

Health Hunter[®]

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NEWSLETTER

MAY 1999

Getting rid of chronic fatigue and other chronic diseases

Hugh D. Riordan, M.D.

Editor's note: Last month, Dr. Riordan discussed the difference between standard and alternative medicine using the diagnosis of ADHD as an example. This month, he discusses the Chronic Fatigue Syndrome showing The Center's approach to chronic disease. The remarks are from a recent Lunch and Lecture.

Chronic fatigue syndrome (CFS) is a level of tiredness and weakness that interferes with normal functioning. It is serious enough that The Center's definition of health cannot be achieved.

We define health as having the reserves to do what you need to do and want to do with *energy* and *enthusiasm*.

I would like to make it clear that the key to our approach to chronic disease and all other sustained illness is to understand what you can easily observe by looking at the other human beings in this room. What do you see?

The people in this room are all different. Even though we are from the same species of *Homo sapiens*, we all look different. Our fingerprints are different. Our organs, including our hearts, brains, thyroid glands, adrenal glands, bladders, and bowels, have different masses and different capacities as do all the organs in our bodies. We are all different and our parts are different.

CFS was originally characterized by the fact that no significant medical findings could be consistently linked with the diagnosis. If some relevant problem was detected, the diagnosis

would no longer be chronic fatigue.

Symptoms related to CFS may include the following:

- History of flu-like symptoms before feeling fatigued
- Low grade fevers
- Suboptimal temperatures
- Lesions in the mouth
- Bothered by bright lights
- Enlarged lymph nodes
- Multiple tender points in the body
- Intermittent skin rashes
- Mind "fog"
- Less well organized brain function
- and many others

But, while there may be some similarities in the symptoms, not everyone will have the same problems. That again is because each of us is totally unique with different genetics, different nutritional needs, and different levels of immune system functioning.

We can assume that anyone who has not been feeling well for some time has an immune system inadequate to handle the stressors that are affecting that individual. At the same time, we can assume that anyone alive has a partially functioning immune system because without our immune systems we would succumb to rampant bacterial infections in a matter of hours.

Our job is to serve in ways to assist people who come to The Center to enhance their immune systems. We do this by detecting nutritional inadequacies, genetic differences, bacterial,

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Tomato nutrient may fight cancer

As the tomato season gets underway, lycopene, a nutrient found in tomatoes and tomato products, gains fame as a cancer fighter.

Dr. Omar Kucuk and his colleagues at the Karmanos Cancer Institute in Detroit gave two 15-milligram lycopene capsules for 30 days to men who were about to undergo surgery to remove their cancerous prostate gland. A second group received a placebo.

Before surgery, all those participating in the study showed no signs that their cancer had spread.

After surgery, the researchers found the cancer was less likely to extend beyond the edges of the prostate gland in those patients receiving the lycopene capsules. They also found that the pre-cancerous cells were less abnormal looking in the lycopene group.

Another cancer researcher remarked that this shows that lycopene has therapeutic value as well as previously reported preventive value. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

Fatigue is a signal


After a long workday, one expects to be tired. Following the big game, the athlete needs a rest. Midway through the morning and the afternoon, breaks are wisely scheduled. After the heart contracts in systole, it must rest and refill during diastole. The business of spring and summer is followed by the repose of autumn and winter. The cycle of activity followed by rest is a universal structure within the natural order.

Rest is for the purpose of revitalizing the system in preparation for the next wave of activity. But what if one awakens from a night's sleep unrefreshed? What if no break is long enough to restore the necessary vigor with which to attack the demands of the day? What if motivation and interest are absent, replaced by a bone-deep weariness? These are signs of an unnatural tiredness, the universal sign of illness: fatigue.

Organ reserve is a physiologic term signifying the body's innate wisdom to

have built into it savings accounts. These accounts are of two types: structural and energetic. Organ reserve is like your car's fuel tank. The size and integrity of the tank is structural reserve. The amount and quality of fuel present is energetic reserve. You need both to be working at optimum capacity for a healthy system.

There's a light on the dashboard of modern vehicles: the yellow "fuel is low" light. Fatigue is that yellow light. It means caution. It means refuel. It can mean you need to check your tank for leaks or water contamination. Fatigue is a signal, a call to action to replenish reserves, or to find out why they've gotten low. A piece of black tape over the "fuel is low" light won't do. Find out where the deficiencies are. Fix the leaks. Eliminate the contamination. Get the system working again by dealing with the causative factors.

Remember, health is having the reserve to do what you need to do and want to do with energy and enthusiasm. 

