparisons and trends can be analyzed. These data show the roles that varying temperature, moisture, sunlight, etc. play on plant and animal phenology. Phenological observations can also be shared among other phenologists during the year from multiple locations across the continent. This allows watching the progression of migrations (for birds and butterflies) or the "green wave" of growth of plants as each makes its way from south to north each spring and back again in the fall.

As you walk through your garden, observe the sequence of plant activity that will occur as winter gives way to spring. Not only will the plants grow and flower in sequence, the timed progression will assist in predicting the arrival of specific destructive insects as well as beneficial insects. Specific weeds will also germinate in predictable sequences. [H]

Herbal History

Onion in classic Jewish literature

This month we will cover onion from classic Jewish literature and next month we will cover garlic.

"The Israelites, like other ancient peoples in the Middle East, were fond of eating garlic and onions and likewise valued them as medicinal plants," wrote Mina Ferne, Ph.D., in *Herbalgram, the Journal of the American Botanical Council*.

Onions, as suggested by the written accounts of the Oral Law of the Rabbinical Sages, are considered a hot tonic that stimulates salivation as well as stimulation and activity of menstruation. They are often praised in the various books of the written Oral Law for their healing powers and properties with the following caveats: the eating of stale, peeled onions is thought to have fatal consequences, though it is not exactly known why this was so. It was considered advisable to avoid eating the

hot, pungent onions after blood letting and to eat foods with a calm, cool effect.

The Jews continued to use onions when they were spread around the world after the Babylonian exile. For instance, in Yemen the Jews used onion to treat respiratory ailments. They would crush it and then mix it with goat's milk and crystallized sugar. They also recommended taking a spoonful of crushed onion and then lying on the stomach.

Along with other ethnic groups, the Jews used a poultice made with fried or baked onion to treat swelling and pain. Onion juice is an external treatment to relieve earaches, snake bites, and scorpion stings, to disinfect wounds, and remove warts. To treat burns, a mixture of onion juice, egg white, and a little coarse salt is spread on the area.

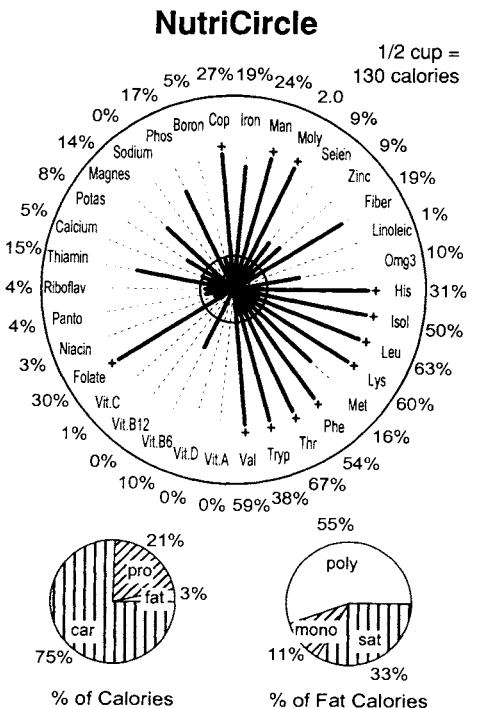
These are only a few of onion's many uses. [H]



Food of the Month

by Donald R. Davis, Ph.D.

NAVY BEANS are small white beans used in canned pork-and-beans, baked beans, and soups. They have been a staple in the U.S. navy since the 1850s. The U.S. produces 500 million pounds annually, second only to pinto beans. One-half cup of boiled navy beans contains eight grams of protein and 10% to 30% of the RDAs for 10 nutrients, including folate, magnesium, fiber, and omega-3 fat. It also contains 2 RDAs of molybdenum, a part of several human enzymes, including sulfite oxidase (used to detoxify sulfite) and xanthine oxidase. The beans also contain moderate amounts of calcium, potassium, selenium, zinc, and boron.



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.

Forever friends

Do you have friends who you consider "forever friends."? Forever friends are people who know the "real" you with all your warts and wounds and love you anyway. Some friends are made in childhood, some are instant friends, and others take longer to build trust and rapport.

Joyce was one of the latter. We first met by the mailbox outside my rural home. She and her dad walked one and a half miles to get their mail that was delivered to a mailbox beside ours. We strengthened our friendship through school and shared events. One event that I still get a chuckle from was when we entertained a women's group with a synchronized drill. We had spent the day on a senior trip to our local park and had gotten into a mud fight with some of the boys. We did not have enough time after we got home to wash our hair before we had to leave. We went sunburned, muddy hair, and in formal attire



to perform with the other girls in the group. Although we don't see each other often now, she is my "forever friend."

Peggy and I first became acquainted when our oldest children were in kindergarten together. We helped with PTA, took classes together, and even took trips together. One time I went to California with six other women and Peggy to work for a week on a float for the Rose Bowl Parade. Getting eight women, with three suitcases each, into a van to drive to and from the airport was quite a feat and lives on in my mind when I think something is impossible.

Trey Parker and Matt Stone said, "Living is having ups and downs and sharing them with friends." Cindy Lew said, "Remember, the greatest gift is not found in a store nor under a tree, but in the hearts of true friends." Friendship is a strong Mental Medicine that becomes better with age. [H]

Case of the month

In July, 1998, a 52-year-old woman came to The Center complaining of chronic sinusitis, a history of carpal tunnel disease, insomnia, TMJ, and chronic eye pain, as well as other problems.

