



If we only had a brain

by Marilyn Landreth, M.A.

Human beings are different from other species in many ways. One way we are different is that we are always attempting to understand how people think and how that thinking influences the behaviors that follow. The brain is the master organ of the body that influences all actions. We all have a brain. The scarecrow needed one, and Einstein had an exceptional one. Ned Herrmann got interested in how the brain works when he trained employees for General Electric. Over years of working with groups, he was fascinated by the various ways that people processed information and how the makeup of a group influenced the outcome of how well and how fast people were trained.

Herrmann looked at the brain model by Dr. Paul McLean, head of the Laboratory for Brain Evolution and Behavior at the National Institute for Mental Health along with Roger Sperry's theory of Left/Right Brain hemispheres. Herrmann formed a model for the brain that included two paired structures, the two halves of the cerebral system and the two halves of the limbic system.

A		D
LOGICAL		IMAGINATIVE
B		C
ORGANIZED		INTERPERSONAL

This four-sided model of the brain included A, B, C, and D or A=logical, B=organized, C=interpersonal, and D=imaginative.

According to this model, we have two hemispheres of the brain. The left hemisphere uses the logical analytical way to process thoughts and feelings. The right hemisphere uses feelings and intuition to process information. The left hemisphere processes information primarily by using language, although it does use the other senses in a logical and organized way. The right hemisphere processes information much differently. It uses all the senses, sometimes all at the same time. It does not have the same organization or the same way of communicating as the left hemisphere. You could say the right sees the forest and the left sees each individual tree. They are both important, and we use both hemispheres all of the time.

Group A views the world as having certain rules, laws, or formulas that provide structure and form (lawyers, CPAs, and computer programmers). They think with logic and are very analytical. When they are sick they tend to look at their illness as a problem to be solved. First they find out as much information as possible by studying the problem. They read, do computer searches, see experts, and have tests run. Many times they bring valuable information to the physician.

Group B feels like they are necessary to keep the order in the world (office manager, accountants, or other detail jobs). They like to make lists and check off when they have done each item. They are very good at making sure each job is done as efficiently as possible and are very necessary to the smooth operation of an organization.

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Painkillers may kill hearing, too

Age and loud sounds are known risk factors for hearing loss. Now, it seems that the three most commonly used drugs in the U.S. are also risky when taken regularly, especially in younger men. Male health professionals aged 40-74 reported their use of aspirin, ibuprofen or other "NSAIDs," and acetaminophen every 2 years. During 20 years of follow-up, about 3,500 men developed professionally diagnosed hearing loss. Those who regularly took aspirin more than twice a week had a 12% higher risk of hearing loss compared to those who took less. The increased risks were 21% for ibuprofen and other NSAIDs and 22% for acetaminophen. For all three drug categories, the increased risk was about 30% for over 4 years of regular use. The increased risks were especially high in men younger than 50, 33% for aspirin, 60% for acetaminophen, and 100% for ibuprofen and other NSAIDs. ^[H]

—Am J Med 2010; 123:231

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PUBLICATION INFORMATION

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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. To receive your *Health Hunter Newsletter* electronically, please e-mail staff@brightspot.org.

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Nutritional Medicine

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

The new you and how to maintain it


Improving our health is our responsibility and making a commitment to the lifestyle changes necessary is a long-term relationship. Just like those promises we make in our personal relationships, the commitment to our health should also garner as much devotion and attention. So what have researchers found that can help us achieve our goals for our health and then maintain them?

Readiness for change is the first hurdle. You have to be beyond pre-contemplation, contemplation, and preparation, and be ready for action. Motivation is paramount and personal. It may be a life-threatening event in your own life or a loved one's or simply a pledge to yourself that the time to change is here. A can-do attitude is a must. Other important keys to success are flexibility to try different methods and techniques and having the problem-solving skills necessary to get to those goals.

Relapse from the positive strides made in achieving a health goal have

been found to be emotional or negative feelings and a lack of support. Plus, in maintenance of weight loss an unwillingness to undertake regular exercise was a major factor in regaining weight.

