

Health Hunter[®]

N E W S L E T T E R

A look at chelation

Ron Hunninghake, M.D.

Chelation is a therapy to improve general circulation. Atherosclerosis is the medical name for "hardening of the arteries." Chelation helps to reverse atherosclerosis and improve blood flow to vital organs. It is a safe, effective, and relatively inexpensive medical procedure that does not involve surgery or catheterization.

EDTA chelation therapy helps to prevent the production of harmful free radicals.

How is chelation actually performed?

Chelation therapy involves the intravenous infusion of a prescription medicine called ethylene diamine tetraacetic acid (EDTA). EDTA is a man-made substance that is similar in chemical structure to amino acids. Its unique property is to bind poisonous metals and remove them from the body. "Chele" is Greek for "claw." Like a claw, EDTA latches onto lead, cadmium, aluminum, and other metals in the body. The bound metal-EDTA complex is then excreted harmlessly in the urine.

How does this improve circulation?

Atherosclerosis is caused by multiple, complex factors, including the abnormal accumulation of metallic elements. EDTA not only removes harmful metals, but it normalizes the distribution of other metallic elements, most notably, calcium. Calcium and cholesterol are major components of plaque, the substance that blocks proper

blood flow in atheromatous (fatty deposits) arteries. By eliminating metallic catalysts with EDTA, there is a reduction in the production of oxygen free radicals. Free radical pathology is now believed by many scientists to be one of the key causes of atherosclerosis, as well as contributing to the development of cancer, cataracts, and many other "diseases of aging." In short, EDTA chelation therapy helps to prevent the production of harmful free radicals.

Does science support these claims?

Every single study of the use of chelation therapy for atherosclerosis which has ever been published (over 600!), without exception, has described an improvement in blood flow and a reduction in symptoms. All the adverse editorial comment to the contrary on chelation is lacking such evidence. To date, however, a single, large, double-blind study on chelation therapy has yet to be accomplished. Two recent studies of this nature remain incomplete due to political and financial obstacles.

Why is chelation so controversial?

Chelation, when prescribed correctly, is an holistic therapy. A complete program of chelation therapy involves a broad-based health care program of regular exercise, proper nutrition, vitamin and mineral supplementation, and avoidance of tobacco and other damaging habits. These multiple and overlapping lifestyle variables are difficult to statistically control for in the study format favored by medical scientists. Such a study format fits the research of new drugs but not lifestyle therapy. Thus, most physicians are

continued on page 2

Flavonoids may protect the heart

Eating apples, carrots, and other foods rich in flavonoids may help protect against coronary artery disease, according to a recent report in the *British Medical Journal*.

Flavonoids are found in such foods as berries, parsley, squash, eggplants, onions, and tomatoes. Tea and red wine are also rich in flavonoids.

Paul Knekt and associates with the National Public Health Institute of Helsinki, Finland, followed 5133 men and women from between 1967 and 1972 through 1992. They found that those whose diets were highest in flavonoids were less likely to die of heart disease than those eating a diet low in flavonoids.

Women gained more benefit than men. Women who consumed a high flavonoid diet were half as likely to die of heart disease than those eating a low flavonoid diet. The risk factor was 25% less for men eating a high flavonoid diet. Men ate a diet generally lower in flavonoid foods than women. H

Inside this issue...

Health optimization.....	2
Aging gracefully.....	3
All the news that fits.....	3
Information worth knowing.....	4
A win, win stress breaker.....	4
Case of the month.....	4
Zinc and wound healing.....	5
Hope helps healing.....	5
Food of the month—strawberry.....	5
Antioxidants gain support as cancer fighters.....	6
Torpor at three o'clock.....	6
Brisk walking helps clear fat.....	6
Aerobic exercise & CHF patients.....	6
Heart disease, is it nature or nurture?.....	6
Special discounts.....	7
Upcoming events.....	8
Research & free radical theory of aging.....	8

Nutritional Medicine

by Ron Hunninghake, M.D.

Health optimization

I was recently talking with one of our co-learners who had just experienced a highly effective smoking cessation program: she had a heart attack!

Our involvement with this patient had, for several years, centered around a stubborn and severe dermatitis of the hands and feet. Ironically, a diagnostic chelation had been suggested to rule out heavy metal toxicity, since cigarette paper is high in cadmium. This testing was never done.

