

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

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## Preventing diabetic-related degenerative diseases

by Richard Lewis

**A**t a recent Lunch and Lecture, Hugh Riordan, M.D., gave 16 ways to help prevent diabetic-related diseases along with much more information.

Dr. Riordan pointed out that diabetes mellitus is a disease of carbohydrate metabolism—one where you have trouble keeping your blood sugar in a narrow range.

*...people on low levels of insulin could get off the insulin using diet and exercise...*

He also believes that it is possible for people who take less than 20 units of insulin daily to eliminate the need for insulin injections. In 1980, at our Fourth International Conference on Human Functioning, Dr. James Anderson presented research he and his team had been doing for the last 10 years.

He suggested that people on low levels of insulin could get off the insulin using diet and exercise, and his research shows this to be true. This research showed 30 minutes of regular exercise a day. The diet was a low-fat, high-complex carbohydrate diet. It really worked.

In short, you need to eat whole foods. That is Dr. Riordan's first recommendation—**Eat Whole Foods.**

### 2. Earn Your Food.

That is to exercise before you eat. If you exercise before you eat, you burn calories to make way for the whole foods you are about to eat. Even a short

amount of exercise works.

### 3. Eat Foods With a Lower Glycemic Index.

Bread and potatoes have a high glycemic index. Freshly cooked kidney beans, lentils, garbanzo beans, and lima beans have a low glycemic index. Dairy products such as milk and yogurt; many fruits such as peaches, grapes, cherries, plums, and grapefruit; and non-starchy vegetables such as lettuce, broccoli, and celery all have a low glycemic index.

### 4. Regularize Your Life.

This means to exercise at about the same time every day, eat at about the same time every day, and go to sleep at the same time every day, if at all possible.

### 5. Increase the Fiber Intake in Your Food.

High fiber foods actually slow the absorption of sugar and improve metabolism. Dr. Riordan often suggests adding fortified flax to your daily diet to increase the fiber as well as increase the omega-3 fatty acid consumption.

### 6. Check Your Feet Daily.

This sounds a little strange, but your feet are a good indication of how you are doing. If you see any lesions on your feet, treat the lesions immediately. Dr. Riordan often suggests that you clean the lesion area and put on a collagen building compound. This will prevent problems down the way.

### 7. De-stress Daily.

One way to de-stress is rather easy. Four times a day, take five deep breaths and hold each deep breath for


*continued on page 2*

## Homocysteine may cause more than heart problems

For the past several years, we have seen growing proof that high homocysteine causes heart disease. Now, homocysteine may be involved with non-cardiac problems as well.

In a recent article published in *The American Journal of Clinical Nutrition*, researchers from the University of Bergen, Norway followed 4,766 men and women for about four years. They checked the plasma homocysteine levels at the beginning of the research. The researchers divided the subjects into high and low risk groups for cardiovascular disease.

Researchers reported that, "We observed a strong association between [homocysteine] and all-cause mortality during the four years of follow-up of 65-67 year old men and women enrolled in the [study]."

It pays to check your homocysteine level and, if it is a little high, take vitamins B6, B12, and folic acid to correct the high homocysteine. 

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Sweet paradox

Kids like sweets. Wives love receiving a box of chocolates on an anniversary. Even adult men admit to craving sugar frosted commercial cereals. Nature seems to have endowed the human species with a very active "sweet tooth."

All well and good, you say. It's fun. It tastes good. It's a celebration of life! What's a party without pop, cookies, cake, ice cream, and any number of sweet confectionaries? And what harm can it do?


In the wild, sugar simply does not exist. Sugar is an invention of human civilization. With the exception of honey (which, prior to beekeeping, was hard to get) humans have always had to satisfy their sweet tooth predominantly with fruit. Other foods like sweet corn, milk, and wheat have a less intense sweetness. Did nature have a plan here? Was sweetness intended to draw us to the highly beneficial phytonutrients in fruits and other sweet tasting foods?

