

Health Hunter[©]

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NEWSLETTER

JULY/AUG. 2004

The joy of co-learning

by Tim Lawton, M.D.

Each patient/co-learner who comes to The Center is on a quest for health and discovery. As a doctor, it is a privilege to walk a few steps with each individual on their life journey. Through our time together we co-discover and teach one another from our experiences. Some of these journeys have had their ups and downs; others could be called highways to health. I'd like to share a few of these experiences so you might better know the joys in the lives of a few co-learners.

In addition to reducing cravings from addictions, I have seen L-glutamine help people in other remarkable ways.

One young girl was diagnosed with a form of cancer for which conventional chemotherapy and radiation offer no hope. The family brought her for evaluation and to start intravenous vitamin C. After her initial visit, the family felt so encouraged that they wrote a beautiful letter of gratitude to all the staff. Later, after just a few months of nutritional therapy, her family sent a joyous e-mail reporting that no evidence of the cancer could be found on either the CT or PET scans.

One young woman reported that just two months ago she had been in the depths of depression, unable to sleep and even contemplating ending her own life. She started moderate doses of vitamin C, B complex, and fish oil and was smiling as she told me how her depression had lifted and that she was able to sleep through the night. In addition to

the vitamins, she had cut refined sugar, caffeine, and trans fats from her diet.

Another woman had come in several months ago with heart palpitations. She stopped drinking her two cans of pop a day and cut down on refined carbohydrates. In addition, I had advised her to start some magnesium citrate. She told me several times how good she was feeling, and that she was not having any more palpitations. She had even been telling all of her friends about the difference magnesium and dietary changes had made for her.

One gentleman I saw had been battling alcoholism for years and had been in and out of treatment. He was looking for a new approach. After evaluation here, he started on a high potency multi-vitamin and mineral supplement and essential fatty acids. He felt better initially, but after a few weeks he started noticing alcohol cravings creeping back. After we talked, he started taking an amino acid called L-glutamine, and to his amazement the cravings vanished.

In addition to reducing cravings from addictions, I have seen L-glutamine help people in other remarkable ways. One woman had developed neuropathy of her hands following chemotherapy for her cancer. This was especially disheartening for her as she was a skilled artist, but the chemotherapy had left her unable to hold a pencil or brush. After just three weeks of L-glutamine, she was overjoyed to tell me how she was drawing and painting again.

In addition to L-glutamine, I have seen another nutrient, coenzyme Q10, make a profound difference in people's

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Refined carbohydrates one cause for type 2 diabetes increase

Type 2 diabetes, often called adult onset diabetes, has reached an epidemic stage in the United States. Eating has become one of consuming highly refined carbohydrates instead of a more complete, whole foods diet.

Lee Gross and colleagues wanted to find out when this refined carbohydrate consumption began and if there is one food component that may contribute to the cause. They looked at foods consumed from 1909 to 1997 using data from the U. S. Department of Agriculture. They discovered that corn syrup, used in much of the refined foods we eat and drink, is a major contributor to the cause of diabetes. It permeates the refined foods we eat and drink, particularly during the last 20 years.

"The risk of type 2 diabetes," the researchers concluded, "may be reduced by replacing refined carbohydrates with low [glycemic index] carbohydrates and whole-grain, high fiber foods." H

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PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth and Barbara Dodson

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Nutritional Medicine

by Ron Hunninghake, M.D.

Cultivation

Cultivation is the art of preparation. If you are a farmer, you cultivate your field. If you are a student, you cultivate good study habits. An athlete cultivates strength, speed, and agility. Cultivation is, as the dictionary reads, "the bestowal of time or attention for self-improvement or for the benefit of others."

So many books that deal with nutritional medicine these days utilize the word "miracle" in their title. In the good sense, a miracle is something that provides unexpected relief of suffering. "My mother's leg pain miraculously disappeared within weeks of starting the magnesium supplement." In the bad sense, a miracle is just another short-term, quick-fix, symptom-relieving gimmick, not to be taken seriously nor thought to have lasting value.

