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Depression Cured at Last, by Sherry Rogers, M.D., sheds new light on an age old subject

Richard Lewis

Anyone who has any symptoms of depression or knows someone who is depressed should read this book," Hugh Riordan, M.D., remarked after reading Dr. Rogers' book.

Depression is one reason Dr. Riordan started The Center in 1975. The Center's director since its inception, he had discovered biochemistry was a far better approach for dealing with depression than standard psychiatry.

"Depression, like many illnesses, has a whole spectrum of symptoms; no two persons are alike."

Reflecting on this recently, Dr. Riordan said, "We need to get people to understand that many of those who are depressed are not depressed for psychological reasons. They are depressed because of biochemical reasons which are not necessarily the lack of a particular medication."

"Short term depression in response to negative life experiences is normal. If you lose your job or a close friend or relative dies, you ought to be depressed. We are talking about longer term depression."

The Center has been successfully treating depression for 22 years without using medication.

Dr. Rogers agrees for more personal reasons.

She had been in the depths of

depression for many years. She had a successful medical practice and was married to a successful physician who loved her deeply and dearly. Dr. Rogers could find no reason for it, but she was depressed.

She tried every medication available to climb out of her depression. Nothing worked.

She read, studied, took classes in psychiatry to try to find the cause of her illness. But she was still in the depths of depression.

"I had no idea that there was anything that could ever make me happy again. And that is when you know it is biochemical. That is when the warning bells should go off and announce there is a diagnosable and treatable cause for this abnormal state of the brain," Rogers writes in her introduction she calls "An Epidemic In Disguise."

At the beginning, Rogers tells us that, "Depression, like many illnesses, has a whole spectrum of symptoms; no two persons are alike. ...Depression can also be a life-threatening or debilitating physical illness, and a devastating cause of disability. ...Depression can begin gradually and sneak up on an unsuspecting victim. ...It appears to the beholder that it is incurable, without hope, and there is no way out."

"But the longer I was unsuccessful at curing my depression the more other seemingly unrelated ailments I developed," she wrote. Rogers did solve her depression problem and changed the way she practices medi-

continued on page 2

Most sore throats don't need antibiotics

With the sore throat season at hand, a report in the *British Medical Journal* about antibiotics and sore throats in children and adults is certainly timely.

In this study, researchers followed for a year 716 patients, 4 years old and over, who had inflammation of either the tonsils or the back of the throat (pharynx). They were given one of three prescriptions: a ten day prescription of antibiotics, no antibiotics, or a delayed prescription if the sore throat had not improved after three days.

They saw no difference in complications, such as ear infections and sinusitis, except the antibiotic patients were more likely to return to the doctor the next time they had a sore throat.

"This trial confirms that complications of sore throat are rare, and that prescription antibiotics increases re-attendance," the researchers wrote.

They also suggested that, unless patients are very ill, doctors should explain to them sore throats last on the average 5 days and that most cases resolve without antibiotics. H

Inside this issue...

Cause-oriented medicine	2
Crime and nutrition on the world wide web	3
Zinc, copper, and violence	3
Learning at The Center	3
Information worth knowing	4
Case of the month	4
Longevity	5
Too few Americans believe health is important	5
Are you "touched"?	5
Food of the month—bell peppers	5
Garlic	6
Dehydration, delirium, and disability	6
Tax again touted for reducing cancer, heart disease	6
Special discounts	7
Upcoming events	8
Computer neck	8

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Nutritional Medicine

by Ron Hunninghake, M.D.

Cause-oriented medicine

Such a simple principle: when the patient is ill, look for the cause. Simple...but oft overlooked in this age of the quick-fix.

Doctors are people responsive. That means, "give the customer what he or she wants." People want quick relief of symptoms. If you are hurting, you want the pain to go away...NOW! Medication, essentially composed of synthetic chemicals that block normal cellular and organ functions, acts rapidly to diminish symptoms. Doctors prescribe medications that give quick relief of symptoms.

