

Health Hunter[®]

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N E W S L E T T E R

JULY/AUG. 1999

Is laughter a nutrient?

Sister Ann Cecile Gaume

Many researchers would say YES! It nourishes us in BODY, MIND, and SOUL.

There are over a hundred scientific studies being done on the multiple benefits of laughter. Dr. William Fry, of Stanford University, one of the leading experts in the study of laughter, theorizes that it is biochemically impossible to get sick or to get sicker when we are laughing.

"In every real person...a child is hidden who wants to laugh and play."

Among other things Fry says: "Laughter makes your heart beat faster; it increases your blood flow; cleanses your eyes with tears; it relaxes your muscles and helps your immune system boost the activity of cancer fighting cells." REASON ENOUGH TO LAUGH AND LAUGH OFTEN!

THE PHYSICAL BODY

- Laughter improves breathing—by helping clear mucus from the lungs, allowing them to expand and take in more oxygen.

- Laughter reduces blood pressure—by improving circulation and speeding delivery of oxygen and nutrients to tissues throughout the body.

- It helps fight infections—by increasing delivery of oxygen, and thus production of white blood cells, which boosts immunity and helps fight colds and flu.

- It heightens mental functions—by increasing delivery of oxygen, and thus production of a hormone that im-

proves alertness and memory.

- Laughter relieves pain—by increasing delivery of oxygen, and thus the level of endorphins, pain-killing chemicals produced by the brain.

Doctor Hugh Riordan at The Center says that when we laugh we breathe deeper. Shallow breathing can result in the air sacks in the lungs sticking together and setting up a good home for the growth of bacteria.

When was the last time you had a good "belly laugh"? Try taking a deep breath and exhale fully with a hearty HA HA HA HA HA.

One lady shared with me that she didn't really want to attend my humor presentation because her arthritis was so painful. But she stayed and laughed so much that the pain was gone! When we chuckle, smile, laugh, and giggle the brain and pituitary produce a natural pain killing hormone that resembles morphine and other opiate substances. We have our own built-in morphine system!

Mother Theresa of Calcutta once said: "I will never understand all the good a simple smile can do." And now we know, scientifically proven, the good a smile can do. Mother Theresa also said: "I have the feeling that we are in such a hurry that we do not even have time to look at one another and to SMILE."

Humor is like food. We can go without food for several weeks and then we become pale and emaciated and even ill. So it is without laughter. When we are stressed out, tense, and in pain, we hurt ourselves and we hurt other people.


Laughter has a scientifically demonstrable exercise-impact on many body systems. Muscles are activated,

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Selenium now accepted in fight against prostate cancer

James Jackson, Ph.D., says the first thing he does when arising in the morning is take his vitamin C, then brush his teeth, followed by taking his selenium. At age 61, he has an almost nonexistent PSA and claims the prostate of a 17-year-old. He has followed the research on selenium.

In 1996, Larry Clark, Ph.D., at the University of Arizona Cancer Center announced the results of a 10 year study of selenium and prostate cancer. In this study, prostate cancer was 63% less among those men taking selenium. His research continues today to learn if selenium will help men who already have prostate cancer.

"We've gone from knowing almost nothing about diet and prostate cancer to prostate cancer being the leading cancer that may be affected by diet, meaning we can do the most to prevent it if we find the right diet," Clark said recently. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

The good humor man

The summer of my sophomore year of college was another turning point. I became a Good Humor Man.

Living with my girlfriend's family on Long Island, New York, I took a job selling Good Humor ice cream from a truck. Being lowest man on the job totem pole, I filled in for the veterans who were on vacation. So everyday was an adventure in discovery, as I would struggle through New York traffic in a slow and heavy ice cream truck that was loaded to the gill with chocolate eclairs, orange cream bars, and multiple flavors of ice cream cups.

Often, I wouldn't arrive at my designated route until late in the morning. And not knowing the kids and their schedules, I would miss prime time opportunities to sell them ice cream. I didn't sell much. I was often hungry and ended up eating the meager profits I did make.

