

Health Hunter[®]

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N E W S L E T T E R

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Eat, exercise, excel!...What does that have to do with health?

by Dean Dodson

Three years ago I was privileged to encounter an innovative program that was architected by some very special educators. Like holistic medicine, the plan focused on the whole person and the whole of that person's environment. It involved nutrition, two-way communication, trust, exercise, an attitude of service, personal responsibility, respect, self-concept, and motivation.

They learn and excel because they want to, not because they have to.

The program I speak of is the Eat, Exercise, Excel! program of Anthony School in Leavenworth, Kansas. What makes this educational/fitness program different is that the children are prepared for learning. In the spirit of holistic medicine, the entire learning health of the child is addressed. The health of the body, the mind, and the spirit are all taken into account.

Through diet, improved nutrition, and multivitamins, the children have the fuel for the learning experience. The kids start the day mentally alert and are excited about learning.

One of the changes that has had a very positive impact deals with how the kids eat lunch. In the past, the children ate in a group cafeteria type setting. In that environment, there were disturbances, and the kids tended not to eat all of their lunch, so nutrition suffered. Teacher student interaction was minimal. Now, the kids are served their

meal in the classroom and eat with their teacher. The result is that there is less food waste. The students' social skills have improved. Disturbances are non-existent. The kids are offered the opportunity to take a multivitamin with their meal. Teachers and students communicate and enjoy lunch together. A positive rapport exists between the teachers and the students.

The physical fitness part of the learning equation has also been addressed. Exercise in a fun atmosphere has replaced the standard recess. The kids play structured games and participate in group activities. Everyone has a chance to participate, and self-competition is urged.

While preparing a video documentary on the Eat, Exercise, Excel project, I had firsthand observation of how involved and happy the kids are. I thought to myself, holistically, the children in the Anthony School program are healthy. They exhibit a joy for being in school and learning. They seem to really want to learn and excel at what they do. The kids are self-completive which to me equates to self-motivation. They learn and excel because they want to, not because they have to.

From my first visit to Anthony Elementary, I was struck by the dynamic attitudes of the students and teachers. Most of the students in the program have a goal of a college education. They have this goal because they believe and know they can do it.

In part, the reason for this positive, "I can do it" attitude is because of

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Vitamin C boosts breast milk

Vitamin C, if taken in sufficient quantities, will boost the production of breast milk quality and quantity in healthy lactating women to as much as two times to three times the quality they were producing before the vitamin C was introduced, according to a research report that appeared in *The American Journal of Clinical Nutrition* recently.

Researchers checked the vitamin C content in milk production by 142 lactating European women before taking vitamin C. Then, the women took vitamin C for 10 days and checked the milk production again. The women showed increases on average from 60 mg/kg to 70 mg/kg.

Then, they checked the vitamin C content of the milk from 171 African women. The women had 20 to 29 mg of vitamin C in their breast milk before taking the vitamin C. The vitamin C in milk increased from 60 to 70 mg/kg after the women had been taking vitamin C—an increase of as much as three-fold for some women. [H]

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PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth and Barbara Dodson

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healthcoach@brightspot.org

Nutritional Medicine

by Ron Hunninghake, M.D.

Identify the causes

If you brought your car into the mechanic for him to check on the red oil light, and he said: "Just cover it with this piece of black tape. You'll feel better." Well, I don't think you would want to take your car back to that kind of "care." "You can call me when the engine quits." (!)

No. We would expect a good mechanic to open the hood and investigate. Maybe he would run the car up on the lift to check underneath for gasket leaks. Regardless of how he did it, you and I would expect that he would at least attempt to identify the cause or causes of the red light being on.

Here at The Center where we specialize in patients who have not gotten results elsewhere, we are looking for more than simply controlling symptoms. We want to investigate into areas of causation often overlooked by conventional care.

Our investigation is scientific and thorough. Our doctors take time to listen to your history, trying as Dr. Riordan used to do, to put ourselves in your shoes. Then, we put our backgrounds in family medicine, naturopathic medicine, holistic health care, and nutritional medicine to work, and attempt to IDENTIFY THE CAUSES of a patient/co-learner's illness.

This is an acronym that stands for the following causes of chronic/sustained illness that we follow in our basic evaluation:

Infection—often hidden viral, bacterial, or fungal-overgrowth syndromes

Digestion—poor acid formation, inadequate enzymes, abnormal gut flora

Emotions—usually toxic, and usually involving unhealthy relationships

Nutrients—lacking in the diet, poorly absorbed, or metabolically blocked

Toxins—heavy metals like lead or mercury, pesticide or herbicide residues, etc.

