

# Improving your cholesterol profile

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

The number one cause of death in the United States is heart disease. There are a number of risk factors that are associated with increasing your chances of being affected, and there are lifestyle and biochemical (nutritional) factors that can reduce these risks. We will discuss ways to naturally improve the cholesterol profile, but that is only part of the puzzle for improving heart health. Other pieces of the puzzle include the following: maintain a healthy weight, keep your blood pressure and blood sugar normal, stay active, and do not smoke. These lifestyle factors are so important that they can lower your chance of developing a major risk factor for heart disease such as diabetes, kidney disease, (peripheral) artery disease, hypertension, or metabolic syndrome (prediabetes).

*It has been known for 50 years that plant sterols lower cholesterol.*

There are risk factors such as family history, age, or gender that we cannot do anything about, but reducing the amount of fat around the middle is something we can impact. A waist circumference of over 40 inches for men and 35 inches for women is a risk factor for developing metabolic syndrome as well as heart disease. All of these risk factors also determine the degree to which the lipid profile is important and to what extent it may need to be lowered.

Studies show a lower cholesterol level may be beneficial in middle-aged men or those at high risk for coronary heart disease, but may not reduce mortal-

ity in women or those over 70 years of age without heart disease. It is important to keep the function of cholesterol in perspective and whether lower is always better. Low cholesterol levels in men and women over age 50 are associated with deaths through cancer, liver disease, and mental diseases. The Framingham Heart Study found that higher cholesterol was associated with higher mortality in subjects between the ages of 40 to 60, but not after age 70. High cholesterol levels are absent in almost half of all individuals who will ever have a heart attack or stroke. Cholesterol is necessary for brain function (8% of cholesterol is in the brain), and cholesterol is part of all cell membranes. Among other functions, cholesterol is a precursor for making vitamin D and steroid hormones.

When cholesterol is reported on a lipid panel, it will be broken down into particles called HDL (high density lipoproteins) and LDL (low density lipoproteins). In general, lowering the LDL can be beneficial and raising the HDL is not only beneficial but can negate a risk factor like age. Triglycerides will also be included in the report and should fall within the normal range (under 150); higher levels may indicate a tendency towards prediabetes.

To improve the lipids (cholesterol and other fats in the blood), studies have shown fish oils, fiber, plant sterols, niacin, red yeast rice, exercise, and nuts are all beneficial.

Consider the case of fish oils first. Consumption of the omega-3 fatty acids, EPA and DHA, has been found to de

*continued on page 2*

# Multitasking while driving may overload brain

Drivers who talk on the cell phone while driving usually overtax the brain, and driving becomes of little importance. Even simple multitasking such as listening to someone talk or listening to the radio disrupts your ability to drive, according to a new study that appeared in a recent issue of *Brain Research*.

Researchers, led by Marcel Just of Carnegie Mellon University, used a functional MRI to watch the brains of 29 adults while they watched a driving simulation. They found that people who combine relatively automatic tasks such as driving a car combined with speech comprehension exceeded the biological limit of the systematic brain activity that people can accommodate at one time.

Cell phones are a particular problem, the researchers found. When you receive a call on your cell phone while driving, you need to pull over and stop your car, then carry on your conversation.

**Inside this issue...**

- Japanese embrace IV vitamin C. . . . .2
- A potpourri of ideas. . . . .3
- Information worth knowing. . . . .4
- Test of the Month—Intestinal parasites. . .4
- Tips for growing the world's best corn. . .5
- Dr. Bastyr's formula. . . . .5
- Food of the Month—popcorn. . . . .5
- Memory keeper. . . . .6
- Eggs get a bum rap. . . . .6
- Case of the month. . . . .6
- Special discounts. . . . .7
- Upcoming events. . . . .8
- Orthomolecular medicine. . . . .8

## EDITORIAL BOARD

Gary Branum, Ph.D.

Mary Braud, M.D.

Joseph Casciari, Ph.D.

Donald R. Davis, Ph.D.

Michael J. Gonzalez, D.Sc., Ph.D.

Ron Hunninghake, M.D.

Glen Hyland, M.D.

James Jackson, Ph.D.

