

# Health Hunter<sup>®</sup>

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NEWSLETTER

APRIL 2006

## Reduce the risk of dementia and Alzheimer's disease

by Rebecca K. Kirby, M.D., M.S., R.D.

Often as a person ages, there can be a decline in cognitive function. This decline can be simply an age-associated loss of memory or the more serious disease process of dementia. The most common cause of dementia in the U.S. is Alzheimer's disease which is characterized by amyloid plaques, nerve cell degeneration, and a deficit of the neurotransmitter, acetylcholine. Prevention is the key to maintaining good mental acuity and averting the memory changes brought on by inflammation and oxidative stress that herald dementia.

***A good diet containing whole foods with fiber, healthy fats, and colorful fruits and vegetables is a key protective factor.***

The risk of developing dementia can be assessed with many of the same biochemical markers that are found in heart disease. A Mayo Clinic study noted that C-reactive protein (CRP) can indicate the presence and severity of plaques in the body and may serve as an early risk marker for Alzheimer's disease. C-reactive protein is a sensitive measure of inflammation in the body. However CRP is not specific for where the inflammation resides so an elevation may indicate an acute infection as well as a chronic inflammation.

Other indicators of inflammation can include a study of the fatty acids in the blood. The omega-3 fatty acids

which compete with the inflammatory omega-6 fatty acids are important not only for the heart but for the brain as well. The omega-3 fatty acids, EPA and DHA, are building blocks in the structure of brain cells and account for about half the dry weight of the brain. Fish are a good source of EPA and DHA, especially cold-water fish like salmon, sardines, and rainbow trout. In a Dutch study that looked at 1600 subjects over a 5-year period, the researchers found that the more fish consumed by the subjects, the better the brain function.

Another biochemical measure is homocysteine. An Italian study found that elevated homocysteine and low folate levels were associated with a risk of developing dementia and Alzheimer's disease. Homocysteine levels greater than 14 nearly doubled the risk of developing Alzheimer's. In order for the body to metabolize or breakdown homocysteine, the B vitamins folate, vitamin B6, and vitamin B12 are required. Vitamin B12 and folate deficiencies can also affect the synthesis of the protective myelin sheath of nerve cells, and with aging and lessened gastric acidity, vitamin B12 may not be absorbed well. There is also an increased requirement for many nutrients with age. For optimal cognitive functioning an older person requires 20% more vitamin B6 than a younger person.

Poor energy output of the brain cells has also been associated with memory deficits, as well as accumula-

*continued on page 2*

## Whole grains may reduce heart risk in elderly

Older adults who regularly eat whole grains such as high-fiber cereals, cooked oatmeal, and whole-grain breads are less likely to develop a cluster of symptoms like increased risk of heart attack and stroke, according to a recent article appearing in *The American Journal of Clinical Nutrition*.

Dr. Nadine Sahyoun and colleagues of the University of Maryland found that 535 men and women between 60 and 98 years of age who ate more whole-grain foods were less likely to develop a group of risk factors known as metabolic syndrome or to die of cardiovascular disease over the next 12 to 15 years.

The researchers found that men and women who ate at least three servings of whole grains a day were less than half as likely to develop metabolic syndrome than those who ate less than one serving of whole-grain foods a day. [H]

### Inside this issue...

Little things	2
Aging and antioxidants	3
Information worth knowing	4
Test of the month—Blood histamine	5
Marshmallow ( <i>Althea officinalis</i> )	5
Food of the month—kale	5
Time to do nothing	6
Americans eat more almonds	6
Case of the month	6
Special discounts	7
Upcoming events	8
Watch those French fries	8

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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.

## Little things

*In life, the little things ARE the big things!*

Dr. Riordan was a man who valued details. A scrupulous observer, he noticed things that others missed. It was the rare patient of his who escaped a careful inspection of their fingernails and tongue. Even at cocktail parties, while others were trying to follow rambling conversations, he was studying their ears!

He was famous as a listener. His listening went beyond normal listening. Had you come to him as a new patient, you would have noticed how little he talked during the appointment. That's because he put himself into a kind of trance, where he attempted to listen to your story as if he were you! He tried to become your life experience in a way that would allow him to use his medical and nutritional knowledge to identify important details that you had overlooked. He was trolling for clues that would help solve the mystery of your illness!

