

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

MAY 1997

## ADD, ADHD, and other improbable diagnoses

Hugh Riordan, M.D.

All too often in standard medical approaches, when a symptom complex is given a name, in-depth thought about the symptom complex ceases. Instead, a "cookbook" approach, designed to suppress symptoms, is used.

*...a normal group of people will have a tenfold difference in their need for any single nutrient.*

That is why when I ask a new patient "what have previous doctors said of the causes of your hypertension, arthritis, or attention deficit syndrome," they invariably relate that no underlying cause, or causes, were ever discussed or even mentioned.

In my opinion, the reason for this is that all medical doctors are trained in the acute medical model. Such training is very useful if you are bleeding, broken, or having a heart attack, because rapid action is what is needed; almost automatic non-reflective responses are essential. It is because of that training that we have a superb acute medical/surgical care system. That same training tends to interfere with the evaluation of non-acute medical problems which persist over a period of time.

What is needed in the evaluation of sustained illness such as ADD, ADHD, and hypertension is an awareness that such illness is multifactorial, with multiple causes that come together to produce illness.

In the case of essential hyperten-

sion, we know that the acute medical response is to promote the notion that medication must be taken for life. At The Center, we use a more thoughtful approach that asks the question, "Why is the person's body finding it necessary to raise its blood pressure?"

Using that approach, we know that underlying causes may include inadequate tissue of magnesium or potassium, too great a body burden of heavy metal, such as lead and cadmium, adverse food reactions, hidden infections, emotional constipation, and other factors.

Similarly, the acute medical model dictates that a child with ADD or ADHD must require medication to suppress the unwanted symptoms. But here at The Center we ask the question, "Why is this kid climbing the walls, being obnoxious, unable to focus attention, and having all the behaviors parents face with this burden and endure to the point of total exasperation?"

From nearly four decades of evaluating and treating hyperactive children, we understand something of the biochemistry of behavior. We know that ADD is not a deficiency of medication. We know that adverse food reactions, hidden yeast problems, trace mineral imbalances, specific nutrient deficiencies, parasites, and various metabolic disorders, as well as emotional factors, are involved in attention deficit problems.

Speaking of nutrient deficiencies, we know from the work of Dr. Roger Williams that a normal group of people

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## Diet-depression link found

"Researchers have found direct evidence of a link between depression and diet," a Reuters news release claimed recently.

Researchers at Oxford University in Great Britain writing in *The Lancet* found that subjects with low blood levels of the amino acid tryptophan would become depressed and the depression would go away when the tryptophan was replaced.

Tryptophan is a precursor of the neurotransmitter serotonin which has been shown to be related to depression. Some current antidepressants work as serotonin spacers.

In this research, when fifteen women, who formerly had clinical depression but recovered, were fed an amino acid mixture short of tryptophan, most showed symptoms of depression again. When they were fed a supplement containing tryptophan, blood levels of tryptophan rose and the depression symptoms disappeared. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Healthy kids

As parents, we want to raise healthy children. Intuitively, we know that the health habits our kids are learning in their formative years are likely to last a lifetime. And, like all well meaning parents, we want our offspring to have it better than we did. We deeply desire to convey what we have learned in hopes of their being spared the consequences we have had to live through.

How heartbreaking it is then, when a little one must suffer a chronic illness. Their parents often concurrently suffer a profound helplessness. Parents are supposed to have the answers for their kids. Parents are supposed to keep them out of hot water. The mystery of many chronic illnesses stymies the best intentions of even the most caring parents.

Ironically, the same mindset necessary for an adult to take charge in the face of a chronic, debilitating illness, is also necessary in the parent of a sick youngster. Be courageous. Be alert and attentive to new possibilities that can strengthen the healing response in your child. Be hopeful in the face of skepticism. Model your finest stuff to

your child as you search for the answers. This attitude alone will empower the immune system and healing capabilities of your child!