Dr. Sid Baker has something he calls "tack rules." The first "tack rule" is: "If you are sitting on two tacks, taking an aspirin won't solve the problem." That also includes anti-depressants, vitamins, herbs, meditation, and psychotherapy. You must find and remove the cause!

His second "tack rule" is: "Taking out one of the two tacks will not make you 50% better." All of the tacks must be discovered and removed.

Continued from page 1

cine in the process. She now specializes in environmental and nutritional medicine.

She adds that this book is not intended as a treatment, but as a guideline for you to work with your physician in helping you heal depression.

It is a book laid out for easy reading by the average layperson who wants to find out about what is available to them to get depression behind them and get on with their lives.

The book is divided into four sections: Environmental Factors, Nutritional Factors, Metabolic Factors, and Treatments.

Each section is subdivided into chapters with the chapters further divided into easily read subsections of one to four pages. Each subsection presents several references that will guide you and your physician in understanding the nutritional and environmental approach to solving depression.

Many chronic "mystery syndromes" that fill our doctors' offices these days have discoverable causes that are unique to each individual patient. If we would properly address these causes, which include nutrient deficiencies, malabsorption problems, chronic gut infections, hormone imbalances, and a host of correctable malfunctions, then the natural healing abilities within us would start to work and the mystery illness would get better.

This discovery process takes time. Then correcting the imbalances takes time. The patient must be patient! Our own impatience is often our worst enemy and most insidious cause of the illness' continuation.

Become a co-learner! Through involvement in this search for causes, you will gain understanding and better control of your body, your health, and your life. Look for causes. Take time to get well. This is the new cause-oriented medicine of the emerging 21st century. [HH]

The book has not had the benefit of careful editing. In places, the writing could be more clear and there are a few typographical errors that the editors missed.

Dr. Rogers also tends to refer to her other books too often although she does offer many other references, sometimes as many as two or three pages.

She admits to having no journalistic training, but just a heartfelt need to present this important material in the best manner she could.

"The book should be read for its content, not its literary style," Dr. Riordan believes. "I believe the information is important enough that we have everyone of The Center's staff reading it. We gave each one an individual copy and have made reading it a health incentive."

Editor's note: I thought it was important enough that I bought one for a friend. [HH]

Crime and nutrition on the world wide web

Malfunctioning brain chemistry may be a major cause of crime and violence in our nation today, according to current research.

Now, you can learn more about the relationship between crime, violent and psychopathic behavior, and how neurochemical imbalance, drugs, toxic environment, diet, food and chemical imbalances, and genetic vulnerability to such factors contribute to crime.

The national newsletter, *CRIME Times*, that covers these aspects of violence is now available on the World Wide Web.

A recent issue of *CRIME Times* quoted Ann Ryman, writing in the *British Medical Journal*, "The association [between low cholesterol and violent death] was initially regarded as an anomalous occurrence, but it has been too consistent to be dismissed. It has appeared in studies irrespective of whether drugs or diet were used to lower cholesterol concentrations."

For more information, look them up on the internet at <http://www.CrimeTimes.org>. [H]

Zinc, copper, and violence

"Young men who have varying levels of angry, violent behavior also have elevated copper and depressed zinc levels," claims Dr. William Walsh, the president of Health Research Institute.

For years, scientists have known zinc deficiencies may cause skin problems such as acne. In Dr. Walsh's research, reported in *Physiology and Behavior*, the team found that violent prone males ranging in age from 3 to 20 years were high in copper and low in zinc. Expressed as the copper/zinc ratio, these males averaged 1.43. In normal males used as controls, the copper/zinc ratio was 1.02.

Walsh believes, from his research, violent prone males can be treated by getting the copper/zinc ratio back to close to 1. [H]

HEALTH HUNTERS AT HOME

Learning at The Center

One of my jobs at The Center is to work with the Lunch and Lecture series. It is just a minor function, but I get to attend all the lectures as a side benefit. I want to share with you a little about two classes we have had this summer that I thought were most interesting.

The first was one that Hugh Riordan, M.D., The Center's director, and Neil Riordan, P.A.-C, presented on cancer prevention, as we, here at The Center, see it.