The importance of social support comes up a lot when the discussion is the success of a lifestyle change. This holds true whether it is quitting smoking or weight loss or another major behavioral challenge. Social support can be from family, and it can be from friends. It can be a person or a group. It can also include a coach as well, like a therapeutic lifestyle coach. This is TLC.

Here at The Center we are beginning TLC or "Therapeutic Lifestyle Changes" as a program to help people achieve their personal health goals. There is a coach, a successful research-based program, and an entire staff of committed personnel at The Center to provide support, knowledge, and guidance on your journey to better health! 

If we only had a brain—Cont'd from page 1

When they get sick they keep track of their symptoms and want a structured approach to finding better health.

Group C is more sensitive to their own feelings, the feelings of those around them, and the spiritual aspects of life (minister, counselor, and social worker). They are nurturers but sometimes need to be on the receiving end. They are aware that there is more to this life than what we can see, touch, or hear. They are more sensitive to their environment than the other groups. Group C individuals may know that they don't feel good but are not as apt to keep looking for relief once someone in the medical profession says that there is nothing wrong with them.

The final group, Group D, is imaginative, sees possibilities, and likes to be in the know (entrepreneurs, detectives, and visionaries). Some-

times they are so focused on all that is happening around them that it may take a while for them to realize that they are ill. Their intuition and ability to recognize connections can play a role in the healing process.

Now, we all have some of each group within the way we organize our world. It is just that some people are stronger in one or two of those areas, and that is where the fun comes in. You can get the idea that by putting Group A and Group B together that this person is going to be logical, analytical, organized, and may have a difficult time relaxing and trying new ways of doing things.

People with a strong focus in both Group B and Group C are the people who take care of the details and provide nurturing. They can control their own

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What's new for your garden

by Gary Branum, Ph.D.

We all have our favorites—vegetables that grow well in our garden, produce abundant crops, and appeal to our individual taste. If we only plant the same varieties every year, I'm afraid we'll miss out on some wonderful new flavors and experiences. For instance, cherry tomatoes are almost a required ingredient in salads; but, how about instead of the standard red we make a salad with red, yellow, green, and black cherry tomatoes, each with a subtly different flavor yet a dramatically different appearance.

Each year, seed companies offer several new varieties of vegetables, geared toward improved yield or unique appearance. Some of the crops below are from 2009; all are available in 2010. Many are available as organic seeds.

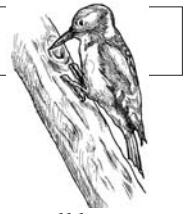
Cherry Tomatoes: Tomato Bob's offers 40 new varieties, several of which are cherries. Here are a few that would make for an interesting change. Aunt Ruby's German Cherry is a green cherry tomato, and if it's anything like full-sized Aunt Ruby's German Green, it will have a slightly tart taste. Tomato Bob's also offers Pink Ping Pong, with fruit the size of ping pong balls and a good flavor. Tomato Grower's Supply offers a Black Cherry tomato, with all of the intense flavor of all true blacks. Tomato Fest has Sweet Orange Cherries.

Cucumbers: Poona Kheera is a new variety from India that is yellow-green when young but turns to red-brown with black spines at maturity. It is usually harvested when light green, but some gardeners like to wait until the skin starts to turn brown. At that time, the skin is very sweet while the flesh is still crisp and juicy.

Lettuce: Bolting is always a problem for lettuce growers in Kansas. Many seed companies are introducing even more "slow to bolt" varieties. An interesting new bright red, frilly lettuce is Antago, which is supposed to be bolt resistant. Two Star is a dark green, frilly, slow bolter. I'd also like to try Tin Tin lettuce, a green, smooth-leaved slow bolter, and Super Jericho.

Melons: Emerald Gem is a softball sized melon with dark green skin and
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HEALTH HUNTERS AT HOME



Rabidly avid for spring

by Norvalee Kolar

I'm not kidding. I am rabidly avid for spring. Seriously, it's a blue/white world and I've got to get a change-up in mood. Blue is the mood when the white stays around too long. It's been long enough. Shoo! Scat! Go away! Nothing seems to work...