Beyond attitude, look for causative factors. Oftentimes, the answers lie in the overlooked obvious. The bed they sleep in may be a dust mite haven. Their favorite snack may contain an adversely reactive food. The white spots on their nails may suggest testing for zinc deficiency. Maybe they just do not drink enough water. Though these appear to be simple factors, don't underestimate the power of correcting a chronically recurring cause to help solve your child's problem.

One of the real boons of working with kids, even chronically ill kids, is their astounding ability to heal rapidly once everything is back in place. Nothing is more rewarding than to see a sick child heal right before your eyes. Growth, after all, comes through proper nourishment. And kids are growth personified. With the right kind of nourishment...physical, emotional, and spiritual...many, if not most kids, can't help but get well. H

### *Continued from page 1*

will have a tenfold difference in their need for any single nutrient. People, including children who have illness, may have an even greater range of nutrient needs.

To get a better idea of how our needs may vary, every person who has a health concern should read *The Wonderful World Within You* written by Dr. Williams.

To get an idea of what may be causing the specific child to act inappropriately, it is essential, in my opinion, to precisely measure what is going on metabolically in that child. Once underlying problems are detected, the treatment becomes rather obvious. Over time, with appropriate treatment, most children with ADD or ADHD respond positively.

Seeing such children blossom is a privilege. And, nothing is more satisfy-

ing than years later seeing a fine, intelligent, productive adult who came to The Center as a child to eliminate unwanted, distressing, destructive behavior. That type of feedback, which we are so often privileged to receive, motivates us to continue with our mission.

*Editor's note: Just a couple of thoughts to add to Dr. Riordan's comments about The Center's approach to chronic or sustained disease in contrast with the standard acute care model, as it applies to ADD, ADHD, and chronic disease in general.*

*"When children who exhibit learning and/or behavioral disorders are examined by a number of specialists, the diagnosis is more closely related to the orientation of the specialist than it*

*continued on page 3*

Continued from page 2

is to the essential problems facing the child."—from the Kellogg Report, presented in 1980.

Children who have been seen by eight different specialists, commonly have eight different diagnoses, ranging from hyperactivity to dyslexia to autism. These diagnoses do not indicate the cause of the problem and do not suggest any specific treatment, as Dr. Riordan mentioned.

Abram Hoffer, M.D., Ph.D., pioneer in orthomolecular medicine, feels very strongly about the negative impact of refined sugar on the human organism. He wrote in 1996, "If we do not try to improve the nutrition of our children, not only of children suffering from ADD, but also of almost every child in our high-tech society, we can look forward to another millennium of chronic illness, perhaps so severe as to threaten the species." [H]

## Smell the coffee, help the immune system

Ahhh, nothing smells better than freshly brewed coffee filling the morning air! It makes the nose work overtime and the mouth yearn for that first rich, robust taste.

Does the aroma just stimulate the nose, or is it touching a deeper chord?

It is more, claim researchers from the University of California, Davis. Your immune system is reaching out for the benefits of the aroma, they told a national meeting of the American Chemical Society recently.

The study showed that the 300 or so compounds found in the aroma of coffee combine to create an antioxidant effect on the par with vitamins C and E.

These compounds are not in the bean itself, but combine into the antioxidants during the brewing process.

Most benefit is gained from drinking the coffee, more so than just smelling it. But the aroma, along with its antioxidant effect, stimulates your senses to yearn for a cup.

The next time you pour a cup of freshly brewed coffee and drink in the aroma before taking the first sip, realize you are doing it for your immune system, not just your taste buds.

## HEALTH HUNTERS AT HOME

### Lose the label

Here at The Center, the label is not very important. This is true for attention deficit disorder (ADD), attention deficit hyperactive disorder (ADHD), or any disease or problem that carries a particular label. What is important is the realization that there are underlying causes or factors for unacceptable behavior.

We use our in-depth evaluation to search for such causes as the basis for examining any child who comes here with the diagnosis of ADD, ADHD, and even autism.