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

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

Xiaolong Meng, M.D.

Nina Mikirova, Ph.D.

Neil Riordan, Ph.D.

## PUBLICATION INFORMATION

**Editor:** Richard Lewis

**Associate Editors:**

Marilyn Landreth & Barbara Dodson

*Health Hunter Newsletter* is published as a service 10 times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (CIHFI), a non-profit organization. A Basic membership is \$25 for one year, \$35 for outside the U.S. A Premium membership is \$57 for 1 year, \$67 for outside the U.S. To join, see the order form on page 7 of this issue. (Prices good through 2008.)

© 2008/CIHFI

Special written permission is required to reproduce, by any manner, in whole or in part, the material herein contained. Write: Permissions, 3100 N. Hillside Ave., Wichita, KS 67219, USA. Phone: 316-682-3100.

Clip art © 2008 JupiterImages Corporation.

The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Share information about The Center with your family and friends by inviting them to visit our websites. Meet us at the following addresses:

[www.brightspot.org](http://www.brightspot.org)

or

[www.healthhunteronline.org](http://www.healthhunteronline.org)

# Nutritional Medicine

by Ron Hunninghake, M.D.

## Japanese embrace IV vitamin C

Last February I journeyed to Tokyo to present The Center's research and clinical experience using IVC as an adjunct to conventional cancer therapies. My hosts, Dr. Atsuo Yanagisawa and Dr. Masatoshi Kaneko, arranged for large audiences of both medical doctors and interested lay people to hear my presentations. I was assigned to and coached by professional Japanese interpreters who consecutively translated one or two sentence segments for the audience. My PowerPoint slides were projected side-by-side with a corresponding Japanese translation.

I found the Japanese to be refreshingly open-minded. They embraced the safety and practicality of IVC. They quickly understood and accepted the basic science of how IVC generates hydroxyl radicals that are selectively toxic to tumor cells. They were enthused with the ability of high dose IVC to act as a positive biological modifier to improve energy and appetite, reduce pain, and enhance quality of life. They saw the

important distinction between oral and IV vitamin C in the treatment of cancer.

The Japanese were able to grasp the pragmatic implications of IVC: a relatively inexpensive adjunctive therapy that improves outcomes, reduces conventional therapy side effects, and supports underlying health.

The attitude seemed to be: "It makes sense. It's safe. There is a great need for a new approach. Let's give it a try!"

On a personal note: I have never been treated with greater respect and hospitality as was accorded me during my five-day stay in Tokyo. I was honored by my wonderful Japanese hosts in so many big and little ways.

It is with deep gratitude and a fervent sense of hope that I report on this life-changing trip to the Land of the Rising Sun... may the powerful seed of IVC therapy continue to germinate, take root, and spread there in the fertile ground of the innovative Japanese spirit. [H]

### *Cholesterol—Cont'd from page 1*

crease the risk of heart attack and sudden death as well as death from any cause in patients with known heart disease. Fish oil supplements can lower triglycerides by 30 to 50% if 2,000 to 4,000 mg of EPA and DHA are taken daily. In addition, the American Heart Association recommends eating 2 fish meals a week and, if you have heart disease, to supplement with 1,000 mg of EPA/DHA omega-3 fatty acids from fish oil. Good dietary sources include fatty fish like salmon, mackerel, sardines, cod liver oil, or quality fish oil supplements.

Fiber consumption is inadequate in the U.S. with the average American eating about 11 grams a day. The recommendation is 25 grams for women and 35 grams for men daily. Fiber can be insoluble like bran or soluble as in oat bran, beans (legumes), fruits, and barley. Studies have found that triglycerides can be lowered by eating 1 cup of navy and pinto beans daily or by replacing refined carbohydrates in the diet with 1.5 cups of

mixed legumes (beans, peas, lentils).

