



## Eat, Exercise, Excel

by Janine Kempker, Principal

**E**at, Exercise, Excel (EEE) is an award-winning leader in the area of school wellness that promotes improved student nutrition and increased physical activity. EEE turned a failing Anthony Elementary School into one with dramatically improved academic scores with healthier children who are better behaved. Anthony is now a school where you can feel the positive atmosphere as soon as you walk into the building.

**EEE was recognized as number three of America's Healthiest Schools by *Health* magazine in September 2008.**

Eat, Exercise, Excel was designed to meet the health needs of students while at the same time reducing areas of the school day that were not conducive to learning and acceptable social behavior. Five program components were developed to achieve success: Structured Activity, increased physical activity, lunch in the classroom, multivitamins, and water bottles.

Structured Activity was designed to replace the traditional recess and provide students with 45 minutes of physical activity on a daily basis. Activities are planned and all students participate regardless of athletic ability as the games are such that you don't have to already be "fit" in order to have fun while exercising. The supervision by Structured Activity aides eliminates the bullying that used to exist at the traditional recess time.

Multivitamins are provided for

any student with parental consent. The supplemental vitamin is given by the classroom teacher at lunch time. The multivitamin provides students with the vitamins and minerals needed for proper brain functioning and helps reduce the number of illness-related absenteeisms.

Lunch in the classroom serves many purposes. The main one is to provide students with a calm, more relaxed atmosphere. This also reduces the need to stand in line for lunch, allowing students more time to eat. Teachers are able to build positive relationships with their students while modeling good nutrition and providing nutrition information using the food students are served for lunch as a "hands-on" learning time. Teachers are able to promote good table manners and appropriate meal conversation. Students eat more of their lunch and milk is rarely thrown away. Teachers and students love this time and most say it is their favorite time of day!

Reusable water bottles are provided to students to keep at their desk throughout the school day to help ensure hydration. This provides students with an easy means of combating afternoon lowered energy levels and decreases the need to stand in line at the water fountain, which in turn increases the amount of learning time.

Increased Physical Education time is the final component of EEE. Ninety minutes of PE per week, combined with the Structured Activity time, provides students with an average of 60 minutes of physical activity per day.

Anthony Elementary, Leavenworth, Kansas, is a Pre-Kindergarten (4

*continued on page 2*

## Dairy foods, calcium, and cancer

Dairy foods and calcium intakes have been consistently associated with reduced risk for colorectal cancer. However, there have been suggestions of increased risk for two other cancers. A new study followed 493,000 men and women for 7 years, enough to reduce the uncertainties. Men who consumed the most calcium (about 1600 mg per day) from food and supplements had 20% less risk for colorectal cancer compared to those with the lowest intakes (near 600 mg per day). For women the risk reduction was greater, nearly 30%, for intakes of over 1900 mg per day (mostly from supplements) compared to less than 500 mg per day. There was no link between dairy foods and ovarian cancer or between dietary calcium and prostate cancer, both of which had been suggested earlier. Some of the benefits may have come from vitamin D in milk products and some calcium supplements.

—Arch Intern Med 2009; 169:391

## Inside this issue...

Healthy habits for healthy children (and adults) . . . . .	2
Spreading an epidemic of health for children worldwide. . . . .	3
Information worth knowing. . . . .	4
Test of the Month—Pantothenic acid (B5). . . . .	4
Toxic plants. . . . .	5
Do it Yourself Detox - The wet sheet pack. . . . .	5
Food of the Month—Veal. . . . .	5
What is your story?. . . . .	6
What is the VitaChek-C test?. . . . .	6
Case of the month. . . . .	6
Special discounts. . . . .	7
Upcoming events. . . . .	8
Diabetes prevention in older adults. . . . .	8

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# Nutritional Medicine

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

## Healthy habits for healthy children (and adults)

The number of overweight and obese children and adolescents has tripled in the last 30 years. The excellent guidance from the Eat, Exercise, Excel program is leading the way in schools for children to learn and practice healthy habits.

Recommendations for health care providers have also been introduced for the prevention of childhood obesity. These recommendations, as outlined below, work for the whole family in addressing health practices that have been shown to help in weight loss and weight loss management:

**1. Eat 5 or more servings of vegetables and fruits a day.** (Less than 10% of Americans eat 5 servings of fruits and vegetables daily.)