Inflammation—chronic triggers or dietary predisposition to damaging "-itis" diseases

Foods—hidden adverse food reactions that lead to organ damage & food addictions

You—a perceived inability to see how your own choices contribute to your illness

Thyroid dysfunction that fails to show up on standardized thyroid lab tests

Hypoglycemia (low blood sugar) due to carbohydrate and insulin disorders

Endocrine disorders or deficiencies that contribute to aging and dysfunction

Candida overgrowth due to excessive antibiotics, steroids, sugar, stress


Adrenal fatigue and insufficiency due to hypoglycemia, illness, & life overload

Underactivity—not exercising your faculties adequately: "Use it or lose it!"

Stress or spiritual crisis – overload of non-need-fulfilling activity; meaninglessness

Environmental—an unsatisfying, dysfunctional, or toxic home, work, or play arena

Structural—physical, mental, emotional "mal-alignments" that cause pain/dysfunction

This acronym helps the Center doctors investigate more deeply and holistically into true causes of your pain or illness. By correcting long-standing factors like these, the chances of healing a sustained illness are greatly increased... "before the engine quits!" 

Eat, exercise, excel!—Cont'd from page 1

something called "The Respect Pledge."

The respect pledge is a verbal exchange between an adult leader and the students. It was formulated by parent/teacher liaison, Bill Cannon, and goes like this:

(Leader) "What's your name?"

(Students) "Hope"

(Leader) "Who do you serve?"

(Students) "Anthony School" (or "The Community")

(Leader) "How do you serve?"

(Students) "With Respect"

(Leader) "How does respect work?"

(Students) "It's a two-way street...from me to you and you to me."

(Leader) "Where are you going?"

continued on page 3

- (Students) "To College"
 (Leader) "Where are you going?"
 (Students) "To College"
 (Leader) "How are you going to get there?"
 (Students) "With a plan"
 (Leader) "Who can stop you?"
 (Students) "Only Me"
 (Leader) "Are you the one?"
 (Students) "I am the one"
 (Leader) "Are you the one?"
 (Students) "I am the one"
 (Leader) "What's your name?"
 (Students) "HOPE"

After hearing the respect pledge and seeing the children's response, you immediately recognize the dynamic effect it has. You see it on the faces of the kids. You feel the positive atmosphere where co-respect abounds. The connection between vitamins, nutrition, exercise, environmental values, and personal responsibility are obvious.

As we all know, the term "health" has many meanings and broad implications. Holistically, the health of Anthony has greatly improved. The students, staff, and the community have benefited and continue to do so.

A few years ago Anthony School was a place where few wanted to be. It was a troubled school with discipline problems and poor academic and athletic achievement. Today, things have changed. There is a waiting line to be a part of this new health and vitality. Academics and physical fitness have had stunning improvement. School discipline ceases to be a problem. Health and Hope abound. Just ask anyone who has been to Anthony or heard about the program.

In my estimation, the positive changes that have come about due to improved diet, social habits, and structured environment are worth taking a look at by all people interested in children and education.

To learn more about the Anthony program and its successes, log onto www.brightspot.org and click on the "Eat, Exercise, Excel" icon.

On a personal note, I want to thank principal Janine Kempker, parent/teacher liaison Bill Cannon, grant writer Carol Ayres, and all the staff and students of Anthony School for allowing me to, in a small way, be a part of this dynamically healthy educational experience. [H]

HEALTH HUNTERS AT HOME

"Scientists behaving badly"

Here at The Center, we read a lot of research papers. We read many to find the ones we want to use in *Health Hunter*. The doctors read many to try to keep abreast of what is happening and what is coming in the field of medicine. Our researchers read many to find out what is being done in their area of research and what needs to be done. We read a lot of journals.

At times, we will discuss an article that seems a little shaky to see what others think about it. Was the data real or did the scientists fudge some data to better satisfy the results they wanted? Or did the researchers use questionable techniques to get the needed answer? Several questions come up about a few studies that appear in the many journals we read.

For Brian Martinson, Melissa Anderson, and Raymond de Vries, these and other questions came up. Since they are researchers themselves, they came up with a commentary in *Nature* entitled

"Scientists Behaving Badly." We used the title for this article since it captures the essence of what we have to say.

