

Health Hunter[®]

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NEWSLETTER

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Healthy and smart vegetarian eating

by Donald R. Davis, Ph.D.

Throughout human history, some persons have chosen vegetarian diets for philosophical, health, and economic reasons. In a 2000 survey, 2.5% of adults in the United States reported consistently consuming a vegetarian diet, defined as one without meat, fish, or fowl. About 1% of adults are vegans—total vegetarians who also avoid eggs, milk, and milk products. Often vegetarianism has been supported by various religious groups and accompanied by avoidance of refined foods, alcohol, tobacco, and illegal drugs. Well chosen vegetarian diets can be nutritionally adequate and healthful. They also offer one way to help prevent or treat common diseases. Here we will highlight some health benefits found in vegetarians and emphasize certain nutrients that need special attention by vegetarians, especially vegans.

Well chosen vegetarian diets can be nutritionally adequate and healthful.

Hundreds of studies show that diets rich in vegetables, fruits, and whole grains help prevent or treat most of our major chronic disorders. Thus, professional associations such as the American Cancer Society recommend primarily plant-based diets with limited amounts of animal foods. Vegetarians compared to others have less obesity, heart disease, cancer, diabetes, hypertension, constipation, diverticular disease, gallstones, and possibly age-related dementia. Vegetarians usually consume more vegetables, antioxidant vitamins, phytochemicals, fiber, whole

grains, and soy protein. They generally consume less saturated fat, but not necessarily less total fat, and less alcohol, sugar, and vitamin B₁₂. Because of the many dietary and lifestyle differences between vegetarians and others, including activity levels and tobacco use, it is hard to know which aspects of vegetarian lifestyles are most beneficial.

Some nutrients are difficult or impossible to obtain from plant sources, so vegetarians, especially vegans, should give special attention to these nutrients, primarily vitamin B₁₂, iron, calcium, riboflavin, omega-3 fats, vitamin D, and protein.

Vitamin B₁₂ is not reliably present and active in any plant food. A few seaweeds and algae contain it, but they also contain vitamin B₁₂ “analogs” that interfere with its function, making it inactive. Vegetarians who regularly consume eggs, milk, and milk products can obtain sufficient vitamin B₁₂ from these foods, but other vegetarians should use fortified foods or a supplement. Commonly fortified foods include breakfast cereals, meat substitutes, nutritional yeasts, and soymilks (check their food labels). The current Recommended Dietary Allowance (RDA) is 2.4 micrograms, and the “Daily Value” used on food labels is 6 micrograms (the 1968 RDA).

The form of iron in plants is poorly absorbed and subject to inhibition by teas, coffee, cocoa, and calcium. However, vitamin C and other substances in fruits help increase the absorption of plant-source iron. The recommended intake for vegetarians is 1.8 times the intake for non-vegetarians, which for

continued on page 2

Fast food habits bring weight gain, insulin resistance

Fast food eating has increased greatly over the last three decades, but its effect on weight gain and insulin resistance has had little note until recently.

Researchers reporting in *The Lancet*, a leading British medical journal, took 3,031 subjects who were between the ages of 18 and 30 years old in 1985 and 1986 from the CARDIA study and followed them closely for 15 years. They wanted to find out how much weight they gained and how much their insulin resistance increased from eating fast food.

Interestingly, they found that white women had the lowest rate of fast food eaten (about 1.3 times a week), while other sex and racial groups were higher (about twice a week).

Those who ate more frequently at fast food restaurants gained approximately 10 pounds during the 15 year follow-up period and increased their insulin resistance by two-fold. Fast food certainly does increase obesity and type 2 diabetes. [H]

Inside this issue...

Food as medicine	2
Be a protein-wise vegetarian	3
Information worth knowing	4
For older adults, get your omega-3 fatty acids up	4
Vitamins C and E are safe at higher doses	4
The Garden and the gardener	5
Urinary herbs	5
Food of the month—perch	5
Power of words	6
Are our children really healthy?	6
Case of the month	6
Special discounts	7
Upcoming events	8
Tomato peel added to tomato paste enhances nutrients	8

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Nutritional Medicine

by Ron Hunninghake, M.D.

