

Health Hunter®

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NEWSLETTER

JUNE 1999

Alternative medicine 101

Ron Hunninghake, M.D.

Editor's Note: This is taken from a Grand Rounds presentation at Via Christi Regional Medical Center.

I want to open with a quote from an article by David Eisenberg, M.D., et al., in the November 11, 1998 issue of *The Journal of the American Medical Association*:

"Alternative medical therapies, functionally defined as interventions neither taught widely in medical schools nor generally available in U.S. hospitals, have attracted increased national attention from the media, the medical community, governmental agencies, and the public.

"A 1990 national survey of alternative medicine prevalence, costs, and patterns of use demonstrated that alternative medicine has a substantial presence in the U.S. health care system. Data from a survey in 1994 and public opinion poll in 1997 confirmed the extensive use of alternative medical therapies in the United States."

Eisenberg went on to point out that alternative medicine usage is:

- Not confined to any narrow segment of society
- More common in women
- Less common with African Americans
- Most reported in ages 35 to 49
- More common in college educated people
- More common in people with an income over \$50,000
- Predominantly in the western states

Alternative practitioners usually see their patients for an office visit,

treatment is often nutrients, and they pay for the services out-of-pocket. Insurance usually does not pay or pays very little. In 1997, these patients spent \$27 billion on these unreimbursed treatments.

...60% of the U. S. medical schools now offer courses in alternative medicine.

These patients also use standard physicians. Both the 1990 and 1997 surveys found that 96% of those patients who used alternative physicians also saw a conventional medical doctor in the prior twelve months.

These patients, though, often don't tell their standard doctor about the alternative physician visits or therapies because they fear ridicule and criticism from their doctor.

Even though change comes very slowly, the seeds of change are here today. For instance, 60% of the U.S. medical schools now offer courses in alternative medicine. Many hospitals offer complementary medicine services and programs. More health insurers are covering alternative therapy.

Change is also coming in the federal regulatory system. "In ten years, the Office of Alternative Medicine will be a thriving organizational entity working closely with other National Institutes of Health components and federal agencies, academic centers, private organizations, and the public to facilitate quality research that integrates complementary and alternative medicine and conventional healing approaches," said


continued on page 2

Hand washing remains first line of defense against infection, parasites

A recent outbreak of viral meningitis reported in the journal, *Public Health Reports*, points out the importance of hand washing as the first line of defense against infectious disease and parasites.

In this case, 139 children attending a day care center, center staff, and parents were found to be infected with the viral agent that causes meningitis and 21 actually had symptoms of meningitis.

The cause of the viral infection running rampant through the children, day care workers, and parents of the children was failing to wash their hands after changing diapers.

If you would like an excellent training tool to teach children, and incidentally adults, too, you can order The Center's award winning video "Creatures From Inner Space." It moves quickly to hold children's interest and emphasizes the importance of hand washing. 

Inside this issue...

Some interesting statistics	2
Mother Nature's candy	3
Potpourri	3
Information worth knowing	4
Bright Spot for Health Fair	4
Case of the month	4
My experience with alternative medicine	5
New England Aster, <i>Aster novae-angliae</i>	5
Food of the month—peaches	5
As time goes by	6
Oat-rich diet helps the heart	6
Drinking more cuts risk of bladder cancer in men	6
It is education, not estrogen, that protects against cognitive decline	6
Special discounts	7
Upcoming events	8
Fish oil supplements reduce bipolar symptoms	8

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Nutritional Medicine

by Ron Hunninghake, M.D.

Some interesting statistics

Here are some interesting statistics on the growth of alternative medicine since 1990. They are taken from the article by David Eisenberg, M.D., et al, published in the November 11, 1998 issue of *The Journal of the American Medical Association*.

	Number of Visits in Millions	
	1990	1997
Alternative Practitioners	427	629
Primary Care Physicians	388	386

This shows a dramatic growth in those seeking alternative therapists as opposed to conventional treatment.


Billions of Dollars Spent on Alternative Therapists

1990	1997
14.6	21.2

These are admittedly conservative figures.