Once, when I had stayed too late in the Bronx, a big gang of rough looking teens ran up and demanded that I stop the truck. The leader snarled: "Give me a chocolate eclair." (I would have given him the whole box if he had wanted it!) As he took the treat from my trembling hand, he looked me straight in the eye and said: "Have you got change for \$5?" I gave him the correct change and he and his gang meandered off without further incident, absorbed in the bliss of chocolate eclair. I made a bee-line back to home base.

Looking back, I realize that being a Good Humor Man wasn't funny...it was a lesson in attitude. Maintaining a sense of humor in even the worst of circumstances will usually carry you through. Always look for the lesson...it is there, much like the punch line of a good joke...waiting for you to appreciate its value. FH

Is laughter a nutrient? - Continued from page 1

heart rate is increased, respiration is amplified with increase in oxygen exchange...all similar to the desirable effects of athletic exercise. Sustained hilarity is among the more agreeable forms of aerobics. The muscles of the abdomen, neck, and shoulders rapidly tighten and relax; heart rate and blood pressure increase; inhalation and exhalation become spasmodic and deeper.

Erma Bombeck once wrote: "When humor goes, there goes civilization."

When you laugh, you help yourself. Here at The Center we learn to help ourselves.

Josh Billings' notion is: "There ain't much fun in medicine; but there's a heck of a lot of medicine in fun."

THE MENTAL/EMOTIONAL BODY—AND THE SPIRITUAL BODY

The great writer Nietzsche said: "In every real person...a child is hidden who wants to laugh and play. Open yourself to your own joy...open up that wonderful, delightful aspect of yourself." Play fuels the brain.

Using opportunities to share God's gift of joy and laughter can literally transform painful situations into endurable ones and sometimes even into joyful ones. We share colds and flu...why not share our joy and smiles.

The adage, "Laughter is one of the best medicines," can trace its history as far back as the Bible. In the book of Proverbs: "A merry heart works like a medicine: a downcast spirit dries up the bones." There are over 800 references to joy and laughter in the Bible. This speaks of this tremendous gift of HUMOR. The Bible calls us to be joyful people: "Let all the earth cry out with joy!"

The "healing power" of laughter is nothing new. The Greeks prescribed a visit to the Home of Comedians as part of their healing process. Some cultures have had jesters go along with the funeral procession to incite laughter that keeps the human heart from breaking. Some of our American Indians had clown doctors perform antics to cure the sick.

History shows that it was Henri de Mondeville, a 13th century surgeon who

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Is laughter a nutrient?
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told jokes to patients emerging from operations. Then in the 16th century, English educator, Richard Mulcaster advised that laughter was the right medicine for head colds and melancholy. Perhaps someday Bill Cosby will be prescribed for one condition, Robin Williams for another.

Humor is an effective (and fun) way to reach out and touch someone, to boost morale, to communicate serious messages with a light touch. Who said: "Love makes the world go round; laughter keeps us from getting dizzy."?

One of the highest ranking qualities most desired in a person is a good sense of humor. Who are the people you most like to be around...certainly not those with the proverbial "constipated look," or those who only play the game of "ain't it awful."

When the normal burdens and difficulties of life become frustrating, a sense of humor can be a ready tool for coping. If you can laugh about it, you can handle it. And sometimes the laughter doesn't come till after the distressing event. Remember the old saying: "Some day we'll look back on this and laugh."

We nourish the MIND and the PHYSICAL BODY as well as the SOUL with love and laughter. Soul is a happy entity. We actually experience love everytime we smile.

Humor is not a trick. Humor is not just telling jokes. Humor is a presence in our world. It's like a grace and it shines on everyone. We all want more love, joy, laughter, and peace in our lives. Mother Theresa's words might be taken to heart when she said: "Peace begins with a smile...smile a little bit more, smile a little bit more everyday."

- L** Let Go...of the past miseries and losses
- A** Attitude...have a positive attitude
- U** You...only you can change your circumstances and life
- G** Go Do It...don't be a couch potato, get motivated and grow
- H** Humor Eyes & Humor Ears...look and listen for humor that can improve your circumstances and life

☐

HEALTH HUNTERS AT HOME

Read any good cereal boxes lately?

