

# Health Hunter<sup>®</sup>

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NEWSLETTER

MAY 2000

## The vitamin C controversy

Hugh D. Riordan, M.D.

**B**ecause we have had so many questions raised as the result of recent news reports of controversy over "Are nutrients good for you and is vitamin C beneficial to humans?" I would like to take just a moment to offer my views to the *Health Hunter* audience.

*...the adrenals are the biggest users of vitamin C in the human body. Our brains are the next biggest users.*

As most of you know, I am past the usual age of retirement. A couple of weeks ago I spoke in Vancouver from the same podium as Abram Hoffer, M.D., Ph.D., who at the age of 83 observed that if we were to believe recent reports, most of us in the audience of several hundred, who take large amounts of nutrients, would be dead. That obviously was not the case.

Now, in terms of vitamin C, I would like us to look at nature to see if we can gain a sense of how much vitamin C our bodies need, not just to ward off scurvy, but to prevent heart disease, cancer, and debilitating disease in general.

As you know, human beings are among the very few animals who do not produce their own vitamin C. The other animals that lack the enzyme "gulanolactone" necessary to make vitamin C are primates, guinea pigs, Indian fruit bats, and several varieties of Bul Buls.

In this country we are told that our vitamin C requirement is only 60 mg

per body, per day, regardless of the size or activity of that body. In Canada that government says that you need 40 mg, per body, per day. Apparently, something happens when we cross the border.

Recently, Dr. Mark Levine at the National Institutes of Health has determined that seven healthy males needed 200 mg, per body, per day.

Perhaps we can learn something about our own human needs for vitamin C by looking at how much animals who are not missing the key enzyme make for themselves. A pig produces 8.1 mg/kg/per day, a squirrel produces 28 mg/kg/per day, and a goat produces up to 190 mg/kg/per day. To help you convert kilograms (kg) to pounds, which we are used to seeing, there are about 2.2 pounds in a kilogram.

The current human U.S. RDA would equate to 0.9 mg/kg/day. That's 1/8 of what a pig produces, between 1/5 and 1/8 of what a dog or cat produces, and 1/30 to 1/190 of what a self-respecting goat can make. Just by looking at nature, perhaps we can arrive at a more reality-oriented awareness of how much vitamin C is required by our bodies to maintain optimal health.

Does it make any sense to mandate that you or I need only 0.9 mg/kg/day of vitamin C, while a squirrel produces 28 times that amount and rodents produce 30 to 200 times that amount?

Since vitamin C seems to be good for them, perhaps larger amounts are helpful for us, particularly if we have any stress in our lives. This is because our adrenal glands respond to every stress we encounter and the adrenals

*continued on page 2*

## Eating olive oil lowers need for hypertensive drugs

"A slight reduction in saturated fat intake, along with the use of extra-virgin olive oil, markedly lowered daily antihypertensive dosage requirement" during the six months the research subjects were receiving the olive oil, said Dr. Aldo Ferrara and colleagues of Federico II University of Naples, Italy and reported in the *Archives of Internal Medicine*.

In this study, the researchers randomly assigned 23 subjects to a diet rich in monounsaturated fatty acids (MUFA) from extra-virgin olive oil or one rich in polyunsaturated fatty acids (PUFA) from sunflower oil. After six months, the groups traded diets for an additional six months.

The researchers found that when the subjects were on the MUFA diet they could significantly reduce their blood pressure lowering drugs. Eight of the subjects actually got off all their blood pressure drugs during the MUFA part of the project. By contrast, all people required blood pressure medication during the PUFA part of the test.

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## An old friend on trial

You just got word: your best friend from college is on trial. You've known him for over 30 years. Early on you studied together, partied together, cried together. He was best man at your wedding, and you were best man at his. You've golfed together, talking over the joys and trials of work, family life, and spirituality. In short, you know this guy inside and out. You know his integrity, his wholesomeness, and his goodness as a human being.

