

# Health Hunter<sup>®</sup>

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NEWSLETTER

MAY 2006

## Solved, the riddle of fibromyalgia

by Ron Hunninghake, M.D.

**A**n estimated three to six million Americans suffer from fibromyalgia and chronic fatigue. Most of them are treated by standard physicians who treat the symptoms rather than look for the underlying causes as we do at The Center.

The American College of Rheumatology defines fibromyalgia as "...the presence of unexplained widespread pain or aching, persistent fatigue, generalized morning stiffness, non-refreshing sleep, and multiple tender points." This definition leaves fibromyalgia up to the individual rather than the doctor to classify.

*At The Center, we take a different approach to people diagnosed with fibromyalgia.*

The College adds that fibromyalgia is "part of a wider syndrome encompassing headaches, irritable bowel syndrome, dysmenorrhea, cold sensitivity, Raynaud's phenomenon, restless legs, atypical patterns of numbness, exercise intolerance, and complaints of weakness. The anxiety and depression associated with fibromyalgia could well be caused by physical conditions." The syndrome of fibromyalgia and its associated fatigue are persistent, often lasting for years and even decades.

One of the cruel ironies of fibromyalgia is that the patient suffering from this illness does not appear as sick and debilitated as she (nine out of ten fibromyalgia patients are women)

actually is. This fact, coupled with an unclear understanding of the cause or causes of fibromyalgia and lack of an effective treatment, have led many physicians to view fibromyalgia as primarily psychosomatic..."It is all in your head."

Antidepressant medication is the number one prescription given to those seeking help for fibromyalgia, followed by anti-inflammatory pain medications, muscle relaxants, sleep aids, and finally narcotics. The debilitating aspects of this illness are often compounded with the side effects of multiple symptom-suppressing medications.

At The Center, we take a different approach to people diagnosed with fibromyalgia.

### The Riordan Approach

The breadth and complexity of fibromyalgia suggests that a more comprehensive approach is needed in identifying the underlying causes of this sustained illness rather than just treating the symptoms. By caring for the whole person as an individual and characterizing her/his biochemical uniqueness, the Riordan Approach, as practiced at The Center, creates realistic hope in otherwise hopeless cases.

The Center's in-depth evaluation identifies correctable nutrient deficiencies, hidden causes of inflammation, digestive dysfunctions, endocrine abnormalities, food sensitivities, environmental toxins, chronic infections, structural issues, and thyroid/adrenal disorders. Correcting these imbalances in the context of the whole individual —

*continued on page 2*

## Restricting calories keeps heart healthy

Caloric restriction over a long time appears to slow heart function decline, according to a paper by T. E. Meyer and colleagues that appeared in the *Journal of the American College of Cardiology*.

There were 21 men and four women with a mean age of 53 in the case study group and the same number, age, and sex in the controls. The cases followed a nutritionally balanced, restricted calorie diet (around 1,670 calories per day) for three to 15 years. Controls ate a Western diet with about 2,445 calories.

The cases had a lower mean body weight and lower body mass index than the controls. Also, the cases who stuck with the restricted-calorie diet had a significantly lower systolic and diastolic blood pressure, concentration of blood serum C-reactive protein, tumor necrosis factor A, and transforming growth factor B1 than did the controls. <sup>[HI]</sup>

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Leadership

*A leader is a dealer in hope.*  
~ Napoleon Bonaparte

Life, by its nature, is fraught with frustrations. The human imagination, in all its greatness, is oft too good, seeing possibilities beyond resources; dreaming could-have-beens that weren't; hungering for distant visions ever receding. Friendships dashed on the rocks of unintended consequences. Contracts...broken. Promises...betrayed. Hope...left awash in a sea of tears.

One of the greatest disappointments in life is a chronic, disabling illness like fibromyalgia. Slowly everything, it seems, is taken from you: the freedom to go and do what you want; your ability to work at full capacity; even your enjoyment of the simple pleasures of life, like going for a walk in the park. Doctor and medicine bills begin to pile up. Sick leave is exhausted. Your family tires of caring for you and may even question your intent to get well. You grow to doubt your body's ability to heal. Each day brings new facets of misery and despair.

