

# Health Hunter<sup>®</sup>

N E W S L E T T E R

## The marvels of whole foods

Donald R. Davis, Ph.D.

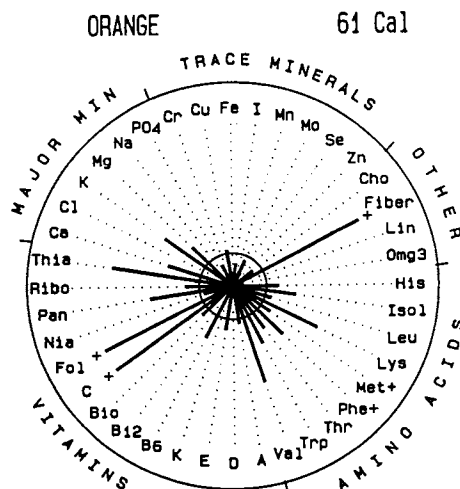
**W**hole foods are foods that once lived, eaten without broad changes in their nutrient content. They are virtually the only foods that nature provides for the complex creatures of the earth.

The once-living nature of whole foods has deep significance. All living things—plants, animals, fungi, algae, and others—consist of cells. These cells contain complex metabolic machinery that enables them to live and propagate. This metabolic machinery is similar in all cells, including our own. All cells use the same structural building blocks that humans need to eat, including about 10 amino acids, two fatty acids, and carbohydrates. All cells use enzyme catalysts that require the same 10 or so vitamins, and over 15 minerals and trace minerals, that human cells require. To be alive and grow, all cells must make these substances internally or get them from their environment.

So when we eat the cells and tissues of plants and animals (or sometimes fungi like mushrooms, or algae or insects), we automatically get a broad assortment of the nutrients we need: amino acids, fatty acids, carbohydrates, vitamins, minerals, trace minerals, and other substances. The assortment in any one whole food generally is imperfect in many ways, both qualitatively and quantitatively. But it is always broad, and the amounts tend to roughly match our needs.

For example, it may surprise many that oranges contain 23 nutrients in at least adequate amounts compared with the calories they contain. (See the bars in the figure that extend out to the inner

circle or beyond.) Twenty of these occur in no more than fivefold excess, relative to calories; only one (vitamin C) exceeds 10 times current guidelines. Besides these 23 adequate nutrients, five more have at least half the adequate levels. And six more, for a total of 34 nutrients out of 40 shown here, have at least a tenth of the adequate levels. Nearly all whole foods are similarly suited to human needs.



By eating a variety of whole foods, we help make up for the qualitative and quantitative imperfections in individual foods. Vitamin C, for example, is low or missing in the cells of grains, nuts, and most meats, but is prominent in fruit and vegetable cells.

Vitamin B<sub>12</sub> is available only from meats. Most other nutrients occur universally in all whole foods, because their cells require them to live.

The marvelous nature of whole foods explains how humans and all other creatures nourished themselves through the ages, without nutritional

*continued on page 2*

## Women keep more calcium by eating less salt

For years women with low blood pressure have felt they had no reason to watch their salt (sodium) intake.

Wrong, according to researchers from the University of Western Australia. Other researchers have known for years that sodium consumption increased the calcium in the urine.

The Australian research team found that sodium induced loss of calcium in the urine does indeed translate into a bone density drop in older women, according to Tufts University.

The team followed over 100 postmenopausal women for two years and found that those women who ate the most salt or other sodium products at the first of the study lost the most bone density in their hips and ankles.

As the research continues to come in, the message is clear. Cut back on the sodium and you will have a better chance of keeping your bones as dense and strong as possible. TH

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# Nutritional Medicine

## The whole foods foundation

Health has its foundation in foods. What you eat is what you give to your unique biochemical constitution for it to feed your body's cells. Your cells need a special balance of essential nutrients from which to synthesize the myriad of proteins, lipoproteins, enzymes, nucleic acids, hormones, and the literally thousands of other biological chemicals that are used to sustain your body and your life.

Please remember that all biological life is cellular life. And because all food (with the exception of milk products) were once alive, all foods are essentially cellular. Each cell, to be alive, requires an array of biochemicals that are surprisingly similar in all life forms. This commonality has been called "the biochemical unity of life" by Dr. Roger Williams, a great nutritionist in this century.

