

# Health Hunter<sup>®</sup>

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NEWSLETTER

SEPT. 2005

\*\*\* Celebrating 30 Years \*\*\*

## Beat The Odds laboratory health panels—why bother?

by James A. Jackson, Ph.D.

**T**he intention of most laboratory tests is to detect or monitor a disease. Only a few of these tests will tell you the “nutritional” status of your body. Yet the literature is filled with thousands of reports showing that many degenerative diseases can be prevented by having adequate levels of certain nutrients in the body, especially antioxidants. Over 4,000 reports have been written on vitamin C (ascorbic acid) alone.

***It is much less expensive to prevent a disease than to treat it!***

Since 1992, The Center has offered a program to the public to let them monitor the level of nutrients in their body. We have progressed from one basic antioxidant panel to eleven different health panels. Knowing your nutrient level is important. There are about 55 essential factors that your body cannot make; 45 of these are nutrients. These “Health Panels” have been designed so that you may select the panel that is most beneficial to you. Here is an example. Suppose that you have a family history of heart disease, breast cancer, prostate cancer, etc. Many research articles have shown that certain nutrients may delay or prevent the onset of these diseases. It is much less expensive to prevent a disease than to treat it!

By measuring blood levels of these nutrients, you can also tell if you are absorbing what you eat. Remember, it is what you eat, digest, absorb, metabo-

lize, and excrete that keeps you healthy. Also remember, the “RDA” is designed to prevent deficiency diseases, not necessarily to keep you healthy.

Let’s look at “Heart Biomarkers.” There are many nutrients and other factors (stress) that are important to prevent heart disease. There are over 2,600 deaths a day from heart disease, yet 50% of the heart attack victims had no abnormalities in the traditional heart disease markers!

Vitamins E and C prevent bad LDL from oxidizing; therefore, it cannot attach to the artery wall and form plaques. CoQ10 is a nutrient that is used by the mitochondria of cells to make ATP, or energy. It is also a very strong antioxidant. CoQ10 prevents heart attack and hypertension.

Magnesium is a mineral that is important to just about everything in the body. It is hard to absorb, and 74% of Americans fail to meet the RDA. In a study performed on patients just entering the hospital after a heart attack, of all the interventions tried on the patients, those having the best statistical chance of survival were the ones given intravenous magnesium chloride.


Homocysteine, a metabolite of the amino acid methionine, is a good predictor of heart disease. It can damage the heart and brain arteries similar to low density lipoprotein (LDL). A 4.0 mM/L increase in homocysteine is equivalent to 20 mg/dL increase in cholesterol. An elevated homocysteine in men makes them three times as likely to have a heart

*continued on page 2*

## Dietary patterns show health improvement

“Let food be your medicine and medicine be your food,” said Hippocrates, the father of modern medicine. We, at The Center, live by this today.

Alice Lichtenstein, DSc, and Robert Russell, M.D., wrote in *The Journal of the American Medical Association*, “There are good data to suggest that certain dietary and lifestyle patterns are associated with decreased risk of chronic disease. ... These findings suggest that science is not at a point which researchers can identify with relative certainty the putative compounds that are driving the food-disease relationship or the compounds that are modulating these outcomes.”

To simplify this task, they could follow a principle used at The Center—that each person is an individual and what is wrong with them is unique. When one considers each patient as a unique individual who brings her/his unique problems to the doctor-patient relationship, it is easier to identify what is wrong. 

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Characterize biochemical individuality

Many years ago before coming to work full time at The Center I had the unique opportunity to spend a whole day observing Dr. Riordan at work. He was taking the medical history of several patients just getting started at The Center. Each appointment lasted over an hour.

Immediately I was impressed with how intently he listened to each patient's story of their illness. I was also intrigued with his note-taking system. In addition to basic medical information, he was jotting down abbreviated words in the margins of his pages.

Later that morning, I admitted my overall ignorance. "What are you attempting to understand about these patients," I asked.

"We are characterizing their biochemical individuality. Each of us has a unique biochemical fingerprint. My need for vitamin C is different than yours, and when we are ill, that need can be magnified by up to a hundred times."


