

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

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## Vitamin E, the cardiovascular superstar

Richard Lewis

**R**esearchers recently gathered in Kyoto, Japan, to present their latest findings suggesting the emerging superstar status of vitamin E in reducing the risk of heart disease and other cardiovascular problems.

*"...inadequacy of plasma vitamin E and C increases the risk of cardiovascular disease."*

This International Symposium on Vitamin E gathered scientists from many disciplines to focus on the growing research into the use of vitamin E in the prevention of heart disease. Not only was the research focused on helping people prevent heart attacks and strokes, it also looked into how vitamin E could help to eliminate the continuing and more devastating problems that may occur after the first heart attack or stroke. The clinical benefits coming from this information may prove to be far reaching.

"In patients who already have angina [chest pain] and ischemic heart disease [blockage in the coronary arteries], the data were sufficient clinically to endorse the use of a high dose of alpha-tocopherol [vitamin E] to reduce their incidence of cardiac events," reported Nigel Stephens, M.D.

This recommendation grew out of the findings of the Cambridge Heart Antioxidant Study (CHAOS) conducted by Dr. Stephens and his colleagues at Northwick Park Hospital in Harrow, Middlesex, in the United Kingdom.

In the CHAOS study, the research-

ers followed 2,002 patients with known coronary artery disease for an average of 510 days. Each person was randomly assigned to one of three groups taking vitamin E supplementation of 400 IU, 800 IU, or a placebo.

Along with a marked reduction in cardiac deaths and non fatal heart attacks, they found that vitamin E appeared to have a significant effect on mature, well-developed atherosclerotic plaque buildup and prevented it from rupturing. This rupturing often is a cause of clots that produce major heart problems.

A Swiss researcher, K. Fred Gey, M.D., of the University of Berne made an interesting observation: "If we postulate that a low or poor status of antioxidants is a hitherto unrecognized risk factor of coronary heart disease, then we ought to [realize] that the rectification or the normalization of low levels results in a reduction of the coronary risk."

The Physicians' Health Study completed by Boston researchers, supports this theory. They found that the number of coronary events could be related to low vitamin E intake on a regular basis.

One of the other studies quoted by Dr. Gey was the Linxian trial of cerebrovascular mortality in rural China, jointly sponsored by Chinese and U.S. agencies. In this large study, they found that when the general population was given supplements of vitamins E and C, along with beta carotene and selenium, the death rate from cerebrovascular problems dropped dramatically.

*continued on page 2*

## Nutrients help asthmatics

Lung power of adult asthmatics taking vitamins C and E remained strong when exposed to irritating air pollutants, according to Washington researchers.

"Our results show that a combination of antioxidant vitamins can benefit people with asthma who are sensitive to air pollutants," Carol Trenga, Ph.D., a researcher at the University of Washington told those attending the American Lung Association/American Thoracic Society International Conference in San Francisco recently.

To get these results, the researchers had 17 asthmatics take 500 mg of vitamin C and 400 IU of vitamin E daily or a placebo for five weeks. Then they switched regimens for another five weeks. After each five week period, the 17 were exposed to air pollution under controlled conditions.

Peak expiratory rates dropped 13% for those taking the placebo when exposed to the air pollution. The vitamin group showed no drop in lung power and actually some improvement. H

### Inside this issue...

E is for everyone	2
Magnesium solves leg cramps	3
Don't get any respect	3
Information worth knowing	4
Green tea fights cancer	4
Case of the month	4
Formulas for quality life	5
Are you living in the moment?	5
Food of the month—tomatoes	5
Garlic	6
It is official, walking is in	6
Diet to slow reaction time	6
Caffeine won't hurt your bones	6
Special discounts	7
Upcoming events	8
Don't kiss your dog	8

# Nutritional Medicine

by Ron Hunninghake, M.D.

## E is for everyone

There are exceptions to every rule. Vitamin E is, indeed, exceptional...exceptional in the sense that just about everyone could benefit from its antioxidant properties.

Normally, at The Center, we invoke the concept of biochemical individuality when it comes to nutrient needs. Each person has a unique need for any given nutrient, depending upon diet, supplementation, stress, genetics, current illnesses, and many other interactive factors.