Phytosterols, or plant sterols, are fats present in all plants and are similar to cholesterol in animals. It has been known for 50 years that plant sterols lower cholesterol; products with plant sterols were even marketed in the 1950's for that purpose. Studies have shown a 7 to 14% reduction in LDL-cholesterol which correlates to a 10 to 20% reduction in heart disease. Plant sterols are commonly added to foods called functional foods such as margarine-like spreads, yogurt, drinks, snack bars, orange juice, and salad dressings. Although people consume plant sterols every day in their normal diet in vegetable oils, nuts, and seeds, the amount is not great enough to have a significant cholesterol lowering effect. Consuming one to three grams of plant sterols daily is required; these amounts can come from functional foods or supplements.

Vitamin B3 (niacin) is available as both niacinamide and nicotinic acid,

*continued on page 3*

both of which will prevent pellagra, which is a severe deficiency of niacin. It is the nicotinic acid form, however, that is a cholesterol-lowering agent when consumed in pharmacologic doses, which means an amount higher than the vitamin effect of niacin. Studies show that 1,000 mg three times a day after meals lowers total cholesterol, lipoprotein(a) and increases the HDL-cholesterol. Niacin causes flushing (vasodilatation), and it is best to start with smaller amounts and increase the dose as you develop tolerance to the flushing. Visit with your doctor about starting a niacin regimen for lowering your cholesterol.

Red yeast rice is from rice fermented with a mold called *Monascus purpureus* that gives it the reddish color. It is used as a culinary dish and in traditional medicine in China. A product of the red yeast rice is a naturally-occurring statin called lovastatin. Trials have shown that 2.4 grams a day can significantly lower LDL-cholesterol. Statin drugs are known to interfere with the body's production of coenzyme Q 10; therefore, since red yeast rice is a statin, it is advisable to also take coenzyme Q 10 to avoid muscle fatigue side effects.

Exercise can lower your risk of heart attack or stroke with as little as 2 hours of physical activity a week. In the Women's Health Study, a 41% risk reduction was found for women between the ages of 45 to 90 who performed 5 hours of moderate exercise a week.

Dietary changes to benefit heart health center on a low-fat diet. However, all fats are not to be condemned. Scientific evidence suggests that 1.5 ounces of nuts a day may reduce the risk of heart disease. Almonds, pine nuts, hazelnuts, pecans, peanuts, pistachio, and walnuts are all good sources of monounsaturated fatty acids.

Reducing your risk of heart disease requires a multifactorial approach which includes reducing inflammation. Don't put all your eggs in one basket, thinking that lowering your cholesterol is all that you need to do. Remember those lifestyle changes of exercise, not smoking, and maintaining a healthy weight. In addition to a good diet, learn to manage stress and get more sleep. Live healthy and enjoy life. [H]

## HEALTH HUNTERS AT HOME

### A potpourri of ideas

#### More color in your meal

Here is a good idea that you may have heard before, but it may have slipped your mind. Ron Hunninghake, M.D., (we call him Dr. Ron for short) often suggests that you eat at least five colors every day. No, not crayons; he means fruits and vegetables. Dr. Ron even suggests closer to ten a day is better for you.

For instance, red is a good color. You can eat red peppers, the ones like the big green peppers (and yellow ones are also great). In common fruits, strawberries are good in a fruit salad or even garden salads. In addition to the yellow peppers, yellow squash often comes to mind. There are many green fruits and vegetables. For instance, spinach in a salad sounds good, and broccoli or green beans are excellent for a green steamed vegetable. Orange is a good color for fruit. Cantaloupe comes to mind, along with others.

These are but a few colors you can pick up at the supermarket. Just browse through the fresh produce department looking for color and you will find many suggestions to add to salads in your bowl and veggies on your plate.

#### Eat whole grain for weight loss

Eating grains for weight loss does not mean refined grain products such as those white cereals that go snap or pop or eating white bread. It means eating the whole grain. For instance, eat whole grain bread, not the white bread or just wheat bread.

Sure, wheat bread looks better than the white bread because it has a nice light brown color. But just saying wheat rather than whole grain wheat bread means that the wheat flour has a lot of white flour included in it. White flour has the germ (where most of the nutrients are located) and the bran (most of the fiber) removed from it so it is just filler.

Whole grain wheat bread has a denser texture and flavor that makes a delicious and filling piece of bread. It is good to eat as it is, sliced off the loaf, or you can add topping such as butter or fruit spreads. YUM!

