

# Health Hunter<sup>®</sup>

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NEWSLETTER

JUNE 2004

## Principles in practice

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

As the newest doctor to The Center, the question invariably arises, "What kind of doctor are you?" or "Are you a family doctor?" My answer to the latter is a resounding "yes," as I believe the key to individual health is getting the whole family healthy. My answer to the former is generally simple in reply. "Why I'm glad you asked. I'm both a Naturopath and a Chiropractor." "A whooda whattie" or "I've heard of them there choir-practors but you're gonna have to repeat that second word" is often the reply I receive. I then go on to explain myself with a 10 to 15-second elevator speech and most people get the picture but not the whole picture.

Thankfully, I have been given the opportunity to express the tenants of Naturopathic medicine right here and now for your reading pleasure, providing you with a more complete picture. These tenants are not new to The Center as many of the practitioners here have been using these same principles, "Sherlock Holmes approach," to optimize patient health for years. "What are the principles?" "I'm glad you are interested. Allow me to write them out for you as defined by the American Association of Naturopathic Physicians."

### Principles of Naturopathic Medicine

#### The Healing Power of Nature (Vis Medicatrix Naturae)

The healing power of nature is the inherent self-organizing and healing process of living systems which establishes, maintains, and restores health.

Naturopathic medicine recognizes this healing process to be ordered and intelligent. It is the naturopathic physician's role to support, facilitate, and augment this process by identifying and removing obstacles to health and recovery and by supporting the creation of a healthy internal and external environment.

#### Identify and Treat the Cause (Tolle Causam)

Illness does not occur without cause. Causes may originate in many areas. Underlying causes of illness and disease must be identified and removed before complete recovery can occur. Symptoms can be expressions of the body's attempt to defend itself, to adapt and recover, to heal itself, or may be results of the causes of disease. The naturopathic physician seeks to treat the causes of disease, rather than to merely eliminate or suppress symptoms.

#### First Do No Harm (Primum Non Nocere)

Naturopathic physicians follow three precepts to avoid harming the patient:

- Naturopathic physicians utilize methods and medicinal substances which minimize the risk of harmful effects and apply the least possible force or intervention necessary to diagnose illness and restore health.
- Whenever possible the suppression of symptoms is avoided as suppression generally interferes with the healing process.
- Naturopathic physicians respect

*continued on page 2*

## Trans fatty acids cause inflammation in women

Eating foods with *trans* fatty acids in them, that is the liquid vegetable fats that have additional hydrogen molecules added to them to make the vegetable oils solid at room temperature, predicts the risk of coronary artery disease and diabetes. Inflammation in the body may be involved in these risk factors, but *trans* fatty acids have not been studied very much to find out if they cause inflammation.

To find out, researchers, headed by Dariush Mozaffarian, studied the intake of *trans* fatty acids and inflammation markers in 823 women who participated in the National Nurses Study.

They discovered that "*trans* fatty acid intake is positively associated with markers of systemic inflammation." They also found that women with a higher body mass index may be more susceptible to the effects of *trans* fatty acid intake on inflammation marker production. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Tolle causam


One of the greatest of the unspoken tenets of good medicine, "tolle causam" is Latin for "remove the cause!" If you have a thorn in your foot, don't take a pain pill ... remove the thorn! It seems so obvious, yet so forgotten in 21st century medicine.

In the modern world of waiting rooms jammed with frustrated patients and harried doctors fighting high practice overheads, substitute "tolle symptomis"—treat the symptoms." Sadly, treating symptoms only temporizes relief, while underlying causes of the illness fester, fostering the degenerative erosion of health.

What are underlying causes of illness? They revolve around lifestyle choices and human functioning. Rather than being mysterious, they involve you, only you've not noticed how your lifestyle insidiously sets up these causes. What follows is an acronym to help you organize your search for the underlying causes of your unwellness/sickness. The acronym is IDENTIFY THE CAUSES.