When I saw her, at about 6 weeks into her recovery, two very interesting points arose in our conversation. The first was that the clot-buster she had been given on admission to the ER had totally cleared up her chronic dermatitis! (If anyone out there reading this has an understanding as to why this happened, please contact me.)

The second point had to do with The Center. She wondered why we, with our laboratory and other diagnostic resources, had not detected her latent and impending heart disease. Being a faithful and long-standing patient, she

was genuinely disappointed that our approach had "failed" her in this way.

Both these points illustrate the rather "young" status of Nutritional Medicine. As a medical discipline, it is in its scientific infancy. While thousands of studies statistically predict the disease-averting nature of good whole food nutrition and prudent supplementation, how this plays out in the biographical history of a unique human being can be very much up for grabs, especially when the curve ball of cigarette smoking is thrown in there.

And how ironic that we had suggested what may have averted her heart attack: chelation, though for a totally different reason. This only illustrates a powerful principle: the nutritional management of today's minor symptoms could help protect against tomorrow's potential catastrophes.

In all honesty, no one can predict with absolute certainty future illness. The only sure defense is the relentless pursuit of optimal health. The journey of good health always begins with the courageous steps you take today. H

EDITORIAL BOARD

Emanuel Cheraskin, M.D., D.M.D.

Donald R. Davis, Ph.D.

Ron Hunninghake, M.D.

James Jackson, Ph.D.

Hugh D. Riordan, M.D.

Frederick I. Scott, Consulting
Editor, International Scientific
Communications, Inc.

PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth
and Barbara Nichols

Illustrator: Jackie Clark

Health Hunter Newsletter is published as a service ten times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (A Non-Profit Organization). Memberships are \$25 per year plus tax, \$30 plus tax for outside the U.S. To subscribe, see the order form on page 7 of this issue.

© 1996/CIHFI

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

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

Continued from page 1

reluctant to endorse chelation therapy, in spite of its safety and effectiveness. *What about safety and side effects?*

Chelation ranks among the safest of all medical therapies. Over 400,000 patients have received more than four million treatments in the past 30 years. Not one death has been directly caused by chelation therapy, when properly administered by a trained and competent physician. Side effects such as vein irritation and mild pain, headache, and fatigue occasionally do occur. These are minor and transient and can be controlled by adjusting duration and frequency of treatment. Side effects tend to diminish after the first few treatments. Most patients have few or no side effects.

What about costs?

Bypass surgery is the mechanical repair of only a small portion of the more than 100,000 miles of arterial

pathways that lace the human body. Its costs vary from \$30,000 to \$50,000 or more. Chelation therapy is an office procedure that improves blood flow through the entire vascular system. Total costs vary from \$2,500 to \$5,000 for 20 to 40 4-hour treatments in a physician's office. Thus, chelation costs about 1/10 as much and is over a hundred times safer.

Is chelation legal?

Chelation therapy is completely legal. A licensed physician is free to utilize any therapy of acceptable risk which, in his or her professional judgment, is of potential benefit to their patient—even if claims for treatment are not yet approved by the FDA. The FDA does not regulate the practice of medicine. It regulates marketing and advertising claims for drugs. The FDA has approved the claims for using EDTA

continued on page 3

Continued from page 2

for acute lead poisoning but not for the treatment of atherosclerosis.

Will medical insurance pay for chelation therapy?

Most review committees for medical insurance companies are staffed by physicians who favor drug and surgical therapy for atherosclerotic diseases, in spite of their greater cost and risk. While insurance policies generally do not exclude chelation therapy, patients have often had to resort to the courts to collect their insurance benefits, or simply pay for chelation out of their own pockets. [H]

Aging gracefully

Richard Lewis, our editor, asked if I would write a short article for the *Health Hunter Newsletter* about the benefits the elderly receive from being involved with The Center. I guess he thought I was qualified as I was born in 1916.

I became a patient of Dr. Riordan's in January, 1980. I had many complaints. Dr. Riordan referred to me as a "basket case" when he first visited with me.

I had arthritis in many joints of my body. My family physician said I would need joint replacements of my right knee and left hip. I was taking a drug for pain that was costing over \$1.00 per capsule and I was using from 6 to 8 each day in order to function at all.

Many tests were performed to determine how they could help me make it through each day with less pain.

In taking chelation therapy, auricular therapy, flax seed meal, flax seed capsules, and a goodly number of vitamins, including zinc, I have progressed in many ways. I have not had any of the surgeries performed and I am now an employee of The Center, working a 33 hour work week. I am in the Marge Page Dome from 8:00 a.m. to 5:15 p.m. Monday through Thursday. If you would like, come by or call me. I would be pleased to visit with you.