The modern practice of adding large amounts of refined sugar to our diet appears to have confounded the

best of nature's intentions. Soda pop, candy snacks, the ubiquitous donut, sweetened cereals for breakfast, PLUS the many sources of refined starches, such as pasta, white bread, and white rice...which break down to sugar in the digestive process...all this adds up to an astonishing equivalent of TWO CUPS OF SUGAR PER DAY PER AMERICAN! Wow! No wonder our cells cry "Uncle!" and develop glucose intolerance/insulin resistance.

So the paradox is: how did something apparently good go so wrong? Well the answer isn't difficult. Health, after all, is a matter of balance. In America, we've lost our balance when it comes to sugar. And so we are paying the price of an epidemic of trunkal obesity, elevated lipids, high blood pressure, diabetes, and vascular disease.

The sad part is...we keep looking for magic pharmaceutical bullets to cure these problems. Ironically, sugar itself is much more like an addictive drug than a food.

If there is to be a "war on sugar" let it be with whole fruits! 

### Diabetes—Continued from page 1

six seconds. Take a deep breath and count one thousand one, one thousand two...one thousand six. All day you are tightening the ratchet on your autonomic nervous system. This simple deep breathing technique releases the ratchet and reprograms your autonomic nervous system to relax.

### 8. Take a Multiple Nutrient Compound.

Most people don't obtain sufficient nutrients from their diet, so take a multiple nutrient product. Dr. Riordan suggests Doctor's Choice as one solution for a multiple nutrient compound, but there are many others. Whatever you get, be sure it is a good one—not one that has just the minimum daily requirements in it.

It is also good to measure your nutrient levels to learn what is low and what is normal. You can do this through Know Yourself/Beat the Odds at The

Center fairly inexpensively.

### 9. Take Additional Vitamin B6.

Diabetics have a proliferation of tiny blood vessels in the eye that can lead to blindness. Vitamin B6 prevents this. So take additional vitamin B6 each day—at least 250 mg.

### 10. Take Additional Vitamin C.

This is another important antioxidant to add whether you are a diabetic or not.

### 11. Take Additional Alpha Lipoic Acid.

Alpha lipoic acid is both a water-soluble and a fat-soluble vitamin, making it an ideal antioxidant. With these two characteristics, it makes it easy to slip through the fatty surface of the cell, and when alpha lipoic acid is in the cell the water soluble characteristic allows it to easily work with the cell's watery components.

*continued on page 3*

In addition, people with diabetes mellitus have lower levels of glutathione in the blood. Glutathione is an antioxidant. Alpha lipoic acid actually raises intracellular glutathione. Additionally, alpha lipoic acid directly neutralizes and destroys free radicals in the nervous tissues.

Alpha lipoic acid has been used in Europe for 50 years to treat and prevent polyneuropathy, cataracts, and macular degeneration. These are all diabetic symptoms.

If you or your doctor would like to find out more about alpha lipoic acid as a treatment for diabetes, go to the National Library of Medicine's website (Medline). Just type in lipoic acid and you will find a wealth of information.

#### 12. Take Additional Omega-3 Fatty Acids.

There are basically two types of fatty acids—omega-3 and omega-6. Most Americans are higher in omega-6 fatty acids and low in omega-3 fatty acids. You can take fortified flax to get omega-3 fatty acids.

You can also get omega-3 fatty acids from what you eat. For instance, eat something wild. Any animal that grows in the wild will have more omega-3 fatty acids. Fish that come from the ocean, such as salmon, are very high in omega-3 fatty acids. If the fish comes from a fish farm, it is most likely lower in omega-3 fatty acids and higher in omega-6 fatty acids.

You can also get omega-3 fatty acids from green leafy vegetables and from other vegetables such as broccoli.

#### 13. Read the Book, *Syndrome X*.

If you have Type II diabetes or are having trouble with elevated blood sugar, read the book, *Syndrome X*. "It is really a good book that helps people with Type II diabetes understand insulin resistance and the factors that help to cause it," Dr. Riordan said. The book is available from the Gift of Health here at The Center or possibly your local book store or health food store.