- I — infection (viral, bacterial, yeast/fungal, parasitic)
- D — digestion (indigestion, malabsorption, poor intestinal flora)
- E — emotions (fear, anger, depression, and more)
- N — nutrients (usually a hidden deficiency)
- T — toxins (substances that poison cellular functioning)
- I — inflammation (nonspecific,

- systemic, and damaging)
- F — food (adverse reactions, allergies, non-whole foods)
- Y — you! (being self-responsible and choosing to get well)
- T — thyroid (low thyroid function, thyroid hormone resistance)
- H — hyperinsulinism (unstable blood sugar, many consequences)
- E — endocrine (important hormones can decline with stress and aging)
- C — circulation/coagulation (fibrin strands plug microcirculation)
- A — adrenal (exhaustion results in human maladaptation)
- U — under activity (loss of training effect, loss of function)
- S — spiritual (loss of wholeness, loss of perspective)
- E — environment (family, work, community, nature)
- S — structural (physical adjustments needed, belief structures)

IDENTIFY THE CAUSES is a road map. Your current health predicament is your starting point. Use the map to navigate the terrain. Many roads lead to Rome. Once you get there and the causes have been identified, you can begin in confidence to remove them...and be well! 

### Principles—Cont'd from page 1

and work with the vis medicatrix naturae in diagnosis, treatment, and counseling, for if this self-healing process is not respected the patient may be harmed.

### Doctor As Teacher (Docere)

The original meaning of the word doctor is teacher. A principal objective of naturopathic medicine is to educate the

patient and emphasize self-responsibility for health. Naturopathic physicians also recognize and employ the therapeutic potential of the doctor-patient relationship.

### Treat the Whole Person

Health and disease result from a complex of physical, mental, emotional,

*continued on page 3*

genetic, spiritual, environmental, social, and other factors. Naturopathic medicine recognizes the harmonious functioning of all aspects of the individual as being essential to health. The multifactorial nature of health and disease requires a personalized and comprehensive approach to diagnosis and treatment. Naturopathic physicians treat the whole person, taking all of these factors into account.

### Prevention

Naturopathic medical colleges emphasize the study of health as well as disease. The prevention of disease and the attainment of optimal health in patients are primary objectives of naturopathic medicine. In practice, these objectives are accomplished through education and the promotion of healthy ways of living. Naturopathic physicians assess risk factors, heredity, and susceptibility to disease and make appropriate interventions in partnership with their patients to prevent illness. Naturopathic medicine asserts that one cannot be healthy in an unhealthy environment and is committed to the creation of a world in which humanity may thrive.

### Wellness

Wellness follows the establishment and maintenance of optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought, and action. Wellness is inherent in everyone, no matter what disease(s) is/are being experienced. If wellness is really recognized and experienced by an individual, it will more quickly heal a given disease than direct treatment of the disease alone. (This principle was adopted by Bastyr University and added to the six principles.)

These principles guide the practice of Naturopathic Medicine and lay the groundwork for the therapeutic order. "What is the therapeutic order?" "I thought you'd never ask." The therapeutic order is the basic approach that naturopathic physicians use to guide their patients to wellness. They begin with least force and move to more invasive measures as necessary.

*continued on page 4*

## HEALTH HUNTERS AT HOME

### Doctors treat, nature heals

Dr. Hunninghake tells the story about two brothers who have a medical practice in northern Kansas. One day a patient called with information about a relative who was acutely ill. After describing the symptoms to one of the doctors, she asked, "Should I get her an appointment?"

"Certainly," the doctor replied, "and as soon as possible before she gets better." He figured she would get better with time if left to nature to heal her.

With this in mind, I thought I would look at a few examples of treating with natural substances and then see if nature would heal these people.

Using the results of three different studies involving 12,000 participants between the ages of six and 17, the researchers discovered that soft drink consumption had increased 48% from 1977/1978 to 1994 through 1998. Could this be one cause of the obesity in children and adolescents and would they naturally get rid of part of their obesity if they would drink water instead of high sugar pop?

