

# The secret of *The Secret*

by Ron Hunninghake, M.D.

**T**he *Secret* is a best-selling book about the law of attraction. This law is not written in any physics book nor did any governmental body ever vote on it. The law of attraction is simply a principle of human consciousness: that which we focus on tends to be attracted to us.

*The Secret* is a kind of prescription for the many maladies of life.

It is a truism that a thought precedes an action. If I am hungry, the quick thought of going to the pantry for food precedes my act of going to the pantry. My intention to write this article preceded the focusing of my attention on that result, which led me here to my computer where I came and sat and began typing into the word processor.

In a very real sense, we create things twice: first in our mind's eye; then in the real world.

The key is attention. Whatever we focus on, we tend to get. Ironically, focusing on the avoidance of something tends to attract it to us just as surely as if we actually wanted it instead. We implore the child to **not** spill their milk...Spill! We try **not** to make a mistake...Mistake! It is best to focus on what you want, not what you don't want.

Attention is a function of consciousness. It is an adaptive function meant to help us satisfy our needs. We naturally attend to our needs. We look out to our environment to find what we need and want. We choose actions we believe will result in getting what we want. Consciousness is fundamentally creative in

this respect. If we don't have what we need or want, we act to create it, or a pathway to it.

So why does someone write a book about this law of attraction and call it *The Secret*?

The law of attraction is all about getting what we want. To the contrary, it is a common belief that life is difficult; that it is hard to get what we want; that dreams really don't come true; that we are unworthy or somehow undeserving of "true happiness" (having the life we really want).

*The Secret* refers to these sabotaging beliefs as *stories*. What's your story? *I was abandoned as a child. My mother really didn't love me. My father wanted a son. I could never trust anyone. I was the black sheep of the family. I was a failure from the beginning. I was a high school dropout. People have always taken advantage of my naiveté. I'm basically a coward. I never get what I truly deserve. Life is unfair! I'm a victim of*

These stories form the underlying concepts, beliefs, attitudes, and thought patterns that can adversely shape both our character and life events. *The Secret* boldly states that there is a secret antidote to all these troubling stories: ignore them and focus on the result you want. Carefully visualize, enumerate, and state (preferably in written form) exactly what you want...WITH FEELING...and it will happen! Why? "Because the law of attraction is a universal law."

*The Secret* provides many titillating case histories of reputable people who used this wish-fulfilling formula with incredible success. The secret is...

*continued on page 2*

# Do sugar substitutes cause weight gain?

Evidence suggests that sugar substitutes fail to reduce calorie intake or control body weight. Worse, a study of rats fed saccharin-sweetened foods found that they ate more calories and gained more weight than rats fed sugar-sweetened foods. Sweet taste normally signals the presence of calories, but artificial sweeteners uncouple this relationship and disrupt normal appetite controls.

A recent study found that sugar produced stronger responses in several brain areas than the artificial sweetener sucralose, even though the subjects could not consciously tell any difference. Only sugar stimulated the midbrain areas related to satiety. The lack of brain response to sucralose may trigger additional eating to provide the missing satiety.

Unfortunately, refined sugars have their own problems. We can promote both satiety and good health by getting our sugars naturally, from fruits, melons, berries, and sweet vegetables.

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## Inside this issue...

- Vitamin safety. . . . . 2
- Health or disease...do I really have a choice? . . . . . 3
- Information worth knowing. . . . . 4
- Test of the Month—Vitamin B<sub>3</sub> (niacin)... 4
- The Center wildlife sanctuary - part 2... 5
- Menstrual cramps. . . . . 5
- Food of the Month—Lobsters. . . . . 5
- What does the wind look like? . . . . . 6
- Little changes make a difference. . . . . 6
- Case of the month. . . . . 6
- Special discounts. . . . . 7
- Upcoming events. . . . . 8
- Overweight? Activity is like weight loss. 8

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# Nutritional Medicine

by Rebecca K. Kirby, M.D., M.S., R.D.