I am very grateful that I learned about Dr. Riordan and chelation. Now at nearly 80, I am able to live a busy, rewarding life. [H]

—Nelda Reed

HEALTH HUNTERS AT HOME

All the news that fits

As they say in the newspaper business (at least among the reporters), it is all the news that fits, not all the news that is fit to print. Quite often, advertising controls space.

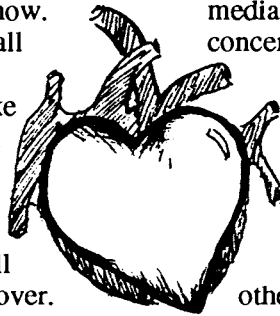
We had a similar problem with this issue of *Health Hunter*. With so much information about ways to strengthen your heart and improve your circulation system appearing in the medical journals lately, we sat down to make a list of winners and losers to see which reports we would include.

That didn't work. They were all winners. They all offered new insights into circulatory health that we thought readers would want to know. We were up against it—all the news that fits.

Dr. Ron Hunninghake presents some wonderful insights combined with some old pearls about chelation to lead things off. The other articles fill the pages for you to discover.

But what got left out? We thought we might give you a brief synopsis of some of them here.

- Diet plays an important role in lowering lipid levels, *The Medical Journal of Australia*
- Incidence of nonfatal, fatal heart attacks seen to vary widely among counties, *Circulation*
- New evidence on fish consumption and the reduction of coronary heart disease, scientific session of the American Heart Association
- Greater prevalence of heart disease linked to mercury, *Circulation*
- Instant coffee noted to have minor effect on cardiovascular risk factors, *Journal of the Royal Society of Medicine*
- Low vitamin C linked to winter heart attacks, *British Medical Journal*
- Anticoagulant therapy over long term cuts post-heart attack stroke risk a paper presented at the American College



- of Cardiology science session
- Smoking may be worse for the heart than high-saturated-fat diet, *Archives of Internal Medicine*
- Soybean estrogen may be effective against coronary heart disease risk, clinical presentation, 35th Annual Conference on Cardiovascular Disease Epidemiology and Prevention
- Breakfast cereal with psyllium may lower cholesterol, *The Medical Journal of Australia*

When one combines these articles with three recent reports on the impact of vitamins B6, B12, and folate on mediating the effects of homocysteine concentrations on the circulation system, the list gets longer. Some people believe that controlling homocysteine in the circulatory system may be as important or more so than controlling cholesterol.

In addition, there were several other articles on the positive effects of regular exercise on the cardiovascular system.

All of these articles lead to the same point. When we give the human body all the tools it needs for proper operation, it does an excellent job of doing the work we want it to do. And these tools are biochemical, nutritional, and physical.

Biochemical balance comes from proper nutrition and from laboratory testing to see how you are doing. The physical component may start with taking a good walk each day.

And the most interesting part for me is that you can do most of this yourself. You can eat more fruits and vegetables. You can strive to eat the bulk of your food as whole foods, foods that will boost your circulatory system. Exercise is obviously something you need to do yourself.

Maybe we need to find ways to fit a heart healthy plan into our lifestyle. I plan to do just that. [H]

—Richard Lewis

We are continually faced by great opportunities brilliantly disguised as insolvable problems. —Anonymous

INFORMATION WORTH KNOWING

Chelation is a procedure that has proved beneficial for many people suffering from diseases associated with toxic mineral buildup. In the book *Forty Something Forever* by Harold and Arline Brecher, a chelating agent is described as attracting minerals and metals into its electromagnetic field so that they can be excreted by the kidneys. The following questions and answers will clarify the issue of "chelation."

1 EDTA is a substance used in chelation treatment that is a man made _____.

- a. vitamin
- b. amino acid
- c. mineral
- d. all the above

2 EDTA has an affinity for toxic metals in the blood such as _____.

- a. lead and cadmium
- b. mercury and aluminum
- c. lead and aluminum
- d. all the above

3 While the patient is comfortably reclining, an EDTA chelation is administered in _____.

- a. a pill
- b. an injection
- c. an intravenous drip
- d. none of the above

4 The heart is both a vital muscular pump feeding life sustaining blood throughout the vascular system and an electrical system dependent on steady and unflinching

electrical impulses to function.