So when you eat, you are imbibing in this great unity. By eating once living foods, you are eating the cells of which they are composed. The same biochemical completeness that allowed these cells to live gives biochemical life to your cells in a similarly complete

way. This completeness is termed *wholeness*. Whole foods, being cellular in origin, are biochemically complete, and thus are able to richly sustain life when consumed.

Vitamin pills, mineral solutions, protein powder, and all the various products available in health foods stores...are NOT, in and of themselves, healthy foods. Why? They are not cellular and therefore are incomplete.

Sugar, separated fats, refined grains, and alcohols are not cellular. This means that over half of what Americans consume is incomplete. Eating these incomplete foods and taking incomplete nutritional supplements does not equal cellular wholeness. Only eating whole foods gives one the cellular wholeness necessary for biochemical completeness.

Think about it: whole foods are the biologic foundation of optimal health! Your cells must have whole foods to function in a healthy way. Exercise is great. A positive attitude is wonderful. Yet health is fundamentally a cellular affair, derived from whole food sources. [H]

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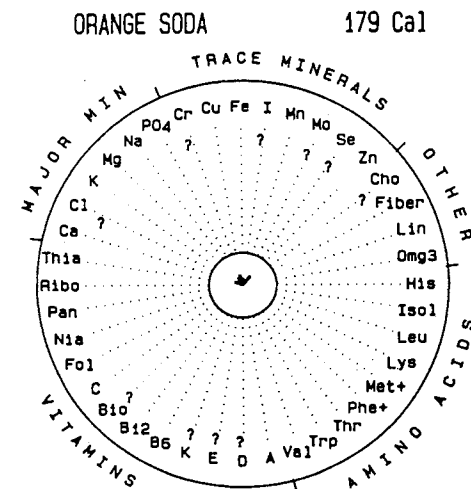
### Continued from page 1

knowledge. The biochemical unity of nature serves as the nutritional foundation for all creatures.

Unfortunately, this unity is destroyed or greatly reduced in three kinds of non-whole foods that dominate the diets of developed nations. Purified sugars have the taste appeal of ripe fruits, but none of the nutrients, and they are major ingredients in many foods (see figure; honey and brown sugar are similar). Added fats and oils—originally from whole foods such as corn, soybeans, olives, peanuts, and milk—are all nutritionally nearly as empty as sugar. White flour and white rice, with their bran and germ removed, suffer major losses of most nutrients.

Sadly, these three kinds of "dismembered" foods alone contribute well over half the calories and dry weight of many nations' food supply. These same nations tend to lead the world in

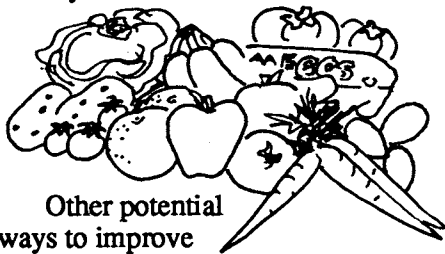
obesity and chronic degenerative diseases—a relationship that is surely not entirely coincidental.



By far the most important way Americans can improve their nutrition *continued on page 3*

Continued from page 2

is to move back to whole foods as the foundation of their diets. Fruits, nuts, vegetables, whole grains, fish, dairy foods, beans, lean animal foods, eggs, and other whole foods have nourished healthy creatures for millennia.



Other potential ways to improve our nutrition usually are over-emphasized. Although there are nutritional losses from cooking, canning, peeling, and possibly from "depleted soils," these losses are always minor and narrow compared to the broad losses in the "big three" dismembered foods noted above. Even juicing and drying generally cause more nutrient losses than cooking. Nutritional supplements have value, but we must remember they are only supplements, not substitutes for whole foods.

The limitations of supplements recently became more clear with our discovery of "phytochemicals" in whole plant foods. Phytochemicals are not essential, as nutrients are, but they are beneficial in myriad ways. There are probably hundreds of them (we don't know yet), and phytochemical supplements seem a hopeless way to simulate whole plant foods.