## Vitamin safety

We often hear a mixed message these days about vitamin safety. What takes the cake, though, is the internet headline from the other day which read, "Your vitamins could kill you." The actual evidence compiled by the American Association of Poison Control Centers (AAPCC) shows that more Americans die each year from eating soap than from taking vitamins ([www.doctoryourself.com](http://www.doctoryourself.com)). This compendium of 61 poison control centers indicates that there is less than one death per year from vitamins, even though vitamins are the 16<sup>th</sup> most commonly reported substances of intentional and accidental overdose.

On the other hand, in the year 2003, the Poison Control Center reported there were over 2,000 reported deaths due to pharmaceutical drug overdoses. A recent news release in Florida reported that the rate of deaths caused by prescription painkillers and tranquilizers was 3 times the rate of deaths caused by all illicit drugs combined.


Even when prescription drugs are used properly, a 1998 report found that over 100,000 Americans die each

year from adverse reactions to these medicines.

The Centers for Disease Control in Atlanta (CDC) has estimated that about 130 million Americans use prescribed medication every month. Americans buy far more medicine per person than anywhere else in the world. Reactions to commonly used medicines send over 700,000 Americans to emergency rooms yearly. Those over the age of 65 have twice the risk of a reaction to medicines.

Vitamins have a *much* better track record and safety profile; after all they are essential for life. Essential minerals also have a good safety record with the precaution that iron poisoning is a risk, especially in children.

Side effects from large doses of vitamins can occur; for example, niacin causes flushing and vitamin C can cause diarrhea, but they are not fatal.

So, keep your home safe and lock up prescription drugs and keep the over-the-counter drugs (aspirin, Tylenol, etc) in a safe place. Keep your vitamins that contain iron out of the reach of children and lock up your soap. 

*The secret—Cont'd from page 1*

you have to believe in the result you want with a strong and true feeling. If you didn't get what you wanted, then you must not have truly believed! Or, you were focusing too much attention on what you didn't want...and that's what showed up.

*The Secret* is a kind of prescription for the many maladies of life: poverty, debt, disease, broken relationships, failure, and depression. When faced with these adversities, *The Secret* reader is advised to 1. Ask 2. Believe 3. Receive 4. Give thanks. The healing of the malady should then be forthcoming... if you believe.

Prescriptions can have side effects, however. If the desired result does not manifest, *your faith was weak...you really didn't want what you thought you wanted...you weren't specific enough...* etc. When *The Secret* fails...serious self-doubts resurface. You are once again "a

failure" or "a victim" or "a fraud." Your sabotaging stories get reinforced rather than healed.

This phenomenon can be especially devastating when it comes to a serious illness. The western health care system is really a sickness care system. Allopathic medicine focuses on treating undesirable symptoms (such as pain or high cholesterol) while often neglecting the underlying causes of the symptoms. The law of attraction states that you will get what you focus upon. Consequently, sickness care breeds more sickness. America currently has the most expensive health care system in the world... while ranking 37<sup>th</sup> in the World Health Organization's assessment of national health care systems' effectiveness.

Robert Fritz, the author of *The Path of Least Resistance*, believes that

*continued on page 3*

*The Secret* contains a partial truth: the power of focusing on the result you truly desire. As a contemporary expert on the creative process, Fritz has taught that structural tension is crucial for bringing into existence a desired result. Structural tension requires two elements: a desired result and an accurate knowledge of your current reality.

If you want to go to the Grand Canyon (desired result), you must know where you are starting from (current reality) in order to ascertain the path you must traverse to get there.

The secret of *The Secret* is that belief is NOT necessary. Structural tension is. This tension is not emotionally stressful. The “tension” is created by having a desire for something...anything that matters to you, the creator. You want X. Visualize it, enumerate it, contemplate it, and size it up. Do you want it? Yes! Okay, what resources do you now have or do you need to get it?

Don't expect a magical handout from the Universe. It is true that in the process of creating a result, the Universe will often hand out unexpected favors, coincidences, and gifts that will assist you in your quest...regardless of your concepts or beliefs. We live in a creative universe. It is already just that way. Your belief system does not make it so.