- a. True
- b. False

5 EDTA chelation is best known as an antidote for lead poisoning but it is also useful for _____.

- a. adding vitamins to the body
- b. removing excessive iron and copper thereby diminishing destructive free radical activity
- c. removing "bad blood"
- d. all the above

6 A substance is chelated when it is grabbed, trapped, and transformed by a chelating agent.

- a. True
- b. False

7 The body makes use of (a) natural chelator(s) such as _____.

- a. the amino acid, histidine
- b. vitamin C
- c. vitamin E
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month


A 51-year-old male came to The Center with a history of severe headaches, arthritis, and a heart attack.

He was in good health until June of 1993 when he went to an emergency room for stitches in his hand from a work related accident and was accidentally given a large overdose of adrenaline, which brought on headache and chest pain. This episode so affected him that he was unable to work after that time. He was later found to have coronary obstructive disease which required ballooning in May of 1995.

Here at The Center he was found to have a significantly abnormal diagnostic chelation test result. From the laboratory results, we learned he had a markedly elevated aluminum and lead excretion. His urinary pyrroles were elevated, indicating that he is a high B6 excretor, possibly making him more prone to homocysteine buildup. Recent research ties elevated homocysteine levels in the blood to heart disease.

He had elevated cholesterol and triglycerides as well. His plasma C was average. Urinary C was zero, indicating a suboptimal vitamin C consumption. Vitamin B1 level was in the tenth percentile, a long way from optimal. Urinary potassium to sodium excretion was low.

The patient began a series of chelations. He also started taking Cardirite, fortified flax, and 250 mg. of Vitamin B6.

He has steadily improved to the point where his chest pains have gone away. He is exercising daily, including walking his dog at a brisk pace for two miles. He reports that his arthritis is much improved. His cholesterol has dropped to 190, and best of all the headaches have almost completely disappeared. 



"Never forget that only dead fish swim with the stream."

Malcolm Muggeridge

A win, win stress breaker


At The Center we have a place where people can break blue rock (also called clay pigeons) to relieve stress. This works for a simple reason.

Dr. Riordan says that all of us are fill-hold-release mechanisms. We take in food, hold it to get the nutrients from it, and then release it. We are supposed to be fill-hold-release mechanisms mentally, but some of us tend to be fill-hold, fill-hold, fill-hold mechanisms. We never get to the release stage. Throwing blue rock, Dr. Riordan believes, is an excellent way to get release.

After a recent Lunch and Lecture at

The Center, a person suggested an excellent way to do the same thing and do a good deed for the environment at the same time.

Collect your glass bottles and jars for recycling. On a day you are feeling a need for a stress break, take the glassware to the recycling bins near you and throw them one at a time so that they shatter. You get that wonderful release from throwing and shattering the bottles at the same time you are getting that warm feeling of knowing you are doing your share by recycling.

It is truly a win, win solution to stress management. 

Zinc and wound healing

"For more than 3000 years, zinc in the form of zinc oxide or calamine has been used in the treatment of skin wounds. Zinc in castor oil still has a special place in the treatment of Nappy (diaper) rash," wrote A B G Lansdown, of Westminster Medical School, London, UK, recently in *The Lancet*.

Folklore knows zinc works, but modern medicine doesn't quite believe in it for wound healing because it hasn't been scientifically proven effective.

For instance, Lansdown points out, early studies showed as much as 43% faster wound healing in subjects taking zinc supplements by mouth. These data have not been scientifically confirmed by double-blind studies.

Recently, more has been learned about zinc in general and wound healing in particular. For instance, we know that zinc is a part of more than 70 metalloenzymes including DNA, RNA, and enzymes that play a central role in wound healing. "At the August, 1995, meeting of the European Tissue Repair Society (ETRS), great emphasis was placed on the regulation of these zinc metalloenzymes in the reconstruction and function of collagen in scar tissue," wrote Lansdown.

Zinc applied to the wound has been getting more emphasis lately. "Experimental studies showed that topical zinc oxide reduced the initial haemorrhagic phase and promoted the regrowth of damaged skin and hair," according to Lansdown.

Studies reported at the ETRS show that zinc concentrations increase at particular phases of the wound healing process. "Consequently, if zinc is made available by topical therapy at an appropriate time, one would expect wound healing to be advanced....The form of presentation of zinc—aqueous paste, cream in amphiphilic vehicle, emollient, bandage—will have a profound influence on the amount and rate at which zinc is absorbed and hence its influence on the wound microenvironment," Lansdown concluded.