Billions of Dollars Spent on High Dose Vitamins

1990	1997
0.9	3.3

These numbers represent dollars spent out of pocket and unreimbursed by insurance. 

Alternative medicine 101 - Continued from page 1

Wayne Jonas, M.D., former head of the Office of Alternative Medicine.

So, what is the force driving this growth in alternative medicine? It is patient demand. Medicine is becoming more and more patient driven.

As we enter into the information age, this explosion of information has turned into consumer demands:

- My RIGHT to KNOW!
- My RIGHT to TRY!
- My RIGHT to BUY!

It is the do-it-yourself mentality that grows out of dissatisfaction with the services available to them. Patients are demanding results.

Patients feel that there must be something more than just the "absence of disease." They believe that optimal health is achievable, that personal responsibility is the cornerstone of optimal health and that education and awareness are necessary to make progress toward this goal. The patients are wanting and taking more control of what happens to their bodies.

The core values of alternative medicine embrace all of these beliefs. Alternative medicine practitioners:

- Use natural remedies over artificial drugs
- Get to the root causes over treating symptoms

- Treat the person over attacking the disease
- Prevent illness over treatment after the fact
- Promote optimal health over mere absence of disease

Alternative medicine has come full circle. The alternative paradigm represents the re-emergence of the form of medicine developed by Hippocrates, the father of medicine—this is the empirical approach. By itself, this form of medicine is limited. But, in the context of modern medicine, it fills a void.

There will always be a need for acute care medicine. That is what conventional medicine does very well. But the void filled by alternative medicine deals with chronically ill patients. This alternative medicine does very well.

So, some people may ask, where does alternative medicine go from here? One answer may be that in 1978, the wellness movement in medicine was considered "fringy." Twenty years later, the wellness concept is mainstream and institutionalized.

Eisenberg's two articles in *The Journal of the American Medical Association* tell us a lot about the future medicine. He found that:

- Alternative medicine can no longer

continued on page 3

- be ignored
- There is a need to implement clinical and basic science research
- A relevant educational curriculum is needed in our schools
- There is a need to set credentialing and referral guidelines
- Quality control of dietary supplements needs to be improved
- Post-marketing surveillance of drug-supplement interactions needs to be established
- Both sides need to shift out of the "Us-Them" mindset

The patient is the customer and the patients are voting for alternative medicine with an increasing amount of dollars daily because they believe and have experienced an improvement in their journey to optimal health.

Wayne Jonas, M.D. says, "Alternative medicine is here to stay. It is no longer an option to ignore it or treat it as something outside the normal processes of science and medicine.

"The challenge is to move forward carefully, using both reason and wisdom, as we attempt to separate the pearls from the mud." [H]

Mother Nature's candy

When your sweet tooth is crying out to be fed, dried fruit may be the answer. Dried raisins, prunes, apples, figs, dates, and pineapple offer you the fiber along with potassium that comes with fresh fruit. In addition, dried apricots are a good source of vitamin A and beta carotene.

Dried fruit is easy to carry and often has the seeds removed. One thing to watch out for is added sugar. Sometimes the fruit is glazed with added sugar. Dried fruit is plenty sweet by itself. All the sweetness of the original fruit is condensed in the tiny dried piece.

How about calories, you ask?

Dried Fruit	Amount	Calories
Apricots	1/4 cup	110
Dates	5	114
Figs	2	95
Prunes	5	101
Raisins	1/4 cup	100 [H]

HEALTH HUNTERS AT HOME

Potpourri

Every now and then so much material comes in that I want to share with you that I elect to use this space. This way I can let you know a little about a lot of new information in the hope of piquing your interest to dig a little deeper.

A recent article in the *Journal of the Royal Society of Medicine* assessed chronic fatigue syndrome patients for B vitamins and found them lacking—especially in vitamin B6. Like so many researchers, they suggested more study in the hope of getting a larger grant.

* * *

The next study was based on nurses' observations in New York surgical wards. The nurses found that bowel surgery patients on a dairy based "full-liquid" diet recovered more slowly than patients on a "soft-solid" diet.