#### Pomegranate juice and antioxidants

Fruits and vegetables are rich in polyphenols, vitamins, and minerals, and diets containing a variety of fruits and vegetables are associated with increased antioxidant capacity, according to a research article in the journal, *Nutrition Research*.

The authors went on to say that certain fruits, such as grapes, blueberries, and pomegranates have a higher profile of phenolic compounds than do apples, for instance.

In their study, 20 men and 6 women over the age of 60 were randomly assigned either the pomegranate juice group or the apple juice group. Each individual drank 250 ml per day in the morning. That is a little over 8 ounces per day. They were then encouraged to eat a balanced diet during the study. Blood samples were collected at the beginning and end of the four-week study. These samples were then analyzed for levels of ascorbic acid (vitamin C), vitamin E, antioxidant capacity, and activity of antioxidant enzymes.

The researchers found that individuals drinking the pomegranate juice showed increased antioxidant capacity when compared to individuals drinking apple juice.

Pomegranates are higher in total phenolic compounds, flavonoids, and proanthocyanins than apples so the researchers hypothesized that these components in pomegranates contribute significantly to antioxidant capacity after drinking the juice.

It may be important to note that in this study pomegranate juice was squeezed fresh at the time of the study and apple juice was purchased in the bottle. Stored pomegranate juice may have a different antioxidant profile than fresh pomegranate juice.

The researchers believe that longer-term studies with a larger sample size will provide more information about the consumption of fruits rich in phenolic compounds and antioxidant functioning in elderly adults. [H]

—Richard Lewis





## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

We are using a little different format this month. Normally, we choose a book and form our questions from information contained on its pages. This time, we are taking questions from past lectures given at our Health Hunter Lunch and Lecture series. Doctors, along with guest speakers, present up-to-date information about various topics. Audios, videos, CDs, and DVDs are available of all the lectures. Some of the lectures are also streamed on [www.healthhunteronline.org](http://www.healthhunteronline.org). The questions were taken from that series and were asked on the Countryman's Kansas show. The Countryman's Kansas program showcases events and activities that are happening in Kansas. Gene Countryman moderates the broadcasts on Saturday mornings from 10:05 a.m. until 11:00 a.m. on AM 1330.

- 1 Which vitamin is needed for proper calcium absorption?
    - a. Vitamin C
    - b. Vitamin A
    - c. Vitamin D
    - d. Vitamin B
  - 2 What mineral is especially important in the production of cellular energy? Approximately 50% of this mineral is found in the bone and the other half is found predominantly inside cells of body tissues and organs.
    - a. Magnesium
    - b. Zinc
    - c. Calcium
    - d. Selenium
  - 3 In a recent study, researchers gave subjects dark chocolate or white chocolate for a fifteen day period. It was found that the chocolate did not have any effect on blood pressure but did improve glucose metabolism in healthy people.
    - a. True
    - b. False
  - 4 The glycemic index is a ranking of carbohydrate containing foods. Foods are ranked according to their immediate effect on blood sugar levels. The higher a food raises blood sugar, the higher its glycemic index.
- High glycemic index foods are those foods with an index greater than which of the following?
  - a. 90
  - b. 75
  - c. 70
  - d. 85
- 5 Which of the following boosts serotonin levels, similar to anti-depressants?
    - a. Fatty Acids
    - b. Vitamin C
    - c. CoQ10
    - d. Niacin
  - 6 Many people in the adult population experience some form of headache. Children very seldom have headaches.
    - a. True
    - b. False
  - 7 \_\_\_\_\_ cause(s) redness, swelling, pain, and has/have been found to be a common factor with many diseases and disorders, including arthritis.
    - a. Bruising
    - b. Cramps
    - c. Headaches
    - d. Inflammation
- FOR ANSWERS, SEE PAGE 7 •

"People grow old by deserting their ideals. Years may wrinkle your skin but to give up interest wrinkles the soul. When the wires are all down and your heart is covered with the snows of pessimism and the ice of cynicism, then, and then only, are you grown old."