Dr. Riordan opened by reading from an article in the *New York Times* written by Thomas Moore. The writer pointed out that cancer deaths have risen since the "War on Cancer" began, in spite of the billions of dollars spent on finding a cancer cure. Moore feels prevention may be the more prudent way to spend cancer related funding in the future.

Neil then delved into some of the research showing how cancer can be prevented. One of several studies Neil used really impressed me about the importance of nutrition.

In this study, the researchers injected rats with a carcinogen that causes breast cancer and then gave the rats four nutrients: selenium, magnesium, vitamin A, and vitamin C. These nutrients were given to different groups of rats, singly and in combinations, while the control rats were given nothing except the injection of the cancer causing chemical.

Of those rats receiving nothing, the control rats, 100% of them developed breast cancer.

By contrast, of the rats receiving a single nutrient, only about 50% of them developed breast cancer. In those receiving a combination of two nutrients, the number dropped to around 30%. In the group given a combination of three nutrients, the cancer rate again dropped to about 20%. And the percentage fell to 12% in the rats receiving all four nutrients.

This research, Neil pointed out, shows the need for nutritional reserves to help prevent cancer.

The second lecture covered how

women can use herbs to assist in the passage of menopause. It was presented by Kimberli Fougeron, M.S., a staff member who is very well read and trained in the use of herbs. She is currently awaiting acceptance of her credentials by the American Herbologist Guild to become a certified Herbologist.

Kimberli said at the beginning that, "Menopause is not an illness to be cured, but a natural process, a journey to a new phase in a woman's life." She then told about how other cultures respect this period in a woman's life cycle and elevate women to a new level of respect.

Throughout the lecture she offered many herbal suggestions that have been shown to work to ease women through menopause.

The one suggestion that stuck in my mind as particularly valuable was the use of raspberry leaf tea. Raspberry leaf tea, Kimberli pointed out, is an excellent way to reduce the symptoms of PMS and menstrual cramps. It is also rich in phytosterol to help balance excess hormone swings. Raspberry tea is good either hot or cold and Kimberli suggests making a full pot and storing the extra in the refrigerator for later use.

She cites *Natural Healing in Gynecology* by the Swiss herbalist and author, Rina Nissim, as one source of her information on raspberry tea.

At the end, Kimberli offered three recipes, one of which was for Strong Bone Stew that includes 13 foods rich in calcium, all in one pot. The stew, along with the remainder of the lecture was well accepted by all those present. I believe Kimberli plans to revisit the subject in the fall with even more herbal ways to ease menopause.

If you are interested in either or both of these subjects, video tapes and audio tapes are available from the Gift of Health at The Center.

Maybe you could even get a group together and share the information with them, too. This is information more people need to hear. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

This issue we are going to continue with questions from *Depression Cured at Last!* by Sherry A. Rogers, M.D. Depression is such an insidious disease that touches everyone in one way or another, either by suffering from depression themselves or by someone close to them having depression. It seems that many of the "treatments" for depression may make the depression worse rather than curing the problem. Dr. Rogers gives many valuable clues to solving the problem of depression.

1 Ours is the first generation that has ever been exposed to an unprecedented number of chemicals with the average person detoxifying in excess of _____ foreign chemicals a day.

- a. 6
- b. 60
- c. 500
- d. 14,000

2 Even when we think we are eating a balanced diet, we may not be getting the nutrients we need. The foods we eat may be deficient in nutrients because some foods are treated to have a longer shelf life, some of the processing methods used on food, and _____.

- a. highly refining foods
- b. locally grown food
- c. advertising
- d. all the above

3 Our nutritional status is probably more important in the scheme of things than environmental factors as far as health and sickness are concerned.

- a. True
- b. False

4 Deficiencies of magnesium and vitamin E promote _____.

- a. depression
- b. chemical sensitivities
- c. arteriosclerosis
- d. all the above

5 Many times the medication that we receive to help alleviate our illness leads to more nutritional deficiencies and thus can make us sicker.

