

Health Hunter[®]

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NEWSLETTER

MAY 1998

Premenstrual syndrome

Ron Hunninghake, M.D.

PMS is now a common household abbreviation. It refers to that time of the female cycle from ovulation leading up to menstrual flow. While it is commonly known to be a difficult time for many women, many underestimate the physical and emotional havoc it brings to these women and their families. Indeed, in *Unmasking PMS*, Dr. Joseph Martorano persuasively argues that the condition is often overlooked or misdiagnosed. Because over 140 different symptoms have been linked to PMS, the general tendency is to diagnose on a psychiatric basis, such as depression or panic disorder. Or, much worse, the woman's symptoms are simply dismissed as "over-concern" about her body and her health.

Properly recognized and treated, 90% of PMS cases will resolve successfully.

In 1931, Dr. Robert T. Frank wrote a paper entitled "The Hormonal Causes of Premenstrual Tension." He surmised that an imbalance between estrogen and progesterone was the physiologic culprit for the condition. Six years previous to this report, Okey and Robb reported abnormal glucose tolerance curves during a woman's menstruation, with tendencies toward hypoglycemia (low blood sugar). Dr. Seale Harris corroborated these observations in the 1944 *Southern Medical Journal*, pointing out the frequent occurrence of hunger, fatigue, nervousness, and sweat-

ing just prior to menstruation.

Despite these findings, the typical medical response for decades to PMS was: "you'll get over it" ... "take a vacation" ... "get a job outside the home" ... "have another baby" ... "drink a glass of wine" ... "take this tranquilizer" ... and, the most contemporary recommendation, "take Prozac." The PMS epidemic grew, largely unaddressed.

Dr. Katharina Dalton, an English physician, took a deep interest in this symptom complex in the early 50's. Her own premenstrual experiences, including menstrual migraine, led her to the conclusion that PMS was hormonal in its genesis. Her trip to America in 1979 to publicize the reality of this condition was fraught with controversy. Medical indifference changed to hostility. The term "PMS" became a political "hot potato," suffering quite the similar fate of the term "hypoglycemia." The AMA had earlier so much as decreed that hypoglycemia did not exist as a medical condition. Even factions of women were reluctant to acknowledge that "raging hormones" might impair their ability to function in the workplace. They were afraid that legitimizing PMS medically might heighten an unwarranted stereotype of women. Ironically, it was the lack of proper scientific recognition and treatment that probably created the severe and exaggerated cases of PMS that provided this stereotype in the first place!

Properly recognized and treated, 90% of PMS cases will resolve successfully. Excessive estrogen and inadequate progesterone post-ovulation creates a marked propensity for hy-

continued on page 2

Low vitamin C associated with heart attacks

In patients with coronary artery blockages (atherosclerosis), low vitamin C levels in the blood are significantly associated with recurring chest pain (angina) or a heart attack, according to Dr. Joseph Vita and colleagues at Boston University and reported in the *Journal of the American College of Cardiology*.

In the study, the researchers started with 129 patients who, after cardiac catheterization (a way to look inside the heart and coronary arteries), had at least one artery blocked 50%. The 129 were further separated into 2 groups—65 patients with stable angina and 89 patients considered unstable who had had a heart attack within the previous two weeks or had unstable angina. Unstable angina is chest pain that worsens suddenly or recurs over days or weeks.

Vita is reluctant to recommend vitamin C for heart patients, but he feels the study would help answer the question of why antioxidants work. H

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Nutritional Medicine


by Ron Hunninghake, M.D.

Over concern/under concern

In the course of medical events, it is not uncommon to arrive at the following situation: a number of disturbing symptoms arise. The patient with these symptoms is concerned. A trip to the doctor ensues. A medical history is undertaken. Lab work is done. And, as is not so unusual, the test results return "within normal limits." The physician tells the patient everything is OK. But the disturbing symptoms persist.

So, now it is the subjective reality of the unyielding symptoms vs. the objective reality of the normal test results. Border skirmishes ensue. The "too much stress" diagnosis is invoked... "possibly mild anxiety and depression"... "do you exercise regularly?"... "you could stand to lose a few pounds"... "have you tried Prozac?" An "overly concerned" patient walks out the door of their "underly concerned" doctor's office...and only too often, the symp-

toms go on.

