

Health Hunter[®]

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Cellular nutrition

Ron Hunninghake, M.D.

To understand cellular nutrition, you need to know about Dr. Roger Williams. He was a brilliant nutritional scientist and a prolific writer on the subject of nutrition. Much of this information comes from his many books, but especially from *The Wonderful World Within You*.

Every second 10 million old red blood cells are weeded out and 10 million new ones are produced.

Have you ever heard, "You are what you eat"? Everything in our bodies we put there through our choices of what we have eaten. There are choices we can make to help us ensure a higher level of quality of foods that we do eat. The quality of this food directly influences the quality and function of the organ structures and cellular structures of our body.

Dr. Williams often reminds us that prize-winning dogs and blue-ribbon cattle are scientifically nourished. I know some people who pay more attention to the *Science Diet* they buy for their cats or dogs than they do about what they choose for themselves.

Let's dig deeper into what he means by cellular nutrition. From the perspective of the Milky Way, our sun is just a speck. From the perspective of the Solar System, the earth is really just a little speck. From the perspective of an airplane, people are just little specks on the earth. We are living specks composed of living specks. So nutrition is nothing more than proper speck management.

The cell is the functional unit of any organism; every cell is quite magnificent. They are our most important specks. They are specialized factories that churn out the molecules of life working around the clock.

The healing principle is already built into the body. Take a leaky roof as an analogy. You call the very best roofer in the county and he is there ready to fix your roof but there are no shingles, no nails, and no tar paper. It does not matter how good a roofer he is; he could do nothing to help your leaky roof. He's got to have the building materials to do the repair work.

Now your body is your house. You have to maintain your house. In youth, you build your house. In adulthood, you maintain it. Growth and maintenance require proper biological molecules. Similarly, the micronutrients and the macronutrients that we consume are what the master healer within us uses in order to repair the damage and the wear and tear that occur with living.

Dr. Williams first discovered the importance of these growth and maintenance chemicals when he started looking into the structure of pantothenic acid (vitamin B5). He found it was an essential growth and maintenance molecule. Since then about 50 essential micronutrients have been identified. Now we are finding phytonutrients, which are the colors and the various pigments within plants and animals that the cells seem to need in very small amounts in order to regulate their functioning. If you eat whole foods, you are going to ensure that you are going to get


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Green tea good for arthritis

Polyphenols, the antioxidants found in green tea, may have a powerful effect in reducing the incidence and severity of rheumatoid arthritis, according to a report in the *Proceedings of the National Academy of Science* by Dr. Tariq Haqqi and colleagues of Case Western Reserve University.

Polyphenols "possess much more potent antioxidant activity than well-known antioxidants such as vitamin C and vitamin E," Dr. Haqqi added.

One group of mice was fed water enriched with green tea polyphenols equivalent to humans drinking four cups of green tea a day and the second group was given just tap water. Then, the mice received injections that induced arthritis. Of the 18 mice drinking the green tea polyphenols, only eight developed arthritis while 17 of the 18 getting only tap water developed the disease.

Drinking green tea has proven effective in reducing the rates of other chronic illnesses. "Perhaps now arthritis can be added to the list," Dr. Haqqi said in a news release. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

The cellular budget


Let's say your monthly home budget is a thousand dollars. With that money, you pay your rent, buy your groceries, gas and oil for your car, clothes, eat out, savings, occasional movie, etc. To meet your budgetary needs, you work for a monthly paycheck of about twelve hundred dollars. After withholding your taxes, you take home right at a thousand dollars. With all going well, your income just meets your budgetary needs.

But then the company you work for begins to experience hard times. You are offered a salary reduction or be laid off. So you take the pay cut in order to keep your job. Now you are only being paid four hundred dollars a month! You must now scramble in a major way to reorganize your home budget. In all likelihood, you will have to start taking on debt to meet your basic living expenses. You hope that the crisis at work will end soon. But it doesn't. Over time, major financial and emotional pressures begin to mount. Eventually, with no additional income and persistent living expenses, you have to declare bankruptcy. Your financial life becomes more and more restricted, all because you lack the reserve to meet this capital deficiency crisis.