He often encouraged me to pay attention to details. The difference between success and failure could often be found in overlooked details, he said.

Nutritional medicine is itself a dis-

cipline that focuses on overlooked details. Nutrients are invisible details, commonly overlooked in the medical evaluation of a complicated illness. Imagine a tired and depressed patient, who is achy and sleepless, constipated, and fraught with bleeding gums. All the antidepressants, anti-inflammatory meds, sleeping pills, laxatives, and gum surgeries in the world would not correct a crucial detail that would explain this illness: this patient lacked vitamin C and was suffering from scurvy!

Micronutrients are molecular and can't be seen with the naked eye. Medical science acknowledges their importance to the general health of a population. However, the biochemical/nutritional individuality of unique patients, with unique illnesses, is often ignored. It took a doctor like Dr. Riordan, who knew that the answers to complicated illnesses are hidden in important nutritional details, to develop a medical approach that identified and treated undiagnosed nutrient deficiencies. Although these molecules are incredibly little, our lives depend on having the right amount of each of them.

That's big. [H]

*Reduce the risk—Cont'd from page 1*

tion of cellular debris. Twenty-five percent of the body's energy is used by the brain. Important biochemical molecules for the production and transport of energy into the brain cells include coenzyme Q10, acetyl L-carnitine, and alpha-lipoic acid. Coenzyme Q10 is a pivotal molecule in the production of energy in the mitochondria of the cell. It is also an important antioxidant and, although we can produce this coenzyme in our cells, our production declines with age. Acetyl L-carnitine and alpha-lipoic acid, which are involved in energy production, are considered the age-essential nutrients. L-carnitine can be synthesized in the liver but requires certain amino acids, iron, vitamin C, vitamin B6, and vitamin B3 (niacin).

Hormone production declines with

age and hormones such as estrogen and testosterone may have a protective effect against some of the changes associated with dementia. The hormone, DHEA, (which can be made into estrogen and testosterone) is produced by the adrenal glands and has been discovered to improve the release of the neurotransmitter, acetylcholine. High levels of stress interfere with the optimal functioning of the adrenal glands. Inadequate thyroid hormone production can impair concentration and memory. Furthermore, low levels of any of these hormones increase the risk of depression, and depression is a risk factor for dementia. In an Australian study, a higher score on a depression symptom test predicted a 50% higher risk of

*continued on page 3*

## HEALTH HUNTERS AT HOME

### Aging and antioxidants

Aging bothers most of us whether we are in our twenties or approaching the “golden years” (whatever that means). Whether we are picking up some tiny “crow’s feet” at the corners of our eyes and mouth or we are getting major age lines in our forehead, we are concerned.

Multiple genetic and environmental factors influence aging. Oxidative stress or reactive oxygen species are considered culprits in aging and disease. When adequate antioxidants are not available to take care of oxidative stress, aging and disease show up.

So what can we do with antioxidants to slow aging? First of all, there are dietary antioxidants. These dietary antioxidants include phytochemicals present in plant food as well as essential vitamins and minerals. Antioxidants can prevent cancer-causing DNA damage, protect the blood vessels from atherosclerosis, help optimize blood flow to the heart and brain, and protect the brain cells against oxidative death that can cause Alzheimer’s disease, Parkinson’s disease, and other neurodegenerative conditions that increase with aging.

Vitamin C, a water-soluble vitamin, and vitamin E, a fat-soluble vitamin, along with selenium, are needed in higher quantities as we get older when the absorption of these components is not as efficient.

Coenzyme Q10 (CoQ10), an enzyme that protects lipids (fats) and other cells, is classified as a ubiquinol since it is ubiquitous in plant and animal foods—especially sardines and spinach. CoQ10 supplements restore CoQ10 activity that diminishes with age and protects against heart disease.

Vitamins B6, B12, and folate protect the body from homocysteine. Homocysteine, an oxidative stress generated substance, is linked to dementia and an increased risk of getting cancer and cardiovascular disease.

Green leafy vegetables, calf liver, kidneys, wheat germ, and beans all contain folate. When taking folate as a supplement, you should get 400 mcg

per day for an adequate dose.