- a. True
- b. False

6 To build strong bones, in addition to calcium, we need complementary minerals such as zinc, copper, boron, and _____.

- a. magnesium
- b. folic acid
- c. vitamin C
- d. none of the above

7 Among the top five symptoms for deficiencies of any vitamin is _____.

- a. bone pain
- b. insomnia
- c. depression
- d. All of the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 16-year-old male with a six month history of severe depression, debilitating fatigue, and frequent headaches, recently came to The Center for help.

In addition to depression and fatigue, his symptoms included irritability, anxiety, poor concentration, irritable bowel, dry skin and hair, daytime drowsiness, insomnia, joint aches, cold intolerance, ear ringing, easy bruising, acne, and cold extremities.


In the past two years, the boy had dealt with several personal losses including the death of his grandfather, a major move for the family, and the loss of his best friend.

Laboratory testing showed he was low in GLA omega-6 essential oils and borderline low in magnesium and zinc in his red blood cells. In his urine, he had no vitamin C and a low potassium to sodium ratio. In addition, he had below average B vitamin saturations and an elevation of three liver enzymes (suggestive of chemical toxicity or viral infection).

Thyroid testing showed his T4 level was in the bottom tenth percentile. He had over 30 reactive foods on the cytotoxic food sensitivity panel of 90 foods.

He was already taking Zoloft, an antidepressant drug, when he was first seen. His mother had recently started colloidal minerals, grape seed extract, and Una de Gato (cat's claw). He was started on evening primrose oil along with slow release T3 to enhance thyroid functioning. He was also encouraged to avoid the reactive foods that showed up on his cytotoxic test and increase whole food intake in his diet.

At his last appointment, his mother remarked that he was so much better. He is sleeping better, and no longer has the headaches that had been plaguing him. He is on the school cross country team and running three miles a day. She was particularly pleased that he is now making friends at school where he was very shy before. Not only he, but all of the family, is following a whole foods diet and benefiting from it. He is optimistic.

He is a different kid. He is his old self again, she added with pride. 

Share information about The Center with your family and friends by inviting them to visit our Internet website! Meet us at the following address: <http://www.brightspot.org> or correspond with us by E-mail: healthcoach@southwind.net.

Longevity

I was interested in an article on the front page of our newspaper, *The Wichita Eagle*, where France was proclaiming the death of the world's oldest citizen at age 122. She was Jeanne Calment of Arles, France.

She took up fencing at 85 and still rode her bicycle at 100. Though blind, nearly deaf, and in a wheel chair, she remained spirited and mentally sharp until the end.

What is it that enables this lady to die happy at age 122, while another can die, after living a very sad life, at the early age of 60. At 121, Calment hinted about what it takes to stay interested. "I dream, I think, I go over my life," she said. "I never get bored."

We can all learn something from Calment. We can keep up our exercise program, maintain a good attitude and diligently apply the many things we have learned from the good doctors here at The Center and by reading thoroughly each copy of the *Health Hunter*.

Even though I am just approaching 81, I like to think I am a bit like Calment. I am never bored, I try to find something special in everyone I meet, and I thoroughly enjoy being a part of the activity here at The Center. Who knows, I may live beyond Calment's 122 years since I have been privileged to be a part of such a wholesome environment.

I am reminded again of The Center's definition of health. "Health is having the reserve to do what you need to do and want to do with energy and enthusiasm." [H]

—Nelda Reed

Too few Americans believe health is important

"He who has health, has hope and he who has hope has everything," is an old Arabian saying.

A recent survey by Leo Burnett, USA, in Chicago found that more Chinese than Americans agree with this. They found that 83% of Chinese believe good health is the most important asset in life while only 53% of Americans have the same belief. [H]

Mental Medicine

by Marilyn Landreth, M.A.

Are you "touched"?

There is ample evidence that being held, stroked, and hugged is necessary for survival and proper development of babies. Babies who were reared in institutional surroundings without being touched and held developed at a slower rate than those who were held and cuddled. Some even died. When a baby does not grow and develop as it should, called failure to thrive syndrome, and the syndrome is not caused by an organic problem, then many times the child is not receiving as much loving touch and hugs as he or she needs.