#### 14. Learn About Stevia as a Sweetener.

The Guarani Indians of northeastern Paraguay have sweetened their bit-

*continued on page 4*

## HEALTH HUNTERS AT HOME



### The lowly soybean becomes a hero

In the western part of the world, the soybean has been used for years as cattle food and by a few die-hard vegetarians as a part of their diet. The vegetarians were disparaged by the medical community and the general public for eating such a lowly food—cow's food.

Then, in 1999, the U.S. Food and Drug Administration decided to allow soy-containing food products to carry a label promoting the heart protective benefits of soy.

Suddenly, the lowly soybean gained national stature. It no longer was eaten just by vegetarians and Asians; it became more mainstream. So, what has caused all of this exciting change in the status of soy?

More recently, research has looked at soy with great results, particularly with cancer. Also, the researchers have begun to look at just what phytochemicals are in soy that show so much promise.

The research is interesting. For instance, Dr. Albertazzi and associates in a double blind, randomized, placebo-controlled study (the type of study that follows the gold standard for medical research) followed 104 women between the ages of 45 and 62. They gave the women 60 grams of soy protein a day, the equivalent of two to three servings, or a placebo for 12 weeks.

After 12 weeks, the researchers found that the women on the soy had a 45% decrease in hot flashes compared with a 30% decrease in the placebo group. This study was published in the *Journal of Obstetrics and Gynecology* in 1998.

In another study, Dr. Cassidy and colleagues looked at hormone status and menstrual cycles of premenopausal women who were taking 60 grams of soy protein daily for a month. The researchers noticed a significant suppression of midcycle surges of luteinizing hormone and follicle-stimulating hormone and the women had a longer follicular phase length by an average of 2.5 days.

A longer follicular phase is associated with a reduction in estrogen's ef-

fects on breast tissue and shows another possible mechanism for soy's anti-breast cancer effects. The researchers presented this information in *The American Journal of Clinical Nutrition* in 1994. These are just two of several studies done on soy products.

The Nutrition Committee of the American Heart Association published a scientific statement in their journal, *Circulation*, that said consuming at least 25 grams of soy protein can improve lipid profiles (read cholesterol levels) in persons who have high cholesterol.

John Erdman Jr., Ph.D., the lead author of this scientific statement, further endorsed soy protein by pointing out that soy contained all the essential amino acids, making it a complete protein.

At the December 2000 International Chemical Congress of Pacific Basin Societies, Wei Zheng, M.D., Ph.D., and Adrian Frank, Ph.D., further endorsed soy protein when they presented findings from the Shanghai study. In this study, they used soy foods in preventing cancer. Their research showed that women who excreted phenol and total isoflavonoids (an accurate indication of eating soy protein) in the upper 50% of those studied, had a 0.14 adjusted odds ratio for breast cancer when compared to women in the lower 50% for excretion in the urine. These are very good odds for preventing breast cancer.

Soy protein shows no adverse short- or long-term effect in humans. No studies document overdose concerns. In short, the soybean is very safe to eat or take.

It is not recommended for women who have estrogen receptor-positive tumors or for persons who may be allergic to soy isoflavones even though there has been no research showing this to be true. There are no studies documenting overdose concerns as well.

For me, this is great news. Now I can eat soy products, particularly tofu, without getting any flak from others and can answer questions these people may have with facts about soybeans. And that is good.

—Richard Lewis

## INFORMATION WORTH KNOWING

Have you ever tried detoxification to free yourself from chronic aches and pains, to feel healthier, and be more energetic? Detoxification is a process that stimulates your body's natural ability to cleanse itself. Do you take better care of your automobile than you do of your body? By using the methods described by Peter Bennett, N.D., and Stephen Barrie, N.D., in their book, *7-Day Detox Miracle*, you can clean and improve the filtering of your internal fluids in a way that can produce immediate benefits in fighting existing diseases. This book is loaded with information including the meaning of specific laboratory tests. The questions this month are taken from their book.