Then, you hear of someone who recovered from what you have. You learn which doctor they saw, what they did, and how long it took for them to get well. You make up your mind to see that doctor. Is he (or she) for real?

### *Fibromyalgia—Cont'd from page 1*

body, mind, and spirit—can produce striking improvements in an illness that otherwise confounds conventional disease management.

### **The Lowe (T3) Thyroid Protocol**

Doctor John Lowe has published a landmark 1200-page textbook, *The Metabolic Treatment of Fibromyalgia*, with hundreds of references that document a syndrome of "euthyroid hypometabolism." This means that in spite of normal thyroid blood testing, the metabolism is inadequate.

Having treated over 700 people with fibromyalgia since the year 2000,

Does he know what he's talking about? Is this just another false hope, another new frustration?

This doctor turns out to be someone different. He listens to you carefully. He listens beyond symptoms...he looks for their underlying causes. He carefully checks your biochemical reserves. He objectively tests his theories as to why you aren't healing. He treats you as a whole person, recommends whole foods, and enlists the healing power of nature. He invites you to be a co-learner, a partner in the healing process.

In short, he is acting as a leader. As so well stated by Dwight Eisenhower decades ago: *leadership is the art of getting someone else to do something you want done because he wants to do it.* Your doctor wants you well, but he knows he can't do it for you. He also knows that your faith in your own ability to get well has been shaken. That is where his leadership comes in. The good doctor does not try to heal you; he leads you in the direction of better nutritional choices, individualized healthy alternatives, and wellness behaviors, which, taken together, evoke the innate healing mechanisms of your body.

Your doctor can lead you to the doorway of better health, but you must be willing to walk through it. With hope, you can take that first step. [H]

The Center physicians have noted that the vast majority of these people exhibit signs and symptoms of hypothyroid (low thyroid) function in spite of normal thyroid blood tests. Scoring the thyroid blood test as a school paper, you can have anywhere from an A to a D- for your thyroid and still appear within the normal range, but if you get a D on your thyroid test, as with your school paper, you have a very low score.

Chronic low metabolism gives rise to the fatigue, pain, and multiple organ symptomatology so commonly found in fibromyalgia patients. Dr. Lowe found

*continued on page 3*

that 89% of fibromyalgia patients had one of three forms of thyroid dysfunction: primary hypothyroidism, central hypothyroidism, or thyroid hormone resistance.

Like The Riordan Approach, Dr. Lowe recommends the correction of ALL definable imbalances, including an improved whole foods diet and the regular use of a moderate exercise program. To this foundation, he adds a thyroid-improving protocol that features the judicious use of a bio-identical thyroid hormone called liothyronine, often abbreviated "T3."

The thyroid gland makes predominantly levothyroxine (T4) that must be converted to T3 before it can appropriately stimulate thyroid hormone receptors on the nucleus of all cells in the body. People with fibromyalgia either do not make enough T3 or their cellular receptor sites are "resistant" to T3. (This is similar to insulin resistance in type 2 diabetics.)

The Lowe protocol involves the careful use of T3 in escalating doses to "up-regulate" and unblock the T3 receptors in the cell. At the proper (and safe) dose, which is unique to each patient, the metabolism begins to work properly again and the fibromyalgia symptoms diminish.

### Conclusion

Fibromyalgia is a complex disorder for each individual person. The Center and its physicians consider each co-learner as an individual and treat her/him with what the laboratory tests show she or he may need and what the physicians feel may be necessary based on the physician's background. The physicians work with each other so that each co-learner has a chance to benefit from all the physicians even though she/he sees only one physician.

The Center strives to get each person with fibromyalgia back to working the best that she/he can whether it takes weeks, months, or years. [H]

Invite a friend to a Lunch & Lecture to share the fun, good food, and beneficial information in a relaxing atmosphere.

## HEALTH HUNTERS AT HOME

### Will lower calorie diet help you live longer?

That is a good question—will a lower calorie diet help you live longer? Until the April 5 issue of *The Journal of the American Medical Association (JAMA)* came out, there was no information about humans available.