**2. Eat a healthy breakfast.** (Those who skip breakfast burn 150 less calories a day.)

**3. Eliminate sugar-sweetened beverages, including sodas, sports drinks, and fruit drinks.** (Americans get 21% of their daily calories from beverages and are not compensating by eating less calories.)

**4. Limit meals outside the home.** (Eating out 5 times a week can add an

average of 300 extra calories a day, which adds up to 30 pounds a year.)


**5. Prepare more family meals and eat at the table as a family at least 5 to 6 times a week.** (Americans spend half of their food budget eating out.)

**6. Allow a child to self-regulate food intake and avoid food restriction.** (Encouraging more vegetables and fruits is more effective than discouraging fatty/sugary foods.)

**7. Allow no more than 2 hours a day of computer and television.** (Obesity is 8 times more prevalent in those who watch more than 24 hours of TV a week.)

**8. Do not keep a television in a child's bedroom.** (Fatness and TV viewing has been associated with how much sleep a child gets since habitual short sleep time is likely to cause weight gain.)

**9. Get 60 minutes of moderate to vigorous exercise daily for children and 2.5 hours of moderate or 1.5 hours of vigorous exercise weekly for adults.** (Less than 10% of Americans engage in regular, vigorous exercise.)

The future is in our hands! 

*Eat, Exercise, Excel—Cont'd from page 1*

year-old at-risk program) through 5th grade school which also has an Early Childhood Handicapped Program (3-5-year-olds). It is an urban school with approximately three hundred students where 90% of the students receive either a free or reduced lunch. Approximately 63% of the students are minorities.

Before EEE, Anthony Elementary was faced with many challenges that interfered with the success of students. The number of office referrals ranged from four to ten per day that usually involved violence. The majority of those referrals came from either the cafeteria or recess. Student and teacher attendance was poor. Morale and building climate were less than desirable and filled with tension and stress. Students rarely ate all of their lunch and milk

waste was high. Academic levels were slightly below state/federal requirements for No Child Left Behind. Teachers had almost no grade level planning time. Only three students out of almost 300 students reached the requirements of the National Fitness Standards. Sixteen percent of the students were significantly overweight. Teacher turnover averaged five to seven per year and those who stayed were frustrated with student behavior. Character education programs, bully-proofing, and incentive programs were implemented with little or no success. The results after the implementation of EEE were dramatic. Office referrals immediately decreased by 95%. In-school suspensions for violent acts

*continued on page 3*

decreased by 97%! Teacher and student attendance and morale improved. Students were eating more of their lunch. Physical fitness improved with the number of students meeting the National or Presidential Fitness standards increasing from three to 40 students. Math scores on the Kansas State Assessment rose to levels of Standard of Excellence and Reading scores far exceeded state averages. Teacher turnover fell to one per year and teachers looked forward to coming to school every day. Building climate and student/teacher morale dramatically improved. Parents began to view the school as a friend instead of an adversary and parent/teacher conference attendance rose from 69% to 85%. Members of the community began to volunteer and the school established its first community partnership.

The Eat, Exercise, Excel program has received its share of recognition since its inception. Fox 4 News featured EEE in a 6-minute spot in 2006 titled, "Eating Their Way to Success." That same year, the Kansas Association of Health, Physical Education, Recreation and Dance (KAHPERD) organization awarded EEE with the President's Award and the Kansas Department of Health and Environment awarded EEE the first "Healthy Kansas Healthy School." Anthony Elementary has been awarded the "Challenge Award of Recognition" by the Confidence in Kansas Public Education Task Force twice placing Anthony Elementary in the top 6% of schools in our state's district. EEE was recognized as number three of America's Healthiest Schools by *Health* magazine in September 2008.

Eat, Exercise, Excel, with the help of Jodi Mackey, Director of the Kansas State Department of Child Nutrition and Wellness, has been replicated in three schools. Two of those schools are located in the state of Kansas and are the Woodland Health and Wellness Magnet Elementary School in Wichita and Eugene Ware Elementary in Fort Scott. A third school, Anderson Elementary, is located in Tulsa, Oklahoma.

