

Health Hunter[®]

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NEWSLETTER

JUNE 2002

Unhealthy inflammation

by Ron Hunninghake, M.D.

When we cut ourselves, we expect the cut to heal. This is due to a finely orchestrated sequence of events called "inflammation." Pain, swelling, and redness are the cardinal signs of inflammation. With the injury, cytokines (cell-signaling proteins) are released to tell the body where the problem is and that immediate attention is needed. White blood cells migrate through the blood vessels. Invading germs are detected and engulfed. Dead skin cells are scavenged away. New fibroblasts grow in and seal the cut. The whole process from start to finish is a marvelous, symphonic healing event.

Research suggests that the very process of aging itself may involve unhealthy inflammation.

Healthy inflammation is not only desirable, it is essential to our survival. It is a localized, visible phenomenon that ends when the injury is healed. However, science is beginning to alert us to a more sinister, dark side of inflammation. This "unhealthy inflammation" is silent and systemic; it self-perpetuates way beyond the triggering injury event. Unhealthy inflammation appears to actually speed up wear and tear on vital organs. Many scientists now believe it underlies accelerated aging and degenerative organ decline.

Unhealthy inflammation sets the stage for wear and tear osteoarthritis, allergic rhinitis, gastritis, colitis, chronic dermatitis, osteoporosis, arteriosclerosis (vascular disease leading to heart

attack and stroke), Alzheimer's, and even some cancers. We associate many of these chronic illnesses with aging. Research suggests that the very process of aging itself may involve unhealthy inflammation. And yet, not everyone ages at the same rate. Even though we are all exposed to the environmental factors that trigger inflammation, not everyone is affected in the same way. Not everyone gets allergic rhinitis or chronic dermatitis. What then predisposes one and not another to unhealthy inflammation?

Cytokines! Remember, these are the cell-signaling proteins that activate macrophages and other immune cells. These cytokines are highly pro-inflammatory. Rheumatologists report that cytokines like tumor necrosis factor alpha and interleukin-6 can hang around even after the injury event has long healed. For unknown reasons, the body continues to produce cytokines; the once protective inflammation becomes destructive. Unfortunately, this often happens in a silent, hidden way. By the time it is discovered, major damage has already occurred. A good screening test to uncover the presence of renegade cytokines is the C-Reactive Protein (CRP) blood test. This highly sensitive, relatively inexpensive test measures a by-product of interleukin-6. This then can "quantify" unhealthy inflammation, alerting the co-learner to the presence of a correctable dysfunction in the body.

In a recently published *New England Journal of Medicine* article, it was found that people with elevated CRP are three times as likely to die from sudden heart attack than controls.

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The color of food: fruits and vegetables

Ron Hunninghake, M.D., often says you need to add color to your diet. You can add reds, oranges, yellows, greens, and even whites to your daily diet by eating fruits and vegetables.

Reds come from tomatoes, preferably cooked, and from pink grapefruit. These contain lycopene, which scavenges free radicals that promote everything from prostate cancer to heart problems.

Orange includes carrots, mangoes, cantaloupe, winter squash, and sweet potatoes. All contain beta carotene that protects the skin from free radical damage and promotes DNA repair. There are oranges that are high in vitamin C.

Green comes from broccoli, Brussels sprouts, cabbage, kale, and bok choy, to name a few. These are rich in cancer fighting chemicals such as sulforaphane, isocyanate, and indols to inhibit the action of carcinogens.

These are only a few of the many colors you can add to your diet. Be sure to include five colors to your diet each day, and this doesn't include M & Ms. H

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Nutritional Medicine

by Ron Hunninghake, M.D.

Medical necessity...1753

Dear Dr. Lind,

Our panel of experts has carefully reviewed your submission, *A Treatise of the Scurvy*, made on behalf of the 12 British seamen you attended on the ten-week voyage of the *Salisbury* in May of 1747.