Vitamin E is unique in this respect. Almost everyone seems to need and benefits from vitamin E regardless of these individualizing biochemical variables. Conventional medicine journals have recently published a whole slew of studies documenting the effectiveness of supplemental vitamin E to prevent heart attacks, and one even showed how it might help prevent Alzheimer's.

Two factors contribute to vitamin E's unique stature in the world of supplemental nutrition. First, the dietary

intake of vitamin E rarely reaches RDA recommendations in the typical American diet. Secondly, everyone's antioxidant reserves are under constant attack in our modern world.

Daily intake of E in a "normal" diet is 10.4 to 14.4 IU. The original RDA of 30 IU per day was found to be "unachievable." Therefore, the RDA committee lowered the recommendation to 8-10 IU to make the peg fit the hole.

The percent RDA is a moot point. At least 10 times the RDA dose is needed to prevent "subclinical oxidative events." These include stress, smog, cigarette smoke, radiation, UV light, chemical additives, pesticide residues, lipid peroxides (oxidized cholesterol), products of metabolism, and many, many more free radical sources in our environment.

Vitamin E's tremendous safety record, along with its proven clinical effectiveness, low cost, and public appeal, make it a natural winner in the field of preventive self-care. [H]

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### PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth  
and Barbara Nichols

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### Continued from page 1

"I would say that the totality of available data suggest this consistency—if not persuasive [evidence]—show that the inadequacy of plasma vitamin E and C increases the risk of cardiovascular disease," Dr. Gey concluded.

In Dr. Gey's research, each study used vitamin E as a way to prevent heart attacks and strokes. A Japanese study looked at how vitamin E would work to prevent future strokes in people who had suffered one cerebrovascular accident (CVA).

Yoshiya Hata, Ph.D., and his associates at Kyorin University in Japan studied 2,271 patients between the ages of 50 and 75 who had had at least one CVA. They were randomly assigned to two groups—one received 600 mg of dl-alpha-tocopherol niconate (a-TN), a complex molecule that is part nicotinic acid (vitamin B3) and part alpha-tocopherol (B6). The other group was given conventional treatment.

At the end of the three year follow-up period, the researchers found interesting results. When compared to the patients who had conventional treatment, those taking a-TN had a lower incidence of total heart disease and total deaths than those on conventional therapy.

Diabetics often have more heart disease than most people. George L. King, M.D., and his associates at the Joslin Diabetes Center in Boston found, through their research, that vitamin levels in the blood may have quite a bit to do with this increase of incidence.

"There is plenty of evidence that there is oxidant stress in the diabetic state," Dr. King told those present. There is also evidence that treatment with antioxidants such as glutathione, vitamin E, and lipoic acid may improve motor-neuron velocity, neural blood flow and painful symptoms, King concluded.

Makoto Kunisaki, M.D., with  
*continued on page 3*

Continued from page 2

Kyushu University in Fukuoka, Japan, found that vitamin E normalized the blood flow to the retina of the eye and believes he has found the reason it works. Further research will be conducted in the U.S. and Japan.

Vitamin E may have been the superstar at the symposium in Japan, but, as many of the researchers pointed out, all antioxidants tend to work together. The synergistic action of vitamins such as A, C, and E cannot be ruled out as a therapeutic option, according to Dr. Gey.

—from a special supplement to  
*Medical Tribune*

Ron Hunninghake, M.D., medical director of The Olive Garvey Center for Healing Arts, says, "Antioxidants are like a football team. Vitamin E may be the superstar quarterback, but without a solid line protecting him, he won't complete many passes. With a strong line, the superstar has a chance to really shine. You need all the antioxidants and you need them in balance." [H]

## Magnesium solves leg cramps

In a recent letter from a *Health Hunter* reader, he shared how he solved his problem.

"In one of your recent bulletins appeared a short paragraph indicating that muscle cramps could be caused [by] a deficiency of magnesium. I had been suffering from cramps in my left leg in the area above and below the knee.