Your cells work off a budget, too. Let's define a cellular "thousand dollars" to be one RDA of each of the over 40 known essential nutrients. To meet your cellular budget, you need to eat 80% to 90% of your calories from whole food sources. That would be like bringing home 800 to 900 dollars. You can live fairly well on that, even though it is still a bit short, and will result in long term nutrient shortfalls.

But, like most Americans, you only eat about 40% to 50% of your calories from whole foods. Now your cells must really scramble to make ends meet. Without a full income of micronutrients, cellular credit cards start to max out. Creditors begin to call and harass you. Physical and mental symptoms begin to show up as the body mal-adapts and malfunctions due to the long term consequences of not being able to pay it's nutritional bills.

In this analogy, when income does not meet expenses, there are consequences. Use of a credit card is much like taking a drug: it takes away the immediate pain, but the bill has not actually been paid. For cells, only an adequate supply of all the essential nutrients will pay the biochemical bills. Giving a diagnostic label to the many ways cellular malfunction can occur as a consequence is like giving your creditors excuses as to why you didn't have the money. They really don't care...they want the money! In a similar way, labeling the disease does not correct the underlying cause of the problems. The cells want the nutrients...paid in full!


Like the old saying goes: "I've been rich and I've been poor...and rich is better!" Choose whole foods; measure nutrient levels and fill in the gaps with supplements; make wise lifestyle choices that allow you to live within your cellular means. Build your nutrient reserves like you would your IRA. Managing your nutrients properly when you're young means you will enjoy a much healthier biochemical retirement, wherein your cells and organs will remain youthful and functional. Do good cellular "financial planning"! 

Walking cuts men's heart attack risk in half

Daily walking may dramatically reduce the risk of heart attack in older men, according to a report in the journal *Circulation*.

The researchers found that for men ages 71 to 93 walking two miles a day cut their risk of having a heart attack in half. For each additional half mile they

walked, they cut the risk of a first heart attack an additional 15%.

Walking helps lower the bad cholesterol, raise the good cholesterol levels, protects from arrhythmia, and also helps thin the blood out a little bit, and so it favorably helps the clotting system, according to the researchers. 

Cellular nutrition

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all of the essential nutrients that you need, even the ones that have not been discovered by science.

We tend to take ourselves for granted. There are 30 trillion red blood cells pouring through your vessels right now. They are conveying oxygen to your tissues (thank you red blood cells). These red blood cells have a life span of only six weeks. Every second 10 million old red blood cells are weeded out and 10 million new ones are produced.

This process takes a continuous supply of nourishing food. If you don't have this nourishing food, you cannot replenish these red blood cells. You've got to have iron, fatty acids, and protein to make the membranes. The quality of these cells depends on the nutritional environment of your bone marrow because that is where the red blood cells are made. If your bone marrow is not receiving a steady supply of these building blocks in adequate amounts then you could be making inferior red blood cells.

Cells have many jobs. Liver cells can regenerate. Muscle cells are large and contain multiple nuclei. Nerve cells are very specialized. Our body is composed of many different types of cells doing all kinds of functions. You can only perform and feel as good as your cells are performing.

This truism is the basis of a more expanded understanding of health and disease. A disease in the body can be equated to dysfunctional cells, made so in part by an inadequate nutritional environment. So, from that perspective of the disease, you want to find out what is lacking or you want to detoxify or bring back to balance what may be an excess. That, in very simple terms, is a different way of looking at disease.

Dr. Williams used the term genotrophic as the explanation for why we get diseases. Genesis means the origin or birth and trophikos means nursing or feeding. Any type of genotrophic condition is a condition that is predisposed by heredity and precipitated by nutritional factors.