It is important to maintain a hopeful outlook on life. Stay mindful of what your mood is and work at improving it. Prolonged unrelieved stress is very harmful to the entire body. You can choose to be happy. Yes, it is a choice. List the good things you have in your life. That will help you focus. Day-dreams don't have nightmares!

So, I'll dream a little dream of spring. I did spot daffodil foliage. One bunch is about 4 inches high, but most are just showing through the soil. There are four bright yellow little crocuses peeping through. I'll hang onto that. The flower and leaf buds on the Bradford pear tree are absolutely huge. Just ready to burst if we have a few mild days. I'll keep on dreaming.

Hey! It's working. The sun is sneaking a peek. Keep thinking. Yes, do I hear a songbird? That's got to be a new one. One that did not stay the winter here. The red-winged blackbirds stay all winter and gather with the starlings, nasty birds...but now the redwings are separating themselves out and starting to feed only with their own kind. So happy to hear their "chirry, chirry."


I love the snow birds (slate gray juncos) but am ready for them to move on north. Got to make way for gold finches. The females are drab little things, but the males are practically neon yellow. I know the blue jay is often the bad hat in the crowd, but you have to admit, there are few things prettier. And their screaming is intricately tied to memories for me. I've always had downy woodpeckers year-round, but this year I also had a redheaded, ladder-back woodpecker...spectacular. And they are large enough that you don't miss them.

Seems like I'm not the only one that loves peanut butter. The woodpeck-

ers, squirrels, and starlings all love peanut butter. I just smear it up and down the wooden four by fours that support my seed holders. I also give them suet, which I hang in trees out away from the patio area, which is where I have placed the seed holders. I have two pairs of cardinals. I am always reminded of a special friend whenever I see a bright red cardinal. What a startling sight. I love listening to the males whistle up a new female for this spring. OK, I know it's singing a mating call, but I get a kick out of thinking of them as wolf whistles. "Standing on the corner, watching all the girls go by."

I think birds are the happiest in a garden and I try to give them that atmosphere. Maybe that's because I'm happiest in a garden, so it's time to spend an afternoon wrapped up in a garden catalog. The good ones, like "Wayside Gardens," are a wealth of knowledge well worth keeping from year to year. Only the prices change, so it's well worth the paper it is printed on. So inspirational for hours of dreaming, and at this stage no backaches. That comes later.

This has been an especially long and hard winter. It always helps to day-dream it away. It's good to concentrate on how much easier our winter is than some we hear about via the "news." I wonder why Kansas is not wall-to-wall people. Why would anyone choose to live "back east"? I know there must be some good things there, but I'll take good old Kansas any day. Time to schedule a trip to Botanica. There are also surprisingly beautiful photographic opportunities at Sedgwick County Park.

As we avidly await spring, it is good to be thankful for the season past and the season to come. Consider the blessings of activities to do that make our time worthwhile. While I am housebound, I have many blessings to be thankful for. I have abundant Nature outside my window and a perfect perch to view it from. Attitude is everything. Take control of yours through day-dreaming. 

INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Until the last few years, the study of psychology has mostly dealt with mental problems rather than studying coping skills. We know a great deal more about depression, schizophrenia, and other mental illnesses. This has had a positive effect in that the treatment for those disorders has greatly improved. Positive Psychology, on the other hand, is about learning how people are able to reach the upper limits of the happiness scale and provide them tools to prevent mental disorders. Martin E. P. Seligman, Ph.D., is the leading proponent of Positive Psychology to include more happiness and optimism, which improves problem solving abilities. Dr. Seligman, who is the past president of the American Psychology Association, has written books such as *Learned Optimism* and *The Optimistic Child*. The questions this month are taken from his book, *Authentic Happiness*.

1 Authentic happiness comes from identifying and cultivating your most fundamental _____ and using them every day in work, play, love, and parenting.