We find your approach quite interesting. We agree with your careful workup of these sailors showing that they demonstrated "putrid gums, the spots and lassitude, with weakness of their knees." Indeed, these symptoms are characteristic of scurvy, a mysterious malady that has plagued our navy for centuries. We like the design of your experiment, having these men stay in the same living area, eating the same diet, and dividing them into different treatment groups:

- two received a quart of "cyder" each day
- two received 25 drops of "elixir vitriol" three times a day
- two received a half pint of seawater each day
- two received two oranges and a lemon each day
- two received an herbal combination (garlic, mustard seed, gum myrrh,

and several other herbs)

- two received no special treatment. Now, in spite of the fact that the two who received daily oranges and lemon had "the most sudden and visible good effects," our panel of medical experts cannot construe this as proof of efficacy. For the time being, until further research verifies your observations, we must regard this treatment as experimental and medically unnecessary. As you are aware, standardized treatment protocols already exist for scurvy. The cost of having all the ships in our navy bring fresh citrus for all hands on a long sea voyage would simply be prohibitive.

We hope you understand our position on this matter.

Respectfully,
Secretary of the Special Committee,
Lords Commissioners of the Admiralty

Editor's Note: James Lind was an English naval surgeon, often credited for having made the crucial observations that lead to the discovery of vitamin C deficiency as a key part of the disease scurvy.

HI

Unhealthy inflammation—Continued from page 1

This demonstrates that heart and vascular disease have a significant component of inflammation. Daily aspirin, in addition to reducing platelet stickiness and the likelihood of artery plugging clots, may also reduce the inflammatory component of arteriosclerosis (vascular disease).

Having established that unhealthy inflammation is caused by excessive pro-inflammatory regulators, we are still left with the nagging question: Why do we have excessive pro-inflammatory regulators? Evidence is now accumulating that major shifts in the human diet may be silently shifting our immune

systems into a dangerous pro-inflammatory state. In 1985, another landmark article in *The New England Journal of Medicine* by Dr. S. Boyd Eaton presented a vast body of anthropologic and archeological evidence that characterized the composition of our ancestral diet, which I will refer to as the Ancient Diet. This diet, when analyzed by modern standards, has definite advantages over subsequent diets adopted by the human race. In the following chart, I have summarized these nutritional advantages, and how major shifts in our civilization have undermined these advantages.

| Diets → | Ancient | Agricultural | Industrial | Fast Food |
|----------------|----------|--------------|------------|-----------|
| % Wholeness | 100% | 90% | 65% | 35% |
| Omega 6:3 | 1:1 | 5:1 | 10:1 | 20:1 |
| Glycemic Index | Very low | Medium | High | Very high |
| ORAC Score | High | Medium | Low | Very low |

continued on page 3

HEALTH HUNTERS AT HOME

Do we have to be victims of the Eat More war?

As you can see, % wholeness has progressively dropped as civilization has “advanced.” As wholeness drops, nutrient density drops. A kind of hidden malnutrition progressively occurs. The rising omega 6:3 ratio simply means that our intake of omega 3 essential fatty acids, anti-inflammatory in nature, has dropped in favor of rising omega 6 intakes, pro-inflammatory in nature. The glycemic index is a marker of the rate at which carbohydrates are absorbed. High glycemic foods act just like sugar and put a tremendous strain on the pancreas. Syndrome X, hyperlipidemia, obesity, type II diabetes, and high blood pressure all stem from excessive high glycemic foods. The ORAC score was introduced by the U.S. Dept. of Agriculture as a measure of the antioxidant properties of certain foods. As fruit and veggie intake goes down, so does the ORAC score. Part of a pro-inflammatory matrix includes poor control of free radical damage in the body.

So what are we to do to stop this huge trend towards a more and more severe pro-inflammatory state? Fourteen anti-inflammatory dietary principles have been developed by Jack Challem, the author of an upcoming book on stemming the rising tide of inflammation. Even adopting just one or two will go a long way in reducing your personal CRP score and in reducing your risk of future degenerative illness.

1. Eat a variety of fresh and whole foods
2. Eat more fish, especially coldwater varieties
3. Eat grass-fed lean meats and game meats
4. Eat a lot of colorful vegetables
5. Use spices and herbs to flavor your foods
6. Use olive oil as your primary cooking oil
7. Identify and avoid food allergens
8. Avoid conventional vegetable cooking oils
9. Avoid or limit intake of all refined sugars
10. Avoid or limit intake of refined grains
11. Limit your intake of dairy products
12. Snack on nuts and seeds
13. When thirsty, drink water
14. When possible, eat organically raised foods [H]

Americans are continually bombarded with the message to Eat More. On television, there is almost a constant commercial shelling of messages to eat pizza, hamburgers, and French fries, and dine at restaurants.