Into this battle-scarred, black or white arena comes a new player. This great arbitrator could be called, "Let's measure your nutritional biochemistry." Unlike conventional testing, nutrient testing is not designed to rule in or rule out a medical diagnosis. Rather, it is a sampling of the completeness of the nutrient team needed to monitor proper cellular/organ function. Often an incomplete team of nutrients reaches a threshold point suitable for creating symptoms, but not yet severe enough to cause pathophysiologic change discernible by standard diagnostic tests. Proper correction of these more subtle, though objective, deficiencies commonly results in a successful resolution of the patient's concerns. The dichotomy of over/under concern is resolved through more sensitive measurements of the cellular nutritional milieu. 

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

Continued from page 1

poglycemia. Most PMS sufferers crave simple sugars, including alcohol. This results in a physiological roller coaster ride with severe ramifications in the woman's neurologic and hormonal orchestration of daily life. The first order of treatment is to markedly curtail simple sugars of all sorts, switching instead to a high protein, frequent feeding dietary regime. This protocol alone handles up to 70% of PMS cases.

Because progesterone, B6, and magnesium further support more stable blood sugar levels, these modalities can be added in the more difficult cases. Natural micronized progesterone is far more effective than synthetic progestins, which compete for receptor sites in the brain. Yam derived progesterone can also be effective used topically. Recent findings suggest that the fat cells of the dermis can become saturated such that the treatment may stop working after so many months' duration. Please consult with an informed physician to sort out which form of progesterone therapy might be best for your own situation.

Given the complexity of modern life, other environmental, relational, biochemical, or infectious factors may also enter the PMS picture. This brief overview of the condition and its treatment do not take into account these other factors, including candida overgrowth, unsuspected hypothyroidism, heavy metal toxicity, sick building syndrome, micronutrient deficiencies, chronic bacterial or chlamydial infections, essential fatty acid and amino acid deficiencies, and a host of other causative factors that might further complicate the PMS condition. So please be open to the need for a more thorough evaluation and treatment program.

PMS is very common. So much so that it is easy to be blinded to its significance in a woman's life. If symptoms occur recurrently in the premenstrual time frame, this diagnosis should be seriously entertained and systematically treated. There is no blood test that diagnoses it. Only alert, compassionate medical care will give it the credence needed to see it to a successful resolution. 

Too busy to exercise, try a walk for lunch

Everywhere one turns, there is someone saying there is not enough time in the day for exercise. Try working in a 15 to 20 minute walk during lunch as an alternative.

There are several advantages. When the weather is good, you can get outside, get some fresh air in your lungs, and a change of surroundings. This will allow you to be more productive when you get back from your walk.

Lunch walking is also the ideal group activity. Get some friends together and walk. People who walk together, talk together.

All you have to do is keep a pair of walking shoes in your desk, slip them on at lunch time, and slip out the door. During your walk, don't start and stop, just keep walking at a comfortable and easy pace. You will find, as you keep up lunch walking, your pace will pick up naturally. [H]

New depression drug may be your faith

Deeply held religious faith hastens a person's recovery from mild to moderate depression, regardless of treatment with drugs or talk therapy, according to psychiatrist Harold Koenig with Duke University Medical Center in Durham, NC.

"Religious faith may provide such persons with a sense of hope that things will turn out all right regardless of their problems and thus foster greater motivation to achieve emotional recovery," Koenig said. He feels that mental health clinicians treating depressed people should find out about their religious beliefs and incorporate this faith into their treatment.

For their research, Koenig and his colleagues recruited 87 people 60 and older who had been hospitalized for heart and other health problems. They all showed signs of depression.

At a 12-week follow-up, the researcher found that the symptoms of depression were mostly gone in 47 patients. Those who cited a high level of "intrinsic religiosity" recovered most quickly. [H]

HEALTH HUNTERS AT HOME

Eat breakfast like a...

Like me, you have probably heard this before: eat breakfast like a king or a queen, lunch like a prince or princess, and dinner like a pauper.

Another way to put it is eat a hearty, healthy breakfast, a smaller lunch, and just a small bit for dinner.

We Americans seem to have it turned around. We dash out the door in the morning, grabbing a cup of coffee and, if we think about it, a donut, bagel, or a piece of fruit. This we wolf down while battling traffic on the way to work. Or maybe we take a little more relaxed approach and drink the first cup while getting dressed.

Lunch? We are trying to make up for breakfast, so it is considerably bigger. If we have time, we eat a larger meal at a noisy restaurant. The evening meal is when we have time to kick back and really eat...to make up for that missed breakfast.

