

Health Hunter[©]

VOL. 14, NO. 8

N E W S L E T T E R

SEPT. 2000

Brain health

Hugh Riordan, M.D.

Editor's note: This article is excerpted from a recent Lunch and Lecture at The Center.

As an introduction, I want to tell a story about a medical school experience 45 years ago. In one class dealing with the effect of the lack of optimal nutrition, we were divided into groups of 6 students. Each group was provided six healthy rats. The six rats received food that was missing only a single essential nutrient. Each group withheld a different nutrient. Over the period of a couple of weeks, which would equate to years of human life, the rats became sick and increasingly feeble with some staggering, unable to walk about.

...most people, including doctors, have no idea that you can actually measure nutrients.

Then we were told to introduce the single missing ingredient. In my group, the missing ingredient was folic acid, one of the B vitamins. Although one-third of the rats died, two-thirds of the rats seemed to get well about one week after we introduced the missing nutrient. What a dramatic change in relation to the presence or absence of a single nutrient.

Let me say in general that we humans do not eat as well as the rats who were being fed a superb diet with the exception of the absence of a single essential nutrient. So, while I'll be focusing on specific nutrients, they alone are not all we need for our bodies to be healthy. Our brains and bodies need a variety of nutrients. They will feel the

effect of missing one nutrient over a period of time, just like the rats.

What follows are some questions you will be able to answer by reading this article. Since July marks the beginning of our 25th anniversary year, the questionnaire lists 25 questions in honor of that milestone.

Orthomolecular substances are those which ordinarily occur in the human body. I will be focusing on orthomolecular substances which are measured in our blood plasma, serum, cells, hair, and urine.

1. True or False. It is possible to measure in human blood the levels of nutrients necessary for optimal brain functioning.
2. Which of the following is important for the brain to function properly? Vitamin A; vitamins B1, B5, B6, B12; vitamin C; vitamin E; trace minerals; amino acids; fatty acids; or all of the above
3. Which amino acid is concentrated in our brain in the olfactory bulb (taste and smell), hippocampus (the memory center), and the pineal gland (body's response to light and dark)?
4. Which amino acid is the most abundant in the retina of the eye?
5. True or False. Vitamin A protects the membranes of brain cells.
6. True or False. B vitamins are essential for neuronal growth. Neurons are, of course, the nerve cells in the brain.
7. Studies have shown that _____% of people ages 60-69 are deficient in vitamin B12 and up to _____% of people over 80 may be deficient.

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Hot, strong, black tea may lower risk of some skin cancers

From the hot, sunny state of Arizona comes a report that hot, strong, black tea may reduce your chance of developing squamous cell skin cancer.

Researchers from the University of Arizona, writing in a recent issue of the journal *Cancer Epidemiology, Biomarkers and Prevention*, looked at tea drinking habits of 234 people with squamous cell skin cancer and 216 people who did not have skin cancer but had the same exposure to the blistering Arizona sun.

They discovered the skin cancer free people steeped their black tea longer (from two up to as long as seven minutes) and drank their strong tea hotter than people with skin cancer.

Most people drank black tea, so green tea and herbal teas were not examined. Tea, an ancient drink and the second only to water as the most popular beverage consumed around the world, only recently has been studied to see if it has any health advantages. More advantages appear yearly. H

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Health Hunter Newsletter is published as a service ten times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (A Non-Profit Organization). Memberships are \$25 plus tax for one year, \$30 plus tax for outside the U.S.; \$48 plus tax for 2 years, \$53 plus tax for outside the U.S.; and \$71 plus tax for 3 years, \$76 plus tax for outside the U.S. To subscribe, see the order form on page 7 of this issue. (Prices good through 2000.)

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Nutritional Medicine

by Ron Hunninghake, M.D.

Nature's intentions

The herbal renaissance is upon us. The ancient systems of medical care were plant-based systems. In a quest to rediscover "the healing power of herbs," many are turning to herbal remedies as if they were natural "magic bullets."

