

Celebrating 10 years of service to our readers

Health Hunter®

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N E W S L E T T E R

OCTOBER 1997

Counteracting cataracts

Donald R. Davis, Ph.D.

Cataracts are a leading, but treatable, cause of vision loss occurring primarily in elderly persons. Vision is impaired by foggy or opaque areas in the front of the eye that scatter or block light from its path to the retina. About 20% of Americans between 65 and 74 years old have impaired vision due to cataracts, and the incidence increases to 45% in those 75 and older. Diabetic individuals are especially vulnerable.

There is growing evidence that cataracts can be delayed or prevented by good nutrition and other measures...

A few cataracts occur in the cornea at the very front of the eye, but most appear in the crystalline lens, a transparent organ immediately behind the iris. This lens is about the size and shape of an M & M candy. It has no blood supply, so it must sustain itself by obtaining nutrients and eliminating waste products through its surroundings. The fluid around the lens is normally extremely rich in vitamin C, apparently because it helps protect the lens interior from oxidative stress, including the ultraviolet part of sunlight.

There is growing evidence that cataracts can be delayed or prevented by good nutrition and other measures that support and protect the lens. Because most cataracts become troublesome only near the end of life, even a few years of delay could have a major public health impact.

Modern cataract surgery by a

skilled surgeon is highly successful, but it is costly to society. The clouded lens is removed and replaced with an artificial implant. About 2 million cataract surgeries are performed in the U. S. annually, at a direct cost of over \$5 billion. Cataract care, including doctor visits, accounts for about five percent of our Medicare budget. The indirect costs of cataract-associated accidents, broken hips and errors of reading medication labels may be greater still.

Even before the 20th century there were suspicions that nutrition played a role in cataract prevention. In an 1876 book on cataract, scientist R. B. Carter wrote, "there can be no doubt that under the influence of a suitable diet and regimen...a person may preserve his eyesight."

In 1952, ophthalmologist D. T. Atkinson published a professional article about his experience using nutrition to counter cataracts in a poorly nourished Texas community. He emphasized vitamin C-rich fruits and vegetables, a pint of milk and two eggs daily, plenty of water, and supplements of vitamins C and A. Among his 450 treated patients with early cataracts, he reported that many had not progressed for up to 11 years, whereas in the past nearly all his untreated patients progressed rapidly to surgery.

These and other early reports are supported by dozens of later studies in animals and humans. Two recent examples come from Harvard researchers. In the large Harvard Nurses study, middle-aged nurses who reported consuming the most carotene-containing vegetables had about a 35% lower risk

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Dietary fiber helps fend off heart attacks

Dietary fiber found in whole grain breads, and rye bread in particular, can help the body fend off heart attacks, according to a report by a team of Finnish and American researchers reporting in the journal *Circulation*.

Pirjo Pietinen, D.Sc., and her colleagues at the Department of Nutrition at Finland's National Public Health in Helsinki, Finland, along with researchers from the Harvard School of Public Health Institute and the National Cancer Institute, examined the dietary data gathered from 21,930 men between the ages of 50 and 69. This data was gathered as part of another study.

They found that men who consumed at least 10 grams of fiber a day reduced their risk of coronary heart disease by 17%. "All types of fiber are good for the heart, but rye is the wonder grain," says Pietinen. She and her colleagues speculate that fiber lowers heart attack risk by lowering the blood pressure, improving blood sugar control and lowering serum levels of triglycerides and other lipids. H

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Nutritional Medicine

by Ron Hunninghake, M.D.

Vision

There is a wondrous secret that all great artists know, that medical clinicians all too often overlook: you must visualize your masterpiece first...then create it!

In art, the focus is creation: bringing into being something that exists only in the mind of the artist...simply because the artist desires it to be so. The artist must want the desired result enough to overcome whatever obstacles lie in the path of its ultimate creation.

Art is a highly personal, involvement-oriented process. The artist must be "proactive"—a modern term that summarizes this approach.