The basic question we ask is why is the child acting this way? If you have a kid with these labels, you are familiar with the general criteria for ADD or ADHD—someone who often fidgets with their hands or feet or squirms in the seat. (I know a lot of adults, myself included, that do this.)

Further, the child has difficulty staying seated when required to do so, is easily distracted by external stimuli, has difficulty waiting in turn for games or group situations, and often blurts out answers to questions before the questions have been completed. (Dr. Riordan says this child would be good on a college bowl type program.)

In addition, he or she has difficulty following through on instructions from others, not due to oppositional behavior or failure to comprehend, but just seems to fail to finish the tasks. He or she has difficulty in sustaining attention to test or play activity, talks excessively (I did this in school), often interrupts, doesn't seem to listen to what is being said, loses things necessary for tasks or activities at school or at home, and the list goes on.

We know what the kid does; let's take a moment to look at some of the underlying factors which can lead to ADD and ADHD—any of these alphabetical concepts.

Again, during our in-depth evaluation at The Center, we look closely at what might be the underlying factors that could cause the child's brain and body to act in these ways.

One point to remember: if you have 100 healthy people in a room, they will

have a 10 fold difference in their need for a particular nutrient. If you have 100 people with a problem, they will have a 10, 20, 30 fold difference in their need for any single nutrient. This is why we look at the basic nutrient factors by measuring vitamin and mineral levels to find out what a particular individual may need rather than just guessing what is going on.

For instance, there are genetic factors such as being a pyrrole excretor. High pyrrole excretors tend to lose zinc and vitamin B6 in their urine. They also have a low hair tissue zinc and are high in hydroxyproline, one of the amino acids.

There is the basic factor of critters: viruses, bacteria, yeasts, and parasites. There may be psychological factors that we pick up by having the child do some drawings. Heavy metals, such as lead, may be involved.

Food sensitivities play an important part in ADD and ADHD. To find food sensitivities, we place a person's white blood cells in contact with individual food. If the cells show a rapid die-off showing an adverse reaction to that food, we know there is a problem. Many kids with hyperactivity have adverse food reactions.

There are metabolic problems, such as inadequate thyroid function. A study in a 1993 issue of *Pediatrics* evaluated 277 children with ADHD for thyroid dysfunction. The researchers checked total thyroxin, free thyroxin index, and thyrotropin levels. They found 14 children with ADHD had abnormal thyroid tests. They concluded that the prevalence of thyroid abnormalities are 5.4% higher in children with potential ADHD.

With ADD, ADHD, or any other alphabetic concept they may use to label a child these days, it is better to forget the diagnosis and look for the correctable, underlying factors causing the problem. And, most likely, it will be one or more of those mentioned here.

Change the underlying factors and you change the child. And, most importantly, the child loses the label. [H]

—Richard Lewis

## INFORMATION WORTH KNOWING


With all the expert advice we get on medical treatment for children, sometimes it is scary when our children have even a minor ailment. *Natural Medicine for Children* gives parents information on treating various health problems in step-by-step treatments that are easy to understand while letting them know symptoms that need medical care. If you would like to understand how a child's health can be improved before they get sick, this book is for you. The questions this month are taken from Dr. Scott's book.

- 1 Natural remedies such as herbs have been in use for \_\_\_\_\_.
  - a. just a short time
  - b. thousands of years
  - c. fifty years
  - d. ten years
- 2 Natural Medicine takes into account \_\_\_\_\_.
  - a. body's energy
  - b. emotions
  - c. symptoms on the mental and spiritual level
  - d. all of the above
- 3 You should know that risks to a child's health and wellbeing should never be taken lightly. Listen to your instincts when they tell you to seek additional help.
  - a. True
  - b. False
- 4 When a disease occurs, one of the first symptoms to appear is \_\_\_\_\_.
  - a. a sense of impending doom
  - b. a high temperature
  - c. a lack of energy
  - d. all of the above
- 5 The most important time to build a healthy constitution in your child is in the first year of life.
  - a. True
  - b. False
- 6 Babies and young children thrive on \_\_\_\_\_ in their lives.
  - a. uncertainty
  - b. order
  - c. chaos
  - d. none of the above
- 7 \_\_\_\_\_ is one of the oldest and most instinctive forms of healing.
  - a. Massage
  - b. Chemotherapy
  - c. Inoculation
  - d. All of the above