Critics of natural medicine are quick to point out that "natural" does not necessarily equate to benign or even therapeutic. After all, they say, snake venom and poisonous mushrooms are "natural." The implication, of course, is that herbs can have a dark, potentially dangerous side. "Natural" is by no means a guarantee of safety, nor can it promise greater effectiveness. There are too many modern variables currently at work.

Snake venom and poisonous mushrooms tell us something about "nature's intention" when it comes to these two natural substances. Nature was trying to help the snake survive its predators and/or kill its prey. Nature also gave poisonous mushrooms a way to deter getting eaten. In a real sense, harm was the natural intent in these two cases.

What about plants that are being used as botanical remedies; what is

nature's intent here? Grapes (un-tampered with) contain seeds. Nature intended that the seeds might get eaten with the sweet grapes so that the animal's droppings would serve as a mechanism for the plant to reproduce at a distance. Humans later discovered that the grape seed contained beneficial molecules. Ginkgo biloba is from a most ancient tree. That tree has survived over countless centuries because it has a spectacular antioxidant system. Human users of ginkgo biloba get to share in that benefit when they consume this herb.

Now, it is not as though these plants actually "intended" to help humans, but there was a symbiosis that mutually benefited plants and humans. Ancient human cultures had to learn which plants exhibited this property. Plants had to be studied to learn about safe and effective use. So, even though herbs come in labeled boxes and bottles, each consumer need beware, and study their herbal remedy to assure that they are getting the natural effect they want. Like any double-edged sword, herbs need to be used with care and intelligence. [H]

Brain health—Continued from page 1

8. Vitamin B12 declines with age because stomach _____ declines with age.
9. B12 shortage mimics signs of age related cognitive decline of _____.
10. Vitamin _____ converts stored sugar into glucose, which fuels the brain.
11. Because of its beneficial effects upon circulation, _____ has been known to improve memory.
12. Vitamin B1 is involved in innumerable metabolic processes in _____ and _____.
13. Folic acid deficiency has been shown to increase the likelihood of dementia by _____%.
14. _____ is especially effective at breaking down homocysteine, a chemical which is a neurotoxin. Homocysteine is one of the bad guys. It is one of the things we measure in our heart health profiles because a high homocysteine is not good.

15. Another name for vitamin B5 is _____.
16. True or False. A gross deficiency of vitamin B5 can lead to paralysis.
17. Vitamin B5 is vital to the synthesis of the brain's primary memory neurotransmitter, _____.
18. The level of vitamin C inside the brain is typically _____ than areas outside the brain.
19. True or False. Studies have shown that increasing vitamin C intake can improve cognitive function and even raise IQ.
20. Vitamin _____ taken with selenium can improve mood and cognitive functions in the elderly.
21. Typically brains of Alzheimer's patients show a deficiency of what trace mineral?
22. The trace mineral, _____, is very effective at preventing the oxidation

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tion of fat.

23. Selenium levels typically _____ with age.

24. About _____% of people over 50 have some zinc deficiency.

25. The American diet tends to be low in which fatty acids?

Answers:

1. **True.** Everyone knows that you can measure vitamin B12 and folic acid, but as far as the other nutrients are concerned, most people, including doctors, have no idea that you can actually measure nutrients in blood and hair.

2. **All of the above.** Why do we measure this stuff? The answer is very simple, because we all have different fingerprints. We all have different DNA patterns. Of course, each of us knows that we are different just by looking around. So why not different biochemistries? Dr. Roger Williams at the University of Texas developed the concept of biochemical individuality. He wrote about biochemical individuality in his book, *The Wonderful World Within You*.

3. **Taurine.** There have been studies linking breastfeeding to a higher intelligence level in little kids compared to bottle feeding. One of the differences is the taurine present in mother's milk. It's one of the highest concentrations of taurine in the biological world.

4. **Taurine, again.**

5. **True.** Vitamin A is very protective of cells and membranes in the brain.