I found out that he was writing abbreviations for nutritional lab tests in the margins of his notes. If a patient reported migraine headaches and muscle spasms, he hypothesized that they may

be in need of greater amounts of magnesium than what their diet alone could deliver. In the great tradition of Sherlock Holmes, he saw this as medical deduction: a kind of a personalized hypothesis that needed to be proven or disproven.

That's where the Bio-Center Lab came in. He would find out if that particular patient's magnesium reserves were indeed low, thus serving as the actual cause of their symptoms.

Rather than "shot-gunning" symptoms, he precisely aimed his mental rifle at a known biochemical target. Later on, re-testing would reveal if the patient had "hit the target."

Characterizing biochemical individuality is the third step of The Riordan Approach. Nutrients become a precise "orthomolecular tool" that can correct individual deficiencies and allow the patient's body to heal what the best of modern medical science was all too often unable to achieve.

As Mark Twain so aptly stated: "Be careful about reading health books. You may die of a misprint." Dr. Riordan's answer: "Measure first, then treat based upon that factual characterization." 

### Beat The Odds—Cont'd from page 1

attack, and it can usually be brought back down to acceptable levels by taking vitamins B12, B6, and folic acid.

Another test that is gaining more and more interest in heart health is the ultra-sensitive C-Reactive Protein, or US-CRP. This is an indicator of inflammation at a very low level. Since plaque formation is a type of inflammation, an elevated CRP could indicate early problems with the arteries in the heart (and brain). Other tests included in the heart health panel are lipoprotein(a), lycopene, a lipid profile, red blood cell selenium, and urine vitamin C.

An important panel is "Breast Health." Many women may not have enough vitamin D. This fat-soluble vitamin has anti-estrogen activity. It is necessary for normal cell growth and suppresses cancer cell growth.

Selenium is a mineral that is included in many of the panels. This is a very important antioxidant enzyme that destroys hydrogen peroxide. A government study was done on 1312 people over a 4-1/2 year period. Half the people got 200 micrograms of selenium in yeast; the other half got a sugar pill. Those getting the selenium had a 50% reduction in cancer mortality.

High CoQ10 levels can mean a lower cancer risk. Folic acid deficiency is associated with cancers of the epithelial cells, including the ductile tissue of the breasts. Taken appropriately, selenium, CoQ10, folic acid, and vitamin D appear to increase your protection against breast cancer. Other nutrients measured in this health panel are vitamins A, C, & B6, lycopene, and urine vitamin C. Vita-

*continued on page 3*

min C is important against all cancers in that it destroys free radicals and inhibits the formation of carcinogens.

Another important health panel is Eye Health. One in 25 people over the age of 65 has significant vision loss due to age-related macular degeneration (AMD). Cataract surgery is the most common surgical procedure performed in the U.S. Both of these conditions can be delayed, if not prevented, with proper nutrition.

The National Eye Institute conducted a study to see if nutrients would have any effect on AMD or cataracts. The nutrients used were 500 mg of vitamin C, 400 IU of vitamin E, 80 mg of zinc oxide, 2 mg of copper oxide, and 15 mg of beta-carotene. Although the study showed little or no effect on cataract formation (probably because the doses of nutrients were too low), it did show a reduced risk of AMD by 25% and vision loss by 19%.

Other studies have shown that lutein, a carotenoid responsible for macular pigment optical density (MPOD), alone or in combination with antioxidant vitamins and minerals, improved the MPOD and near visual acuity, slowed the progression of AMD, and improved the central vision of patients with existing AMD. It is also interesting to note that the vitamin C concentration in the front part of the eye is about six times that in the blood.

The Prostate Health panel measures many of the nutrients necessary for a healthy prostate. These include vitamins A, C, & E, urine vitamin C, lycopene, selenium, and zinc. More than 180,000 men will be diagnosed with prostate cancer this year. More than 40,000 men will die from the disease. It is increasing at a rate of 6.4% a year among men 59 to 79 years old.

Lycopene, a carotenoid found in red tomatoes and watermelon, etc., is a very strong antioxidant and is probably in the highest concentration of any antioxidant in the tissue. Several studies have shown that men in Italy have 60% less prostate cancer than men in the U.S., England, and Ireland. It is thought this is related to the amount of tomatoes and tomato products Italian men eat.