—General Douglas MacArthur

## Test of the Month

by Dr. James A. Jackson,  
Director, Bio-Center Laboratory


### Intestinal parasites

One of the valuable tests our physicians order on our patient/co-learners (in my opinion) is the test for intestinal parasites. The specimen collection tends to cause an uncomfortable look to appear on the patient's (or parent's) face. It is one, or better yet, three separate collections of the stool.

Intestinal parasites are what we look for when a patient has diarrhea, cramps, fever, IBS, allergy, etc. They invade and occupy the digestive tract or body cavities or live within a body organ (liver). They may be round worms, flat worms, protozoa, pinworms, flukes, amoeba, cysts, eggs, or immature types.

Intestinal parasites do exist in the U.S. The World Health Organization classified five parasitic diseases as among the six most harmful infective diseases affecting mankind today. Many parasites have a simple, direct life cycle where the infective stage: cyst, egg, spore, or larva is released from one host, usually in the feces, and is taken up by another host (fecal-oral route or hand to mouth route.) in food and/or water. In the case of the pinworm, the eggs may be distributed in the air.

The technique for parasite detection is time consuming and is mostly a manual test with isolating, staining, and identifying the parasite by microscope. At the Bio-Center Laboratory, we are fortunate to have Doug Johnson as our parasitologist. He identifies the parasite, takes a picture of it, and sends it to the doctor. Each quarter, as part of government licensing procedures, Doug receives an unknown specimen from an outside agency. He has to identify the parasite and report his result to the agency. He scores 100% just about each time.

What can you do to prevent parasite infections? Wash hands, wash hands, peel or wash fruit, cook fish and pork well, swim in chemically treated swimming pools, do not kiss pets on the mouth, and, did I mention, wash your hands! 

## Tips for growing the world's best corn

by Gary Branum, Ph.D.

If you've never had fresh sweet corn, you've never really tasted corn. By fresh, I mean eaten the same day or even the same hour it's picked. Corn contains enzymes that begin to convert the sugars to starch as soon as the ear is picked, so the sooner you can get it to the table, the better the corn will taste.

Here are a few tips:

- Pick a spot with plenty of sunshine. Corn needs eight hours of sun per day.
- Plant when the temperature of the soil, at a depth of 3", is 50°. Put two seeds in each hole. If both sprout, remove one of them when the plants are about 3" tall.
- Select a single variety unless you have a large garden space. Sweet corn comes in three basic genetic modifications: su, se, and sh<sub>2</sub>. The su (normal sugary) varieties are the old, heirloom strains that haven't been changed by genetic tinkering. The se and se+ (sugar enhanced) varieties have been hybridized to provide a sweeter flavor and slower conversion of sugar to starch, while the sh<sub>2</sub> varieties are even sweeter and slower to convert starch to sugar.

- Plant in blocks of at least 3 plants by 3 plants, with a distance between plants of about 12-15 inches. If you have the space, you can plant in rows about 30 inches apart, but be sure to plant at least three rows side by side. Planting in this manner provides the best opportunity for pollination. Incomplete pollination results in ears with gaps and undeveloped kernels.

- Provide lots of nitrogen. Corn requires about 0.25 pounds of nitrogen (50 pounds of composted manure) per 100 square feet, half applied at planting and the remainder about half way through the growing season.

- Harvest at the right time. Kernels should be plump and tightly packed. To check for ripeness, peel back the husks near the end of the ear. Yellow varieties should have yellow kernels near the tip of the ear. Puncture a kernel with a thumbnail. If the visible liquid looks like milk, the corn is ripe.

- Cook and enjoy! [H]

## Herbal History

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

### Dr. Bastyr's formula

Many of the co-learners who come to The Center for their initial appointment have non-specific abdominal complaints that can be related to dysbiosis (alteration of the intestinal microbial environment), food allergies, low grade intestinal inflammation, poor digestion, and stress. Dr. Bastyr's formula is an herbal combination liquid that helps to control gastrointestinal (GI) symptoms related to irritation and inflammation. The formula contains Althea, Echinacea, Geranium, Hydrastis, Ulmus, Baptisia, and Phytolacca.