- a. moods
- b. strengths
- c. worries
- d. hopes

2 Positive Psychology is made up of three pillars: First is the study of positive emotions. Second is the study of positive _____. Third is the study of positive institutions.

- a. traits
- b. mental health
- c. diets
- d. exercise

3 Psychology has extensively studied both sadness and happiness in the American population.

- a. True
- b. False

4 Religion and philosophy have not neglected the study of virtue. Although each religion may vary in the details, they all include core values of: wisdom and knowledge, courage, justice, spirituality and transcendence, and _____.

- a. temperance
- b. quietness

- c. memory
- d. greed

5 We need a psychology of rising _____ because that is the missing piece of the jigsaw puzzle of what motivates human behavior.

- a. above the top
- b. to the glass ceiling
- c. to the occasion
- d. with the tide

6 People who lived through World War II were called the “greatest generation” because they were made of much different “stuff” than later generations.

- a. True
- b. False

7 Evidence was found in a two-year study of 2,282 people, 65 years of age and older, that positive emotion predicts _____ and longevity.

- a. popularity
- b. weight
- c. income
- d. health

• FOR ANSWERS, SEE PAGE 7 •

“All of the important work we do is on ourselves.”

From the book: *LIFE! Reflections on Your Journey* by Louise L. Hay.
Please, visit the Mabee Library often, located in lower dome 2.

Test of the Month


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

Liver function tests - #2 Aspartate Aminotransferase, AST (SGOT)

In liver function tests #1, we discussed some functions of the liver and some of the laboratory tests that make up the liver function panel. ALT was the first one discussed. ALT is an enzyme, and the function of enzymes is to greatly speed up the chemical reactions in the body.

Another enzyme test that is used in connection with ALT (SGPT) is AST (SGOT), aspartate aminotransferase. Like ALT, it is used in the liver to make proteins from amino acids. Unlike ALT, which is contained mainly in liver cells, AST is contained in liver cells (4 times more than ALT), heart muscle cells, and skeletal muscle cells. The normal range for AST is the same as for ALT: 0.0 to 40 IU/L.

The diagnostic applications of AST (and ALT) can be used by how elevated the test results are: slight elevation up to 3 times normal (pericarditis, cirrhosis, pulmonary infarction, delirium tremens, strokes); moderate elevations 3 to 5 times normal (biliary tract obstruction, cardiac arrhythmias, congestive heart failure, metastatic or primary tumor of the liver, muscular dystrophy); pronounced elevations 5 or more times normal (acute hepatocellular damage, myocardial infarction, shock, acute pancreatitis, and infectious mononucleosis). AST is also elevated in diseases of the bile ducts.

It is also important to remember that the liver is a very vascular organ with 1500 mL (three pints) of blood per minute passing through it. So, any acute disease or damage to the liver can rapidly be detected. Usually the tests for AST and ALT are performed at the same time and the results of both are used to help in making a diagnosis. 

If we only had a brain—
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feelings while providing a nurturing environment for others. We find social workers, teachers, nurses, and home-makers with this configuration.

Strong focus in both Group C and Group D gives us those who are able to understand and express others' emotions. We find psychologists, actors, and musicians with this configuration. They see possibilities both in this life and beyond. Generally, they tend to express that knowledge in an artistic, imaginative way. They do not tend to organize their knowledge in a logical or analytical way.

Scientists and inventors tend to be strong in both Group A and Group D. They come up with ideas (Group D) and test and prove those ideas (Group A). This configuration prefers the thinking over feelings. They use both the logical, analytical ways, along with the creative and intuitive ways.

There is no average score and no configuration that is "ideal." Everyone is different and unique. We need people who have a strong emphasis in specific areas and other people who tend to be more "Jack of all trades." By knowing our strengths and weaknesses, we can appreciate who we are and appreciate others as they are. Also, we can use the knowledge we have acquired to learn how to make changes that can improve our lives and health. [H]

What's new for your garden—
Cont'd from page 3

a spicy orange flesh. The melons slip when ripe, like most muskmelons. A new non-traditional melon is Haogen, which can be tricky to grow. The melons ripen quickly, so must be harvested during a short window. The appearance when ripe is yellow with green ribs; the flesh is pale green, sweet, and rich.