A few years ago Alison, our daughter, needed to reduce the sugar in her diet while increasing her fiber intake. Her cereal choice was the best way to get started on both projects. We gave her guidelines and told her she could have any cereal she wanted as long as it fit in those guidelines.

When we went to the grocery store, she would often be found in the cereal aisle reading the contents of the various cereals to find one that fit the low sugar, high fiber guidelines we required for her to toss it in the grocery basket.

I have fond memories of seeing her in the aisle, pulling a cereal box off the shelf, reading the contents, then putting it back and picking another.

Reading cereal boxes becomes increasingly important for all of us in light of the article last month entitled "Oat-rich diet helps the heart" and one I saw this month titled, "Fiber may reduce women's risk of heart disease." These articles suggest cereal is one of the best places to start increasing your fiber intake—both soluble and insoluble fiber.

Oat cereals are often high in soluble fiber and wheat cereals can have a lot of insoluble fiber. But, if you don't read your labels, you may find that you are getting a lot more sugar than you want and very little of the fiber you need.

Dr. Riordan recently sent me an article from *Nutrition Action Healthletter* that talks about how the old standard cereals have sold out their good names.

Take for example Wheaties, the breakfast of champions, made by General Mills. Now there is new, improved Honey Frosted Wheaties. The original Wheaties had 3 grams of fiber in a one cup serving and only 4 grams of sugar.

The new Honey Frosted Wheaties has about zero grams of fiber because it is made mostly from refined corn flour. The sugar skyrocketed from 4 grams to 12 grams in just a 3/4 cup serving, approaching the worst of the high sugar cereals on the market.

Wheaties has gone from the "breakfast of champions" with the origi-

nal recipe to the breakfast of chumps with Honey Frosted Wheaties.

Oat bran is a soluble fiber. General Mills' Cheerios has often been touted as a good source of soluble fiber. But they, too, have sold out to the high sugar breakfast candy scam.

The original Cheerios has 3 grams of fiber and only one gram of sugar in a one cup serving. Frosted Cheerios, by contrast, has only one gram of fiber and 13 grams of sugar in one cup. The same is true for Apple Cinnamon Cheerios. But with Apple Cinnamon Cheerios the serving size is reduced to 3/4 cup to keep the sugar to 13 grams.

Several of the sugar-laced cereals run in the 20 to 22 gram level. Some of these have fiber content in the three to four gram level, while others have zero fiber.

Even the sugar pushers have attacked America's favorite hot cereal—oatmeal. The cooked rolled oats are still good, but watch out for the instant oatmeals. They often have sugar and other "flavor enhancers" added while taking out much of the fiber. Is nothing sacred?

So, have you read any good cereal boxes lately?

The plot is fairly simple. You want to maximize the fiber and reduce the sugar to a minimum. Good cereals are on the store shelves, but you have to do a lot of searching to find them. For example, Kellogg's All-Bran Extra Fiber and General Mills Fiber One (each 1/2 cup serving) contain 13 grams of fiber and 0 grams of sugar.

Post Grape Nuts is another fiber standby. In a 1/2 cup serving, there are five grams of fiber which are accompanied by seven grams of sugar.

If your children or grandchildren are used to heaping sugar on top of the high sugar cereals, they may go through sugar revolt at first.

Like Alison, give them some guidelines and let them pick a cereal that fits these instructions. They just may learn to enjoy flavor over sweetness as she did.

—Richard Lewis

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INFORMATION WORTH KNOWING

Do you have fibromyalgia and feel like you have lost control of your life? When Miryam Ehrlich Williamson was diagnosed in 1993, she searched for a book that could help her understand her illness. She also wanted to get back the life which she felt the illness had taken from her. Miryam could not find that book so she decided to write it. *The Fibromyalgia Relief Book* is the result of her research, discussions with others who had fibromyalgia, and finding out what is beneficial for her. The questions this month are taken from her book.

1 _____ is a condition of musculoskeletal pain and severe fatigue accompanied by disturbed, nonrestorative sleep.

- a. Osteoporosis
- b. Fibromyalgia
- c. Endorphins
- d. none of the above

2 Fibromyalgia is not a rare disease with an occurrence of about _____% of the adult population.

- a. 2
- b. 10
- c. 25
- d. 30

3 Fibromyalgia is easy to diagnosis with a special laboratory test.

- a. True
- b. False

4 Scientific research is reporting that some chemicals are different in people who suffer from fibromyalgia. A couple of these chemicals are _____ and _____.