*continued on page 4*

## HEALTH HUNTERS AT HOME

### Spreading an epidemic of health for children worldwide

by Dean Dodson

Throughout the history of The Center, nutrition and healthy lifestyle have been at the heart of our mission of "Spreading an Epidemic of Health Worldwide." The Center has a long track record of creating an awareness of nutritional education with children starting in the early 1980's with a locally produced and nationally syndicated "One Of A Kind" children's television program. This program focused on lifestyle, self-concept, nutrition, and physical activity.

This trend continued in the 90's with the informational children's video, "The Creatures from Inner Space." This educational 30-minute program about parasite prevention illustrated the importance of hand washing and served to create an awareness in children about the virtues of clean hands and how that one simple act relates to good health.

The importance of hand washing was further illustrated during tours of The Center when each child was given a petri dish from The Center's laboratory to test for bacteria in their classroom.

Still later, spreading an epidemic of health continued into the late 90's and early 2000 with the "Health is..." contest. This project, which involved the entire state of Kansas, presented an opportunity for school children of all ages to learn about health, define health, and express their interpretation of what "Health is...."

Reaching out to school children has always been a major focus of The Center. Throughout the school year professional staff from The Center frequently go to the schools in Wichita and surrounding areas to teach children about nutrition and a healthy lifestyle.

With this legacy, when the Leavenworth School District and principal Janine Kempker focused on health, nutrition, and lifestyle as a factor in education, it was a natural for Center involvement.

The Center founder, Dr. Hugh Rioridan, along with a video crew, traveled to Anthony School in 2004 to interview

staff and students. The result was a documentary on this groundbreaking undertaking. From that trip, thousands of Eat, Exercise, Excel videos have been produced, spreading the word about the benefits of the EEE program, drawing local, state, and national attention and, in turn, helping "Spread an Epidemic of Health."

The Center helped provide funding for nutritional supplements during the early days of the program and has been involved with follow-up video documentation and informational presentations and lectures in an effort to enhance awareness and focus on the importance of health and nutrition as it relates to children and education.

In this time of national concern about health, it is only fitting that our mission continues "Spreading an Epidemic of Health" via information about the Eat, Exercise, Excel program.

During the 2008-2009 school year the Woodland Health & Wellness Magnet Elementary School, USD 259, in Wichita, Kansas, implemented the EEE program with wonderful results. Principal Elbert McGee recently reported the positive results at The Center during a Lunch and Lecture presentation entitled "Eat, Exercise, Excel: a Wichita School Wellness Program for Students That Works."

To learn more about this wonderful program, you can order it online from The Center's website, [www.brightspot.org](http://www.brightspot.org), or ask for DVD #3476 the next time you visit The Center. To read an overview about the Eat, Exercise, Excel program, you can access the USD 259 (Wichita) website at [www.usd259.com/news/.../Elementary/Woodland/Default.htm](http://www.usd259.com/news/.../Elementary/Woodland/Default.htm). You can also visit the Anthony Elementary website at [eatexerciseexcel.org](http://eatexerciseexcel.org).

Eat, Exercise, Excel is a success and continues to grow, now having three schools in Kansas and one in Tulsa, Oklahoma... "Spreading an Epidemic of Health" for children across the nation.



## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Coronary Heart Disease (CHD) has reached epidemic proportions. Over 2,500 Americans will die from CHD in the next 24 hours. The financial impact is also enormous. During that same 24-hour period the cost will amount to almost \$5,500,000. Over 25 million Americans are currently diagnosed with CHD. With the increase in weight of the American public, it is estimated that we will be seeing an increase in many chronic diseases, including CHD. Thomas E. Levy, M.D., J.D., has written *Stop America's #1 Killer!* Dr. Levy presents evidence from over 650 scientific references to describe his theory of how to reverse CHD. He describes how the body's attempt to compensate for specific deficiencies can lead to atherosclerosis. Since the prevalence of CHD is so widespread, it touches all of our lives. His book gives us additional information for a way to eliminate or reduce CHD. This month's questions are taken from his book.