The outcome of the study found that a dairy based diet slowed recovery time from bowel surgery by as much as three days. The dairy free patient's hospital stay was typically \$6,751 while the average cost of those getting the dairy diet was \$10,337. That is a big savings in recovery costs and time in the hospital just to skip dairy foods.

* * *

Recently, a study in the *Archives of Internal Medicine* showed why it is important to get out of the hospital as quickly as possible. This study found that 11% of the admissions to the intensive care unit in the hospital are linked to prescription drug side-effects or complications from medical procedures. This number has remained unchanged since 1980. The researchers concluded that "despite 25 years of experience with high technology medicine, iatrogenic disease still has a negative impact on the health and resources of society."

Iatrogenic is defined in *Stedman's Medical Dictionary* as, "Resulting from, or in the course of, professional activities of a physician or surgeon..." In short, caused by the doctor or medication prescribed by one.

* * *

A Mediterranean diet can help prevent memory loss. In the May issue of the journal, *Neurology*, researchers said

that senior citizens who consumed diets high in monounsaturated fats (such as extra virgin olive oil) were less likely to experience memory loss when compared to those who ate little olive oil or other vegetable oil.

"It appears that high monounsaturated fatty acid intake, mostly present in vegetable oils and particularly in extra-virgin olive oil, the main fat of the Mediterranean diet, protect from age-related cognitive decline," the lead researcher wrote.

* * *

Here is a no-brainer. Many researchers say the link is already clear on the connection between the media and youth violence. Hundreds of studies done at the nation's top universities in the last 30 years have come to the same conclusion: that there is at least some demonstrable link between watching violent acts in movies and/or on television and acting aggressively in life.

In fact, the surgeon general has already completed two comprehensive literature reviews on the subject. The first was published in 1972 and an update came out in 1982. Both reports called television violence a contributing factor to increases in violent crime and antisocial behavior.

This is a hard one to crack because the media folk believe that money follows violence. They don't want their income to drop off. Maybe now they will listen.

* * *

The fact that folic acid can prevent birth defects remains relatively unknown by the general public. Less than 20% of the women of childbearing age know that folic acid should be taken before becoming pregnant to prevent neural tube problems such as spina bifida, according to a poll completed by the Gallup Organization for the March of Dimes.

As Dr. Riordan has said before, it would be cheaper to give every woman of childbearing age folic acid supplements than to treat one case of spina bifida. So get out there and share the word: folic acid is needed for women of child bearing age. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Have you been dieting for several years and still weigh more than when you started? For some people it seems like they are constantly depriving themselves of food. It usually doesn't work to deprive yourself. Ann Louise Gittleman, M.S., has written *Your Body Knows Best*, describing why some people may actually need more protein and the right kind of fat to regulate body weight. The questions this month are taken from her book.

1 In trying to create one diet to fit all we have not taken into account our _____.

- a. food cravings
- b. percent body fat
- c. uniqueness
- d. none of the above

2 We have tolerance levels for different foods. It has been reported that _____% of the world population suffers from intolerance to lactose (milk sugar).

- a. 90
- b. 70
- c. 50
- d. 10

3 Even when men and women engage in vigorous exercise and watch their diet, men lose body fat more easily than women.

- a. True
- b. False

4 In order to determine what diet is best for you, you must consider _____.

- a. your ancestry
- b. your blood type
- c. your metabolism
- d. none of the above

5 The Dominance Factor means that the effect of any food or nutrient has more to do with _____ than with the nutrient's innate properties.

- a. how it is ingested
- b. the system ingesting it
- c. time of day
- d. none of the above

6 After all the research has been studied, we now know that there is one diet that will "fit" everyone.

- a. True
- b. False

7 The _____ is considered the master regulator of metabolism and in a sense acts as an information transport system.

- a. autonomic nervous system
- b. oxidative system
- c. sympathetic nervous system
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

This 61-year-old woman first came to The Center in 1990 with fatigue, headaches, memory problems, concentration problems, sensitivity to light and smells, and food digestion problems.