There was information about mice and monkeys available, but none on humans. The results on mice and monkeys were quite revealing, though.

For instance, researchers discovered that both mice and monkeys lived longer on a reduced calorie diet than their fellow mice and monkeys did by eating a regular diet. This started back in the 1930's, maybe even before, with a paper by McCay and Maynard entitled, "The Effect of Retarded Growth Upon the Length of the Lifespan and Upon the Ultimate Body Size," that appeared in a 1935 issue of the *Journal of Nutrition*.

The April 5, 2006, issue of *JAMA* presented a paper by Leonie Heilbronn, Ph.D., and colleagues titled, "Effect of 6-Month Calorie Restriction on Biomarkers of Longevity, Metabolic Adaptation, and Oxidative Stress in Overweight Individuals." The title is a mouthful and the conclusions are even more important.

This is the first paper that looks at humans to see the effects of lower calorie diets on longevity. Even though the paper covered just six months and had only 48 subjects in the study, the results reinforce the results on mice and monkeys and cry out for a longer study that includes more people.

"Since the pioneering experiments by McCay and Maynard (1935), it has been known that calorie restriction extends the lifespan of rodents and other lower species. However, little is known about the long-term effects of calorie restriction in humans," wrote Heilbronn and colleagues in the *JAMA* paper.

They went on to say that, "Our results indicate that prolonged calorie restriction [in humans] caused: (1) a reversal in 2 of 3 previously reported biomarkers of longevity (fasting insulin level and core body temperature);

(2) a metabolic adaptation (decrease in energy expenditure larger than expected on the basis of loss of metabolic mass) associated with lower thyroid hormone concentrations; and (3) a reduction in DNA fragmentation, reflecting less DNA damage."

The researchers first ran the 48 people in the research study through three different studies to establish a baseline calorie usage for each individual. They then divided them into four groups; (1) control group eating a baseline weight maintenance diet, (2) calorie restriction (25% calorie restriction of baseline energy requirements), (3) calorie restriction with exercise (12.5% calorie restriction with a 12.5% increase in energy expenditure with structured exercise), and (4) a very low calorie diet of 890 kcal/day until 15% reduction in body weight followed by a weight maintenance diet.

To assist the participants in maintaining their diets, they ate two meals at the diet center during the week with a third meal and a snack provided for them to take along with them. All diets were based on the American Heart Association recommendations. Those in the very low calorie diet group were provided up to five shakes a day until the participants achieved their target weight loss goals.

The researchers concluded by saying, "The results of this study show that prolonged calorie restriction by diet or by a combination of diet and exercise was successfully implemented as evidenced by reduced weight, fat mass, fasting serum insulin levels, and core body temperature. ...we observed that 'metabolic adaptation' develops in response to energy deficit in non-obese humans at 3 and 6 months leading to reduced [oxygen consumption] per unit of [fat free mass], even after weight stability is achieved."

These results do indeed show for the first time that humans, like mice and monkeys, do have a chance to live longer by eating less and exercising more. This is good news. [H]

—Richard Lewis



## INFORMATION WORTH KNOWING

Have you noticed that so many Americans have a protruding stomach? Have you noticed that you or someone you love has been getting a larger stomach? Recently, we saw a review of a book that had the attention grabbing title, *The Potbelly Syndrome*. This book was the work of Russell Farris, a man who spent 38 years problem solving for the Navy. When he was 40 years of age his doctor told him that he would be dead in ten years from a heart attack. He spent the next ten years exercising and dieting to improve his health and weight. Although he tried many diets and ran on a regular basis, he still suffered a heart attack. Mr. Farris decided to use that same problem solving ability to improve his health. He became a co-learner, in the true sense of the word (although not at The Center), in finding out what he could do to improve his health. During his studies he came across Per Marin, M.D., Ph.D., a scientist, physician, and clinical instructor who had been studying obesity and type II diabetes for over 20 years. With the knowledge Mr. Farris gained, he developed a plan to improve his health. He has shared a great deal of information that is commonly known, but he also found some amazing information that has helped him get rid of his "potbelly." The questions this month are taken from their book.