"I attributed this pain to a slight arthritis. It varied. Some days were worse than others. It would almost disappear at the end of my daily mile and a half walk as I warmed up. At other times it made me hobble and persisted.

"Taking the hint I decided to try taking magnesium. Bought a bottle of 250 mg USP Magnesium and sure enough in a week the cramps and pain disappeared. I try to keep the dosage to a minimum. Take one every other day, sometimes skip another day. I take no medication.

"I thought someone in your [readers] might be interested in knowing the results of this supplement in my case. I am 82." [H]

(Name withheld)

## HEALTH HUNTERS AT HOME

### Don't get any respect

Homocysteine is much like Rodney Dangerfield, the comedian. He was always complaining that, "I don't get any respect."

Homocysteine has been working in the dark for years, causing all sorts of problems with our cardiovascular system while circulating in the blood. But does it get any respect? No.

Here is vitamin E, the good guy—the Dudley Doorite vitamin of heart disease with broad shoulders, straight teeth, and a chiseled jaw—getting the good press for its hard work in defending the arteries from the ravages of these bad guys. It makes the front page of *Health Hunter*. Vitamin E even had its own international conference in Japan extolling its virtues as a vitamin superstar of the cardiovascular system. There have been many research articles in the last few years about its benefits.

But then, the good guy should get more of the limelight than the bad guys, right?

On the other side, there is cholesterol, the popular villain in the cardiovascular system. For decades, cholesterol has received the lion's share of the attention as the chief bad guy causing plaque buildup in the arteries. Scores of research papers have been written about the evils of cholesterol and what it does to your arteries than on the virtues of vitamin E.

But again, that is the nature of the press. They are more interested in stories about bad news than congratulating the good guys for their tireless work. Just watch the evening news for a couple of nights and you will see this in action.

So why hasn't homocysteine received much mention for its dirty work in our arteries? We have known about it for decades. Sure, homocysteine has gotten some coverage in *Health Hunter* over the last few years and a few other publications, but nothing like cholesterol.

This may be changing. With a recent article in *The Journal of the American Medical Association*, homocysteine began elbowing cholesterol out of the

way and grabbing some much needed attention.

"An increased plasma total homocysteine level confers an independent risk of vascular disease similar to that of smoking and hyperlipidemia [high cholesterol]. It powerfully increases the risk associated with smoking and hypertension," wrote 28 lead researchers representing nineteen centers in nine European countries.

This study propels homocysteine from a relatively unknown petty bad guy in the artery blocking business to major criminal status. The study gives homocysteine respect, but it also raises three nutrients to the level of major crime fighters when it comes to defeating homocysteine.

Vitamin E, move over. It looks like you may need to share the "Defenders of the Arteries" title with vitamins B6, B12, and folic acid.

"We believe it is time to consider whether existing recommended daily allowances of the vitamins that modulate homocysteine metabolism are adequate, and to undertake randomized controlled trials of the effects of folic acid and perhaps [vitamin B6] in the secondary prevention of cardiovascular disease," the researchers concluded.

In short, look at what knocks out homocysteine as a major player in heart disease. It is simply vitamins that researchers are examining: successful vitamins rather than expensive drugs.

It is beginning to look like homocysteine should have settled for its position of little respect. With the understanding of just how serious a bad guy homocysteine is in the development of coronary artery disease comes the effort to find out how to reduce it as a risk factor.

Now, if we can just get the researchers to understand the concept of biochemical individuality—the fact that we have different needs for a specific nutrient—we should really make headway in reducing homocysteine's artery clogging abilities. [H]

—Richard Lewis

## INFORMATION WORTH KNOWING

Is there someone close to you who suffers from depression? Sherry A. Rogers, M.D. says that depression can be caused from many different things. And most of those things have to do with the environment and a person's diet. If you are ready to become a medical detective and look for causes for the depression rather than a quick fix that does not last, you might want to start with her book. This month we focus on depression with questions from *Depression Cured at Last*. These questions are just a small portion of what appears in the book.