Althea (Marshmallow) contains large carbohydrate molecules, which make up mucilage. This smooth, slippery substance can soothe and protect irritated mucous membranes. Echinacea works as a natural antimicrobial, immune stimulant, and anti-inflammatory. Geranium (American cranesbill) contains high concentrations of tannins. Tannins precipitate proteins, creating a protective coating over the intestinal

cell membrane as well as mechanical shrinkage of the intestinal cells. Geranium is useful for controlling inflammation associated with leaky gut syndrome. Hydrastis works as a local direct contact antimicrobial in the digestive tract. Hydrastis contains the alkaloid berberine which has a long history of use for infectious diarrhea. Ulmus (Slippery elm) works as a local demulcent and anti-inflammatory in the GI tract. Baptisia (Wild indigo) works as an antimicrobial and as a bitter which helps to promote digestion. Baptisia also helps to promote bile production and bile flow which can aid in digestion. Phytolacca (Poke) works as an antifungal and anti-inflammatory. Phytolacca can only be used in very small doses.

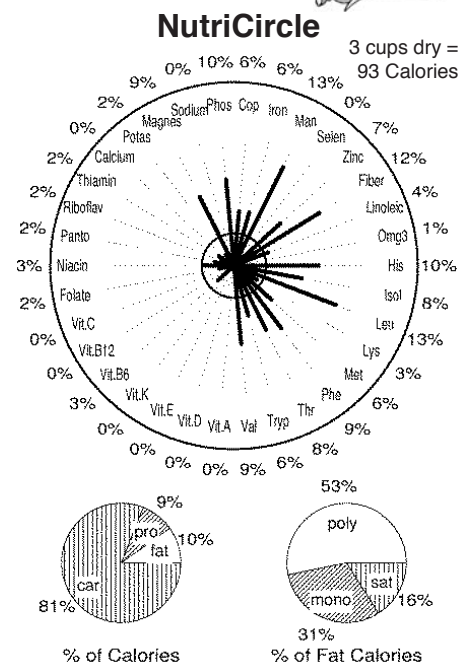
In acute situations, it may be wise to take 1 tsp of the herbal mixture mixed in ¼ cup of water five to six times daily. For chronic situations, 1 tsp three times daily can be used. [H]

## Food of the Month

by Donald R. Davis, Ph.D.



**POPCORN** was discovered by Native Americans thousands of years ago. When heated to about 350° F, the insides of the kernels become soft, while kernel moisture creates enough steam pressure to burst the hull. The steam suddenly expands the soft insides to airy foam that quickly cools and hardens. Popcorn naturally contains only about 10% of calories as fat, with good amounts of magnesium, fiber, manganese, and many other nutrients (shown here). However, added fat often doubles the calories, thus shrinking nearly all these nutrient bars by half. On prepared popcorn labels, look for fat calories less than half of total calories.



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.

## Memory keeper

My mother fell last year and broke her shoulder and hip, which resulted in her needing more care than we could give her in our home. We found a place that takes very good care of her. She recently celebrated her 92<sup>nd</sup> birthday and several of the CNAs gave her gifts for her birthday. One told me, “Marie just keeps us in stitches all the time.”


Mom was not a “June Cleaver” perfect mother. When we were out in public all she had to do was give us the “look” or “the eye” and we knew we had better straighten up or else. One of her favorite sayings when we tried to hang on to her, as children tend to do, was, “Lean on your own supper.”

Mom says that with all the falls that she’s had she must have hit her head because her memory is slowly fading away. It is difficult for her to know that she doesn’t remember her children’s childhood, her grandchildren’s child-

hood, or what the nurse just told her yesterday or one hour ago. She forgets everyone’s name except mine, so far.

While she may not remember all the many things that she has done for us over the years, we remember. Her grandchildren remember the long, lazy, summer days spent with her. My brother and I remember her getting up with us at night when we were sick or had a nightmare and nurturing us with care. We remember her playing card games with us when we were children. Most of all, I remember how she continued to grow as a person over the years.

One time I asked her if she ever regretted having four children within six years time. She replied that she looked forward to the companionship each child would bring.

Are you the keeper of someone’s memories? 