- a. serotonin and GABA
- b. human growth hormone and serotonin
- c. GABA and human growth hormone
- d. cortisol and GABA

5 _____, in addition to the function we normally associate with it, repairs throughout life the microscopic damage muscles sustain during some kinds of normal motion.

- a. Human growth hormone (HGH)
- b. Factor X
- c. Pituitary gland
- d. none of the above.

6 People with fibromyalgia have been found to have abnormally high levels of cortisol over a twenty-four hour period.

- a. True
- b. False

7 _____ is thought to cause an increase in the production of certain immune system chemicals called cytokines.

- a. Human growth hormone
- b. GABA
- c. Insomnia
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

This 51-year-old woman came to The Center in June, 1998, with some goals in mind. Her younger sister was undergoing chemotherapy for breast cancer and she wanted to do everything she could do to prevent this happening to her. She also wanted to ease her way into menopause.

During the initial evaluation, Dr. Riordan had suggested she add one 150 mg capsule of Coenzyme Q10 twice a day to aid in breast cancer prevention. He also sent her research showing the importance of this nutrient in the prevention of breast cancer.


In addition, he suggested Osteo-prime to reduce bone loss and help ease her into menopause.

The initial laboratory testing showed several results that would help accomplish her goals. Her fatty acid balance was excellent. Her white blood count was a little low. Urine vitamin C was lower than desirable, indicating low reserves. The potassium to sodium ratio was excellent, indicating she was eating a diverse, whole foods diet. Her trace minerals were sub-optimal, but acceptable. Some B vitamins were sub-optimal, but systemic candida (yeast) was all but nonexistent.

In addition to the nutrients she was already taking, Dr. Riordan suggested adding:

- Emergen C to increase her urine vitamin C level
- Neuro B12 to boost B12
- B complex 50 to boost the B vitamins absorbed in the bowel.

During the following year, Dr. Hunninghake further fine-tuned the process by suggesting that she add soy shakes and other soy products, grape seed extract, and Garlicin. He also had her add a spot of iodine to her skin to help boost her thyroid. The spot should take 24 hours to absorb. Her absorption rate has increased from only six hours initially to 18 hours in a few months.

She remarked recently that she is doing wonderfully and feels she is accomplishing her two goals. 

Humor happens when two worlds collide. Something unexpected has to happen that jolts you up and out of the normal pattern and then you start laughing. Humor is the synapse between the regular and the surprising. Every time we laugh, we are making a leap between two worlds.

—Margie Brown

When the grandchildren come

What a delight it is when our grandchildren come to visit, whether they just drop in for a short time or to be with us for a week or more. When we receive word that they are to be with us, that is usually the "signal" to rush to the kitchen to make certain we have some "goodies" on hand for these "special" guests.

Mother Nature gave us a "sweet tooth," but that was so we could enjoy the sweetness found in fruits and some vegetables. It was not intended that we prepare all of those candies, cakes, and cookies with the white flour and white sugar to which we have learned over the years to become addicted. We need to replace this white sugar addiction with something for good nourishment for these growing young bodies.

To satisfy their "sweet tooth" we can turn to more natural foods like 100% fruit juices and smoothies to replace the various forms of sodas, drinks, and shakes.

Following is a recipe from a lunch and lecture called "Child-Tested Wholesome Snacks and Recipes" presented by Donald R. Davis, Ph.D., our consultant from the University of Texas at Austin:

SMOOTHIES

1 ripe or overripe banana (incl. frozen)
3/4 to 1 cup milk or soy milk
1/4 tsp. vanilla extract (optional)


One or more flavorings:

1 to 2 Tbsp. carob powder
1/2 to 1 cup blueberries or others (peach, plum, pear, cantaloupe, kiwi)

Blend till smooth, about 10 sec.
2 Tbsp. Walnuts, blend about 2 sec. (optional)

We have an excellent video and audio tape from the lecture by Dr. Davis if you want to learn more child-tested recipes.