In the initial evaluation, the laboratory work revealed a high indican level showing that her bowel was not processing food properly, high candida albicans indicating a presence of yeast, several food sensitivities, some amino acid imbalance, low vitamins A, C, B1, B2, and B3, and low zinc, copper, and chromium.

Progress came slowly as she began working with these problems. In addition to working to correct the above problems, she began a clinical trial of thyroid supplementation along with an adrenal support program.


A year later, she reported that her energy was better and she was taking a class at the university in the city where she lives. She still continued to fine tune the nutrients and medications she was taking. With ups and downs, she continued to improve for the next two years. She remarked that she was feeling better but was not all the way yet.

As she and Dr. Hunninghake continued to fine tune what she was taking, in 1994 she remarked that she had been infection free, her mood was good, and her bowels were working properly.

In October of 1996, she started a serious down slide, gave up exercise, her joints and muscles ached, and infections returned. Again, she and Dr. Hunninghake started adjusting what she was taking. During the summer of 1997, she turned the corner and started improving again.

In spite of the stress in her life, she continued to improve and this year she said that she was feeling better, thinking clearly, and had less anxiety.

This is an example of how, in some cases, it takes a while to get to where one wants to be and that there are ups and downs during the route to optimal health.

In this case, she reached 70% of what she wanted, still with ups and downs, in about three years. It has taken until now to get most of the remaining 30%. 



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My experience with alternative medicine

In 1975, alternative medicine was really a "dirty word." My husband, Bill, was seventeen years older than I and we were aware that his health was not the best. We needed help which we were not able to find in the "normal" medical field.

Bill was reading all the literature he could find related to his health conditions. He became very interested in a process called "chelation." He was unable to locate a physician in Wichita who would even talk to him about chelation. They would only say that a physician who would perform chelation was definitely a "quack" and advised Bill to stay clear of it as this treatment could surely kill him.


We were able to have this treatment started outside of Wichita and found that Bill did receive help. But the distance was too far and the expense too great for us to continue.

In January, 1980, we learned about Dr. Riordan and found that he had been very successful with the chelation treatment since 1975. Here we received superior treatment in every way. All employees were very kind and considerate of our every need. Here tests were performed to determine the foods to which we were sensitive. We were guided in our diet changes and our entire way of life changed dramatically.

Bill returned to his hobby of the polishing and carving of stones. Some of his nicest carvings were made after his chelation treatments.

I am very grateful that "My Bill" was able to pursue his investigation of chelation. It was good that we were both interested in this alternative medicine program. We were able to work together on our nutrition program.

Bill died at age 88 but, because I was 63 when we started, I have had a very rewarding 19 1/2 years of a good life due mostly to my good nutrition program learned here at The Center.

I would encourage others to become involved in alternative medicine programs. Start living the good life we were created to enjoy. 

—Nelda Reed

Herbal History

New England Aster, *Aster novae-angliae*

The aster is actually a member of the sunflower family. In both Greek and Latin, aster translates as "star" and refers to radiating ray flowers. The species name *novae-angliae* means "of New England."

It has been known in the western world by various names such as Michaelmas daisy, starwort, and frost flower.

Native Americans had their names for it, too. Blackfeet called the aster Sikapischisl, or white flower. The Cheyenne named it sto' wahts is se' e yo meaning ear medicine.

Many tribes used the aster for medicinal purposes. For instance, the Blackfeet made a tea from the aster and used it for an enema for babies with gas pains. It was administered by being blown through a greased eagle wing bone.


The Cheyenne made a tea from the dried stems to cure earaches. This tea was dropped into the ear to bring relief.

The Potawatomis used various as-

ters as a headache cure. They also used the New England aster as a reviving smoke treatment.

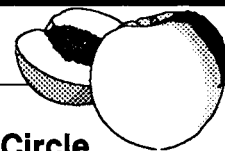
Constantine Rafinesque described the use of asters in 1830 this way: "Aster, Starwort...Never before introduced in *Materia Medica*. I am indebted to Dr. Lawrence, of New Lebanon, for the following indications. The *Aster novae-angliae* is employed in decoction internally, with strong decoction externally, in many eruptive disorders of the skin; it removes also the poisonous state of the skin caused by Rhus or Sumac [poison ivy or poison oak]."