In contrast, modern medical science has become quite "reactive." Wait until the bad disease shows up, then throw everything you have in your technological arsenal at trying to get rid of this illness. If that doesn't work, turn it over to the experts, and hope like heck they know what to do to kill the disease.


In this way of looking at medicine, all the power of one's attention is focused on getting rid of that which one

does not want. Furthermore, the patient is often cast into a passive, victim's role.

This is not to say patients cause their own illnesses, as some misguided therapists like to insinuate. Rather, patients participate in the risk factors and imbalances leading up to their illness. It has been conceded that most modern illnesses have their origins in poorly chosen lifestyle habits.

A more effective approach, I think, to creating health is to encourage patients to be much more proactive, like the artist. Create a healthy lifestyle. Visualize your life as a work of art, with your "health-style" being your grand masterpiece.

This puts the power of your attention on what you want to bring into your life, not on what you need to get rid of. You are asked to take an active part in learning, with your doctor, just what it will take to bring this creation to life.

It is only when you envision what you want and bring this vision into your reality, that you will begin to find health. 

Continued from page 1

of cataracts in the next 10 years than those who consumed the least. Interestingly, spinach and other greens seemed protective, perhaps because green vegetables contain different types of carotenes or other protective substances. Nurses who had taken vitamin C supplements for at least 10 years had a 45% lower risk. In a smaller, five-year study of U. S. male physicians, those who took only multivitamin supplements had about a 25% lower incidence of new cataracts or cataract surgery than those who took no supplements.

So far there are no results from more definitive studies in which subjects are randomly assigned to receive either nutritional intervention or a placebo, except for one positive finding in China. Such studies are currently underway in the U. S., and they should advance our knowledge about the role of nutrition in slowing, preventing, and possibly even reversing some early cata-

racts. But, unfortunately, it will be difficult to assess possible large individual differences in which foods or nutrients, and their amounts, may be most valuable for a given individual. Many diverse nutrients play potentially important roles, and these nutrients likely interact in complex ways with genetic differences and several known environmental hazards.

Prudent measures

Based on present limited knowledge, those wishing to prevent or slow the development of cataracts should consider the following ten nutritional and other measures:

- Eat a high quality diet, especially the currently recommended five to nine servings per day of fruits and vegetables. Spinach and other

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Continued from page 2

green, leafy vegetables may be especially valuable.

- Eat less prepared foods containing added sugars, added fats, and white flour, because these major sources of depleted calories crowd out of our diets other, far more nutritious foods.
- Use daily supplements of vitamins C and E (at least 500 mg and 200 IU) and a broad multivitamin and mineral supplement containing selenium (50 micrograms).
- Use ultraviolet-absorbing glasses or dark glasses to reduce the oxidative stress of midday sunlight on our eyes.
- Reduce or eliminate smoking.
- If blood sugar levels or blood pressure are high, follow recommended measures to lower them, including regular exercise and possibly chromium supplements.
- Use supplements of cysteine or N-acetyl cysteine (along with vitamin C, selenium, and other nutrients) to help produce and maintain glutathione, which seems to be a major part of the antioxidant defense system of the eye lens. (Glutathione itself is not well absorbed.)
- Try a three- to six-month trial with little or no milk consumption to identify unusual cataracts caused by lenses that are not able to handle the galactose part of lactose (milk sugar). Rare hereditary galactose intolerance can cause cataracts even in infants. Yogurt seems to pose no risk, and was reported beneficial in one study.
- There is anecdotal evidence that riboflavin intakes of 100 to 500 mg per day may halt or regress some cataracts, and both riboflavin and vitamin B6 play known roles in the synthesis of protective glutathione.
- Try to avoid or reduce use of steroid drugs, especially oral forms, but also inhaled steroids used to treat asthma. [H]

HEALTH HUNTERS AT HOME

Is there a third choice?

The old "Nature versus Nurture" argument that comes up every now and then is back again.