- 1 The number of people treated with antidepressants between 1993 and 1994 increased by \_\_\_\_ %.
- 62
  - 27
  - 19
  - 14
- 2 Signs of depression can include sadness; change in appetite and weight; feelings of extreme worthlessness or excessive guilt; disturbed sleep; agitation or its reverse, lethargy; fatigue and loss of energy; and \_\_\_\_\_.
- planning or hoping for a rewarding tomorrow
  - depressed mood or loss of interest
  - ability to maintain focus or be attentive
  - all of the above
- 3 With all the attention depressive conditions have been receiving, it is now known that depression is a Prozac deficiency.
- True
  - False
- 4 After a complete medical evaluation when other causes for fatigue or other symptoms listed in question #2 are ruled out then, many times, the diagnosis is depression.
- True
  - False
- 5 Once a diagnosis of depression has been made, the next step for many alternative physicians is to \_\_\_\_\_.
- try to find the cause of the depression through a thorough evaluation of the patient's environment
  - delve deep into the psyche of the patient
  - prescribe an antidepressant
  - all of the above
- 6 \_\_\_\_\_ is one of the least diagnosed and most prevalent causes of symptoms, especially depression.
- Food allergy
  - Prozac deficiency
  - High carbohydrate diet
  - None of the above
- 7 As you get more and more \_\_\_\_\_ in your diet you lose more chromium, manganese, magnesium, and many other vitamins and minerals.
- vegetables
  - fat
  - sugar
  - all of the above

• FOR ANSWERS, SEE PAGE 7 •

## Green tea fights cancer

Want to help prevent cancer? Drink green tea, according to researchers from Toledo, Ohio, reporting in a recent issue of *Nature*.

They discovered that green tea has one of the polyphenols that works to inhibit one enzyme that helps to promote the metastasis of human cancer.

Only green tea, not any of the black teas, possesses this polyphenol.



## Case of the month

In the fall of 1996, a 49-year-old woman came to The Center because of recurrent chest pains. In the year leading up to her decision to seek alternative care, she had been air lifted four times to Wichita due to "unstable angina." These trips and prolonged stays in the coronary care unit had cost her insurance company over \$150,000.

Other symptoms included severe fatigue, depression, weight gain, arthritic neck pain, severe constipation, acid reflux from a hiatal hernia, fluid retention, poor concentration, poor night vision, and sugar cravings. She was on nine medications at the time of her intake evaluation.

Laboratory testing found her to be markedly deficient in vitamins C and E, with a low normal A and folic acid. Her candida antibody level was elevated. H. Pylori antibody testing was also positive for the gastric bacteria. Her omega-3 fatty acid was low. The IgE level was abnormally high. Her erythrocyte chromium level was markedly low. An EDTA diagnostic challenge demonstrated markedly high levels of aluminum, cadmium, and lead in her system. Thirty-five out of 90 foods were positive on cytotoxic exam.

Therapeutic recommendations included CoQ10, 50 mg four times daily, deep breathing exercises, modified soluble pectin, and Cardi-Rite (a supplement especially formulated for vascular disease). Several intravenous vitamin C and zinc infusions were given at weekly intervals along with B vitamin injections.

Aloe capsules were taken at bedtime for constipation and EicoPro to replenish EPA levels. Sensitive foods were avoided. Pregnenalone, chromium, and ultra low doses of natural thyroid were also started. Finally, a series of therapeutic chelations was instituted.

After nine months of therapy, the patient reported dramatic improvement, including a reduced need for medication. Her local cardiologist commented on her remarkable progress and acknowledged that "some selective patients are being helped by chelation." Ongoing therapy and lifestyle modification continues.

## Formula for quality life

Try these 5 A's daily:

- Antioxidants
- + Attitude
- + Awareness
- + Appreciation
- + Activity
- = Anti-Aging

Start each day with an adequate amount of *antioxidants* for your individual body. Mix in a good *attitude* toward the coming day and with each individual who comes your way. Be *aware* of their strengths and weaknesses and support their strengths.

Show your *appreciation* for even the small things that come your way (and big things will happen for you). When you relax for the evening, you will instantly be *aware* of the special day you have just passed through.

Before you retire for the evening, check out your *activity* for the day. If you were unable to get that walk in, do some simple stretches. *Activity* is important the older one gets to keep the body well tuned. When you awaken tomorrow, do more stretching before you begin that special day.