## Case of the month


A 72-year-old man came to The Center in October 2001 concerned about food allergies, arthritis, recurrent hives, insomnia, hypertension, pain in his extremities and lower back, sinusitis, and tendonitis. After his initial evaluation, Hugh Riordan, M.D., and Mavis Schultz, ARNP, started him on nutrients, both orally and by the injection method, to begin working with his concerns.

In June of 2004, Ron Hunninghake, M.D., started him on intravenous (IV) chelation to remove his toxic minerals. This was done with the Calcium EDTA pushed into his vein from a syringe over a five to ten minute span of time rather than a three-hour IV drip that is usually used.

We use two methods of chelation at The Center—Disodium EDTA and Calcium EDTA. Disodium EDTA is the original and trusted therapy used for over half a century. The main disadvantage with using it is that the patient has to sit for at least three hours while the IV is dripping into the arm. It does an excellent job of removing the toxic minerals in the body.

The other method uses Calcium EDTA, which was used for nearly 30 years in Europe before it was introduced into the USA. This is the method used with this man. The biggest benefit in using this type of therapy is the patient only has to sit for less than a half hour while he/she is given the IV procedure. Calcium EDTA works at least as well as Disodium EDTA; however, Calcium EDTA does not remove toxic mercury as well as the longer chelation. It does, however, have less strain on the kidneys.

In 2005, Dr. Ron wrote him, “Your aluminum and cadmium are down. Now your EDTA is pulling more lead.” Again in 2007, Dr. Ron wrote him, “Your cadmium is down nicely. You are still mobilizing aluminum and copper. You can probably do a maintenance chelation schedule every one to two months.”

The patient said recently that he is “doing really well.” One of the nurses mentioned that he is almost 80 years old and he looks like he is 68. 

## CENTER UPDATE

### Eggs get a bum rap


Back in the 1950’s, the chief cardiologist at the University of Kansas Medical School was saying, and rather firmly at that, that the only part of the egg one should eat was the egg white and very rarely. Why? The cholesterol in eggs was, he believed, one of the major foods causing heart attacks and he was determined to prevent as many heart attacks as he could. Even today, some doctors still discourage eating eggs.

But eggs are getting a bum rap. According to an article in a recent issue of *The American Journal of Clinical Nutrition*, eggs are good. Doctors Luc Djousse and Michael Gaziano wrote that, “In this prospective cohort, we show that infrequent egg consumption (i.e., equal to or less than 6 eggs per week) was not associated with MI [myocardial infarction or heart attack], stroke or total mortality in healthy US male physicians.” In this study, the researchers used data from the Physi-

cians’ Health Study that followed 21,327 physicians for 20 years.

This allows you to have eggs for breakfast two or three times a week if you so choose. They did say that eating seven or more eggs per week was associated with modestly but significantly greater risk of total mortality in the population of doctors. But the two researchers pointed out that baseline high cholesterol did not influence the relationship between eating eggs and cardiovascular disease or mortality.

Also, several other earlier studies showed similar results, including the Framingham study. This study showed that the average consumption for men was about six eggs a week and about four eggs a week for women.

Eggs are good food as long as you eat six or less per week. So, go ahead and enjoy your eggs for breakfast or other meals without feeling guilty about consuming them. 

Answers from page 4

- 1 c. Vitamin D plays a major role in calcium absorption and bone health.
- 2 a. Magnesium is the fourth most abundant mineral in the body and is essential to good health.
- 3 b. The dark chocolate, but not white chocolate, decreased blood pressure and improved insulin sensitivity in healthy people.
- 4 a. In contrast, low glycemic index foods have an index of less than 55.
- 5 d. Niacin indirectly makes new serotonin, while drugs like Prozac and Paxil prevent destruction of serotonin that is already present in the body.
- 6 b. About 60% of children experience headaches. Most headaches are not serious and many children get them.
- 7 d. Without inflammation we could not survive, but when the inflammatory process goes out of balance and turns chronic or systemic, it is bad for our health. H

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; Health Hunter Price—\$7.16  
 Video Tapes: Regular Price—\$9.95; Health Hunter Price—\$8.95  
 CDs: Regular Price—\$14.95; Health Hunter Price—\$13.45  
 DVDs: Regular Price—\$14.95; Health Hunter Price—\$13.45

### OXIDANTS & ANTIOXIDANTS: The Battle for Our Body

*with James A. Jackson, MT(ASCP) Ph.D.*  
 Free radicals, or oxidants are responsible for many diseases and may have a role in the aging process. This lecture explains what free radicals are, how they harm us, and how we can reduce their harmful effects.