Chronic Fatigue - Continued from page 1

viral, or micoplasm infections, toxic responses whether from adverse food reactions or environmental contaminants, a presence of excessive yeast, or parasites. We are looking all the time for the underlying factors.

In my opinion, whenever people in diagnostic categories like CFS are thoroughly evaluated from biochemical and bodily invader perspectives,

many underlying causes are detectable. In fact, if a dozen people with the diagnosis of CFS were thoroughly evaluated, dozens of factors would be detected which may point to underlying causes of the problem.

Here is a partial list of the laboratory results of the last nine individuals that came to The Center with Chronic Fatigue Syndrome:

| Gender | Age | Urine C | Indican | Pyrroles | GLA | Candida | EBV CMV | Parasites | Cytotoxic |
|--------|-----|---------|---------|----------|-----|---------|------------|-----------|----------------|
| Male | 13 | 0 | +2 | 32 | Low | | | +yeast | >10 positive |
| Female | 43 | 0 | | 21 | | 54 | | | Aspergillus +4 |
| Female | 47 | 0 | +3 | 35 | | 44 | | +yeast | |
| Male | 49 | | | 24 | Low | 25 | 342 | | |
| Male | 51 | 10 | | | Low | 54 | | | |
| Male | 31 | | | 29 | Low | | 399 | | NutriSweet+3 |
| Female | 65 | | | | | 33 | | +yeast | >4. +3 |
| Male | 47 | 0 | | 30 | | | | | coffee +3 |
| Female | 18 | | | 37 | Low | | 1.9 | | multiple |

continued on page 3

Chronic Fatigue Continued from page 2

Five of the nine were low in vitamin C, seven had elevated urinary pyruvates, three had on-going viral infections, five had yeast overgrowth, and six of nine had adverse food reactions.


Lessons:

- We all are different.
- There are multiple factors that impact our health and well being.
- It is not a single thing that causes chronic fatigue, but multiple factors that prevent better immune responses.

So how do we treat CFS or any other chronic or sustained illness? We:

- find the causes
- maximize the nutrients
- eliminate toxins
- enhance liver function
- stimulate the immune system

Usually those with chronic fatigue have been sick a long time. It is going to take a while to get well again.


The Goal: To change CFS from meaning Chronic Fatigue Syndrome to Can Function Satisfactorily! 

Regular, moderate exercise cuts heart risk

Regular, moderate exercise, such as walking and gardening, may reduce the risk of having a first heart attack as much as high-intensity workouts, according to Dr. Rozenn Lemalitre and his colleagues at two universities.

The researchers, reporting their results in the *Archives of Internal Medicine*, interviewed the spouses of 333 patients between the ages of 25 and 74 who had had their first heart attack. They matched the patients with 503 people of similar age and sex who had no history of heart disease.

The researchers found that walking reduced the risk of the first heart attack by 73% and gardening by 66% compared to people who do not exercise.

The take home message from this research is either get hoofing or hoeing—or maybe both. 

HEALTH HUNTERS AT HOME

Are all carbohydrates created equal?

The answer to this question seems to be a loud NO! All carbohydrates are NOT created equal. Some are better than others, and it has to do with the glycemic index of the food.

If you are not a follower of current diet books or one who has diabetes, you may not have come across “glycemic index” before—or if you have, perhaps you have not paid it much attention.

The diets that are heavy into protein seem to promote the glycemic index or at least give a nod to it.

An article and an accompanying editorial that appeared in a recent issue of *The Lancet*, the leading British medical journal, brought the glycemic index more to the forefront of discussion. (The British spell it glycaemic index.)

As Dr. Martijn Katan pointed out in the editorial, the glycemic index was developed to help diabetics understand which foods would send the blood sugar skyrocketing. Pure glucose has a glycemic index of 138. That is bad. White bread comes in at 101—not too good. By contrast, red beans have an index of 39 and an apple is only 52.

“Some foods do have a consistently low glycaemic index; these foods include beans and peas, spaghetti, barley, and certain fruits,” Dr. Katan added.

High glycemic index carbohydrates are characterized by rapid absorption, with high glucose and high insulin responses after eating these foods. Now comes the question, “What does this mean to me?”

“To date, prospective studies have consistently shown that diets with low glycaemic indices lower serum triglyceride concentrations without affecting HDL-cholesterol [the good cholesterol] concentration,” Dr. Frost and his colleagues of the Department of Nutrition and Diabetics, Hamersmith Hospitals NHS Trust, London, UK, wrote in the research article.