I was again made aware of the importance of *antioxidants* in reading the April issue of *The Lancet*. It has been argued that the human species is not genetically adapted to survive past middle age and that antioxidant diet supplements are needed to ensure a healthier elderly population.

According to the free-radical theory, Alzheimer's Disease is an acceleration of the normal aging process in the affected brain regions. These regions are damaged by free-radicals generated in metabolism.

Thus, we need to make certain we start each and every day with our antioxidant supplements. Then we will realize what Quality Life really is. HH

—Nelda Reed

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# Mental Medicine

by Marilyn Landreth, M.A.

## Are you living in the moment?

Do you ever get caught up in planning for tomorrow, next week, or next year and forget to enjoy and live in the moment? We are all guilty of that at some time or another. It seems in our hurry, hurry world that we often can't just relax and enjoy our life as it is rather than as we want it to be next week or next year.

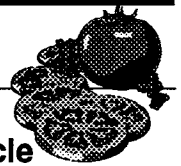
Have you ever decided not to do something because it would take too long to complete? Not my former next door neighbor. He decided to go to Dental School when he was 50 years old. When asked how he could spend four years going to school at his age, he had an answer for his critics. "In four years I will be four years older whether I go to college or not," he said. He was

planning on living the next four years as they came whether he went to school or not. He was living in the moment while doing something he really wanted to do. The last I knew he was in his eighties and still going strong.

At one of our staff meetings Ruby, a Center volunteer, spoke to the group about the events in her life. She closed with a saying that seemed to exemplify living in the moment. "People spend so much time making the journey to happiness that they fail to realize it is the journey itself that is happiness." Ruby knows the importance of living in the moment and finding pleasure in today. May we all learn from Ruby and all the other alert people who are living in the moment. HH

# Food of the Month

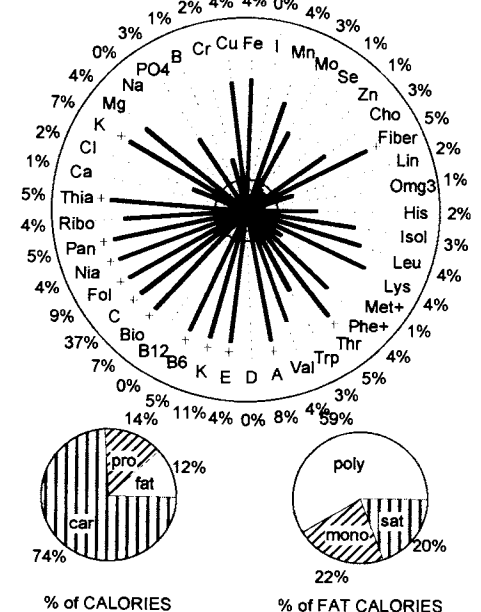
by Donald R. Davis, Ph.D.



## NutriCircle

1 medium = 25 calories

**TOMATOES** technically are fruits, but they are the most common crop of "vegetable" grown by gardeners, and they are as spectacular as vegetables in their nutrients and phytochemicals. Relative to their few calories, tomatoes have adequate amounts of 32 out of 40 nutrients shown here, especially vitamins A and B<sub>6</sub>, biotin, niacin, pantothenic acid, thiamin, potassium, and fiber. And they are rich in lycopene and other phytochemicals that help prevent cancer and heart disease. If tomatoes agree with you, and you can grow or beg those home-grown ones, you'll find yourself eating a lot of the most nutrient-rich fruit around.



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). HH

# Ukrainian Folk Medicine

by Sergey M. Nesterishin, M.S.D.

## Garlic

Many people avoid the use of garlic because of the odor it leaves on the breath. Partially, this odor can be removed.

It appears that a greater part of bad garlic breath is caused, not by the garlic itself, but the products of decomposition of oil acids in the person such as combining with cholesterol.


The Austrian scientist, Werner Lidinger and his colleagues at the University of Insburg, found the reason. They analyzed the exhaled air for 30 hours from people who had eaten a meal with garlic in it.