- 1 Detoxification can have many meanings depending on whether you are talking to a toxicologist, pharmacist, or a scientist. Drs. Peter Bennett and Stephen Barrie use the term to refer to people who have chronic health complaints due to the low-grade "poisoning" of their \_\_\_\_\_.
- mind
  - metabolism
  - blood
  - none of the above
- 2 As described in their book, low grade "poisoning" is something that happens to many people as they accumulate toxins from \_\_\_\_\_.
- a polluted environment
  - lifestyle habits
  - too little activity
  - all the above
- 3 Detoxification is a process of cleaning, nourishing, and resting the body from \_\_\_\_\_.
- the inside out
  - morning until night
  - head to toe
  - none of the above
- 4 Disturbed cellular function is the basis of disease, poor health, and lowered physical and mental performance.
- True
  - False
- 5 Most of the biochemical activity of detoxification takes place in the gastrointestinal system and the \_\_\_\_\_.
- liver
  - gallbladder
  - mouth
  - none of the above
- 6 Human beings are created biochemically alike. Everyone has a liver and a gallbladder, which are designed to work the same.
- True
  - False
- 7 Checking the \_\_\_\_\_ of your urine and saliva is a great way to determine how healthy your kidneys and liver, the key organs of detoxification, are.
- color
  - pH level
  - smell
  - none of the above

• FOR ANSWERS, SEE PAGE 7 •

In 1999, 38 million Americans used a treadmill to walk or run for exercise.

## Diabetes—Continued from page 3

ter teas (mate') with stevia leaves for a sweet treat. Stevia is sugarless and adds no calories. It is 100% natural and is not chemically made. It is potent—between 30 to 250 times as sweet as sugar. It is stable to 392° F, so you can use it for baking. Most importantly, it does not impact blood sugar levels.

The leaves of the stevia plant are a very good sweetener for anyone wanting sweetness without taking on sugar. They are available from ground up leaves to the steviosides from the leaves. Dr. Mel Epp recently gave a Lunch and Lecture about the merits of stevia and passed around a plate of stevia leaves to taste. They were really sweet when you chewed the leaves.

### 15. Moderately Exercise Every Day of Your Life.


Take a walk. This is an excellent way to get in your exercise every day. Walk at a moderate pace, not a blistering pace, and you will enjoy the walk a great deal more.

Dr. Riordan often suggests that you use a couple of minutes for isometric exercises before you eat. These involve placing a hand on top of the other to add resistance to the arm exercising. Do 30 lifts with the hand facing down with both arms and then do 30 lifts with both arms with the hand facing up. This gives you a couple of minutes at each meal for a total of six minutes a day to exercise your upper arms.

### 16. Always Remember the First Three Letters of Functioning are FUN.

Life is too short to be serious all the time. Find some ways to have fun every day and you may decide that it is too important to do without.

Dr. Riordan passed out helium-filled balloons at his lecture and had people bat them around for a little while. In less than a minute of batting the balloons around, the room was filled with laughter. This is a good example of a simple way to have fun.

As you can see, diabetes does not have to be such a grim disease. By just following these 16 steps, you can lower your blood sugar as well as feel better all over. Give them a try for a couple of months and you will find out that they become habit forming. 

## Low thyroid-stimulating hormone may cause bone fractures

A low serum thyroid-stimulating hormone (TSH) may be a contributing factor to vertebra, hip, or non-spine fractures in older women, according to Dr. D. C. Bauer and colleagues reporting in the *Annals of Internal Medicine*.

The researchers found that older women who have a low TSH are at a greater risk of vertebral and hip fracture and that those who were taking thyroid hormone were not at as high a risk. [H]

## Physical activity reduces the chance of death

Walking and more vigorous activity decreases mortality by approximately 20 to 25% in women 34 to 59 years of age, wrote B. Rockhill, Ph.D., and colleagues in the *American Journal of Public Health*.

In this study, they followed over 80,000 women in the Nurses Health Study for 16 years. They discovered that the sharp decrease in mortality risk with two hours a week of physical activity was very similar to that observed with more physical activity. [H]

## Does exercise intensity and frequency lower lipid levels in men with coronary heart disease?

The results of 12 months follow-up "suggest a delayed favorable effect of exercise on lipid profiles," wrote the researchers in *The American Journal of Cardiology* recently.