As an example of genotrophism, consider the Polynesian islanders who were eating their traditional diet before

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HEALTH HUNTERS AT HOME

Exercise and aging

Just before I left for a week's vacation, Dr. Riordan, the Director of The Center, presented a Lunch and Lecture on the "Secrets of Slowing the Aging Process." It was such a thought-provoking lecture that we plan to share its major points with our readers in a future issue of *Health Hunter*.

Two of Dr. Riordan's suggestions for slowing the aging process struck me as particularly interesting—MYBA (move your body around) and Exercise Your Brain. I thought about these during the week. Two things happened during the trip that brought them into sharper focus.

The importance of the second of these two, Exercise Your Brain, came clear through a chance encounter on the shuttle from the car rental area to the airport for the return trip home. Alison, my daughter, sat next to a gentleman from upstate New York and they struck up a conversation.

He is a physicist, 83 years old, still working every day. His mind and body were both very alert and active. He carried his luggage as easily as he carried on the conversation.

Here is a man who exercises his brain every day, has the ability to show interest in and hold the interest of younger people, and find delight in every day. He was very proud of his wife who is only 76 "and looks much younger, don't you think?" He and his wife also walk every day.

Which brings me to the second item, MYBA. It was 221 steps from the beach to our room that perched high above the tidal pools that appeared at low tide. We made the trip at least once a day and some days twice a day when low tide fell at convenient times. This, along with long walks on the beach, kept our exercise up at a decent level.

Friday, we visited some long time friends, Dean and Carolyn Scott Kortge. Carolyn wrote the book, *The Spirited Walker*.

Carolyn is a fascinating woman from the standpoint of MYBA. When I first knew her several years ago here in Wichita, she said, "I don't sweat." This

was her way of emphasizing that she was not an athlete and did not care for exercise.

They left Wichita and moved back to Eugene, Oregon, and I lost contact with them for several years. I heard through mutual friends that Carolyn had gotten involved with walking, then began race walking, and was nationally ranked in her age group.

She discovered that there was an athlete hidden all these years inside her body and when she let it out it danced with joy. This new found joy now permeates every cell in her body.

Spirited walking is a play on words, she points out. It is spirited, or brisk walking, moving your body more than a gentle stroll.

In the book, she also discusses how she was able to incorporate meditation into the walking experience so that the act of walking became a spiritual experience.

Hearing her talk about the meditative approach to walking, it becomes evident that she has created a fusion between these two aspects of slowing the aging process—MYBA and Exercise Your Brain.

We are all engaged in the aging process from the moment we are born, so it is never too early to begin exercising your mind and your body.

The good news is that it is also not too late. Research shows that older people can make wondrous improvements in the quality of their lives with a good exercise program designed for them.

So, as Dr. Riordan recommends, join the 83-year-old physicist and his wife. Move your body around and exercise your mind daily so that you can carry on a conversation with a person six decades younger than yourself as easily as you carry your luggage.

Or incorporate some of Carolyn's suggestions for adding spirited walking to your life. You will be glad you did—for the rewards you gain today and the way you will feel years from now.

—Richard Lewis



INFORMATION WORTH KNOWING

"Pain—ranging from the constant, chronic sort to the periodic but persistent—plagues millions of Americans, in the form of back pain, muscle pain, headache, arthritis, and athletic injuries." Although temporary relief can sometimes be obtained through over-the-counter and prescription drugs, the side effects can cause other problems. Drs. Jacob and Lawrence along with Martin Zucker in their book, *The Miracle of MSM: The Natural Solution for Pain*, tout the effectiveness of Methylsulfonylmethane or MSM in relation to pain. The information in their book is not intended to replace medical care; it is meant for information and education only. The questions this month are taken from their book.

1 MSM is a nutritional supplement that is showing promise as a safe and natural solution for _____.

- a. degenerative wear-and-tear arthritis
- b. rheumatoid arthritis
- c. tendinitis and bursitis
- d. all of the above

2 According to a reference book published in 1990 for physicians, more than _____ of the American population suffer from chronic painful conditions.

