

Health Hunter[®]

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NEWSLETTER

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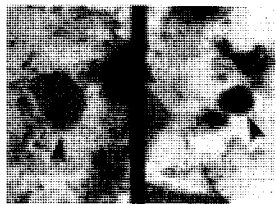
Parasites—nature’s hitchhikers: how to avoid giving them a lift

by Doug Johnson, MT(ASCP)

In our modern society it is easy to think that parasites are a thing of the past. But think again. People travel to and from all parts of the world. Even if we never leave our hometown, we can be exposed to parasites and other diseases from the people we meet and the foods we eat.

Parasites have been around for thousands of years and are still around today.

Where do most of our fresh foods come from? Many fruits and vegetables come from other countries. This is how we get fresh produce out of season. Even if foods are grown in the U.S., some foods are harvested by poorly educated workers who may have lived in other countries where fecal parasites like *Entamoeba histolytica* or *Dientamoeba fragilis* are common. This is why it is so important to wash our fresh foods thoroughly. Good hygiene has done a lot to curb the transmission of parasitic disease, but everyone must do their part to avoid contamination of our food, from the people who harvest the food, to safe transportation of the food, stores that sell the food, people who prepare the food, and finally the people who consume the food.



Dientamoeba fragilis

Central America. The shipment was contaminated by a fecal parasite by the name of *Cyclospora*. Before it was contained, hundreds of people had unpleasant bouts of diarrhea that lasted 3 to 5 weeks. Our founder, Dr. Riordan, used to say it is not only the quality of the food that we eat but also the knowledge, skill, and good hygiene of the person preparing the food that make our meals nutritious and healthy.

Don't think our waterways are free from contamination either. Two of the most common intestinal parasites in the U.S. are *Giardia* and *Cryptosporidium*. *Giardia lamblia* is a common parasite that lives in the intestinal tract of many animals, especially beavers, is continually present in our rivers and streams throughout the country, and, in fact, is found worldwide. Think of that the next time you get a mouthful of water at a local lake. *Giardia* may cause short-term extreme diarrhea for a week or may cause mild symptoms and cause malabsorption disease for many years. The other common parasite, *Cryptosporidium*, originates in the intestines of cattle. About 15 years ago, excessive rains in Minnesota caused contamination of the drinking water of the St. Paul area, and 100,000 people came down with diarrhea. The interesting thing was that the area pharmacists realized that there was a problem when thousands of people



Giardia lamblia

continued on page 2

Optimal vitamin D for multiple chronic diseases

Reaching the optimal level of vitamin D will help us live better, but most Americans, both young and old, just don't realize that it is important to reach the optimal level or what this level should be.

Recent research appearing in *The American Journal of Clinical Nutrition* looked at vitamin D and found that current recommendations are on the low side. The researchers also said that optimal vitamin D is associated with better health.

They found that the most advantageous serum concentrations of vitamin D begin at 30 ng/mL (75 nmol/L), and the best levels are between the levels of 36 to 40 ng/mL (90 to 100 nmol/L).

These concentrations, in most people, cannot be reached with the current recommendations of 200 to 600 IU of vitamin D for most adults. The recommendation made by the researchers is 1000 IU for most adults and may be higher for some adults. ^[1]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Host vs. germs

Language often reveals hidden bias. Take, for instance, the common assertion: "I caught a cold." This implies that the cold virus was "out there" and you had the misfortune of coming into contact with it. Once contacted, it was contracted. You "caught it."

By implication, the virus is more powerful than you. Had you avoided it, you wouldn't have "caught it." The contagious nature of the infecting germ is given precedence over the ability of the host to "resist it."

Why? Why does our culture give this advantage to the germ? Wouldn't it make more sense to focus on the triumph of host resistance in the face of germs? "Everyone else was getting sick, but I didn't!"

Turns out, there's a long-standing debate that started with Pasteur's discovery of germs. He demonstrated that germs do cause disease. That is not

in question. Germs DO cause disease.