**1** Potbelly Syndrome (PBS) is comparable to various syndromes, including Syndrome X, Metabolic Syndrome X, and Dysmetabolic Syndrome X. From his research, Mr. Farris concluded that the X syndromes are caused by cortisol. He named his syndrome chronic subtle \_\_\_\_\_ syndrome or PBS.

- energy
- hypercortisolism
- hypocortisolism
- changes

**2** Main symptoms of PBS include high blood pressure, a small but long term production of excess cortisol and \_\_\_\_\_ obesity.

- childhood
- hip
- stomach
- mild

**3** Our adrenal glands produce three important stress hormones: epinephrin, norepinephrine, and cortisol. Cortisol is very seldom present in the bloodstream and it takes huge stressors to have an effect on our health.

- True
- False

**4** Our bodies are flooded with immune cells, cytokines, acute phase proteins, and cortisol. These substances keep us alive but can also contribute to \_\_\_\_\_ and feeling bad.

- weight gain
- lower cholesterol levels
- increased blood supply
- decreased blood supply

**5** Intracellular germs hide in our own cells making it difficult to diagnose and treat chronic \_\_\_\_\_.

- bronchitis
- kidney disease
- infections
- pregnancy

**6** There is a vicious cycle in which hypercortisolism plays a role in the development of atherosclerosis, and atherosclerosis plays a role in hypercortisolism.

- True
- False

**7** Every time a person's total stress exceeds the cortisol-release threshold, a pulse of cortisol is produced. In a healthy individual who has very little unhealthy stress in his/her life this happens about \_\_\_\_\_ times a day.

- two
- twenty
- thirty
- fifty

## High dose vitamin C is safe

"Scientists from the RECNAAC II project have published findings that verify the safety of high dose intravenous vitamin C. In this study, published in the *Puerto Rico Health Sciences Journal*,...a phase one clinical trial with 24 terminal cancer patients receiving between ten and sixty grams of sodium ascorbate daily for eight weeks, adverse effects were reportedly minor. "The results presented in this manuscript should allay fears about the safety of "megadose" vitamin C," said Dr. Joseph Casciari, co-author of the manuscript.

"This research comes on the heels of independent studies demonstrating efficacy of high dose vitamin C against tumor cells in experimental tumor models. Moreover, recently published case studies suggest that high dose intravenous vitamin C can be an effective clinical modality against cancer (RECNAAC II, March 2000, and National Institutes of Health (NIH), September 2005)."

*This was taken from a news release from The Center dated March 9, 2006.* [H]

## What is holistic medicine?

Holistic medicine is an approach rather than a technique. Here at The Center, the holistic approach starts with our meandering road and signs that ask that you destress to 25. The approach continues as you enter the Marge Page Dome and see the lettering that says "Some of the Most Wonderful People in the World Pass Thru this Dome." We believe that very strongly. The holistic approach is reflected in our very small waiting room, which is small because we don't expect to keep you waiting. We recognize that your time is as valuable as ours.

Our holistic medicine approach allows you, whenever you are ready, to become a co-learner — a true partner who understands that the holistic approach is not a quick fix, but a means for improving health for a period of years. [H]

• FOR ANSWERS, SEE PAGE 7 •

## Sustained-release L-arginine reduces blood pressure

Vascular endothelial cells line the blood vessels in a single layer thickness. It was originally thought to be a single layer of cells that was just a barrier between the blood and the vessel as a whole.

Then, three researchers, Robert Furchgott, Louis Ignarro, and Ferid Nurad, discovered that the endothelium generated nitric oxide. The nitric oxide generated by the endothelium which lines the blood vessels is a marvelous muscle relaxer and tends to relax the vascular smooth muscular cells that make up the blood vessels.

They were honored with the Nobel Prize in Physiology of Medicine in 1998 for their discovery. This discovery has resulted in thousands of papers being published on nitric oxide and endothelial function.

"This one-week study, utilizing a moderate dose of a sustained-release L-arginine formulation in 29 asymptomatic volunteers, demonstrated a statistically significant decrease in diastolic (the lower number of the two numbers) blood pressure of 3.9 points in the general study population," Alan Miller, N.D., wrote. The dosage was 1,050 mg of L-arginine twice a day.