- a. 10%
- b. 20%
- c. 33%
- d. 50%

3 MSM does not have an effect on the heartburn that many people suffer on a regular basis.

- a. True
- b. False

4 MSM is a source of _____, a mineral element that is necessary for the normal function and structure of the body.

- a. ascorbic acid
- b. sulfur
- c. cortisone
- d. all of the above

5 MSM is made from dimethyl sulfoxide (DMSO) a therapeutic agent derived from _____.

- a. meteorites
- b. food
- c. trees
- d. none of the above.

6 Sulfur is the eighth most abundant element in all living things and is a major ingredient in amino acids—the building blocks of proteins.

- a. True
- b. False

7 Many plants that have _____ usually have a high content of sulfur. Many of these plants have been used since ancient times for healing.

- a. deep roots
- b. strong odors
- c. a mild flavor
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •


Cellular nutrition
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ore was discovered on their island. After the ore was discovered, the mining companies brought prosperity as well as their western diet to the island. The islanders' diet began to include white sugar, white flour, and a lot of refined foods. Within about two decades, 90% of the islanders developed diabetes.

They all had the gene for diabetes prior to the arrival of the western diet. It took the non-whole foods diet, the lack of micronutrients, and a change in lifestyle for that trait to manifest itself. Prior to that time, they were protected by their traditional diet. Micronutrient inadequacy of the western diet allowed for the manifestation of this disease.

That's genotrophism. Genetic tendencies are built within us, but it is only when our nutritional environment becomes weak that they tend to manifest.


If you want to delve deeper into it, Dr. Roger Williams' book, *The Wonderful World Within You* is available at The Center. While the book was written over 30 years ago, it reads as if he were writing it for right now.

Remember, your health can only be as good as your cellular health. Find out what cells need to function better. This will lead you to a better diet and lifestyle choice. 

Vitamins C and E may combat prostate cancer

Vitamins C and E appear to counteract the negative effects male hormones have on prostate cells that often lead to the development of prostate cancer, according to an article in the *Journal of the National Cancer Institute* by Dr. George Wilding and colleagues of the University of Wisconsin-Madison.

"Previous studies have suggested that male hormones (androgens) and certain forms of oxygen (reactive oxygen species) are linked to the development of prostate cancer," Dr. Wilding added.

These findings suggest that antioxidants such as vitamins C and E may reduce androgen related production of reactive oxygen species, the researchers concluded. 

Only one in four U. S. medical schools requires course work in nutrition, according to a recent article in the *American Journal of Clinical Nutrition*.

Case of the month

This 35-year-old female came to The Center in April 1999 complaining of allergies, gastritis, migraine headaches, chronic sinusitis, irritable bowel syndrome, and premenstrual syndrome.

From the laboratory testing done at the time of her initial visit, she learned she had a parasite, *Dientamoeba fragilis*, and started taking Doxycycline to get rid of it.

Further, she started taking fortified flax to help lower her cholesterol, Vital Dophilus and Nystatin to correct her elevated candida (yeast) level, black current seed oil to return her fatty acid levels to normal, and liquid zinc to counteract the elevated pyrroles. Pyrroles are the ring structure found in chlorophyll and are often referred to as the mauve factor in urine. People with elevated pyrroles often lose excess zinc in the urine and need to replace it.

A two-pronged approach was taken to correct her low vitamin C level. First, she received an intravenous vitamin C infusion the day of her second appointment and, secondly, she began taking Emergen C daily. She felt better since the vitamin C infusion and continues taking the Emergen C.

A month later, she started taking a small dose of Guaifenesin for fibromyalgia symptoms. Initially, she felt worse for about two weeks on this medication, and then started feeling better. This is often the case with Guaifenesin.

A month after starting the Guaifenesin, she said that the muscle pain was greatly reduced and her headaches had lessened by 75%. She added that she has not had diarrhea since she started to feel better.

She also noted that she could tell when she eats a food she is sensitivity to; her stomach tells her very quickly by acting up. This has helped her eliminate these foods from her diet.