Supplements do relieve symptoms and do have nutritional value. But as

the word itself implies, they are meant to "supplement" a good diet. And like so many things "of lasting value," a good whole foods diet must be cultivated. By bestowing time and attention on your careful choice, preparation, and consumption of healthy whole foods, the need for supplementation may somewhat diminish, depending on your medical condition.

If you have developed a serious illness of a degenerative nature, a good diet alone may not get the job done. Go to a physician who knows how to orthomolecularly use dietary supplements to assist your body in the healing process. Cultivate a relationship with that doctor. Become a co-learner with him or her. Together, you will learn how to till the garden of your own better health.

As a co-learner, you are consciously preparing for a miracle. H

Co-learning—Cont'd from page 1

lives. I recall one gentleman who had been hospitalized with severe congestive heart failure. His ejection fraction was around 10-15% (with normal being >60%). In other words, his heart was pumping just a fraction of what it should. His cardiologist let him know that things did not look good and estimated he had two months to live. I started him on coenzyme Q10 in addition to his cardiac medications. In two months he was not only still alive, but he was back to work selling cars, which was what he loved to do best of all.

One older woman came to The Center unable to walk on her own. She had had a stroke and signs of early Parkinson's disease. After a year of taking her vitamins and coenzyme Q10, she continues to make improvement in her balance and strength. She is now all smiles when she tells me that she can walk all over her house by herself and only uses her three-wheeled walker when she goes out.

One new patient with fibromyalgia suffered from extreme fatigue and pain for years. On her first day here she

received an IV solution containing vitamin C, B complex, and magnesium. The next morning she was very pleased to tell me how much energy she had and that her pain and stiffness were significantly better.

Recently, I saw a little boy who was taking at least four prescription drugs for his asthma, allergies, and behavioral issues. Together we discovered he had several food sensitivities and candida overgrowth. After treating the candida and eliminating certain foods, he was able to get off three medications and reduce the dose of the fourth. He and his parents were both delighted. I think his parents may have been a bit skeptical at first, but after just a few weeks of treatment they were true believers in The Center's approach.

Dr. Ron Hunninghake and I recently attended a nutritional medicine conference in San Francisco. It was wonderful to see so many like-minded physicians from around the world united in their quest for a better approach to health and healing. The topics we cov-

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ered included nutritional and natural approaches to psychiatry, cancer, diabetes, heart disease, obesity, and much more. It was exciting not only to learn more about these things, but to know that we can apply this knowledge in our practice every day to make a difference in the lives of our co-learners.

One co-learner had come to my lecture last year on natural ways to bring down high blood pressure. He also bought Dr. Moore's book, *The High Blood Pressure Solution*. After following the recommended high potassium diet for a few months, his systolic blood pressure had dropped from the 190's to the 130's! He was thrilled that his blood pressure had come down to normal without drugs. I was delighted to share in his joy and to see the powerful impact lifestyle and diet can have on one's health.

These are just a few of the many joys I have been privileged to share with my patients. Each journey has its own unique discoveries and paths to follow. Through each of these experiences I have learned more about the lives of my patients and more about the remarkable healing which can occur when we respect and cooperate with nature's marvelous design. Peace, health, and joy be with you. [H]

Zinc shortens duration of pneumonia

Pneumonia is the leading cause of serious problems, and even death, in young children, according to Dr. W. Abdullah Brooks and colleagues. These researchers wanted to find out if zinc supplements would shorten the duration of severe pneumonia and the time spent in the hospital.

In a double-blind study, they gave children between the ages of two months to two years old either 20 mg of zinc per day or a placebo.

The researchers found that young children who received 20 mg of zinc per day not only had accelerated recovery from their pneumonia, they also spent fewer days in the hospital recovering from pneumonia. All effects were greater when children with wheezing were omitted from the analysis. [H]

HEALTH HUNTERS AT HOME

Coffee, tea, and cinnamon—do they work with diabetes?