Garlic and aged garlic extract (AGE) sit at the top of the plant foods because they provide the broadest protection against age-related conditions. Onions and other allium vegetables can also be used. If the taste and odor of garlic is a problem for you, you can use AGE, an odorless concentrated form of garlic. There have been more than 250 studies that show that aged garlic extract has a higher antioxidant content than the fresh bulb of garlic. AGE has been shown to have a more potent anti-aging effect than fresh garlic in terms of boosting the immune system, preventing cancer, reducing cholesterol, protecting the cardiovascular system, improving vigor, and enhancing memory. Aged garlic extract supplements can even protect against homocysteine toxicity by adding to your folate level.

Phytochemicals, such as flavonoids, carotenoids, and the organo-sulfur compounds in garlic, often act like antioxidants.

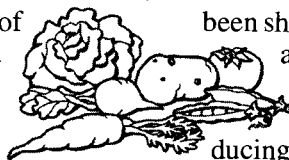
Flavonoids are the water-soluble colors in flowers, fruits, vegetables, grains, and bark. They are the most abundant antioxidants and are widespread in the diet. Isoflavonoids, one of the flavonoids found in soy and other legumes, as well as the lignans in grain, have estrogen-like activities.

Carotenoids, found in green, red, orange, and yellow fruits and vegetables, can help reduce cancer and heart disease. Beta carotene contains two vitamin A’s and converts them into vitamin A whenever the body needs them.

Lycopene, found in abundance in tomatoes, is at least 10 times more effective as an antioxidant when compared to beta carotene. Lutein and zeaxanthin, found in large quantities in spinach and other green vegetables, can protect our eyes from macular degeneration that causes blindness.

These are some ways you can keep yourself from falling victim to age-related problems, from wrinkles to diseases. Eat well and take your vitamins, and you will slow down the aging process. <sup>TM</sup>

—Richard Lewis



developing dementia.

In addition to heart disease and depression, other medical conditions such as hypertension, diabetes, stroke, and Parkinson’s disease can increase the risk of dementia. The side effects of many medications and the interactions between medications can also interfere with memory.

However, the latest research shows that obesity, the most common chronic disease in the U.S., has now been found to be a major risk factor for dementia. A recently published study found that people overweight in middle age were 35% more likely to be diagnosed with Alzheimer’s or dementia. Those who were obese in middle age were 74% more likely to develop dementia.

New studies looking at the association of obesity and lifestyle found that, once again, eating more fruits and vegetables and getting exercise decreases the risk of obesity. These healthy behaviors also reduce the risk of heart disease and dementia. Other findings show that getting more sleep is associated with less obesity as well as living in a better neighborhood.

Recent research continues to reinforce that exercise is a key to maintaining good mental health. Again, research focused on health habits of midlife found that those who were physically active at least twice a week in middle age had a 50% lower risk of developing dementia and a 60% lower risk of developing Alzheimer’s disease, irrespective of other risk factors. The Australian Dubbo study of the elderly followed 2800 men and women who were 65 and older and found a 36% lower risk of dementia with daily gardening, 34% lower risk with any intake of alcohol, and a 38% lower risk with daily walking for men.

Other protective lifestyle factors against developing dementia include having a higher degree of education, continuing to learn new things (mental exercise maintains brain plasticity), keeping socially active, and cultivating contentment. It was found that people who had a positive perception of their health developed less dementia.

In conclusion, the keys for reduc-

*continued on page 4*

## INFORMATION WORTH KNOWING

Every year 430,000 people wind up with fractures associated with osteoporosis. This insidious disease erodes away the bone a little at a time so by the time a person is aware of the problem it can be almost insurmountable. Miriam E. Nelson, Ph.D., and Sarah Wenick, Ph.D., have teamed up again to write another book in the strong women series. *Strong Women, Strong Bones* discusses in an interesting and straightforward manner how to prevent, treat, and beat osteoporosis. The authors take a positive outlook on the disease and explain the risk factors, discuss some of the myths surrounding osteoporosis, and how changes in exercise can strengthen your bones. They also explain how bones grow and the role diet plays in having healthy bones.

