

# Health Hunter<sup>®</sup>

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NEWSLETTER

JULY/AUG. 2002

## How it all began

by Marilyn Landreth, M.A.

For a number of years the entrepreneur group at Wichita State University has invited Dr. Riordan to speak to them about how The Center got started and what plans they made before it started. He has told them that The Center started without a plan.

*Dr. Riordan is always quick to say that people who come to The Center improve because of or in spite of the treatment they receive here.*

One day Carl Pfeiffer, M.D., Ph.D., was in Dr. Riordan's office along with Bill Schul, Ph.D., and Dr. Riordan. Dr. Schul was writing a book about medical advances for the Garvey Foundation. While they were together, for some reason Dr. Schul suggested that they go down and meet the executive for the Garvey Foundation, which they did. While they were there, the executive suggested that they meet Olive Garvey, the widowed head of the Garvey empire.

They were there for less than ten minutes when Dr. Pfeiffer said out of the blue, "You should give Dr. Riordan some money to establish a nutrition laboratory." After that pronouncement there was no discussion. The conversation turned to Olive Garvey who was a prolific writer. She gave each person one of the books she had written. The book she gave Dr. Riordan was *Produce or Starve*.

Two weeks later the Garvey executive telephoned Dr. Riordan and said,

"Why don't you submit a grant for that nutrition laboratory?" Dr. Pfeiffer and Dr. Riordan had not discussed anything about this proposal so Dr. Riordan called Dr. Pfeiffer in New Jersey and asked him what kind of laboratory he should have. Dr. Pfeiffer wanted one similar to what he had developed that measured trace minerals and something called polyamines in people who were mentally disturbed.

At that point, Dr. Riordan thought he should read the book that Mrs. Garvey had given him. In it she said that in business she did not think you should trust anyone with a beard. After reading that Dr. Riordan thought that rather than submitting the usual 100 page proposal that usually comes back with lots of red markings of things that need to be changed he wrote a one-page, handwritten message. Since he did not think he would get the funding because he wore a beard, the proposal basically said, "You don't know what I am going to do and I don't know what I am going to do, but if you want to fund it I will devote three years of my life making it work." Two weeks later they had the underwriting funding established for the laboratory at the rate of \$100,000 a year.

What Dr. Riordan did not know was that Mrs. Garvey had read a book called *Nutrition and Your Mind* by George Watson and was very interested in using nutrition to alleviate health problems. The Garvey Foundation had talked with a couple of universities about the possibility of funding a department for nutrition and health.

Dr. Riordan was an ideal candidate to head this new venture. He had

*continued on page 2*

## Breastfeeding increases intelligence

A number of studies have suggested that there is a relationship between breastfeeding and development of intelligence in children. It was assumed that bottle fed babies would catch up with breast fed babies by the time they were young adults.

New information proves differently. Young adults who were breast fed remain more intelligent. "The current study demonstrates a robust association between the duration of breast feeding and adult intelligence in two non-overlapping samples with two different measures of intelligence," the researchers reported in the *Journal of the American Medical Association*.

They suggest three reasons that breastfeeding may cause this increased intelligence:

1. Breast milk may contain nutrients that stimulate brain development.
2. Physical and psychological contact between mother and child.
3. Unidentified factors that correlate with both infant feeding methods and development of intelligence. [H]

## Inside this issue...

Nutrient literacy.....	2
<i>Living Proof</i> : a book review.....	3
Information worth knowing.....	4
Infant immunization, mercury toxicity, cause for concern?.....	4
Broccoli wipes out helicobacter pylori.....	5
Zinc, folate boost sperm count.....	5
Flowering spurge, <i>Euphorbia corollata</i> .....	5
Food of the month—pineapple.....	5
Potential.....	6
Mediterranean diet, Greek diet, or whole foods diet.....	6
Case of the month.....	6
Special discounts.....	7
Upcoming events.....	8
Smoking higher tar cigarettes increases heart attack risk.....	8

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Nutrient literacy

"Get an education!"...the immortal words of every parent to their children. While not the answer to all problems, a solid education can serve as the foundation on which one builds "the good life." Poverty, crime, and wasted potential often follow in the wake of missed educational opportunities. Indeed, political leaders everywhere put education near the very top of their agenda, in the recognition that most societal ills can be traced back to illiteracy.


