

Health Hunter[®]

VOL. 16, NO. 8

N E W S L E T T E R

SEPT. 2002

Irritable bowel syndrome

by Jeanne Drisko, M.D.

This is taken from a Lunch and Lecture Dr. Drisko delivered recently at The Center.

Twenty percent of the population suffers from irritable bowel syndrome (IBS). That is one in five people. IBS accounts for 12% of all visits to health care providers. So, every day a health care provider will probably see someone with IBS.

...the incidence of food allergy is only about 2% of people, but 50% are hypersensitive to some foods.

We have calculated about \$8 billion a year in direct medical costs in the United States with about \$25 billion in lost wages from IBS and similar symptoms.

But only 25% of those people with IBS are going to the doctor. There are a lot more people out there who suffer from IBS than get medical treatment.

What is IBS? Patients usually go through periods where they have increased abdominal pain, increased flatulence or gas, and diarrhea or constipation. When you are younger, you may have the constipation type. Older people revert to the diarrhea predominate type. These cycles may last from days at a time to weeks at a time. Eventually there is some time when you have relief from them, but the symptoms return.

We know that it is poorly controlled by mainstream medicine at this time. Pharmaceutical drugs give a little symptomatic relief or they may help with diarrhea, but they are dangerous to your health. Patients learn to "just live with it."

There are many theories about IBS

ranging from the bowel has altered activity (the bowel just moves too fast) so it must be psychological (it has got to be the patient's fault). The latest idea involves neurotransmitters or a serotonin imbalance.

What I am doing at the University of Kansas Medical Program in Kansas City is an outcome pilot study. Everyone who enrolls in the trial gets the study medication and participates in the study. We measure how well they are doing with an outcome questionnaire made by the University of North Carolina which is accepted by mainstream medicine. When this study is published, it will be accepted even though we don't have a placebo group in it.

The patients have to have a medical work-up and a colonoscopy that shows negative. They have this terrible problem with diarrhea, pain, and lifestyle alterations, but the doctors can't find it.

When they get into the study, we do a food hypersensitivity test—a blood test. We also do a stool analysis looking for infection, how well they are digesting, and what the levels of beneficial bacteria are. There is also a quality-of-life survey the patients fill out.

In the first month, we give those in the study a diet tailored to that patient who comes in and has abnormalities in the food hypersensitivity test. The diet is based on their blood test. They come back the second month and we do the food challenge. We do this one food at a time. We also give the patients probiotics, a beneficial bacteria. At the end, we redo the blood test and stool test to see if there has been any benefit to that patient.

In mainstream medical offices, you

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High fiber oat cereal good for heart

"The addition of two large servings of oat cereal compared with the addition of wheat cereal to the diet results in lower concentrations of small, dense LDL [low density lipoproteins] and LDL particle numbers," according to research by Brenda Davy and colleagues reported in *The American Journal of Clinical Nutrition*.

Further, the mean triglycerol concentration did not increase in spite of the high carbohydrate concentration of the oatmeal fiber.

By contrast, the subjects that consumed two bowls of a wheat cereal every day had unfavorable changes in lipids and lipoproteins as was reported in other journal articles.

The researchers believe that the type of dietary fiber, such as that found in oat cereal, may be important for the improvement of blood lipid and lipoprotein profiles. [H]

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Health Hunter Newsletter is published as a service 10 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 for one year, \$30 for outside the U.S.; \$45 for 2 years, \$55 for outside the U.S.; and \$60 for 3 years, \$75 for outside the U.S. To join, see the order form on page 7 of this issue. (Prices good through 2002.)

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Nutritional Medicine

by Ron Hunninghake, M.D.


Convergence

Shh...It's happening. In nutritional terms, the lion and lamb are lying down together. The opposites are beginning to find their commonality.