Today, asters are a mainstay of many flower beds. The numerous aster species may be propagated by seed or by root division. If they bloom early, cut them back to about four inches and they may bloom again in the fall.

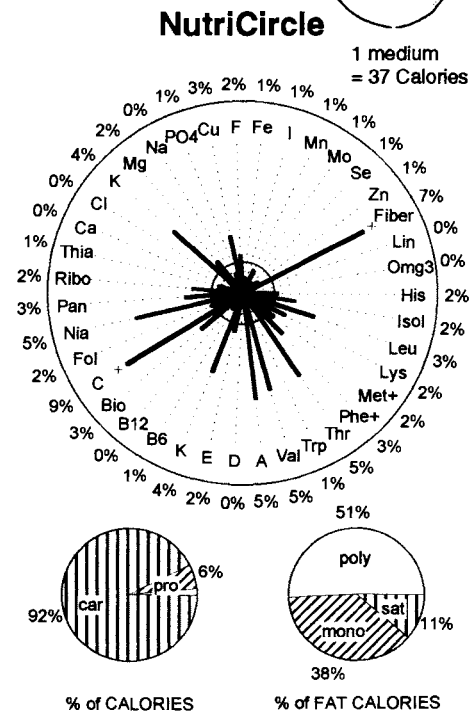
Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher 


Food of the Month

by Donald R. Davis, Ph.D.



PEACHES are a spring treat—especially local, tree-ripened ones, or better yet, home-grown peaches. Mother Nature tempts us with sweet flavors, but doesn't neglect to nourish us, too (unlike human-made sweets). Out of 38 nutrients shown here, 22 are supplied in at least adequate amounts relative to calories. Standouts include potassium, fiber, and vitamins A, C, and K. Seven more are at least halfway adequate. When good peaches are abundant, freeze them whole in 1-gallon freezer bags (much easier than canning). Use them later in smoothies and on cereal, toast, or pancakes. As for peach preserves, they are really only peach-flavored candies; all of the bars shown here shrink by 20-fold.



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.

As time goes by


Spring and early summer are always a busy time of year; graduation, end of school activities, and weddings keep us busy. Does it seem to you that your life just seems to be busier and crazier than normal? Do you suppose that the coming millennium madness has an effect on how busy our lives have become? Activities are planned to be extra special this year because it is the last time that activity will be done in this century. Plans are already being made for next year because the activities will be the first time it has happened in the next century.

Life is busy, hectic, fun, energizing, draining, and many more adjectives. Sometimes it can be both energizing and draining at the same time. As we become busier it is important to remember to take some time to quiet our mind, relax our body, and spend



time just being. Spending time with ourselves, being who we are, is doing something important.

Victor Frankel said, "The purpose of humankind is not to find the meaning of life rather to give meaning to life." If we keep ourselves busy every moment of the day without spending any quiet time, then do we add meaning to our lives or are we just going from one activity to another?

Enjoying nature by spending time in my flower garden, noticing the changing sky, lending a friend a helping hand, and listening to the sound of my grandchildren laughing all add meaning to my life. What adds meaning to your life? Take some time today and enjoy those things that add meaning to your life because time does go by—rather fast. 

CENTER UPDATE

Oat-rich diet helps the heart

In 1978, Dr. Denis Burkitt told those present at The Center's International Conference about the importance of fiber in their diets. He discussed the types and the effects they have.

Recently, Edward Salzman, M.D., told those attending the 71st Scientific Session of the American Heart Association about the importance of fiber—and particularly oat fiber compared to wheat fiber. Oat fiber is rich in soluble fiber and wheat is high in non-soluble fiber.

In this study, Dr. Salzman and his colleagues took 43 men and women with normal blood pressure and randomly assigned them to one of two diets: one with wheat fiber combined with a low calorie content and the other the same but with 3.7 grams of oat fiber added. This was to look at weight loss, the people thought.


After six weeks, the weight loss was the same in both groups. The real differences came from looking at the

difference in wheat bran and oat bran.