- 1** According to the author, the main cause of atherosclerosis appears to be initiated by a deficiency of \_\_\_\_\_ in the innermost lining of the arteries.
- plaque
  - muscle tone
  - vitamin C
  - glucose
- 2** Arteries are the blood vessels that deliver the blood away from the heart. They are largest close to the heart and get smaller as they go away from the heart until they become capillaries. The venous system returns the blood to the heart and lungs for reoxygenation and redistribution. \_\_\_\_\_ seems to be directly associated with atherosclerosis.
- Low blood pressure
  - High blood pressure
  - Anemia
  - H1N1 flu
- 3** Vitamin C is essential for producing and maintaining the intercellular glue that keeps arteries strong and intact.
- True
  - False
- 4** Vitamin C is essential for the normal formation of \_\_\_\_\_ throughout the body and are the most abundant proteins in the body.
- collagens
  - fluid
- 5** \_\_\_\_\_ appears to play a major role in the development, progression, and destabilization of atherosclerotic lesions leading to obstruction of an artery.
- Lack of zinc
  - Anemia
  - Inflammation
  - Warts
- 6** Different types of white blood cells can have anywhere between 25 to 80 times greater concentrations of vitamin C than that found in blood plasma. Even when there is a severe vitamin C deficiency, the white blood cells will concentrate what vitamin C is available for their use.
- True
  - False
- 7** Chronic inflammation in atherosclerosis, with the increased risk of a heart attack from a totally blocked heart artery, has also been associated with the presence of chronic \_\_\_\_\_.
- fatigue syndrome
  - periodontal disease
  - anemia
  - fungus

• FOR ANSWERS, SEE PAGE 7 •

## Test of the Month

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

### Pantothenic acid (B5)

Pantothenic acid, another essential nutrient, is also known as pantothenol and is a water-soluble vitamin. The name "pan" means everywhere and so this vitamin is spread throughout the body. Its functions in the body are numerous: energy production with CoA, brain chemical and red blood cell production, and cholesterol and steroid synthesis. It also stimulates the production of antibodies and intestinal absorption.

Deficiency symptoms include lowered disease resistance, irritability, insomnia, weakness, cramps, impaired coordination, fatigue, depression, nausea, and vomiting. It is found in royal bee jelly, liver, kidney, heart, egg yolk, bran, fish, and whole grain cereals. The RDA (daily intake) is 5 mg and may be supplemented from 5 to 1000 mg. There is no toxic amount listed for this vitamin.

This vitamin is necessary for health and life and is frequently ordered by The Center's physicians for our patient/co-learners. [H]

*Eat, Exercise, Excel—Cont'd from page 3*

Eat, Exercise, Excel began in the fall of the 2002/2003 school year with grant funds from the Sunflower Foundation of Kansas to "Promote Physical Activity and Healthy Eating to Reduce the Prevalence of Obesity in Kansas." Funding and support in following years came from The Center for the Improvement of Human Functioning International and renewed grants from the Sunflower Foundation of Kansas and the Leavenworth Public School District Education Foundation.

This article was written in honor of Dr. Hugh Riordan who happened upon EEE in its first year of implementation. Dr. Riordan recognized EEE as a program that was ahead of its time and destined to improve the lives of children for years to come. [H]

A strong fear is simply a good imagination wrongly directed. Turn imagination from fears to positive thinking, and you'll be able to develop a creative solution to your problem. From: *Wake Up Your Creative Genius* by Kurt Hanks & Jay Parry (available for reading in the Mabee Library)

## Toxic plants

by Gary Branum, Ph.D.

Most of us know about some of the toxic plants that surround us, while there are others of which we are totally unaware. This article will mention a few of the plants, both native and introduced, that can be considered toxic. Specifically, it will focus on plants that have the potential of causing serious injury or death. Many of these plants are toxic when ingested, and although we may not normally eat the plants in our flower gardens or the weeds out behind the fence, children are not as selective and will frequently put some of these plants in their mouths with serious consequences.

A number of ornamental plants available at your local nursery can be toxic when ingested. Flowering tobacco or ornamental tobacco (*Nicotiana sylvestris*), although not the same plant as is used in cigarettes, is still tobacco and contains the potent poison nicotine. Interestingly, tobacco is a member of the same plant family (Solanaceae) as tomatoes, eggplant, and potatoes.

Another member of the Solanaceae is deadly nightshade (belladonna, *Atropa belladonna*). Nightshade, usually seen as a small shrub growing in shady locations, is particularly dangerous to children since the shiny black berries are attractive and sweet. The toxic principles are scopolamine, atropine, and hyoscyamine, which can cause hallucinations, delirium, and death.