Creating results often requires that you start with a clean slate. Drop any beliefs, stories, doubts, or other mental concepts you have about the result you want. Take careful stock of your abilities, current resources, skills, and obstacles...then, as the Nike ad says: “Just do it.”

If the desired result doesn't happen, it wasn't because your faith was weak. Perhaps some element is missing; some skill is needed; or some obstacle needs clearing. A clear, honest, open and objective assessment of your current reality (free of restrictive concepts) is the best prescription for success.

Without a doubt, focusing on what you truly want (instead of avoiding what you don't want) is a powerful secret. The real magic, however, occurs when we are true to our current reality. That's when, as Thoreau so beautifully stated, we put foundations under those “castles in the air.”



## HEALTH HUNTERS AT HOME

### Health or disease...do I really have a choice?

by Dean Dodson

As man has progressed through history, education has stressed being a critical thinker and looking at smaller and smaller details. Maybe the solution to degenerative disease is to look globally rather than at incremental details?

Here is what I mean. Most, if not all, research is predicated on the notion that there is a catalyst that causes disease to take place. Something...an imbalance of some sort, lack of a particular nutrient, excess of some toxin, too much or too little of something, or a genetic defect act as facilitators to a degenerative disease. What if all of these are just effects resulting from something else entirely different and obvious?

What I am talking about is the bigger picture of “Lifestyle.” Lifestyle is the sum of all a person is and does. It is the holistic sum total of how and where a person spends their time. Lifestyle relates to what a person thinks or doesn't think about. Lifestyle relates to what kind of work we do. It encompasses what kind of exercise we get, whether we lead productive or nonproductive lives, if we experience happiness and joy each day, if we are challenged intellectually, if we experience deep problem solving thought each day, if we are respected and appreciated by those who are important to us. Factors such as how much fresh air and sunshine we get each day and how many hours of good, restful, deep sleep we get are all factors of lifestyle. The kinds of foods we eat each day and what we do when we eat all relate to a healthy lifestyle.

In short, the question is how does a person lead his/her life? Is achieving and maintaining optimal health really their primary focus and concern? In other words, is a health focused lifestyle your main priority?

If it really is the main priority, then you would think that people would choose a location to live that offered all the global aspects of health. They would choose a profession to work in that was the healthiest for their body and mind. They would grow their own organic garden and work in it each day.

They would eat whole foods on a daily basis and consume their meals without distractions such as cell phones, TV, and the chaotic noise we find so prevalent in today's society.

OK, this is an idealistic focus, but I believe that Good Health is the most important asset that all of us as human beings can possess. If we lose our health, life loses its richness and zest. Health is a lot like time; once time is spent, it cannot be reclaimed. Knowing this, time should be used wisely. It should be revered and cherished as something special. The same is true for Health. It should also be revered and cherished.

I recognize that in today's society it is difficult to remember to savor events, time, and our good health. We all have a tendency to rush along, believing that rushed schedules and lack of restful sleep are what it takes to achieve success. The rushed lifestyle seems extremely important to maintain in order to achieve success. If you were faced with the choice of having financial wealth and “stuff” rather than your health, what would you choose? You may unwittingly already be making that choice and not realize it. Years from now the choices you make today about your lifestyle could very well have a lasting impact on the good or poor quality of your long-term Health.

History is one of our greatest teachers but tends to be ignored by most people. On a personal level, I know I can look back in my family tree and see how lifestyle has impacted my mother, father, and previous generations. It would probably do all of us well to participate in some quiet reflection and focus on Health and Lifestyle. The question is, “Does your lifestyle enhance your health?” Does your lifestyle maximize and complement your health, or is your lifestyle in conflict with good health?