The researchers also found that the home was the major supply of soft drinks, but restaurants, fast food establishments, and vending machines were rapidly on the rise. It looks like the parents are involved in the rise of soft drink consumption by children.

While on fast foods, another study surveyed 17,370 adults and children during the years of 1994 through 1996 and again in 1998. They found 37% of adults and 42% of the children consumed fast foods. Those eating fast food had higher intakes of calories, fat, saturated fat, sodium, and carbonated soft drinks, and they were short in vitamins A and C, milk, fruits, and vegetables. It makes one wonder what effect eating fruits and vegetables would have on these people.

In a study of 20,494 women health professionals who were 45 years or older and were followed for 7.8 years, researchers found that 5,365 of them developed high blood pressure. Each of these had a high level of C-reactive protein, which is an indication of in-

flammatory disease. This suggests that inflammation may be a cause of hypertension and controlling inflammation naturally would reduce the cases of high blood pressure.


In another study, the researchers followed 573 adults (47% women) who were between the ages of 40 and 60 years and had intima (innermost)-median thickness of the carotid artery in the neck—a common problem that causes reduced blood flow to the brain. These adults received a diet rich in viscous fiber that included pectin, gums, and mucilage. These fibers were formerly known as water-soluble fibers.

The researchers found that there was a significant reduction in the intima-median thickness in the carotid arteries from the fiber. It is amazing what will happen in the body when one gives it what it needs.

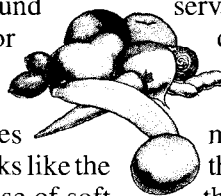
There is a lot of data supporting vitamin C as a way to reduce the risk of genetic damage to DNA, lipids, and proteins and reduced risk of cancer. The data suggests you need to eat five servings of fruits and vegetables each

day to get your vitamin C. Vitamin C may also work as a cancer preventive because of its anti-inflammatory effect. Again, this is adding the proper tools to an individual and then leaving nature to heal.

This is a small study, but the results were good. The researchers had three groups: 10 individuals (mean age 71.1 years) as controls and 18 individuals (mean age 67.4 years) who participated in low-intensity resistance training along with 15 individuals (mean age 66.5 years) who did high-intensity resistance training for six months. The researchers found that the homocysteine level significantly decreased in the blood for the two exercise groups while homocysteine levels in the control subjects actually increased. Homocysteine is considered a cause of high blood pressure.

These are all research projects that inform us to leave nature to heal the individual as opposed to the doctor aggressively treating the patient. 

—Richard Lewis



## INFORMATION WORTH KNOWING

Would you like to know a lot more about how your body processes work? You may know generally that the food that you eat has an effect on your body, but do you know how that happens? James LaValle, R.Ph., C.C.N., N.D. and Stacy Lundin Yle, R.N., B.S.N., have put together an interesting and informative book concerning the keys to more optimal health. Their book, *Cracking the Metabolic Code: 9 Keys to Optimal Health*, is easy to read and understand. They discuss hormonal balance, detoxification, and nutrition in a clear and concise manner. The questions this month are taken from this book.

**1** \_\_\_\_\_ is the term used collectively for all the physical and chemical reactions that take place in the body.

- a. Photosynthesis
- b. Metabolism
- c. Mitochondrial DNS
- d. None of the above

**2** Many people who are not able to lose weight suspect some metabolic culprit. Dr. LaValle says that your metabolism is influenced by your \_\_\_\_\_.

- a. liver
- b. thyroid
- c. gastrointestinal tract
- d. all of the above

**3** There is one simple cause of weight gain and obesity, as well as many of the other chronic problems that seem to come out of the blue.

- a. True
- b. False

**4** Your liver, intestines, and \_\_\_\_\_ act as filters and recyclers of your body fluids, extracting what you have gotten from your diet and what you have been exposed to from the environments.