Monkshood or wolfs bane is the common name of *Aconitum napellus* and a number of its subspecies. This is a very attractive plant available at your local nursery. All parts of the plant contain aconite, an extremely powerful poison that causes tingling of the tongue and lips and can cause cardiac arrest.

I've mentioned a few of my favorite toxic plants, but there are thousands more, like amanita mushrooms, fiddle-back ferns, rhubarb, iris, bleeding heart, larkspur, jimson weed, and Johnson grass.

We'll discuss more toxic plants in a future issue. In the meantime, enjoy the plant kingdom, but be careful what you put in your mouth, and Watch Your Children! [H]

# Do it Yourself Detox

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

## The wet sheet pack

Using a wet sheet pack is just one method utilized in naturopathic hydrotherapy for detoxification. With naturopathic hydrotherapy, the premise is that healing is proportional to normal flow of healthy blood. Both the quality and the quantity of blood flow play a role in healing. Hydrotherapy is used to normalize the quantity of blood circulating through a given area during a given time.

We know that our blood makes up about 1/12 of our body weight and our lymph fluid makes up about 1/4 of the body weight. These fluids, known as circulating fluids, carry nutrients to vital tissue and carry toxins, or by-products, away to organs of elimination. By using hydrotherapy we are able to enhance the blood flow through organs of elimination that include the skin, liver, kidneys, and bowels. By enhancing blood flow through the organs of elimination, we are able to promote detoxification through the elimination of waste. In

naturopathic terms, this is improving the blood quality. Hydrotherapy is also used to tonify digestive organs, and by tonifying digestive organs we are able to improve the nutrition in the blood as well as the blood quality.

One of the modalities that we use is water. We know that water is an excellent therapeutic tool because it has the ability to both absorb and to give off large quantities of heat. With a wet sheet pack, we use a full body wrap with a cold wet sheet on the inside and dry blankets on the outside. This basically equates to a whole body heating compress where we use a cold compress which will slowly become heated by the body.

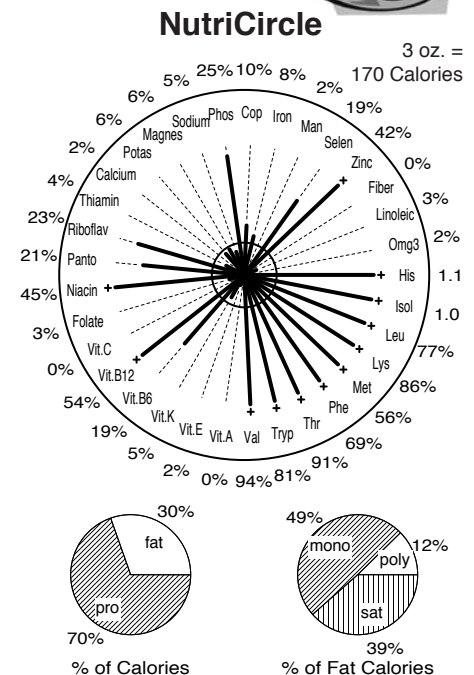
All in all, the wet sheet pack can be a great home tool for promoting detoxification. It's one of those things a lot of people choose to practice once or twice weekly, especially if they are experiencing any illness or have a need for detoxification. [H]

# Food of the Month

by Donald R. Davis, Ph.D.



**VEAL** is the meat of young cows, usually from the surplus males of dairy breeds. Calf's liver and rennet used in cheese making come from veal. Modern "milk-fed" veal comes from calves that are fed formula, saving their mother's milk for human use. In response to critics of confining calves to stalls in which they can hardly move, the veal industry is phasing out the use of individual stalls. Compared to beef, veal has a light color, mild taste, and tender texture. Nutritionally, veal has less fat and a smaller proportion of saturated fat than beef, but is otherwise similar to beef. A small, 3-oz. serving contains 10% to 110% of the RDAs for 18 of the 33 nutrients shown here.



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 is your story?

StoryCorps is coming to our town! StoryCorps is a program that goes around the United States recording an individual's "story" in their own voice. Pairs of participants come together for a 40-minute conversation in the StoryCorps' soundproof booth. The recording is then placed in the American Folklife Center at the Library of Congress. Some of the stories are also played on National Public Radio (NPR). These are just little vignettes of a person's life of about three minutes in length.