Instead of the usual candy dish, fill it with nuts and raisins. Try it! You may find they will love you for this thoughtful gesture.

Remember, your grandchildren come to see you, not the candy bowl. 

—Nelda Reed

Herbal History

Canada milkvetch, *Astragalus canadensis*

Canada milkvetch, common from Kansas to the east coast, was a popular medicinal herb with the indigenous Indians and the Anglo settlers who learned from them.

Growing in the moist prairies, stream banks, and open wooded hill-sides, it was known by many names before the settlers came. The Omaha and the Ponca named it "gansatho," which means rattle, because the seeds rattle in the pods when the Canada milkvetch is dried.


The Lakota had two names for the Canada milkvetch, "pejuta ska hu" (white stem medicine) and "sunko waskala" (yellow root).

The Lakota pulverized the roots of the Canada milkvetch along with another variety of milkvetch and chewed this mixture for pains in the chest and back. The roots were also used to stop coughing. They would mix Canada milkvetch

with wild licorice roots (*Health Hunter*, January, 1999) to stop the spitting of blood. The Lakota used Canada milkvetch by itself or in combination with other similar plants as a remedy for various other problems, as well.

The Blackfeet would also chew the roots to treat the spitting of blood as did the Lakota. The Blackfeet also made a tea from the Canada milkvetch for the same purpose. The chewed root was also applied to cuts before bandaging.

The Arikaras used several varieties of milkvetch for medicinal purposes. When the explorer John Bradbury visited the Arikara village along the Missouri River in what is now known as South Dakota, an Arikara medicine man showed Bradbury his "medicine bag." It contained two varieties of milkvetch that Bradbury had not seen before.

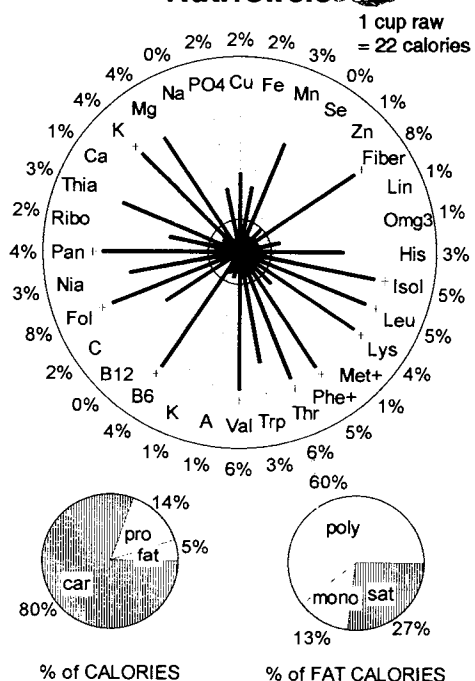
Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher 

Food of the Month


by Donald R. Davis, Ph.D.



NutriCircle



EGGPLANT is in the same family as tomatoes, with which it combines well in soups, stews, and casseroles. Or try the Chinese stir-fry with garlic. Anyway you like eggplant, its nutrients come with few calories. A large portion of one cup raw cubes has only about 1% of daily calories, but supplies 3% to 8% of the recommended daily allowances of at least 17 nutrients. These include vitamin B6, folic acid, potassium, magnesium, fiber, and all but one of the nine amino acid building blocks of protein (*His* clockwise to *Val* in the diagram). In all, 25 of 32 nutrients shown here are at least adequate compared with calories.

The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). 

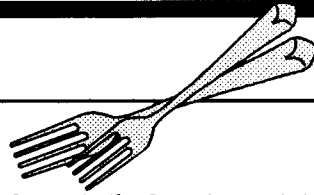
Mental Medicine

by Marilyn Landreth, M.A.


Humor and faith

Charles M. Schulz said, "Humor is a proof of faith." If that is true, then my parents must have had a great deal of faith because it seemed like we were always laughing at something when I was a child.

While growing up on a farm in Oklahoma, I thought my dad was the biggest gambler around. Every year he would plant his crops and at least one crop out of five either did not make it to harvest or was so low in yield that it almost did not pay to harvest it. But dad never seemed to get discouraged and he always seemed to like harvest time because during that time the crowd around the dinner table always increased and he would have a new audience for his stories and jokes.