Food as medicine

"Let food be thy medicine, and medicine thy food."

- Hippocrates, 400 B.C.

Intuitively, we all know that the answer to the great questions regarding health and disease are to be found in food. Yet, there is an inner part of us that resists.

The prospect of dietary change is enough to bring the most resolute of us to our knees. Like the toddler whining: "I want to eat what I want to eat...even if I know it's bad for me!"

Add to that the even greater challenge: not knowing what is good and what is bad in the realm of diet! (Nothing is more contentious than this pervasive question: "What should we eat?")

The Riordan Approach (TRA) brings some needed solace to this disquieting arena. TRA invites us to surrender our dietary dogma and become co-learners. Co-learners enter into a relationship with a guide or medical preceptor to learn to be a better "food observer."

Individualized responses to foods are the initial challenge. Use of the Bio-Center Lab and the cytotoxic test is an

excellent starting point. Other tests can help you IDENTIFY THE CAUSES of your system's poor digestion and mis-handling of food and nutrients. Learning about whole foods and incrementally applying that knowledge is whole person healing. Choosing healthier foods is a cumulative skill. The color code can serve as a guide for you to recreate the low glycemic, high fiber, good fat, and high antioxidant diet of our ancestors in your daily journey to better food choices.

Food is life. Life means choices. Good choices bring the good life. Nature is the great healer. It is our nature to heal. Hippocrates created the concept of *vis medicatrix naturae*—"the healing power of nature." We can align ourselves to this nature and choose our foods well, or we can assert that we are above nature and eat whatever we want.

The top ten causes of death, excluding accidents and suicides, can be attributed solely to eating habits. We can choose "junk foods" or we can choose "whole foods." I exhort you to own that choice every day. [H]

Vegetarian eating—Cont'd from page 1

adult vegetarians translates to 14 mg per day for men and 32 mg per day for menstruating women. Good sources include tofu and other soy foods, beans, nuts, seeds, meat substitutes, some sea vegetables, fortified cereals, and wheat germ.

Calcium stands out in milk and fortified soymilk but is less abundant in plants. The best plant sources are green leafy vegetables, broccoli, almonds, almond butter, sesame seeds, sesame butter, tahini, fortified cereals and juices, corn tortillas made with lime (calcium carbonate), tofu made with calcium sulfate, and soybeans. Canned fish with bones, such as sardines or salmon, are also good sources. The RDA is 1000 to 1200 mg per day for adults.

Riboflavin is prominent in milk, eggs, almonds, nutritional yeasts, fortified cereals, enriched grain products, mushrooms, sea vegetables, fortified

soymilks, and wheat germ. The RDA is 1.3 mg for men and 1.1 mg for women. Omega-3 fatty acids are rich in fatty fish. Milk and ordinary commercial eggs are modest sources, but eggs with enhanced (more natural) omega-3 levels are now widely available. Plant sources include soybeans, tofu, walnuts, flax seeds (best used as a meal), and chia seeds. Piñon or pinyon nuts from the American southwest are a good source but not the more commonly available pignoli or pine nuts from the Mediterranean area. Canola oil, soy oil, and flax oil are less recommendable sources because, like all oils, they lack the broad range of nutrients found in whole foods.

Vitamin D can be obtained from adequate sunlight exposure, roughly 10 minutes per day on the face, hands,

continued on page 3

and forearms of light-skinned persons for much of each year (at the middle latitudes of the U.S.). Those with little sun exposure need dietary sources or a supplement. Fish and shellfish are the richest of the few natural sources. Milk is fortified with vitamin D, and egg yolks and mushrooms have modest amounts. For vegans the most common dietary sources are fortified cereals and soymilk, or supplements. The natural form of vitamin D is labeled vitamin D₃ or cholecalciferol, but D₂ or ergocalciferol is also used sometimes. The commonly recommended adult intake is 200 to 600 IU (5 to 15 micrograms) per day, though some authorities now recommend 800 IU (20 micrograms) per day.