Modern science is beginning to catch up with what people have known for years—zinc works for wound healing as well as other purposes. [H]

Mental Medicine

Hope helps healing

Hope, some say, is necessary for healing. Hopelessness or bleak expectations about oneself or the future may be a contributor to death from heart disease or cancer, according to Susan Everson, an epidemiologist at the Western Consortium for Public Health in Berkeley, California.

Everson and her colleagues studied data from 2,428 men ages 42 to 60, who lived in Finland. The results were published in *Psychosomatic Medicine*. They followed the men for 4 to 10 years rating their hopelessness in response to two statements: "It is impossible to reach the goals I would like to strive for" and "The future seems to be hopeless, and I can't believe that things are changing for the better."

The results were fascinating. Men who reported moderate to high hopelessness died from all recorded causes at two to three times the rate of those

reporting low or no hopelessness. The hopeless group also developed cancer and heart disease more often than the hopeful men.

Even men in good physical health at the beginning of the study who scored high on the hopelessness questions showed five times the overall death rates of those with a more hopeful score. Those with heart disease or other health problems at the beginning of the study displaying even moderate levels of hopelessness, boosted the likelihood of dying.

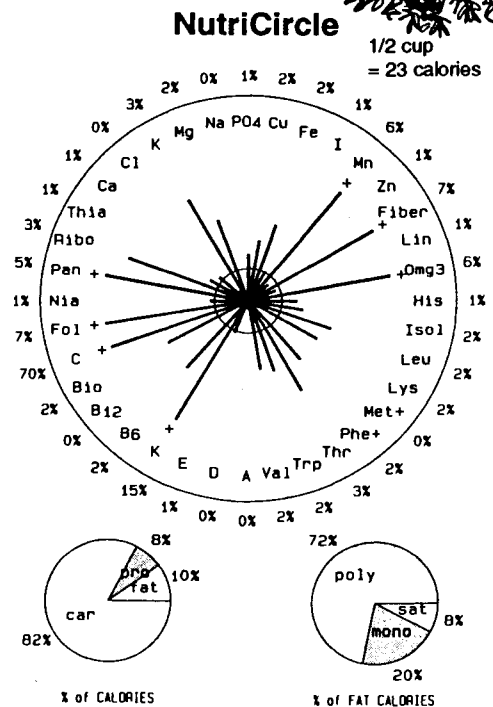
Marilyn Landreth, The Center's Director of Education, presented one of our Lunch and Lectures series on "Hope, The Vital Spark of Life." From this research, Marilyn's title is right on track. To get a copy of this interesting and timely lecture to add some hope to your life or someone you love, check the Special Discounts on page 7. [H]

Food of the Month

by Donald R. Davis, Ph.D.



STRAWBERRY: This spring treat is a sweet surprise for nutrition fans. Relative to calories, strawberries contain good amounts of 80% of all known nutrients. These include 8 of 9 essential amino acids of protein and both essential fatty acids (*Lin* and *Omg3*). A half-cup serving (a mere 23 calories) contains 70% of the RDA for vitamin C and 5% or more of the RDAs for vitamin K, folic acid, pantothenic acid, manganese, fiber, and omega-3 fatty acids. Unfortunately, the jam is a sweet letdown. A tablespoon of jam has over 50 calories but only two teaspoons of strawberry. We nutrition fans prefer fresh or frozen berries.



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]

Beat The Odds Update

Antioxidants gain support as cancer fighters

Antioxidant vitamins gained more support for their cancer fighting abilities from two research studies recently summarized in *Science News*.

Both studies were interested in how free radical damage to the genetic code, DNA, caused the growth and spread of cancer.

Donald Malins and colleagues of the Pacific Northwest Research Foundation in Seattle discovered that DNA from cancers that spread to other areas of the body have greater structural and chemical diversity than DNA from cells in well-contained initial cancer. Reporting their findings in the *Proceedings of the National Academy of Sciences*, they discovered that DNA from these spreading (metastasizing) tumors contained twice the free radical damage as the self contained tumors.

Russel Reiter of the University of Texas Health Science Center in San Antonio told *Science News* that this study should spur a search for antioxidants that can enter tumor cells and provide the proper defense. The Center

already has over seven years of experience identifying and using these antioxidant vitamins through its *RECNA*C cancer research project.