In this study, the researchers identified 185 men who had CHD three to 24 months prior to starting the project. They then divided them into two groups—one on a low-intensity exercise program (50% maximum oxygen intake), the others at high-intensity (85% maximum oxygen intake). Low-intensity exercise was easier and safer. [H]

# Herbal History

## White prairie clover, *Dalea candida*

White prairie clover, along with purple clover, grows between the Rocky Mountains and the Mississippi river from Canada down into Mexico. It grows on the prairies and rocky open woods.

The Omaha and Ponca called the prairie clovers "makan skithe," which translates as sweet medicine, a name used for several medicinal plants. The Pawnees named prairie clover "kahts-pidipatski" meaning small medicine and "kiha piliwus hawastat," which meant broom weed because they used the tough stems to sweep their lodges.

The perennial clovers grew from one foot to a little over three feet tall with thick tap roots. Each plant had from one to several stems that were ribbed and sometimes dotted with glands. It flowered from May to September with five white pedals. The oval shaped fruits grow from 1/16 to 3/16 inches long with dotted glands and se-

pals around each base.

Both the white and purple clovers were used by the native Americans for food as well as for medicinal purposes. The Plains Indians, wrote ethnobotanist Melvin Gilmore, used the clovers to ward off disease. They would boil the pulverized roots and then drink the tea after the sediment had sunk to the bottom. "The sediment was collected in the drinking-shell and carried to a place prepared for it, where it was buried with respect," he wrote.

The Mesquakies used the flowers mixed with white oak bark and wild cranesbill root to treat diarrhea. They called this medicine "neswaiyagatwi" which means "of three kinds."

The prairie clovers were apparently not used in any Anglo folk remedies or in modern medicine.

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

# Food of the Month

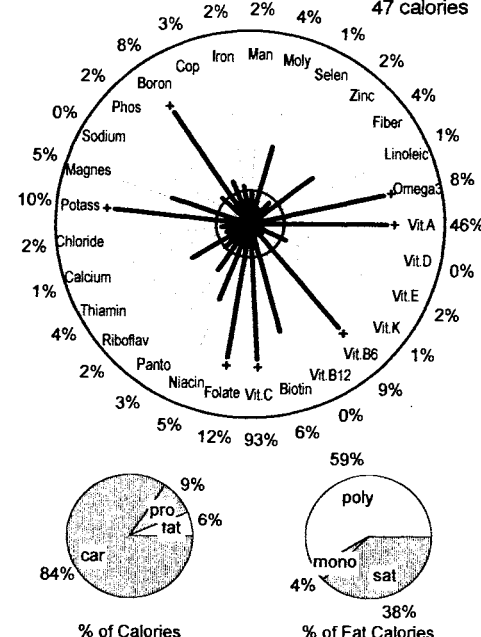
by Donald R. Davis, Ph.D.



## NutriCircle

1/4 small melon = 47 calories

**CANTALOUPE** takes its name from Cantalupo, Italy, where true cantaloupes arrived from Asia or Armenia. American "cantaloupes" are actually muskmelons, which have a softer, ribbed skin. Whatever we call them, they are aromatic and nutritious. Of 29 nutrients shown here, 20 are adequate compared to calories. The nine essential amino acids are likely adequate as well (missing data not shown). One-fourth of a small melon (5-in dia.) contains 5% to 93% of the RDAs for vitamins A, B<sub>6</sub>, and C, folate, biotin, niacin, potassium, copper, boron, molybdenum, and omega-3 fat. It is also rich in carotenes and other phytochemicals.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]

# Mental Medicine

by Marilyn Landreth, M.A.


## Are you a success?

What have you done for someone else lately? Did you know that when you help others you also help yourself? Leonard Nimoy said, "The miracle is this—the more we share the more we have."

To illustrate this point I'd like to tell you a story about Marie. In 1940 she was given the opportunity to make a big difference in her nephew's life. For some reason his mother's milk did not agree with him and he was slowly losing his hold on life. Marie offered to breast feed him although she was still nursing an eleven-month-old daughter. Other women had offered to breast feed him but the doctor thought Marie would be the best match. So, in addition to taking care of three children, doing chores on the farm, and being a partner with her husband, Marie took on the care of another child. She also weaned

her daughter.