There is an old slogan that we all know and have heard: “**Knowledge is power,**” but maybe the fact is to consciously recognize the power in “**Knowledge about Lifestyle.**”



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## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Did you know that the environment affects your endocrine or hormone system? Your hormones control every aspect of your life, from your ability to raise a family to your ability to handle stress. We are living in an environment where one of those hormones has led to thyroid disease, which has become rampant in our society. Although many people may have symptoms of a thyroid disorder, their laboratory test will be within "normal" limits. Long before laboratory tests were standard practice, doctors treated thyroid disorders successfully. Now, some doctors have returned to the practice of treating the problem by observing symptoms. Mark Starr, M.D., discusses why so many people are experiencing hypothyroidism in his book, *Hypothyroidism Type 2: The Epidemic*. In what some may call a controversial book, Dr. Starr explains the nature of thyroid disorders and how certain chemicals and toxins prevent normal levels of thyroid hormone in your blood from working normally. The questions this month are taken from his book.

**1** The thyroid, a butterfly shaped gland, is situated just below the Adam's apple. The hormones produced from this \_\_\_\_\_ gland are responsible for your metabolism.

- a. exocrine
- b. submaxillary
- c. endocrine
- d. serous

**2** Thyroid hormone is the most important of all the hormones. Thyroid hormones control the efficiency and \_\_\_\_\_ at which all of your cells work.

- a. development
- b. speed
- c. division
- d. energy

**3** Thyroid hormone stimulates the production of glucose building blocks that are necessary for normal growth and for replenishing constant turnover of the billions of cells needed to keep you healthy.

- a. True
- b. False

**4** Hypothyroidism causes your metabolism to \_\_\_\_\_. Mitochondria, the tiny energy factories inside each of your cells, do not function properly, causing this to happen.

- a. speed up
- b. slow down

- c. stop working
- d. double time

**5** A study in 2002 revealed that inflammation, as measured by C-Reactive Protein (CRP), was more important in predicting \_\_\_\_\_ than elevated low-density "bad" cholesterol.

- a. heart attack
- b. gout
- c. arthritis
- d. headaches

**6** Dr. Starr's patients who were taking desiccated thyroid had lower cholesterol and decreased inflammation.

- a. True
- b. False

**7** Increased metabolism in the tissues causes a greater utilization of \_\_\_\_\_ than normal and a release of greater than normal quantities of metabolic end products in the tissues.

- a. energy
- b. minerals
- c. oxygen
- d. vitamins

## Test of the Month


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

### Vitamin B<sub>3</sub> (niacin)

Niacin is also known as nicotinic acid and niacinamide. The different names come from changes to the chemical structure. Niacin has the smallest and simplest structure; however, size doesn't mean everything. Niacin has many important functions.

Niacin is an essential water-soluble vitamin. It is a precursor to several energy compounds in the body. It is involved in the production and repair of DNA, fatty acids, and cholesterol; important in brain function; and the production of steroid hormones in the adrenal gland. Severe deficiency causes the disease pellagra. Mild deficiencies cause a decreased sensitivity to cold, inflamed and discolored skin, diarrhea, depression, confusion, headaches, elevated blood fats, and fatigue.

When taken in large doses it blocks the breakdown of fats in adipose tissue; reduces VLDL and thus LDL; increases HDL; reduces apolipoprotein(a); and, through the pioneering work of Dr. Abram Hoffer, helps in the treatment of schizophrenia. When taking large doses (1.5 to 6 gm per day), common side effects include facial "flushing," dry skin, indigestion, skin rashes, etc. Flushing lasts for about 15 to 30 minutes. This effect is caused by prostaglandins and vasodilation of blood vessels and can be blocked by taking 300 mg of aspirin ½ hour before taking niacin or one tablet of ibuprofen® per day. Taking niacin with meals or taking the timed release form can also reduce flushing. The flushing usually disappears after 1 to 2 weeks of a stable dose.

Foods containing niacin are liver, kidney, chicken, beef, fish, tuna, salmon, milk, eggs, leaf vegetables, broccoli, tomatoes, carrots, dates, sweet potatoes, asparagus, avocados, nuts, whole grains, mushrooms, and brewer's yeast. The RDA is only 16 mg a day, but many people need much more. The Bio-Center Laboratory routinely measures this vitamin at the request of The Center's physicians. 