It is a war out there and they are all fighting for your pocketbook and, as an aside, for your body. In this war they want you to eat more high fat foods—for breakfast, for lunch, for dinner, and in between.

And there is a subtle undercover movement. One company, who will remain nameless, sells a bright red and yellow 37-piece molded plastic Deluxe Mealtime Set. Included in the set are toy hamburgers, toy French fries, toy McNuggets (whoops, gave away the name of the company), toy hash browns, toy chocolate chip cookies, and even packages of toy ketchup and sweet & sour sauce—everything you need to play fast food restaurant while driving to get the real thing.

Other companies offer toys as well. There are M & M plush dolls, the Coca-Cola Barbie, and “The Oreo Cookie Counting Book.” These are all aimed at children to keep the eating habit alive. And the war goes on.

It is a costly war, one where the food industry spends about 10 billion dollars a year in direct advertising. They spend another \$20 billion in indirect advertising for such things as the big red and yellow Mealtime Set, according to one calculation.

The job of the food industry is to sell you food, to sell you drinks, and to sell you appetizers and desserts. These are all sold in large quantities so that you feel you are getting your money’s worth. These all include a lot of fat, too.

Dr. Marion Nestle, of New York University’s Department of Nutrition, believes that these toys contribute to the fattening of America. She says that 35% of adults, 12% of adolescents, and 14% of children in the United States are overweight.

“Now I know that McDonald’s isn’t poison,” she says. “Nobody can say that these foods in reasonable quan-

ties are bad. Hamburgers have nutrients, milkshakes have nutrients, but they are very high in calories. And people don’t even notice this eat-more message is here. That’s the problem.”

You seldom, if ever, see an ad for a whole foods or a vegetarian restaurant or to eat fruits and vegetables. You don’t ever see Donald Davis, Ph.D., a consultant to The Center, on television ads touting the value of eating whole foods. You are bombarded by the food industry’s ads to Eat More. And, the war goes on.

“I want to see consciousness raised about the eat-more message. I think the food industry has to back off some of their practices. It really has to stop marketing to schools. It’s unconscionable,” Dr. Nestle says.

So what can we do to educate our children, grandchildren, or even the children of those we know?

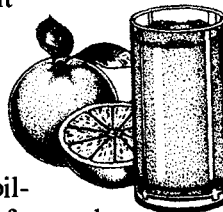
We can all write to the various members of the food industry to get them to back off some of the Eat More message. This is a good idea.

But there is something you can do that is more direct. As Dr. Davis says, you can serve your kids a more whole foods option. For instance, he serves his grandchildren smoothies instead of soft drinks. He makes them fresh with fruit, ice, milk, and often some yogurt. He just puts this in the blender and blends it

until it is smooth and frozen. They are quick and easy to fix. The grandchildren love these drinks and ask for them when they come for a visit.

He also fixes them French fries in a non-stick frying pan and has fruits and nuts available for them to eat for snacks—to name a few simple things he does. For a complete list of ways he offers whole foods to his grandchildren, you can order the video or audio tape called “Child Tested and Wholesome Snacks and Recipes” from the Gift of Health. This is a battle you can carry to the front lines—teaching children that they can eat wholesome foods and enjoy it, too. [H]

—Richard Lewis



INFORMATION WORTH KNOWING

Today the problem in achieving good health does not lie in the measuring cup; it's more fundamental than that. If you don't have the tools to decide whether a recipe is sapping the quality of your life or not, how can you know what is health enhancing? Dr. Allan N. Spreen has developed a dietary health plan along with a supplemental "insurance policy" based on research he has studied over the years. In his book, *Nutritionally Incorrect*, Dr. Steen provides answers to common questions and presents new research on a variety of nutritional topics. This month the questions are taken from his book.

1 A real food contains within itself the nutrients required by the body to assimilate it. Refined sugar does not qualify as a real food since it does not have the vitamins, and particularly the _____ required for burning the fuel internally.