6. **True.**

7. **25%** of people ages 60-69 are deficient and **40%** of the people over 80 tend to be deficient in vitamin B12 when measured in the blood. But even those with normal blood levels often have low amounts in their spinal fluid. I personally think that anyone of any significant age, past the age of retirement, should probably get supplemental vitamin B12 and probably by injection is more effective.

8. **Stomach acid declines.** Stomach acid is essential for absorbing B12 from food the stomach processes.

9. **Poor memory, reduction in reasoning skills, and mood disorders.** I

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HEALTH HUNTERS AT HOME



Greening up your exercise

A few months ago on National Public Radio, I heard a rancher talk about just that—greening up your exercise.

He had come to town to try to find some people to help haul bales of hay from the fields to store in the barn. He observed people in the local health club lifting weights and doing step aerobics. He allowed that he could offer them the same amount of workout with some pluses, too.

Not only would they get a good workout, they could enjoy the out-of-doors and end the day with a great meal topped with a big piece of his wife's peach pie. Then they could sit on the porch and have something cool to drink while watching the sunset. He was sure that was better than coming to an air conditioned room and lifting weights.

As one who worked for ranchers baling and hauling hay as a youth, his commentary struck a familiar and pleasant chord in me almost 50 years later.

Then recently *The Lancet*, the leading British medical journal, had an article on the same topic called, "How green is your workout?" It described a study comparing "working out" with working out-doors.

The Lancet article opened with a series of questions. "Is it better for one's health to walk in the forest rather than the shopping mall? To plant trees and clear ponds instead of doing step aerobics in the gym? Yes, say proponents of the 'Green Gym'—a collaborative project of the British Trust for conservation," and other groups.

Although the results were preliminary, "We did find that people actually worked at an intensity which was good enough to benefit their health," said researcher Veronica Reynolds of Oxford Brooks University in the United Kingdom. "Any large muscle group rhythmic activity like raking or sawing, and bending and stretching that goes with it, is usually of an intensity that is usually beneficial."

Further she added, "the motivation for staying with it is very different from the motivation for going to the [indoor] gym." That is exactly what the rancher was pointing out. It could be more fun and

you would be more apt to stick with it longer.

Or as *The Lancet* article pointed out, "It's not about weight loss or getting fitter, but the purely intrinsic motivation of enjoyment." Maybe it harks back to childhood when getting a little dirty while playing was more than half the fun.

There are those in the U.S. who disagree. William Morgan of the University of Wisconsin says that the "Chrome and music in the high-end gym have a lot of meaning to some people...The 'green' people want auditory stimulation to come from birds, but not everyone has that sensibility."

"We don't have adequate controlled studies even on the outdoor experience," Morgan added.

I am glad that our ancestors, whether Native Americans or immigrants, did not have this type of thinking—"We don't have adequate controlled studies even on the outdoor experience..." I wouldn't be here to write this and you wouldn't be here to read it. They would have died off generations ago because the "outdoor experience" was all they had.

I probably shouldn't come down so hard on his scientific approach to this "green gym" idea. Morgan is not without any outdoor experiences. He does work with the university's arboretum in his spare time.

The answer to an overall exercise program seems to be the integration of the two types of exercise—the "green gym" (outdoors) and the chrome gym (indoors). "Working out has always been seen as something separate that must be done in a very structured way. But some evidence suggests that when people walk to the gym instead of driving, they expend more energy on the walk to the gym than when they are actually there," Reynolds says. "If we become too structured in our approach, a large number of people will end up doing nothing."

Good point. I know a lot of people who have done just this—just doing nothing because it all became too complex—even though there is always the chance of seeing a sunset on the way to or from the gym.