• FOR ANSWERS, SEE PAGE 7 •

## The Center wildlife sanctuary - part 2

by Gary Branum, Ph.D.

In the last issue we talked about some of the animals that live on the Center property. In addition to those, numerous bird species have been seen, some of which are year-round residents and others migratory. A flock of wild turkeys hangs out near the Pyramid. Water birds include coots, cormorants, mallards, teal, and Canada geese. We've seen red-tailed and sharp-shinned hawks and Mississippi kites, all of which are predators of small mammals. Aquatic predators include great blue herons, little blue herons, green herons, and belted kingfishers. We also see cattle egrets, western kingbirds, killdeer, and barn swallows, along with the common cardinals, jays, robins, grackles, and sparrows. Some of the more unusual birds include American bittern, American cuckoo, and indigo bunting.

People tend to dislike reptiles and amphibians, but they are part of the sanctuary, too. You may see alligator snapping turtles, painted turtles, box turtles, and a number of non-poisonous snakes, including diamondback water snakes, gopher snakes, rat snakes, garter snakes, and king snakes. Other pond life includes several species of frogs (you can hear the bullfrogs most of the day), grass carp, perch, and crawfish.

These animals do have an impact on The Center, although not as much as you might suspect. The deer and rabbits sometimes get into the garden, but we have never noticed a significant loss of crops. The deer *love* hostas, so we spray a non-toxic deer repellent on them. Raccoons are extremely fond of corn and we always lose a small amount to the crafty little devils. We've found that they tend to eat around the edges of the corn patch, so we plant extra corn to keep them happy, and they don't bother the corn in the center of the patch. Everybody wins. The muskrat remove some of the smaller trees around the pond and crawfish have been known to tunnel into the dam and cause leaks. All of these are minor problems and are part of living in a diverse ecology.

Remember, if you see any wildlife, please tell any staff member, or e-mail nball@brightspot.org. [H]

# Herbal History

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

## Menstrual cramps

The Women's Crampbark Compound by Wise Woman Herbs can be beneficial in many cases that involve painful and spasmodic cramping of the uterus. I use it as a natural anti-spasmodic for co-learners who have menstrual cramps. It contains Dong quai, Cramp bark, Jamaican dogwood, Valerian, and Blue cohosh.

Dong quai (*Angelica sinensis*) works as a natural anti-inflammatory. It also works as a muscle relaxant and a pain reliever.

Cramp bark (*Viburnum opulus*) is commonly used for genitourinary spasms. It works well as a natural uterine sedative (calms contractile activity of the uterus).

Jamaican dogwood (*Piscidia piscipula*) is a natural anxiolytic (decreases anxious feelings). It is also a pain

reliever and a muscle relaxant.

Valerian (*Valeriana officinalis*) is another natural muscle relaxant that has a calming effect on the nervous system. It is also helpful for promoting sleep and alleviating heart palpitations.

Blue cohosh (*Caulophyllum thalictroides*) works to promote normal tone of the uterine muscle. With lax uterine tissue, Blue cohosh works as a tonifier. With spastic uterine tissue, Blue cohosh works to relax the spasm.

I usually recommend 1/2 teaspoon three times daily in a little water or diluted juice for menstrual cramping. If the co-learner experiences nausea with her menstrual cramping, I recommend starting with 1/4 teaspoon two times daily. [H]

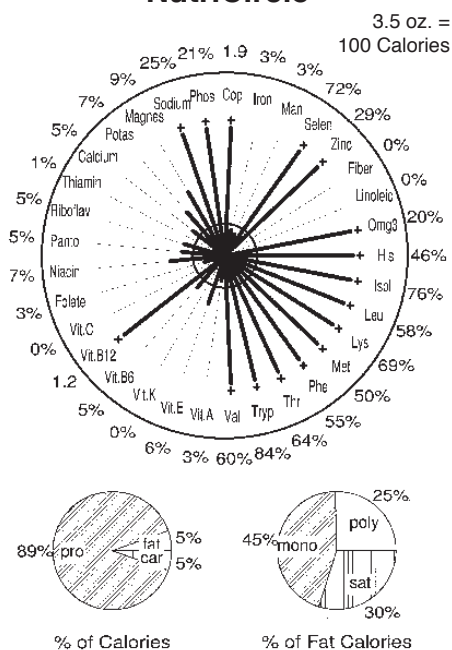
# Food of the Month



by Donald R. Davis, Ph.D.