- a. minerals
- b. selenium
- c. calcium
- d. all the above

2 Long-term diets of "naked" calories continually stress the body by sapping it of its _____ store of nutrients. "Naked" calories are those that do not contain nutrients necessary to assimilate the product.

- a. external
- b. unnecessary
- c. internal
- d. none of the above

3 In our efforts to get the smelly taste and color hassle out of "hard," or high-mineral-content of _____, we have missed something that many of the minerals provide which are good for us.

- a. apple juice
- b. water
- c. soda pop
- d. none of the above

4 Impurities or added goodies to nature's drinking water are predominately minerals and electrolytes for which our body was designed. (We are not talking about polluted water or water that chlorine and/or fluoride has been added.)

- a. True
- b. False

5 Food additives, for the most part, deal with preservatives to increase the shelf life of the product. Nearly all of the functions of preservatives seem to be geared toward _____ to some degree.

- a. better nutrition
- b. marketing of the product
- c. providing empty calories
- d. none of the above

6 If you are chronically troubled by one or more symptoms such as variable diarrhea of no known cause, constipation, cramping, gas, food intolerances, slow stomach emptying, and abdominal pain, and you have a history of multiple courses of antibiotics, then you might consider altered gut flora as a contributing factor to those symptoms.

- a. True
- b. False


7 You may not need to supplement your diet with vitamins and minerals if you _____.

- a. are not living in a high-stress environment
- b. do not breath polluted air
- c. do not need over-the-counter medicines for complaints like headaches, indigestion, heart burn, etc.
- d. all the above

Testosterone benefits the aging brain

Testosterone appears to play a role in maintaining mental sharpness as men age, according to Dr. Kristine Yaffe of the University of San Francisco and her colleagues. The research was reporting in *The Journal of the American Geriatrics Society*.

The researchers are not sure how testosterone acts on the brain. They did note that men who have a higher level of the hormone testosterone than women, as well as the hormone estrogen, have better brain functioning than women. Women also have a 30 percent greater risk of developing Alzheimer's disease than men.


Supplements can have a positive effect on the brain. 

Short takes

Undernutrition is a risk factor for increased mortality for elderly Americans. Recent research discovered that if older adults would take their dietary supplements between meals rather than with meals it may be more effective in increasing energy consumption.

Red wine shows increased protective ability for the heart and circulatory system. It is probably the polyphenolic compounds in the grapes that cause this. In a new study, the researchers felt that grape seed proanthocyanidins protect against heart disease because of their direct and indirect ability to reduce and remove free radicals in the myocardium of the heart.

Researchers learned recently that an increase in the consumption of tea and flavonoids (contained in tea) may contribute to prevention of heart attacks and angina pain.

A recent study discovered that cardiovascular fitness of obese teenagers was significantly improved by physical training, especially high-intensity physical training. The physical training also reduced the body fat, but it was not clear whether the intensity of the physical training makes a difference. 

• FOR ANSWERS, SEE PAGE 7 •

Is your memory slipping with age? It may be vitamin B12, folate, and homocysteine


Recent research found that elevated homocysteine caused a reduction in mental ability on tests and vitamin B12 and folate were responsible for an improvement in test scores. This research was reported in *The American Journal of Clinical Nutrition* recently.

The researchers at Oxford University in Great Britain studied survivors of the Scottish Mental Surveys conducted in 1932 on children born in 1921 (ABC21) and in 1947 on children born in 1936 (ABC36).

They discovered that the homocysteine levels were higher in the ABC21 group than the ABC36 group and the test scores reflected it. Test scores for the ABC21 group were about 8% lower than the ABC36 group after they adjusted for childhood IQ.

"These findings may prove relevant to susceptibility to late-onset Alzheimer's disease," the researchers said. "Total plasma homocysteine concentrations are higher in patients with dementia attributed to Alzheimer's disease and concentrations greater than 15 micro-mols/liter are associated with lower life satisfaction, reasoning, memory recognition, and spatial copying in non-demented elderly."

High levels of vitamin B12 and folate tend to increase test scores. These vitamins also help convert homocysteine back into methionine, which is beneficial to the body. But reduced levels of these vitamins cause an increase in homocysteine which causes lower test scores.

This information is valuable for developing mind-protective strategies aimed at delaying cognitive decline in late life and the onset of Alzheimer's disease. It would be worthwhile to have your vitamin B12 and folate checked and then do what is necessary to keep them as close to optimal as possible when you are young and keep them there as you grow older. 