First of all, the three researchers contacted 3600 scientists in mid-career. They defined these scientists as people who received their initial research project between 1999 and 2001. They also surveyed early-career researchers who were NIH supported postdoctoral trainees who received their postdoctoral training during 2000 or 2001.

The three researchers sent questionnaires to 3409 of the mid-career scientists and received 1768 that had usable data (52%). Of the 3475 early-career scientists who got the requests, they received 1479 usable responses—a response rate of 43%. Next, they consulted 51 senior scientists from top-tier research universities to find out what they considered serious misbehaviors. Then they began crunching the data. Here is what they found:

	%Mid-career	%Early-career
1. Falsifying or 'cooking' research data	0.2	0.5
2. Ignoring major aspects of human-subject requirements	0.3	0.4
3. Not properly disclosing involvement in firms whose products are based on one's own research	0.4	0.3
4. Relationships with students, research subjects, or clients that may be interpreted as questionable	1.3	1.4
5. Using another's ideas without obtaining permission or giving due credit	1.7	1.0
6. Unauthorized use of confidential information in connection with one's own research	2.4	0.8
7. Failing to present data that contradict one's own previous research	6.5	5.3
8. Circumventing certain minor aspects of human-subject requirements	9.0	6.0
9. Overlooking others' use of flawed data or questionable interpretation of data	12.2	12.8
10. Changing the design, methodology, or results of a study in response to pressure from a funding source	20.6	9.5

The respondents were asked to respond in each case whether or not they had engaged in the specific behavior in the last three years. The table shows their answers. This brings up the question of whether these results are very conservative since almost half of the mid-career researchers and less than half of the early-career scientists responded to the questionnaire.

"Little attention has so far been paid

to the role of the broader research environment in compromising scientific integrity. It is now time for the scientific community to consider what aspects of this environment are salient to research integrity," the three researchers said.

This brings us to the place where we, at The Center, must ask ourselves these questions. By answering a resounding NO to these and other questions, our research is in good shape. [H]

INFORMATION WORTH KNOWING

Have you ever thought about how life is really a miracle? Seeing a newborn baby or a flower can cause one to marvel at the complexity and the simplicity of life. When we break it down into even a closer look at the genetic components of a human or plant it is even more fascinating. Did you know that while your genetic make-up plays a major role in determining your risk of disease, it is not the only factor? Jack Challem has written, *Feed Your Genes Right*, that explains in simple language the connection between nutrition and genetics. His practical eating plans and nutritional supplement recommendations supplies you with ways to avoid diseases for which you may have a genetic predisposition. Just because you may have inherited a genetic predisposition for a specific degenerative disease does not mean that you will develop that disease. In reality, nutrition and genetic expression is much more complex and hopeful than that. It is difficult to do justice to this intriguing book with just a few paragraphs. It is a must read for anyone interested in knowing more about genetics. This month the questions are taken from Jack Challem's book.

1 Genes are made up of a double strand of deoxyribonucleic acid (DNA). Genes use DNA to form a set of instructions guiding the activity of each _____ in the body.

- a. proton
- b. germ
- c. cell
- d. all of the above

2 Genetic research has found that while there are many genes only one gene is associated with each specific disease.

- a. True
- b. False

3 Science has shown the importance of the link between nutrition and genetics. Good nutrition has the advantage of helping to keep degenerative disease genes from being expressed without _____.

- a. side effects
- b. expensive drugs
- c. causing harm
- d. all of the above

4 DNA is similar to an instruction manual that contains the programs for creating the thousands of proteins, hormones, and other biochemicals needed to keep your body working.

- a. True
- b. False

5 DNA creates a strand of RNA (ribonucleic acid) and instructs it to select the individual _____ needed to make a specific protein or

enzyme that is required by the body to function properly.

- a. vitamin
- b. amino acid
- c. mineral
- d. all of the above

6 Research has found that specific nutrients play major roles in degenerative diseases being expressed. Many people inherit a defect in the genes responsible for managing vitamin D in the body. More than a dozen variations in the genes have been identified so far. This variation can lead to an increased risk of _____.

- a. osteoporosis
- b. cancer
- c. multiple sclerosis
- d. all of the above

7 The literature in medical journals on homocystine and folic acid indicate that a large number of people suffer from defective methylation, the result of inadequate intake of _____.