**LOBSTERS** were once so plentiful in Maine that they were easily caught by hand at low tide and grew to weigh over 10 pounds. Native Americans used them for fertilizer as well as food, and Americans of the early 1900s considered them "poor man's food." Now lobster is a widely prized delicacy, caught only in offshore traps, and shipped live around the world. Adult lobsters use their large claws to eat mostly clams, crabs, mussels, scallops, worms, starfish, and sea urchins. A 3.5-ounce serving (from half of a 1.5-pound lobster) contains 20 grams of protein and 5% to 190% of the RDAs for 6 vitamins, 8 minerals, and omega-3 fat.

## 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). [H]

# Mental Medicine

by Marilyn Landreth, M.A.

## What does the wind look like?


Children are born trying to figure out what life is all about. Some adults are still trying to figure it out. Children have a way of getting right to the heart of the matter and asking tough questions.

When my granddaughter was little, she asked her father a question that he could not answer to her satisfaction so he brought her to me for an answer. I thought that was quick thinking on his part. She asked, "If God made the world and all the people, then who made God?" I had to dig deep to come up with an answer to satisfy her, but it caused me to put a lot of my beliefs into words.

Another question asked by a small girl caused me to think a great deal. During the Pioneer Day/Alumni Parade in Oklahoma, I was sitting next to a little four-year-old genius. As we were waiting for the parade to start, she was looking around. The wind was blowing the grass on the side of the street and in

our faces. She held her hand up to feel the wind. Then she asked me, "What does the wind look like?" We discussed how you could see the effects of the wind but could not "see" the wind itself.

What does the wind look like? It can be powerful or gentle. We can pray that it stops or pray for it to blow. While we might not appreciate a powerful wind that causes a tornado to demolish a town or a straight-line wind that uproots trees, we can long for a cooling breeze on a hot summer day.

Thinking about life questions asked by children keeps our brains working and brings a new view of life. John J. Plomp said, "You know your children are growing up when they start asking questions that have answers." That is one reason we need to view life through the eyes of our youngest citizens. Have you answered a difficult question from a young person lately? 



## Case of the month


A 70-year-old woman came to The Center in February of 2008. Her complaints at that time were "plugged arteries," macular degeneration, type 2 diabetes, and neuropathy in her hands and feet.

She saw Dr. Rebecca Kirby for her first visit, which lasted approximately one hour. Dr. Kirby suggested that she have the following testing done in the laboratory: coenzyme Q10; CRP-hs; homocystine; TSH; T3 free; vitamins A, C, E, B12, and folate; vitamins B1, B2, B3, B5, and B6; vitamin D; red blood cell magnesium/calcium ratio; copper; zinc; manganese; selenium; candida; comprehensive metabolic panel; CBC; red blood cell essential fatty acids; and standard cytotoxic list – all done on the blood. Urine tests included indican, urinalysis, and vitamin C.

Dr. Kirby started her on Phytodiuretic for edema in her legs and suggested that she take Vital Eyes Complete for a multivitamin.

When she returned for the results of her laboratory tests, Dr. Kirby suggested the following: start taking vitamin D, continue calcium/magnesium plus add chelated magnesium, increase fish oils, add a probiotic, and take L-glutamine. Dr. Kirby also suggested that the co-learner avoid her cytotoxic foods to help reduce her reflux. At this appointment the co-learner expressed an interest in trying chelation therapy. Chelation therapy was ordered and a one month follow-up was advised.