Further, they found that women had a greater increase in HDL than did men eating low glycemic index carbohydrates. They came to this conclusion after re-analyzing the data from the 1986/1987 Survey of British Adults.

With the women in the study who

were on a low glycemic index diet, the researchers found that the results came fairly quickly. In just three weeks, insulin sensitivity increased in those with increased risk of coronary heart disease (CHD). As their insulin sensitivity increased, their HDL increased and they probably showed a decrease in CHD risk.

Dr. Frost concluded by saying, “We believe that our findings are compatible with the hypothesis that a diet with low glycaemic index increases HDL-cholesterol concentrations by improving insulin sensitivity, which we would expect to be accompanied by a reciprocal fall in serum triglycerides concentration.” This should offer CHD protection.

Increased HDL cholesterol is a good enough reason to cut back on white sugar, white bread, and other high glycemic foods. But there is more.


The amount of fat the body absorbs is greater after a meal including sugar and other foods with a high glycemic index, claims Dr. Richard Mattes, a professor in the Department of Foods and Nutrition at Purdue University, and his colleagues in a study published in the *Journal of the American College of Nutrition*.



The researchers tested fat levels in the blood of 22 subjects who drank milk shakes on four different occasions. These milk shakes were made with no sugar, fructose, glucose, and an artificial sweetener.

The tests were done after fasting, before the participants drank the milk shake, then two and eight hours afterwards.

The researchers found that the amount of fat absorbed from the sugar-sweetened milk shakes was 38% to 60% higher than the artificially sweetened or unsweetened milk shakes. This increased fat from the sweetened milk shakes also stayed in the blood longer than the other two.

As one person at The Center likes to say, “the bottom line is...” stay off the sugar and related foods if you want to increase your HDL cholesterol and reduce the fat in your blood. 

—Richard Lewis

INFORMATION WORTH KNOWING

The immune system is the way the body defends itself against germs, cancer cells, and infections. There are many ways to eliminate those problems, but why not strengthen your immune system so that you do not have to deal with those problems? That was the question Leonid Ber, M.D. and Karolyn A. Gazella found most intriguing. They present their methods for improving the immune system in their book, *Activate Your Immune System*. The questions this month are taken from their book.

1 _____, which is the most expensive and feared disease of our time is expected to surpass heart disease as the number one killer in a few years.

- a. Diabetes
- b. Fibromyalgia
- c. Cancer
- d. none of the above

2 An immune system functioning at optimum level can protect against _____.

- a. a host of toxins
- b. parasites
- c. viruses
- d. all of the above

3 Antibiotics are just as effective today against bacteria as they were when first discovered.

- a. True
- b. False

4 Studies indicate that _____ % of all ear infections heal by themselves if no intervention is given. We have a tendency to want an antibiotic prescription even if it does not help us get well faster.

- a. 10
- b. 40
- c. 75
- d. 90

5 Successful health care is based on the ability to _____ and stimulate the immune system.

- a. reduce intake of bacteria
- b. increase cells
- c. prevent disease
- d. none of the above

6 Although it is not talked about very often, people can and do experience side effects from the food they eat.

- a. True
- b. False

7 Most research concerning nutritional supplementation has focused on the immune system in connection with free radicals and _____.

- a. unfree radicals
- b. antioxidants
- c. quarks
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •



One tough fun run and one tough fun walk

Are you a runner looking for a different type of 5K race that will be fun and challenging? Maybe an equally fun one mile walk? Or do you know a runner or a walker, a family member, distant cousin once removed, neighbor, or someone at work or play who runs or walks regularly to whom you can pass on this information?

The Center's third annual One Tough Fun Run and Walk will be held June 12. The run starts at 8:30 a.m. and may be just the race for you. The walk starts at 9:30 a.m. Stop by or call The Center at 316-682-3100 for information or to register for the race. You will be glad you did.

Case of the month

Chronic fatigue always feels the same to the people who have it, but the underlying causes will vary from person to person. A 32-year-old male who came to The Center earlier this year had many of the causes of chronic fatigue.

He reported that the extreme fatigue had begun in 1996, with muscle aches and night sweats starting in 1997. In October of 1998 he "bottomed out."

Laboratory results showed many problems that played into the fatigue. Antibodies in his blood for both the cytomegalovirus and the Epstein Barr virus indicated that part of his problem stemmed from "post viral fatigue." He began intravenous vitamin C twice a week for four weeks to boost his immune system and eliminate any lingering signs of viral infections. In addition, he started taking Emergen C to boost his system.