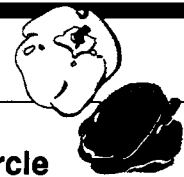
We also know that it is equally as important for the elderly to be touched in a loving way. Although babies may be seen as more appealing to hug than the elderly, we know the elderly need to be touched just as much. Older folks especially need the comfort and approval that is implied in a loving touch.

Nowadays we hear a great deal about "inappropriate touch," which is important because of the damage that can be done when the touch is not appropriate. But when was the last time you heard anyone talking about "appropriate touch"? Appropriate touch is that which is given and received with equal comfort. Sometimes if a person has been reared in families who did not show emotion with hugs and kisses, we might want to begin with touches on the hand or shoulder just to let them know we care. A light pat on the back can tell someone they did a good job.

If you are one of the lucky ones who learned to give hugs and gentle touches of encouragement, you might want to pass them around, with awareness of the comfort levels of others, to those who may not normally receive many hugs. [H]

Food of the Month

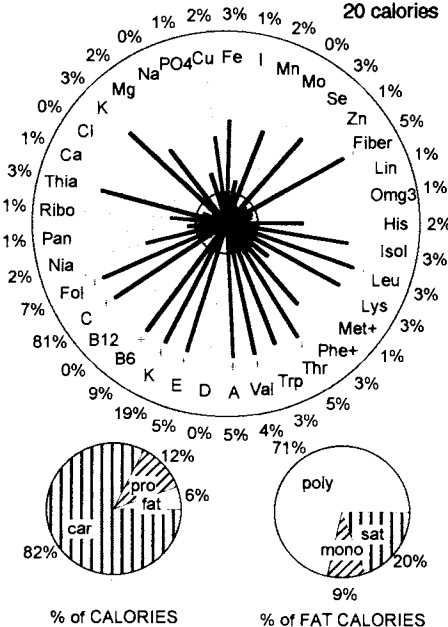
by Donald R. Davis, Ph.D.



NutriCircle

1 pepper = 20 calories

BELL PEPPERS are usually sold green, but most green varieties become red and more tasty and nutritious when they mature. (There are also yellow varieties.) Like all vegetables, they supply abundant nutrients with few calories, if eaten in adequate amounts. A whole green pepper (3-inch dia., 3-3/4-inch long) contains only 20 calories—1% of typical needs—but 5% or more of the RDAs for vitamins A, B₆, C, E, and K, folic acid, fiber, and one amino acid. Red bell peppers contain about 10 times more beta-carotene and vitamin A and twice the vitamin C shown here, and probably more of some helpful phytochemicals, too.



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]

Ukrainian Folk Medicine

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

Garlic

A Tibetan recipe, dating from 5000 BC, is widely used in Ukrainian folk medicine for many illnesses and to rejuvenate the body. This ancient homeopathic remedy was found by a UNESCO expedition to Tibet in 1971 and translated from the loamy plates into many languages for use around the world.


The remedy can be used to clean fat, cholesterol, and calcareous precipitation from the human body. Ukrainians believe this recipe sharply improves the metabolism and makes the blood vessels more elastic, helping to prevent heart attacks, angina pectoris, sclerosis, paralysis, and formation of tumors.

To prepare this remedy, carefully wash and peel 13 ounces of garlic and chop in a bowl. Mash with a wooden or porcelain spoon. Measure 7 ounces of the pulp from the bottom of the bowl into a dark glass bottle and fill with 7 ounces of 96% (190 proof) grain alco-

hol. Cap tightly and store in a cool, dark place for 10 days. Then strain the mixture through several layers of cheese cloth, squeezing out the cloth into the liquid. Again cap tightly and store in a cool, dark place for three days before starting treatment.

Day	Quantity of Drops		
	Breakfast	Lunch	Supper
1	1	2	3
2	4	5	6
3	7	8	9
4	10	11	12
5	13	14	15
6	15	14	13
7	12	11	10
8	9	8	7
9	6	5	4
10	3	2	1
11	25	25	25
12*	25	25	25

*- and each day thereafter

Take the drops exactly as recommended on the chart mixed with 2 ounces of cool cow's milk 15 to 20 minutes before the meal. The treatment may be repeated after six years. 