Those receiving oat bran in their diets lowered their total cholesterol by 34 ml/DL while the wheat bran diet had a reduction of only 13 ml/DL. This is almost a three-fold reduction for the oat bran.

When looking at the LDL cholesterol, the same three-fold reduction held true. Oat bran reduced the LDL cholesterol by 23 ml/DL versus a lowering of only 8 ml/DL in the wheat group.

Both the wheat and the oat group had about the same reduction in diastolic blood pressure (the lower number)—3 to 4 mm of Hg. The oat bran diet lowered the systolic blood pressure (the higher number) by 6 mm of Hg and only 2 mm of Hg for the wheat group—again three times as great for the oat bran group.


From Dr. Salzman's research, oat bran is the champion of fibers when it comes to lowering heart disease risk factors. 

Drinking more cuts risk of bladder cancer in men

Drink more water—or coffee, tea, milk, fruit juice, beer—and your risk of bladder cancer goes down, according to a report in the *New England Journal of Medicine*.

The study followed 47,909 men from 1986 to 1996 looking at their eating, drinking, exercise, and smoking habits. The researchers found that men who drank at least 11 eight-ounce glasses a day of all liquids cut their risk of bladder cancer in half when compared to men who drank five glasses or less of liquid.

At The Center, we would suggest you make water most of the 11 glasses of the liquid you drink. The researchers agree.


Men who drank six or more glasses of water a day cut their bladder risk factor in half when compared to men who only drank one glass of water a day, all other liquid not considered. 

It is education, not estrogen, that protects against cognitive decline

After age 65, it is education that is the strongest predictor of cognitive function in older women, researchers reported in the *Journal of the American Geriatrics Society*.

The researchers from the University of Pittsburgh in Pennsylvania tested a group of 9,651 women who were age 65 or older and were enrolled in the Study of Osteoporotic Fractures. They were tested at the beginning of the study and four to six years later.

The researchers found that education was a better predictor of test performance than estrogen replacement therapy (ERT). Further, "...women who were current users [of ERT] at the time of initial assessment did not exhibit less decline in their test scores than did never users," the researchers wrote.

"We conclude that the most powerful intervention for protecting older women from cognitive decline may be education, not the use of ERT," the researchers wrote. 

Answers from page 4

- 1 c. We have different fingerprints, color of eyes, and different size and shapes which all play a part in our individual uniqueness.
- 2 b. Each one of us has a different level of tolerance for various foods.
- 3 a. The more muscle we have, the more fat we burn and men's bodies are made of more lean body weight and muscle due to testosterone.
- 4 d. Our individual biochemistry determines which diets are best for us.
- 5 b. Eating an orange can affect one person by calming them and yet for another person it can bring about a hyper effect.
- 6 b. While the low-fat, low-carbohydrate diet works well for some people, it does not work for other people.
- 7 a. The autonomic nervous system (ANS) is made up of the sympathetic and parasympathetic nervous system.



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Upcoming Events . . .

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	1	2	3 Sounds for Healing	4
7	8 Yoga	9	10	11 & 12 Bright Spot for Health Fair
14	15 Yoga	16 Yoga	17	18
21 Yoga	22 Yoga	23 Yoga	24	25
28 Yoga	29 Yoga	30 Yoga		

JULY

- 8 Summer Classes begin
- SPECIAL EVENT:
- 17 Making an Impression on the Future

Fish oil supplements reduce bipolar symptoms

Results of a new study reported in the *May Archives of General Psychiatry* show omega 3 fatty acid in the form of fish oil improves the outcomes of bipolar patients.

In this study, the patients remained on their pre-study medications in addition to taking the omega 3 fatty acid or a placebo.

"Improvement was significantly greater in the omega 3 fatty acid group than the olive oil control group on almost every assessment measure. The striking difference in relapse rates and response appeared to be highly clinically significant," according to the authors.

The outcome was so successful that the researchers are planning a large multi-center trial this summer. The researchers added that there was a high patient compliance in the study.

- Alternative medicine 101
- My experience with alternative medicine
- Cat-rich diet helps the heart
- Fish oil supplements reduce bipolar symptoms

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