**1** Most people think that bones are basically inactive minerals. If you could look at your skeleton under a very strong microscope, you would see a great deal of activity involving the bones. It looks like a busy construction site with one crew, called the osteoclasts, tearing down the bone and another crew, called the osteoblasts, \_\_\_\_\_ the bone.

- a. hauling away
- b. rebuilding
- c. exploding
- d. dissolving

**2** Our bones grow slowly and their density tends to reflect our entire life history. We don't just wake up one day and we suddenly have osteoporosis. Three main factors that are most responsible for shaping our skeletons are \_\_\_\_\_, physical activity, and nutrition.

- a. estrogen
- b. sunlight
- c. geographic location
- d. testosterone

**3** An estimated two million men have osteoporosis and it is an under treated problem in men.

- a. True
- b. False

**4** In the early days of the space program, it was a surprise to the scientists that astronauts lost both muscle and bone. In one \_\_\_\_\_ they had lost 1% of their bone mass.

- a. day
- b. week
- c. month
- d. year

**5** Your mother might have been right when she urged you to eat your fruits and vegetables. One theory is that a diet with less meat and more fruits and vegetables results in a better balance of acid in the blood. Because our bodies are made to maintain just the right level of acidity in our blood, if we don't get that through diet then it dissolves some bone to release acid-neutralizing minerals. You might say that our skeleton is like a large \_\_\_\_\_.

- a. source for vitamin C
- b. antacid tablet
- c. source for niacin
- d. iron tablet

**6** Minerals are the substance from which our skeleton is formed. Calcium is the major and only important mineral that is needed to maintain healthy bones.

- a. True
- b. False

**7** Most experts agree that it is important to get nutrients from food rather than supplements. It is possible that we get more benefit from food than current knowledge indicates. It is much easier to overdo with supplements than with food. Excess calcium can interfere with absorption of iron and \_\_\_\_\_.

- a. vitamin C
- b. vitamin D
- c. zinc
- d. potassium


Reduce the risk—Cont'd from page 3

ing the risk of developing dementia are first to minimize stress because the effects of stress promote inflammation, heart disease, depression, and cortisol depletion. It was found in a study of caregivers of patients with dementia that hostility can increase the inflammatory marker, CRP.

Secondly, enjoy regular activity. Exercise not only dramatically reduces your risk for dementia, it provides flexibility, balance, cardiovascular benefit, helps in maintaining a healthy weight, and promotes good mental health. Regular activity can also be a part of a healthy social life which also stimulates good mental acuity.

Last but not least, a good diet containing whole foods with fiber, healthy fats, and colorful fruits and vegetables is a key protective factor. Antioxidants that we can only get from our diets, like beta carotene, can be found in sweet potatoes, carrots, butter-nut squash, pumpkin, and collard greens. Vitamin E is in wheat germ (therefore whole wheat), sunflower seeds, spinach, almonds, and other nuts. Vitamin C is high in peppers (bell, chili, red, or green), papayas, strawberries, dark leafy greens, citrus fruits, and tomatoes.

Colorful fruits and vegetables which are high in the antioxidant phytonutrients and pigments include blueberries, blackberries, plums, kale, spinach, red peppers, and cherries, to name a few.

The B vitamins folic acid and vitamin B6 can be found in Brewers yeast, beans, and greens. Vitamin B12 is found in animal sources such as meat, fish, and eggs. In addition, deficiencies of the B vitamins, thiamine and niacin, are associated with dementia. In fact, all the B vitamins are important and work together in concert. This interdependence of nutrient metabolism is an important concept to remember. It is called Nutritional Teamwork; vitamins, mineral, and other nutrients do not act in isolation so, in any discussion of beneficial nutrients, remember they all need to be there for the optimal functioning of the metabolic machinery. Learn more about nutritional teamwork in Dr. Roger J. Williams' book, *The Wonderful World Within You*. 

• FOR ANSWERS, SEE PAGE 7 •

# Test of the Month

by Dr. James A. Jackson,  
Director, Bio-Center Laboratory

## Blood histamine

For the past 30 years, the Bio-Center Laboratory has measured blood histamine as an aid in the diagnosis of mental problems. In orthomolecular medicine, schizophrenia is divided into "mental dysperceptions." Two types of dysperceptions involve blood histamine. These are histapenia (low histamine) and histadelia (high histamine). Dr. Riordan was a pioneer in using the histamine tests in diagnosing mental illness. Center physicians continue to use the test. The laboratory also receives histamines from many other physicians in the U.S.