At her most recent appointment, she said that her fibromyalgia pain (on a scale of 1-10) started at a 9 and is down to 4. She has had no migraines. Fatigue hasn't left completely, but she is feeling much better overall. [H]

Herbal History

Pucoon, *Lithospermum incisum* Lehm

Pucoon is a strange name for a plant. It is an Indian name given to dye-yielding plants—in this case a violet-colored dye.

Pucoon is a perennial herb that grows about 1 1/2 feet tall with woody roots and an erect stem, mostly in the center part of the United States. The flowers, appearing between April and June, are clustered at the top of the stem and are trumpet like in shape. It loves dry prairies, open woods, and disturbed ground.

Blackfeet made a violet-colored dye from the roots while Omahas and the Chippewas obtained a red dye from another member of the pucoon family. The Blackfeet also made incense for ceremonial events from the dried tops of the plant.

All parts of the pucoon plant found their way into medicine bags of several tribes. For instance, the Cheyennes made a tea from the leaves, roots, and stems and rubbed it on the head and face of a person

who was delirious. The plant was also used by sleepy people to stay awake.

They also made a salve from the powdered and moistened leaves and stems to treat rheumatic and other pain where the skin was not broken.

The Shoshones in Nevada found that it stopped menstrual bleeding and used the plant as a contraceptive. It also was the tribe's favorite diarrhea remedy. The Lodaiska in Colorado also used the plant as a contraceptive.

In the Southwest, the Navaho used it internally for various problems as did the Zunis.

Since the pucoon plant contains natural estrogen and suppresses the secretion of gonadotropins from the pituitary gland, it has been studied by scientists in this century as a natural contraceptive as well as for other treatments.

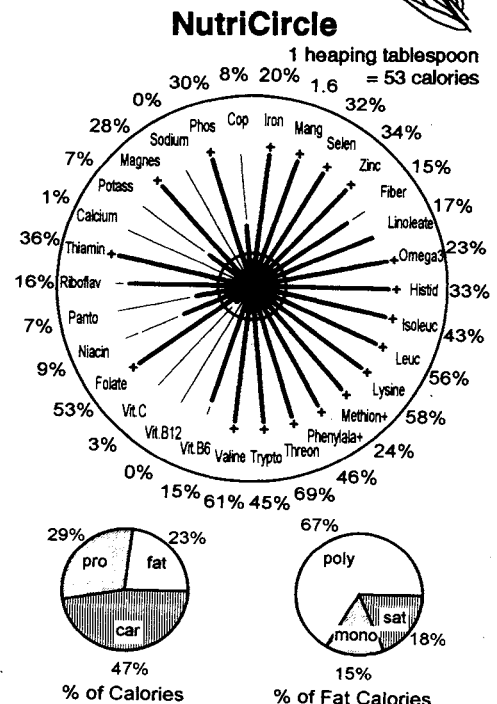
Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher [H]

Food of the Month

by Donald R. Davis, Ph.D.



WHEAT GERM makes a nutritious addition to cold and hot cereals, pancake batter, spaghetti sauces, soups, stews, and salads. It boasts a well-rounded mix of vitamins, minerals, fiber, protein, and essential fatty acids (including omega-3) that were removed from white flour. So especially consider wheat germ (and bran) if you eat white flour products. A heaping tablespoon adds 10% to 30% of the recommended daily amounts of 18 out of 30 nutrients shown here. Toasted wheat germ is most versatile, but it goes rancid quickly, so put it in vacuum-packed jars, keep it refrigerated, and use it before many months pass.



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.


What is mental medicine?

According to *Webster's Dictionary* the definition for *mental* is "1. of or for the mind or intellect; as *mental* powers, *mental* aids. 2. done by, or carried on in, the mind (i.e. without using written symbols); as *mental* arithmetic." Again, according to Webster, the definition of *medicine* is: "the science and art of diagnosing, treating, curing, and preventing disease, relieving pain, and improving and preserving health."