Herbal History

Prairie willow, *Salix humilis*

The prairie willow is a small willow often called the dwarf willow, low willow, cone willow, and bush willow.


The prairie willow grows generally in upland sites in prairies and sparse woods, especially in sandy soil. It often grows near streams, rivers, and lakes.

Salix humilis, as scientists call the prairie willow, is a member of the Salicaceae family which is the willow family. It grows from 1 1/2 to 10 feet tall. The young branches are brown and hairy with lance shaped leaves that are green and smooth on their upper surfaces and the lower surfaces are silvery-white in color and hairy. It blooms from April to May and then develops fruits that open to release tiny seeds, each with a tuft of long, silvery hairs at the base.

The Mesquakie made tea from the root of the prairie willow for treatment of diarrhea and to give enemas. Mesquakie medicine men used the leaves of

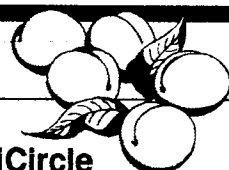
the plant found in the uplands to stop hemorrhaging.

The Blackfeet treated internal hemorrhage, throat constrictions, swollen neck glands, and bloodshot or irritated eyes with a tea made from crushed fresh roots of the prairie willow. Since the prairie willow grows near water, the Cheyennes wrapped willow stems around the waists, heads, wrists, and ankles of the Sun Dance dancers to help prevent thirst during long dances.

In Appalachia, the settlers from Europe were used to having willow for medicine so they used the prairie willow in the U.S. They made a tea from small branches and used it as a cure for headaches, fever, colds, kidney problems, and bed wetting for children. In New Mexico, the Chicanos chewed willow leaves or small branches with the bark removed to strengthen their gums in cases of pyorrhea. 

Food of the Month

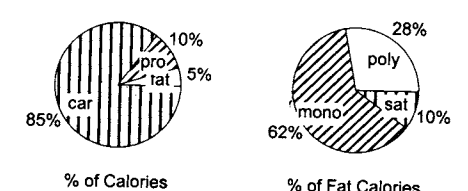
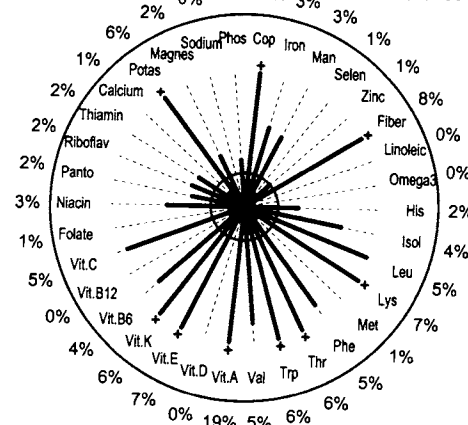
by Donald R. Davis, Ph.D.




NutriCircle

1/2 cup = 33 calories

APRICOTS are grown primarily in Pakistan, Iran, Turkey, and Mediterranean countries. Spanish explorers brought them to California, where nearly all U.S. apricots are grown. Ripe apricots are delightful but not shippable, so unless you live near apricot trees, canned apricots may be your tastiest choice. Here we show apricots canned in water (better than in juice or syrup), 1/2 cup with liquid. In only 33 calories they contain 5% or more of the RDAs for vitamins A, E, K, and C, phosphorus, copper, fiber, and most amino acids. Dried apricots require sulfur dioxide treatment to retain their color, and they lose substantial amounts of vitamins.



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.


What is mental medicine?

Someone asked me what exactly is Mental Medicine? They had kind of an idea, but they wanted it defined in concrete terms. When we want to define something, we usually go to the dictionary. Mental is defined as "pertaining to the mind," and "of or for the mind or intellect." Medicine is defined as "the science and art of diagnosing, treating, curing, and preventing disease, relieving pain, and improving and preserving health." If we combine these two definitions, we have something similar to the following: The science and art of diagnosing, treating, curing, and preventing disease, relieving pain, and improving and preserving health pertaining to the mind. In other words, using the mind or intellect to improve the health of the individual.