The argument goes like this. Is it nature (or biology) that controls who we are and what we do? Or can nurture (how we are brought up) override our basic biology? Specifically, can loving parents in a nurturing environment overcome the basic biology of an adopted child? Nurture has held the edge in this debate recently.

It is not nurture, it is nature or biology that is the controlling factor, according to Frank Fukuyama, who teaches public policy at George Mason University and co-directs the New Sciences Project at Johns Hopkins University.

"Evidence has accumulated that human behavior is strongly influenced by people's genetic inheritance. Those discoveries mean that the notion that human identities are socially constructed—a prevalent theory among social scientists and policy makers—appears to be untrue," Fukuyama writes in the September issue of *Commentary*.

"Biology [because of the strides made recently in genetic research] seems poised to achieve a new status as the dominant explanatory factor in human behavior," he concludes.

Lately, gene research has been the hot item in everything, from finding the gene that controls attention deficit disorder (ADD) to the gene that causes breast cancer.

But, is there a third layer in the game besides nature and nurture—and could biochemistry be this player?

The Center was started because Hugh Riordan, M.D., saw the route to true health as something that was different from the ideas held currently by the establishment, that biochemistry may play a more important role in solving the cause of chronic illness than drugs. He has always been a divergent thinker who is not afraid to look beyond the currently held right or wrong, such as the "Nature vs. Nurture" debate, to find another solution to the problem that he believes will work better.

Dr. Riordan has often said that, "Everything is 100% genetic and 100%

biochemical." He says that many people carry the gene for cancer, for an example, but it is only when the gene expresses itself that a person gets cancer. And, the cancer gene expresses itself when the biochemistry of the body becomes depleted.

The McDonald's massacre a few years ago is a good example. A man walked into a crowded McDonald's restaurant in Texas and began shooting people. The Nature people would say that the gunman was genetically prone to violence while the Nurture people would lay blame on a violent society that pushed the gunman to commit his violent act.

In truth, the massacre may have been biochemically based, the third alternative. The biochemistry of the McDonald's gunman was very revealing. He was a welder who routinely breathed various toxic heavy metals while welding. Over time, this had caused a serious metal overload in his body that matched the pattern of other violent criminals. He had even been complaining of headaches that went unsolved for some time before the massacre.

It may be that if those around him had been sensitive to these early warning signs and tried to alleviate the underlying biochemical causes of the headaches and the heavy metal overload, the massacre would have never happened.

With this simple example, we can begin to see the importance of looking at the biochemistry of the body so that the gene (the nature or biology) doesn't express itself and to help Nurture work better.

Rather than being either nature or nurture that makes us what we are, it is more like a three legged stool: nature, nurture, and biochemistry. And, like any three legged stool, if you exclude one leg, the stool falls over rather than being a good seat.

It is time to take biochemistry into account so that we have a more complete understanding of what it takes to make us the individuals we are. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

"The Medical Miracle That Can Halt, Reverse, and May Even Cure Osteoarthritis," is the billing for this month's source for questions, *The Arthritis Cure*. Once again, possible relief for medical problems has been discovered by a doctor researching the ways to alleviate his own pain. Dr. Theodosakis searched the literature from Europe, as well as the United States, and found a simple answer to his problems. If you, or someone you care about, suffer from osteoarthritis, the information in this controversial book may provide you with answers to your arthritis problem.

1 When the cartilage that protects the ends of the bones starts wearing away, causing pain and stiffness, it results in

- a. old bones
- b. osteoarthritis
- c. bonectomy
- d. all the above

2 Arthritis is the only disease that causes pain, inflammation, and limited movement of the joints.

- a. True
- b. False

3 Crepitus occurs in advanced stages of osteoarthritis and can be identified by _____.

- a. the creeping motion the arthritis sufferer makes
- b. looking in a microscope at the strange design made in the blood
- c. crackling and crunching feeling coming from the affected joint
- d. none of the above

4 Although the Framingham Heart Study was primarily for the study of cardiovascular diseases, arthritis was also studied. The research showed that _____ people were more apt to develop osteoarthritis.