- a. B vitamins
- b. vitamin C
- c. vitamin E
- d. vitamin A

Preventing PMS with vitamins

"Ample calcium and vitamin D in the diet prevent premenstrual syndrome in some women," says an article in *Science News*. Eight to 20 percent of premenopausal women have symptoms such as depression, irritability, discomfort, and/or fatigue.

Elizabeth Bertone-Johnson of the University of Massachusetts in Amherst became interested in women with premenstrual syndrome or PMS, so she began gathering data on the subject. She collected 3000 women nurses who in 1991 were free of premenstrual syndrome. She gathered data every two to four years from the women, such as the food they ate and whether the women developed PMS. By 2001, 1057 of the women had developed PMS.

From the data Bertone-Johnson's researchers collected, they found that the women who got the most calcium were only 70 percent as likely to develop PMS as those who took the least amount of calcium. Variations in the amount of vitamin D the women took showed a similar difference, according to the researchers' report in the *Archives of Internal Medicine*. Vitamin D helps the body absorb the calcium.

In addition, the researchers analyzed the consumption of milk, a product that is rich in calcium and vitamin D. PMS was only 54 percent as likely to appear in women who had four or more daily servings of skimmed milk or low-fat milk as the other women who reported they drink no more than one glass of milk a day. According to Bertone-Johnson, women taking calcium supplements can relieve PMS. Pills containing either calcium or vitamin D can probably prevent PMS as well, she said.

Most young women do not take supplements like calcium, but "maybe they should," said Susan Thys-Jacobs of St. Lukes-Roosevelt Hospital Center in New York. "Women should be taking at least 1000 milligrams of calcium and 1000 units of vitamin D daily, and few get that much from their diet," she added.

PH

• FOR ANSWERS, SEE PAGE 7 •

The Garden and the gardener

by Melvin D. Epp, Ph.D.


On June 17, I had the privilege of assisting Melodee Eby unveil a new Brightspot Garden gate. Now this gate was not just an ordinary gate, but rather it was a gate commemorating a wonderful gift from Melodee in memory of the gardening interests of her mother, Helen Massey Stanley. The gate also symbolizes the world of learning that gardening engenders and the personal pleasure that gardening provides.

I explained to the viewing guests that were assembled in the shade under a tent canopy, that the Brightspot Garden is a certified organic garden. It is certified under the regulations of the USDA National Organic Program as administered through the Organic Crop Improvement Association of Lincoln, Nebraska. The garden is also a teaching tool to remind us that food is really our medicine.

The 0.6-acre garden is designed to supply the on-site Taste of Health restaurant with produce in season. Over 11,000 pounds of seasonal produce involving 65 different vegetables and fruits were harvested in 2004. We are well on our way to meeting that level of production again this year.

Many of us remember with fondness how our mothers and grandmothers nurtured their families with produce from their own kitchen gardens. They packed summer sunshine into Mason jars and shared it with us throughout the year.

Historically, gardening was not limited to rural folks. During World War II, there was a national priority placed on "Gardens for Victory." Victory Gardens produced up to 40% of all that was consumed; there were relatively few food shortages in W.W. II-era America. There is currently a resurgence of interest in gardening to counter-act fears of bio-terrorism of the food supply infrastructure.

If your interests also are gardening or "food as medicine," there are additional naming opportunities at the Brightspot Garden. For details, please contact Renee Olmstead, Director of Development, 316-204-0000. 

Herbal History

by Chad A. Krier, N.D., D.C.

Silybum marianum: milk thistle


There are many herbs with reported benefits for the liver but Silybum stands out above all others. By supporting the health of the liver (the master filter) the herb effectively restores health to many parts of the body.

Milk thistle extract may protect the cells of the liver by blocking the entrance of toxins and helping metabolize these toxins. Silymarin, a powerful bioflavonoid found in milk thistle, has been shown to regenerate injured liver cells. Silymarin has the ability to block fibrosis, a process that contributes to the eventual development of cirrhosis in persons with inflammatory liver conditions secondary to alcohol abuse or hepatitis. Silymarin is also a powerful antioxidant which can fight off free radical production in the liver.

By improving liver function, Silybum may be useful in the treatment

of constipation. In addition, Silybum may be useful in the treatment of conditions such as endometriosis, fibroids, and PMS because it helps the liver breakdown estrogen. In patients with chronic viral hepatitis, studies have found that milk thistle can produce significant improvement in symptoms such as fatigue, reduced appetite, and abdominal discomfort, while lowering liver enzymes. Further, milk thistle alters bile make-up, which may reduce the risk of gallstone formation.