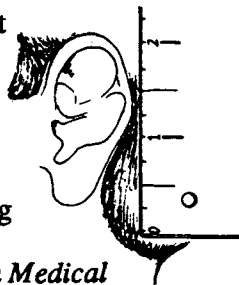
We can reclaim our nutritional and biological heritage by eating more of the foods that nature intended for us. We will reap the benefits—known and unknown—from the marvelous nature of whole foods. HE

## Little known, but important facts

Did you know that the rate adult ears grow is 1/3 of an inch every fifty years?

—from "Why Do Old Men Have Big Ears?" James A.

Heathcote, *British Medical Journal*, December 1995. HE



## HEALTH HUNTERS AT HOME

### A story worth telling

At our recent Health Fair, I had a chance to moderate a panel of patients telling his or her story about how The Center had touched their lives by giving them a chance to regain their health.

Betty told her story about conquering arthritis to gain the use of hands, wrists, and other joints again. "I can pick up a whole stack of plates now with one hand when before I had to struggle to pick up one with both hands," she shared.

And Zelma told about her 11 year road from breast cancer to successful life. "Cancer is a wake up call," she added, and she woke up and began living life to its fullest every day.

Laverne told of his journey from the depths of depression to living life with energy and enthusiasm. All of these were great stories.

But Duane's story really touched me and those who heard it on Saturday. I first met Duane the day his parents brought him to The Center to see if we could do anything for him. He was a sullen 17 year old sitting there looking out with disinterest through eyes surrounded by huge dark circles.

His mother described what it was like living with him. "He was a violent child. Everything he ate, everything he breathed made him violent. The food allergies were the most common things, sugar, milk, corn—and it's in everything. It was like living in a twilight zone. Every medicine he took didn't work or worked the opposite way. It was like the world was turned upside down. Nothing worked like it was supposed to, including Duane."

Duane described what it was like for him, "Always getting in trouble. Life was stressful, not knowing when I would blow up. Like when I would get in one of those moods I didn't think very much so I didn't know what was going on."

His mother added, "He would get so violent that we would have to call the police to stop it. He would break everything, trash the house. He couldn't control it and we couldn't either."

Dr. Ron Hunninghake, one of his physicians at The Center, added when

asked about Duane afterwards that he didn't think we could help him. But we tried anyway.

When Duane first came as a patient, he described the experience as, "Scary. Telling my problems, I wanted to keep them secret because I was ashamed of them."

"Since then I have told my problems and [The Center] has used them to find things that help me not be violent, help me be able to eat stuff I used to not be able to. It's made my life a lot better."

One test we ran during the initial evaluation was the Cytotoxic food sensitivity test. His mother said that about 60 out of the 90 foods tested, "he was allergic to." Duane added that now he can eat most foods since he has gotten better, but no more than once a week. Getting rid of the foods and adding in nutrients helped him get some control.

Dr. Hunninghake then added natural thyroid. When asked about how this worked, Duane said, "I loved it. It gave me more energy, got me in control. It got me where I could eat more foods."

His mother added with great joy, "and the violence stopped." I remember a comment Duane made to Dr. Hunninghake. "At last I feel happy!"

Next Dr. Hunninghake added selenium and vitamin E. Again, Duane said, "That like doubled it again, made me double better. Made me act better, gave me the will to get a job. I used to be real lazy and I am real active now."

In short, Duane has gone from someone who caused constant problems in the family to a happy, productive part of the household.

When I asked him to be on the panel he said that he was a very shy person and didn't speak in front of groups. Then he thought about it a little bit and said, "I can do that." When he came, he was neatly dressed, hair neatly cut and combed. He was obviously someone who felt good about himself. Both his parents came with him and when they left his dad had his arm around Duane's shoulder as any proud dad would. HE

—Richard Lewis

## INFORMATION WORTH KNOWING

Have you, or someone you love, tried numerous "diets" and been unable to achieve the results you would like? Two books that might help you arrive at the body you would like are *Bodycraft* by L. Elizabeth Zelandais and *Diets Don't Work* by Bob Schwartz, Ph.D. Find out why many diets can lead to weight gain rather than weight loss. Learn techniques that can help you to achieve the body you really want. The questions this month are taken from these two books.