I have been thinking what part of my "story" I would like for my great grandchildren to someday hear me telling. Would they be interested in life in rural America before television, cell phones, and computers? Would they wonder how we ever learned anything in a one-room country school with eight grades taught by one teacher? Would they be interested in how we pulled up our

roots and moved from one state to another because of the difficult job market? Could I express how thrilled and awestruck we were as we welcomed each one of our newborn children and grandchildren, or the sadness we felt as we dealt with the aging process of my mother? There are so many stories from which to choose.

Our life story has much in common with other life stories, but the way we process and remember events can have a major impact on the satisfaction we enjoy along our journey through life. Arthur Ashe said, "Success is a journey, not a destination. The doing is often more important than the outcome." Sharing our story with friends and loved ones creates a unique opportunity for human connection. Our personal slant on life has significance to future generations. Listening to other's "story" is an act of love. Have you listened to someone's "story" lately? [H]



## Case of the month

This 77-year-old male came to The Center in May 2007. He had peripheral vascular disease, a history of prostate cancer, and dizziness. He also was prediabetic. He had a stroke six years before his visit and the dizziness started two month's prior to that.

The following tests were recommended by Dr. Ron Hunninghake: ASI-adrenal stress index; coenzyme Q10; ferritin; homocysteine; insulin; vitamins A, C, E, D, B12, and folate; B assessment profile; magnesium; calcium; zinc; manganese; selenium; a complete metabolic panel; CBC; and a lipid profile. A urinalysis and pyrrole levels were also done. The food sensitivity cytotoxic test was done. He also did a diagnostic chelation for a heavy metal load.

His cytotoxic tests showed sensitivity to cashew nuts, coconut, garlic, and baker's yeast. He was instructed to remove them from his diet. He had a low GLA level and a high leukocyte esterase level in the urine. His triglyceride level was high. He had a low manganese level. His diagnostic chelation showed a high level of aluminum and lead excretion.

He has continued to do chelation and continues to excrete aluminum. In September 2008 he stated he is 75% cured in "loss of feeling in legs." Walking is much better. He has reduced his chelations to every other week and has had no chest pain or further dizziness. He continues to be seen by Dr. Hunninghake on a regular basis to monitor his health. [H]

Have you visited [healthhunteronline.org](http://healthhunteronline.org) to take advantage of all of the benefits of your Health Hunter membership? It's simple to begin:

1. Select "login."
2. Enter your username (which is the initial of your first name plus your last name; for example Sam Jones would be "sjones" or Mary and Sam Jones would be "ms-jones").
3. Enter your password (which is your telephone number).
4. Enter your contact name (which is your first name) ...and you're there. Enjoy!

## CENTER UPDATE

### What is the VitaChek-C® test?

VitaChek-C® is a simple screening test for blood and tissue vitamin C level performed at home by the patient.

Humans cannot make vitamin C and must obtain it through the diet or as supplements. The chemical name for vitamin C is ascorbic acid. When taken orally, several important things must occur to get the vitamin C into the tissues. It must be digested, absorbed, metabolized, and excreted.

Since vitamin C is a water-soluble vitamin, any excess in the blood (not used by tissues) will appear in the urine.

The procedure for testing your vitamin C level using VitaChek-C® is as follows: You need a disposal cup, paper towel, and clock to time 30 seconds for the test. The reagent pad on the strip has been calibrated against standards to give colors at various concentrations. The chart has colored pads

for 0, 10, 20, 50, and 100 mg/dL. If tissues are saturated (you don't need it), the vitamin C appears in the urine in large amounts. The result should be in the 50 to 100 mg/dL (yellow) pad range. A consistent value of 20 mg/dL or less may be telling you that more vitamin C is needed.

Anyone who is concerned with health or nutrition or has any of these conditions or situations may consider using the VitaCheck-C® test:

- supplementing with vitamins
- frequent colds
- stressful situations
- frequent infections
- constant contact with people

Here is an article which will help you learn more about vitamin C and VitaChek-C® strips: Screening for Vitamin C in the Urine: Is it Clinically Significant?. Jackson JA, Wong K, Krier C, Riordan HD. *J Orthomol Med.* 2005;20(4):259-264. [H]