- a. brain
- b. heart
- c. kidney
- d. none of the above

**5** Health is determined by what our genes tell our cells to do. Our \_\_\_\_\_ has a tremendous impact on our genes.

- a. lifestyle
- b. hair color
- c. occupation
- d. none of the above

**6** Many diseases are the result of the direct disturbances in metabolism, either through interfering with the enzymes in the body, directly interfering with hormones, or by losing proper functioning of body systems as a result of lifestyle or environmental exposure.

- a. True
- b. False

**7** There is a direct relationship between nutritional status and the impact of hormones. The foods we eat and the minerals, vitamins, and \_\_\_\_\_ available to the body regulate the synthesis and utilization of thyroid hormones.

- a. fiber
- b. nutrients
- c. fat
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love.

—Henry Drummond

Principles—Cont'd from page 3

## Therapeutic Order

### Re-establish the basis for health

Remove obstacles to cure by establishing a healthy regimen (i.e. healthy diet, weight bearing exercise, flexibility exercises, aerobic exercise, and proper breathing techniques.)

### Stimulate the healing power of nature

Use various systems of health to gently, yet powerfully, stimulate the body, such as nutrition, low dose botanicals, homeopathy, and constitutional hydrotherapy.

### Tonify weakened systems

Use modalities to strengthen the immune system, decrease toxicity, normalize inflammatory function, optimize metabolic function, balance regulatory systems, and enhance regeneration.

### Correct structural integrity

Use therapeutic exercise, spinal manipulation, massage, myofascial release, electrical modalities, and hydrotherapy to return to optimal structural condition.

### Prescribe specific natural substances for pathology

Use vitamins, minerals, and herbs to promote health.


### Prescribe pharmacological substances for pathology

Use pharmaceutical drugs to return to health.

### Prescribe surgery, suppressive drugs, radiation, and chemotherapy

Use aggressive therapies to attempt to maintain health.

Often, in my opinion, a patient's disease state warrants skipping ahead on the therapeutic order to get them to a level of tolerable functioning. Once they are able to function adequately, then less invasive therapies will be relied upon.

Well, there you have it, the principles of natural medicine in a very large nutshell. Please don't ask me to recite them to you in the elevator. 

## The Garden and the gardener

by Melvin D. Epp, Ph.D.

With the arrival of spring, fresh produce is available again. Hopefully, you either have a garden or have access to a farmers market and are indulging yourself in the bounty of the spring garden. The fresh lettuces, mustards, arugula, and cilantro add a new zest to green salads. Green onions and radishes are also a real treat. If your asparagus is fresh, it may even be sweet to the taste.

Research continues to verify that what and how much we eat profoundly affects our growth, development, aging, and our ability to enjoy life to its fullest. Each vegetable has a unique profile of numerous phytonutrients, antioxidants, vitamins, and minerals. For our nutritional completeness and balance, it is advantageous to eat many different vegetables on a routine basis.

Asparagus and raw spinach score high on the ORAC test. ORAC is the acronym for oxygen radical absorbance capacity and is a measure of the antioxidant potential of a food. Asparagus is also a source of the antioxidant glutathione, known to lower the risk of cancer.

Spinach is a super food, right up there with salmon and blueberries. There are studies demonstrating the inverse relationship between spinach consumption and cardiovascular disease, a host of cancers, age related macular degeneration, and cataracts. Spinach tops the list as a food most eaten by people who do not get cancer. Spinach contains the antioxidants glutathione, lipoic acid, vitamin C, and vitamin E. Spinach and broccoli are the only two vegetables with significant amounts of coenzyme Q10.

Radishes, arugula, and mustards are cruciferous vegetables and share many phytonutrients in common with broccoli, cabbage, and cauliflower. Cruciferous vegetables are replete with available calcium and cancer fighting phytonutrients. Scallions/onions are the richest source of the antioxidant quercetin. Spring greens are rich in minerals like calcium and potassium, total folate, vitamins A, B, C, and K, beta-carotene, and lutein + zeaxanthin.