The nutritional nay Sayers, who for decades have lambasted our attempts to legitimize poor nutrient reserves as a major underlying cause of sustained illness, are now looking at new genetic research that demonstrates the ability of orthomolecular doses of vitamins to change genome expression. And from our side, we are waking up to the fascinating display of nutritional power of the truly awesome phytonutrients in colorful fruits and vegetables. While always having been strong whole food advocates, the emerging concept of symphonic phytonutrient synergy has really caught our attention. Any phytonutrient alone can be very powerful, such as lycopene, the red pigment in tomatoes. But this power is really just minor compared to what happens when you start combining multiple, different phytonutrients at one meal, as in a very colorful salad. There appears to be a huge amplification of antioxidant effect, detoxification, blood vessel protection,

cholesterol lowering, and on and on.

I am reminded of that early scene in *The Wizard of Oz* where Dorothy's house has been picked up by the tornado and is whirling and being tossed about by the storm (of controversy). Finally, "somewhere over the rainbow," the house comes to rest. Dorothy, like us, cautiously peeks out of her house. And instead of the black and white of her old world, she's confronted with a beautiful, color-filled land of "Ahs." "Toto, I don't think we are in Kansas any more."

Well we *are* in Kansas, and black and white nutritional thinking is thankfully giving way to full color. Thanks to a literal explosion of research on nutrients and phytonutrients, the medical community is beginning to pronounce its own "Ahs" as they tentatively reach for nutritional solutions to the many inflammatory and degenerative illnesses that affect our aging population. Nutritional therapies are not magical wizards, but rather tools that allow us to discover, like Dorothy did, that we've always had the ability to go Home (a healthy way of life). We just need to wake up and realize it. 

IBS—Continued from page 1

get the skin prick test for allergies. This measures IGE, a small part of the immune system. The food hypersensitivity test is a blood test that measures IGE and IGG of the immune system—a larger slice of the immune system. This type of test is used at The Center.

We know that the incidence of food allergy is only about 2% of people, but 50% are hypersensitive to some foods. So half of the people are going to react in some way to some foods sometime in their life.

With the results of this test we know the foods to which each individual is sensitive and then remove the sensitive foods from their diet. Let's say a person is hypersensitive to wheat so we remove wheat from the diet for a month. Then we reintroduce wheat to the diet. If they are hypersensitive to

wheat, it will trigger diarrhea and pain. They say, "That's it; that's the way I've been feeling."

We use a team approach in the study. We have a dietitian, a patient, and myself in on the meeting. It is not really a patient; it is what Dr. Riordan calls a co-learner because we are all in this discovery process together.

The inflammation from IBS causes the cells in the GI track to separate. It is like Velcro. When the information is there it causes the Velcro to come apart and food molecules to leak out of the GI track and get into the lymph system and the bloodstream.

Molds are also important in addition to the foods when it comes to irritable bowel syndrome. Molds are related to processed foods. A lot of foods are

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made with molds. What we tell people is the fresher the diet, the more whole foods diet you can eat, the better you will be.

We suggest they go to the grocery store every day or every other day. We counsel them not to eat foods that have been in the refrigerator for more than 24 to 48 hours, preferably 24 hours. Your meat has to be fresh from the butcher and has to be prepared that day. You can't put fresh food in the freezer compartment of your refrigerator because it freezes and partially thaws. The freeze-thaw cycle allows mold to grow on the food in the freezer.

When you have food that your body does not like, your body makes immune complexes to get rid of it. That is good if you only have a little bit of exposure. But if you eat this food regularly, you are making more immune complexes to get rid of it. The digestive system gets overwhelmed with time. The body cannot eliminate all the immune complexes and it begins to deposit them in the liver, brain, and the skin. That is why we have the three-week clean out period in the study before starting the food challenge period—to eliminate the immune complexes.

The gold standard is the food challenge phase of the study. You may only be sensitive to 30% of the foods and this will give you a chance to find out which ones they are.

I can't tell you that food is the only thing because it is not. IBS is a complex, chronic problem. We know that another partner in this is how much bacteria you have in your GI tract. Good bacteria are called probiotics. You want to have plenty of probiotics in your GI tract. If you have inflammation going on in the GI tract and you don't have good bacteria, you don't have a good environment. The organs, including the pancreas and gallbladder, aren't going to work well.