By the same token, wouldn't host susceptibility be a necessary prerequisite for infection to occur? Not everyone who is exposed to a cold virus gets a cold! (A point made by another great biologist, Dr. Claude Bernard.)

Logically speaking—no germ, no infection...granted. Germ needs a host...granted. Two kinds of hosts: susceptible and non-susceptible. This point was eventually granted even by Pasteur himself on his deathbed. "Bernard was right, host susceptibility is everything!"

Once this new premise is accepted, then a revolution of thinking is just around the corner. It begins with a bold new question: "How can I make myself non-susceptible?"

Ge...I wonder if orthomolecular nutrition might help. [H]

Parasites—Cont'd from page 1

ran down to their local drug stores for help.

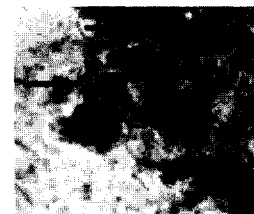
Tapeworms and roundworms have not disappeared either. They are still around, though meat inspections and better harvesting techniques have reduced their incidence. We all know that we should not eat uncooked pork. Today, pigs must be fed only cooked or processed foods, rather than raw foods, to reduce the risk of Trichinosis and tapeworms, but we don't realize that similar worms are also present in beef or wild game animals such as deer and bear. I bet you know a few people who enjoy undercooked beef or raw fish (sushi). Yes, there is a chance of catching something from sushi. Fish commonly have worms and, despite the flash freezing and well-trained food handlers, it is possible to get Anisakis (a fish round worm), Diphyllbothrium latum (a fish tapeworm), or other parasites from raw fish. The tapeworm of Diphyllbothrium, found in some raw fish, can grow to reach lengths of 30 feet in an unsuspecting host.

So, what are some symptoms of

having a parasite? Feeling tired most of the time; digestive problems, such as gas, bloating, diarrhea, or constipation; restlessness or feelings of anxiety; itching of the rectal area; and grinding of teeth are just a few of the symptoms.

How do you avoid getting parasites? Drink only treated water. Even well water or fresh Rocky Mountain streams may be contaminated with the Giardia parasite.

Wash your hands after playing with pets or going to the zoo. We know animals love to roll around on the



Cryptosporidium

ground, and in some areas, especially zoos, the ground is heavily contaminated with feces. Clean your fruits and vegetables thoroughly. We don't realize how many little creatures have been around the foods that appear clean. Meats should be cooked to reduce the risks of disease. Parasites and other infectious diseases are easily spread by undercooked meats.

continued on page 3

Don't handle cat or dog excrement, especially if you are pregnant. Practice good hygiene. Wash your hands after using the restroom and wash your hands well before eating, especially if you have been outdoors or handled unwashed or uncooked food.

Not everyone has parasites. Only about 5%-9% of The Center's patients who have been tested have parasites, but a stool exam can detect more than parasites. Increased numbers of yeast can reflect an intestinal imbalance caused by antibiotics or a diet too high in sugar. An exam with increased white blood cells can reflect an infection or a possibility of inflammation. So, if you have an irritable bowel problem or one of the other symptoms that has been discussed, parasites are a possibility. Parasites have been around for thousands of years and are still around today. Good hygiene and a cautious attitude toward the possibility of contaminated foods and unsafe activities can save us from misery down the road. [H]

Cashews help blood pressure-regulating reflex

Researchers found that eating a diet rich in cashew nuts improves the sensitivity of a key reflex, called baroreflex, that helps to maintain healthy blood pressure. Baroreflex becomes less sensitive as heart disease develops. By comparison, the researchers found that a diet rich in walnuts actually impaired the ability of baroreflex to work.

Cashews are rich in monounsaturated fatty acids, but walnuts are high in polyunsaturated fatty acids. Since the researchers wanted to find out how these nuts affected people with metabolic syndrome, they divided 62 people into three groups. The first group ate a normal diet, the second ate a diet with 20% of the calories from cashews, and the third received 20% of their calories from walnuts.