At least it is that way at our house. Not for me, of course, but it is that way for the other two. When Alison comes through the kitchen in the morning, she has it carefully timed so that she is at least three minutes late for her departure time for school.

When I try to say something about the importance of a healthy breakfast she says, "Yea, I know dad, but I am just too late for breakfast today." We are lucky to get a piece of fruit in her pack and vitamins in her hand.

I have been looking for a way to start again on her breakfast consciousness raising program, and I think I may have found it.

The American Journal of Clinical Nutrition published the proceedings of a symposium on Breakfast, Cognition, and School Learning sponsored by the Kellogg Company in Battle Creek, Michigan. What better than a breakfast food company to sponsor such a program.

Here are highlights from some of the papers:

"Unlike those of other organs, the brain's energy requirements are met almost exclusively through aerobic glucose degradation. Although weighing only 2% of total body weight, the brain

uses [about] 20% of the body's energy at rest. The brain's energy stores are extremely small and without glucose replacement the brain would be depleted of glucose in less than 10 minutes... In studies described in this article, breakfast consumption improves performance on three memory tests." David Benton and Pearl Parker, University of Wales-Swansea, United Kingdom.

"Because children who skip breakfast have a significantly lower nutritional status than students who eat breakfast, the promotion of breakfast consumption could have a substantial effect on the nutrient intake of a large number of students."—Theresa Nicklas et al, Tulane School of Public Health and Tropical Medicine, New Orleans, La.

"The issue of nutrition and cognition becomes increasingly important in light of evidence that circulating glucose concentrations have substantial effects on brain and cognitive functions."—Donna Korol and Paul Gold, University of Virginia, Charlottesville.

In short, children and teens who don't eat breakfast will do more poorly in school. This bad eating habit will affect us older people as well as just those 18 years old and under.

"Some of the evidence reviewed here suggests that the U.S. Department of Agriculture School Breakfast Program significantly improves school performance and reduces absenteeism and tardiness."—Eileen Kennedy and Carole Davis, USDA.

"The pooled data suggest that omitting breakfast interferes with cognition and learning... At the very least breakfast consumption improves school attendance and enhances the quality of the students' diet."

Well, that is pretty strong evidence of the importance of a proper breakfast—and that is just the tip of the iceberg. And, like the Titanic, if all of us in general, and students specifically, ignore this iceberg, it could just sink them in school. I hope it works on Alison. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Are you among the thousands of people who want more than just to be free of an illness? Would you like to live your life to the fullest, with vitality, enthusiasm, and a positive attitude? Julian and Susan Scott show you ways to help achieve those goals. Natural treatments can be combined with standard medicine to produce a more favorable outcome than with just one of them. *Natural Medicine for Women* is another way to learn how your body works and how to get the best health possible.

1 The Chinese approach views the origins of illness as an imbalance in the body, and in the body's response to an external

- a. vibration
- b. spell
- c. stress
- d. all of the above

2 Western Orthodox medicine describes the overall picture in terms of symptoms. In natural medicine it is referred to as "_____ " of ill-health.

- a. symbols
- b. Karma
- c. patterns
- d. all the above

3 A life full of joy and hope is more likely to be accompanied by good health.

- a. True
- b. False

4 One of the most important forms of energy is _____ energy which is closely related to your self-awareness and individuality.

- a. creative
- b. willpower
- c. controlled
- d. none of the above

5 Natural therapies have been used for centuries. However, in recent times people in the West have lost sight of nature's cures, due to

- a. rise of orthodox medicine.
- b. preoccupation with physical symptoms.
- c. synthetic drugs.
- d. all the above.

6 Herbs and plants have been used for healing since earliest times. About half of the drugs in modern Western medicine were first derived from plants.

- a. True
- b. False

7 Orthodox medicine attributes premenstrual syndrome to an imbalance in the hormones. In natural medicine hormonal imbalance is a significant part of the wider overall symptom picture involving an imbalance in _____ function.

- a. glucose
- b. liver
- c. gross
- d. all the above.

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

This 80-year-old woman came to The Center with a variety of complaints including constipation since she was a small child, rheumatoid arthritis which had started in her early 40's, a variety of allergies that had not been entirely resolved by other physicians she had seen, very high cholesterol, and chronic sinusitis.