—Richard Lewis

INFORMATION WORTH KNOWING

Diabetics often have questions about alternative or complementary therapies. Diana Guthrie, Ph.D., along with additional information from Richard A. Guthrie, M.D., has put together some resources to help answer those questions in *Alternative and Complementary Diabetes Care*. Learning that your medications can interact with a particular herb or vitamin can provide valuable information. Dr. Guthrie paves the way to responsible decision-making by integrating conventional medicine and holistic healing to promote health and alleviate many of the symptoms associated with diabetes. The questions this month are taken from this book.

1 To date over _____ percent of the 127 medical schools in this country are offering courses on alternative and complementary medicine.

- a. 10
- b. 35
- c. 50
- d. 65

2 Positive thinking helps put things into perspective and leads to a higher _____ level.

- a. sugar
- b. immune
- c. glucose
- d. none of the choices listed

3 Among other things, change is a stressor which can affect your blood sugar and cause your body to make ketones.

- a. true
- b. false

4 Deep breathing aids in relaxation and especially in eliciting the relaxation response. Deep breathing also aids in _____.

- a. lowering blood pressure
- b. improving digestion
- c. improving sleep quality
- d. all the above

5 Anything that increases oxygen use also increases endorphins. Therefore, _____ is the cornerstone of pain prevention.

- a. morphine
- b. relaxation
- c. diet
- d. exercise

6 As we grow older, we are not as able to absorb such vitamins as B6, B12, vitamin D, and calcium.

- a. true
- b. false

7 Diabetes management is more than a rebalancing by a change in medication. It includes _____.

- a. lifestyle assessment
- b. psychological needs
- c. spiritual aspects of your life
- d. all the above

• FOR ANSWERS, SEE PAGE 7 •

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hope you have the idea that B12 is rather important and it tends to go down with age.

10. It's complicated, but the primary one is **vitamin B6**.

11. **Vitamin B6** has been proven to improve memory in studies. People in midlife, statistically, need 20% more vitamin B6 than younger people for optimal cognitive functioning because the metabolism of vitamin B6 degenerates after the age of 40.

12. **The brain and nervous system.** Vitamin B1 is extremely important to not just one part or another.

13. **300%**, just from folic acid deficiencies.

14. **Mainly it turns out that folic acid is especially effective at breaking down homocysteine.** So you can see that folic acid and a lot of the B vitamins are pretty important.

15. **Pantothenic acid** is a very important B vitamin and it's lack is what turns black-haired mice gray.

16. **True.** It is not known by many people. We're talking about one little nutrient. Profound deficiency of this nutrient may lead to human paralysis.

17. It's called **acetylcholine**.

18. It is 15 times **higher** than other tissues except for the adrenal glands, which are the highest users of vitamin C. The brain soaks up a lot of vitamin C.

19. **True.**

20. **Vitamin E.**


21. **Magnesium** is primarily what they are low in. Most Americans are low in magnesium. Any green vegetable has magnesium.

22. **Selenium.**

23. After age 60, there is only a 10% **decline** in selenium. After 75, there is a 20% decline in selenium in the tissues of humans.

24. Zinc is a very powerful anti-aging trace mineral. It turns out that it's about **33%** of the population who has some level of zinc deficiency over age 50.

25. **Omega 3s** play a crucial role in the brain, eye, and most other tissues. They are readily available in nuts and cold water fish.

To purchase the informative video or audio tape on Brain Health, just call 1-800-447-7276. 

A Once in a Lifetime Opportunity

The 15th International Conference on
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September 22-24

Case of the month

When this 45-year-old woman came to The Center two years ago, she had fibromyalgia in her hips, back, shoulders, and neck. She was taking eight over-the-counter pain medicines to combat the pain with little success. Eight was the maximum she could take each day.

In addition, she suffered from severe depression, loss of memory which she called fibro-fog, mild obesity, and arthritis—to name a few of her symptoms. She just felt flat emotionally.

She started on magnesium injections once a week. These “worked wonders,” she said, for about two or three days. Then it was back to the pain. She also started taking vitamin C, olive leaf extract, flax oil, liquid minerals for the magnesium, and 1/2 mg. lozenge of Mela T—divided into quarters so she would take 1/4 of a lozenge each evening before bed. This began working with the various symptoms she had with the fibromyalgia.