In patients with diabetes and cirrhosis, milk thistle has been shown to lower blood glucose levels, hemoglobin A1c levels, and exogenous insulin requirements. It also demonstrates the capability to prevent renal and liver damage caused by certain medications.

Typical dosing for milk thistle is 250-750 mg per day. 

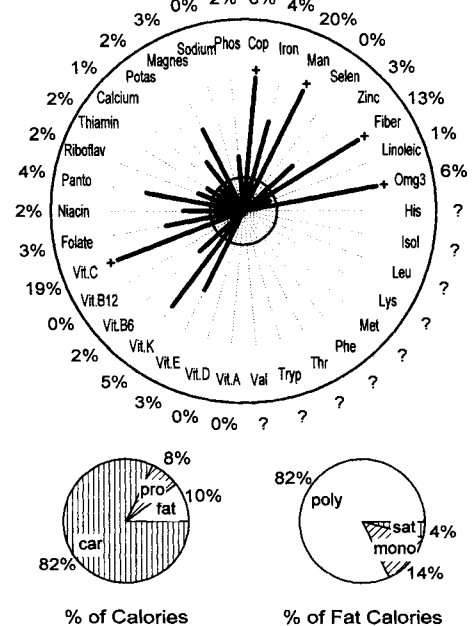
Food of the Month

by Donald R. Davis, Ph.D.




NutriCircle

1/2 cup = 32 calories



RASPBERRIES give a wonderful flavor to fruit salads, cereal, and smoothies. They are available fresh in the summer and year-round as frozen berries. Besides the nutrients displayed here, raspberries contain many antioxidant phytochemicals that help build health. Out of 25 nutrients shown here, 19 have adequate amounts relative to calories, especially omega-3 fat, fiber, copper, iron, manganese, and vitamins C, E, and K. Like all whole foods, raspberries contain protein and, therefore, amino acids, but their amounts are unreported (question marks). Jam and preserves are poor sources of nutrients and phytochemicals.

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

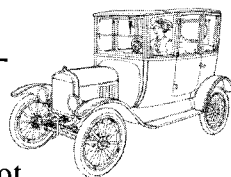
by Marilyn Landreth, M.A.

The cranky crank

My grandparents, O.B. and Edna Lake, were, in many ways, an odd couple. While she was laid back, he was quick to anger. My father often told stories about his parents. One of his favorite topics involved the family car.


O.B. was one of the first men in his community to buy an automobile. By trial and error he learned to drive. The roof over his first car was pretty battered from going under low tree branches until one day it finally came off. The body of the car showed many dents from him running into things because the car would not "whoa."

One day he and Edna had stopped the car and killed the motor to look at something along the road. On this particular model when you wanted to start the car you had to jack up one wheel and crank the motor with a hand crank on the outside of the car. Edna was to operate the clutch & gas pedals while he cranked it. Well, O.B. cranked and



cranked and got madder and madder when it wouldn't start. A neighbor stopped to see if he could help. He asked O.B. if he had turned on the key. O.B. asked Edna if it was on and she replied, "Mr. Lake, you did not tell me to turn it on." Needless to say he was beside himself with rage.

The only times Edna got to drive the car was to put it in the "car shed." She had to give it the gas to get it up a small incline while O.B. held the door open. Her short driving career was over after she took the back of the car shed out when she did not stop in time.

When I have trouble figuring out how to pick up the voice messages on my cell phone, I remember my grandparents and all the laughter we shared over their adventures. Do you think my grandchildren will be telling funny stories about their grandmother being so dense in learning what to them was so easy? Yeah, I can hear them now. 

CENTER UPDATE


Obesity treatment, one size diet tends to fit all

"Those trying to lose weight are quick to embrace the latest popular diet, but are almost as quick to abandon it," says James O. Hill in an editorial in *The American Journal of Clinical Nutrition*. He goes on to say that the apparent rise and fall of various low carbohydrate, high fat diets in the U. S. is amazing considering the effectiveness of these diets, at least in his opinion.

His editorial refers to a report in the same issue by Manny Noakes and colleagues referring to the effects of a low fat, high protein diet. "In our study, overweight women with high triacylglycerol as one of the key markers of the insulin resistance syndrome, lost 50% more total fat with the [high protein] diet than with the [high carbohydrate] diet." Noakes and colleagues went on to say that subjects who ate an energy restricted diet with 30% of the energy from protein reported less hunger than those on a high carbohydrate diet.