Food allergies had been the key to most of her problems. Another holistic physician had started her on the road to finding out what most of the foods were that caused her arthritis. She was allergic to 80 of 240 foods with 18 of them causing serious problems. Eliminating these put her on a very limited diet, but it did allow her to eliminate the 30 to 35 prescription drugs she was taking daily for her arthritis.


Since her other physician had retired, she came here to fine tune her diet, to eliminate the constipation and cholesterol problem, and make sure the arthritis stayed away.

She had traveled to Africa and brought home more than she planned. She had a parasite. She started on Vermox, followed by an herbal parasite remedy to clear up the parasite problem. Latero-Flora was added after the parasite medications to help get the friendly flora back in her gut.

As of now, bananas are the only fruit she can eat. Any acidic fruit she eats causes a reaction. She even tried dried prunes, but her face got hot and red from eating them.

She now drinks two quarts of water a day. Before that, she drank a quart of milk daily, but found out that milk is one cause of her constipation. Butter was another contributor to the constipation. Just two pats of butter, she said, and she is plugged up.

Since working with The Center physicians, her cholesterol is down to 240, a drop of over 100 from the 349 that she had on her initial testing. She has also worked to reduce her candida problem.

When she came in for her recent visit, she told Dr. Hunninghake that she has plenty of energy and she and a friend have found a wonderful way to use her new found energy. They have been traveling to several places in the world and plan to keep going. 

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.

Aging, health risks, and cumulative disability

I found some very interesting information in an article in a recent issue of *The New England Journal of Medicine*.

Regardless of age, people do not always choose the habits that are best for them. Even though better health habits can reduce the average level of disability per person, the number of people over the age of 80 years is growing. The cumulative amount of disability and chronic disease in the population will increase as our society continues to age.

We need to recognize that the standard measures of functional status are insensitive indicators of some common problems, such as visual loss, hearing loss, incontinence, and depression. These can erode quality of life.

Perhaps the most feared age-related cause of disability is dementia. It is difficult to deny the fact that increased longevity means a greater chance of living long enough to be affected by Alzheimer's Disease. Although mild disability tends to lead to greater disability, this study does not address one of the most important outcomes—becoming so dependent that nursing home care is required.

For now, we should acknowledge that aging is an achievement. I recently read a quote by Louis Nizer as follows:

“What we are is God's gift to us.
What we become is our gift to God.”

I continue to be grateful each and every morning that, at the age of 81 plus, I am afforded the opportunity to remain active. With guidance from the staff here at The Center, I am able to function very well in this busy world of ours today.

—Nelda Reed

Iron rusts from disuse,
stagnant water loses its
purity, even so does inaction
sap the vigors of the mind.”

—Leonardo da Vinci

Herbal History

Wild rose (*Rosa arkansana*)

The wild rose, also known as the prairie wild rose, sunshine rose, meadow rose, and the pasture rose, grows from upper Texas into Montana and Canada and on east through the Great Lakes area.

Rosa is the Latin name for rose and covers everything from the hybrid tea roses grown in flower gardens to wild roses such as *rosa arkansana*.

The wild rose is a small shrub, growing from 3 inches to 1 1/2 feet tall with a flower having five petals, usually either pink or white. Flowers in groups of three or more bloom at the ends of the stems from May to August. The fruit or hips turn red when ripe in late August to September.

Fresh rose hips contain up to 1750 mg. of vitamin C per 100 grams. One researcher found that three fresh rose hips may contain as much vitamin C as one orange.

Many of the native American tribes found the wild rose an excellent medication for many uses from eye wash to diarrhea, and some used it for food.

The Omahas steeped the rose hips or roots of the wild rose in water making a wash to treat inflammation of the eyes. The Pawnees collected insect galls, round lumps on lower parts of the stems caused by insect injuries. They then charred and crushed the galls to make a dressing for burns. Galls were found in the archaeological remains of the Hill Site near the present day town of Guide, Nebraska. The Pawnees occupied Hill Site in the early 1800's.

If you should want to add this plant to your wild flower garden, it is best to propagate from seeds planted soon after harvest or from cuttings from green growth taken in the spring.

Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher, Ph.D.