She has seen Dr. Hunninghake after her initial evaluation with Dr. Riordan. In November, 2003, she said that her TMJ is incredibly better, her eye is much better, as is her fibromyalgia. Her stamina is good, too. What happened in her life during the last five years that got her to the point that she could actually say this?

She has been working with a compounding pharmacy for her hormones that Dr. Hunninghake had recommended. She is now on a mixture of two estrogens, progesterone, and testosterone. In the past she took versions that contained three estrogens along with progesterone and testosterone. She is having no breast tenderness on this combination.

She also took thyroid during the five years but is no longer taking the Armour thyroid or any other thyroid medication. Her TSH (thyroid stimulating hormone) test is now in the normal range.

As it actually turned out, Dr. Hunninghake decided that she had the symptoms of fibromyalgia. He began treating the fibromyalgia with Guaifenesin. By the end of 1998 she said she was doing "pretty well." During 1999, she said her energy level was doing better. She had energy until about 10 p.m. By 2000, she said that her fibromyalgia was "doing really well." It continues to do well. When she had her most recent meeting with Dr. Hunninghake, she said that her fibromyalgia was much better.

Her right eye pain has been an ongoing problem for her. She told Dr. Riordan at her initial evaluation that she had the problem for seven years. She said it was like having "a hot poker in the eye." Then in September 1999 she said that the pain was "lots better." This was because of the nutrients Dr. Riordan and Dr. Hunninghake recommended for her to take.

She is not as close to optimal as possible, but she is very close. [H]

CENTER UPDATE

Are pastas excluded from Atkins diet?

In the last few years, The Center has become more interested in the Atkins approach to losing weight and keeping the weight off.

Too many wanting to use the approach as a way to lose weight often believe that this is a high protein, high fat diet and we need to forget about carbohydrates of any kind. Fruits become questionable and vegetables are eaten a lot less.

Let's take a look first at fruits and vegetables. Apricots, blackberries, blueberries, cantaloupe, cherries, cranberries, papaya, pineapple, raspberries, strawberries, and watermelon are under five carbohydrates each in a standard serving size. So fruits are good.

Many vegetables from asparagus spears to zucchini squash are also under five carbohydrates in serving sizes from six asparagus spears to one zucchini squash. Many vegetables seem to be a good deal also.

That brings us to pasta. One would

think that pasta would be bad for a person on the Atkins approach. White bread is not good for you since one slice has 30 carbohydrates and a very high glycemic index. So white pasta must be bad for you also?

Good quality pasta is made from durum wheat and converts into glucose more slowly than white bread, therefore avoiding rapid blood sugar spikes that can lead to obesity and type 2 diabetes. White bread, along with sugar, is on the list of foods that you should avoid.

Pasta is between 16 and 19 carbohydrates. That is a bit high for the initial phase of the program but can be considered in the maintenance phase.

The glycemic index is another way to check the carbohydrates. A glycemic index of 55 or more is considered high. The glycemic index of quality durum wheat is 34—about the same as an apple. This shows that pasta is good for maintenance but not too good for the initial phase of the program. [H]

Answers from page 4

- 1 d. These are some of the ways your gut tells you that you need to take care of the GI tract before your problems get worse.
- 2 a. Also, if you eat under stressful situations it can affect how well you digest your food.
- 3 b. Our hunter-gatherer ancestors rarely found such a banquet at every meal in the wild.
- 4 a. When we do not have a sufficient number of minerals, we are vulnerable to many diseases, from depression to cancer.
- 5 a. Large meals with many different types of food, processed foods, and large amounts of liquid that dilute the digestive juices also play a part in poor digestion.
- 6 b. It actually houses over half of the body's immune and detoxification system. Their integrity plays a part in every symptom and disease you get.
- 7 c. Unsuspected candida albicans is one of the biggest reasons that some people never get better. It can cause symptoms that can mimic many diseases. H

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By Sherry A. Rogers, M.D.

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Upcoming Events. . .

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April

- 8 Taming and Eliminating Irritable Bowel Syndrome
- 15 The Thyroid Link to Fibromyalgia and Other Ailments
- 22 Eat Smarter for a Slimmer, Healthier You
- 27 Beating the Odds: Personal Nutrient Levels
- 29 Eating Your Way to Health with Spring Vegetables

May

- 6 Breakthrough for Better Circulation: "Cure for a Thousand Ailments"

Invite a friend to a Lunch & Lecture to share the fun, good food, and beneficial information in a relaxing atmosphere.

Does gender make a difference in body composition and energy expenditure?

In a recent study, the relationship between physical activity energy expenditure and the percentage of body fat is not very strong. It is statistically more significant in men than women, says David Paul and colleagues in *The American Journal of Clinical Nutrition*.

One cause of this is that women tend to eat more energy foods when they exercise than do men. This tends to keep the percent of body fat higher in women.

Another reason for this may be that more active men have a lower percent of body fat than less active men, but this is not as true with women.

- Preventing and reversing type 2 diabetes
- Walking helps the brain as well as the body
- Inflammation in fat
- Are pastas excluded from Atkins diet?

INSIDE THIS MONTH'S ISSUE . . .

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