Protein is rich in most animal foods, and it used to be thought by many that vegetarians would be deficient. Now there is little concern, except for vegan toddlers and children who have high protein needs and for vegetarians consuming substantial non-whole foods such as sugar, honey, added fats, white flour, and rice. Also at risk are sedentary or elderly vegetarians with low calorie needs and vegetarians on low-calorie diets. Elsewhere in this issue, Rebecca Kirby discusses vegetable sources of protein.

A few cautions seem in order, especially for some teens and others who try vegetarianism in a casual or uninformed way. Our poorest, non-whole foods can qualify as vegan, namely added sugars, added fats, and refined grains. These are the major ingredients in all "junk" foods. The mere avoidance of animal foods is no recipe for good nutrition. Further, the two staples of most vegetarians, grains and legumes, were never widely consumed until our development of agriculture, a recent event in biological time. Because of biochemical individuality, it seems unwise to assume that everyone is well adapted to vegetarianism, especially veganism.

Vegetarian diets can promote superior health, and they may be recommended for good reasons. But, just like non-vegetarian diets, they can be done either well or poorly. The difference lies in knowledge and good choices within the beliefs, preferences, and needs of each individual. H

HEALTH HUNTERS AT HOME

Be a protein-wise vegetarian

by Rebecca K. Kirby, M.D., M.S., R.D.

Let's talk about protein and vegetarianism. This is where we dispel the misconception that vegetarians cannot get enough protein. The Food and Nutrition Board recommends that Americans get about 10% to 35% of their calories from protein. On average Americans tend to get about 15% to 16% of their calories from protein or about 100 grams daily. If you weigh about 150 pounds, you need at least 60 grams of protein daily.

Beans (legumes), vegetables, whole grains, and even nuts, are good sources of protein. As a smart vegetarian, if you choose whole foods, you will be able to get plenty of good protein. For example, only 1/2 cup of beans like black beans or pinto beans has 7 to 8 grams of protein. Check out the following table to see how much protein is in a serving of different foods. It includes the amounts in eggs and dairy for lacto-ovo-vegetarians.



You can't eat junk food or just grains all day and then a salad at night and be a healthy vegetarian. Over the course of the day you must consume a variety of vegetarian sources of protein in order to provide all the amino acids that your body requires.

Combining a plant protein that is low in one amino acid with another plant protein that is high in that amino acid will provide a complete protein source. These are called complementary proteins and must be consumed over the course of the day, although there are many ways to prepare and eat these complementary proteins in the same meal. In fact, most cultures have developed over the ages ideal complementary protein meals or dishes. Some examples are listed in the table. (Do you see one of your family traditions among the meals?) Vegetable protein can also be complemented well by using dairy (milk, cheese, or yogurt) and eggs.

Proteins in Foods

- 1 serving of grains = 3 g
- 1 vegetable serving = 2-3 g
- 3 ounces of tofu = 13 g
- 2 Tablespoons of peanut butter = 8 g
- 1/2 cup of beans = 7 to 8 g
- 1 ounce of nuts = 5 g
- 1 serving of milk/dairy = 8 g
- 1 egg = 6 g

The proteins we eat are made up of amino acids. Some amino acids are essential in the diet, meaning that we have to eat them because our body cannot make them. Our bodies need all these essential amino acids every day in order to build and repair tissue and to make enzymes, neurotransmitters, hormones, and antibodies, plus maintain fluid balance.

Animal sources of protein are the most complete in providing all the essential amino acids in the appropriate proportions for the body to use. Vegetable sources of protein are limited or low in one or more amino acids; that is why being a smart vegetarian is important.