CENTER UPDATE

Dehydration, delirium, and disability in elderly patients

Hugh Riordan, M.D., the director of The Center, recalls when he was on the chronic illness rotation during medical school. He remembers asking patients how much water they drank. "And they would respond, as if programmed, 'Why doctor, I don't drink any water.'"


Little has changed since Dr. Riordan was in school, according to the research of Luigi Ferrucci, M.D., Ph.D., and associates with the National Institute of Aging in Bethesda, Maryland, reported in the *Journal of the American Medical Association (JAMA)* and a letter also in *JAMA* from Carlos Reyes-Ortiz, M.D., with Valle University/University Hospital in Cali, Columbia.

"Dehydration is both effect and cause with respect to disability [in the elderly]. For instance, dehydration may contribute to disability by weakness due to electrolyte imbalance. ...Dehydration may be associated with many

diseases that cause catastrophic and progressive disability, such as pneumonia, hip fracture, stroke, cancer, and diabetes," Reyes-Ortiz wrote.

Ferrucci pointed out how dehydration and delirium may play a roll in the development of disability in older persons. Hospital records show that 3% of persons who develop progressive severe disability had dehydration as one diagnosis. This was only the "tip of the iceberg." Dehydration may be a far greater part of disability.

"Especially in frail older persons, dehydration may be the underlying problem that actually causes a stroke or [heart attack], which is then coded as the cause of hospital admission," Ferrucci said in agreement with Ortiz.

This fits with Dr. Riordan's earlier observation and current belief that most people would benefit from drinking more water every day. 

Tea again touted for reducing cancer, heart disease

Green tea was found to reduce the risk of esophageal cancer by 20% in men and 50% in women. For non-smokers and non-alcohol drinkers, the reduction rose to 57% in men and 60% in women, according to a paper by Y. T. Gao, published in the *Journal of the National Cancer Institute*.

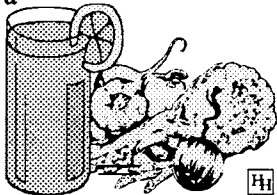
Those are pretty impressive numbers. The news for tea drinkers looks equally good when it comes to heart disease.

"Tea consumption significantly decreased the susceptibility of LDL [low density lipoproteins] oxidative modification; therefore, tea flavonoids [the natural antioxidants in tea and other foods] may have a favorable effect in [improvement of] atherosclerosis [the depositing of artery blocking plaque]," wrote a group of Japanese researchers in the *American Journal of Clinical Nutrition*. In short, tea flavonoids inhibit oxidation of LDL. Oxidized LDL, many believe, causes blockages in the arteries.

The Japanese researchers showed that the much touted flavonoids reduce heart disease by inhibiting the oxidation of LDL cholesterol.

In the case of esophageal cancer, the researchers theorize that the protective effect of green tea may come from the presence of polyphenols, which have strong antioxidant properties. Green tea has been used for medicinal purposes for many generations in China and especially as an anticancer agent.

Both of these research papers agree with much of the recent research that suggests certain antioxidants, such as beta carotene and vitamin E, protect against cancer and heart disease.

The key may be to drink green tea, eat plenty of fruits and vegetables, and be sure that you keep your antioxidants as close to optimal as possible. This way, you have a good chance of beating the odds of getting cancer and heart disease. 

Answers from page 4

- 1 c. We get bombarded at home, when out shopping, and at work with pesticides and other chemicals.
- 2 a. Because of these reasons, and making unwise choices, the average American gets less than 80% of the Recommended Dietary Allowances for several nutrients.
- 3 a. The better our nutritional status the better our body is able to handle the environmental insults.
- 4 d. Pathology of many diseases is similar and it depends on the individual's vulnerability to the environment, biochemistry, and chemical dose.
- 5 a. Many medications have effects of their own that induce further nutrient deficiencies.
- 6 a. Calcium is used by the body when we have a diet high in pop, meat, and sweets. The body must take calcium from our bones to meet the body's needs. The other two may also be needed, but they are not minerals.
- 7 c. Just as depression is a very common symptom, mineral deficiencies are also very common. [H]

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

DEPRESSION CURED AT LAST

by Sherry Rogers, M.D.