Diabetes affects 50% more people in the United States than it did ten years ago, according to *Science News*. That is quite an increase—especially considering that cardiovascular complications cause death in half the people with type 2 diabetes. The disorder is the leading cause of kidney failure, adult blindness, and amputations in the U.S.

So what can people who are non-insulin-dependent diabetics do to work with their diabetes naturally? Quite often they can start with a diet of whole foods that is low in carbohydrates and lose some weight if they are overweight. But are there other things that they could try along with this diet?

Research shows that coffee can help. For instance, a recent article in the *Journal of the American Medical Association* showed that people who drink six to ten cups of coffee per day, primarily the caffeinated variety, tend to have lower rates of type 2 diabetes than people who drink only two cups a day. But other researchers feel caffeine is a problem with diabetes.

For years, researchers have been trying to find out what is in coffee that lowers type 2 diabetes. It appears that they have finally discovered that the chlorogenic acids, a relatively minor family of chemicals in coffee, appear to be the leading anti-diabetic candidates.

Linda Morgan and colleagues of the University of Surrey in Great Britain published a study in *The American Journal of Clinical Nutrition* looking at coffee's effect on sugar absorption. The researchers had nine volunteers come to their lab for three days after fasting overnight. The volunteers each downed 25 grams of sugar in two cups of beverage—one time it was with regular coffee, again with decaffeinated coffee, and finally with water. They also had blood tests to find out how much glucose entered their blood during the following three hours.

Both regular coffee and decaf enabled the volunteers to control blood glucose significantly better than drinking the sugar with water. The glucose,

though, tended to stay in the blood with caffeinated coffee much like it does with diabetics. This tends to confirm that caffeine is not good for diabetics and that the chlorogenic acids do help reduce the glucose in the blood.

Green tea also works to control blood glucose. Lucy Hwang of National Taiwan University in Taipei and colleagues measured its effect on rats with experimentally induced diabetes. The rats drank either room temperature green tea or water for 12 weeks. She found that at the end of 12 weeks the rats that drank the green tea improved their insulin sensitivity and lowered blood-glucose concentrations during the two hours after a meal.

Hwang's group is now looking at other types of tea such as the black teas.

Green tea is unfermented while other types of tea go through a fermentation process. She and her colleagues found that black tea, the type of tea usually drunk in the U.S., did not have an effect on the blood glucose.

Spices also work to reduce the blood sugar for diabetics. Richard Anderson and colleagues at the Department of Agriculture's Beltsville, Maryland Human Nutrition Research Center recently studied 60 people with type 2 diabetes. The researchers gave half the people capsules containing cinnamon and the other half received capsules containing wheat flour.

The 30 people taking either 1, 3, or 6 grams of cinnamon for 40 days experienced an 18% to 29% drop in their blood sugar. The other people getting the wheat flour had no reduction in blood sugar.

In addition, cinnamon improved the cholesterol and triglycerides concentrations in the blood of the 30 people taking it. This was a bonus.

Coffee, green tea, and cinnamon all work to reduce blood sugar, researchers found. Decaf coffee works better than the regular coffee. Green tea works when black teas don't and cinnamon lowers cholesterol while lowering the blood sugar. [H]

—Richard Lewis



INFORMATION WORTH KNOWING

The number one request that co-learners have when they are seen at The Center is to have, "More energy." In today's high stress, fast paced lifestyle, many people can't seem to lose weight, crave refined carbohydrate, have trouble sleeping through the night, awaken exhausted in the morning, and need a lot of stimulants to get going again. Jesse Lynn Hanley, M.D., and Nancy Deville offer ten simple solutions to show how to repair a lifetime of damage and experience the best health ever in their book, *Tired of Being Tired*. It is not just another "how to" book but goes into great detail about ways you can improve your health. Learn not only what you need to be eating to improve you health but also when to eat it and how much. Learn what to do about stress, fatigue, and burnout. Select the best answer from the following questions that have been taken from their book.