She returned for her follow-up visit one month later. At this time she reported continuing to feel tired, and she was still sleeping poorly. On the positive side, she did report the edema in her left leg was better and that she had lost weight. Recommendations were made to continue on the supplements she was taking and also start her on a series of chelations.

She reports after four chelations that her vision is clearer. She is hoping her vision will continue to improve so that she might be able to read again. She will see Dr. Kirby again next month for a follow-up. 

## CENTER UPDATE

by Doug Johnson

### Little changes make a difference


It's funny how little things can make such a big difference. I've been running for exercise and fun my whole life. Throughout my school years I gravitated to running for sports. An average-sized guy can't compete well in basketball and football. So, I found running was my thing. Besides, in the 70s the running and walking boom was taking place. If you had a competitive side (which practically everyone does), you could find a local race or fun run to compete against people of your own age and sex.

The medical society says running is good for you. It uses all the major muscle groups, burns excess calories, increases metabolism, exercises the heart, and stimulates the brain. It also slows aging when coupled with a nutritious diet.


Then, I hit my 40s and aging started. My running times slowed and weight started to become an issue. I realized that even running for exercise could not offset a bad diet. In fact, the leader of the

running boom, Jim Fixx, died of sudden cardiac arrest while out running one day. He had preached that the benefits of running could counteract his high fat diet and the bad genetics of his father (who died at age 40). He was 52.

Then, I hit 50. Running injuries started, and running was more of a chore. I started to accept ever-slowing times and recognizing "youth" running past me. Then, The Center started an exercise program with elastic bands during the staff meetings and encouraged us to exercise the upper body five days a week. I could feel a difference in my sides and chest. Could it be helping?

I ran a marathon recently and, despite slower training and more weight, I ran faster than any race in the past 10+ years. Could it be the exercise bands? Could it be the oatmeal for breakfast? Or could it be the shifting to whole foods? I'm not sure, but the hands of time seem to be slowing and I'm all for that! 

Answers from page 4

- 1 c. Metabolism is the sum of all physical and chemical processes by which living substances are produced and maintained.
- 2 b. Thyroid hormones stimulate cellular energy and production and maintain a relatively constant temperature in your body.
- 3 b. It stimulates the production of **protein**, the building blocks necessary for growth and maintenance of cells.
- 4 b. Sufficient supplies of chemical energy are lacking, leading to a slow down of your metabolism.
- 5 c. CRP is an indicator of the amount of inflammation in your body and blood vessels. Diabetes is also related to CRP.
- 6 a. Patients who maintained desiccated thyroid for at least one year had a lower CRP level, which is consistent with reduced inflammation.
- 7 c. As a result of increased blood flow, cardiac output increases, sometimes as much as 60% when excessive thyroid is present compared to 50% of normal in severe hypothyroidism. 

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# Upcoming Events. . .

## Lunch & Lectures:

### September:

- 11 Move That Dog! Exercise Tips and More to Keep Your Pet Healthy
- 18 The Pediatric Brain Health and Behavior Protocol
- 25 Unique Approaches Used at The Center

### October:

- 2 What are Antioxidants and Why Should I Measure Them?
- 9 Obesity: What Are the Risks & Strategies?
- 16 What Children Really Need
- 23 Fending Off Colds the Natural Way

**October 2 - Health Hunter/Beat The Odds "Ask the Doctors"**  
FREE Evening Lecture

**October 3 & 4 - Health Hunter/Beat The Odds Days**

## Overweight? Activity is like weight loss

Both excess weight and inactivity increase the risk of heart disease, our leading cause of death. New information about how weight and activity interact comes from an 11-year study of 39,000 women in the Women's Health Study. In obese women activity reduced their risk of heart disease to that of women who were 40 pounds lighter but less active. Average body mass indexes were 34 and 27 in the two groups. "Active" women expended at least 1000 Calories per week on recreational activities, such as 30 minutes of moderate activity on 5 days per week, or 20 minutes of vigorous activity on 3 days per week. Increasing activity might melt a few pounds, too. *-Arch Int Med 2008; 168:884*