Traditional Complete Protein Meals

- Beans (black, red, etc.) & rice
- Corn tortillas & beans
- Rice & tofu
- Bread & peanut butter
- Beans & cornbread
- Lentils & chapattis
- Chickpeas & sesame butter (humus)
- Macaroni & cheese

The benefit is both gustatory, as well as healthy, to combine grains (wheat, rice, corn, barley, or rye) with legumes (all kinds of beans and peas, including soy, lentils, or black-eyed peas). Or combine those legumes with nuts (almonds, walnuts, or cashews) and seeds (sesame or sunflower seeds). However, even if these plant proteins are not combined in a single meal, but consumed over the course of the day, you will be able to provide your body with all the essential amino acids that it needs for protein building. H

INFORMATION WORTH KNOWING

Do you believe that illness is caused by a single factor? Sidney MacDonald, M.D. discusses that belief in his book, *Detoxification and Healing*. The difference between Standard Medicine and Integrative Medicine is described in the search for optimal health. Integrative Medicine knows that health is sustained by a state of balance between many factors, such as genetic, physiologic, psychological, developmental, and environment. When there is a health problem, then it is helpful to look at all factors, not just physiological. Medical specialists are trained in detail about a specific body system such as heart or kidney. They know a great deal about one specific area. In Integrative Medicine the emphasis is on how things work together so the patient can find out how her/his whole system is functioning. Integrative Medicine makes a functional assessment with the understanding that the diagnosis is the name, not the cause, of the patient's illness. The questions this month are taken from his book.

1 There are only two places in the body where the cells have remained undivided and unchanged. One place is in the _____.

- a. brain
- b. skeleton
- c. nose
- d. none of the above

2 Our entire body is made up of about _____ cells. All of your bodily processes take place inside of cells or on the surface of cells.

- a. 300 billion
- b. 600 billion
- c. 100 trillion
- d. 900 trillion

3 The fertilized egg is lost as it divides into two, and the division process continues indefinitely.

- a. True
- b. False

4 Dysbiosis refers to an imbalance of the germs that live in the _____.

- a. nail bed
- b. cardiovascular system
- c. intestinal tract
- d. none of the above

5 People with celiac disease suffer when they ingest this substance. Doing an experimental three-week trial by removing _____ from your diet can uncover this as being the cause of the problem.

- a. gluten
- b. tannic acid
- c. lactose
- d. all of the above

6 Fatty acid supplements can be very beneficial in helping with the detoxification/healing process. Depletion of fatty acids can result in changes occurring in the _____.

- a. skin
- b. hair
- c. fingernails
- d. all of the above

7 Dietary fats enter the fat storage and cell membranes without being altered. If you eat chicken fat, your fat reflects the fatty acid composition of the chicken.

- a. True
- b. False

• FOR ANSWERS, SEE PAGE 7 •

For older adults, get your omega-3 fatty acids up

Omega-3 fatty acids, when compared to omega-6 fatty acids, are important to all of us, but especially to older adults. Omega-3 fatty acids are found in salmon and other cold water fish while omega-6 fatty acids are found in the saturated fats of pork and feedlot raised beef.

A research study recently reported in *The American Journal of Clinical Nutrition* tells us that, "A higher ratio of omega-6 to omega-3 fatty acids is associated with lower [bone mineral density] at the hip in both sexes."

A higher bone mass density is important to both older adults as well as younger adults. This is another reason why you should try to eat fish a couple of times a week and/or supplement omega-3 fatty acids in your diet. Omega-3 fatty acids help keep your bone mass density readings up where you want them. [H]

Vitamins C and E are safe at higher doses

In spite of what the FDA may suggest as limits for taking vitamins C and E, recent research completed by an international group of researchers offers higher recommendations.

John N. Hathcock, from the Council for Responsible Nutrition, Washington, DC, the lead researcher in this article, and his colleagues from the United States and European universities, found that vitamin C was safe for use in doses of 2000 mg with only occasional gastrointestinal disturbances and mild cases of diarrhea.

For vitamin E, his group found that doses up to and equal to 1600 mg a day were safe to use. Their evidence was based on many clinical trials over the years.

The Center physicians may suggest even higher doses than these upper limits based on the individual's bowel tolerance levels and the individual's needs. [H]

When people are serving, life is no longer meaningless.