But now someone has made accusations against him. You listen to the charge, and know its immediate untruth and lack of substantiation. You know this, because you know the man standing accused. His attackers obviously don't know him. Their motive appears political. Nevertheless, your friend will go on trial and evidence must be gathered to defend him.

This is the situation today with vitamin C. After over 30 years of stellar research demonstrating the importance, safety, and effectiveness of this unique

nutrient in multiple organ systems, it nevertheless finds itself under attack. Having used it with patients for over 14 years and found it friendly and powerful, and having taken over 5-8 grams a day for most of that time period, I have found nothing in my practical experience to suggest it was harmful in orthomolecular doses. Well over 90% of the studies I've read also support its integrity as a safe and effective nutrient.

But my friend is under attack, on trial for crimes it did not commit...could not commit. Now it must take the stand to prove its innocence. Cross-examination will be painful, knowing what I know. The innuendos will create many doubts in those who might otherwise benefit from this nutritional champion. But such is the way of this world.

Hopefully, as a result of these attacks, vitamin C will emerge even stronger, so that the world at large will know with certainty what I know based upon years of experience: "You're a good vitamin, ascorbic acid!"

## Vitamin C - Continued from page 1

are the biggest users of vitamin C in the human body. Our brains are the next biggest users.

Studies done decades ago showed guinea pigs required 900 mg per kg per day to completely replenish adrenal vitamin C levels after depletion. That means a person of my size would need about 10 grams per day to keep my adrenals going at an optimal level. And that is what I take.

Another clue as to how much vitamin C would be beneficial for us is to find out how much our primate cousins eat in their natural environments. According to research done by Milton and Jenness in 1987, a 7 kg (15 pound) Howler monkey takes in 88 mg of vitamin C per kg of body weight per day for a total of 600 mg of vitamin C per day.

An 8 kg (17.5 pound) Spider monkey at 106 mg/kg/day takes in 744 mg of vitamin C per day. Based upon the same amount, a typical 70 kg (155 pound) human would take in 7000 mg, or 7 gm/day. Mountain gorillas take in some 20-30 mg of vitamin C per kg/day, which is 2 to 6 grams (not milligrams) of vitamin C per day.

In conclusion, I would like to call your attention to the dozens of studies showing the benefits of vitamin C, including the reduction in incidence of cancer. Those studies are available in our Mabee Library.

To contact the library call 316-682-3100 ext. 222, Fax 316-682-5054, e-mail: [mabee@southwind.net](mailto:mabee@southwind.net) or write to the Mabee Library at The Center.

Many wives will agree to this: 19% of snorers can be heard through a closed door.

## Healthy lifestyle reduces blood clot formation

From a recent study in Wales, researchers found that men with a healthy lifestyle developed fewer blood clots that cause life-threatening thrombi in the arteries leading to the heart, lungs, and brain.

In this study, the researchers measured six different blood clotting factors in samples collected from 2188 men living in Caerphilly, Wales. They also checked the blood viscosity and the white blood cell count.

Then the team looked at lifestyle factors such as obesity, smoking, excess alcohol consumption, and couch potatoes who get little or no exercise.

As an example of what they found, overweight men in the study had a 50% increase in plasminogen activator inhibitor and a 30% increase in tissue plasminogen activator (both blood clotting factors) than non-obese men. Obese men also had thicker blood than the non-obese participants.

The research team also found that men who exercised regularly had lower levels of two other clotting factors—fibrin D-dimer and von Willebrand factor—than non-exercisers.

From this the researchers wrote in the journal *Arteriosclerosis, Thrombosis, and Vascular Biology* that "We conclude that several lifestyle factors are associated with hemostatic risk predictors for ischemic heart disease." By simply changing these risk factors, one can modify the chances of forming clots and keep their blood flowing better. [H]

Even though 41% of homemakers claim that they avoid cooking with fatty foods, there has been an increase in sales of deep fat fryers in 1999 compared with 1998.

## HEALTH HUNTERS AT HOME

### It's tea time again

It is interesting how information comes in bunches when it comes. This month I found two articles about the health advantages of drinking tea.

Although different, I thought they were both interesting when combined, so I thought I would share both of them along with some comments.