It is great to have these nutritious spring vegetables available again. [H]

# Herbal History

## Psyllium improves glycemic control, cholesterol in type 2 diabetics

Diets high in fiber, and particularly with psyllium husks alone or in combination with other fiber products, have proven to be beneficial in treating constipation. Now, psyllium husks have shown to be very successful in lowering blood glucose and cholesterol and in the promotion of weight loss in general, as well as for diabetics.

Psyllium husks, also known as ispaghula husks, are made from the husks of the seeds of the Indian plantain (*Plantago ovate*, Forsk., Plantaginaceae).

The authors of this study wanted to evaluate the effect of psyllium on blood glucose control from various biochemical parameters for eight women and 12 men. The ages of the subjects ranged from 50 years to 80 years. The duration of having diabetes ranged from two years to 30 years and all patients

were being treated with oral medications. They were all on a conventional diet for diabetics.

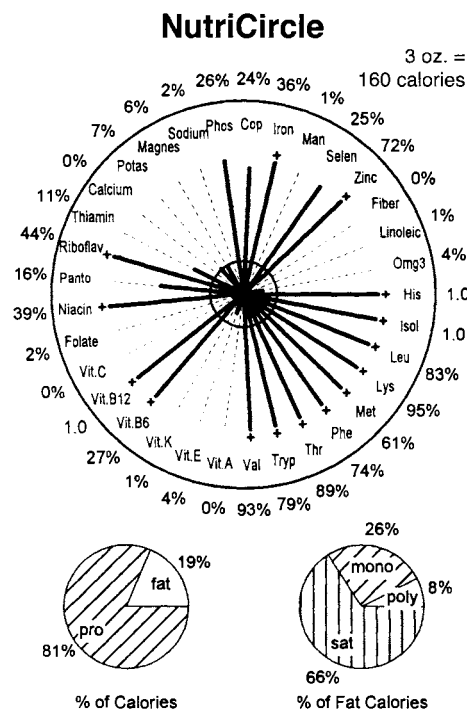
In this outpatient study, each patient served as his/her own control. Each patient had a phase 1 wash period and a six-week phase 2 period where she or he followed a treatment of continued dietary restrictions with the addition of taking 3.5 grams of psyllium husks in water four times a day. The psyllium product was Plantaben®, an orange flavored, sugar free fiber. They followed this with a phase 3 similar to phase 1.

The results of the research project showed that the mean glucose absorption was significantly reduced by approximately 12% during phase 2 when the patients consumed psyllium four times a day when compared to phase 1 and phase 3. [H]

# Food of the Month

by Donald R. Davis, Ph.D.

**VENISON** (deer meat) was a major game meat in Colonial America. Hunting decimated deer populations by the late 19<sup>th</sup> century until hunting for market was outlawed and game hunting was restricted. Now wild deer are abundant, or overabundant in some areas, and farmed venison is a growing specialty meat. Properly processed and cooked, venison is mild, tender, and moist. Although it is extremely low in total fat (about 3% to 7% by weight), it has more polyunsaturated and omega-3 fat than commercial beef. A small, 3-oz. serving contains 10% to 100% of the RDAs for 20 of the 33 nutrients 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). [H]

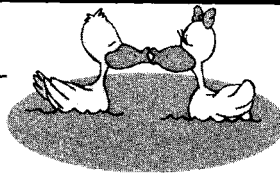
# Mental Medicine

by Marilyn Landreth, M.A.

## Acceptance of life

As many of you readers know, my mother came to live with us about 18 months ago. During the time she has been with us, I have marveled at her ability to accept life as it is. Before she came to us, she was told that she could no longer live by herself. Gradually her strength has built up and she is much better, although she still gets around with the aid of a walker and her memory of recent events is somewhat confused.

Peter McWilliams said, "Acceptance is such an important commodity; some have called it 'the first law' of personal growth." My mother has had to accept many unacceptable things in her life. Her first child was stillborn and, although she mourned that loss, she went on to enjoy four other healthy children. She never wanted to learn to drive a car but when my dad's health demanded that she learn to drive so the family business could be maintained, she got her driver's license. When my dad's health became worse and he could



no longer earn a living, she went to work as a cook in a restaurant. She did not particularly like to cook, but it was the only job that was available in our small town. She learned to enjoy cooking and became a good pastry cook.