"What does histamine have to do with mental health?" Histamine is only involved in allergies, right? Well, right and wrong! There are three different histamine receptors. H1 is located in and around the respiratory tract from the nose to the lungs. Stimulation of H1 causes all the allergic symptoms. H2 receptors are located in the stomach. You cannot make stomach acid without H2. As a matter of fact, Tagamet, Zantac, etc., work by blocking these receptors. H3 is located throughout the brain and the autonomic nervous system.

Histapenia and histadelic patients are usually males. According to Dr. Pfeiffer, histapenia accounts for 40% to 50% and histadelia accounts for 15% to 20% of schizophrenic patients. Both are thought to be inherited. The "normal" blood histamine in our laboratory is 33 to 65 ng/mL. A histapenic would be less than 33 while a histadelic patient would be greater than 65 ng/mL. Physical appearance and history are also included in the diagnosis.

Histapenia is caused by over-methylation and elevated copper. Histadelia is characterized by under-methylation, low serotonin, and low folate. Both are treated by various nutrients. It may take up to one year of nutrition therapy for most symptoms to disappear. [H]

More information about histamine may be found in tapes of Center Lunch and Lectures or [www.biocenterlab.org](http://www.biocenterlab.org).

# Herbal History

by Chad A. Krier, N.D., D.C.

## Marshmallow (*Althea officinalis*)

Marshmallow is a common herb that is often used in combination with other botanicals for its gentle soothing action on the tissues.

The active constituents in Marshmallow are large carbohydrate molecules which make up mucilage. This smooth, slippery substance can soothe and protect irritated mucous membranes. *Althea* is one of the most effective herbal demulcents. The main areas affected by mucilages are the gastrointestinal system, the respiratory system, and the urinary system. According to traditional use, the roots tend to act most strongly on the gastrointestinal system, while the leaves exert more of their effects on the respiratory and urinary systems. Mucilages promote a soothing, emollient action on the gastrointestinal mucosa which, by reflex action, creates a demulcent action in the respiratory and urinary systems.

In dyspepsia and GERD, mucilagi-

nous herbs are used to assist in mucus production and protection from hyperacidity when taken before meals and before bed. In general, Marshmallow is beneficial for inflammatory diseases of the digestive tract. In regard to food allergy, *Althea* can be used to assist in reducing inflammation and promoting gut healing. It is also part of Dr. Bastyr's formula for healing GI inflammatory conditions.

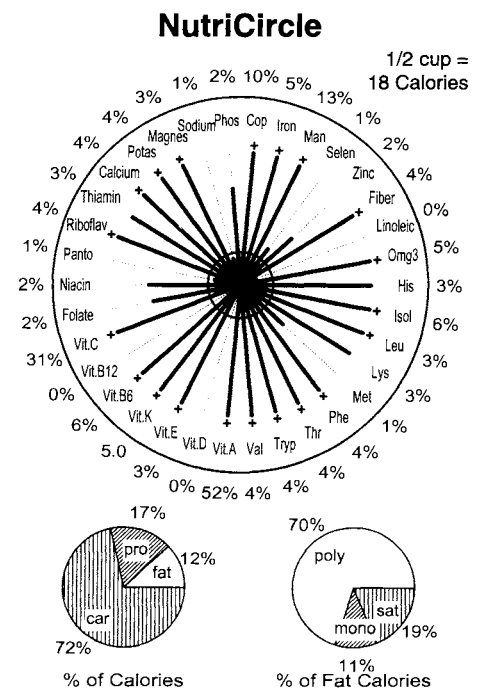
*Althea* is one of the most soothing diuretics. In cystitis, *Althea* can be combined with antiseptic herbs to benefit the bladder wall. Acute and chronic bronchitis respond well to *Althea* as mucilages are used to change an unproductive cough to a productive one.

There is no known toxicity associated with this herb. [H]

# Food of the Month

by Donald R. Davis, Ph.D.