For the first three hours, the odor was from sulfides and disulfides belonging to the garlic. Acetone, one of

the chemical substances found in the breath during the remaining time, comes from the decomposition of oil acids. Its presence in the breath is the "odor" of destroyed cholesterol—evidence of successful treatment.

To help avoid garlic breath, drink a glass of water with a tablespoon of honey stirred in before the meal. After the meal eat some parsley or an apple to help control the odor.

This is probably the beginning of what has now become an unspoken rule to place a sprig of parsley on each dinner plate at restaurants.

Next month, I will bring you the Tibetan recipe for rejuvenation, dating from 5000 B.C. 

## CENTER UPDATE

### It is official, walking is in

Back in 1968, Dr. Kenneth Cooper started the running revolution with his book, *Aerobics*. Running was the perfect exercise and could overcome most, if not all, the effects of a less than optimal diet, the feeling was at the time.

Now, almost three decades after publishing *Aerobics* and tons of data collected from research at his Cooper Wellness Center in Dallas, Texas, he has revised his thinking. Cooper, after years of promoting running, now recommends walking.

"Walking still suggests sloth to some, but our studies indicate that if you walk a mile in 12 minutes you get exactly the same energy expenditure as running a mile in nine minutes, and have one-tenth the number of injuries," Cooper told Carol Isaak Barden with *Spa Finder* magazine recently.


The data in his research computers show that there is a direct link between over-training and illness. Cooper frequently experienced this himself. When training for a marathon race he often came down with a cold or flu in the final weeks because overtraining had drained his immune system. Others had the same experience, or worse,

with depleted immune systems through weekly high mileage during training.

This is no justification for the couch potato to plunk himself in front of the TV with a big bag of favorite snack food and a two liter bottle of his ever present soda.

Now the message is much simpler: walk regularly and take your antioxidants. "If you're running more than 30 miles a week or involved in a high intensity program for five hours per week, you'd better take your antioxidants, which gobble up the extra free radicals and prevent them from damaging your body," Cooper added.

His recommendation is to walk two miles in 30 minutes, three times a week. For antioxidants, he suggests taking vitamin C, vitamin E, beta carotene, and selenium.


At The Center, we would add to these recommendations that you should check your antioxidant levels through our the Beat The Odds program and find out which antioxidant nutrients your body may need. And then, combine your new knowledge about antioxidants with a good walking program. 

## Diets slow reaction time

Women who diet aren't as quick as their non-dieting friends, according to Mary Kretsch and her associates at the U.S. Department of Agriculture's Western Human Nutrition Research Center in San Francisco.

The researchers recruited 25 premenopausal women who weighed about 190 for a 21-week diet in which the research center provided all food. After a 3-week baseline period, 14 women began eating 50% of the calories that they needed to maintain their present weight. They finished the diet with 3 weeks of eating the calories needed to support their new weight. The other 11 ate all of the Center's food they wanted.


During the 21 weeks, the researchers gave a battery of cognitive tests, including a simple reaction time test. The only difference found by the researchers was a difference in reaction times—the dieters were 11% slower than the 11 eating all they wanted.

"Even though this change seems small, it might be enough, when driving, to cause an accident," Kretsch told *Science News*. 

## Caffeine won't hurt your bones

Older women can drink their coffee or tea without worrying about bone loss from osteoporosis, according to research by Dr. Tom Lloyd and his associates at Pennsylvania State Medical School in Hershey, Pennsylvania.

Previous studies that showed bone loss from caffeine consumption did not account for other factors such as smoking, body weight, physical activity, nutrient intake including calcium, and hormone replacement therapy. Along with using a new x-ray technique to measure bone density, these other factors were carefully controlled.

"This study does not support the notion that caffeine is a risk factor for bone loss in healthy postmenopausal women," the researchers concluded. 