Now she has to accept that she is living far away from her hometown. She sometimes thinks that our house is in Watonga and she asks me if there were many people "downtown" when I go to get groceries. Although we know she gets very homesick for her own home, she never complains and seems to enjoy the nature aspects of our home. She looks forward to seeing the small duck couple that she calls the "lovers" when they come up by the house to eat corn.

Arthur Rubinstein said, "Of course there is no formula for success except perhaps an unconditional acceptance of life and what it brings." I think my mom has made a success of her life, don't you? [H]

## Case of the month

In May, 1988, a 38-year-old woman came to The Center for the ABNA program—a program in which we had a grant to treat people free for one year. She had chronic fatigue. She had been recommended to come to The Center by Dr. Hunninghake, who practiced at the time in Salina, Kansas.

She had an excellent experience during her year of coming here, primarily because of the team approach we took with each patient. She especially valued Marilyn Landreth, who made her realize that her disease was not caused by the way she thought, Dr. Tinterow, who gave her quick ways to relax, and Dr. Riordan for his gentle way of caring.

She went home to take care of her children and her chronic fatigue. She came back again in June, 2000, to see Dr. Hunninghake for her chronic fatigue and a thyroid problem she had had since she was 13 years old. Following the advice of her family physician, she stopped taking thyroid four or five years ago. Since then, she has had thinning hair, dry nails, dry skin, and continued to gain weight, as well as heavy menstrual flow and a butterfly pattern of rash on her face.

Dr. Hunninghake started her on Armour thyroid and Imm-Kine primarily. But more importantly, he had her read *Solved: The Riddle of Illness*, listen to an audio tape of a class on the book, *Syndrome X*, and to play a mental self-help game.

She told Dr. Hunninghake when she came two months later that she was on two grains of Armour thyroid. Her skin was not so dry, the butterfly rash was less pronounced, she had lost the puffy look, and she had more stamina. During the next three years, he prescribed Pro EFA to balance her essential fatty acids, vitamin D3, Colloidal Liquid Minerals, Zinc Boost, Zinc Oxide paste for her skin, and found her a doctor in the town where she lived. She continued to improve.

When she came in April of 2004, she said that the brown spots are gone from her arms, the butterfly rash has disappeared, she is walking a lot, and she is doing very well. She has picked up a lot of tools at The Center that will help her with her maintenance over the years to come. [H]

## CENTER UPDATE

### Inflammation and weight loss

Dr. Hunninghake has been interested in how inflammation plays into chronic disease for people who come to The Center. He is also interested in C-reactive protein (CRP) as an indicator of inflammation in the body.

In a recent issue of *The American Journal of Clinical Nutrition*, Barbara Nicklas and colleagues presented an article that looked at diet-induced weight loss, exercise, and chronic inflammation in older, obese adults. Not only did the researchers come up with interesting conclusions, they looked at CRP, interleukin 6 (IN-6), and tumor necrosis factor  $\alpha$  (TNF- $\alpha$ ) tests to get their results.

For instance, they found "that a diet-induced weight-loss intervention reduces chronic inflammation in older (60 and older), obese men and women." They found this by checking the CRP, IN-6, and soluble TNF- $\alpha$  in 316 community-dwelling people who were both

older and obese. The researchers actually discovered a discernible difference in CRP, IN-6, and TNF- $\alpha$  between the before diet and after the diet when the people had lost weight. They did not find a significant reduction in these biomarkers when exercise was considered by itself.

They found that reductions in CRP were greater in men than in women. The IN-6 and TNF- $\alpha$  decreased more in African Americans than in whites.