The first study comes from the Netherlands, a big tea drinking country. The tea commonly consumed in the Netherlands and throughout Europe is black tea. Black tea has been popular in the United States since back before the Boston Tea Party. Green tea is more commonly consumed in Asia and the Middle East.

In this study, the Dutch researchers looked at the effects of green tea along with the traditional black tea—either with or without milk. According to a paper printed in the *European Journal of Clinical Nutrition*, the Dutch researchers discovered that drinking either kind of tea—with or without milk—raises the antioxidants in the blood. Green tea, much to the surprise of the researchers, raised the antioxidant levels 1.5 times as much as black tea.

Previous research, they pointed out, shows that antioxidants help protect against heart disease. Tea drinking, therefore, is good for the heart, the researchers concluded.

Researchers from the University of Cambridge School of Medicine in the United Kingdom looked at the effect tea drinking has on bone mineral density (BMD) in older British women.

As you know, both older men and women begin to become concerned about thinning of their bones as they grow older—women especially. This bone thinning is called osteoporosis. And since tea drinking is a national pastime for the British, the researchers wanted to learn if this pastime helped or hindered their bones.

After examining the tea drinking habits of 1200 Cambridge women between the ages of 65 and 76, the researchers ranked them as to levels of tea consumption and if they added milk to their tea (over 90% of the women drank



tea). The researchers accounted for smoking, coffee-drinking, and the use of hormone replacement therapy among the women in their study.

The researchers reported in the *American Journal of Clinical Nutrition* that the women who drank tea had a clear advantage in BMD over the women who did not drink tea. And those who added milk to the tea had an added advantage over the non-milk tea drinkers.

Maybe it goes back to the aforementioned tea party, but most American tea drinkers tend to drink their tea without milk as opposed to adding milk like the British. We would do anything to be different.

This study shows that we may have something to learn from the British ancestors. Maybe we should cultivate a taste for milk in our tea to help boost our BMD like the Cambridge women in the study. It is something worth thinking about.

But aside from national pride, it looks like adding High Tea to our way of life has several advantages:

- Drinking tea may add to the strength of our bones as we age.
- It certainly will add to the levels of antioxidants in our blood and many articles over the years in *Health Hunter* have shown the advantages of doing just this.
- It could give us an excuse to stop hurrying through the day and take a few minutes to relax and drink a cup of tea without gulping swallows in stolen moments from what we are rushing to do at the time.

Again, it is just a thought—strictly for medicinal purposes only. Don't take it as a license from me to incorporate those luscious British scones or a touch of marmalade into your High Tea. [H]

—Richard Lewis


## INFORMATION WORTH KNOWING

Are you one of the millions of Americans who is caught in a painful cycle of food craving and weight gain? You know that the older you get, the harder it is to take off the weight. You also know that most diets, if they work at all, are a quick fix that does not last long and the weight comes back. Dr. Richard F. Heller and Dr. Rachael F. Heller have written a personalized plan for becoming slim, fit, and healthy in your 40s, 50s, 60s, and beyond in *Carbohydrate Addict's LifeSpan Program*. It is important not to give up if weight is a problem for you and their book offers another perspective. The questions this month are taken from their book.

- 1** Carbohydrate addiction often leads to a loss of eating control (regularly or on occasion) along with a tendency to gain weight easily. The most common sign(s) of carbohydrate addiction is (are)
- once you start eating starchy foods, snack food, or sweets you have difficulty stopping.
  - wanting to eat again a couple of hours after eating.
  - hunger and tiredness in the midafternoon on a regular basis.
  - all the above.
- 2** Most current research shows that \_\_\_\_\_ may indeed be the key hormone in regulating a great deal of what we refer to as "the metabolism."
- thyroid
  - estrogen
  - insulin
  - none of the above
- 3** Overweight carbohydrate addicts do not necessarily consume more food than do naturally slim people.
- True
  - False
- 4** Among other jobs, insulin works hard at helping your body to conserve food energy and it does this by
- causing you to crave carbohydrate-rich foods.
  - ushering food energy into your fat cells for storage.
  - locking the food energy into your fat cells.
  - none of the above.
- 5** At all times, two different systems within your body are at work in two different ways to achieve two different physical purposes. One is using your energy to build, repair, and fuel the organs and systems in your body. The other one is used to
- wreck parts of the system.
  - store energy.
  - spend energy.
  - all the above.
- 6** Your ability to stay slim, fit, and healthy may depend on learning how to change the messages your body is getting from the food you eat.
- True
  - False
- 7** The health risk we call "\_\_\_\_\_" appears to be the first sign that there is an emerging physical problem rather than the cause of the problem.
- racing heart
  - overweight
  - sweating while exercising
  - none of the above