Because of a particular configuration of his platelets detected during a darkfield examination of his blood, he started taking oral biotin and intravenous calcium following his intravenous vitamin C once a week.

In addition, he takes Vital Dophilis twice a day to counteract the elevated candida albicans titer in his blood. Fortified flax meal and Efalex capsules were started to get his fatty acids back in balance. Laboratory results showed that several fatty acids were low.

He reported at a recent visit that the intravenous vitamin C had improved his energy a little. Dr. Riordan often tells patients that it takes about 120 days of sustained effort to saturate all the cells in the body with a given nutrient. Since he has been on this regimen for just six weeks, it is a little early to expect significant results.

Dr. Hunninghake showed him how his thyroid hormones were running low and that he could not expect significant results until they improve. If his thyroid were in school, it would be earning no better letter grade than a D.

From his cytotoxic test, Dr. Riordan wrote him that "Nutrasweet is seen by your body as an enemy. Do not use any product that has Nutrasweet."

With this beginning, he is currently working to get his energy back. In a future *Health Hunter*, we will update you on further success. 

Fountain of youth

As we grow older, we quite often find ourselves thinking, "Where, oh where is that FOUNTAIN OF YOUTH?" When in reality if we would just follow The Center's instructions, it may be just right down the produce aisle at our supermarket.

Research at Tufts University indicates a healthy diet fortified with certain fruits and vegetables may slow down, and even reverse, the aging process.

Length of life, and especially length of healthy life, can probably be extended many years through improved nutrition. As I didn't really start working on my nutrition until age 63, I look at my nutrition program as a savings account in my regular bank (as well as in my Age Bank Account).

I eat an abundance of nourishing fresh fruits and vegetables daily, and this in turn means I have quality life. My actual savings account at my bank grows due to the fact I no longer take those very expensive prescription drugs. I also follow The Center's physicians' advise and take an adequate supply of those important antioxidant supplements. I monitor my intake of that very important vitamin C.

All of this also helps with good elimination. I have not taken a laxative in well over 15 years. Nuts are a good source of nutrition. They compose a good part of my breakfast and can be used in place of something sweet for "snack time." I have substituted a cup of green tea at breakfast to replace the many cups of coffee I was drinking.

We need to exercise regularly and judiciously. This helps in transporting good nutrition to the brain. I try, and usually succeed, in starting each day with exercise and with gratitude and enthusiasm for the coming day.

All of this good nutrition information has brought to mind a quote from Phillip Brooks:

"No man or woman can really be strong, gentle, pure, and good without the world being better for it."

I don't know about you, but I think the world might benefit from a program of good nutrition. Maybe it should be promoted through the United Nations. [H]

—Nelda Reed

Herbal History

Black cohosh, *Cimicifuga racemosa*

Black cohosh is native to the deciduous forest of eastern North America. A member of the buttercup family, its long, white flower spikes are easily spotted growing in the deep shade.

The Oklahoma Delaware used black cohosh, combined with two other herbs, as a "tonic." Iroquois, who called the plant "horse smells" and "smells like horse," dug the roots to make a decoction to promote the flow of milk for mothers.

The Cherokee made a tea from the root to treat colds, coughs, consumption, constipation, fatigue, hives, rheumatism, backache, and to make babies sleep, reports Steven Foster in a review of the literature appearing in *Herbal-Gram*.

Europe has been at the forefront of herbal usage as medicines in recent years. Since 1982, there have been many clinical studies into the effectiveness of

black cohosh extracts in controlling the symptoms of menopause and other gynecological problems for women.

One of these clinical studies, completed in 1982, gave an extract of black cohosh to 704 women, mean age 51 years. After 4 weeks, 80% showed a significant improvement in symptoms and complete removal of symptoms in 6 to 8 weeks.