By analogy, one could ask: "What is the foundation of good health?" While most are quick to blame bad genes, poor lifestyle habits, and lack of access to our sickness care system as the predominant causes for disease and suffering, could another more fundamental deficiency be at fault?

The ABC's of health begin with knowledgeable food choices. Food, more than any other single factor, is the predominant influence on our current and future health. Over the course of 78 years (assuming three meals a day) we eat more than 85,000 meals. And unless we know about food and the constituents of food, we eat according to present tastes, past family standards, and cultural trends.

While America stands as the richest, politically most powerful nation on earth, why are we ranked relatively low in the health of our citizens? Could a different kind of illiteracy be undermining our best technologic efforts to deliver health care to our populace?

A grade school education would not be complete without thoroughly knowing the alphabet, phonics, spelling, and grammar, all of which lead the student to a better command of language. Likewise, knowing the alphabet of nutrition (vitamins A, B complex, C, E...all the way to zinc) is just the first step towards a more complete grasp of nutrition.

Most of us can do nutritional spelling...but what about some grammar? Do you know how the vitamins work in the body? Are you aware of medical studies to support their use in preventing and treating disease? What foods are high in zinc? How would you know if you were low in vitamin E? What are the safe and effective doses for omega-3 fatty acid supplements?

"Get a nutrient education!" While not the answer to all health issues, it will serve as a solid foundation on which to build a lifetime of better health. 

*How it all began—Continued from page 1*

run a successful psychiatric practice that employed a large group of psychiatrists, psychologists, social workers, and counselors, so he had the skills to manage a practice. He was already interested in orthomolecular medicine. Orthomolecular medicine is the pursuit of good health and treatment of disease by providing the patient with the optimum concentration of substances normally present in the body. Another plus was that the first practice he had been associated with used B vitamins in the treatment of mentally disturbed people. Also, Dr. Riordan had been involved in the campaign of a candidate for a political office so he was familiar with politics. He was a family man with a wife and six children and, most important, he

had a strong personality.

Dr. Riordan officially started putting the laboratory together the first part of July in 1975. Finding a facility, hiring and training staff, and having paperwork in place took a little while. The first patient was seen at the Bio-Center Laboratory the first part of November, 1975. In the beginning, Dr. Riordan kept his medical practice separate from the laboratory. It soon became evident that there was a need for a medical approach that also treated the people that were being tested. Thus, began the clinical services branch of The Center.

The need to educate professional medical personnel as well as the lay

*continued on page 3*

person in this new area soon became apparent. Bio-Medical Synergistics Institute was begun in 1977 to fill that need. The institute sponsored medical conferences that drew international speakers and attendees.

When The Center first began, the need for exercise, good nutrition, and lifestyle changes were seldom addressed. The conferences brought those needs to the public's attention. In 1979, The Center began the Personal Health Control program. For the first time, The Center began actively working to prevent medical problems as well as treat the problems. They enrolled about 1,000 participants who were committed to making mini lifestyle changes. Small changes that could add up to major benefits for improving health were instituted through that offering. Diet, exercise, and relaxation were all addressed during this 12-week program.

The Center has gradually evolved from treating mentally disturbed people to those who have sustained health problems such as arthritis, allergies, and cancer, as well as the psychiatric population. The change has been brought about through research conducted by The Center and others that shows the importance of strengthening the immune system as well as finding out the underlying causes for the "dis-eased" state.

Twenty-seven years of being medical detectives have also added to The Center's success story. Dr. Riordan is always quick to say that people who come to The Center improve because of or in spite of the treatment they receive here. That is how the concept of the co-learner became a part of the treatment process. The Center believes that the person knows more about herself or himself than anyone. They don't always realize what they know and part of the process is the interaction between the person and the physician.

Ronald Hunninghake, M.D., joined the staff in 1988 and has added greatly to the mix of treatment and education. Dr. Riordan has shown an outstanding ability to pick key personnel who have also contributed to making The Center what it is today. Longevity is rewarded rather than penalized.