• FOR ANSWERS, SEE PAGE 7 •


## What is wrong with this picture?

There are 105 common drugs known to cause impotence. At the same time, there have been 136 million tablets of Viagra, the leading drug to overcome impotence, prescribed since 1998. 

## Has loud noise made baby boomers hard of hearing?

It is not considered uncommon for people over 65 to get a hearing aid these days. But the baby boomer generation is rapidly taking a seat beside older Americans at the hearing clinic.


Too many loud concerts and playing CD's at high volume is taking its toll on younger ears as well. Between 1971 and 1990, in people between the ages of 46 and 64, hearing loss had risen 26%. Between the ages of 18 to 44, the number of individuals with hearing loss has increased 17%.

James Battey, Jr., M.D., Ph.D., points out that exposure to loud noises can damage those little sensitive hair cells that sense sound in the ears. Loud concerts and stereos are often the cause in younger people's hearing loss as much as a single shock like a gunshot. 

## Rhubarb for constipation?

"People have used rhubarb for constipation by eating it stewed or in pies but didn't know why it worked," says Tapan Basu, Ph.D., professor of Nutrition at the University of Alberta, Canada.

Now, researchers know why rhubarb pie works—fiber. Per cup, rhubarb stalks contain about 2.5 grams of fiber. That is as much fiber as a small bran muffin. This additional fiber adds the bulk you need to help keep your bowels moving regularly.

In addition, rhubarb is between 80 to 90% water which can add to regularity. One warning though, only eat the stalks. The leaves are toxic. 

## 25th Anniversary Update

June 3 - Lab Fair 2000 and One Tough Fun Run

## Case of the month


A 44-year-old woman came to The Center in March of 1997 with multiple complaints including gastritis, arthritis, constipation, tendonitis, chronic sinusitis, irritable bowel syndrome, and obesity—to name a few.

Dr. Riordan often describes the human body as a fill-hold-release mechanism. This applies to everything from bowel function and pregnancy to thought processes. In this case, she had been doing a good job of the fill-hold process mentally without any release. The negative thoughts just built up. She was emotionally constipated, as Dr. Riordan describes it. To help with the release process, Dr. Riordan had her throw Blue Rock (clay pigeons) against a wall.

In addition to oral supplements to correct low laboratory readings and treatment for parasites discovered during the evaluation, she also received intravenous infusions and intramuscular injections. The intravenous treatments included vitamin C, trace minerals, and calcium gluconate. She also received intravenous chelation to remove a body load of aluminum found in laboratory tests. Vitamin B12 was given intramuscularly to correct a low laboratory report and clinical indications.

Throughout the time she came to The Center, the doctors continued to fine tune her nutrient package as she continued to improve.

At a meeting with Dr. Hunninghake in January, 2000, she remarked she was really feeling well. She had quit her job, which markedly lowered her stress level. Her weight had come down from 187 pounds when she first came to The Center to 135 pounds and her dress size from 20 to an 8 to 10. Her diet was now more fruits and vegetables while cutting back on the amount of food she ate. She still had a little fibromyalgia pain in her back, but it was considerably better. She remarked that she does not feel shaky anymore and her depression is gone.

The nurses took a picture of the new her to put in her file along with the one taken when she first came as a reminder of just how far she had come. 