1 It has been reported that if 200 people were to go on any weight-loss diet, only ten would lose all the weight they wanted, and out of those ten dieters \_\_\_\_\_ will keep the weight off for a reasonable length of time.

- a. none
- b. one
- c. five
- d. ten

2 One way for underweight people to gain weight is to go on a weight loss diet.

- a. True
- b. False

3 Weight-loss diets do not work because \_\_\_\_\_.

- a. diets lower your metabolism
- b. deprivation leads to obsession
- c. weight-loss diets are grim and painful
- d. all the above

4 By studying naturally thin people it was found that they differed from dieters in their relationship with food. A naturally thin person \_\_\_\_\_.

- a. eats only when their body is hungry
- b. enjoys every bite of food they put in their mouth
- c. stops eating when their body is no longer hungry
- d. all the above

5 Learning to wholly accept your body the way it is, is the paradox in making any lasting changes.

- a. True
- b. False

6 The greatest gift in life that you can give to yourself is to be \_\_\_\_\_.

- a. always critiquing how well you are measuring up to some standard
- b. constantly weighing yourself and judging your worth by the number on the scale
- c. constantly delighted with yourself
- d. all the above

7 Water is an essential element that helps keep your physical system clean. It is vital for \_\_\_\_\_.

- a. chemical reactions in digestion
- b. lubricating our joints
- c. chemical reactions in metabolism
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

## Case of the month

A 78-year-old male came to The Center with a history of coronary artery disease, including high cholesterol, high blood pressure, and chest pain, as well as concerns about arthritis in his fingers, multiple allergies, and poor bowel function.


His goal was to feel better, do the things that he likes to do including golf, skiing, and flying, and maintain a high quality independent life in his older years. He did not want to become a burden to others.

Our laboratory evaluation found that he had a cholesterol of 184 while on Zocor. His nutrient levels were within normal range. He had a normal sed rate. We did a diagnostic chelation and found that he had an elevated cadmium burden. Although his lead level was not high on an absolute scale, there had been an over 16-fold increase in his excretion result from chelation.

The patient was put on Emergen-C, flax meal, Niaplex and Dr. Rath's CardioRite, two per meal. Also chromium was started since his chromium excretion was poor.

After 10 chelations he began to mobilize large amounts of aluminum, his cadmium level came down slightly, and more lead was further mobilized. After 20 chelations, his aluminum level had dropped almost 500%. He continued to excrete about the same amount of cadmium and lead.

Clinically, he was able to walk 5 miles a day without chest pain. His cholesterol and blood pressure had both come down. He had no shortness of breath. He was working and doing all of his normal activities without any restriction.

He had a recent follow-up Thallium Stress Test, chest X-ray, and Echocardiogram, all of which were still within normal limits. He was recently started on Proanthro C and CardiPro to help with allergies and arthritis. In general, his clinical response has been very gratifying to him because he is maintaining a high quality lifestyle. 

Prevention is so much better than healing because it saves the labor of being sick.

—Thomas Adams, 17th century English preacher



## Whole foods help

It is becoming evident that we should be consuming more whole foods. It is very difficult for the young people in our society to pass up the opportunity to have a "Big Mac" and a can of Pepsi.

I read in the book *The Wonderful World Within You* by Roger J. Williams, how a series of tests were performed with 17 delinquent girls, ages 11 to 15. The behavior and attitudes of these girls changed remarkably when they were able to change their diets from white bread, margarine, cheap jam, and quantities of sweet tea, and canned and processed meats. On this diet they were very quarrelsome and aggressive toward one another and resistant to authority. They also appeared listless and lazy.

After their diet was changed to include a variety of fresh fruits, vegetables, dairy products, and fresh meats, the girls changed drastically. Their acne cleared up, their cheeks became rosy, their attitudes became more cheerful, and they quarreled less. Instead of languishing about, bored and listless, they began taking an interest in the world around them and making positive plans for their own lives. (This book is for sale here at The Center.)

I know this to be true. I have taken the cytotoxic test here at The Center to determine the various foods to which I am sensitive. Since I work here, I eat my lunch here and have a glass of raw (fresh) carrot juice, and I watch that I have fresh fruit, vegetables, and nuts when I eat at my apartment. Yet, like many others, I enjoy eating out with friends and when I do I usually "pay" for it. The food may taste good, but when I return home I am miserable for the next 24-48 hours. My energy is gone and I just plain feel "grumpy."