The big difference started when she began Guaifenisin in conjunction with MSM. She started with one pill a day of Guaifenisin and is now up to six a day. In addition, she has worked up to taking two teaspoons of MSM a day. This combination has worked wonders for her pain and the fibro-fog that is attributed to fibromyalgia.

In October of last year she started taking one to two capsules of 5-HTP at bedtime to further help with the depression. She attributes the increase of serotonin levels in her body with her increased sleep and the lessening of the depression.

In a recent interview, she said, “The pain is much less. I was recently awakened in the night with withdrawal symptoms from the pain medication and I realized I hadn’t taken any pain medicine in a day and a half. The doctor is phasing me off the pain medication so that I won’t feel jittery from instant withdrawal.

“I now sleep the night through, I walk every day because I can. Before I couldn’t. My energy level is much higher. Depression is decreased. I haven’t felt depressed for a few months. The fibro-fog is lifted. I can think clearly again. Overall, I feel alive again.”

Herbal History

Ragweed, *Ambrosia artemisiifolia*

As ragweed season draws to a climax, it is hard for ragweed allergy sufferers to believe ragweed was once medicine. But it was used by many Native American medicine men as a staple in their medicine bags.

Ragweed is a member of the sunflower family. The Lakotas had three names for the plant: “canhlogan wastemna” translates as sweet smelling weed; “canhlogan onzipakinte” or weed to wipe the rear; and “piopiye” meaning to doctor swellings with; each describing a particular use for the plant.

The Dakotas called the plant “pexhuta pa” which means bitter medicine. The Cheyenne called the Western Ragweed, a different variety, “mohk tah’ wanotst” which translates as black medicine.

Since ragweed grew in almost all of the area now called the United States,

except for areas of Texas, New Mexico, Arizona, and California, it was widely used. They used the leaves, top, root, and sometimes the entire plant for their medicine.

For instance, the Lakotas applied a tea made from the leaves of the common ragweed to areas of swelling. The Dakotas made their teas from not only the leaves, but included the small tops of the plant. They would use the tea to stop vomiting and to cure bloody flux.

The Cheyenne drank a tea made from the leaves and stems of the western ragweed to treat bowel cramps, bloody stools, and colds. Also, the Kiowa boiled small pieces of western ragweed to make a medicine that they would rub on sores.

Source: *Medicinal Plants of the Prairie*, Kelly Kindscher, University Press of Kansas

Food of the Month

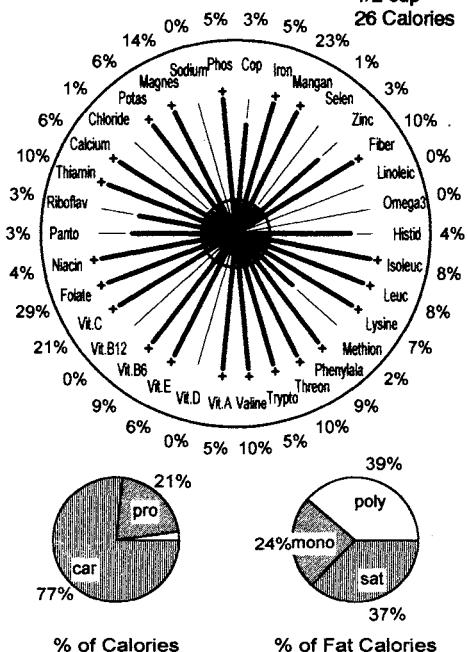
by Donald R. Davis, Ph.D.



NutriCircle

1/2 cup = 26 Calories

OKRA is native to North Africa, where it still grows wild. It came to the U.S. with the slave trade in the 18th century and quickly became a staple of Southern cooking, especially gumbo, which is another name for okra. Like other vegetables, it packs high nutrition into few calories. Of the 34 nutrients shown here, all but 5 are adequate compared to calories. A half-cup serving contains 10% to 30% of the recommended daily intake of 8 nutrients and at least 5% of 12 more, all in only 26 calories. Phytochemicals in okra include phytoosterols that block cholesterol absorption and lutein that may help prevent macular degeneration.