• FOR ANSWERS, SEE PAGE 7 •

## Vitamin C blocks exercise-induced asthma

Vitamin C blocks exercise-induced asthma, according to a report in the *Archives of Pediatric and Adolescent Medicine*. In this study, the researchers gave 20 subjects between the ages of 7 and 28, two grams of vitamin C before exercise to prevent exercise induced

asthma while working out on the treadmill. Nine of the subjects had no asthma symptoms and two more had less severe symptoms. The 11 who responded to the vitamin C did not develop coughing attacks or lung discomfort during exercise. 


Share information about The Center with your family and friends by inviting them to visit our Internet website! Meet us at the following address: <http://www.brightspot.org> or correspond with us by E-mail: [healthcoach@southwind.net](mailto:healthcoach@southwind.net).

## Case of the month

A female, under 11 years old, with genetic hearing loss requiring a hearing aid and signing for communication, came to The Center for evaluation and treatment of her hyperactivity and attention deficit disorder, for which she was taking Ritalin three times daily. Poor sleep, frequent allergy symptoms and sinusitis, history of recurrent ear infections requiring tubes, abdominal pains, easy bruising, dermatitis, and a short temper were other symptoms warranting her visit to The Center.

Her laboratory tests showed a low potassium/sodium ratio. Both omega 3 (EPA) and omega 6 (GLA) essential oils were quite low. Urinary ascorbate was zero. Urinary pyrroles were elevated (indicating rapid zinc and B6 excretion). The hair tissue testing showed excessive copper, low zinc, and an abnormal calcium/potassium ratio (which indicates slow oxidative metabolism, suggestive of poor cellular thyroxine uptake). Twenty-seven of 90 foods were positive for adverse reactivity. Her stool and rectal mucous exams were positive for an amoebic infection, *Blastocystis hominis*.

Treatments included an herbal combination to control parasites and normalize bowel flora; Zinc Boost, one dropperful daily to correct pyrroles; Eicopro, which contains both GLA and EPA, was started twice daily; vitamin C, 500 mg daily; flax meal powder, 1-2 teaspoons daily; blue green algae, one daily; natural Armour Thyroid, 1/4 grain daily, which was slowly increased to three per day. Finally an intelligence enhancing medicine, Peracetam, was added.

Over the subsequent year, the patient showed slow but progressive improvement. After three months, the mother reported she was happier and sleeping better. After starting the thyroid, the family saw further improvement—"like night and day." She still had trouble staying on track, until the Peracetam was added. At that point, her teacher reported a dramatic improvement in her school performance. The Ritalin was down to once daily and the mother is planning to request that she try getting off the Ritalin for the rest of this school year. 

## 90% of population over 65 are happy!


A Look at Aging in America: The Genesis ElderCare Poll: National Opinion Survey Dispels Conventional Myths of Aging. The March 1997 issue reports that the attitudes of older people about themselves and what aging means to them are seldom researched. The Genesis ElderCare Poll is important because it asks elders how they feel about themselves and the process of aging.

The poll was conducted by 30-minute telephone interviews of 761 adults over 65 across the nation.

Highlights of the Genesis ElderCare Poll include:

- 66% of those over 80 say they are "very satisfied" with their lives.
- 93% of Americans over 65 say they look forward to each new day.
- 86% of those over 65 enjoy learning about new things.
- 89% say "I enjoy keeping up with what's happening in the world."