"The herb has been widely used in Europe for over 40 years in over 1.5 million cases. Both case reports and clinical studies have shown good tolerability and low risk of side effects with [black cohosh] extracts. Preparations of the root will become of increasing interest to medical practitioners and menopausal women. Treatment is deemed safe and effective in menopausal complaints such as hot flashes, profuse sweating and sleep disturbances," Steven Foster concluded. [H]

Food of the Month

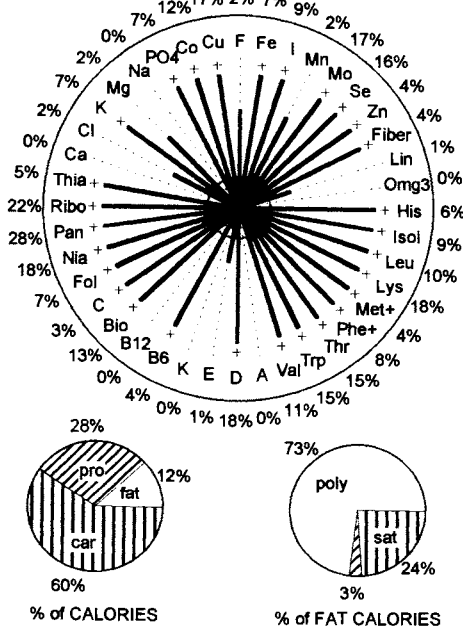
by Donald R. Davis, Ph.D.



NutriCircle

1/2 cup = 20 calories

MUSHROOMS are fungi with both edible and toxic varieties. We use the edible ones sometimes mainly for flavor and texture, in small amounts that have little nutritional significance. But the nutrients in a vegetable-sized serving may come as a pleasant surprise. A half cup, cooked (only 20 calories), contains 10% or more of the recommended daily intakes of 13 nutrients. These include biotin, niacin, pantothenic acid, riboflavin, cobalt, copper, molybdenum, selenium, and five of the essential amino acids. Twenty more nutrients are supplied in amounts that at least match the calorie content. Few would guess that 12% of those calories come from fat (mostly polyunsaturated).



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]

Mental Medicine

by Marilyn Landreth, M.A.

Igniting the spark!


Recently, I came across some interesting and potentially helpful information while reading *A.H.H.A.!* (*American Holistic Health Association*) newsletter. I came across an article by John Abdo, a fitness consultant. His job is to motivate those who want to make exercise an important part of their life. Mr. Abdo gave several ideas to re-engineer ourselves from inside out.

First, it all starts in our brain. If we are not fully committed to our exercise program, we will not succeed in our goal. From my experience, I would agree with the truth of that statement. Any change begins in the mind. That little spark needs to be there to successfully ignite the individual with the "energy" to reach desired goals.

He suggests that we write down our goal or goals everyday—everyday without fail. It is amazing how effective this idea can be. It helped me focus on

what I wanted and kept my focus there. After writing our goals down—read them out loud. Although we know our goals, repetition keeps them fresh in our mind.

After saying our goal or goals out loud, write out what we need "to do" and what we must "avoid" in order to attain our goal. By doing this exercise, it reminds us that some behaviors will help us meet our goals and some behaviors will hinder us. It reinforces methods we can use to reach our goals.

These suggestions can work for many kinds of goals, not just exercise goals. I have been using these ideas for a couple of weeks and it is amazing how just saying them out loud and focusing on what I want can be beneficial. Mr. Abdo has reignited the spark that is allowing me to use mental medicine to improve my health. 




Vitamin E may slow arterial plaque formation

In the last few years, vitamin E has been touted as an excellent antioxidant to stop the oxidation of LDL cholesterol and, thus, slow the progress of plaque buildup in the arteries.

New research shows vitamin E may interact with an enzyme to further help prevent fatty plaque from forming on artery walls, according to Dr. Jialal and Devarij of the University of Texas Southwestern Medical Center in Dallas and reported in *Arteriosclerosis, Thrombosis and Vascular Biology*.

The researchers found that vitamin E may reduce the activity of a blood enzyme called 5-lipoxygenase. This enzyme helps produce a protein called interleukin-1 beta that plays an essential role in starting plaque formation on artery walls.

Dr. Jialal said in a release from the Medical Center that, "this is the first study showing that vitamin E has a novel biological anti-inflammatory effect on this crucial enzyme in the (blood) cell that is more than just an antioxidant effect." 

CENTER UPDATE

On green tea, pizza, and beer

We have touted green tea for various conditions over the years, including cancer. Now, two researchers from Sweden have come up with the reason green tea works so well in preventing cancer.

It has to do with how a substance in green tea prevents cancer from growing by stopping the angiogenesis process—the process that forms new blood vessels in order for the tumor to grow.


Drs. Yihai Cao and Renhai Cao of the Karolinska Institute in Stockholm reported in the journal, *Nature*, "that green tea, and one of its components, epigallocatechin-3-gallate (EGCG), significantly prevents the growth of new blood vessels in animals."

The researchers believe that drinking green tea inhibits the angiogenesis process in tumor formation, but it may work for other angiogenesis-dependent diseases such as diabetic retinopathy, an eye disease that often causes blindness.