So check your grocery list and take note. Does it contain some non-whole foods? If so, why not mark them off and add more fresh fruit and nuts. Soon, you too will find a difference in your well-being. [H]

—Nelda Reed

- Eggs
- Whole Milk
- Carrots
- Chicken (ground)
- Chicken (breast)
- Lettuce (Romaine)
- Potatoes
- Beef (steak)

# Mental Medicine

## Mental stress worse than physical stress for the heart

They used to say shoveling snow or other types of physical stress were what one had to worry about when concerned about having a heart attack.

Now, researchers are saying that it is the worrying that one needs to worry about more than the physical stress.

The way a person's body responds to mental stress can be a strong predictor of whether that person is vulnerable to heart problems, according to a study completed by the Department of Medicine, Duke University Medical Center and reported in *The Journal of the American Medical Association*.

Wei Jiang, M.D., and his fellow researchers, studied 126 outpatients with documented coronary artery disease (CAD) who showed evidence of exercised-induced myocardial ischemia (usually chest pain caused by reduced

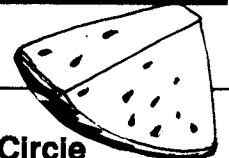
blood flow to the heart) within the last year. They followed each person for five years.

"In patients with stable CAD and a prior positive exercise stress test, mental stress-induced myocardial ischemia is associated with significantly higher rates of cardiac event over a follow-up period of up to five years. Patients who displayed mental stress induced ischemia had almost three times the risk ratio of having a cardiac event or of dying compared with patients who did not exhibit mental stress-induced ischemia," according to the researchers.

"An additional implication of our study is that modification of stress responses may serve to reduce risk of future cardiac events, particularly in patients who exhibit mental stress-induced ischemia," they added. [H]

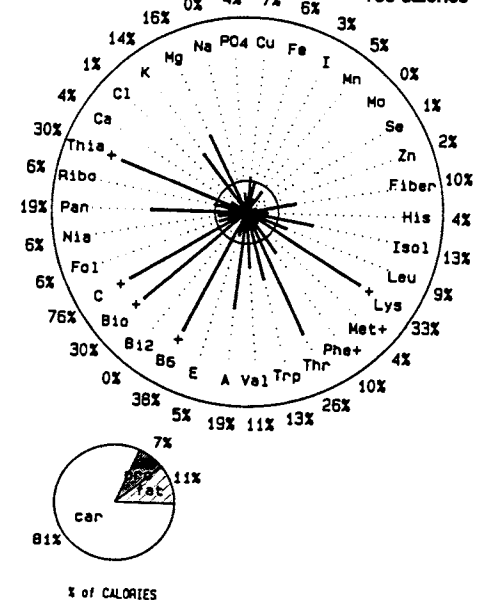
# Food of the Month

by Donald R. Davis, Ph.D.



## NutriCircle

1-inch slice,  
10-inch diameter  
= 150 calories



**WATERMELON** is a wonderfully nutritious summer treat for children and adults alike. Twenty-one of the 35 nutrients shown here occur in good proportion to calories, including most of the essential amino acids of proteins. A 1-inch slice, 10 inches in diameter, supplies 30% to 76% of the RDAs for vitamins C and B<sub>6</sub>, biotin, and lysine—the amino acid that is low in grains. Watermelon also contains helpful phytochemicals and the antioxidant glutathione (not shown). Why not keep watermelon in your refrigerator all season long instead of inferior thirst quenchers like sodas, fruit "drinks," and sports beverages?

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 chart shows the sources of calories. [H]

# Beat The Odds Update

## Antioxidants, trace minerals in general, and selenium in particular

To help beat the odds for getting heart disease, cancer, and the degenerative diseases that come with aging, the Beat The Odds concept holds that one needs to keep the antioxidant nutrient levels in their body as close to optimal as possible. Beat The Odds is based on years of research.

This concept includes trace minerals, and particularly selenium, a potent antioxidant and one that works hand in hand with vitamin E.