1 Hormones, such as adrenaline, are secreted from your adrenal glands to prepare the body for acute and chronic physical and emotional _____.

- a. boredom
- b. stress
- c. tranquility
- d. none of the above

2 The _____ of the brain is supposed to differentiate humans from all other animals. This is where learning, speaking, memory and other intellectual functions take place.

- a. stem
- b. neo-cortex
- c. hypothalamus
- d. none of the above

3 Fear and danger are the greatest motivators of the adrenal response. Any other experience that causes excitement does not result in a rush of adrenaline.

- a. True
- b. False

4 Your autonomic nervous system regulates the intestines, heart, circulation, and glands. The autonomic nervous system has _____ modalities.

- a. two
- b. three

- c. four
- d. five

5 When your body's autonomic nervous system flows from sympathetic to parasympathetic mode, it is time for your body to balance the day's acidity. This is known as the alkaline tide.

- a. True
- b. False

6 The enzymes that direct those metabolic processes that govern how your body functions can operate with a relatively neutral _____.

- a. zone
- b. PH
- c. drive
- d. all of the above

7 When you eat a balanced diet, the hormones glucagon and insulin are released from your _____. One reason for eating a balanced diet is to keep glucagon and insulin in balance.

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

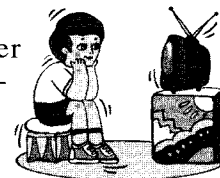
• FOR ANSWERS, SEE PAGE 7 •

A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.

—Rosalynn Carter

Kids' food consumption during TV watching

Do you ever wonder if what children eat while watching TV has anything to do with childhood obesity? Well, Donna Matheson and colleagues wanted to find out just that when they devised a research study that was recently reported in *The American Journal of Clinical Nutrition*.



In their study, they collected data from two samples of children. The first sample consisted of ethnically diverse third graders and the second from predominantly Latino fifth graders. They collected three non-consecutive 24 hour food recalls from each child to see just what they were eating and when they ate the foods. They also measured the height and weight of each and used this information to calculate their body mass index (BMI).

The results of collecting all this data about the children were significant. "Our results show that children consume a substantial portion of their daily energy while watching television," the researchers found. Also they discovered that the amount of food consumed during the weekdays was different from the food consumed on the weekend days.

During the week, the children consumed about 20% of their calories while watching TV and on the weekend this number rose to 25% of their calories eaten during the time they watched TV. According to the researchers, "These results were highly consistent across 2 qualitatively different samples of children." This is a significant amount of their total calories consumed during television watching.

"Although advertising has been shown to influence children's food choices, our results do not support the hypothesis that children consume more highly advertised foods while watching television," the researchers found.

Children who eat fatty foods while watching TV have an increased BMI that indicates obesity in children, the research showed. [H]

The Garden and the gardener

by Melvin D. Epp, Ph.D.

The race is on to see who has the first ripe tomato of this season. I always aim to have some ripe tomatoes by July 4th. The early birds may even begin selling tomatoes at the local farmer's markets before Independence Day. But the heat of summer makes for the best tasting and juiciest, vine-ripened, homegrown tomato. Hopefully, your garden includes a few heirloom varieties so that you can savor the flavor range of various cultivars.

The asparagus crop is over for the year. Now is the time to put 1-2 inches of compost or even well rotten manure on the bed in a strip about 18 inches wide. The use of manure is permitted in this situation in an organic garden because no harvesting will occur again for more than 120 days, in fact until next April. This fertilizer will encourage frond growth and increase spear production next year. A good mulch of straw over the fertilizer will also conserve moisture.

The potato plants are still green but will begin turning brown shortly. Any time after the plants have flowered, one can begin to dig new potatoes. The longer one holds off, the larger the tubers, but if you are not interested in production for wintertime, I always suggest eating new potatoes—they add excitement to your meal plans!