Ph is very important because it tells us how much acid or alkaline is in the stool. Good bacteria makes your stool more acidic, and that is important to know. The bad bacteria makes your stool more ammonia-like. Some people even tell me that they smell the ammonia odor. That is bad because it means

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HEALTH HUNTERS AT HOME

Ode to whole foods

We often talk about eating whole foods. Dr. Donald Davis is the promoter of whole foods and eats a whole foods diet almost all the time. Dr. Davis is a very slim person who eats tons of food (well, a couple of large helpings of whole foods at each meal) every day. It is difficult to see him so slim and eating so much, that is, until you see what he eats.

Dr. Davis eats a lot of salad along with fruits and vegetables at every meal.

Dr. Ron Hunninghake has been interested in colors lately. When you eat different fruits and vegetables, you get different colors in your diet. At a recent staff meeting, he gave a short presentation that included a couple of fruits—one red and one blue.

The red one was strawberries that improve your immune system's ability to fight everything from colds to cancer. The other was blueberries that have the highest score for supplying antioxidants to the body. It is suggested that you should get 3500 points each day, according to the authors. A serving of blueberries, about 1/2 a cup, has 2400 points. That is a lot.

That brings me to the reason for the column, an "Ode to Whole Foods." The other day, I was scanning my e-mail and came across the following that I gave the title to because it seemed to fit. You can make your own judgment about it. Here it is:

"And God populated the earth with broccoli and cauliflower and spinach and green and yellow vegetables of all kinds, so Man and Woman would live long and healthy lives. And Satan created McDonald's. And [fast food] brought forth a 99¢ double-cheeseburger. And Satan said to man, 'You want fries with that?' And man said 'Super size them.' and Man gained pounds.

"And God created healthful yogurt, that Woman might keep her figure that man found so fair. And Satan froze yogurt, and he brought forth chocolate and brightly colored sprinkle candy to put on yogurt. And Woman gained weight.

"And God said, 'Try my crispy, fresh salad.' And Satan brought forth creamy dressings, bacon bits, and shredded cheese. And Woman gained pounds.

"And God said, 'I have sent you heart healthy vegetables and olive oil with which to cook them.' And Satan brought forth chicken-fried steak so big it needed its own platter. And Man gained pounds, and his bad cholesterol went through the roof.

"And God brought running shoes, and Man resolved to lose those extra pounds. And Satan brought forth cable TV with a remote control so Man would not have to toil to change channels between ESPN and ESPN2. And Man gained pounds.

"And God said, 'You're running up the score, Devil.'

"And God brought forth the potato, a vegetable naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fat fried them. And he created sour-cream dip also. And Man clutched his remote control and ate potato chips swaddled in cholesterol. And Satan saw and said, 'It is good.' And Man went into cardiac arrest.

"And God sighed and created quadruple bypass surgery...And Satan created HMOs."

Well, there it is.

As Dr. Hunninghake said at the beginning of this column, eating whole foods is about eating colors. Dr. Davis eats tons of salad and that gives him a lot of greens, reds, yellows, and even whites. When you eat lunch at the Taste of Health here at The Center, you are offered a fruit medley for dessert that has a collection of yellows, reds, and blues. This fruit medley offers you a lot of colors.

Oh yes, there is a slight punch at the insurance companies that I am sure was unintended. Anyway, I hope you enjoyed the piece and take the information to heart—Eat Your Fruits and Veggies.

—Richard Lewis



INFORMATION WORTH KNOWING

We've seen the Carbohydrate Diet, the Protein Diet, Blood Type Diet, and a mind-boggling number of various diets. Most of these diets have to do with losing weight. Now along comes *The Brain Chemistry Diet*. This diet is billed as a personalized prescription for mood, relieving stress, and conquering depression. Michael Lesser, M.D., has developed a method of enhancing your mental and emotional strengths based on the interaction of foods with your personality profile. When The Center first began seeing patients in 1975 most authorities did not consider that what a person eats has any connection with their health or mood. Now Dr. Lesser introduces his model of how food affects each of us in various ways. He gives us a wealth of practical information that can benefit everyone regardless of brain type. The questions this month are taken from his book.