For those with a history of Alz-

*continued on page 4*

## HEALTH HUNTERS AT HOME

### The importance of drinking water

The Center has a different health incentive for its employees every month. They range from writing positive statements about every one of the staff at The Center to walking a mile daily.

In July, we were encouraged to drink two quarts of water every day. What better health incentive could we have with the temperature approaching 100 degrees. You could see The Center staff drinking from a glass while sitting at their desks or drinking water from their two-quart containers. We recommend that staff drink two quarts a day to keep their hydration in good shape all year round; we just emphasize it in July.

In the June issue of *Nutrition Reviews*, they had a supplement covering the Nestlé Hydration symposium. The articles presented ranged from "The Importance of Good Hydration for the Prevention of Chronic Diseases" to "Human Water Needs."

In "Human Water Needs," the researchers said that healthy humans regulate their daily water needs very well across the board despite changes in their biological development. Just being outside in July, August, and even into September stresses your water level, not counting exercise or working outside.


These researchers ended with, "...normal hydration can be achieved with a wide range of water intakes by sedentary and active people across their lifespan." Again, this is why The Center emphasizes drinking water in July

and hopes we keep it up.

When we don't get enough water in our daily diet, we get ourselves into a condition where we are susceptible to getting one or more chronic diseases.

The researchers open their article, "The Importance of Good Hydration for the Prevention of Chronic Disease" by saying, "There is increasing evidence that mild dehydration plays a role in the development of various [chronic diseases]." These can be urinary problems, bladder and colon cancer, constipation, bronchial or pulmonary disorders, hypertension, fatal heart attacks, and dental diseases—to name a few.


In "Hydration Status in the United States and Germany," the researchers say that, "In the United States and Germany, population groups show distinct differences in water metabolism." Germans are behind the Americans in the amount of water they drink.

Like the Germans, do we drink enough water? Dr. Riordan used to say that we breathe out about two quarts of water a day—doing a minimal amount of work in a comfortable environment. If we are exercising or working outside on a hot day, we use up more water a day than the two quarts. This is why The Center emphasizes that we drink two quarts of water a day. I know that I had fallen behind on the amount of water that I drink. Thanks to the July Health Incentive, I drink a lot more. 

—Richard Lewis

### 51 healthy foods you can eat

The following foods come from the Tufts University list mentioned in "Center Update" in this newsletter. "Any one food on the list isn't necessarily 'better' than other [whole foods] choices," says Jerry Goldberg, Ph.D., a professor of nutrition at Tufts University. They are the whole foods you may want to try. Here is the list:

- |                      |                     |                           |  |
|----------------------|---------------------|---------------------------|--|
| 1. Acorn squash      | 14. Canola oil      | 27. Oranges               | 39. Strawberries   |
| 2. Almonds           | 15. Cantaloupe      | 28. Peaches               | 40. Sweet potatoes   |
| 3. Apples            | 16. Carrots         | 29. Peanut butter         | 41. Tea  |
| 4. Apricots          | 17. Cauliflower     | 30. Popcorn               | 42. Tofu   |
| 5. Asparagus         | 18. Chicken breasts | 31. Pork loin             | 43. Tomatoes   |
| 6. Bananas           | 19. Collard greens  | 32. Prunes                | 44. Tuna   |
| 7. Barley            | 20. Cranberry juice | 33. Quinoa                | 45. Turkey breast  |
| 8. Beef eye of round | 21. Kale            | 34. Romaine lettuce       | 46. Walnuts  |
| 9. Blueberries       | 22. Kidney beans    | 35. Salmon                | 47. Watermelon   |
| 10. Bran flakes      | 23. Mackerel        | 36. Sardines              | 48. White fish   |
| 11. Broccoli         | 24. Milk            | 37. Shredded-wheat cereal | 49. Whole-grain bread  |
| 12. Brown rice       | 25. Oatmeal         | 38. Spinach               | 50. Whole-grain pasta  |
| 13. Brussels sprouts | 26. Okra            |                           | 51. Yogurt  |

## INFORMATION WORTH KNOWING

“Are you in pain? Do you wake up stiff and tired each morning? Has your weight been creeping up in spite of your best efforts to control it? Is your doctor concerned about your cholesterol and blood pressure? Has a gnawing sense of depression been creeping into your life? Do you come from a family with arthritis or heart disease in the background?” The above information was taken from the introduction to, *User’s Guide to Inflammation, Arthritis, and Aging*, a new book on inflammation written by Ronald Hunninghake, M.D. Dr. Ron is the Chief Medical Officer for the Olive W. Garvey Center for Healing Arts here at The Center. He has been with The Center for over seventeen years. He has worked with a multitude of sustained illnesses and has found that those statements ring true for more and more people. Do you recognize those symptoms relating to you or to your loved ones? If so, then Dr. Ron’s book is for you. The following questions are taken from Dr. Ron’s book.