This was a small study, just 29 people, but Dr. Miller learned quite a bit from it. For instance, he learned that 19 people had normal blood pressure and 10 people had borderline high blood pressure or frank hypertension. These 10 people showed a highly significant reduction of 10.6 points in their systolic (the higher of the two numbers) blood pressure.

"The reduction in systolic blood pressure in this group is on par with what is usually seen in therapeutic trials using prescription drugs, according to a recent meta-analysis of 28,436 patients in 11 clinical trials," wrote Dr. Miller.

Even though small in numbers of participants, the results from this study are significant. [H]

# Herbal History

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

## Burdock (*Arctium lappa*)

Burdock has long been a staple botanical among Naturopathic physicians who view its immune enhancing and liver supporting properties to be a vital part of one's health.

Europeans have long used this plant as food. The roots were dried and used in soups, while the green leaves were cooked as well. In Japan, Burdock has been eaten for about 1,000 years. It was brought into their country by Buddhist monks. The Japanese people traditionally used Gobo root for constipation, syphilis, mercury poisoning, paralysis, to stimulate blood circulation, and as a diaphoretic. The Pilgrims left records indicating that Burdock was one of the herbs they carefully safeguarded on their journey to the New World. This herb was deemed important because of its alterative properties (acts in a gentle and tonifying way to improve the quality of

the blood, increase the appetite, promote digestion, and accelerate the processes of elimination). In Naturopathic school we used to pickle the root and eat it as a healthy snack (quite tasty).

Burdock root contains high amounts of inulin and mucilage. This may explain its immune enhancing properties and soothing effects on the gastrointestinal tract. Bitter constituents in the root may also explain the traditional use of burdock to improve digestion.

Burdock has been shown to reduce liver damage in animal studies. The leaves, in particular, stimulate secretion of bile (choleric) which may account for its beneficial liver properties.

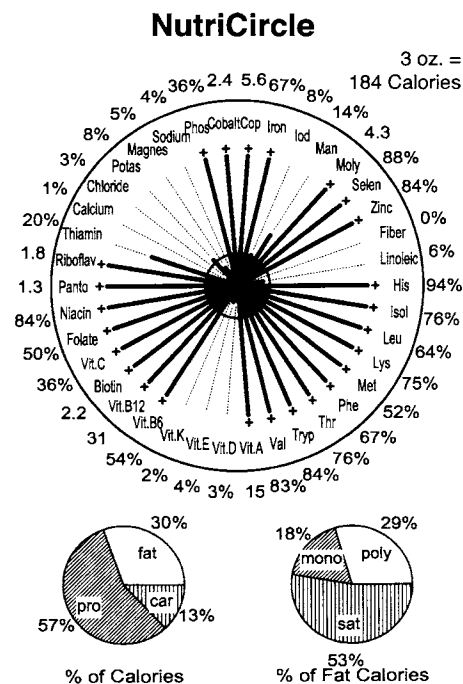
Further, *Arctium* stimulates white blood cells, giving *Arctium* an anti-microbial effect which makes it useful for treating acne and boils and, together with its diuretic effect, for treating cystitis. [H]



# Food of the Month

by Donald R. Davis, Ph.D.

**LIVER** is probably the most popular organ meat in the U.S., though not as popular here as in many parts of Europe and Asia. Recently, liver and other "variety meats" have become trendy at elegant restaurants in New York and San Francisco. Try it at home with sautéed onions for less cost than a tip at a restaurant. Calf's liver, shown here, is mildly flavored and very tender if not overcooked. It is also extraordinarily nutritious. A 3-oz. serving contains more than a full RDA of 8 nutrients (see vitamin B<sub>12</sub> and others with numbers with no percent signs). An additional 20 nutrients are at least adequate compared to calories.



# Mental Medicine

by Marilyn Landreth, M.A.

## Ice cream and cake

We recently celebrated my mother's 90<sup>th</sup> birthday with a big party in her hometown. As many of you know, she has been living with my family for the last three years. Reaching 90 has acted like a wonderful elixir for Mom. She has a spark in her eyes and a spring in her step. She kept thinking of people she wanted to invite to her party and wanted to make sure that we had enough ice cream and cake for everyone. What would a birthday party be without cake and ice cream?