Food of the Month

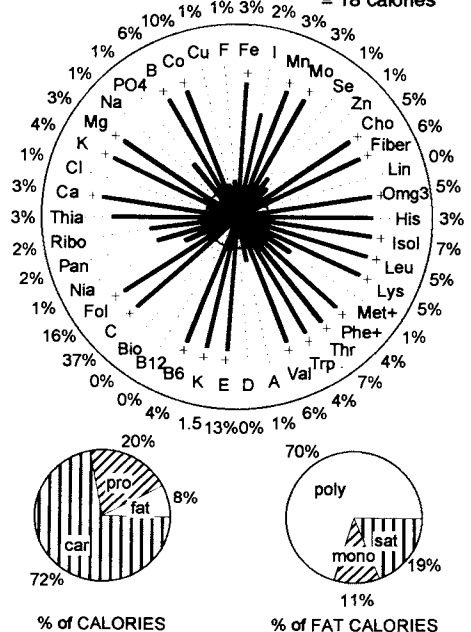
by Donald R. Davis, Ph.D.



NutriCircle

1 cup (shredded) = 18 calories

CABBAGE contains an impressive 36 of 42 nutrients in adequate amounts relative to its few calories. A one-cup serving supplies 5% to 150% of recommended amounts of 14 nutrients, including vitamins E, K, and C, folic acid, choline, omega-3 fat and 5 amino acids—all in only 18 calories. These nutrients and beneficial phytochemicals may explain why cabbage lovers have little bowel cancer. Add cabbage to salads, stir fries, soups and stews, or serve as steamed wedges. For coleslaw reduce or eliminate mayonnaise by using plain, whole-milk yogurt, mashed cottage cheese, buttermilk, chopped walnuts, or even sour cream.



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).

Mental Medicine

by Marilyn Landreth, M.A.


Time to chuckle

Lawrence Lake was a kind, compassionate man who also had a big streak of "orneriness" in him. When I was about 10 years old, he brought home a gunny sack that he opened outside to release six guineas which he informed me were to be mine.

Guineas are a strange breed of fowl. They are very independent and, when alarmed, have a horrible strident screech. They seem very regal in a weird sort of way. While chickens need to be locked in the chicken house at night to be protected from predators, guineas can take care of themselves and usually spend the night roosting in a tree.

Time passed, I got married, and moved away. My parents moved into town and the guineas were given away. After being retired for several years, my dad decided to turn his quarter block of downtown property in Watonga, Oklahoma, into a mini farm. He started

with sheep and finally added a flock of guineas. They thrived in their urban environment so much so that their offspring began appearing around town. My mom was at a gathering of townspeople one day when someone began to ask if they noticed all the guineas around town. My mother kept very quiet about the Lakes' role in the guineas' population explosion.

More time has passed since those days. My father is no longer with us in body, but his spirit pops up unexpectedly from time to time. The other day, I had to be at work early in the morning. As I was driving down the street, about two blocks from my home in Wichita, what did I spot crossing the dark street in front of me? Two guineas! Suddenly my dad's joy in life and mischievousness were with me once again as I chuckled at life's little joke. We all need to take time to chuckle for our health. 

CENTER UPDATE

Vitamin E lowers prostate cancer risk

At first, as research came out supporting vitamin E as a player in reducing heart risk, cardiologists were reluctant to recommend the vitamin to heart patients. Now, it is common for cardiologists to add vitamin E to the therapeutic process.

With recent research by Dr. Olli Heironen with the University of Helsinki, Finland, and his colleagues, vitamin E may become a cornerstone in the struggle to reduce prostate cancer.

After randomly assigning 29,133 male smokers between the ages of 50 and 69 to follow one of four regimens: 50 mg of vitamin E daily; 20 mg of beta-carotene daily; both supplements daily; or an inactive placebo daily, they followed the men for five to eight years.


The incidence of prostate cancer diagnosis dropped by 32% in the men taking vitamin E, whether taken with beta-carotene or alone. The death rate from this cancer was 41% lower among men who took vitamin E, the research

team reported in the *Journal of the National Cancer Institute*.

"Long term daily supplementation with 50 mg of [vitamin E] was associated with a substantial reduction in incidence of and mortality from prostate cancer," the researchers concluded.

"This intriguing observation suggests that vitamin E has the potential to prevent one of the most common malignant tumors in the North American and European population," they added.

Would the results change with non-smokers as opposed to smokers, or would more vitamin E have greater effects or lesser effects? These are some of the questions researchers want to know and hope to find out as they delve into the relationship between vitamin E and other nutrients in relation to prostate cancer.

For now, Dr. Heironen and his team of researchers have found a significant relationship between vitamin E and the prevention of prostate cancer. 