In Scotland, Susan Duthie and her co-workers at the Rowett Research Institute took 50 men—half of them smokers—and had them take vitamins C, E, and beta-carotene for 20 weeks. Duthie says that “blood from both the smoking and nonsmoking men given antioxidants contained roughly [one-third less] comets as blood from some 50 men receiving placebo pills,” *Science News* reports. Comets, or comet shaped structures, may be seen in a microscope and are indicative of DNA damaged by free radicals.

Duthie and colleagues reported in *Cancer Research* that this was the first study that has shown “a highly significant moderating effect of long-term antioxidant supplementation...on oxidative [free radical] DNA damage.”

This research shows why eating fruits and vegetables daily tends to protect against cancer. [H]



Brisk walking helps clear fat from the blood

“Brisk walking, a dynamic aerobic exercise using the body’s major muscle groups, helps to clear dietary fat from the blood,” claims Dr. Adrienne Hardman, senior lecturer, Loughbrough University, at the British Heart Foundation’s annual meeting.

Exercise burns triglycerides stored in muscles and these are replaced by other triglycerides from the blood. This process, Hardman points out, increases the high-density lipoprotein (HDL) levels in the blood, and high levels of HDL are related to low levels of coronary heart disease.

So don’t plop down in front of the TV after eating a large meal. Strap on your walking shoes and head out the door for a brisk walk instead. [H]

Aerobic exercise appears to benefit older CHF patients

Regular aerobic exercise appears to benefit older patients with congestive heart failure (CHF), claims Peter V. Vaitkevicius and his colleagues at Maryland Medical System in Baltimore.

For this study to find out the effects of exercise on CHF, the researchers selected 10 men aged 61 to 85 who fit the CHF profile. They exercised under supervision for 30 minutes or exhaustion three times a week using a treadmill and exercise bike for three months.

Supervised exercise for these patients is not only safe, Dr. Vaitkevicius summarized, it also increases strength and physical endurance. [H]

Heart disease, is it nature or nurture?

Yes, answers a study funded by the British Heart Foundation. The researchers studied 171 sons of men known to have coronary disease. They found both a genetic pre-disposition (nature) and a lack of physical activity (nurture) gave the sons a heart disease risk profile similar to their fathers. [H]

CENTER UPDATE

Torpor at three o’clock

“I stare into the boxes on my calendar,
And try to remember dreams from the
night before.

Pens fall from my hands, like reeds,
And forgone conclusions pass
Through my mind like the clouds I
cannot see.”

wrote the poet as she tried to describe what happens to her at three o’clock.

Torpor, according to Webster’s dictionary is “...extreme sluggishness or stagnation of function.”

Some people explain this by saying “I must have eaten too much at lunch time and a lot of my blood is rushing to my stomach to digest the meal.”

Quite often it may be something you ate at lunch. It may be that you are having a reaction to something you ate.

Food reactions can show up as symptoms other than “torpor at three o’clock.” They may be stomach prob-

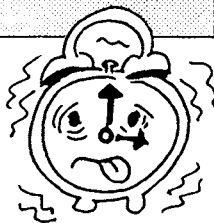
lems, headaches, or maybe joint pain like rheumatoid arthritis, to name a few. They come in many disguises.

Another problem with food sensitivities comes from the fact that they are delayed reactions. Like the poet, it may come as “torpor at three o’clock.”

At The Center, we use the Cytotoxic test to identify food sensitivities. With this test we can evaluate up to 180 foods. Then we can begin to unravel why the person has the symptoms that are causing problems.

If the poet should have the cytotoxic test done, she might find out what food or foods cause “torpor at three o’clock,” remove them from her diet, and have a productive afternoon instead.

“Torpor at Three O’clock,” by Maureen Mulhern, *The Lancet*, March 6, 1996. [H]



Answers from page 4

- 1 b. EDTA is the abbreviation for ethylene diamine tetra-acetic acid.
- 2 d. EDTA chelation is known as a toxic metal reducer.
- 3 c. EDTA is diluted in about 1 quart of fluid, slowly fed into the patient's vein, one drop at a time, over a period of three to four hours.
- 4 a. Heart attacks can occur when there is a dysfunction in either action of the heart.
- 5 b. As well as enhancing the heart muscle's phosphorous utilization, thereby improving heart function, it removes toxic metals that compete with and neutralize nutrients necessary for optimal protective enzyme function. EDTA is also in the solution that keeps a heart alive while awaiting transplanting.
- 6 a. Chelation is from the Greek word "chele" which refers to the claw of a crab or lobster. EDTA is a man-made chelator. Vitamin C is a natural chelator as are some other vitamins and minerals.
- 7 d. Cystine is another amino acid that is a natural chelator. H

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11
 Video Tapes: Regular Price—\$19.99; *Health Hunter* Price—\$17.95

FORTY SOMETHING FOREVER *Harold & Arline Brecher*

Learn about various treatments for cardiovascular system dysfunctions. The Brechers also give some information on healthy eating along with recommendations for additional reading.