After eight weeks, the researchers found that those eating the cashew-heavy diet improved their baroreflex sensitivity. [H]

HEALTH HUNTERS AT HOME

by Dean Dodson

Wow...grapefruit is high priced!

This article is based on a personal love of grapefruit that my wife and I have. I have found that it is one of those substances that just lights up my metabolism and starts the day on a positive note.

Because we like grapefruit so much, we are tuned in to the cost of these little nuggets of nutrition. When we had to pay \$2.39 per grapefruit, I knew it was time to research the situation. Here is what I found.

Since 2000, the decline in inventory has been a factor in the steady increase in grapefruit prices. Another major factor is the hurricane season last year. The storm's damage to trees will affect crop production for years to come. Also, the high cost of crude oil in relation to harvesting and transportation has caused the profit margin for growers to shrink, making selling their property for development seem very attractive.

Studies about grapefruit interacting with prescription drugs and the current push for low carb diets have caused consumption to decline, production to drop in the U.S., and prices to soar.

So, like gasoline, there will be ups and downs in grapefruit cost. So the question is: Is it worth the price?

Everyone knows that grapefruit contains vitamin C, which helps prevent free radical damage and inflammatory cascades associated with such conditions as rheumatoid arthritis and osteoarthritis, but it contains much more than just vitamin C.

Grapefruit also contains lycopene. In recent years, lycopene has gotten much press and most people associate it first with tomatoes. Grapefruit lycopene is signified by that pinkish-red color grapefruit possesses. Lycopene is a carotenoid phytochemical which has a high capacity to fight free radical damage.

Limonoids, also found in grapefruit, are phytochemicals that trigger the formation of glutathione-S-transferase, an enzyme that helps the liver make toxic compounds in the body more water soluble for excretion. In laboratory tests, limonoids have been shown to help fight

various types of cancer such as skin, lung, breast, stomach, and others.

The pulp of grapefruit and other citrus fruits contains glucarates which are compounds that may help prevent breast cancer.

Galacturonic acid, found in grapefruit pulp, helps lower blood cholesterol and may be a factor in dissolving or reversing plaque in the arteries.

In animal studies, the pectin in grapefruit has been shown to slow down the progression of arteriosclerosis. A study published in the March 2006 *Journal of Agricultural and Food Chemistry* declares that "Diet supplemented with fresh red grapefruit positively influences serum lipid levels of all fractions, especially serum triglycerides and also serum antioxidant activity."

The flavonoid, naringenin, which is found in grapefruit, helps repair DNA damage in human prostate cells. The February issue of the *Journal of Nutritional Biochemistry* indicates that naringenin is instrumental in stimulation of DNA repair and may prevent mutagenic changes in prostate cancer cells.

Back in 1993, Jean Carpenter, author of *Food—Your Miracle Medicine*, stated, "An orange or grapefruit a day may cut your chances of developing pancreatic cancer in half!"

The list of positive characteristics of grapefruit goes on and on, but one should remember that it can have powerful antioxidant effects and dramatic detoxification characteristics. Grapefruit can react with many medications and prescription drugs, causing serious side effects. So, if you are taking medication be aware of the side effects, and if in doubt consult with your physician.

For me, medications are not an issue, so the enhanced antioxidant and detoxification effects of grapefruit are a big plus, even at \$2.39 each. I figure my health is worth it. What Hippocrates said thousands of years ago, "Let medicine be your food and food be your medicine" still holds true today.