Trace minerals get the *trace* in their name because we need so little of them. But mother nature only provides them in tiny quantities. We need to get the trace minerals from our food because our bodies do not have the ability to manufacture them.

Selenium, like all antioxidants, protects the body's cells and DNA

against oxygen molecules gone bad, or free radicals.

Many people worry about getting a selenium overdose or reaching a toxic level. They suggest that one should never exceed 200 µg (micrograms) per day and that this level should be only 55 µg for women and 70 µg for men.

Since everyone is unique biochemically, the key is to know what your level of selenium is through a blood test as in Beat The Odds, rather than just guess. At The Center, our doctors have prescribed selenium at the 200 µg level whenever blood tests show that this level is necessary.

The best sources of selenium in your diet are meat, eggs, seafood and—depending on the amount of selenium in the soil—broccoli, mushrooms, and whole grain cereals. 


## Vitamin A may help diabetics

We have known for years that obesity is one cause of the onset of diabetes and that exercise may help reduce its effects.

Now, research by Francesco Facchini and colleagues at Stanford University School of Medicine in California and reported in *The American Journal of Clinical Nutrition*, shows that vitamin A consumption may have an effect on how well insulin disposes of glucose in the blood.

Using 52 healthy volunteers, the researchers looked at several different factors and found that vitamin A consumption was the only one that had an independent effect. "The greater the intake of vitamin A the more effective was insulin in stimulating glucose disposal," they wrote.

Other factors their research showed having no effect were carbohydrate, protein, amount or kind of fat, fiber, or vitamin C or E consumption.

Vitamin A is a fat soluble vitamin and one should follow recommendations when taking it. 

## CENTER UPDATE

### Fish oil and Crohn's disease

Fish oil has had both its supporters and detractors over the years. Its supporters are quick to point out that fish oil is a wonderful source of omega-3 fatty acids. Omega-3 fatty acids are often in short supply in the American diet. Supporters tout it as the solution for many chronic diseases today, including many of the inflammatory conditions seen by health care professionals.

Some detractors of fish oil complain of the side effects which include nausea, bad breath, and belching, for instance. The belching is particularly bad because one often has a continuous fishy taste in the mouth. Not only do they complain about the taste in the mouth, but people around them also find the fishy smell unpleasant.


But Andrea Belluzzi, M.D., and colleagues with the Institute of Clinical Medicine and Gastroenterology at the University of Bologna in Italy found a way to effectively side step these problems and still get the anti-inflammatory effects of fish oil. In this case the researchers were looking for a

way to reduce the reoccurrence of Crohn's disease, a severe intestinal inflammation problem.

They had Crohn's patients take either a fish oil capsule with a special enteric coating, designed to dissolve in the gut rather than in the stomach, or a placebo capsule.

Belluzzi and colleagues reported in the *New England Journal of Medicine* that, "the patients receiving the fish-oil formula were significantly less likely to have relapses than the patients receiving placebo."

They went on to write that, "The coated fish-oil preparation we used has few gastric side effects, and patients' level of compliance was high. Furthermore, the degree of absorption of the [omega-3] free fatty acids and of their incorporation into phospholipid membranes was high."

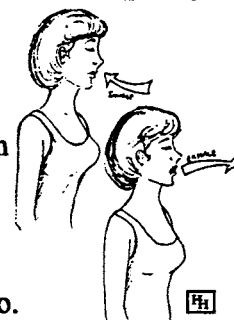
This new way of taking the fish oil proved as effective as the currently popular drug in maintenance of remission in patients with Crohn's disease, the researchers concluded. 

### An easy stress breaker

There are all sorts of stress breakers to help reduce the response to mental stress. These can be as simple as taking a leisurely walk to doing some type of meditation.

One easy way to break the stress response is a simple breathing exercise. Four times a day, simply take five deep breaths and hold each one for a full six seconds. Dr. Riordan says that if one will do this simple exercise, it will reprogram the autonomic nervous system to go from fast to slow.

If you need a medical reason for deep breathing, you need to realize that every time you breathe deeply, you move your diaphragm up and down. This action massages your liver and other soft organs, letting them work better too.