A few other random varieties that caught my eye are Wapsipinicon Peach tomatoes (fuzzy pale-yellow skin), Midnight Lightning Zucchini, Guardsmark Beets, Red Streaked Mizuna Mustard, Beananza Bush Beans, and Taunus Beets.

Gardens are for experimenting. Grow some new varieties alongside your old standbys! [H]

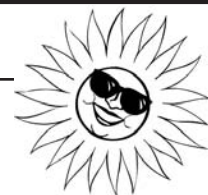
Mental Medicine

by Marilyn Landreth, M.A.

Looking for sunshine?

Have you ever had days that it seemed like life was horrible and nothing was working as you would like for it to work? Many people (including me) are "hypnotized" by bad news via the media, loss of jobs in the community, and natural disasters. Sometimes I have to be reminded that happiness is indeed an "inside job." Knowing that while I may not be able to change the events that are happening in the outside world, I can choose how it will affect my mood. I just tend to forget that from time to time.

Would you like to have a machine that would stimulate your brain with happy feelings, or would you rather complete a task that gave you a feeling of accomplishment as well as improving your mood? Which would you choose? Most people would rather take the second option. Happiness involves more than a passing mood.



I can make changes in my environment that will brighten my day. Late one winter/early spring, we had several days (which seemed to me to be like weeks) of grey, gloomy weather. To make matters worse, the weatherman kept teasing us by showing that the western part of the state was having bright sunshine. According to the map, it looked like it was just a few miles outside of town. When the gloom got too much, we decided to take a "little" road trip to "find the sunshine." One hundred miles later, we were able to bask in the warm glow of the sun. It took a little effort, but it was well worth the trouble.

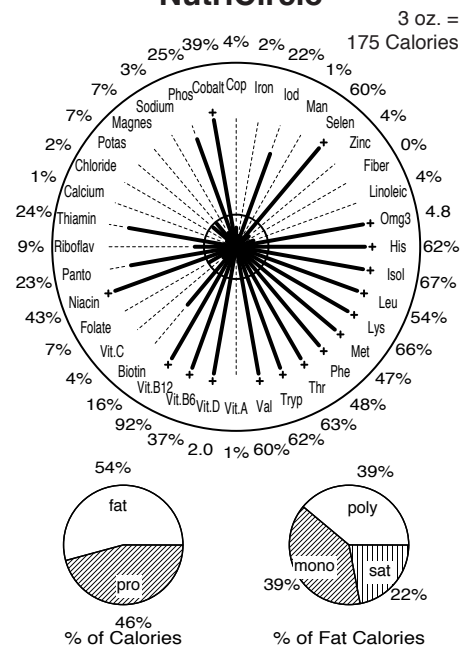
The Constitution only guarantees the American people the right to pursue happiness; we have to catch it ourselves. Mildred Barthel said, "Happiness is a conscious choice, not an automatic response." What can you do to bring more happiness into your life? [H]

Food of the Month

by Donald R. Davis, Ph.D.

SALMON is a rich source of the omega-3 fatty acids, EPA and DHA (Omg3), which play important roles in the brain and many other tissues. They are also precursors to hormone-like prostaglandins that regulate a remarkable range of body processes. Low U.S. intakes are proven or believed to be part of the cause of heart disease, stroke, high blood pressure, high serum triglycerides, depression, behavior and learning problems in children, and rheumatoid arthritis. Salmon is also rich in many other nutrients and has low levels of mercury. Atlantic salmon is now all farmed, which has some disadvantages, whereas Alaskan salmon is wild (fresh, frozen, and canned).