1 When we cut or injure ourselves we expect to heal. This is due to an orchestrated sequence of events called \_\_\_\_\_.

- a. dysbiosis
- b. inflammation
- c. cellulitis
- d. biosynthesis

2 Healthy inflammation appears to be desirable and is a systemic undetected process that affects many organs.

- a. True
- b. False

3 With injury, \_\_\_\_\_ are released to tell the body where the problem is and that immediate attention is needed.

- a. endorphins
- b. enzymes
- c. cytokines
- d. nutrients

4 A good screening test to uncover the presence of the renegade cell-signaling proteins is the \_\_\_\_\_ protein.

- a. C-Reactive
- b. D-Proactive
- c. A-lipoic
- d. F-Fibrin

5 There is a significant relationship between inflammation and heart disease. A daily aspirin, in addition to reducing platelet stickiness, may also reduce the inflammatory component of arteriosclerosis.

- a. True
- b. False

6 Unhealthy or chronic inflammation is caused by excessive pro-inflammatory regulators that have been influenced by \_\_\_\_\_.

- a. height
- b. age
- c. education
- d. a diet change

7 Omega-3 fats (one of the “good” fats) were abundant in our ancestors’ diets. Omega-3 fats are found in \_\_\_\_\_.

- a. fish
- b. grass-fed and bark-fed animals
- c. shellfish
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

*If you deliberately plan to be less than you are capable of being, then I warn you that you’ll be unhappy for the rest of your lives. You’ll be evading your own capacities, your own possibilities.*


—Abraham Maslow

Beat The Odds—Cont’d from page 3

heimer’s or Parkinson’s disease, a Brain Health panel might be in order. From 65-74 years of age, 3% of people have Alzheimer’s; 75-84 years, 19% have the disease; and above 84 years, 47% of people have it. This panel contains vitamins A, C, E, B1, B3, B6, & B12, folic acid, fatty acids, CoQ10, homocysteine, amino acids, a lipid profile, C-Reactive Protein, selenium, magnesium, zinc, and urine vitamin C & pyrroles.

Vitamin B deficiencies result in memory loss and ataxia. People with increased homocysteine have 2 to 4 times the risk of developing Alzheimer’s. Homocysteine also causes vascular disease of the cerebral arteries and is a neurotoxin to the brain. Vitamin A protects the brain cell membranes while vitamin E protects the cells from lipid peroxidation and may protect from a stroke. A form of vitamin B1 is important for some enzymes in the brain. Many of these enzymes have been found to be low in the brains of patients who have died with Alzheimer’s. Low levels of selenium and vitamin E increase the risk of stroke by 4 times in men. CoQ10 increases HDL and decreases Lipoprotein(a). Zinc is involved in over 100 enzymes in the brain.

Amino acids are important for brain health. Taurine is most prevalent in the brain. Leucine and isoleucine stimulate the upper brain and make you more alert. Low levels of lysine lead to an inability to concentrate. Methionine clears the brain of metabolic and toxic wastes (cadmium and mercury). Phenylalanine brightens mood and improves long-term memory. Tryptophan is the precursor of serotonin, the feel-good neurotransmitter. Valine promotes a calming effect on our emotions. Certain fatty acids are useful in preventing Alzheimer’s disease and some fatty acids are low in children with ADHD.

Other panels available are the Bone Health, Pre-conception/Fertility Health, Skin, Hair, and Nail Health, a “Mega Health-Basic,” and a “Mega Health-Comprehensive.” The mega health panels are the most comprehensive. These are available to the public, usually in April and October. Visit our website, [www.brightspot.org](http://www.brightspot.org), to see dates and a sample of a mega panel. 