My final advice is don't buy gold... buy grapefruit (if you can figure out how to store it for the long term). [H]

INFORMATION WORTH KNOWING

by Genavieve Meyer

Do you feel tired, run down, and unable to bounce back from illness or stress? If so, you may be one of the millions of people currently suffering from adrenal fatigue. Adrenal fatigue, also known as Non-Addison's hypoadrenia, refers to a lowered state of adrenal functioning, whereby the adrenal glands are not able to sufficiently cope with stress. It is estimated that 80% of Americans will suffer from adrenal fatigue in their lifetime. Despite this overwhelming statistic, adrenal fatigue is largely unrecognized by the medical community and thusly tends to go undiagnosed. In his book, *Adrenal Fatigue—The 21st Century Stress Syndrome*, Dr. James L. Wilson delves into what has become one of the most misdiagnosed illnesses in the U.S. Drawing on 24 years of experience treating adrenal fatigue in his private practice, Dr. Wilson discusses what causes adrenal fatigue, what the symptoms may look like, and how you can start on the road to recovery. The questions this month are taken from his book.

1 Addison's disease is an extreme form of hypoadrenia which is characterized by adrenal failure or severe adrenal insufficiency. The rarest form of hypoadrenia, Addison's disease affects only 4 persons per 100,000. Approximately 70% of cases of Addison's disease are the result of _____.

- a. alcoholism
- b. auto-immune disease
- c. chronic respiratory infections
- d. severe stress

2 Cortisol levels normally rise rapidly from approximately 6:00 a.m. to 8:00 a.m., but in people with adrenal fatigue these levels do not rise as high and may drop much faster than average. These lowered cortisol levels cause a person with adrenal fatigue to not feel as awake early in the morning. It is, therefore, very beneficial for people with adrenal fatigue to sleep in until around _____ a.m.

- a. 8:00
- b. 10:00
- c. 7:30
- d. 9:00

3 The thyroid is another endocrine gland that is susceptible to the effects of stress. It is often the case that people who have low thyroid function and are not responding well to thyroid therapy are suffering from adrenal fatigue as well.

- a. True
- b. False

4 Chronic conditions such as physical or emotional stress can cause hypoadrenia. There are also lifestyle choices that deplete the adrenals and can result in eventual adrenal fatigue.

Poor diet is one of the most common of these factors. Statistics show that _____ of North Americans do not even eat one vegetable per day.

- a. 62%
- b. 34%
- c. 56%
- d. 75%

5 Respiratory infections are particularly hard on the adrenal glands and weaken them rapidly. This was shown in 1919 when autopsies were performed on the deceased victims of the 1918 flu epidemic. It was shown that out of the 126 patients who died from influenza, _____ of them had adrenals that were damaged by the infection.

- a. 120
- b. 72
- c. 106
- d. 49

6 When you eat is almost as important as what you eat when you have adrenal fatigue. If you have hypoadrenia, it is tremendously important that you eat in the morning between 10:00 a.m. and 11:00 a.m.

- a. True
- b. False

7 A common problem suffered by people with adrenal fatigue is dehydration and loss of electrolytes. To help offset this problem, it is recommended that people with hypoadrenia _____ 2-4 times a day.

- a. drink green tea
- b. eat potassium containing foods
- c. drink electrolyte replacement drinks
- d. drink salted water


• FOR ANSWERS, SEE PAGE 7 •

Nigella sativa seeds, also called black cumin, help diabetics

Nigella sativa seeds are used in North African and Middle Eastern traditional medicine as a treatment for diabetes. *N. sativa* seeds are also known as black seeds or black cumin.

Since little is known about the scientific workings of *N. sativa*, researchers set out in the laboratory to find out if the seeds really work for diabetes. To do this, they took two cell lines, C2C12 muscle cells and 3T3-L1 fat cells that are insulin-stimulating cell lines and reacted them with a crude ethanolic extract taken from *N. sativa* seeds for 20 hours.

In the muscle cells, the researchers found the *N. sativa* extract increased basal glucose uptake by over 50% and insulin-stimulated glucose uptake by 30% to 50%. This effect was consistently greater than a tested diabetic drug. In the fat cells, basal uptake was increased by 60% and stimulate uptake was increased by up to 50%—again, better than a diabetic drug that was also tested.

This research was conducted at the University of Montreal and was funded by the Canadian Diabetes Association. 