Weeds are not a major problem if one does not let weeds go to seed or if one carries all garden debris to the compost pile. Weed seeds should be inactivated by the heat of the pile. This spring was very mild with no killing frost after the trees began to flower, so the biggest weed in our garden this spring is elm tree seedlings. The elm tree seeds just blew in and landed under every vegetable plant, it seems, because there never seems to be an end to the volunteer elm seedlings within the rows of vegetables.

So, as you either consume your first ripe tomato of the season, or as you sit and wait, just remember, gardening is good exercise, good fun, and good relaxation that contributes to good nutrition. [H]

Herbal History

Ginkgo extract increases visual field in patients with glaucoma

An extract made from the ginkgo biloba tree (GBE) helped patients who took it to overcome optical nerve damage and vision loss. These were patients who had normal tension glaucoma (NTG) in which the pressure within the eye is normal, but they still have vision loss. The vision loss is attributed to the optical nerve damage.

What causes the optical nerve damage is not known, but it may be due to a drop in blood flow to the nerve. Studies have shown that GBE, made by an Italian company, improves blood circulation.

In a study published in the journal, *Ophthalmology*, the researchers wanted to find out what effect GBE would have on patients with vision loss due to NTG.

The researchers had 27 volunteers, 11 men and 16 women whose mean age was 70.4 years, with visual field dam-

age from NTG, participate in a double blind study. They received 40 mg of the GBE three times a day for four weeks, then an eight week wash out period followed by four weeks of a placebo, wash out, and active treatment. Visual field, pressure within the eye, and heart rate were checked and complete ocular and systemic examinations were given for each volunteer during the trial and at the end.

The researchers found that the volunteers, while receiving GBE, had a significant improvement in visual range, but it disappeared during the wash out and placebo periods. The results showed that people taking GBE would have to continue the treatment to continue to receive the gain in the visual field and that the results may be caused by increased cerebral blood flow. [H]

Food of the Month

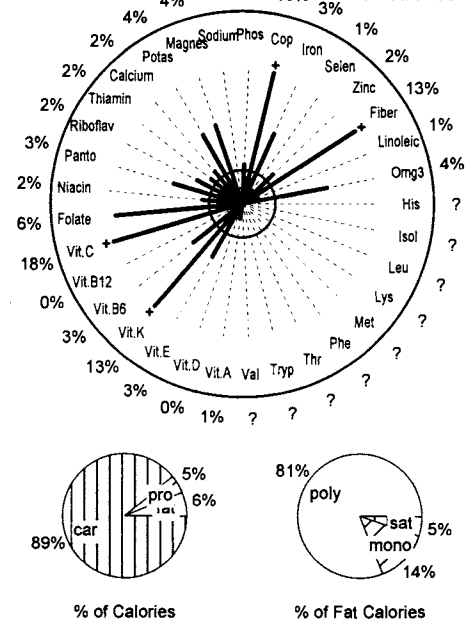
by Donald R. Davis, Ph.D.



NutriCircle

1/2 cup = 37 calories

BLACKBERRIES are unusually rich in antioxidant polyphenols, tannins, and other protective substances. They ripen in summer, but frozen berries are always available. Try them in fruit salads, on cereal and pancakes, and in smoothies. Their small fat content is notably polyunsaturated and of the omega-3 type. They contain about 5% protein and thus amino acids, but in unreported amounts (question marks). Relative to their few calories, blackberries contain adequate amounts of most nutrients shown. Jam is a poor source; a tablespoon might contain one berry but more calories than 1/2 cup of berries.



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.

Fireflies and ducks

Mother Nature has been on a rampage in the mid-west this spring. Nature can bring a lot of joy or sorrow. The same storms that bring much needed moisture to drought stricken areas have also destroyed homes and lives.


Have you noticed that sometimes in your own life the storms of life that created shambles of your life also brought something good? It sometimes takes many years to find the benefit from those storms. Dag Hammarskjold said, "Never measure the height of a mountain until you have reached the top. Then you will see how low it was."