—John Gardner

The Garden and the gardener

by Melvin D. Epp, Ph.D.

In every gardening season there is a vegetable that is very special. I define "special" as a vegetable that is never served often enough, nor is the serving size sufficiently large. That special vegetable in early spring has to be asparagus.


Asparagus is native to Eurasia and grows wild in seaside dunes along the Mediterranean Sea and the British Isles. The Macedonians are credited with its domestication about 200 B.C. It is assumed that English colonists brought asparagus to North America. Thomas Jefferson cultivated it in his gardens at Monticello.

Four states, California, New Jersey, Washington, and Massachusetts grow over 90% of the asparagus shipped to fresh markets in the U.S. Asparagus first appears at markets in February, when the earliest crops are picked in California. The peak months are April and May, but the growing season extends into July in the upper Midwest and East.

Asparagus is one of the most nutritionally well-balanced vegetables. Noteworthy is its low level of calories—only 20 per 5.3 oz. serving. It contains no fat or cholesterol. It is low in sodium (<5 mg/5.3 oz.) and a good source of potassium (>400 mg/5.3 oz.) and dietary fiber (3 g/5.3 oz.). But the real nutritional bonus is its levels of folacin and glutathione. A 5.3 oz. serving contains 60% of the U.S. Recommended Daily Allowance of folacin (folate). Asparagus is one of the richest vegetable sources of glutathione, one of the most potent anticarcinogens and antioxidants found within the body.

Asparagus can be prepared by steaming, stir-frying, boiling, microwaving, and roasting. Large spears can be grilled over a low flame and embellished with a brushing of garlic olive oil.

The first amino acid to be isolated from its natural source, asparagine was purified from asparagus juice in 1806; proof of the occurrence of this amino acid in proteins was obtained in 1932.

Others must enjoy asparagus as well. The 20th annual Stockton Asparagus Festival was held April 22-24, 2005, in downtown Stockton, California. 

Herbal History

by Chad A. Krier, N.D., D.C.

Urinary herbs


In this issue I've decided to talk about some of the more common herbs used in the healing of urologic conditions. They are used to promote cleansing (diuresis), fight infection (antimicrobial), and promote healing (demulcent). Using these herbs in conjunction with adequate hydration can prove quite useful in battling urinary tract infections.

Arctostaphylos uva ursi (Bearberry, Uva ursi, or upland cranberry) has antimicrobial properties that have proven useful in the treatment of urinary infections. The antimicrobial component is best activated in alkaline urine. Hence, the herb may work best while consuming a highly vegetarian diet or in conjunction with some bicarbonate (alkali mixture). The tannins in *Arctostaphylos* give this plant an astringent action (tannins tighten), tonifying and strengthening the urinary system. *Arctostaphylos* is also a useful adjunct in the treatment of renal calculi (stones) and gravel.

Barosma betulina (Buchu) is a stimulating diuretic (stimulates the kidneys to excrete wastes). It is best indicated for cystitis (bladder inflammation) with abnormally acidic urine, increased urinary frequency, with little relief from voiding, and with mucopurulent urinary discharge.

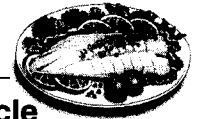
Zea mays (Corn silk) contains mucilages and allantoin, which exert demulcent (protective coating) and vulnerary (tissue healing) actions on the bladder. Corn silk also acts as a diuretic while containing high levels of potassium salts. Therefore, it's considered to be a potassium-sparing diuretic.

Usnea barbata (Old Man's Beard) contains usnic acid which acts as an antibiotic. Usnea also contains immunostimulating polysaccharides which enhance the antimicrobial effect of the herb.