NutriCircle



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]

Physical Medicine

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

Head Forward Posture (HFP)

As the name states, head forward posture is just that; the head moves forward in relation to the body. If a plumb line was dropped from the center of the ear, it should land directly over the center of the shoulder when viewing the person from the side. If the head moves forward (anterior translation) to the shoulder in relation to our daily posture, this creates tension spots in the body. For every inch that the head moves forward, the head gains 10 pounds in weight/tension that is forced on the upper back and neck muscles. As the head moves forward, the tug of war begins between the head and the supporting muscles to keep the chin from dropping onto the chest.

Our brain has a righting mechanism that won't allow our eyes to constantly stare at the ground creating dizziness. If the head moves forward, the brain tells our upper back and neck muscles to contract to keep the head from drooping. The muscles behind the back of our head (Suboccipital muscles) and our upper back muscles are forced into a state of constant contraction. This not only creates tense

muscles but also puts pressure on the suboccipital nerves which can lead to tension headaches and mimic sinus headaches. If not corrected, HFP will continually apply compressive forces in the upper back (thoracic spine) and may eventually create an upper thoracic hump.

Why does this happen? The main causal factor is frequent and repetitive flexed postures brought on by poor ergonomics at work, home, and school. Keeping the computer screen at eye level, keeping your thigh and legs at 90 degrees while sitting, and maintaining a lordosis in the low back while sitting are great prevention/correction strategies. Using cervical pillows and cervical extension exercises can also be helpful.

A great exercise to perform throughout the workday involves finding a wall and putting your heels against the base of the wall. Tighten your butt, roll the shoulders back, tuck the chin, and while keeping the chin tucked bring your head back so that it touches the wall. Hold this posture for 15-20 seconds. Shake it out and repeat 2-3 reps. H

Case of the month

A 45-year-old female came to The Center for the first time in August of 2009. Her main complaints at that time were polymyalgia rheumatica, chronic cough, and sleep disturbance due to cough.

She had her initial visit with Dr. Hunninghake who ordered the following tests: T3; vitamins A, E, and beta-carotene; B assessment profile; B12; folate; vitamin C level; vitamin D; essential fatty acids; and standard cytotoxic testing. He also ordered DMSA testing for heavy metals and iodine loading test to check for thyroid issues. She was also started on Iodoral and Gauai-aid at her first visit.

Testing revealed the following results: DMSA testing revealed a high mercury. Iodine loading suggested a need for thyroid. She also had borderline levels of vitamin B6, vitamin B3, vitamin C, and vitamin B12. Essential fatty acids showed an imbalance and she had many cytotoxic food sensitivities.

At her first follow-up visit Dr. Kirby suggested the following supplements based on her lab results: increase dosage of vitamin C, continue taking the Iodoral, start taking sublingual B12 and vitamin D, increase fish oil, increase probiotics, and also add evening primrose oil.

The patient returned in October for a follow-up visit. At that time she reported that she had had pneumonia and was back on Prednisone again. She was started on Myocalm for sleep and Magnesium Citrate with CalBoost. It was suggested that she change her vitamin C to Bio Energy C powder. It was also recommended that she start taking some Myers intravenous infusions weekly (a combination of vitamin C, magnesium, and B vitamins).

In November she reported doing better since starting the IV infusions. In January she reported continuing the IV infusions weekly and would do so through the winter months to keep her immune system up. She reports her energy is improving slowly and the back pain is better. Her cough is somewhat better. She was encouraged to continue staying away from cytotoxic foods and to switch to vitamin D 50,000 IU weekly and continue with IV infusions. H

CENTER UPDATE

We need your help

One of The Center's goals for 2010 is to concentrate on doing our part to help create a healthy environment and "Spread an Epidemic of Health Worldwide." To accomplish this goal, it is important for us to explore and take advantage of the resources that are available via the internet. Our goal is to deliver the best information in the timeliest manner possible.

To accomplish this, we are going to implement a couple of groundbreaking changes. First, we want to reduce the amount of printed paper goods that we produce in an effort to be more environmentally friendly. We all know that our environment plays a big role in our health, and small changes can have a

very positive long-term impact. This is one of the reasons why we've decided to change to an electronic form of the *Health Hunter Newsletter*.