Mental Medicine includes using inspirational quotes, true stories, looking at life from a little different perspective, and sometimes a little kick in the



pants. Mother Teresa said, "Kind words can be short and easy to speak, but their echoes are truly endless." Have you said kind words to others you have met today? Sometimes we may think kind thoughts about another but we do not always go that extra step to let them know about our positive thoughts. Ralph Waldo Emerson said, "You cannot do a kindness too soon because you never know how soon it will be too late." Take a few minutes today to verbalize those positive thoughts to another.

Hope is another prescription for Mental Medicine. Norman Cousins said, "The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started." We never know as we go through our daily lives how our words and actions impact other people. Do your words impart joy and meaning to your life and the lives of others? Think about it. 

Case of the month

A 29-year-old woman came to The Center in June, 2000, with renal cell cancer as her primary diagnosis, along with depression, irritable bowel syndrome, and chronic sinusitis as additional symptoms.


After seeing Dr. Riordan for an hour plus during the initial evaluation, he recommended laboratory work she needed to find out what were the underlying causes of her cancer and other symptoms. She then went to the laboratory where they collected laboratory samples and she completed the six-hour initial evaluation. She also did three intravenous vitamin C infusions—15 grams the first day, 25 grams the second day, and 50 grams the third day. The laboratory collected a blood plasma vitamin C after each infusion. Dr. Riordan started her on 25 grams of intravenous vitamin C two times a week and lipoic acid, Immkine, and Immuno-power by mouth.

She then moved to North Carolina and we continued to work with her by telephone.

She called Mavis Schultz to find out what her laboratory tests indicated. Mavis said she should continue with her original prescriptions plus Nystatin capsules for her candida. In October, 2000, she called again to report she was feeling totally great. She continued the 25 gram vitamin C infusions twice a week.

In December, 2000, she reduced the intravenous vitamin C to once a week and continued the oral nutrients. In 2001 she did the dendritic cell therapy while working with Neil Riordan, P.A.

She called again in February, 2002, and reported that she was doing so much better because of her experience at The Center. She was working two days a week, riding a bicycle for exercise, and just finished being in a dinner theater play. She wanted to say thank you to The Center for what all the people here had done for her.

Again, she called in April, 2002, and talked with Dr. Riordan to update him on her progress and to let him know that she is continuing the intravenous vitamin C to be sure everything continues to go well. 

CENTER UPDATE

Does vitamin C cause kidney stones?

Many doctors say yes, but The Center says no, vitamin C does **not** cause kidney stones. Who is right?


A study published in the *Journal of the American Society of Nephrology* completed by Dr. Curhan and colleagues of Harvard University followed 85,557 women for 14 years to find out if vitamin C caused kidney stones.

The researchers found that women taking 1500 mg or greater of vitamin C a day were no more likely to develop kidney stones than women who consumed less than 250 mg of vitamin C a day. They also found that women who consumed 40 mg or more a day of vitamin B6 were 34% less likely to develop kidney stones than women who consumed fewer than 3 mg of vitamin B6 a day.


This study of such a large number of women (85,557) for a long period of time (14 years) rules out that vitamin C causes kidney stones. It proves that what The Center has claimed is right—that vitamin

C does **not** cause kidney stones. So how did all this begin?

Oxalic acid is a by-product of vitamin C. Doctors had speculated this oxalate could combine with calcium to form calcium oxalate kidney stones. Dr. Emanuel Cheraskin in 1983, Dr. Linus Pauling in 1986, and Dr. J. M. Rivers in 1987 each wrote that vitamin C does not cause kidney stones. Dr. Cheraskin and others speculated why vitamin C did **not** cause kidney stones:

1. Vitamin C makes the urine more acid, thus reducing the binding of calcium and oxalate.
2. Vitamin C binds calcium, reducing the free calcium form so it is unavailable for binding with oxalate.
3. Vitamin C increases the frequency of urination, making it less likely to form stones.
4. Vitamin C is a mild urinary tract disinfectant, reducing infections for calcium oxalate crystals to deposit. 