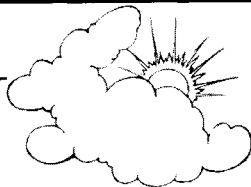
**KALE** is a primitive form of cabbage that does not form a head. Its dark green leaves are similar to collards, a close relative, but more wrinkled and stronger flavored. The ancient Greeks and Romans grew several varieties, and there are recently developed white and purple decorative forms. Besides the nutrients shown here, kale is rich in phytochemicals believed to help prevent cancer, macular degeneration, and cataracts. A half-cup serving of boiled and drained kale is rich in vitamin K (5 RDAs), vitamin A (52% of RDA), and vitamin C (31%), plus 4% to 10% of the RDAs for 14 more nutrients, all in a mere 18 Calories.



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.



## Time to do nothing

The other day I was sitting in my office waiting to visit with someone when I happened to glance up at the skylight. The fluffy, white clouds were drifting across a brilliant blue sky. It took me back in time to when clouds played an important role in my life.

Until I was in the sixth grade, I walked a mile to school in the morning and then back at night. My children like to say that I've told them that it was all uphill both ways. That was almost true since we had to climb two hills.

In the early fall and the late spring it could get very hot walking home. Whenever a cloud would come between the sun and our weary selves it would supply a welcome relief from the glare and heat. We would race to get in the shade of a cloud and then see how long we could stay in its shade. Many times to escape the drudgery of the walk we

would look up at the clouds and see who could identify as many shapes as possible. We could see elephants, pirate ships, and dancing ladies in the afternoon sky.

As I spent a few minutes remembering those "good ole, bad ole days," I wondered just how long it had been since I raced to get in the shade of an accommodating cloud? Those days of simple pleasures seemed a long time ago. As soon as it warms up, I'll see if my skillful use of handy shade is still there.

Robert Schuller said, "Since it doesn't cost a dime to dream, you'll never shortchange yourself when you stretch your imagination." Being able to spend quality time doing nothing more than seeing shapes in the clouds is a skill from which we could all benefit. ☐

## Case of the month

A 51-year-old man came to The Center in August of 2001 complaining of hepatitis C, migraine headaches, backaches, neck aches, and cartilage degeneration in both knees—just to name a few problems.

After a thorough examination, Dr. Riordan suggested he have the following laboratory blood tests to help find the underlying causes of his problems: histamine; insulin; Free T3 (a thyroid test); A,C,E mini profile; B assessment profile; lycopene; magnesium; selenium; zinc; chemistry profile; complete blood count; essential fatty acid profile; and a standard cytotoxic food sensitivity profile. He also suggested an indican test, potassium to sodium ratio, pyrroles, and a urine analysis with a urine vitamin C test—all in the urine.

When the tests came back, he had low omega-3 fatty acids and unsaturated fatty acids and high saturated fatty acids, low white blood cells and platelet count in his complete blood count, very low urine potassium to sodium ratio, low urine indican, and a high urinary pyrroles.

Dr. Riordan suggested he drink two quarts of water a day and start deep breathing exercises, along with a magnesium injection. When the results came back from his tests, he was started on vitamin B6 and zinc for his high pyrroles and low zinc, Emergen C and Super EPA for low omega-3, Iodine patch for elevated thyroid values, Gram Ascorbs and IVC Max for hepatitis C and low vitamin C, and vitamin A—all by mouth. He was also started on lipoic acid, along with intravenous vitamin C on alternate days, for his hepatitis C.

Dr. Ron Hunninghake continued treating him for about the next 5 years with various nutrient therapies. He stopped the intravenous vitamin C and lipoic acid near the end of 2001. Dr. Hunninghake started him on them again in the middle of 2005 and he is continuing today to help him get control over the hepatitis C.

He told a nurse recently he probably would not be alive today if he had not come to The Center. ☐

## CENTER UPDATE

### Americans eat more almonds

Sixteen percent of Americans now say almonds are their preferred nut, the highest percentage since the survey was begun in 1996, says the Almond Board of California. They also reported that there has been an increase in almond sales of 11% a year for the last six years.

What are some of the advantages of eating a daily handful of almonds, according to the Almond Board?