## The Garden and the gardener

by Melvin D. Epp, Ph.D.

During this summer's Health Hunter Lunch & Lecture Series, both Dr. Kirby and Dr. Hunninghake included discussions of phytosterols. Dr. Kirby primarily discussed phytosterols for cholesterol control and as an additive in functional foods, while Dr. Hunninghake reviewed evidence for the consumption of phytosterols with reference to prostate health. Tapes of both lectures are available through the Gift of Health.

Plant sterols are present naturally in small quantities in many fruits, vegetables, nuts, seeds, cereals, legumes, vegetable oils, and other plant sources. Phytosterols, as well as phytostanols, are essential components of plant cell membranes and structurally resemble cholesterol.

It is estimated that Americans generally eat about 300 mg of phytosterols a day and vegetarians eat about twice that amount. Dr. Kirby included a list of foods with high concentrations of phytosterols. Most of the foods on her list were seeds and seed-derived oils. I was curious to learn the contribution of garden vegetables. The USDA Nutritional Database lists phytosterol concentrations for only a few vegetables. I will include five foods from Dr. Kirby's list for comparison: Sesame seed, Sunflower seed, Almond, Orange, and Banana.

Food	Phytosterols, mg / 100 g edible portion	Food	Phytosterols, mg / 100 g edible portion
Sesame seed, whole, dried	714	Turnip greens	12
Sunflower seed, dried	534	Cabbage	11
Almond, unroasted	120	Cantaloupe	10
Beets	25	Spearmint	10
Asparagus	24	Chives	9
Okra	24	Bell pepper	9
Orange, CA., navel	24	Spinach	9
Cauliflower	18	Eggplant	7
Banana	16	Radish	7
Onion	15	Tomato	7
Cucumber	14	Turnip	7
Sweet potato	12	Parsley	5
		Cilantro	5
		Potato, white	4
		Watermelon	2

A diet rich in garden vegetables will provide a healthy level of phytosterols each day since 100 grams is less than a quarter pound or 4 ounces of these vegetables. [H]

## Herbal History

by Chad A. Krier, N.D., D.C.

### Hawthorne (Crataegus oxycantha): the heart herb

Hawthorne is thought of as food for the heart and is generally considered a Heart Tonic. It has shown positive benefit in many clinical trials for a variety of heart related conditions, including congestive heart disease, hypertension, and cardiac insufficiency. Its flavonoid and amine constituents make it an excellent antioxidant, anti-arrhythmic, and connective tissue builder.

The antioxidant properties enable the body to fight off inflammation, while slowing oxidation of fats which may help prevent plaque formation in the arteries. OPC's (oligomeric procyanidins) strengthen and stabilize collagen, which is vitally important for promoting arterial (blood vessel) health. Moreover, the amine constituents exert a positive inotropic (increase heart pump-

ing force) effect on the heart.

In mild hypertension, hawthorne works by dilating arteries, inhibiting angiotensin converting enzyme and acting as a mild diuretic. One study has shown that hawthorne decreases edema and shortness of breath in cardiac patients. In congestive heart failure patients, hawthorne, in conjunction with herbs that contain cardiac glycosides such as Convallaria majalis, has been used successfully. Hawthorne potentiates the effects of cardiac glycosides so that lower doses of the glycosides can be used.

I generally recommend using a solid extract of hawthorne 1/4 to 1/2 teaspoon 2-3 times per day. If you are on a beta blocker or cardiac glycoside, you may require modification of your dosage while on hawthorne. [H]

## Food of the Month

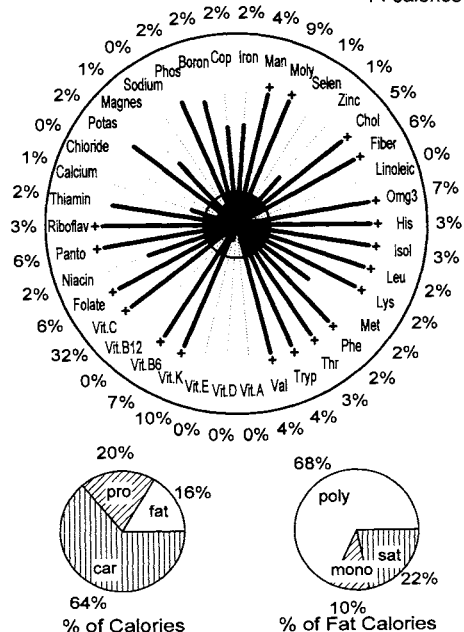
by Donald R. Davis, Ph.D.