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.



Appreciation

One of the favorite health incentives here at The Center is writing positive statements about other staff members. These positive statements are compiled for each person and given to him or her on staff day of appreciation. Writing and receiving positive statements allows us to evaluate other people in a new way.

In our society we are usually taught to look for what is wrong rather than what is right. Although we may think something complimentary about someone, very rarely do we tell him or her so. Remember how good you felt when someone told you that you looked good or had encouraged him or her in some way? This is Mental Medicine at its best.

Today, I want to let a special person know how much I appreciate all the many things she has done for me. Marie is a quiet little lady, much smaller now than when I was a child, but she still has a large and caring heart. Born to a farm family with six brothers and one sister, Marie seldom left the farm until she had to go to school. So from the very beginning her life revolved around her family.

Later Marie met, and tamed, her lifelong love, Lawrence. They lived on a farm and reared four children. She always seemed to enjoy us children. She played games with us, made special treats for us, and found money when it was scarce for things that we needed. She often went without new things so that we could have what we needed.

Marie also disciplined us, usually with a look rather than with a spanking. She took us to Sunday school and church and made sure we had a strong moral ethic. She was always loving and compassionate when we were sick or had a bad dream. She loved our father and made him the center of our family. Marie loved my husband as if he were her son and gave my children happy memories of summertime with their grandparents.

One of the best things she did for me was to respect the decisions that I made and always seemed to think I was intelligent enough to know what I needed. This has allowed me to become more than I thought I could be. Thank you, Marie, for being my mother. [H]

Elderly "learn to adapt"

There are many problems that we encounter each and every hour to which we need to be alert. Life on this earth in reality is one of adaptation.

To battle the loss of mental and physical abilities, we need to adapt strategies to keep our minds sharp and our limbs strong. Many elderly refuse to use a cane or walker when their good balance fails them. In such a situation quite often we need to "swallow our pride" and use that appliance and with it we will find we can possibly have a better day. Another phase of this adaptation which sometimes fails us is our memory. I have been lucky to continue to be employed, thus using my mind daily, but at home I continue to work one or two crossword puzzles each day.

We need to adapt new diet habits as well. The old story "you are what you eat" applies to each of us as we age. True our taste buds change, but again we can adapt to this. Remember to eat a good quantity of fresh fruits and vegetables daily and get adequate protein.

The next item is our exercise, a must for all and especially the elderly when we find it so easy to just say, "I am getting older, and now is my time to slow down." We really need to push this into our schedule. Don't neglect this important part of your daily schedule.

Sometimes we need guidance in finding the proper program for our individual needs. The staff here at The Center help me with regular blood pressure and weight checks, as well as my regular blood work. This way I maintain a good regimen.

According to a recent report from Harvard Medical School, if you are one of the "baby boomers" you need to realize that you will create "an enormous stretch" on society's health and elder care services. So, try now, today, by taking better care of yourself, to cheat them out of their plans to admit you into one of their "care facilities." Heart disease, cancer, and stroke are the big three killers. By planning early to change your diet and lifestyle pattern you can certainly lessen your chances of meeting with these three big killers! [H]

—Nelda Reed

CENTER UPDATE

Vitamin E may reduce cardiovascular disease in type II diabetics

Alpha-tocopherol (vitamin E) may reduce the risk of vascular disease in type II diabetics, according to a report in *Circulation: Journal of the American Heart Association* by researchers at the University of Texas Southwestern Medical Center at Dallas.

The researchers studied 25 type II diabetics who had no vascular complications, 25 type II diabetics with vascular complications, and 25 age and sex matched controls for three months. Each was given 1200 international units of vitamin E for three months.