Find out the hidden causes of depression according to Dr. Rogers. This book explores environmental causes such as food, mold, and chemical sensitivities. It outlines the role of nutritional deficiencies and other physical health problems as they relate to depression. Hardcover.

Retail Price: \$24.95
 Health Hunter: \$22.46

PROTEIN: Do You Need More or Less in Your Diet?

with Donald R. Davis, Ph.D.

We have long known that the amino acids in protein are essential building blocks throughout our bodies. More recent is evidence that dietary protein, fat, and carbohydrates need to be roughly balanced (not the same for everyone) for best control of body weight, cholesterol, triglycerides, and insulin. Highlighted are these ideas and why some scientists believe we need more protein than current estimates. Audio cassette & video tape.

ATTITUDES: You Are What You Think

with Ronald Hunninghake, M.D.

Attitude can make or break your health—a strong statement, but one that illustrates the power of mind/body medicine. Oftentimes a chronic illness is the physical manifestation of unhealthy mental attitudes. In this tape, you will learn how to uncover negative attitudes that keep you from optimal states of health. Audio cassette & video tape.

HERBS FOR MENOPAUSAL PASSAGE

with Kimberli Fougeron, M.S.

Menopause is not an illness to be cured but a natural process, a journey to a new phase in a woman's life. Herbs can help you prepare for and ease the journey of change. If you are old enough to ask, "Is this menopause?" you may consider the journey has begun. There are herbs that have been used by women for ages to ease the passage. This tape is a discussion of some of these herbs. Audio cassette & video tape.

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Protein: Do You Need More or Less?	_____	_____	_____	_____
Attitudes: You Are What You Think	_____	_____	_____	_____
Herbs for Menopausal Passage	_____	_____	_____	_____
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Upcoming Events. . .

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Happy Body Aerobics	3	4 Happy Body Aerobics	5
8 Yoga	9 Happy Body Aerobics	10 Yoga, Eat Your Way to Natural Weight Loss	11 Happy Body Aerobics	12
15 Yoga	16 Happy Body Aerobics	17 Yoga	18 Happy Body Aerobics	19
22 Yoga	23 L & L - Glucosamine, Happy Body Aerobics	24 Yoga, Eat Your Way to Natural Weight Loss	25 L & L - Fibromyalgia, Happy Body Aerobics	26
29 Yoga	30 L & L - Beating the Supergerms, Happy Body			

OCTOBER

LUNCH AND LECTURE CLASSES:

- | | |
|------------------------------|--|
| 2 How Can I Improve My Skin? | 21 Glutathione |
| 7 Phosphatidyl Choline | 23 Another Tool for Healing |
| 9 Counteracting Cataracts | 28 Alternative Remedies for Cold & Flu |
| 14 Echinacea | 30 Homocysteine |
| 16 Laughter | |

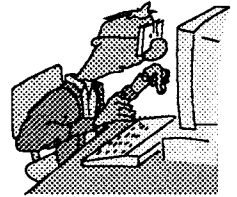
Computer neck

As many adults grow older, we turn to bifocals to read, use the computer, and do other close work. In the case of computer usage, this can cause injury to the neck.

Computer monitors are often placed on a desk or on top of the computer at or above eye level. This normally requires bifocal wearers to tilt their head back to get the screen in focus in the lower part of the glasses. This causes what has been sometimes called cumulative trauma disorder to the neck. In short, it pinches nerves and damages vertebra.

To eliminate this problem, set your monitor lower or raise your chair and use a foot rest (or both) so that you can view the screen easily without tilting your head back.

It may save a trip to the orthopedist.



INSIDE THIS MONTH'S ISSUE . . .

- **Depression Cured at Last**, by Sherry Rogers, M.D., sheds new light on an age old subject
- **Most sore throats don't need antibiotics**
- **Learning at The Center**
- **Longevity**

Health Hunter

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