This report indicates that many over 65 agree with The Center's definition of health—*Health is having the reserve to do what you need to do and want to do with energy and enthusiasm.*

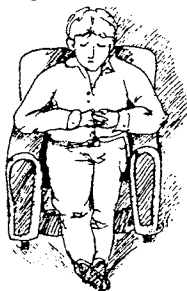
I, for one, look forward to each new day with zest, hoping I can help some other person have a better day—and in so doing I have a better day! 

—Nelda Reed

### Couch potato alert

The average person spends 9 years watching television by the time they are age 65.

TV-Free America, Washington, D.C.



# Mental Medicine

by Marilyn Landreth, M.A.

## Hope

Kansas Associations of Hospice recently held their state meeting here at The Center. It was a joy to be associated with these caring people.


Hope is a very important part of the job they perform every day. Many people might think that once Hospice becomes involved all hope is gone. Not so. Hope is defined many ways. Hope is having a positive attitude even when there is no cure. Hope is also the readiness to live in the moment and experience whatever life has to offer.

When Albert Einstein was asked what he thought was the most important question he would like to have answered, he replied, "Is the Universe friendly?" Hopeful people have an underlying belief that the Universe is friendly.

What if you would like to be more hopeful about your life? What are some things you can do to encourage a more

hopeful attitude? One way is to check the reality of some of the statements you hear such as: "For the first time in history the younger generation will not be as upwardly mobile as their parents." What does that really mean? Are they going to be downwardly mobile? Young people today are starting out with much more than their parents did at the same age. Hopeful people turn problems into challenges and go forward.

Seek out hopeful people, read materials that generate hope, and pay attention to the messages that you give yourself. These are all ways to live a more hopeful life.

Hope is feeling the presence of life even while you are afraid. Jeanne Achterberg of the Saybrook Institute defines hope as "the enduring feeling that life makes sense." 

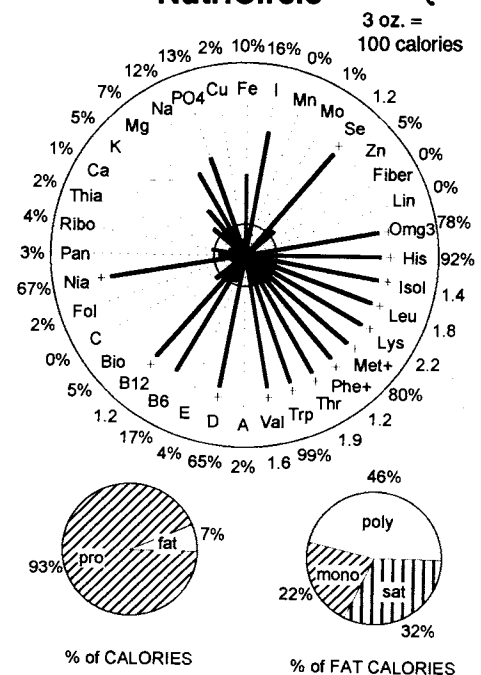
# Food of the Month




by Donald R. Davis, Ph.D.

TUNA is usually eaten canned in water and drained, as shown here for light tuna. It is especially rich in the nine essential amino acids of protein, vitamins D and B12, niacin, selenium, and omega-3 fat (65% to 120% of the RDAs per 3-oz. serving). Eleven more nutrients are at least adequate relative to calories, for a total of 25 nutrients of 36 with available data. If tuna is canned in oil and drained, or made into salad with typical amounts of mayonnaise, the added empty calories shorten nearly all bars about one-third. For a better tuna salad try using chopped walnuts or olives, mashed avocado or grated cheese, and plain yogurt.

## 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). 

# Ukrainian Folk Medicine

by Sergey M. Nesterishin, M.S.D.

## Onion


From ancient times, Ukrainian folk medicine has offered a solution for strengthening hair and stopping hair loss. At the sign of plentiful hair loss, rub the head with onion juice or ground up onions.

Sometimes for hair loss or hair strengthening, as well as for dandruff, apply an extract made from the papery onion peel. To make the extract, put an ounce of onion peel in a jar and cover with a pint of boiling water. Let stand for 15 minutes. Cool and keep in the jar to use as the final rinse when washing your hair.