One of my dad's favorite activities was to race the hired hand to see who would get the chicken gizzard. As we would get in a prayerful attitude before the blessing at noontime, my dad and Pickle Ice (honestly, that was his name) would clasp their forks in their hands, bow their heads, and put their hands on their foreheads with the fork aimed at the platter of chicken. As soon as the amen was said, they would be racing to be the first to stab the gizzard amid a great deal of laughter from all of us. Needless to say, no one else moved until one or the other of them was victorious.

Now when I need a little mental medicine, I think of my dad, Pickle, and their gizzard race. 

For athletes, too little fat may weaken immunity

Distance runners who eat a severely fat restricted diet end up with a depressed immune system, according to Jaya T. Venkatraman and colleagues of the University of Buffalo School of Health-Related Professions.

The researchers followed six female and eight male competitive runners and placed them progressively on a 17% (very-low fat), 32% (medium fat), and a 41% (high fat) diet for a month each, following a month of their normal diets. At the end of each month, the researchers drew blood samples and checked to see how well the runners' immune systems reacted. They found the immune systems functioned poorly on the low fat diets, but normally on the medium and high fat diets.

"Since we have shown that athletes perform better on a higher-fat diet than on a low fat diet, it was important to determine if the higher-fat diet would further compromise the immune system," Venkatraman said. "We found that it did not, but the very-low fat diet did." 

CENTER UPDATE

Why do we have such a small waiting room?

Today, in The Center's staff meeting, we heard two stories about standard physicians' approaches toward patients as contrasted with The Center's approach.

The first was a woman who saw her family physician for a knee problem. She went early for her 1:30 p.m. appointment. She sat in the waiting room for over an hour before being escorted to a room. There she sat for a while longer studying the blood pressure cuff, the most interesting thing in the room.

Finally the doctor came in, spent no more than 5 minutes and then sent her for an x-ray. With the x-ray completed, she came back to the room where she sat again. Eventually the doctor stuck her head in, said she had water on the knee and she would send the x-ray for a second opinion. Come back in 2 weeks. The staffer returned to work at 4:30 p.m. having spent over three hours for six minutes of the doctor's time and getting no answer.

The other was a male who went for his annual physical, spent three hours sitting and waiting, saw the doctor for a


total of ten minutes and didn't feel he knew anything more about himself than when he went in. The only difference was he had had a digital, rectal exam.

Which brings me back to why we have such a small waiting room with only six chairs. The answer is simple. We respect our patient's, co-learner's time.

Dr. Riordan believes that if you have a 1:30 appointment, you have a 1:30 appointment, not in reality a 2:50 appointment or a 3:30 appointment because the doctor has overbooked or is seeing too many patients for the time he or she has.

We all gain from this policy—the patient/co-learner and the staff.

We don't have to waste a lot of valuable space warehousing a lot of angry people.


Our patients, as a whole, come ready to learn, knowing they will complete everything they come to do in a timely fashion. The patients leave satisfied, the staff stays positive, and the doctors continue to enjoy their work. That is why we have such a small waiting room. 

Saw palmetto shrinks prostate tissue, study says

Another study confirms that saw palmetto supplements appear to shrink prostate tissue.

In this double blind, placebo controlled study, Dr. Leonard Marks and colleagues of the Urological Sciences Research Foundation followed 44 men with diagnosed benign prostatic hyperplasia (BPH) for six months with one half getting 320 mg of saw palmetto with nettle root and the others receiving a placebo.

At the end of the study, those taking saw palmetto with nettle root experienced significant reduction in prostate size and structure. This was confirmed by biopsies of the prostate.

The study was sponsored by the manufacturer of the supplement. 