### VIRAL INFECTIONS & ENZYMES: Can Enzymes Help?

*with Karen DeFelice, M.Sc.*  
 Chronic viral infections can underlie chronic fatigue, poor immunity, and many inflammatory conditions. Karen shares the results of two informal studies, the details of the program developed, and the results from many families using this viral control program over the past two years, as well as her personal experience with this therapy.

### WHAT REALLY CAUSES ASTHMA (and What You Can Do to Treat It)

*with Ron Hunninghake, M.D.*  
 Molds, pollens, air pollution, dust and many other allergens are thought to be the causes of asthma. This is incorrect thinking. The real cause is a fundamental imbalance in the asthma patient's inflammatory system that can be corrected.

### HELP KIDS STAY DRUG FREE: Alternatives to Psychiatric Medications That Work

*with Mary Braud, M.D.*  
 Dr. Braud discusses how psychiatric assessments are performed, reviews common diagnoses given to children and teens, and provides valuable information about other approaches that can limit or eliminate the use of psychiatric medications for young people.

• To Order, Fill Out the Form Below •

TITLE	AUDIO TAPE, VIDEO TAPE, CD, OR DVD	PRICE	QUANTITY	TOTAL
	circle one			
Oxidants & Antioxidants	audio video CD DVD	_____	_____	_____
Viral Infections & Enzymes	audio video CD DVD	_____	_____	_____
What Really Causes Asthma	audio video CD DVD	_____	_____	_____
Help Kids Stay Drug Free	audio video CD DVD	_____	_____	_____
Health Hunter One-Year Basic Membership/renewal - \$25 (\$35 for outside the U.S.) _____				_____
Health Hunter One-Year Premium Membership/renewal - \$57 (\$67 for outside the U.S.) _____				_____
** Kansas residents add 6.3%. *** Add \$3.00 for first book or tape; 50¢ for each additional book or tape. Outside U.S.—additional postage is required.				Subtotal
				**Add Sales Tax
				***Add Postage & Handling
				TOTAL

Payment:

Check   
  VISA   
  Am. Exp.   
  Discover   
  M. C.   
 Exp. Date \_\_\_\_\_  
 Card # \_\_\_\_\_   
 Signature \_\_\_\_\_

Ship to:

Name \_\_\_\_\_   
 Address \_\_\_\_\_  
 City \_\_\_\_\_   
 State \_\_\_\_\_   
 Zip \_\_\_\_\_

Mail form and payment to:  
 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219

*Prices good through 2008.*



# Upcoming Events...

## Lunch & Lectures:

### June:

- 5 Health Hunter/Beat The Odds "Ask the Doctors"
- 12 Understanding Food Labels
- 19 Vitamin E Update
- 26 How Vitamin C Fights Cancer

### July:

- 10 Pest Control in the Organic Garden
- 17 Healing and the Law of Attraction
- 24 The 7-Day Detox Vitality Enhancement
- 31 Avoid Mental Decline

### August:

- 7 Slow Poisons—Protect Yourself from Endocrine Disruptors

## Orthomolecular medicine

Can vitamins, minerals, and amino acids help those that medications have failed? The answer to this question is a resounding yes, and it is one of the reasons The Center for the Improvement of Human Functioning International was founded over 30 years ago by Hugh Riordan, M.D., a psychiatrist.

Dr. Riordan, like Abram Hoffer, M.D., Ph.D., who is 90 years of age and continues to function as editor-in-chief of the *Journal of Orthomolecular Medicine*, began giving vitamins, minerals, and amino acids to his psychiatric patients and had great success before opening The Center.

Today, the patient load continues to grow for our three busy, full-time doctors and two part-time physicians.