Mental medicine can thus be defined as "the science and art of improving and preserving health through the mind or intellect." A recent article on the positive effects of mental attitude reinforces this concept. It was reported that people who have had a heart attack and have a positive mental attitude concerning their future health have a significantly lower chance of having an-

other heart attack. What we think does have an effect on our body—the mind body connection. One person may view a heart attack as the end of their life while someone else may see it as a wake-up call to enjoy each day of their life.

Through mental medicine we can laugh a little more, remember events that make us feel good, and dream of exciting possibilities. We may have serious things, such as a heart attack, happen to us, but we can decide how seriously we take ourselves. "It's not so much what happens to us, as what happens *in* us that counts, or what we think has happened to us," said Tim Hansel.

In light of that research, John C. Maxwell put it very well, "Attitude is the speaker of our present; it is the prophet of our future." 

CENTER UPDATE

Many U.S. adults low in vitamin E

Almost 30% of adults in the U.S. have low blood levels of vitamin E, Drs. Earl Ford and Anne Sowell of the Centers for Disease Control and Prevention in Atlanta, Georgia reported in a recent issue of the *American Journal of Epidemiology*.

Low vitamin E raises the risk factors "for chronic diseases in which low dietary intake or blood concentration of (vitamin E) have been implicated," the two doctors reported.

Cancer and heart disease are just two of the chronic diseases that occur more often in people with low vitamin E.

The researchers used data from the Third National Health and Nutrition Examination Survey to determine the low vitamin E status.

African-Americans, as a group, had the lowest vitamin E levels of all racial and ethnic groups represented in the survey. This is "most significant," according to the two researchers, because of "the relatively high mortality from cardiovascular disease and cancer


they experience."

Drs. Ford and Sowell are hopeful that studies such as this one will "definitely demonstrate the utility of vitamin E in reducing chronic disease."

Many researchers in the U.S. and other countries have established that the antioxidant properties of vitamin E can help fight cancer, as well as the build up of cholesterol and plaque on the artery walls.

In this study, the researchers found that blood levels of cholesterol rose as the vitamin E levels dropped in the blood.

One would also hope that this and similar studies will move the experts to increase the recommended daily allowance (RDA) of vitamin E and other nutrients to a level that will begin to reduce chronic disease, which is on the rise in the U.S.

It almost goes without saying that, at The Center, we have been looking at vitamin E, along with all the nutrients, to solve the people's problems with chronic disease. 

Will you be here?

Every day I read articles relating to an activity of the elderly. It is very evident that the elderly population is quickly increasing. One article I read in the July/August issue of the health magazine, *Hippocrates*, listed the following eye-opening statistics:

- In the year 2000 we can expect the worldwide population of people 80 years or older to be 70 million.
- By the year 2020 this same age group is expected to reach 370 million.
- In the year 2016, I will reach 100—and I plan now to do just that! Will you be here?

Where do you see yourself in 2020 and what can you do to insure that you reach 2020 healthier than you are even today?


We learn here at The Center the importance of eating a "whole foods diet" as well as the importance of a regular exercise program.

We have one book here that we feel sums up a healthy lifestyle. It is called *The Wonderful World Within You* by Dr. Roger J. Williams.

Dr. Williams died at age 94. Dr. Donald Davis worked with Dr. Williams for a number of years and offered this eulogy: "Williams' last days came nearly the way that most of us would want ours to come—following a long and fruitful life, filled with the love and admiration of family and friends, and blessed with a mind still creative and focused on the goals and joys of his life."

You can start to change right now! Every cell in your body will be replaced in six years. Replace these cells now by eating nourishing whole foods.

There is no magic pill or magic formula—it is a constant day to day living—being aware of our own body's signals. We can hear and feel what is necessary for each of us. Make a conscious effort when you eat sweets to determine how you feel. Do you feel more energetic? Do you feel more satisfied? If so, for how long? Listen to your signals—you will soon learn to respond in a proper manner.

Plan now to be here, when the year 2020 arrives, in good health! 