They discovered that the vitamin E treatment "significantly reduced LDL oxidization in all three groups," according to the report, as well as decreasing the soluble cell adhesion molecules of the diabetics compared with the controls.

They made two important findings, according to Dr. Ishwarlal Jialal. The first showed this study was the first to demonstrate that diabetics have increased inflammation, whether they have heart disease or not.

The second finding was that when they gave the subjects vitamin E, there was a reduction in monocyte function and, therefore, inflammation. It showed an antioxidant reaction. They also showed that vitamin E, when given in high doses, worked as an anti-inflammatory agent.

The clinical implications are great since diabetes is becoming an epidemic in the United States, brought on by obesity. As heart disease and strokes are on the rise because of this epidemic, vitamin E therapy may be an additional therapy for prevention. [H]

- 1 c. As well as studying the field, medical schools are finding out what resources are available to answer patient's questions.
- 2 b. A higher immune level could potentially lead to a more stable blood glucose level control.
- 3 a. Examples of stressful change are starting a new job, moving to another area, getting married, starting a family, or a death in the family.
- 4 d. Deep breathing can play a part in decreasing or stopping heart arrhythmias and decreasing anxiety.
- 5 d. Stretching tones the back while strength training decreases risk of falls.
- 6 a. Part of the problem may be associated with loss of taste or smell as a person ages.
- 7 d. Each person needs to use the community and spiritual resources that are available.

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
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ALTERNATIVE & COMPLEMENTARY DIABETES CARE by *Diana W. Guthrie, Ph.D. and Richard A. Guthrie, M.D.*

The latest medical research has shed light on some of the questions that people who have been diagnosed with Type 1 or 2 diabetes have. Questions such as how medications interact with herbs, vitamins, and how lifestyle choices can affect medication. Strategies for comprehensive self-care are included in this book.

Retail Price: \$14.95
 Health Hunter: \$13.46

VITAMIN D—Is it a Hormone? with *Ronald Humminghake, M.D.*

Vitamin D is the sunshine vitamin...or is it a hormone? Vitamin D is made by the body in the presence of sunshine. Does that qualify it as a hormone that aids in the absorption of calcium from the gut and helps to prevent osteoporosis? New research shows it can even be helpful in preventing breast cancer. A new method of using vitamin D in pulsed megadoses for convenience and greater effectiveness is reviewed.

USING PUPPETS WITH CHILDREN: How & Why with *Judy Nichols, M.S.*

Brief introduction to the art of puppetry and how adults can use puppets to interact with children. Meet simple puppets made from materials readily available in most homes. See how puppets build bonds between adults and children. Judy Nichols has been using puppets with children of all ages for more than 25 years. Recommended in video form.

CANCER IN THREE DIMENSIONS with *Joseph J. Casciari, Ph.D.*

Cancer treatments are usually tested in the laboratory by growing cancer cells in petri dishes. However, cancer cell properties change in a number of ways when they are grown into solid tumors. This process can be simulated in the laboratory by growing cancer cells as mini-tumors or inside cylindrical fibers. This lecture discusses research that has been conducted using these miniature tumors, including tests of the therapeutic strategies and information on how tumor cell properties change as tumors grow.

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4	5 Yoga	6	7	8
11	12	13	14	15
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Green tea boosts blood's antioxidant capacity

Good news for green tea drinkers. Also, if you are not a green tea drinker, this may stimulate you to add drinking green tea to your daily routine.

According to an article in a recent issue of the *European Medical Journal*, researchers discovered that drinking as little as 10 ounces of green tea a day significantly increases the blood plasma's ability to carry antioxidants.

With all we do on a daily basis to deplete our supply of antioxidants, something as simple and delightful as drinking 10 ounces of green tea to increase our antioxidant capacity sure makes sense.

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- Brain health
- Hot, strong, black tea may lower risk of some skin cancers
- Vitamin E may reduce cardiovascular disease in type II diabetics
- Elderly "learn to adapt"

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