I prefer the gentler side of nature, such as looking out in the middle of the night and watching the flickering of fireflies. Watching them flit unhampered around in the dark brings joy to my heart.

Ducks also bring a great deal of



humor into our lives. We have several small wood ducks that come up to the squirrel feeders to eat the corn that the squirrels drop. We have had some new little ducks this spring. One mother has three little ducks and another has nine babies. The other day all twelve of the half-grown ducks came up to the feeder without their mothers. Pretty soon the mother of the three ducks came quacking into view, rounded up her offspring, and hustled them off. Maybe mothers everywhere, even in nature, have to worry about bad company.

Luci Swindoll said, "To experience happiness, we must train ourselves to live in this moment, to savor it for what it is, not running ahead in anticipation of some future date nor lagging behind in the paralysis of the past." Find moments to savor in your life as I do with fireflies and ducks. 

Case of the month

This male patient came to The Center in January 1986 at age 50. His original diagnosis from a doctor in Denver, Colorado, in 1975 was a gastric ulcer and colitis. He struggled with this problem for 11 years before coming to The Center.


When Dr. Riordan first saw him at The Center, he was very thin and pale. He still had the gastric ulcer, colitis, and rectal bleeding. He also developed high blood pressure and anemia from the problems.

Dr. Riordan started him on a very restrictive breakfast for two weeks and one intravenous vitamin C infusion. Dr. Riordan and Dr. Hunninghake continued to work with him with limited results until 2003. He did improve somewhat, but did not get where he wanted to get. He continued to have colitis and other problems during previous years. He kept coming because we had reduced the colitis but did not get rid of it. He did have some marked improvement in 2001, but he still had problems with anemia, a thyroid disorder, and his colitis was still there.

In 2002, he said that he had "been feeling good." He had very little gas as long as he keeps taking the hydrochloric acid with pepsin. This keeps his normally alkaline system acidic to help his digestive system.

Again, he said he was doing well with his bowel movements through 2002 and into 2003. He had a flare-up in early December, 2002, with terrible cramps in his back. This he corrected. He said that the bleeding in his stools is much reduced and headaches were at least half what they had been in the previous years.

In April, 2003, he had abdominal surgery, which went very well.

The following February, 2004, he was here and he was much improved. The therapy on his back had helped. He has had good bowel movements—at least two to three a day—for several months now. He has been headache free for at least two months—a point worth celebrating. Mavis Schultz, ARNP, said his color is great and he no longer looks sick as he has for years. He is finally doing great after all these years. 

CENTER UPDATE

Too much soda may raise cancer risk

What you eat or drink affects a range of cancer problems and gastrointestinal problems, researchers say. This goes along with what we have been saying and doing for 29 years.

A recent research study discovered that esophageal disease could be connected to drinking too many carbonated beverages.

In this study, researchers at Tata Memorial Hospital in India found a strong correlation between the rise in per capita consumption of carbonated soft drinks in the past 50 years and a documented increase in rates of esophageal cancer, a particularly deadly type of cancer, in the United States.


The researchers, using data from the U. S. Department of Agriculture, discovered that per capita consumption of carbonated drinks rose by more than 450% during the last 50 plus years. The consumption rose from 10.8 gallons (49 liters) on average in 1946 to 49.2 gallons (224 liters) in 2000.

Over the last 25 years, the rate of

esophageal cancer has risen by more than 570% in white American males. Esophageal cancer affected 13,900 men and women in 2003 and killed most of them, according to the American Cancer Society. More than 10,000 of these were men.

The researchers also found a biological basis for esophageal cancer. Carbonated soft drinks cause the stomach to distend, which in turn causes gastric reflux. Gastric reflux is associated with esophageal cancer.

In addition, the researchers found a worldwide connection with drinking carbonated soft drinks. Countries with an annual consumption of more than 20 gallons of the carbonated drinks also had a rising rate of esophageal cancer.

From this information, it may be wise to cut back on the amount of carbonated drinks you, your children, and grandchildren consume. Use water, fruit juices, coffee, tea, and other forms of drinks other than carbonated soft drinks to quench your thirst. 