# Herbal History

## Butterfly milkweed, *Asclepias tuberosa*

The butterfly milkweed gets its name from the way Monarch and other butterflies are attracted to the plant's yellow to red-orange flowers. But it was more than just attractive flowers to the Native Americans. They found it an essential part of their medicine bag.


The plant is found growing in the sandy, loamy, or rocky limestone soils of prairies, open woodlands, roadsides, and disturbed areas. It grows from one to three feet tall with one erect stem with lance shaped leaves. It flowers from May to August with several clusters of round, flat-topped, yellow to orange-red flowers in each cluster.

The Omaha and Ponca called the butterfly milkweed "makan saka" (raw medicine) and "kiu makan" (wound medicine). The primary part of the plant used was the root. Both tribes ate the raw root for bronchial and pulmonary troubles. They also would chew the root and place

it on wounds to promote healing.

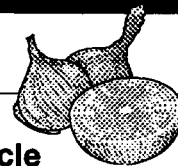
It was also adopted by the settlers as they moved into the land where the milkweed grew. They called the butterfly milkweed the pleurisy root because it was used to relieve inflammation of the lining of the lungs and thorax. Like the Native Americans, the settlers tended to use several varieties of the milkweed for medicinal purposes.

Today, the strikingly beautiful butterfly milkweed is often used in wild-flower gardens and other plantings. It grows well in a sunny location in the garden. Seeds are harvested in the fall after the flowers are gone and then must be cold-treated for at least three months before planting. It can also be propagated using cuttings from the root taken when the plant is dormant.

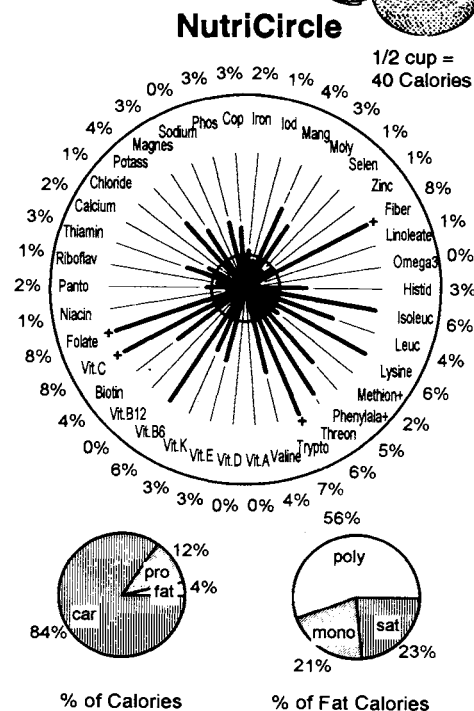
Source: *Medicinal Wild Plants of the Prairie*, Kelly Kindscher, University of Kansas Press 


## Food of the Month

by Donald R. Davis, Ph.D.



**ONIONS** enhance many dishes, from meats and vegetables to soups, stews, sandwiches, and salads. Phytochemicals in this ancient cure-all have potent effects against carcinogens, unwanted blood clots, excessive blood sugar, and LDL ("bad") cholesterol. Raw or lightly cooked onion also raises HDL cholesterol. Green and yellow onions (not white) are the richest known food for the antioxidant, quercetin. A half-cup serving, cooked, has 4% to 8% of the recommended amounts of 14 nutrients, especially folic acid, fiber, and vitamin C. It also has adequate amounts, relative to calories, of 12 others, out of 38 shown here.



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.



## Are you a well-adjusted person?

Have you ever had a really busy week with a lot of responsibility and deadlines to meet? Then when you go to bed you can't shut your mind down? "Did I do this or did I do that?" you ask yourself. I call it the cloudy night of the soul.

Well, last night was my night. It was a dark and stormy night with an added bit of energy in the air making it difficult to go to sleep. Since helping people relax is one of my specialties, it was rather daunting to realize that my brain was not going to mind me and shut down. Sometimes it seems like my mind has a mind of it's own. When all my exercises failed to temporarily shut down my brain, I went with the flow and just thought about all the things I might have forgotten to do or wanted to do or what I would do if I suddenly came into a million dollars.