In the beginning, Marie did not have much hope for her nephew surviving because he was almost too weak to suckle. She would feed him every few hours, day and night. It was quite a sacrifice, but well worth it as she saw her nephew begin to thrive. Today, although her memory may be a little fuzzy from time to time, when Marie tells the story she stands a little taller and her eyes sparkle with the memory of that earlier time. As she relives how important her sacrifice was to others, she knows how important she was to her nephew and his family.

Danny Thomas said, "Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others." Marie has had a very successful life. How successful are you? 



## Case of the month

This 40-year-old man came to The Center in October 2000 with a series of problems including Crohn's Disease, irritable bowel syndrome, back pain, underweight, and tendinitis. As he said, he had no control over his life.


During his six hour evaluation at The Center, Dr. Riordan suggested several laboratory tests. These included complete vitamin and mineral analysis, an essential fatty acid profile, parasite test, basic Cytotoxic test for 20 food sensitivities, a cancer screening test, and coenzyme Q10 and DHEA tests. At the end of the day, he went home with some initial recommendations.

In three weeks he called Mavis Schultz, The Center's nurse clinician, to find out the results of his testing. After explaining the test to him, she started him on DHEA to increase his low DHEA level, Emergen C packets to increase his low vitamin C level, Super EPA and Evening Primrose oil to take care of his low fatty acid levels, ProDophilus for elevated Indican and candida yeast, and Doxycycline for parasites.

In February of this year, Dr. Riordan increased his intake of DHEA after consulting with him. At this time, he reported that he was making a little headway with most of his problems, but the gut was still causing him problems.

Again in March, he reported that he was feeling better and that he was having "pretty decent bowel movements" and that he was having little bloating, which had been a major problem.

In April, he called to say that he "felt fairly decent." Then in July when he came to The Center, he told Dr. Riordan that he felt he "finally got my life back." His bowels were back to working the way they should. He still had a little bit of pain, but this was just occasionally.

He felt so good that he signed up his wife and one child to become patients at The Center and had his other three children do Know Yourself/Beat the Odds testing. 

## CENTER UPDATE

### Folic acid fortification of U.S. food supply cuts neural tube defects

"We could reduce neural tube defects such as spina bifida if we would give each menstruating female in the county a good multivitamin containing folic acid before she becomes pregnant. They need it before they become pregnant, not after. This would cost less than treating one spina bifida patient each year," Dr. Hugh Riordan said several years ago.

Now, the U.S. Public Health Service is mandating that folic acid be added to cereal products and flour for just this reason—to eliminate neural tube defects. Studies had shown that folic acid would help stop spina bifida and anencephaly, both neural tube defects.


A recent study by Margaret Honein, Ph.D., MPH, and colleagues looked at neural tube problems before the fortification began (October 1995 through December 1996) and for a similar period after fortification (October 1998 through December 1999).

They found there was a 19% re-

duction in neural tube defects and a 23% reduction in spina bifida after the fortification of folic acid in the U.S. food supply began.

Further, they discovered that the mothers who received third trimester or no prenatal food fortification had the same results as those before food fortification. In short, they did worse than mothers who had prenatal folic acid food fortification.

This is an excellent start, but there is more that can be done. The fortification of the U.S. food supply has increased the folic acid in the serum of the blood, according to another survey. But this falls short of what could be done.

This gets back to Dr. Riordan's original recommendations—that the city, county, and state could save money by giving every menstruating woman a good multivitamin containing ample folic acid each day before she becomes pregnant and much of the problem with neural tube defects would disappear. 

Answers from page 4

- 1 b. Metabolism is the sum of the chemical changes occurring in tissue.
- 2 d. Faulty diet, medications, and stress also play major roles in the toxins that accumulate.
- 3 c. It works by addressing the needs of the individual cells, the smallest unit of human life.
- 4 a. Doctors of naturopathic medicine understand organ systems and organ function at the cellular level. Their approach expresses an inclusive whole-body perspective.
- 5 a. The liver, our largest single organ, is primarily responsible for screening every molecule that circulates in the body. It cleans and purifies the blood that nourishes the entire body.
- 6 b. While all livers and gallbladders are designed to do the same work, not all livers and gallbladders work the same way. We are all biochemically individuals.
- 7 b. The Western diet and environmental toxins tend to decrease the pH of the body, making it more acidic. [H]

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

### 7-DAY DETOX MIRACLE

by Peter Bennett, N.D., Stephen Barrie, N.D., and Sara Faye

Detoxification programs work because they restore vitality. We are bombarded by environmental pollution from industrial waste, buildup of metabolic poisons due to nutritional deficiencies, and abnormal bacteria in the gut from taking medications. Learn how to detoxify your system. Softcover.