Answers from page 4

- 1 b. An assortment of other symptoms also accompanies these symptoms.
- 2 a. The possibility increases with age and women tend to have it more often than men.
- 3 b. Diagnosis is based upon a physical examination in which the pressure points are manipulated and a history of symptoms is taken.
- 4 b. Serotonin, human growth hormone, as well as cortisol and cytokines, are the chemicals that are different.
- 5 a. As well as regulating growth in children it repairs microtears. Some HGH is secreted during aerobic exercise.
- 6 b. They tend to have abnormally low levels in the morning and too high levels in the evening making it difficult to get started in the morning and slow to shut off at night.
- 7 c. Cytokines increase general body aches. H

SPECIAL DISCOUNTS

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

THE FIBROMYALGIA RELIEF BOOK

by *Miryam Ehrlich Williamson*

This book is written by a person who has personal knowledge of fibromyalgia. It is full of wise and gentle ways to help a person deal with chronic pain and fatigue. It is an important resource for anyone who is caring for or living with someone with fibromyalgia. Softcover. Retail Price: \$14.95
 Health Hunter: \$13.45

THE CENTER'S APPROACH TO ATTENTION DEFICIT DISORDER & AUTISM

with *Hugh D. Riordan, M.D.*

Does it make sense to look for underlying causes in children who have been diagnosed with ADD, ADHD, autism, and autism-like syndrome? The medical staff at The Center has been doing that for 24 years. Learn what we know and believe to be reasons that must be looked for to eliminate problems. Audio cassette & video tape.

GARLIC/ONION: For Better Overall Health

with *Ronald Hunninghake, M.D.*

The proven health benefits of garlic and onion, two food/seasonings, implies that diets rich in all of the common vegetables, spices, and seasonings may offer protection from, and possible treatment for, the common degenerative diseases that afflict our civilization, such as heart disease, cancer, and diabetes. In this discussion, the similar chemical composition of onion and garlic will be explored, demonstrating just how these spicy foods can help protect you from disease. Audio cassette & video tape.

IMMUNE THERAPY FOR PROSTATE CANCER

with *Neil Riordan, RPA-C*

Immune therapy for prostate cancer is now being tested in the United States. Neil discusses what sites are taking new patients and the specifics of the therapies. Audio cassette & video tape.

• To Order, Fill Out The Form Below •

TITLE	TYPE <small>(audio, video, or book)</small>	PRICE	QUANTITY	TOTAL
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The Center's Approach to ADD & Autism	_____	_____	_____	_____
Garlic/Onion: For Better Overall Health	_____	_____	_____	_____
Immune Therapy for Prostate Cancer	_____	_____	_____	_____
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Upcoming Events . . .

JULY				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sounds for Healing	2 Center closed
5 Center closed	6 Yoga	7 Yoga	8 L & L - Clay Therapy: Add Enjoyment to Your Life	9
12 Yoga	13 L & L - Know Your Nutrients: Zinc, Yoga	14 Yoga	15 L & L - A Natural Approach to Arthritis & Depression	16
19 Yoga	20 L & L - What Cancers Really Are, Yoga	21 Yoga	22 L & L - Cellular Nutrition: Part I	23
26 Yoga	27 L & L - Cellular Nutrition: Part II, Yoga	28 Yoga	29 L & L - Secrets of Slowing the Aging Process	30

AUGUST

- | | |
|---------------------------------------|---|
| 5 Sounds for Healing | 19 How to Reduce Your Intake of Pesticides & Herbicides |
| 5 Not Well? Could it be Candida? | 24 Latest Trends in Alternative Medicine |
| 10 Diabetes & Nutrition: Take Charge! | |
| 12 Joy: 20 Ways to Brighten Your Life | |
| 17 Nutrients and the Immune System | |

Vitamins C and E recommended for elderly

Daily intake of 200 mg of vitamin C and 200 IU of vitamin E, primarily from eating fruits and vegetables, will limit the oxidative stress involved in the development of age-related diseases, experts told a joint meeting of the American Aging Association and the American College of Clinical Gerontology held recently in Seattle, WA.

"Oxidative stress is very much involved in the aging process," added Dr. Donald Ingram of the National Institutes of Aging.

Dr. Bruce Ames of the University of California at Berkeley believes a multivitamin could also help. "My feeling is why not take a multivitamin at low doses for insurance. We probably need more vitamin E than the RDA allows, but we probably don't need massive doses."

These recommendations are a good beginning for older Americans.

- Is laughter a nutrient?
- Selenium now accepted in fight against prostate cancer
- Why do we have such a small waiting room?
- Vitamins C and E recommended for elderly

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