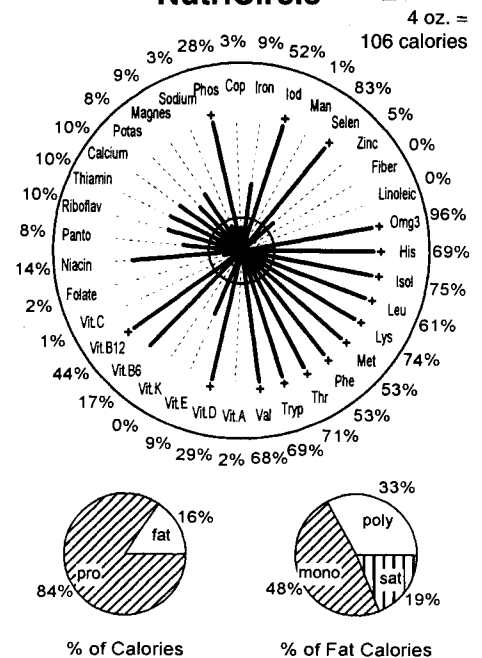
Many of these herbs are found in the UTI formula by Wise Women Herbals. I find this formula very effective in the treatment of bladder infections. 

Food of the Month


by Donald R. Davis, Ph.D.



NutriCircle



PERCH from the Atlantic Ocean are sometimes called redfish. They swim in schools in deep waters of the north Atlantic and are slowly recovering from drastic over-fishing that began in the 1930s. Atlantic perch also live and are farmed in the Pacific Ocean, where there are also many species of Pacific perch. Atlantic perch have a sweet, mild flavor and light-colored flesh. They are rich in omega-3 fatty acids, amino acids, phosphorus, iodine, selenium, and vitamins D, B₆, and B₁₂. A small, 4-oz. serving contains 17% to 96% of the RDAs for these 16 nutrients, plus adequate amounts relative to calories of 10 others 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.

Power of words

It's getting to be the time of year for class and family reunions. Recently, my mother and I attended a family reunion in Oklahoma. There were elderly aunts, cousins, and kissing cousins from all over in attendance. Several hours were spent in getting to know each other again and reminiscing about old times.

We even had a few people there who were not relatives. One man in particular said he had to be there because the Taylor and Lake families had been so good to him. He told several good stories about the various relatives. He told me that my father had given him his first job with a man's pay. My dad hired 14-year-old Bill and his twin brother to help with harvest and paid them the same as he paid the other men. It really



meant a lot to him that my father had acknowledged the worth of his labor.

I reminded him that he and his brother used to carry me around so I wouldn't get stickers in my feet. They were my heroes. They were the first to know that I was going to get a baby sister. This was before even my folks knew. About eight months later I had a new baby sister just as they had been informed.

Anthony Robbins said, "The way we communicate with others and with ourselves ultimately determines the quality of our lives." I hope you communicate with others in such a way as to improve the quality of your life and the lives of those with whom you communicate. [H]

CENTER UPDATE

Are our children really healthy?

The infant mortality rate has declined from 26 children per 1,000 in 1960 to 7 per 1,000 in 2003. For children under five, the mortality rate has dropped from 30 per 1,000 in 1960 to 8 per 1,000 in 2003. These children are less likely to die because we are immunizing them against serious infectious diseases. Sounds good, doesn't it.

"Should these facts be reassuring? Are correct measures being used to evaluate child health? If not, how should a child's health be assessed? In fact, by other standards, U.S. children are not doing so well. International comparisons show a significant lag behind other industrial and even some transitional countries," said Ruth Stein, M.D., and colleagues in an editorial for *The Journal of the American Medical Association*. This is why:

- In 1960, 11 nations had infant mortality rates lower than the U.S.
- In 2003, 40 countries had infant and child mortality rates

better than or equal to the U.S.

- Surveys of health behaviors among teens in 28 countries placed the U.S. in only 16th place for their health.

This isn't too good, but there is more. "The growing evidence that major health problems among adults may be preventable or greatly diminished by early interventions provides important additional reasons to think more creatively about measuring children's health and understanding the major pathways that shape good health..." she continued.