- 1 b. The adrenal glands secrete adrenaline and other stress hormones that influence nearly every bodily function.
- 2 b. This part of the brain is where the initial contact is received for any given experience.
- 3 b. Anything that excites you, such as getting an unexpected bonus at work, can result in an adrenaline rush.
- 4 a. These are the sympathetic and parasympathetic nervous systems. Generally, during the day when your body is responding to stress it is in the sympathetic state.
- 5 a. Before electricity, sitting by the fire for a couple of hours allowed our ancestors' systems to change rhythm and wind down from a day's work.
- 6 b. When you live in an acidic state of sympathetic dominance, numerous metabolic processes such as digestion, making energy, and repairing muscles are slowed down.
- 7 b. Glucagon is responsible for releasing sugar, fat, and proteins from your cells to be used as fuel and as building blocks in your body. H

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 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

TIRED OF BEING TIRED

By Jesse Lynn Hanley, M.D. & Nancy Deville

Would you like to restore your energy so you can live your life as fully as possible? Anti-aging pioneer Jesse Lynn Hanley, M.D., believes that the lifestyles we've grown accustomed to are responsible for our burned-out systems and tired adrenal glands. Soft cover. Retail Price: \$13.95
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LEARNING ABOUT THE BENEFITS OF YOGA

With Elissa Tandoc, RYT200 & Rebecca Kirby, M.D., R.D.

Exercise is an important part of a healthy lifestyle. Learn about the benefits of yoga for stretching, stress reduction, strength building, and much more. Elissa Tandoc, yoga instructor and Taste of Health chef, and Rebecca Kirby, Center physician and yoga enthusiast, led the discussion and answered questions.

SO WHAT IS A SERVING ANYWAY? EAT SMARTER FOR A SLIMMER, HEALTHIER YOU

With Rebecca Kirby, M.D., R.D.

Improve your nutrition savvy on eating your way to better health, better skin, and more energy. Listen to Dr. Kirby, registered dietitian, biochemist, and family physician, sort out nutrition and food information. And that mysterious serving size? Let's digest a food label, understand food composition, food value, and much more on the road to a healthier, slimmer you.

BREAKTHROUGH FOR BETTER CIRCULATION

With Ron Hunninghake, M.D.

The inappropriate triggering of fibrin formation due to bacteria, viruses, fungi, or toxins can lead to inflammation. The result is increased blood viscosity and poor circulation. High blood pressure, increased risk of heart attack and stroke, chronic fatigue syndrome, and a multitude of chronic illnesses often ensue. Nattokinase is a powerful, food-derived enzyme that can reverse this unhealthy train of events.

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Upcoming Events. . .

Lunch & Lectures:

July

- 8 Vitamin C and Cancer
- 15 Learning from Labels: What Are We Eating Exactly?
- 29 Foods That Hurt

August

- 5 Natural Solutions to High Cholesterol
- 12 Turning School Failure into Success
- 19 The Mystique of Garlic
- 26 Fats: the Good, the Bad, and the Ugly

Invite a friend to a Lunch & Lecture to share the fun, good food, and beneficial information in a relaxing atmosphere.

Homocysteine is found involved with hip fractures

High levels of homocysteine in the blood have been an indicator of heart problems for several years. Now, high homocysteine levels are considered a major indicator for osteoporotic bone fractures—particularly in the hip, according to a study published recently in *The New England Journal of Medicine*.

High homocysteine concentrations may weaken the bones by interfering with collagen cross-linking that makes up the inner structure of the bones.

Homocysteine is fairly easy to control by diet and by increasing the level of folic acid in the blood by taking over-the-counter folic acid. Vitamins B6 and B12 also help to control the homocysteine level in the blood.

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- The joy of co-learning
- Coffee, tea, and cinnamon—do they work with diabetes?
- Too much soda may raise cancer risk
- Homocysteine is found involved with hip fractures

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