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Test of the Month

by Dr. James A. Jackson,
Director, Bio-Center Laboratory

Urine vitamin C

As I promised in the last issue, here is another URINE article. This one deals with a test most everyone who has been a patient/co-learner at The Center is familiar with. It was also a favorite of Dr. Riordan's. The test is urine vitamin C or the chemical name Ascorbic Acid.

As most of you know, humans cannot make vitamin C. Actually, there are 45 nutrients that we need to survive which our bodies cannot make. Vitamins fall into two classes: fat soluble (vitamins A, D, E, and K) and water soluble (C and all the B vitamins). When tissues are saturated, water-soluble vitamins tend to be passed out in the urine. If tissues are not saturated, the body tends to retain them.

Your body contains a total of 1500 to 5000 milligrams of vitamin C, depending on your size, etc. It has a half-life in tissues of 16 days and in blood or serum of 30 minutes. An absolute deficiency of vitamin C for a period of time will cause scurvy. Vitamin C has many functions in the body: collagen formation, stimulates the immune system five different ways, and is a cofactor in many enzyme and hormone reactions. Stress will deplete vitamin C levels quickly, as it is needed to make the stress hormones in the adrenal gland.

Two of the first signs of vitamin C deficiency are fatigue and irritability. Dr. Riordan believed that one should have about 50 to 100 mgs of C in the urine. This would indicate maximum tissue saturation. However, it must be remembered that certain medications, such as aspirin, will cause vitamin C to be excreted in the urine no matter the saturation level.

To help you monitor your urine vitamin C at home, The Center offers a product called VitaCheck-C.® Just dip it in your urine, blot it, and compare to the color chart. You should have a 50 or 100 mg reading. If not, you may need more C!

Herbal History

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

Vitex agnus-castus (Chaste berry)

In the Middle Ages, the berries of Vitex were a symbol of chastity and were used to suppress sexual excitability. Monks would use them to replace pepper in hopes of suppressing their libido. Vitex has been shown to inhibit prolactin (pituitary female hormone). The decreased prolactin results in increased corpus luteum growth (where progesterone is released) and increased progesterone production. The second effect that Vitex has on the pituitary gland is increasing the anterior pituitary's production of luteinizing hormone and inhibiting the production of follicle stimulating hormone. This causes a relative increase in progesterone and a decrease in estrogen, and in men a decrease in testosterone. Vitex has been found to regulate menstrual cycles.

All of the following conditions are manifestations of relative progesterone deficiency and/or excess prolactin for

which Vitex can be used clinically: acne, dysmenorrhea, endometrial hyperplasia, endometriosis, infertility, insufficient lactation, menopausal syndrome, abnormal uterine bleeding, perimenopausal depression, polycystic ovary syndrome, premenstrual syndrome, secondary amenorrhea, androgen excess disorders, and uterine myomas.

Vitex is not a fast-acting botanical. It generally takes 2-3 menstrual cycles before effects begin to occur. Treatment for more difficult conditions, such as anovulatory cycles and infertility, may take many months before demonstrating benefit. It is best to dose Vitex first thing every morning in accordance with the diurnal rhythm of the pituitary gland. It may be prescribed during the luteal phase (last 2 weeks) of the menstrual cycle or throughout the cycle. It should be discontinued if the length of the menstrual cycle is excessively changed.

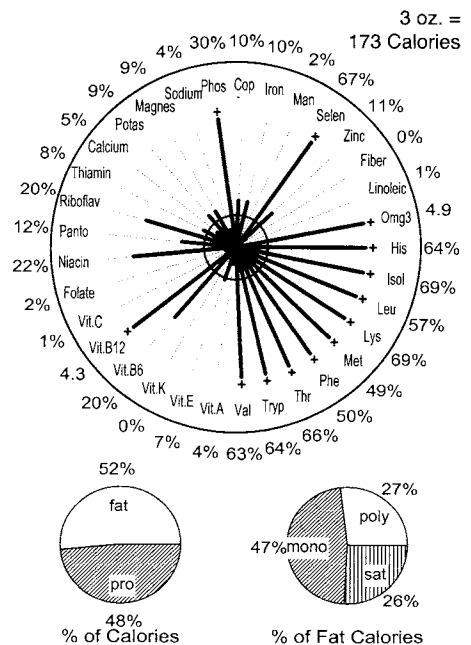
Food of the Month

by Donald R. Davis, Ph.D.