Answers from page 4

- 1 c. Once the innermost lining of the arteries is damaged by a lack of vitamin C, a host of various plaque building processes starts.
- 2 b. It requires less blood pressure for the smaller arteries and capillaries, and atherosclerosis is seldom seen in those areas.
- 3 a. Lack of vitamin C can cause the intercellular glue in the arteries to become watery, which is the first step toward atherosclerosis.
- 4 a. Collagen makes up about 30% of the body's total protein content and its most important characteristic is that it has a stiff, strong nature.
- 5 c. It has been noted that plaques that are prone to sudden obstruction of arteries contain large numbers of inflammatory cells.
- 6 a. It is thought that inflammation is a mechanism that can assure delivery of vitamin C to an injured site.
- 7 b. Dental diseases chronically release bacteria and other infectious agents from the mouth and gums into the blood. HH

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; Health Hunter Price—\$7.16  
 Video Tapes: Regular Price—\$9.95; Health Hunter Price—\$8.95  
 CDs: Regular Price—\$9.95; Health Hunter Price—\$8.95  
 DVDs: Regular Price—\$14.95; Health Hunter Price—\$13.45

### STOP AMERICA'S #1 KILLER!

by *Thomas E. Levy, M.D., J.D.*  
 Dr. Levy takes another look at the number one killer of men in America, Coronary Heart Disease. This deadly disease affects the health of the individual and increases the cost of healthcare in America. Soft cover.  
 (\$19.95 HH price \$17.96)

### 21 HEALTHY WEIGHT SECRETS

with *Ron Hunninghake, M.D.*  
 With over 68% of the U.S. population officially overweight, it has never been more important to understand what constitutes a healthy weight. The ultimate secret to healthy weight success is hidden between knowing what to do and actually doing it. Dr. Ron cracks open this enigma and reveals a pathway to lifetime control of your weight.

### TOOLS & TIPS IN THE ORGANIC GARDEN

with *Gary Branum, Ph.D.*  
 & *Sue Eddy, Master Gardener*  
 What to use and how to use it? Confused? We explore some tools available for the organic garden, some tips on planting seeds and transplants, seed varieties, and other gardening information.

### HERBAL GUIDE FOR DIABETES

with *Chad Krier, N.D., D.C.*  
 Many herbs have shown benefit in their ability to lower blood glucose while supporting the organs responsible for sugar regulation. Jambul seed, Devil's club, Gymnema, Cinnamon, Milk Thistle, and Prickly Pear may all prove helpful for Type II diabetes. However, using them the right way is important. With herbals, dosing, form, and timing are key.

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Tools & Tips in the Organic Garden	audio video CD DVD	_____	_____	_____
Herbal Guide for Diabetes	audio video CD DVD	_____	_____	_____
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# Upcoming Events. . .

## Lunch & Lectures:

### September:

- 10 CoQ10: the Energy Nutrient
- 17 How Meditation Changes the Brain
- 24 Probiotics: Beneficial Bacteria, the Good Bugs

### October:

- 1 Vitamin C and Cancer
- 8 Healing Addictions: The Benefits of Alternative Therapies
- 15 Vitamin B-5: the Missing Key to Weight Loss and Adrenal Health
- 22 Breathe Better, Feel Better for Health
- 29 Chronic Illness: "How I Got Better at The Center"

# Special Upcoming Events. . .

**October 1** - Health Hunter/Beat The Odds "Ask The Doctors"  
Evening event

**October 2 & 3** - Health Hunter/Beat The Odds Days  
Discount Laboratory Testing & Double Discounts on Gift of Health Items

## Diabetes prevention in older adults

Type-2 diabetes is a rapidly growing scourge that threatens vision, kidneys, limbs, and life. Several lifestyle factors reduce the risk of diabetes, including exercise, avoiding being overweight, avoiding smoking, favorable diet, and alcohol consumption. But little is known about how these factors interact with each other. A 10-year study in 4,883 men and women over age 65 found that each factor is independently helpful, reducing risk by about 35% on average. A combination of four factors reduced risk by 82%, namely, (1) above-average leisure activity and walking pace, (2) higher fiber and polyunsaturated-to-saturated-fat ratio, plus lower glycemic index and *trans*-fat intake, (3) non-smoking for 20 years or more, and (4) light or moderate alcohol consumption. Those who also avoided obesity (body mass index less than 25 or waist size less than 34/36 inches for women/men) reduced their risk by an impressive 89%.

—Arch Intern Med 2009; 169:798