1 Dr. Lesser divides people into six basic brain types. Each is described in detail with instructions on how to identify the different types. He gives information on the foods that should be avoided or consumed for each type along with nutrients, vitamins, minerals, fatty acids, and herbs that he feels work best for each type. Dr. Lesser makes his recommendations based upon _____.

- a. observation
- b. orthomolecular information
- c. laboratory testing
- d. all of the above

2 A general guideline questionnaire is included in this book. Dr. Lesser thinks there are _____ types of personality.

- a. two
- b. six
- c. fifteen
- d. twenty

3 As long as your brain chemistry stays in balance, any recommendations for the six types can serve you well. Dr. Lesser says that each type predicts where and how you'll run into trouble if your brain chemistry gets out of whack.

- a. True
- b. False

4 Dr. Lesser cites specific cases that may seem to have extreme behavior, but for the most part he thinks they are milder variations of problems he has dealt with. He says that the _____ remedies work even in the toughest cases.

- a. most costly
- b. pharmaceutical
- c. natural
- d. none of the above

5 One patient had removed natural fats from her diet that also removed the fat-soluble vitamins A, D, E, and K. Those vitamins are coenzymes that make the body's _____ run.

- a. metabolic machinery
- b. sweat glands
- c. blood
- d. none of the above

6 Although the tongue is important for several functions, gaining nutritional information by the appearance of the tongue is not one of them.

- a. True
- b. False

7 _____ boosts serotonin levels, the same as antidepressants are supposed to do.

- a. Niacin
- b. Fatty acids
- c. Vitamin D
- d. none of the above

IBS—Cont'd from page 3

that those bad guys are there. You need more of the good guys to make it more acidic. They called it probiotics because it means "for life." This beneficial microflora bacteria, probiotics, provides basic nutrition, heals ulcers, and actually quiets down IBS. All of this is in mainstream literature.

Probiotics make short chain fatty acids, which provides good food for our colon cells. If we don't have these bacteria, then we aren't giving the proper nutrition to our GI tract. Probiotics also make other types of proteins and vitamins. Did you know that a lot of your B vitamins and vitamin K comes from these bacteria?

Probiotics stimulate the immune system in a positive way, reduce allergies and asthma, reduce infection, and make vaccines work better. Probiotics also make materials that keep those cell junctions healthy. It prevents translocation, or leaky gut.

Finally, I want to talk to you about another partner in this whole system—the nervous system. Actually, 95% of your serotonin is found in the GI tract. So what happens is you get infections, food allergies, stress, and it stimulates something called the EC cells in the GI tract. It dumps the serotonin and it speaks to the enteric nervous system and says, "We have a problem. Get rid of what is in the GI tract." The serotonin gets dumped and everything is washed out. You have diarrhea, cramping, and pain. The diarrhea washes out not only the food that you did not need to be eating or you are sensitive to, but also it washes out the good guys, the probiotics.

This explains the cycles of diarrhea you experience because eventually those EC cells are going to get emptied out of their serotonin and it will give you a period of relief. The function is still there, but the probiotics are gone. As soon as the serotonin builds back up in those cells again, you are going to go through the cycle again.

IBS is more than food hypersensitivity, probiotics, or serotonin. It is a hand-in-hand process—teamwork. It is about working with your doctor, your dietitian, spending time on your problem with them, and finding what works for you to get rid of IBS.

• FOR ANSWERS, SEE PAGE 7 •

Fruits and veggies prevent cardiac problems

"This study indicates that the frequency of fruit and vegetable intake is inversely associated with stroke incidence, stroke mortality, ischemic heart disease mortality, cardiovascular disease mortality, and all-cause mortality in the general U.S. population," wrote Lydia Bazzano and colleagues in the *American Journal of Clinical Nutrition*.