- Almonds are cholesterol-free and packed with vitamin E, magnesium, protein, fiber, and calcium.
- Research shows that eating a one-ounce handful of almonds each day may help lower LDL cholesterol levels.
- Emerging research shows that eating almonds may play a role in weight maintenance or loss.

Researchers from Johns Hopkins University studied the effects that adding almonds to a diet with carbohydrates, protein, and unsaturated fats had on blood pressure and cholesterol lev-

els. Almonds were eaten as a snack in the protein and the unsaturated fat diet but not in the carbohydrate diet. They found that the protein and unsaturated fat diets lowered blood pressure, LDL (bad) cholesterol, and total cholesterol more than the carbohydrate diet, according to a paper published in *The Journal of the American Medical Association*.

A study at Loma Linda University published by the American Dietetic Association confirms that eating almonds significantly increased vitamin E in the blood plasma and the red blood cells and lowered cholesterol levels at the same time. Vitamin E was raised as much as 19% among those who ate 20% of their calories as almonds. Those who participated in the study reduced their total cholesterol by 5% and LDL cholesterol by 7%.

These are but two of the many studies done with almonds over the last year. ☐

- 1 b. It takes a long time to heal a fracture, because to rebuild a bone takes from three to six months.
- 2 a. Estrogen stimulates the bone-building activity of the osteoblasts and suppresses the bone-dissolving activity of the osteoclasts.
- 3 a. A man is more likely to have an osteoporosis-related fracture during his lifetime than he is to get prostate cancer.
- 4 b. Our bones need the challenge of gravity. Bone loss because of weightlessness was unexpected.
- 5 b. In the Framingham Heart study, a strong positive correlation between fruit and vegetable intake and bone-mineral density was shown.
- 6 b. Our bones are about 38% calcium, about 17% phosphorus, and various amounts of magnesium, potassium, zinc, and sodium.
- 7 c. Another advantage is that calcium is better absorbed from food than through supplements. 

## SPECIAL DISCOUNTS

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

### STRONG WOMEN, STRONG BONES by Miriam E. Nelson, Ph.D., and Sarah Wernick, Ph.D.

Although women tend to lose 1% of their bone mass every year starting about age 35, the cumulative effects of that bone loss may not be apparent for several years. While this problem is preventable and treatable, having strong bones is more than taking calcium and walking. Soft cover. Retail Price: \$13.95  
*Health Hunter*: \$12.56

### WOMEN'S HORMONE REPLACEMENT THERAPY AND THE POST WOMEN'S HEALTH INITIATIVE PERIOD with Jeanne Drisko, M.D.

What were the effects of the Women's Health Initiative on hormone replacement therapy for women? Dr. Drisko tells you how this study may affect you.

### DO YOU WANT TO INCREASE YOUR THINKING SKILLS? with Marilyn Landreth, M.A.

Do you want to gain a greater insight into how you prefer to think, learn, and communicate? You can improve productivity and creativity by harnessing the power of your thinking. Learn more about the various thinking styles.

### THIRTY YEARS OF SUCCESSFULLY TREATING PATIENT/CO-LEARNERS with a panel of Center Patient/Co-Learners

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# Upcoming Events. . .

## Lunch & Lectures:

### April:

6 Preventing Childhood Type II Diabetes

## Mark your calendars!

**New Lunch & Lectures will begin in May.**

**April 6 - FREE Health Hunter/Beat The Odds Presentations on Health Panels and "Ask the Doctors"**

**April 7 & 8 - Health Hunter/Beat The Odds Days - discount prices for Health Hunter members on Health Panels and Gift of Health items**

## Watch those French fries

Eating French fries may be toxic—at least to little girls. According to a study printed in the *International Journal of Cancer*, for each serving of French fries eaten by preschool girls per week, their risk of developing cancer increases 27%.

This information came from the long-running Nurses' Health Studies I and II that followed 240,000 female nurses born between 1921 and 1963. Researchers looked for an association between 30 foods that study participants consumed as children and their later development of breast cancer. They discovered 582 participants who developed breast cancer and compared them to 1,569 participants who did not develop breast cancer.

The one food that distinctly stood out as a risk factor was French fries, much to the surprise of the researchers.

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