*continued on page 4*

### Living Proof: a book review

"I was told I had cancer and that I must expect to die soon. Almost eight years later I still do my job and enjoy life. I have not had conventional treatment. Did my cancer simply disappear? Did I do nothing? Far from it. A number of things happened, some by accident, most by design," wrote Michael Gearin-Tosh about *Living Proof*, his book about his eight year journey through cancer. The first part of the book is about his first year after finding out he had cancer. The second part is "Why Living Proof?"

He had multiple myeloma, a type of bone cancer. The doctors told him that he had months to live if he did not take chemotherapy. He might live two to three years with chemotherapy. A tough choice.

Michael is an interesting person. He is tall and thin, has a delightful smile and a twinkle in his eyes. He is a professor at St. Catherine's College at the University of Oxford in England. A Scotsman by birth, he returns there every summer to enjoy the pleasant days and the solitude of his home in the hills.

But what was he to do about the cancer? Take treatment now? He says that one of his heroes is Queen Elizabeth I, a person described by a biographer as having "a near pathological tendency to procrastinate."

Michael is a procrastinator. He says, "We procrastinators, however prefer the 'hinder part' of our heads. It mulls things over at its own pace. You never know what will come out. And when it does, we act on it—often to our own surprise. We are unpredictable, not least to ourselves, and we are the despair of logicians." Most doctors consider themselves very logical.

So, Michael set out on a journey to find out all he could about his cancer. He saw doctors who believed in chemotherapy and doctors who didn't. He read medical journals and medical books. One friend of his told

him that a doctor at a leading U. S. university cancer research center said that, "If your friend touches chemotherapy, he is a goner."

"Bombshell," Michael wrote.


Ultimately, he did not take chemotherapy. Instead he set up his own routine to conquer his cancer. He used a Chinese breathing exercise that is a combination of stretching and relaxation along with visualization. This exercise had him breathing through his bones starting with the toes and up through the body ending up with the skull. This proved to be difficult at the beginning, but

he strove to do the breathing exercise anyway.

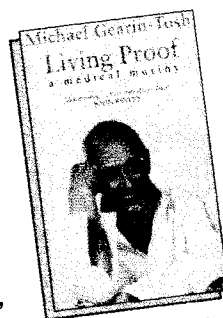
He also used a process described in Dr. Max Gerson's *Cancer Therapy*. This involved, among other things, coffee enemas—two pints of coffee four times a day. Michael thought that this sounded absolutely toxic, but he attempted to do them four times a day. He said that he often would only get enemas about two or three times a day because he just did not have time for four with everything else he had to do during the day.

He also juiced fruits and vegetables daily, injected a combination of vitamin B12 and liver juice, and ate a large bowl of what I will call gruel every day. Fortunately, he had a student who assisted with all these chores or he would have fallen way behind in his daily duties.

In the end, he eliminated the cancer. When he came to The Center to have an evaluation with Dr. Riordan and the staff, he still kept up the juicing, the coffee enemas, and the large bowl of gruel, along with a very strict diet. He is doing wonderfully eight years later.

The book is a compelling read. If you want to get this wonderful book, you can order it from the Gift of Health here at The Center or at your local book store. I recommend it. 

—Richard Lewis



## INFORMATION WORTH KNOWING

Michael Gearin-Tosh was diagnosed with cancer and told that he needed to undergo chemotherapy immediately. His book, *Living Proof*, describes the decision-making process that he used to decide what kind of treatment would work best for him. Michael Gearin-Tosh is not a medical doctor, but using his intuition and skill as a scholar of literature he began to chart his course. He sought council from several doctors who gave him various conflicting information. He also had three women friends who played an active role in giving him information and direction. Again, much of the directions were not the same. This month, the questions are taken from his book and encompass some of the various types of information that he received.

1 In the treatment of terminal cancer, most doctors say the most you can hope for is a remission. Michael Gearin-Tosh says in the *Bible* the basic meaning of remission is spiritual; it means forgiveness of sin or \_\_\_\_\_.

- a. prayer
- b. confession
- c. absolution
- d. none of the above

2 In the beginning, Michael Gearin-Tosh was overwhelmed by the knowledge that he had cancer. Then, when he began to collect information he remembered what he had been told. "Answers are not the \_\_\_\_\_," sighed Freddy Batson, "try to ask questions."