Sleep finally came and shortly thereafter, so did morning. One of the good things about a night like that is that when morning comes you can check and see if any of the disasters you thought were waiting to happen really are and you can make needed changes.

Occasionally, I find that I have to make a mistake or two along the way. One of the nice things about being "mature" is the knowledge that a mistake or failure is not the end of the world. Marilyn vos Savant said it best: *Being defeated is often a temporary condition. Giving up is what makes it permanent.*

Along with knowledge, other benefits are achieved with experience. As June Heard said, *A well-adjusted person is one who makes the same mistake twice without getting nervous.* Some days it seems that I am indeed a very well-adjusted person! [H]

## CENTER UPDATE

### Fish oil and vitamin B12 reduce menstrual pain, cramps

Women who have severe cramps, pain, and other symptoms during their menstrual cycle (dysmenorrhea) can reduce these symptoms by taking a combination of omega-3 fatty acids and vitamin B12, according to a recent report in *Nutritional Research*.

Danish researchers followed 78 dysmenorrheic, but otherwise healthy, Danish women for three to four months that included three menstrual periods for each participant. The women were divided into four groups and received either fish oil, fish oil with vitamin B12, seal oil, or a placebo.

Marine oils, both fish and seal, are high in omega-3 fatty acids. The placebo contained the average daily composition of fat found in the average Danish diet.

After the treatment period, the researchers found the women in all three groups receiving the marine oils had a significant reduction in the number of reported menstrual symptoms such as loin and abdominal pain, bloating, head-

aches, nervousness and irritability, and interference with daily activities during their cycles.

There were even greater reductions in the pain level in the women who took the vitamin B12 along with the fish oil.

The researchers added that the omega-3 fatty acids are converted into type 3-prostaglandins which are hormone-like substances that control pain, contraction of the smooth muscles as found in the uterus, dilation and constriction of the veins, and coagulation of blood.

In earlier studies, the Danish research team found that women with low omega-3 fatty acids and vitamin B12 have higher incidence of menstrual discomfort.

Dr. Bente Deutch, the research team leader, said in summary that "We are not quite sure of vitamin B12's role in relationship to dysmenorrhea, but it may have something to do with its antioxidant properties." [H]

## Supplements and the elderly

There is so much controversy regarding "TO and NOT TO" take supplements. For the past 20 years, I have been on the "TO TAKE" side. Now at 83, I am working a busy 33 hour work week. My day starts at 4:00 a.m. with a very busy regime, including specific time set aside for my supplement intake right along with my regular exercise program. I feel this program has certainly benefited me.

I have regular guidance on my specific program and routine check-ups and testing to check on my progress. Over these 20 years many changes have been made, but overall my program remains virtually the same.

My physical stamina remains with me for my entire busy day. Some staff members remark that I am in better condition at the end of our shift than some who are much younger than I.

I have not taken a laxative in the past 15 years. This in itself is remarkable for the elderly. I was a Nursing Home Administrator and almost always when a new resident was admitted to the facility among their many medications was a supply of laxatives, so I count this as a big plus for the vitamin supplement program.

Over the years I have taken a weekly injection of B vitamins. As we get older there is a greater need for especially vitamin B12.

Another plus for me has been the absence of my almost nightly angina attacks. I would keep nitroglycerine spray with me at all times. I have not used this in well over 15 years.

About five years ago when I had a bout with Shingles and was most miserable, I was given megadoses of vitamin C daily, and in six weeks' time there was no sign of the huge blisters, and the intense pain that accompanies shingles was gone. I did not take the expensive injections or have the pain for a year or more as is often the case with severe shingles. Also, there are no scars on my body where the shingles had been.