Onions are used as a treatment for colds and influenza. For these, place a piece of cotton soaked in onion juice in the nose. For ear infections, place a

cotton ball moistened with onion juice in the ear.


To easily remove pus from an external abscess, bake a turnip-like onion in a 300° oven. When baked, cool to about 105° and cut in half. Place the cut side of the onion on the abscess and cover with plastic film. Place a thick layer of cotton over the abscess, wrap with a bandage and leave overnight.

A folk medicine remedy for sclerosis is a honey-onion mixture. For this, mix equal parts of honey and onion juice in a jar. Take one tablespoon three times a day, either one hour before a meal or 2-3 hours after a meal, for three months. After a two week break, treatment may be prolonged for two more months. 

## Nesterishin writes new column

Sergey Nesterishin, M.D.S., who comes from the city of Keif, the capitol of the Ukraine, writes our new column, "Ukrainian Folk Medicine." (see left)

He has had a lifelong interest in organically grown foods, alternative medicine, and the folk medicine of the Ukraine and Russia. Sergey will draw on his personal library of original texts in his native language to bring you folk remedies often passed by word of mouth and seldom collected. We are sure you will find these little known remedies not only fascinating, but useful.

Sergey is a scientist in our *RECNA*C research program that is searching for the cure for cancer. He works with various experiments using The Center's radio frequency free Faraday cage, when not writing about Ukrainian Folk Medicine. 

## CENTER UPDATE

### Antioxidant vitamins help counter atherosclerosis progression

"Supplemental antioxidant vitamins can help blood vessels counter the progression of atherosclerosis resulting from the damage caused by cholesterol and its interaction with oxygen, according to Howard N. Hodis, M.D., speaking at the the Scientific Sessions of the American Heart Association," wrote Lawrence M. Prescott, Ph.D. in the latest issue of *Cardiology World News*.

Others now are stating for cardiologists to hear and read what researchers have said at The Center's International Conferences on Human Functioning for several years.


Data, from this research completed at the University of Southern California School of Medicine, Los Angeles, shows that vitamin E intake effectively reduces the progress of plaque buildup in the arteries of persons with coronary artery disease (CAD) and high levels of low-density lipoprotein.

In this case, researchers measured the intima (innermost) thickness

(IMT) of the carotid artery wall of 146 participants in the Cholesterol Lowering Atherosclerosis Study at the beginning of the study and every six months for 2 years. They also collected information on how much supplemental vitamin C and E the participants were taking. Those taking greater than 100 IU of vitamin E and 250 mg of vitamin C were placed in the high average group.

Hodis found that the vitamin E these high-average supplementers took was particularly associated with the reduction of plaque buildup in the carotid artery walls of those participants with CAD and high cholesterol levels.

"The on-trial, annualized rate of IMT change was reduced by 0.18 mm/year in participants taking high-average levels of vitamin E compared with an increase of 0.008 mm/year in the placebo group," Prescott wrote.


This is actually measured success in a randomized, clinical trial that will be hard to discount by cardiologists. 

### Kids need to wash their hands

"Each year," according to the *Wichita Eagle*, "an estimated 40 million Americans get sick from dirty hands." Among the diseases easily transmitted by dirty hands are colds, flus, hepatitis A, dysentery, and eye infections.



Getting kids, as well as many adults, to wash their hands with soap and water is a difficult task when many think just running by the sink, or maybe even swishing their hands quickly through the water, is good enough. A good hand wash takes 30 seconds of scrubbing with soap and water, experts say.

An excellent way to begin educating kids about the importance of hand washing is to let them watch the video "The Creatures from Inner Space." This 27 minute video, produced by The Center and targeted to hold kids' interest, tells why hand washing is important. You may want to get a copy of the tape to add to your children's or grandchildren's school library. 