In short, eating three or more fruits and vegetables a day will reduce your chances of having a stroke or dying from a stroke or heart attack than people who eat less than one fruit or vegetable a day.

For years, we have been recommending that one should eat five or more fruits and vegetables a day. Just think how much more these additional two or more servings would help in keeping you free from having a stroke or heart attack. FH

Antioxidants may prevent Alzheimer's disease

"We found that high intake of vitamin C and vitamin E from food may be associated with a lower incidence of Alzheimer's disease after a mean follow-up period of six years," Marianne Engelhart, M.D., MSc wrote in a recent issue of *The Journal of the American Medical Association* (JAMA).

She and her colleagues found that antioxidants may reduce the level of oxidative stress (free radicals) in the brain. These antioxidants may reduce the amount of DNA damage, brain cell death and the aggregation of an amyloid within the brain. By preventing these from happening, the risk of dementia may be reduced.

Secondly, since Alzheimer's disease is related to cardiovascular risk factors and atherosclerosis, high intake of antioxidants may reduce the dementia by reducing atherosclerosis.

They found vitamin C and vitamin E from food was very effective. It would be interesting to see if supplements along with food would be even more effective over the long haul. FH

Herbal History

ObGyn guidelines suggest herbs for menopause

The American College of Obstetricians and Gynecologists (ACOG) recommended a select group of herbs for the management of menopause symptoms. These include St. John's wort, black cohosh, soy beans, and isoflavones found in various legumes.

The ACOG noted in its *Clinical Management Guidelines*, published in June, 2001, that women's "lack of confidence in the espoused benefits of hormone replacement therapy (HRT) coupled with a significant array of side effects of HRT, results in fewer than 1 in 3 women choosing to take HRT." About 30-40% of women experience abnormal bleeding during the first year so they stop treatment. Fear of increased breast cancer risk also drives women to avoid the use of HRT altogether.

The North American Menopause Society, cited in the ACOG guidelines, reported that more than 30% of women

used alternative treatment such as herbal supplements and natural estrogen.

In their guidelines, the ACOG recommended St. John's wort, soy, and isoflavones for short-term (2 years or less) treatment. St. John's wort, they said, may be helpful for mild to moderate depression associated with menopause. Soy and isoflavones may be used to prevent vasomotor symptoms such as hot flashes and night sweats. They also said that consuming soy over prolonged periods may be helpful in protecting against osteoporosis. They did indicate that soy and isoflavones may not be safe for women with estrogen-dependent cancers such as breast cancer.

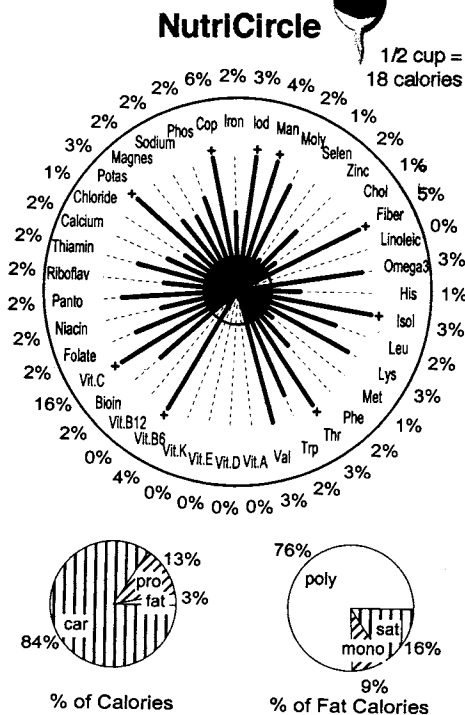
These guidelines show a break in the absolute support of HRT for the suppression of the symptoms of menopause. Ask your ObGyn for information about the Guidelines dated June, 2001, or ask The Center's doctors. FH

Food of the Month

by Donald R. Davis, Ph.D.