Answers from page 4

- 1 b. Only 1% of that population is able to stay at the weight they want to be.
- 2 a. Going on a weight loss diet for three days and then returning to their normal way of eating for a few days and repeating this cycle a few times usually results in weight gain.
- 3 d. Going on a diet causes people to think about food all the time.
- 4 d. Eating is not the main activity of their lives; it is just one activity. Plus a naturally thin person knows exactly what they want to eat and are aware of what they are eating.
- 5 a. By always criticizing yourself and your body, you are creating an internal rebellion. By loving your body, praising it, and realizing that no matter what shape your body is, it deserves respect and love.
- 6 c. We all deserve to live, love, and be happy. Our looks, attitude and doubts have nothing to do with our inherent worth.
- 7 d. Not getting enough water can lead to excess body fat, poor muscle tone, decreased digestive efficiency, and joint and muscle soreness, along with water retention. HE

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11  
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

### DIETS DON'T WORK

*by Bob Schwartz Ph.D.*  
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### KNOW YOUR NUTRIENTS:

**Potassium/Sodium—The K Factor**  
*with Ronald Hunninghake, M.D.*  
 All whole foods have a high K factor. This means potassium is in abundance and sodium is sparse. For most processed foods the situation is reversed: the K factor is drastically low. A low K factor diet has been associated with high blood pressure and a host of degenerative diseases. Learn how to

boost your own K factor. Audio cassette & video tape.

### HAIR TISSUE ANALYSIS IN CLINICAL APPLICATIONS: A Valid Test?

*with James Jackson, Ph.D.*  
 The use of hair as an acceptable specimen for identifying toxic elements in the body has been used for many years. The use of hair tissue analysis as an aid in identifying nutritional problems, or as a marker for identifying individuals with antisocial or violent behavior problems, is not as clearly defined. Audio cassette & video tape.

### GET OFF YOUR DUFF AND DO IT: Exercise Motivation Tips

*with Renee Garty, R.N. and Madeline Coffman, M.S.*  
 We all know that exercise is good for us, but how do we get it going and keep it going? Motivation is the key. Listen and figure out what motivates you. Investigate the activities that best fit your personality and lifestyle. Audio cassette & video tape.

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# Upcoming Events...

JULY				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Yoga Reduce Hips, Thighs, & Buns	2	3 No classes	4	5
8 Yoga Reduce Hips, Thighs, & Buns	9	10 Yoga, Buns Eat Your Way to Natural Weight Loss Workshop	11 L & L - How to Make Recipes Healthier	12
15 Yoga Reduce Hips, Thighs, & Buns	16 L & L - Know Your Nutrients: CoQ10	17 Yoga, Buns Eat Your Way to Natural Weight Loss Workshop	18 L & L - Auricular Treatment for Pain	19
22 Yoga Reduce Hips, Thighs, & Buns	23	24 Yoga Reduce Hips, Thighs, & Buns	25 L & L - Beyond Organic Gardening	26
29 Yoga Reduce Hips, Thighs, & Buns	30	31 Yoga Reduce Hips, Thighs, & Buns		

## AUGUST

### Lunch & Lecture Classes:

- |  |                                   |
|--|-----------------------------------|
| 1 Oxygen Therapies That Assist Healing | 8 Naps: Nature's Stress Reducer   |
| 6 Know Your Nutrients: Glutamine       | 13 Know Your Nutrients: Vitamin E |

## Exercise lowers blood pressure

"Many recent studies have shown that regular aerobic exercise (workouts like brisk walking that uses large muscle for an extended period) over several months may modestly lower blood pressure," wrote Barry Franklin, Ph.D., in a recent issue of *The Physician and Sportsmedicine*.

Aerobic exercise will lower the top number of your blood pressure an average of 11 points and the lower number by 9 points, according to information presented at a recent National Institutes of Health conference.

For many people, this just might be enough to get back in the normal or high-normal blood pressure range. And if it works, it is better than taking blood pressure drugs. Doctors figure the top of these ranges to be 139 (systolic blood pressure) over 89 (diastolic).

## INSIDE THIS MONTH'S ISSUE . . .

- **The marvels of whole foods**
- **Women keep more calcium by eating less salt**
- **Mental stress worse than physical stress for the heart**
- **Fish oil and Crohn's disease**

### Health Hunter

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