Here is good news for the pizza and beer group. Two studies recently released found that beer and wine can ward off ulcers and that cooked tomatoes can fight prostate cancer (see the front page).

The tomatoes in the pizza sauce are better than eating tomatoes raw. Lycopene, the active ingredient in tomatoes and tomato sauce, is much more easily absorbed after cooking than it is in the raw form—researchers believe as much as four times more bioavailable.


The research supporting the medicinal use of beer comes from Germany where beer may be more popular than water.

German researchers, reporting in the journal, *Epidemiology*, found that a couple of glasses of beer a day will stave off an ulcer-causing bacteria. As a grudging note to the French, they acknowledge that two glasses of wine will do the same. 

Broccoli, cabbage lower bladder cancer risk

Men who eat broccoli and cabbage may reduce the risk of bladder cancer, according to Dr. Dominique Michaud and his colleagues at the Harvard School of Public Health in Boston.

In their study, published in the *Journal of the National Cancer Institute*, the researchers examined the data from 47,909 men who were in the Health Professional Follow-up Study carried out between 1986 and 1996.

They found the higher the intake of cruciferous vegetables the lower the bladder cancer risk. Of all the vegetables, broccoli and cabbage seemed to have the greatest impact on bladder cancer risk. 



Answers from page 4

- 1 c. Cancer cannot thrive if there is a strong immune system.
- 2 d. If your immune system is not up to the challenge, these toxins can make you sick.
- 3 b. New strains of bacteria have gotten more antibiotic resistant. Thus, bacteria are developing a resistance to antibiotics.
- 4 d. Giving antibiotics too early in an infection can lead to reoccurrence and worsen the situation.
- 5 c. Standard medicine should not be abandoned. Hopefully, it will begin including a prevention plan as well as a treatment plan.
- 6 a. We must evaluate everything we put into our bodies. Food and drink can have side effects just as drugs do.
- 7 b. Free radicals are found in the food we eat, the water we drink, and the air we breath. H

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
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ACTIVATE YOUR IMMUNE SYSTEM by *Leonid Ber, M.D. and Karolyn A. Gazella*

How strong is your immune system? The quality of your life and your health depend upon how well your immune system is working. This book provides an easily understood explanation of how the immune system works and how you can increase its effectiveness. Softcover.

Retail Price: \$7.95
 Health Hunter: \$7.16

THE INFLUENCE OF DIET ON BEHAVIOR

with *Charles Hinshaw M.D.*
 Is Daddy a grouch when he's hungry? Is Junior hyperactive when he eats red food coloring? We are all too familiar with these diet associated reactions. But are there more subtle, or unrecognized reactions to food? Actual cases of manic-depression, arthritis, somnolence, and other fascinating mental and physical disturbances related to diet are presented. Food allergy testing you can do at home is also described. Audio cassette & video tape.

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| MAY | | | | |
|---------|-------------------------------------|-----------|---|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 3 Yoga | 4 Yoga | 5 Yoga | 6 L & L - Human Growth Hormone, Sounds for Healing | 7 |
| 10 Yoga | 11 L & L - Olive Leaf Extract, Yoga | 12 Yoga | 13 L & L - The Great Salt Debate | 14 |
| 17 Yoga | 18 L & L - Niacin, Yoga | 19 Yoga | 20 L & L - Using Your Imagination for Health & Relaxation | 21 |
| 24 Yoga | 25 L & L - Phytonutrients, Yoga | 26 Yoga | 27 | 28 |
| 31 | | | | |

JUNE

11-12 Bright Spot for Health Fair

Now, British researchers find vitamin C reduces DNA damage

Vitamin C supplements significantly reduce indicators of DNA damage, according to Marcus Cooke, Ph.D., and his colleagues of the University of Leicester, UK.

This is the same research team who reported last year that vitamin C increased DNA damage. This report was widely circulated in the press.

High levels of 8-oxo-2'deoxyguanosin (8-oxodG), often found in cancer patients, indicate high levels of free radical activity and DNA damage. 8-oxodG is removed from the DNA and excreted in the urine.

In the researchers' latest study, levels of 8-oxodG in the blood and urine of subjects decreased as vitamin C levels increased. Vitamin C appears to stimulate the repair of 8-oxodG in the DNA, Cooke now believes.

- Getting rid of chronic fatigue and other chronic diseases
- Fatigue is a signal
- Broccoli, cabbage lower bladder cancer risk
- Now, British researchers find vitamin C reduces DNA damage

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