- a. challenge
- b. beginning
- c. enlightenment
- d. all of the above

3 Michael Gearin-Tosh is told by a friend that he should change his diet and get 50% of his calories from vegetables. In particular, he needed to include avocados, beans, beet root, carrots, garlic, lettuce, and onions.

- a. True
- b. False

4 Another avenue that Gearin-Tosh evaluated was a lecture by Dr. Gonzalez, "Metabolic Approaches to Cancer." In this instance, metabolic, as in metabolism, is the process in which \_\_\_\_\_ is changed and used by the body.

- a. metal
- b. water
- c. food
- d. all of the above

5 Dr. Gonzalez had built upon the work of Dr. Kelley. Most nutritional therapists usually give one diet for every person. Dr. Kelley agreed with this approach.

- a. True
- b. False

6 Dr. Kelley said each protocol for the metabolic regime had to be individualized. He said that the \_\_\_\_\_ was the main defense against cancer rather than the immune system.


- a. liver
- b. intestine
- c. pancreas
- d. none of the above

7 Another book that made an impact on Michael Gearin-Tosh was *Raw Energy* by Leslie Kenton. Leslie also came up with the 75% number, but this time that number had to do with the amount of raw fruit and vegetable juices that were to be consumed. Leslie believed that this placed a minimum strain on the \_\_\_\_\_ system.

- a. endocrine
- b. digestive
- c. respiratory
- d. none of the above

How it all began—Cont'd from page 3

One of Dr. Riordan's fellow physicians in the Holistic Medical Society suggested that The Center's symbol should be a pearl. In the beginning the pearl starts out as an irritant and later becomes a thing of beauty. He thought that in the beginning The Center would be an irritant to the standard medical community but would later be seen as a thing of beauty in the area of health care. Pearl pins are given out to staff members as a sign of longevity. One pearl is for 5 years, two are for 10 years, and so on.


Looking back, it almost seems like The Center effortlessly became what it is today. That perception would be faulty. Just as we all have challenges and opportunities, The Center has also. There have been programs that did not work out as well as disappointments with personnel. Lemons have been made into lemonade, and opportunity sometimes presents itself as a challenge. 

### Infant immunization, mercury toxicity, cause for concern?

Thimerosal, a preservative found in many infant vaccines, contains 49.6% mercury by weight and generally contributes as much as 25 mcg of ethyl mercury per dose of infant vaccine, according to research appearing in the journal *Neurotoxicology* recently.

Mercury is one of those heavy metals that accumulate in the body. Infants, by the time they are 18 months old, could accumulate a total of 237.5 mcg of ethyl mercury—all from thimerosal preservatives, the researchers said. This much mercury could put a particularly sensitive child at risk for neurobehavioral alterations during this important time for growth and development.

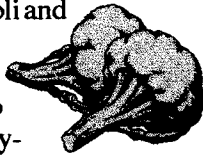
Parents of some autistic children have been concerned about mercury poisoning from vaccinations for some time and some have been working to have the mercury removed from their children.

This research confirms that these parents, as well as parents of children who have attention deficit disorder (ADD or ADHD), should be concerned about mercury in their children. 

• FOR ANSWERS, SEE PAGE 7 •

## Broccoli wipes out helicobacter pylori

Plain old broccoli and broccoli sprouts have now become the super heroes to treat *Helicobacter pylori*, or *H. pylori* for short.



A chemical called sulforaphane was extracted from broccoli and tested in the laboratory on mice and human cells. Researchers from Johns Hopkins University in Baltimore and the National Center for Scientific Research in Paris found that it not only eradicated the *H. pylori* bacteria, but also searched out drug-resistant bacteria that sought refuge in cells lining the stomach's walls.

The amount of sulforaphane used in the study was "comparable to what one might expect to be consumed by a person eating a diet rich in cruciferous vegetables."

While research continues on the chemical, why not go ahead and eat a diet rich in broccoli, cabbage, and kale to keep *H. pylori* wiped out. Broccoli, by the way, has far more of the chemical than other cruciform vegetables. [H]

## Zinc, folate boost sperm count

These two supplements, zinc and folate (also called folic acid) may help men increase their fertility, according to the journal *Fertility and Sterility*.