Lucille Ball said, "The secret of staying young is to live honestly, eat slowly, and just not think about your age." I think for the most part Mom has done that and then all of a sudden she realized that she was 90 years of age.

A major event like a 90<sup>th</sup> birthday



is a time to acknowledge how unusual it is to reach that advanced age. It is also a time to celebrate all the accomplishments and connections the birthday person has made. Mom's grandchildren and great-grandchildren have a difficult time comprehending all the changes that have happened during her lifetime, such as electric power, supermarkets, space travel, the internet, and Medicare. With all those changes she still remembers the simple joy of springtime on the farm. That was the time of year that calves, lambs, chickens, ducks, and other farm animals were born.

Sydney Smith said, "Life is to be fortified by many friendships. To love and to be loved is the greatest happiness of existence." Don't wait for a major anniversary to celebrate your life and the lives of the ones you love. [H]

## Case of the month

Cancer is one of those diseases that can go either way—life or death. This patient is one of those who has lived. She was 51 when she came to The Center in August 2001 to see Dr. Riordan for an evaluation.

She had breast cancer when she came to The Center. She already had a lumpectomy so she was able to keep the breast but have the cancerous mass removed. She was also depressed, had tension headaches, irritable bowel syndrome, and was obese. She started intravenous vitamin C (IVC) the first day she came.

Dr. Ron Hunninghake has continued to work with her, and she is still a co-learner at The Center. She continues to receive intravenous vitamin C as of April 2006 to be sure the breast cancer does not return. She also continues to receive intramuscular B vitamins which she first received in December 2001. These injections are to combat her fatigue and stress factors.

Her breast cancer has been interesting. In November 2001, the results of a cancer antigen (CA) 27.29 test was 23.4 on a scale of 0.0 to 38.6 for normal. Dr. Hunninghake wrote, "this is still within normal range but it is wanting to drift up." This test was again run in March 2002, with the results now down to 14.3.

The test was run each year until January 2006. At this time the CA 27.29 was down to 8.7. The CA 15.3 had been added to the test and it was at 9.2, with a normal range from 0.0 to 32.4. These test scores were "great!" Dr. Hunninghake wrote her when he sent her the results of the tests.

When she came to see Dr. Hunninghake in February 2006, she had had a cough for six or seven weeks. He recommended Bee Propolis and Prolive, an antioxidant with olive leaf extract, for the cough. She gave up coke and replaced it with green tea. Her fatigue and stress factors were much less.

She is well on her way towards eliminating the tension headaches, irritable bowel syndrome, fatigue, stress, and, more importantly, the breast cancer. [H]

## CENTER UPDATE

### Walnuts protect against cancer and heart disease

Dr. Riordan would often suggest that a person try walnut tea for depression. To make walnut tea, one would take a cup of hot water and steep the meat of an English walnut in the hot water for three to five minutes and then drink the tea that was brewed. After the tea was gone, the person would eat the walnut. This was primarily for serotonin.

Now, a research group with the University of Texas Health Science Center at San Antonio has found another use for English walnuts and the melatonin contained in them.

"Relatively few foods have been examined for their melatonin content. Our studies demonstrate that walnuts contain melatonin, that the melatonin is absorbed when the walnuts are eaten, and that it improves our ability to resist oxidative stress caused by toxic molecules called free radicals," said Russel Reiter, Ph.D., professor of cellular and structural biology at the University of Texas Health Science Center.

One of the primary theories of aging states that aging and its associated degenerative changes are caused by free-radical damage. Melatonin, such as from walnuts, acts to consume free-radicals before they can cause harm in the body.

English walnuts also contain large amounts of omega-3 fatty acids. Omega-3 fatty acids are shown to inhibit certain types of cancer and, at the same time, are healthy for the heart.

Dr. Riordan knew that English walnuts contained serotonin and melatonin, but he also knew that they must contain more. That is why he not only had one brew tea and drink it, but eat the nut afterwards to get all the phytonutrients that the walnut contained.