Answers from page 4

- 1 c. The National Institutes of Mental Health say 17.4 million or 10% of the population is being treated for depression.
- 2 b. According to the The American Psychiatric Association, b has to be present for at least two weeks along with at least four others.
- 3 b. It seems that the first line of defense against depression is antidepressants. They may be useful in the beginning, but for many people they only mask the cause of depression and may not be beneficial over time.
- 4 a. It seems that depression is often a diagnosis of exclusion.
- 5 a. Although many standard physicians would probably start with c, many people who are depressed have a sensitivity to something in their environment.
- 6 a. Depression is a leading symptom of hidden food allergy.
- 7 c. Sugar is comprised of empty calories and keeps you from getting sufficient nutrients in your diet. As you get low in chromium you develop sugar cravings causing you to eat more sugar, and the downward spiral continues.

## SPECIAL DISCOUNTS

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

### DEPRESSION CURED AT LAST

by *Sherry Rogers, M.D.*  
 Find out the hidden causes of depression according to Dr. Rogers. This book explores environmental causes such as food, mold, and chemical sensitivities. It outlines the role of nutritional deficiencies and other physical health problems as they relate to depression. Hardcover.  
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### WHAT IS CAUSING THE ANGER?

with *Marilyn Landreth, M.A., and Donald R. Davis, Ph.D.*  
 This tape is for people who are concerned about their anger, or that of a loved one. People who've grown tired of the emotional and physical toll that anger takes. Learn how anger affects your health as well as your relationships. Find out the possible connection between poor nutrition and biochemical imbalances which may contribute to violence, suicide, and learning problems. Audio cassette & video tape.

### FIBROMYALGIA

with *Ronald Hunninghake, M.D.*  
 Fibromyalgia means "painful muscle fibers." It is commonly associated with severe and chronic fatigue. Non-restorative sleep can trigger fibromyalgia. Magnesium and malic acid have been shown to help this disorder. This presentation will explore the many possible causes of fibromyalgia and what can be done to treat it. Audio cassette & video tape.

### HERBOLOGY

"Nature's Pharmacy"  
 with *Kimberli Fougeron, M.S.*  
 Since the dawn of recorded history, plants have been the primary source of medicine for people throughout the world. Even today, plants are the major source of medicine in most countries. Plants which are used as medicine have been referred to as herbs for over 4,000 years by cultures of Europe and Asia. Find out where food ends and medicine begins, some of the terms, and what they mean. Audio cassette & video tape.

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 \*\* Add \$2.00 for first item; 50¢ for each additional item. (No postage necessary for *Health Hunter* membership.)

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# Upcoming Events...

JULY				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 L & L - What Can Chromium Do For You?	9 Eat Your Way to Natural Weight Loss	10 L & L - Protein: Do You Need More or Less?	11
14 Yoga	15 Happy Body Aerobics	16 Yoga	17 L & L - Attitudes, Happy Body Aerobics	18
21 Yoga	22 Happy Body Aerobics	23 Yoga, Eat Your Way to Natural Weight Loss	24 L & L - Detoxification, Happy Body Aerobics	25
28 Yoga	29 L & L - Pantothenic Acid	30 Yoga	31 L & L - Thermography	

## AUGUST

### LUNCH AND LECTURE CLASSES:

- 7 The Prevention of Cancer
- 12 Herbs for Menopausal Passage
- 14 Hug, Touch, and Heal
- 21 Preventing Heart Disease
- 28 Intestinal Parasites

## Don't kiss your dog

Both dogs and cats have round worms, but, according to Haya Rubin, M.D., Ph.D., at Johns Hopkins University School of Medicine, you are more apt to get them from dogs.

She suggests that when you clean up after your dog or empty your cat's litter box you wear disposable gloves and, when walking your dog, carry a plastic bag for proper disposal of feces.

Humans haven't adapted to round worms like your cat or dog have. When we get round worms they can cause severe inflammation and scarring when the larvae migrate to the lungs, liver, brain, eyes, and muscles. They can cause symptoms of wheezing, coughing, abdominal pain, neurological problems, and heart failure.

Pets are loving and adorable, but a good scratching or petting is much better than kissing them and risking the spreading of round worm.



## INSIDE THIS MONTH'S ISSUE . . .

- Vitamin E, the cardiovascular superstar
- Nutrients help asthmatics
- E is for everyone
- It is official, walking is in

### Health Hunter

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