Retail Price: \$6.95
Health Hunter Price: \$6.40

KNOW YOUR NUTRIENTS: COPPER—a Double Edged Sword *with Ronald Hunninghake, M.D.*

While copper is an important nutrient that can help certain forms of anemia, rheumatoid arthritis, and the prevention of aneurysms, it can also rise to toxic levels in body tissues, causing headaches, fatigue, poor immunity, acne, PMS, several mental illnesses, hyperactivity, and bone disorders. Listen and learn how to keep your copper levels in balance. Audio cassette & video tape.

HOPE: THE VITAL SPARK OF LIFE

with Marilyn Landreth, M.A.
 Hope comes naturally to some people. Other people have to find a way to develop it, especially if they are confronted with chronic illness, terminal disease, or depression. Hope is feeling the presence of life even if you are afraid. Listen and discover how to focus on what has real meaning in your life. Audio cassette & video tape.

MAINTAINING A HEALTHY PROSTATE

with Ronald Hunninghake, M.D.
 Benign Prostatic Hypertrophy is the medical term for an enlarged prostate. As men age, it is assumed that the prostate will enlarge and cause problems. Now research shows there is a natural way to restore and maintain healthy prostate functioning well into your older years. Listen to how to take care of the prostate. Audio cassette & video tape.

• To Order, Fill Out The Form Below •

TITLE	TYPE <small>(audio, video, or book)</small>	PRICE	QUANTITY	TOTAL
Forty Something Forever	_____	_____	_____	_____
Know Your Nutrients: Copper	_____	_____	_____	_____
Hope: The Vital Spark of Life	_____	_____	_____	_____
Maintaining a Healthy Prostate	_____	_____	_____	_____
<i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)		_____	_____	_____
			Subtotal	_____
			*Add Sales Tax	_____
			**Add Postage & Handling	_____
			TOTAL	_____

* Kansas residents add 5.9%.
 ** Add \$2.00 for first item; 50¢ for each additional item. (No postage necessary for *Health Hunter* membership.)

Payment:

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

Card # _____ Signature _____

Ship to:

Name _____ Address _____

City _____ State _____ Zip _____

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

Upcoming Events. . .

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 L & L - Does Your Diet Supply the Nutrients You Need?	3
6	7 L & L - Know Your Nutrients: Chromium	8	9	10
13	14 L & L - Know Your Nutrients: Calcium	15 Eat Your Way to Natural Weight Loss Workshop	16 L & L - Hair Tissue Analysis in Clinical Applications	17
20 Interim Yoga	21	22 Interim Yoga	23	24
27 Memorial Day	28	29 Interim Yoga	30	31

JUNE

- 6/12 & 6/26 Eat Your Way to Natural Weight Loss: a Whole Foods Workshop
- 6/14-15 Bright Spot for Health Fair
- 6/19 Summer Yoga Classes begin
- 6/20 Summer Classes start

New research supports the free radical theory of aging

Disruption of vascular function may be the underlying cause of diseases such as Alzheimer's, according to Tom Thomas and colleagues in a report appearing in a recent issue of *Nature*.

Their observations forge another link between the free radical theory of aging and degenerative diseases like Alzheimer's.

β -amyloid deposits in the blood vessels of the brain are found in aging individuals and Alzheimer patients. Since these abnormalities are an early indicator of Alzheimer's, the researchers looked at β -amyloid as a cause.

Not only was β -amyloid implicated, but its action in constricting the blood vessels of the brain could be blocked by superoxide dismutase, a free-radical scavenger.

From this research, Alzheimer's may be treated with free-radical scavengers in the future.

INSIDE THIS MONTH'S ISSUE . . .

- A look at chelation
- Flavonoids may protect the heart
- Zinc and wound healing
- Antioxidants gain support as cancer fighters

Health Hunter

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

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

ADDRESS CORRECTION REQUESTED