NutriCircle

1/2 cup = 14 calories

**CAULIFLOWER**, the word, means "cabbage flower." Like broccoli, cauliflower is a cultivated descendent of cabbage. It is a relatively recent creation of low-technology, selective breeding by humans. It is popular as a thick soup in France and in India as a vegetable curry with onion and potato. Try steaming a whole cauliflower till it is tender and then allowing cheese slices to melt on top before removing it from the pan. A half-cup serving contains 2% to 32% of the RDAs for a remarkable 27 nutrients shown here, in a mere 14 calories. Interestingly, 16% of its few calories come from fat, including omega-3 fat.



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

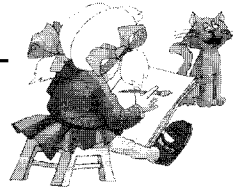
# Mental Medicine

by Marilyn Landreth, M.A.

## What do you do?

How many times have you been asked what you do for a living? If you are like me, you try to answer as simply as possible—such as: an educator, engineer, teacher, nurse, etc. Why do we tend to limit the scope of what we do? Do we need permission from someone or some institution? I got to thinking about this the other day when I was visiting with Jady. This is the young lady who, when asked how old she is, answers, “I’m five years old, but I’m tall for my age.” Jady told me that she wanted to be an artist when she grew up. Then she qualified that statement by adding, “Well, I’m already an artist, but I want to be a really good artist.”

Jady has a good sense of self-confidence. She knows what she can do, and she does not have to measure her ability by comparing herself to someone else. Richard E. Boyd said,



“Few men during their lifetime come anywhere near exhausting the resources within them. There are deep wells of strength that are seldom used.” What could we do if we tapped into those “deep wells of strength?” What if we were able to name all the wonderful things that we do? I might say, “I am a writer, although I want to be a really good writer.”

Lawrence Welk said, “To be granted some kind of usable talent and to be able to use it to the fullest extent of which you are capable – this, to me, is a kind of joy that is almost unequaled.” Jady already knows something about the joy of a usable talent. She is expecting that talent to grow as she does. What are we expecting and how can we acknowledge all of the many abilities that are just waiting to be used? [H]

## Case of the month

A 69-year-old woman came to The Center in June of 1998 because she wanted a more natural way to be sure she did not have breast cancer recur and wanted to go to a place that was closer to home. She lives in Hutchinson, Kansas, and she had her radical mastectomy and the follow-up treatments out of state for almost five years.

When she came to The Center she had been taking Tamoxaphen for over four years. After seeing Dr. Riordan for her initial appointment, he wanted to check her vitamin A, B3, C, and E levels and trace minerals magnesium, selenium, and zinc levels along with her fatty acid levels in her red blood cells. He also wanted to check her potassium to sodium ratio, pyrroles, urinalysis, and vitamin C level in her urine as well as continue the Tamoxaphen to complete her five years. She agreed with him and went to the laboratory to get the samples drawn.

She was also started on intravenous vitamin C infusions beginning with 15 grams per infusion which was increased gradually to 50 grams per infusion once a week. She continued at this level until November of 2000 when the dosage was reduced to 25 grams per infusion, and the interval was reduced to once a month. She was doing much better by this time.

She continues the 25-gram vitamin C infusions today at an interval of six to eight weeks between the infusions.

In addition, she was taking a multivitamin, 2000 mg of vitamin C, 400 IU of vitamin E, St. John’s Wort, magnesium, selenium, Super EPA, shark cartilage, and beta carotene when she first came to The Center. The vitamin C was increased to 4000 mg per day, along with the addition of one scoop and one packet of Immunopower a day. Lipoic acid was added to what she took when the vitamin C infusion was increased to 50 grams.