- a. obese
- b. slender
- c. short
- d. tall

5 Osteoarthritis affects animals such as birds, amphibians, and reptiles, as well as humans.

- a. True
- b. False

6 In order to have strong joints free from osteoarthritis, we need healthy cartilage. Healthy cartilage needs three things: water for lubrication and nourishment, protoglycans to attract and hold water, and _____ to keep the protoglycans in place.

- a. glue
- b. a brace
- c. a master cell
- d. collagen

7 One natural substance that seems to help reduce osteoarthritis is _____.

- a. glucosamine sulfate
- b. ginger
- c. olive oil
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

A 64-year old female first came to The Center in 1984 (in her early 50's at that time) having experienced a mild stroke. She wanted to find out why she had a stroke at such a relatively young age. Food sensitivities and mineral deficiencies were found and dealt with at that time.

Then, five years ago, the patient returned with multiple symptoms, including the following: day time drowsiness, shortness of breath, cold hands and feet, fatigue, dizziness, carbohydrate cravings, weight gain, easy bruising, dry, dull skin and hair, and poor libido.

Again, several mineral deficiencies were found, including low zinc and magnesium. Her white blood cell C level was lower than the 5th percentile. Beta carotene levels were very low. B1 saturation and calcium to potassium ratios were abnormal, suggestive of sluggish metabolism. Her body temperature ran in the sub 96 degree range using the Barnes test.

Supplemental zinc and magnesium were initiated. Extra C intake was started. A follow-up C level showed a marked turnaround with the new level being in the 90th percentile. The patient was started on desiccated thyroid and slow release T3 to upregulate her thyroid function.

Most significantly, this co-learner began taking four capsules a day of dehydrated and de-sugared fruit and vegetable juice. This plant concentrate seemed to make a tremendous difference in her energy level. In addition, her beta carotene level increased to the 85% level with no other supplementation.

Currently, the patient has been able to wean off of all thyroid preparations. She takes no other supplements other than the plant based product. She has no colds or infections. She has come out of semi-retirement and is extremely active in her profession again.

She feels great and lives with a sense of zestfulness and joy. She attempts to exercise regularly, eat right, and takes her whole food supplement religiously. Thyroid function tests are now normal.

TH

Share information about The Center with your family and friends by inviting them to visit our Internet website! Meet us at the following address: <http://www.brightspot.org> or correspond with us by E-mail: healthcoach@southwind.net.

Cataracts and aging

What a privilege it is to be able to read as we approach and enter these "golden years" and to be able to see the lovely faces of our grandchildren, friends, and relatives.

Why is it that as we age we just assume our eyesight will get worse? What is it about us that we are willing to accept what we feel is inevitable? We are told from the beginning that our eyes are one of the first things to show our age by not functioning as they once did. (How we hated to admit the need for those bifocals.) We need to realize that this is partly, if not totally, in our control. Nutrition plays an imperative role in this, as I have preached before. "We are what we eat."

Even the optometrist says we should eat lots of carrots for our eyesight. What is it about carrots that is so important?—the beta carotene and other nutrients—those life giving nutrients that not only keep our eyesight at its best, they keep all our organs functioning properly. So next time you look at your newspaper and can see it clearly, give thanks and pat yourself on the back for a job well done.

I do enjoy reading *The Wichita Eagle* as well as *The Center's Health Hunter Newsletter*. I work the crossword puzzle each day in *The Eagle*. I feel this helps me be a bit more alert. I enjoy doing needlepoint for relaxation. This takes good eyesight for which I am truly grateful.

Last January, when my optometrist gave me my annual examination, he remarked that my eyes were in excellent condition for a lady of my age. For this I am again grateful and so far I have not had to have cataract surgery. I drink my large glass of carrot juice each day I am at The Center and take my daily beta carotene tablet so I am continually working on hoping I can avoid this expensive and difficult surgery. [H]

—Nelda Reed

The greatest virtue of all is courage, for without courage, there are no other virtues.