Melatonin and omega-3 fatty acids are great, but as Dr. Riordan knew and Dr. Reiter is learning from his research, we do not know the half of what the English walnut has to offer us. They are delicious as well. [H]

Answers from page 4

- 1 b. Cortisol does an excellent job of canceling the effects of inflammation when we are younger and don't have many chronic infections.
- 2 c. Visceral fat (fat deposits located around our internal organs) accumulates in response to the hormone cortisol.
- 3 b. Cortisol is always present in the bloodstream. Small changes in stress levels produce even more cortisol. Over the years this can have a negative effect on our health.
- 4 a. The damage from chronic infections weakens our immune system. The more times we have an infection the worse we look and feel.
- 5 c. Each infection weakens our immune system and makes us more susceptible to more infections.
- 6 a. Diet, exercise, and cholesterol-lowering drugs may reduce how often the hypercortisolism/atherosclerosis cycle repeats itself but can't kill the germs that cause the cycle and keeps it going.
- 7 b. More cortisol is produced in people who have unhealthy stress or have infections. H

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; Health Hunter Price—\$7.16  
Video Tapes: Regular Price—\$14.95; Health Hunter Price—\$13.45

### THE POTBELLY SYNDROME

by Russell Farris and Per Marin, M.D., Ph.D.

Do you know what causes a person to develop a "potbelly?" After struggling with health issues, Russell Farris decided to use the skills he had used to solve problems for the Navy to solve his own heart problems. Soft cover.

Retail Price: \$17.95 Health Hunter: \$16.16

### FAD DIETS:

#### Truth or Consequences

with Rebecca Kirby, M.D., M.S., R.D.

The American diet industry generates about \$30 billion a year. Dr. Kirby discusses the pros and cons of popular diets and looks at the best strategies for healthy eating and weight loss.

### TREATING VARIOUS MENTAL AND BEHAVIORAL DISORDERS NATURALLY: The Pyrrole Test

with James Jackson, M.T.(ASCP), Ph.D.

Urine pyrroles have been found in schizophrenics, depressed or stressed adults, and learning disordered children. Some are related to problems caused by excess pyrrole excretion that depletes vitamin B6 and zinc. Dr. Jackson discusses the theory of pyrroluria and The Center's 30-year history with this test and various diseases.

### JUICING FOR HEALTH

with Chad Krier, N.D., D.C.

Juice up and perk up as we explore the world of fresh juicing. Learn about the healing and vitalizing powers that concentrated fruit and vegetable juices offer. Recipes included.

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Prices good through 2006.



# Upcoming Events. . .

## Lunch & Lectures:

### May:

- 11 Breathe Better; Feel Better
- 18 Ask the Doctors: Health Hunter/Beat The Odds Laboratory Testing
- 25 Do You Have Post Nasal Drip? The Role of Candida in Chronic Sinusitis

### June:

- 1 Trans Fats: and You Thought Lard Was Bad
- 8 Control Inflammation, Lose Weight, Look Younger
- 15 Organic Nutrition—More Than Nutrition?
- 22 Still Nuts About Nuts, 12 Years Later
- 29 Parasites—Nature's Hitchhikers: How to Avoid Giving Them a Lift

## Dog owners walk more than non-owners

In a recent study, Shane Brown and Ryan Rhodes found that dog owners walked longer than those who did not own dogs, at least in the Capitol Region District of Greater Victoria, British Columbia, Canada.

This random sample of 177 men and 174 women between the ages of 20 and 80 answered questions mailed to them asking about demographics, dog ownership, leisure time walking, and physical activity levels.

After the researchers analyzed this data, they found that the individuals walked their dogs an average of 300 minutes a week. Those who did not have dogs walked an average of 168 minutes per week, almost half as much as the dog walkers. This data was published in the *American Journal of Preventive Medicine*.

## INSIDE THIS MONTH'S ISSUE . . .

- Solved, the riddle of fibromyalgia
- Restricting calories keeps heart healthy
- Will lower calorie diet help you live longer?
- Walnuts protect against cancer and heart disease

### Health Hunter

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