ATLANTIC HERRING are abundant, plankton-eating fish harvested from the seas off New England to Newfoundland. They are wild, small, and low on the food chain, so they are relatively low in mercury and other contaminants. Herring may be canned as "sardines" (immature or sild herring), pickled in salt and vinegar (popular in Scandinavia and Germany) or in sour cream, or smoked as "kippers" or "bloaters" (British staples). A 3-oz. serving contains over 4 RDAs of omega-3 fat and vitamin B₁₂, plus 10% to 70% of the RDAs for 18 other nutrients. An interesting sidelight: Iridescent herring scales give sparkle to women's cosmetics.

NutriCircle



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

Mental Medicine

by Marilyn Landreth, M.A.

Powerful future

Have you ever made a mistake that at the time seemed insurmountable? Not only did you know that you let yourself down but you also let other people down? It happens to all of us at some time if we are truly human with all the faults of humans. Sometimes I think I am more human than most people because, just when I think I've made all the mistakes possible, I find out that I still have the capacity to find new ones.

Saint Francis de Sales knew how to bring comfort when he said, "Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. Unconditional self-acceptance is the core of a peaceful mind."



Mistakes have a way of capturing our attention. Mistakes lead to a mental search to see what other areas might be affected. It spurs us to take action to change what can be changed, to learn from the mistake and move on.

It helps us to get a perspective about what is happening. Yes, mistakes are difficult to admit, and they are a part of life. Remember all the obstacles you have overcome in the past. Like the old song says, "get right up, dust yourself off and start all over again."

Hugh White said, "When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power."

It is our decision whether we get mired in regret or push on to better things. [H]

Case of the month

This 50-year-old male came to The Center in November of 1996 for an evaluation. He had been diagnosed four and a half weeks earlier with bladder cancer. He had consulted experts at four different cancer centers from Wichita, Kansas, to New York City, and they all had recommended surgical removal of the bladder and the prostate, followed by chemotherapy and radiation.

One specialist told him, "If I didn't remove the whole bladder, I would die. It was pretty traumatic."

He was asked at The Center if he planned to do chemotherapy and he said, "No I don't, but I may have to do it to satisfy my wife and children." As it turned out, against what his wife, friends, and the specialists wanted him to do, he kept part of his bladder and did not do chemotherapy or radiation but used intravenous vitamin C instead.

After an evaluation by Dr. Riordan, he received a 15-gram vitamin C infusion on his initial visit to The Center followed by another on the next day. This was increased to 30 grams the following week. This again was increased to a 65-gram vitamin C infusion on the third week, but was reduced to a 30-gram infusion of vitamin C which remains today.

He kept up the two infusions of vitamin C a week until July of 1997 when Dr. Riordan told him that his "Body seems to be finally well" of the cancer. But, as Dr. Riordan told him in a letter, "There really are no good statistics on recurrence rates of bladder cancer...So, there is no real way to totally predict what is going on in the future. I think the most prudent course is to keep your immune system working well and staying healthy."

To accomplish this, he has received an intravenous infusion of 30 grams of vitamin C every month or two from August 1997 through to today. He is very satisfied with the results since he has had no recurrence of the cancer. In addition, his wife is now happy with the results, along with his children, even though they initially did not approve. [H]

CENTER UPDATE

Low vitamin C and fruit intake tied to asthma

Asthma sufferers eat less fruit and consume less vitamin C than people who don't have asthma, according to a new study that appeared in the journal *Thorax*.

"Diet may be a potentially modifiable risk factor for the development of asthma," wrote Dr. N. J. Wareman of the Medical Research Council in Cambridge, UK and colleagues in the paper.