Along with my supplement program, I consume whole foods and whenever possible, I eat my main meal at noontime. I try to consume 64 ounces of water, and on days that I work I drink an eight ounce glass of fresh carrot juice. [H]

—Nelda Reed

Answers from page 4

- 1 d. Hunger in response to stress, tiredness, or boredom is another common sign.
- 2 c. Nicknamed the "hunger hormone," insulin was most often associated with diabetes in the past.
- 3 a. Sometimes the carbohydrate addict eats far less. Their body may be more efficient in turning food into fat.
- 4 d. This insulin regulation works well as long as you have just the right amount of insulin present in the body.
- 5 b. Building and repairing burns energy. Storing energy for a rainy day is the other system.
- 6 a. Also the medications and over-the-counter remedies you take, as well as the physical changes and stress that you experience throughout your lifetime may affect your ability to stay slim, fit, and healthy.
- 7 b. Weight gain is many times followed by high blood pressure. Maybe weight gain and high blood pressure came from the same silent cause. H

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

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by *Dr. Richard F. Heller & Dr. Rachael F. Heller*

Have you been hearing a lot about how a diet high in carbohydrates may not be all that healthy for you if you have a weight problem? You may have heard that there may be a carbohydrate-insulin connection. The doctors Heller have written a book that takes a closer look at these potential problem areas. Softcover. Retail Price: \$15.95  
*Health Hunter*: \$14.36

### KNOW YOUR NUTRIENTS: Carnitine

with *Ronald Hunninghake, M.D.*  
 Carnitine, a remarkable, but relatively unknown nutrient, is used in the treatment of heart disease, is taken by athletes to reduce fatigue, and can help with weight loss. There are possible applications in the area of muscle disease and kidney and liver disorders. Learn how this rather remarkable nutrient can work for you. Audio cassette & video tape.

### LYCOPENE: Or Will a Tomato a Day Keep Cancer Away?

with *James Jackson, Ph.D.*

Lycopene is a fat-soluble antioxidant (carotenoid) found mainly in tomatoes and tomato products. Diets high in tomato products have been shown to reduce prostate cancer by 40% or greater. Lycopene has also been shown to prevent cancer of the endometrium, cervix, breast, and lung. Audio cassette & video tape.

### GETTING RID OF CHRONIC DISEASES

with *Hugh D. Riordan, M.D.*

Is it possible to get rid of chronic diseases like arthritis, depression, and hypertension? Learn why Dr. Riordan believes that the answer is "yes." He views these and many other diseases not as chronic, but sustained, due to lifestyle choices that change the way our genes are expressed, leading to sustained illnesses. Learn how you can awaken sleeping genetic messages to improve your health. Audio cassette & video tape.

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# Upcoming Events . . .

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2 L & L - How to Use Culinary Herbs & Herbal Teas	3 Yoga	4 L & L - Happiness is...?,	5
8	9 L & L - Acupuncture and Fibromyalgia	10 Yoga	11 L & L - Teas, Evening Lecture - Slowing the Aging Process	12
15	16 L & L - The Biomarkers of Aging	17 Yoga	18 L & L - Miracle Healing from China: Qigong	19 Qigong—Introductory Evening
22	23 L & L - Is There Another Way Through Menopause?	24 Yoga	25 L & L - Phytochemicals	26
29	30	31 Yoga		

## JUNE

- 1 Sounds for Healing
- 3 Lab Fair 2000 and One Tough Fun Run

## Low cholesterol, depression may be linked

Middle aged men with naturally low cholesterol have much more depression than men with higher cholesterol, according to a report in *Psychosomatic Medicine* by a group of Dutch researchers.

The research team from the University Medical Center, Utrecht, evaluated men ages 40 to 70 and found that men with a cholesterol below 190 mm/dl had a four to seven times greater risk of having severe depression than men whose cholesterol was above 240 mm/dl.

Other researchers have also found an association between chronically low cholesterol and death from violent causes and suicide. "This study," the researchers said, "provides further evidence that there is a relationship [between low cholesterol levels and depression] and reinforces the need to look at the reason for the relationship."

- The vitamin C controversy
- Healthy lifestyle reduces blood clot formation
- Are you a well-adjusted person?
- Low cholesterol, depression may be linked

INSIDE THIS MONTH'S ISSUE . . .

**Health Hunter**  
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