TURNIPS are edible roots belonging to the cabbage family. They look like giant round, white radishes with purple-tinged tops and are most popular in England and northern Europe. ("Yellow turnips" are rutabagas.) Turnips' delicate flavor and slight sweetness (and a little bite, especially when large) go well cubed in salads or sliced in vegetable trays and sandwiches. Or they can be cooked 15 minutes in stews and soups, or plain for mashing. A half cup of cubes (only 18 calories) has 2% or more of the RDAs for an impressive 28 nutrients, most notably vitamin C, fiber, copper, and vitamin B₆.



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). FH

Mental Medicine

by Marilyn Landreth, M.A.




Influence: a two-way street

One morning Alec's mother noticed that his door was shut while he was getting dressed. He was only five years of age and usually kept his door open. Since this was rather unusual, she opened the door and asked him what he was doing. He had his pants pulled down so his underwear showed, his cap was on backwards, and he had his mother's silver chain around his neck. He turned to his mother and said, "Alyssa says I look cool like this." Alyssa had spent the day before with him. Her influence obviously made a big impression on him.

Just as his babysitter influenced Alec, we are influenced and influence others. We usually do not realize or know how many people we are influencing in our daily lives. We do not

know when a word of encouragement and hope can make a difference in another's life. We don't always know that when we see humor in even the most difficult situations how this can affect others. Have you ever considered how you are influencing others?

Walt Disney said, "People look at you and me to see what they are supposed to be. And, if we don't disappoint them, maybe they won't disappoint us." Influence is a two-way street. How others react to us can show us how to react to them. It doesn't have to be that way. Mohandas K. Gandhi said, "We must be the change we wish to see in the world." If you want a world full of hope, encouragement, and humor, you can be the catalyst for change. How do you want to influence the world? 

CENTER UPDATE

Can you believe this?

"In the absence of specific predisposed conditions, a usual North American diet is sufficient to prevent overt vitamin deficiency diseases such as scurvy, pellagra, and beriberi. However, insufficient vitamin intake is apparently a cause of *chronic disease*." (Italics added)

This quote is from the first paragraph of an article called "Vitamins for Chronic Disease Prevention in Adults" in the June 19, 2002, issue of *The Journal of the American Medical Association*. It is hard to believe.


When Hugh Riordan, M.D., started The Center 27 years ago, his idea was that chronic disease was caused by nutrient deficiencies and that if he could find the nutrient or nutrients that were deficient in a particular patient, he could help the person get over her/his chronic disease. He prefers to call it a sustained illness.

This worked. The people got over their sustained illness even though Dr. Riordan was considered "totally quack"

by his peers. Even today, The Center's medical practices are considered to be based on quackery by some physicians.

A second article in the same issue with the same title said, "Because sub-optimal vitamin status is associated with many chronic diseases, including cardiovascular disease, cancer, and osteoporosis, it is important for physicians to identify patients with poor nutrition or other reasons for increased vitamin needs." We agree.

Dr. Riordan said in the 1980's and 90's that, "We practice non-acute care medicine the way it must be by the year 2000 because we cannot afford to continue the way the medical profession is going." It is a couple of years past 2000, but his prophesy is beginning to take hold as these two articles show.

These changes will come slowly and even be attacked by various other articles, but the changes will come and all because we cannot afford to keep going the way we are going. 

Case of the month


In February of 2002, a 16-year-old young woman came to The Center with the diagnosis of bipolar disease. She was taking \$500 worth of medications a month and was told that she would be on these medications for the rest of her life. Her mother wanted to cut back on medications and use nutrients to get her better.


After Dr. Riordan completed his interview with the young woman, he suggested laboratory testing that included vitamin and mineral testing along with Epstein-Barr virus, fructosamine, histamine, mycoplasma/platelet aggregation screening, thyroid testing, essential fatty acid and immunoglobulins screening, complete parasitology screening, and food sensitivity testing.

In three weeks when we had all the laboratory work completed she came for the results. She started taking ProDophilus twice a day for her elevated Indican and Super EPA twice a day to correct her low omega-3-fatty acid levels. To correct her low urine vitamin C level and magnesium level, she began taking Emergen-C packets twice a day. And finally, she began zinc orotate to correct her low zinc level.