In a double blind study conducted in the Netherlands, researchers gave 108 fertile men and 103 subfertile men one of four supplement combinations: (1) folic acid and placebo, (2) zinc and placebo, (3) folic acid and zinc, and (4) two placebos. The zinc sulfate was 66 mg per day and the folic acid was 5 mg per day.

The researchers found that the subfertile men who received zinc and folic acid had a 74% increase in total normal sperm and a 4% increase in abnormal sperm count. The fertile men showed a similar increase. The researchers concluded that the combination of zinc and folic acid is a good way to increase the fertility of men. [H]

# Herbal History

## Flowering spurge, *Euphorbia corollata*

The flowering spurge is often used by the Mesquakie. They call it "teapsi'-kuni" meaning bowel movement and would pound a 1/2 inch piece of the root, boil it in water, and then drink the tea made from it before breakfast to act as a laxative. The Mesquakie also used the tea to treat rheumatism. After five or six doses, the ailment would disappear.

The flowering spurge is a perennial that grows from 3/4 to 3 1/2 feet tall. It grows lance shaped leaves that are 3/4 inch long at the top of the plant and can reach 2 1/2 inches long nearer the bottom of its single hairy stalk. It has several branches at the top of the stalk, each with several tiny flowers that bloom from June to October. The fruits are smooth, stalked, three-lobed capsules containing three grayish seeds.

Dr. Finley Ellingwood wrote in 1902 the following about flowering

spurge: "Though *Euphorbia* acts as an emetic, it is but little used for that purpose... While in extreme doses it may cause acute gastro-enteritis, in small doses it stimulates normal functional activity of the stomach, influencing the glandular function of the entire gastrointestinal tract. In the atonic dyspepsia of enfeebled conditions of the stomach, with bad breath, bad taste in the mouth, furred tongue, anorexia, and constipation with a sense of weight in the stomach, and occasional colicky pains in the bowels, it is a good remedy."

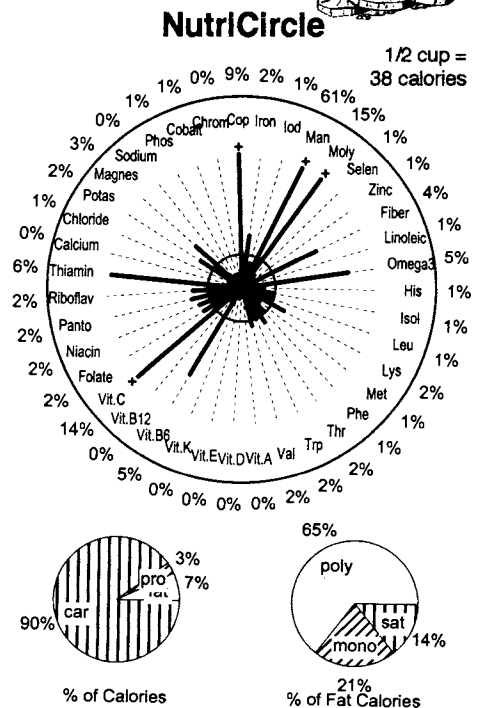
Flowering spurge can be propagated either from seeds or from root division. The seeds are hard to find because they explode from their capsules when ripe. The roots are brittle and should be handled with care when separating in the fall or early spring. Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher, Ph.D. [H]

# Food of the Month

by Donald R. Davis, Ph.D.



**PINEAPPLE** is native to Brazil and now comes to us from many tropical countries. It ripens suddenly on the plant, but ripens little after harvesting (color varies with variety). Fresh pineapple contains substantial bromelain, an enzyme that partly digests some proteins, making it unusable in gelatin, and sometimes is a mouth irritant. Out of 39 nutrients shown here, 22 are adequate compared to calories. A half cup diced, or one slice, contains only 38 calories, but supplies 5% or more of the RDAs for 3 vitamins, 3 trace minerals, and omega-3 fat. Pineapple canned in water (with the liquid) is similar, except the bromelain is denatured.



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

# Mental Medicine

by Marilyn Landreth, M.A.