Here at The Center, we believe that eating whole foods from early childhood is a good place to start. By eating whole foods, children will have a better opportunity to keep themselves healthier in adulthood and lower their expensive medical services through their later years. Whole foods is the first key to better health, not only during childhood but continuing into the senior years. [H]

Case of the month

This patient had been coming to Lunch and Lectures for at least two years before becoming a patient. In March, he came to The Center for a clinical evaluation at the age of 62 years. In addition to extreme back pain, he had allergic rhinitis, arthritis, obesity (he had gained 80 pounds in about a year when he first had the back problem), and sleep apnea.

He had retired early from dentistry because of the back pain from a bulging disk in his neck. He had been offered a neck fusion surgery in the joint, but he refused it. He was controlling the sleep apnea by wearing a CPAP machine during the night.


Dr. Krier suggested he consider Prolo therapy, started him on Quercetin with bromelain before each meal to help control his allergic reactions, and suggested a diagnostic chelation, which he did.

In three weeks, he came back to discuss his laboratory results with Dr. Kirby. He said that he started using the results from the initial cytotoxic list and that helped. He wants to do the second list of 90 foods and herbs to find out what additional foods and herbs to which he may be sensitive.

Dr. Kirby suggested he could use canola oil to improve his monounsaturated fats, continue taking 50 mg of DHEA daily, and take Beyond C three times a day in water. She also suggested that he start using fortified flax meal in cereal to give him alpha linolenic fatty acids, that he avoid partially hydrogenated fats, and that he restart taking bilberry capsules.

In just three weeks he said that he was feeling better. The sleep apnea was controlled, he had lost a little of the 80 pounds he had gained, and even though he can't walk or run outdoors he can walk the treadmill for 30 minutes a day, three times a week. He realizes that he needs to lose more weight so that he can walk outside and even get back to running again. He is still worried about diabetes and heart disease since it runs in his family, but if he keeps losing weight and using the information he gains at The Center he will do well. [H]

Answers from page 4

- 1 a. The cells in the brain remain intact from infancy until death. The other place cells remain undivided is the immune system.
- 2 c. All cells come into being because of division rather than multiplication, beginning with the fertilized egg.
- 3 b. At some point certain cells take on specialized functions as guardians of the essential self.
- 4 c. For example, a course of antibiotics can produce longstanding disturbances in the balance of the friendly and unfriendly population of germs.
- 5 a. Although other food allergies may play their part, gluten can play a significant role in digestive and biochemical problems as it does in celiac disease.
- 6 d. There are three roles of fatty acids—energy storage, waterproofing cell membranes, and hormone synthesis.
- 7 a. Unlike proteins and carbohydrates, fatty acids come to the body by a very direct path without being broken down. The fat you eat is the fat you have. 

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 Learn how The Center has successfully helped co-learners with sustained illnesses. Doctors discuss The Center's approach to relieving fibromyalgia.

LEARN THE HEALTHY AND SMART WAY TO EAT VEGETARIAN

with *Donald R. Davis, Ph.D. & Rebecca Kirby, M.D., R.D.*
 Vegetarians tend to be healthier than others, but some vegetarian diets can be very poor. There are a few pitfalls to avoid. Learn about healthy vegetarian choices and protein smarts.

IF YOU'RE SQUEAKY, YOU MAY BE LEAKY: A Naturopathic Approach to Leaky Gut Syndrome

with *Chad Krier, N.D., D.C.*
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Upcoming Events. . .

6/17 - Garden Party Open House
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Tomato peel added to tomato paste enhances nutrients

Tomato peels are normally thrown away when making tomato paste. But researchers, reporting in a recent issue of *The Journal of Nutrition*, found that if one adds just six percent of finely chopped tomato peels to tomato paste, one gets more lycopene and beta-carotene than the classic tomato paste.

They found that the tomato paste with tomato skin had 58% more lycopene than the classic tomato paste without the skin added. They also found 1.75 mg of beta-carotene per 100 g of tomato paste with the skin added—99% more than the classic tomato paste.

- **Healthy and smart
vegetarian eating**
- **Be a protein-wise
vegetarian**
- **Are our children really
healthy?**
- **Vitamins C and E are safe
at higher doses**

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