Dr. Ron Hunninghake suggested that she, "Experiment with eating less bread and flour and aim for a very colorful diet—reds, yellows, oranges, greens, blues, and purples." He also suggested a liquid magnesium to better help improve her levels, additional fatty acids to correct the low levels of fatty acids and niacinamide, and a very small dose of Mela T (melatonin) to help with her sleep.

She was off teaching swimming lessons as she has been doing all summer, but her mother said, "She is doing great. She is 100% normal, 100% herself." Her mother mentioned that she was also off all of her medications and strictly on the nutritional supplements she has been taking.

Now, her only problem is her weight. She has gained a few pounds, but will change her diet as Dr. Hunninghake suggests and weight will melt away. 

- 1 d. Dr. Lesser recommends the laboratory tests because he does not think that even the best clinician should depend solely upon clinical judgment when objective tests are available.
- 2 b. While all humans have the same basic brain structure and function, Dr. Lesser identifies the outward expression of brain function.
- 3 a. Just as each type has distinct positive traits, each also has a characteristic way of breaking down under stress.
- 4 c. Natural remedies are better pressed into service before real problems strike.
- 5 a. Without enough of the fat-soluble vitamins, the metabolism slows, leading to overweight and fatigue.
- 6 b. The color of the tongue, whether it is cracked or not, and if it is covered with mucus are all clues as to nutritional status.
- 7 a. Niacin indirectly makes new serotonin while drugs like Prozac and Paxil prevent destruction of serotonin that is already present in the body. 

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Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
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THE BRAIN CHEMISTRY DIET

by *Michael Lesser, M.D.*
 and *Colleen Kapklein*

In this ground-breaking book, Michael Lesser, M.D. shows how identifying your brain chemistry type can help you improve concentration, reduce stress, and enhance your mind. You can do all this through a natural, safe, and effective nutritional approach to regulating mood and boosting brainpower. Hardcover.

Retail Price: \$25.95

Health Hunter: \$23.36

HOW WE PRODUCE WHOLESOME FOOD IN OUR CERTIFIED ORGANIC GARDEN

with *Melvin Epp, Ph.D.*

We are what we eat, so the saying goes. Organically produced vegetables are worth the effort. The evidence is beginning to show a real nutritional advantage in organic production. The

data on nutritional benefits is reviewed together with the gardening techniques that constitute organic production.

ALTERNATIVE/COMPLEMENTARY APPROACHES TO DIABETES MANAGEMENT

with *Diana Guthrie, Ph.D., ARNP, HNC, CJTP, BC-ADM, CDE*

Diabetes mellitus is a disease that affects over 17 million people and it has been discovered that there are at least 16 million people who have a condition called Pre-Diabetes (the old name was Impaired Glucose Tolerance). In this day of alternative and complementary medicine, prevention of diabetes is better, and normalizing blood glucose levels the majority of the time is best. This lecture covers those aspects of alternative and complementary care related to diabetes mellitus and how and when to use them wisely.

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Lunch & Lectures begin September 26.

The following topics will be offered:

Nutritional Approach to Osteoporosis

Stress Down with Humor

Depression

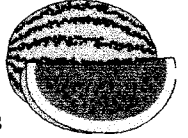
Wellness for Senior Citizens

Biblical Advice for Better Health

Enhancing Female Health

...and more!

Watermelon rich in lycopene



Diets rich in tomatoes are also rich in lycopene. But tomatoes need to be cooked to release large amounts of lycopene. You just cannot eat raw tomatoes.

Now Agriculture Department scientists find that watermelons have about 40% more lycopene than uncooked tomatoes. They also found that when the scientists had people drink watermelon juice with meals for three weeks, the lycopene levels of these people doubled from their levels before the study began.

Lycopene, found in the red pigment, is very good at reducing the risk of prostate cancer that affects men. So, enjoy your watermelon.

RETURN SERVICE REQUESTED

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

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