Also we want to see that as many people receive the *Health Hunter Newsletter* as possible FREE by e-mail. Besides receiving the newsletter for free, the newsletter will be available on-line much quicker.

We need your help in order to make this a reality. If you would prefer to receive your *Health Hunter Newsletter* electronically, please e-mail staff@brightspot.org and give us your e-mail address as soon as possible (no later than May 15, 2010). (Your e-mail address will be used for Center purposes only.) H

- 1 b. When well-being comes from using our strengths and virtues, our lives are imbued with authenticity.
- 2 a. This includes strengths and virtues, and abilities such as intelligence and athleticism. Institutions include those of democracy, strong families, and free inquiry.
- 3 b. For every 100 studies on sadness, there is only one study on happiness.
- 4 a. Love and courage are also included in the six core virtues. These six virtues can be subdivided for various classification and measurement.
- 5 c. There are certain strengths within ourselves that we may not know about until we are truly challenged. Rising to the occasion in times of trouble brings out the best in some people.
- 6 b. They were not known as the "greatest generation" because they were made of different stuff, but because they faced a time of trouble that brought forth their ancient strengths within.
- 7 d. Happy people were half as likely to die and half as likely to become disabled at the end of the two-year study as opposed to the less happy people. Hi

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AUTHENTIC HAPPINESS

By Martin E. P. Seligman, Ph.D.

According to scientific research, happiness is not the result of good genes or good luck. We can all learn to be happier by cultivating traits that we already have including humor, kindness, optimism, and originality. Softcover. (\$15.00 HH price \$13.50)

CHRONIC ILLNESS: "How I Got Better at The Center"

with Ron Hunninghake, M.D.

For 34 years, The Center has successfully improved the lives of so many from right here in the community and from around the world. How does The Center help those suffering from cancers, fibromyalgia, diabetes, and other chronic illnesses where standard medicine could not? Listen to Dr. Ron Hunninghake and Center patients as he moderates patient interviews as they tell their stories and recount their experience at The Center as very ill patients on their road back to good health.

DIET AND CANCER

with Rebecca Kirby, M.D., M.S., R.D.

How does our diet affect the chances of getting cancer? Are there nutritional factors that are important not only in preventing cancer but also in healing the body with cancer? Questions about nutrition, diet, and cancer are explored.

THE RIORDAN IVC (Intravenous Vitamin C) PROTOCOL FOR CANCER

with Ron Hunninghake, M.D.

In 1989, Dr. Hugh Riordan announced the inception of RECNAC (Research Encompassing Novel Approaches to Cancer) with the intent of discovering the underlying causes of cancer and finding ways to treat cancer in a non-toxic fashion. Now, over 20 years later, The Riordan IVC Protocol for Cancer is well known around the world in the integrative and orthomolecular medicine community and is commonly used as an effective adjunct to conventional oncologic therapy.

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For reservations, call 316-682-3100 or register on our website at www.brightspot.org.

Special Upcoming Events. . .

April 1 - Health Hunter/Beat The Odds "Ask The Doctors" Evening event

April 2 & 3 - Health Hunter/Beat The Odds Days
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Dietary supplements keep old mice active

Declining physical activity is a hallmark of aging, from microscopic worms to insects and vertebrates. In humans it contributes to obesity, diabetes, stroke, cancer, and eventually frailty. A new mouse study found that lifetime use of 30 dietary supplements kept aged mice as active as unsupplemented young mice, though with little increase in lifespan. In humans such an outcome would have huge social and economic benefits. The supplements improved the function of mouse mitochondria (the "power plants" of cells), decreased free-radical damage in the brain and elsewhere, and prevented cognitive decline. The supplements targeted five causes of aging. Included were 8 vitamins, 5 minerals, omega-3 fats, ginseng, ginger root and green tea extracts, acetyl-L-carnitine, alpha-lipoic acid, bioflavonoids, N-acetyl cysteine, garlic, and other available supplements. These results call for much further study.

—*Exp Biol Med* 2010; 235:66 and www.world-science.net/othersnews/100215_life