—Nelda Reed

Answers from page 4

- 1 d. Chronic back pain, chronic headaches, muscle pain, fibromyalgia, carpal tunnel syndrome, and TMJ are also conditions that may be alleviated with MSM.
- 2 c. Of those patients, half or more are partially or totally disabled for days, weeks, months, or permanently.
- 3 b. Although MSM may offer relief of heartburn for many people, it is not the whole answer to the problem. A change in diet and eating habits may be required.
- 4 b. Sulfur is a raw material for the protein and connective tissue that make up our body mass among other things.
- 5 c. DMSO is used for relief for a variety of disorders, including interstitial cystitis and arthritis to name a couple.
- 6 a. Proteins are the primary constituents of enzymes, hormones, antibodies, and other biochemical activities going on in the body.
- 7 b. Plants such as onions, cabbage, horseradish, and especially garlic have a strong odor. [H]

SPECIAL DISCOUNTS

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

THE MIRACLE OF MSM: The Natural Solution for Pain by Stanley W. Jacob, M.D., Ronald M. Lawrence, M.D., Ph.D., & Martin Zucker

If you suffer from pain or know someone who has a great deal of physical pain this book may offer some help in alleviating pain. Methylsulfonylmethane (MSM) is a safe, natural supplement with therapeutic value in alleviating pain and can be beneficial in reduction of allergy symptoms. Hardcover. Retail Price: \$19.95
 Health Hunter: \$18.96

A MEASURE FOR EXERCISE

with Donald R. Davis, Ph.D.
 Do you exercise enough? Some studies suggest a minimum goal of burning 1000 calories per week in various forms of exercise. These studies and the diverse health advantages in those who exercise at different levels are discussed. Learn how to estimate your exercise calorie level and consider the merit of enjoyable activities you might want to add. Audio cassette & video tape.

GETTING RID OF CHRONIC FATIGUE

with Hugh D. Riordan, M.D.
 The Center's approach to chronic fatigue, which is a meaningless diagnosis, is to look for and find underlying causes. This presentation includes actual patient/co-learner case studies. Learn some of the real causes of chronic fatigue. Audio cassette & video tape.

5-HTP: A Way to Boost Serotonin

with Ronald Hunninghake, M.D.
 5-HTP stands for 5-hydroxy-tryptophan. Tryptophan is an amino acid precursor to serotonin. Banned from over-the-counter sales a decade ago due to a toxic contaminant, tryptophan is available only through prescription from compounding pharmacies. 5-HTP is an intermediate metabolite between tryptophan and serotonin. Derived from an herbal source, it is available without prescription. Well designed studies show 5-HTP is an effective therapy for sleep disorders, chronic pain, and obesity. Audio cassette & video tape.

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Upcoming Events . . .

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 Yoga	8	9	10
13	14 Yoga	15	16	17
20	21 Yoga	22	23 L & L - Natural Ways to Raise HDL Cholesterol	24
27 Yoga	28 Yoga L & L - Winning Fibro- myalgia War	29 Yoga	30 L & L - Inte- grating Oncology with Alternative Medicine	

OCTOBER

7 Sounds for Healing

Low vitamin E linked to memory loss

Low vitamin E levels in the blood have been directly linked to memory loss, according to Dr. Anthony Perkins of the Regenstrief Institute for Health Care and the Indiana University Center for Aging Research and reported in the *American Journal of Epidemiology*.

In addition, people who skipped meals also had greater memory loss than those who ate regularly, the researchers found.

"Increasing levels of vitamin E were associated with better memory performance for this ethnically diverse elderly population," the researchers added.

"Oxidative stress has been implicated in both the aging process and in the pathological changes associated with Alzheimer's disease." Vitamin E is very effective in controlling oxidative stress and the formation of free radicals.

RETURN SERVICE REQUESTED

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- Cellular nutrition
- Green tea good for arthritis
- Vitamins C & E may combat prostate cancer
- Low vitamin E linked to memory loss

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