Answers from page 4

- 1 a. If you ate sugar cane or sugar beets you would get all the nutrients required to assimilate the product.
- 2 c. Eventually, deficiency states arise or a state of sub-clinical nature arises such that they do not fit the textbook descriptions of deficiency states.
- 3 b. Pure water is not normally really pure. All water has "impurities."
- 4 a. Without the minerals and electrolytes our body has a harder time handling water.
- 5 b. We need to read the product labels and learn what the various mystery terms really mean.
- 6 a. While antibiotics can be a wonder drug, they can kill the friendly bacteria as well as harmful bacteria leading to the symptoms listed.
- 7 d. Other considerations include how much of your diet comes from "naked" foods as opposed to whole foods and how free from additives your diet is. 

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

NUTRITIONALLY INCORRECT: Why the American Diet is Dangerous and How to Defend Yourself

by Allan N. Spreen, M.D., C.N.C.
 While we may know that our diet is not the best one that we could eat, many of us do not realize the damage that the standard American diet is doing to our bodies. Dr. Spreen explains how to overcome the liabilities of a "normal" diet with his dietary health plan and supplemental "insurance policy."
 Softcover.

Retail Price: \$12.95
 Health Hunter: \$11.66

BEAT THE ODDS: Can Nutrients Help You Prevent or Delay the Onset of Degenerative Diseases and Aging?

with James Jackson, Ph.D.
 The odds are that if you live long enough you will get one of the many degenerative diseases associated with

aging. You may be able to "Beat the Odds" of this happening by measuring and monitoring your blood levels of various minerals and vitamins. Dr. Jackson urges you to check your nutrient levels so that you can maintain your health as well as you do the running of your car.

WHAT ARE THOSE FUNNY WHITE DOMES ON HILLSIDE? Learn About the History of The Center

with Marilyn Landreth, M.A. & Hugh Riordan, M.D.
 Have you ever wondered about those domes on north Hillside? How did The Center get started in Wichita, Kansas? Marilyn Landreth has been compiling a history of The Center and Doctor Riordan is the co-founder and President of The Center. He shares the "inside" story of the beginning of The Center.

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| Nutritionally Incorrect (book) | | _____ | _____ | _____ |
| Beat The Odds | audio video | _____ | _____ | _____ |
| What are Those Funny White Domes? | audio video | _____ | _____ | _____ |
| <i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)* | | | _____ | _____ |
| Two Year Membership/renewal - \$48 (\$53 for outside the U.S.)* | | | _____ | _____ |
| Three Year Membership/renewal - \$71 (\$76 for outside the U.S.)* | | | _____ | _____ |
| * No postage necessary. | | | Subtotal | _____ |
| | | | **Add Sales Tax | _____ |
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** Kansas residents add 5.9%.
 *** Add \$2.00 for first item; 50¢ for each additional item.

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

Upcoming Events. . .

Know Yourself/Beat The Odds Days

Friday, June 14

Saturday, June 15

Save an extra 20% (in addition to the 20% saved for being a Health Hunter member) on every Health Panel including:

Antioxidant Health

Brain Health

Breast Health

Eye Health

Heart Health

Pre-Conception Health

Prostate Health

Ask the Doctor

Friday, June 14 - 11 a.m. - 1 pm.

Saturday, June 15 - 8 a.m. - 2 p.m.

Join us for a free piece of cake in celebration of
The Center's 27th anniversary.

Folate cuts family colon cancer risk

Eating a diet rich in folate, also called folic acid, and taking folate supplements will reduce one's risk of getting colon cancer. This comes from The National Nurses Study—a 16 year survey of about 90,000 nurses looking at nutrition and disease.

Dr. Charles Fuchs and colleagues at Harvard Medical School in Boston questioned the nurses about their dietary habits and whether family members had colon or rectal cancer. The researchers also identified which nurses developed colon cancer during the the study.

They found that nurses with no family history of colorectal cancer who consumed 400 mcg or more of folate didn't significantly lower the rate of colon cancer when compared to those who ate 200 mcg or less of folate. Nurses who did have a family history of colon cancer found that 400 mcg of folate cut the risk factor in half. Another good reason to take your folate.

Health Hunter
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of Human Functioning International, Inc.
3100 North Hillside Avenue
Wichita, KS 67219 USA

RETURN SERVICE REQUESTED

- Unhealthy inflammation
- Testosterone benefits the aging brain
- Does vitamin C cause kidney stones?
- Folate cuts family colon cancer risk

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