Answers from page 4

- 1 b. Many herbs have been proven to be a safe, effective treatment for a variety of ailments.
- 2 d. Such wider, holistic views seem to explain many puzzling symptoms.
- 3 a. It is much better to call in a professional and catch a problem before it becomes serious than to worry about it.
- 4 d. Energy is the body's controlling force. It's what causes your children to bounce out of bed at 6 a.m., ready to go.
- 5 b. Actually the best time for building a healthy constitution is before the birth of the child. Toxins and nutrient levels are just a couple of areas that affect the constitution of the child.
- 6 b. A regular routine of daily life such as eating times, activity, and rest allows order as does regular mealtimes and bedtimes, with a degree of flexibility.
- 7 a. Massage is especially favored for children. It is gentle and can benefit both child and parent.

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11  
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

### NATURAL MEDICINE FOR CHILDREN

by *Julian Scott, Ph.D.*

For every parent who has ever worried about the drugs a child receives when he/she is sick, this book gives some alternatives including massage therapy, herbal remedies, and natural treatments. This is a good addition to your family's medical library. Softcover  
 Retail Price: \$15.00  
 Health Hunter: \$13.50

### WHAT'S CAUSING THE DEPRESSION?

with *Hugh D. Riordan, M. D. & Marilyn Landreth, M.A.*

Correcting underlying reasons for depression has been one of Dr. Riordan's areas of interest and expertise for almost four decades. Now, he and Center educator, Marilyn Landreth team up for a fresh look at how the combination of nutritional medicine and mental medicine can end the spiral of depression. Audio cassette & video tape.

### NATURAL OPTIONS FOR HORMONE REPLACEMENT THERAPY PART II

with *Ronald Hunninghake, M.D.*

As female baby boomers are approaching menopause, many questions regarding the safety of commercial hormone replacement have surfaced. There is greater interest in natural hormonal alternatives. In this presentation, practical guidelines will be discussed. Audio cassette & video tape.

### NUTRITIONAL THERAPY FOR DIABETES

with *Ronald Hunninghake, M.D.*

Several of the B vitamins and trace minerals have been shown to be successful in controlling diabetes. Poor diet, toxic chemicals, viral infections, and free radicals dominate and influence the development and progression of diabetes. Listen to this lecture and find out what nutrients can be helpful in controlling diabetes. Audio cassette & video tape.

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# Upcoming Events . . .

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Happy Body, L & L - Reminiscing 40 Years of Medicine	2
5 Yoga	6 Happy Body Aerobics, L & L - Herbology	7 Yoga	8 Happy Body Aerobics	9
12 Yoga	13 Happy Body Aerobics	14 Yoga, Eat Your Way to Natural Weight Loss	15 Happy Body Aerobics, L & L - Anger	16
19 Yoga	20 Happy Body Aerobics, L & L - Fibromyalgia	21 Yoga	22 Happy Body Aerobics L & L - Managing Pain	23
26 Yoga	27 Happy Body Aerobics	28 Yoga, Eat Your Way to Natural Weight Loss	29 Happy Body Aerobics, L & L - Healthy Kids	30

## JUNE

### LUNCH & LECTURE CLASSES:

- 3 Zinc: Brains, Bugs, and Better Skin
- 5 Thou Shalt Not Become Senile
- 12 The Case for Nutritional Supplements

## Exercise reduces women's colon cancer risk

Women who walk briskly for an hour a day can reduce the chances of developing colon cancer by 26%. Walking 30 minutes a day reduces colon risk by 17%, Graham Colditz said at a press briefing held at the American Cancer Society.

And the nice part is, according to Colditz, you don't have to do all the exercise at once. "The evidence for colon cancer is leaning toward little bits (of exercise) per day, adding up."

Colditz drew his findings from the Nurses' Health Study that included 121,700 U.S. women ages 40 to 65 in 1986 who were followed for several years.

He added that "there is emerging evidence" from seven other studies that shows exercise might reduce the risk of breast cancer as well.

UPI

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### Health Hunter

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