The researchers considered CRP the best overall marker of underlying inflammation. In the Heilbronn, et al, study presented in 2001, there was a 26% reduction in CRP from diet while in the 2002 Tchernof, et al, study the CRP went down 32%. In these two studies, the degree of dieting was much more severe than in the current study, which saw a 5.8% drop in the CRP—still a significant result. [H]

Answers from page 4

- 1 b. Our metabolism transforms the food we eat into building blocks and fuels for our body.
- 2 c. Also, adrenal glands, pancreas, the water and food you ingest, and the environment are all key to a healthy metabolism.
- 3 b. Our bodies are complex and work as integrated machines, with each individual system being dependent on the proper functioning of others.
- 4 c. The harmony of the functions between organs dictates the balance in the body's system, including the nervous, immune, gastrointestinal, and endocrine system.
- 5 a. Lifestyle makes the difference in whether a specific gene is expressed or not.
- 6 a. The effect of stress on the body is one example of how just lifestyle can influence the downward spiral of metabolic health to occur.
- 7 b. Thyroid hormones influence the rate of metabolism of fuel sources from food, fats, proteins, and carbohydrates. [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

### CRACKING THE METABOLIC CODE

*By James B. LaValle, R.Ph., C.C.N, N.D. & Stacy Ludin Yale, R.N., B.S.N.*  
 Did you know that most chronic health problems including fatigue, high blood pressure, and high cholesterol are found in several parts of your body rather than just one organ? The problems are a result of challenges to your metabolic system. Learn how to reclaim your health. Soft cover.  
 Retail Price: \$17.95  
 Health Hunter: \$16.16

### TAMING AND ELIMINATING IRRITABLE BOWEL SYNDROME

*With Tim Lawton, M.D.*  
 It affects 15% of Americans—pain, bloating, diarrhea, and constipation. Many new drugs are being developed to control this condition, but are they the best solution? Many causes and solutions to this common gastrointestinal disorder are discussed.

### PREVENTING AND REVERSING ARTHRITIS

*With Hugh D. Riordan, M.D.*  
 It is wonderful that so many people have learned the causes of their arthritis and therefore how to get rid of it. Learn what they have done.

### THE THYROID LINK TO FIBROMYALGIA AND OTHER AILMENTS

*With Ron Hunninghake, M.D.*  
 When the long list of symptoms characterizing fibromyalgia is matched side-by-side to the equally long list of hypothyroid symptoms, surprisingly the two lists are nearly identical! Dr. John Lowe in his monumental book, *The Metabolic Treatment of Fibromyalgia*, makes a striking case for “thyroid hormone cellular resistance” as the underlying cause of fibromyalgia. Dr. Ron Hunninghake has treated over 50 fibromyalgia patients making use of Dr. Lowe’s published protocols. Listen and find out what he has learned.

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# Upcoming Events. . .

## Lunch & Lectures:

### June

- 10 Magnesium: the Bone Strengthening Mineral
- 17 What is Naturopathic Medicine?
- 24 The Diabetic's Guide to Nutritional Supplements

### July

- 1 Phytonutrient Cancer Prevention
- 8 Vitamin C and Cancer
- 15 Learning from Labels: What Are We Eating Exactly?
- 29 Foods That Hurt

### August

- 5 Natural Solutions to High Cholesterol
- 12 Turning School Failure into Success
- 19 The Mystique of Garlic
- 26 Fats: the Good, the Bad, and the Ugly

## High-fructose corn syrup and obesity

High-fructose corn syrup has become a major sweetener source in the United States and is the sole caloric sweetener added to soft drinks, reports George Bray and colleagues in a recent issue of *The American Journal of Clinical Nutrition*.

"Our most conservative estimates of the consumption of [high-fructose corn syrup] indicate a daily average of 132 kcal for all Americans ages >2 y, and the top 20% of consumers of caloric sweeteners ingest 316 kcal from [high-fructose corn syrup a day]."

The increased consumption of high-fructose corn syrup has a relationship to the epidemic of obesity in the United States, according to this report.

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- Trans fatty acids cause inflammation in women
- Doctors treat, nature heals
- Inflammation and weight loss
- High-fructose corn syrup and obesity

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