Fruits help teens' health, now and later

"Recent findings indicate that inadequate intake of certain nutrients predisposes people to chronic diseases. Thus, nutrition is emerging as a new cornerstone of preventive medicine," wrote Tom Lloyd and colleagues with the University of Pennsylvania at The Milton S. Hershey Medical Center in a recent issue of *The American Journal of Clinical Nutrition*.

They went on to point out that, "only 8% of Americans think that five or more servings of fruits and vegetables per day are needed for good health and 66% of 18-34 year olds believe that two servings of fruits and vegetables are recommended."


And the recommendations are very low when you see how they are figured. Fruit juices are counted and the serving sizes are small. By American Dietetic Association standards, a typical example of four fruit servings is a cup of orange juice and a banana.

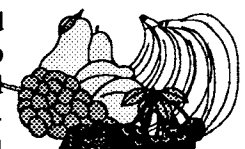
In this study, the researchers looked at fruit and vegetable consumption of 17-year-old young women and then compared information with exercise endurance and percent body fat. The results were interesting.

On the average, those teenagers ranking in the lowest 1/5 of the body fat and those in the top 20% of measured exercise endurance consumed four fruit servings a day.

The researchers noted that differences in the dietary fat consumption were indistinguishable throughout all participants, no matter what the percent body fat may be. It wasn't fat consumption that made the difference. It had to be eating more fruit, getting more fiber in the diet, and exercise that made the difference.

Another interesting point was that only 50% of the young women in the study who were in the top 20% of measured exercise capacity were also in the lowest 1/5 of body fat.

If you have teenagers at home or know some, encourage them to eat more fruit daily. They will benefit now and it will help them in the future also. 



Answers from page 4

- 1 c. External stress may be from infecting germs or an emotional upset.
- 2 c. The reason for the difference is that orthodox medicine concentrates primarily on the physical body while natural medicine also takes into account the body's energy and emotions on the mental and spiritual level.
- 3 a. When your energy flow is disturbed by problems such as blockage, stagnation, or low reserves, disease is likely to follow. Your feelings and emotions are vitally important to your health.
- 4 a. Creative energy is a still quiet form of energy that causes events to happen.
- 5 c. Natural therapies represent a generally safe approach, especially to most of the common and less serious ailments.
- 6 a. There is a wonderful unity in nature that supplies what we need to survive as a human race such as nutrients and other useful drugs.
- 7 b. In some women, PMS is aggravated by an earlier illness such as hepatitis. H

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

NATURAL MEDICINE FOR WOMEN

by Julian and Susan Scott

The Scotts present nature's own proven remedies for helping women of all ages cope with a wide range of ailments. They provide sensitive and sympathetic advice on organic healing, diet, and lifestyle. This book is designed for any woman concerned about her own good health and well-being. Softcover.

Retail Price: \$12.95
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ANTIOXIDANTS AND DEGENERATIVE DISEASES UPDATE

with James A. Jackson, Ph.D.

During the past year, several new studies have demonstrated the value of several antioxidants (vitamins A, C, E, and selenium) in memory loss, heart disease, and cancer. Dr. James A. Jackson discusses some of the new findings and the role of antioxidants in disease prevention and health promotion. Audio cassette & video tape.

FIBROMYALGIA: Part III

with Ron Hunninghake, M.D.

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with Neil Riordan, P.A.-C

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MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Yoga	5 L & L - Biofeedback and Stress Management	6 Yoga	7 L & L - New Treatment Strategies for Prostate Cancer	8
11 Yoga	12 L & L - Premenstrual Syndrome	13 Yoga	14 L & L - The Wonderful World Within You	15
18	19	20	21	22
25	26	27	28	29

JUNE

9 SUMMER LUNCH & LECTURE CLASSES BEGIN

Aging better

"Smoking, body-mass index [% body fat], and exercise patterns in midlife and late adulthood are predictors of subsequent disability," wrote Anthony Vita and colleagues at Stanford University School of Medicine in *The New England Journal of Medicine* recently.

In an accompanying editorial, Edward Campion, M.D., said, "Our new expectation of a full life span makes deaths in youth and middle age seem all the more cruel and unnatural... Perhaps with a better understanding of aging, it will become easier to accept the fact life ends."

Vita's team offers a final comment to guide us in the aging process. "Not only do persons with better health habits survive longer, but in such persons, disability is postponed and compressed into fewer years at the end of life."

A walk every day and eating a whole foods diet is a good start at any age.

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