Asthma has been linked to several antioxidants, the researchers said, but it is not clear whether each of these nutrients plays a role in reducing asthma or whether they represent a healthier lifestyle. At The Center, we believe that it is the latter. They represent a healthier lifestyle and the healthier lifestyle causes asthma to slip into the background.

To look at this, the researchers compared the diets of 515 adults who had been diagnosed with asthma compared to the diets of 515 adults without

the disease for control subjects. About a third of the asthma patients reported their food intake over a one-week period.

The researchers found that both the people with asthma and the controls consumed the same amounts of calories and fat, and they showed similar levels of physical activity, education, and likelihood of smoking in the past.

The research did show that those who ate 46.3 grams of citrus daily had about half the risk of having asthma when compared with those who ate no citrus fruit. Symptomatic asthma patients showed significantly lower levels of plasma vitamin C than the healthy controls.

Vitamin C levels and fruit intake should be significantly increased, according to the research. "These findings may be of public health importance in understanding the apparent increase in the prevalence of asthma," the researchers said. [H]

- 1 b. The other 30% can be the result of recurring stress, infections, or other such causes.
- 2 d. Sleeping in can be restorative to the adrenals and promotes a feeling of restfulness in people with hypoadrenia.
- 3 a. Approximately 80% of people suffering from adrenal fatigue also suffer some form of decreased thyroid function.
- 4 a. Typical fast food, pre-packaged, and processed foods do not have the nutrients necessary to make proper hormones in the adrenal glands.
- 5 c. The efforts that the adrenal glands made to try to restore balance to the body led them to a high degree of exhaustion.
- 6 b. A person with adrenal fatigue needs to eat before 10:00 a.m. One mistake people with hypoadrenia make is not eating soon enough after waking.
- 7 d. Salt helps restore some of the functions related to sodium loss within the cells. It also helps increase blood pressure (which is often low in people with hypoadrenia). [H]

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ADRENAL FATIGUE – THE 21ST CENTURY STRESS SYNDROME

by James L. Wilson, N.D., D.C., Ph.D.
 Are you one of the estimated 80% of Americans who will suffer from adrenal fatigue during their lifetime? Adrenal fatigue is one of the most misdiagnosed illnesses in the U.S. Find out what Dr. Wilson has learned during his 24 years of experience treating this disease. Soft cover.

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

ORGANIC NUTRITION – MORE THAN NUTRITION?

with Gary Branum, Ph.D.
 We all know that organically grown produce has significant health benefits, but is that because they are more nutritious, or is there another reason? Learn the facts on organics.

TRANS FATS: AND YOU THOUGHT LARD WAS BAD

with Rebecca Kirby, M.D., M.S., R.D.
 Fats are not all created equal. More scientific evidence points to the fact that fat quality may be more important than quantity in the diet. Learn about trans fats and the association with inflammation and heart disease, where to find them, and how to avoid them.

CONTROL INFLAMMATION, LOSE WEIGHT, LOOK YOUNGER

with Ron Hunninghake, M.D.
 The American diet is pro-inflammatory, resulting in insulin resistance and the tendency to gain weight around the midline. The same prematurely ages the skin. Learn how to control inflammation naturally, lose that midline bulge, and improve the glow of your skin, all in one.

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Light cigarettes reduce chances of quitting

Smokers turning to light cigarettes in hopes of reducing health risks are less likely to quit smoking than smokers using regular cigarettes, according to researchers analyzing census data and reporting their results in the *American Journal of Public Health*.

In 2000, the U.S. Census Bureau surveyed 32,000 people with 12,000 of them being smokers. More than one-third of the smokers said that they had regularly used light cigarettes to reduce health risks, said head researcher, Hilary Tindle, of the University of Pittsburgh. These people were about 54% less likely to quit smoking than smokers of regular cigarettes, according to the researchers.

The research did show that people with higher socioeconomic status and a history of heart problems were more likely to quit smoking than people in other groups.

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