Retail Price: \$16.95  
 Health Hunter: \$15.26

### STEVIA: The Naturally Sweet and Calorie-free Herb

with Melvin Epp, Ph.D.

One of the plants grown in the Bright Spot herb garden is stevia. It is in the botanical family Asteraceae and is closely related to lettuce, marigolds, and sunflowers. The Guarani Indians of Paraguay and other parts of South America have been using stevia for centuries to sweeten teas. Stevia leaves taste about 300 times sweeter than sugar.

### VITAMINS AND MINERALS: How Much Do You Need and How Are They Measured?

with James Jackson, Ph.D.

Your body cannot make 50 essential factors necessary for life. Forty-seven of these are nutrients. In order to live a long and healthy life, you need to know how much to take. You also need to measure these nutrients to make sure you are absorbing them.

### PREVENTING DIABETIC RELATED DEGENERATIVE DISEASES

with Hugh D. Riordan, M.D.

The most distressing complications of sugar diabetes include loss of vision, loss of kidney function, loss of feeling or pain in the feet and legs, and cardiovascular problems. Can these disease outcomes be delayed or prevented? "Yes," says Dr. Riordan, Learn what you and your loved ones can do to live better and longer in spite of being diabetic.

• To Order, Fill Out the Form Below •

TITLE	AUDIO OR VIDEO TAPE circle one	PRICE	QUANTITY	TOTAL
7-Day Detox Miracle (book)		_____	_____	_____
Stevia	audio video	_____	_____	_____
Vitamins and Minerals	audio video	_____	_____	_____
Preventing Diabetic Related Diseases	audio video	_____	_____	_____
<i>Health Hunter</i> - One Year Membership/renewal - \$25 (\$30 for outside the U.S.)*		_____	_____	_____
Two Year Membership/renewal - \$48 (\$53 for outside the U.S.)*		_____	_____	_____
Three Year Membership/renewal - \$71 (\$76 for outside the U.S.)*		_____	_____	_____
* No postage necessary.			Subtotal	_____
			**Add Sales Tax	_____
			***Add Postage & Handling	_____
			<b>TOTAL</b>	_____

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# Upcoming Events...

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Center closed	4	5	6	7
10	11	12	13 Know Yourself/Beat The Odds Days	14 Know Yourself/Beat The Odds Days
17	18	19	20	21
24	25	26	27	28

## OCTOBER

4 Lunch & Lecture classes begin

### How smoking ages the skin

When Lahmann and colleagues were measuring the effect of ultraviolet light on the skin, they noticed something interesting—a conspicuous disparity in pretreatment concentrations of matrix metalloproteinase-1 (MMP-1) in the skin of smokers as opposed to nonsmokers.

Researchers asked the subjects if they smoked. Fourteen of the subjects said that they smoked 10 to 20 cigarettes a day for three to 25 years. In each of these, the investigators found higher MMP-1 concentrations.

“Studies have shown that a tobacco-smoke extract induces MMP-1,” the authors wrote. “We have shown that smoking induces MMP-1 mRNA in skin [of the body].” MMP-1 is a major cause of skin aging.

RETURN SERVICE REQUESTED

Health Hunter  
A Publication of The Center for the Improvement  
of Human Functioning International, Inc.  
3100 North Hillside Avenue  
Wichita, Kansas 67219 USA

- Preventing diabetic-related degenerative diseases
- Homocysteine may cause more than heart problems
- The lowly soybean becomes a hero
- How smoking ages the skin

INSIDE THIS MONTH'S ISSUE . . .