## Potential

This month we are exploring how The Center began. Peter Koesternbaum said, "Vision is not necessarily having a plan, but having a mind that always plans. In sum, vision means to be in touch with the unlimited potential and expanse of this marvelous instrument called a human mind." Although Dr. Riordan may not have had a "plan" for the development of The Center, he has the kind of mind that sees potential even in difficult situations.

I asked him one time why he thought that he was successful in developing The Center. He replied that he always knew if it didn't work out that he could always do something else. In other words his success did not depend on any one thing but with the knowledge that he had the abilities to succeed in many different directions.

Henry Miller said, "All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience." Dr. Riordan has made that leap with confidence and assurance. He is the driving force behind the growth and reputation of The Center. He has served in such a way that people have a richer life; both the people who come to The Center hurting and sick as well as the personnel who also serve these people.

Dr. Riordan has made a tremendous achievement during these past 27 years and is still a guiding force for all of us. He provides strong mental medicine in the knowledge of what can be accomplished or as one of his favorite quotes says, "While they were saying it could not be done, it was done." [H]

## CENTER UPDATE

### Mediterranean diet, Greek diet, or whole foods diet

The Mediterranean diet varies with the location of the country on the coast. The diet may be high in total fat or low in total fat. The same is true with the amount of olive oil consumed, wine intake, milk versus cheese intake, the type and amount of meat eaten, and fruits and vegetables on your plate.

For all of these reasons, researchers believe that it is better to take the Greek diet as a model rather than take in all the diverse diets that occur around the Mediterranean. The researchers even prefer the diet the Greeks had before 1960. They refer to this diet as the Omega Diet because it furnishes a better balance of omega-3 and omega-6 fatty acids. This diet has seven different guidelines:

1. Eat foods that are rich in omega-3 fatty acids such as fish, walnuts, flax seeds, and green vegetables.
2. Use monounsaturated oil for cook-

ing such as olive oil or canola oil.

3. Eat seven or more servings of fruits and vegetables a day.
4. Eat more vegetable protein including peas, beans, and nuts.
5. Avoid saturated fat by choosing lean meat over fatty meat and low-fat over full fat milk products.
6. Avoid oils that are high in omega-6 fatty acids including corn oil, safflower oil, sunflower oil, soybean oil, and cotton seed oil.
7. Reduce your intake of trans fatty acids by reducing margarine, vegetable shortening, commercial pastries, and deep fried foods.

Does all of this sound familiar? It should. This is much like the Whole Foods diet that Dr. Donald Davis promotes here at The Center. If you will use these seven guidelines along with the Whole Foods diet, you will do just fine when you're eating your meals. [H]

## Case of the month

A 35-year-old woman came to The Center in November, 2001, with many complaints. These included allergies, arthritis, chronic fatigue, depression, insomnia, easy bruising, irritable bowel, premenstrual syndrome, myositis, pain all over, and tendinitis. She said that fibromyalgia started when she was 10 years old.

During her six-hour evaluation she spent over an hour with Dr. Riordan. At the end of this, he suggested laboratory testing that she uniquely needed.

At the completion of the day, she went home with these suggestions: B12 sublingual drops to help her energy, Fruits Plus and Veggies Plus to help with her nutrient intake, and prescriptions for Doxepin Hcl and Vioxx to fill at home. She also received a magnesium sulfate injection while she was here.


She called the next day to say she felt much better from the magnesium sulfate injection and would like to continue them.

She called again on December 13, 2001, to get her laboratory results. Jeanette Lochridge, P.A., gave her Bio Pro to boost her immune system, B Complex to boost her low B vitamins, zinc orotate to help with low pyrroles, Vitadophilus to reduce her high indican level, Gram Ascorbs to boost her low vitamin C reserves, and Super EPA to help reduce inflammation.

On December 17, 2001, Dr. Riordan prescribed magnesium chelate taken orally.

On her follow-up visit with Dr. Hunninghake, she said she was doing much better. She is sleeping better and fatigue is less. He suggested she read the books *From Fatigued to Fantastic!* and *Strong Women Stay Young* and take 5-HTP, Doxepin, and T3SR.