She continues cancer free today as she continues her vitamin C infusions and taking her nutrients by mouth daily. She has added some nutrients to her daily routine and has taken others away, and, with Dr. Hunninghake’s help, she is doing well. [H]

## CENTER UPDATE

### Say “yes” to whole foods

In the August, 2005, issue of the *Health & Nutrition Letter* from Tufts University there was a four-page Special Supplement titled, “51 Healthy Foods You Can Say ‘Yes’ To.” It is an interesting article with an excellent list of foods that are rich in nutrients.

The interesting point about the 51 foods is that they are all whole foods. The Center has been recommending a whole foods diet since we opened 30 years ago. It was fairly simple back then, but we have continued to refine it over the 30 years. Now, it is an excellent diet for each individual to adapt to his/her particular needs and wants.


The list of 51 foods starts with acorn squash and almonds and ends with yogurt. Acorn squash, for instance, is an excellent source of lycopene, folate, and vitamins A and C. It is also a good source of fiber in your diet and a great source of potassium—they say almost 900 milligrams per cup.

Almonds, the second food on the list, are a good source of potassium as well as low in saturated fats and high in unsaturated fats. They mention that they are an excellent substitute for a snack that replaces one that is high in trans fatty acids and sugar, such as a candy bar.

Slipping to the end of the list, number 50 is whole-grain pasta. “If you have been put off by tough, grainy whole-wheat pasta in the past, it is time to give it another try,” the article suggests. In 2005, more than 28 whole-grain pastas were introduced that take advantage of new technology making the pasta a tastier product, a point well worth knowing.

The article concludes by saying, “If this list simply gives you some foods to try, that’s a big step in the right direction.” For a complete list of the 51 foods, check on page 3 in this issue of the *Health Hunter Newsletter*. [H]

Answers from page 4

- 1 b. Pain, swelling, and redness are the signs of inflammation and tell the body that certain proteins need to be released.
- 2 b. Healthy inflammation is a localized, visible phenomenon. Unhealthy inflammation is a systemic, undetected process.
- 3 c. Cytokines are the cell-signaling proteins that activate macrophages and other immune cells.
- 4 a. This is a highly sensitive laboratory test that is relatively inexpensive and measures hidden or chronic inflammation.
- 5 a. In an article in the *New England Journal of Medicine*, it was found that people with elevated C-Reactive Protein (CRP) are three times as likely to die from sudden heart attacks than controls.
- 6 d. We have "progressed" from our hunting and gathering diet to the American diet that is low in "good" fats and high in sugar.
- 7 d. Immune function, blood clotting, brain function, and several other bodily functions are enhanced with an abundant source of essential fatty acids such as omega-3. 

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# Upcoming Events. . .

## Lunch & Lectures:

### September:

- 8 Fuzzy Head? Feeling Achy? Maybe You Have Food Sensitivities
- 15 What is Happening in Research at The Center?
- 20 Emotions, Brain, and the Immune System
- 22 Healthy Secrets from Your Nine Liver Dwarves Part II
- 27 The Best Kept Secret In Wichita: The Taste of Health Restaurant
- 29 Inflammation, Arthritis, & Aging

### October:

- 4 Increasing Longevity with a Micronutrient Tune-Up
- 13 Healthy Secrets from Your Nine Liver Dwarves Part III
- 18 Do You Want to Improve Your Thinking Skills?
- 20 Can One Live a Gluten-free Life?



## The Night of 10,000 Lights Fundraiser



Saturday, September 17, 2005

Food, Entertainment, and Special Guests  
Celebrating 30 Years of Service since 1975!

## Preventive care for older adults

Health care is improving. According to an article in *The Journal of the American Medical Association*, some doctors are screening older adults for six preventive diseases such as breast cancer, colon cancer, and diabetes.

This is a good way to begin, but there are several other diseases that affect older adults as well as younger adults and even children. This process is only looking at the symptoms and then treating the symptoms with drugs.

At The Center, we take a different approach. First of all, we look for the underlying causes for the individual's problems rather than just the symptoms. Next, we treat the individual with nutrients that belong in her/his body but are not there in adequate supplies to keep the person operating as close to optimal as possible.

This is more successful than screening for six preventive diseases, but screening is a good start.

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**INSIDE THIS MONTH'S ISSUE . . .**

- Beat The Odds laboratory health panels—why bother?
- The importance of drinking water
- 51 healthy foods you can eat
- Preventive care for older adults