The researchers did not find that a diet high in meat protein would have renal problems or bone loss. They did find that both diets caused similar reductions in creatine clearance in the urine as a consequence of body mass change.

Both the high-protein and the high-carbohydrate diets resulted in weight loss, the researchers said. They added that the high-protein diet caused a greater reduction in triacylglycerol concentrations and an improvement in the hemoglobin in the blood and vitamin B-12 status. "An energy-restricted diet high in protein from red meat and low-fat dairy products seems to provide a weight loss advantage in subjects with elevated triacylglycerol concentrations—a marker of the metabolic syndrome," concluded the researchers.

This is often what The Center's doctors find in using a similar type of diet with our patients. 

Case of the month


This 62-year-old male patient first came to The Center in March of 2005 with complaints of allergic rhinitis, arthritis, obesity, and sleep apnea. He is a retired dentist who had gained weight because of severe back pain that brought on his early retirement.

In 1999, he was running ten miles a day, and he was planning on running the next New York marathon race when it all came to a halt. Now, he cannot run or walk much at all. He says he has gained 80 pounds. He does use the treadmill for 30 minutes three days a week. He also wears dual heel spring shoes to ease the back pain.

His last date of practicing dentistry was May of 2002. He then went to a doctor in Colorado who suggested he have a neck fusion, but he decided against that. He is also concerned about having a heart attack because his father died having one and also worries about developing diabetes.

He had a diagnostic chelation in April and then he has been continuing with the ten-minute intravenous push chelation. This is less EDTA than the three-hour intravenous chelation, but it is a much shorter period of time for the patient. It does take a nurse to push the intravenous chelation in the vein, though.

During one of the push sessions, he was telling the nurse, Mavis Schultz, that he had gotten the results of his cytotoxic tests. His response to the information he gained from the tests was amazing. He had both the phase one tests, the series that most people have, and the phase two tests, which are occasionally recommended for patients.

He told Mavis that he has lost 40 pounds since he started using the results of the tests in his daily diet. But that wasn't the most interesting fact he gained from his diet, in his opinion. He said that he was carrying nine handkerchiefs a day and saturating all nine with sneezing and blowing his nose before the end of the day. Now, he carries only one a day and doesn't use this one at all. By following the cytotoxic test recommendations for his diet, his allergies are gone. 

- 1 c. DNA could be compared to a biological dictionary for the body.
- 2 b. Most degenerative diseases involve hundreds and sometimes thousands of genes that go awry.
- 3 d. The most sensible way to keep harmful genes from being expressed is to eat nutritious foods and take supplements to enhance gene function and repair DNA.
- 4 a. DNA is the biological instruction manual that gives your body the information to do all the millions of functions it needs to keep it functioning smoothly.
- 5 b. Amino acids are the building blocks of the body and are found in protein-containing foods.
- 6 d. By increasing your intake of vitamin D or spending as little as 15 minutes a day in the sun you can overcome this genetic defect and reduce the risk of the above diseases.
- 7 a. Clinical studies have found that folic acid (a B vitamin) supplements lower the risk of heart disease among other findings. H

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FEED YOUR GENES RIGHT

by Jack Challem

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Upcoming Events...

Lunch & Lectures:

July:

- 14 The Protective Power of Plant Sterols:
What's it Doing in My Yogurt?
- 21 The ABC's of Hepatitis
- 28 The Natural Prostate Cure—a Book Report

Mark your calendar!

Overcoming the Odds
with the **Eat, Exercise, Excel Program**
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Low dietary zinc impairs cardio-respiratory function during exercise

We are often encouraged to exercise to reduce weight or just get into shape. With low zinc, we can't exercise at the level we need to accomplish, according to research reported in *The American Journal of Clinical Nutrition*.

In this report, Henry Lukaski found that low dietary zinc results in lower erythrocyte and serum zinc concentrations in the blood as well as zinc retention and total carbonic anhydrase in the red blood cells. Peak oxygen uptake and respiratory exchange rate were also lower. The study was done with men between the ages of 20 to 31 years of age.

When the men took zinc supplements, all of the low levels were much higher and they exercised at a higher level. Zinc does work, not only for these men but for older and younger males and females alike.

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- Eat, exercise, excel...What does that have to do with health?
- Vitamin C boosts breast milk
- Preventing PMS with vitamins
- Obesity treatment, one size diet tends to fit all

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