She called Dr. Hunninghake on May 24, 2002, and said she had, "No pain!". Her energy level is up. She sleeps good and her digestion is fine. Dr. Hunninghake was pleased with this report and suggested she increase her Armour Thyroid and plan to continue with these results. [H]

- 1 c. He says it is a horrible word that means that the cancer is going to come back.
- 2 a. By challenging the information he was given rather than just accepting what he was told, he began to get a more complete picture.
- 3 b. He was told that he needed to get 75% and to cut out coffee or tea, salt, sugar, sweets, preservatives, tomatoes, and white flour.
- 4 b. Dr. Gonzalez's regime had three parts: detoxification (including coffee enemas), diet, and supplements.
- 5 b. Dr. Kelley had 10 basic diets ranging from vegetarian to all meat. In total he had 95 variations of the diet.
- 6 c. He thought large doses of pancreatic enzymes were necessary to deal with cancer.
- 7 b. Another diet prescribed ten 8 oz. glasses a day of fresh carrot, apple, and green vegetable juices. 

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

### LIVING PROOF:

#### A Medical Mutiny

by Michael Gearin-Tosh

At the age of fifty-four Michael Gearin-Tosh was diagnosed with cancer. *Living Proof* is the story of how he responded to that diagnosis and what he learned while assimilating all the information he received. Advice from three women friends, including a doctor, offered differing opinions and viewpoints. This is Gearin-Tosh's story concerning his approach to dealing with the life-threatening cancer. Eight years later he is still alive to tell the story.

Retail Price: \$25.00

Health Hunter: \$22.50

### AGING AND VISION LOSS: Can Nutrients Help?

with James Jackson, Ph.D.

Age-related macular degeneration (AMD) is the leading cause of blindness for persons over the age of 65 in

the United States. AMD is the second leading cause of severe vision loss in persons over the age of 50 and second only to diabetes as the leading cause of blindness in the 45 to 64 age group. Recently, the National Eye Institute reported that high levels of antioxidants and zinc significantly reduced the risk of AMD and its associated vision loss. Dr. Jackson explains these recent findings and discusses other nutrients and eye health.

### PARAMAGNETIC RESEARCH

with Melvin Epp, Ph.D.

Plants respond to many stimuli, including low levels of magnetic forces. Some rocks have paramagnetic forces and if these rocks occur naturally in the soil environment or are added as an amendment, the magnetic force influences the growth of plants. Data gathered from preliminary studies are reviewed to gain insights into the mechanisms of plant responses.

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# Upcoming Events...

Lunch & Lectures begin July 18.

## SAMPLE TASTE OF HEALTH MENUS

### July 8

Split Pea Soup  
Honeydew Cucumber Soup  
BBQ Chicken  
Herb Roasted New Potatoes  
Tossed Salad  
Fruit Salad  
Oatmeal Poppy-seed Bread

### July 22

Oriental Vegetable Soup  
Chicken Tortilla Soup  
Black Bean Lasagna  
Marinated Vegetables  
Mixed Green Salad  
Seasonal Fruit  
Multi-seed Bread

### July 16

Potato Cheddar Soup  
Black and White Bean Chili  
Tender Beef Fajitas  
Spanish Rice  
Southwest Caesar Salad  
Fresh Fruit  
Chili Corn Bread

### July 30

Cheesy Broccoli Soup  
Gazpacho  
Mediterranean Fish Bake  
Greek Pasta Salad  
Tossed Salad  
Fresh Fruit Salad  
Loaded Bread

## Smoking higher tar cigarettes increases heart attack risk

Smokers who use cigarettes that give off a higher amount of tar are more apt to have heart attacks, and the risk factor increases as the tar consumption increases during the day.

In this study reported in the *Archives of Internal Medicine*, the researchers used the results from 68 hospitals in an eight-county area in Pennsylvania. They checked smokers between the ages of 30 and 65 who had had their first heart attack.

They found a strong relationship between high tar cigarettes when compared to low tar cigarettes and an increased heart attack risk as the consumption of cigarettes increased during the day.

## INSIDE THIS MONTH'S ISSUE . . .

- How it all began
- Breastfeeding increases intelligence
- Infant immunization, mercury toxicity, cause for concern?
- Mediterranean diet, Greek diet, or whole foods diet

**Health Hunter**  
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