—Boswell

Mental Medicine

by Marilyn Landreth, M.A.

Thank you

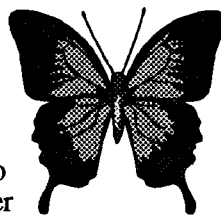
To all our readers, thank you for caring about your health and taking the time to read *Health Hunter Newsletter*. Letting us present our views concerning health care is a gift you give us every time you read an issue and renew your subscription. We would not be able to present the best of the present literature without your support and encouragement.

The recent deaths of two very special women, Mother Theresa and Diana, Princess of Wales, has pointed out to me once again the importance of letting others know just how important they are to me. Diana, I am sure, never had a clue as to how important she was to the English people.

As we have read and heard, these remarkable women had strong beliefs and ideals. They both saw a great deal

of sorrow in their lifetimes and overcame great obstacles. A great part of their strength came from a gentle spirit, a caring warmth, and a sense of joy in life. A large part of that joy came from doing what they thought was right, helping others with kindness, and a sense of the importance of life, even for the most neglected and those often perceived as the least important of the earth's people.

We never know how long a time we have on earth or how short. Let's all take a few minutes today to let others know that their smile, touch, and/or words are appreciated as we appreciate and love them. It could make a difference to someone who is struggling with a heavy load and it will definitely make a difference in your life. [H]



Food of the Month

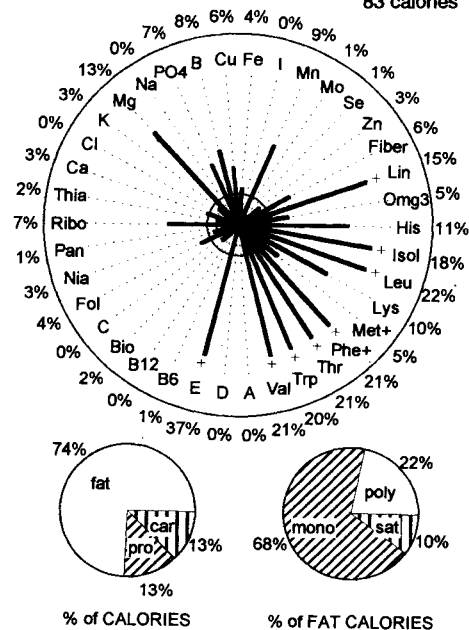
by Donald R. Davis, Ph.D.



ALMONDS and other nuts do not merit the ill repute of *added* fats and oils. We need fat, and the best sources are nuts and other whole foods, all of which are far superior to butter, oils, and shortening. Unlike these added fats, almonds supply at least adequate amounts, relative to calories, of 22 of 38 nutrients shown here. These include all essential amino acids (*His... Val*), vitamin E, folic acid, riboflavin, calcium, magnesium, boron, copper, manganese, fiber, and both of the known essential fats (*Lin and Omg3*). In two large studies, frequent nut eaters had far less heart disease and obesity than nut avoiders, so take heart and enjoy.

NutriCircle

1/2 oz. =
83 calories



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]

Ukrainian Folk Medicine

by Sergey M. Nesterishin, M.S.D.

Carrots

In Ukrainian folk medicine, several vegetables offer a variety of remedies. This month we will look at a few of the many benefits of carrots.

Carrots are an excellent source of beta carotene which is converted to vitamin A in the liver. In addition, carrots are a good source of vitamins B, C, D, and K, as well as trace minerals, enzymes, and cellular tissues needed by the body.

Vitamin A is a fat soluble vitamin, while beta carotene is water soluble. This means that beta carotene is available in carrot juice.

In Ukrainian folk medicine, carrot juice is recommended for ulcers and cancer. The traditional recommended amount is 20 ounces to 4 quarts of carrot juice a day. This quantity may be made from about 16 pounds of carrots, or about 100 carrots.


Carrot juice improves the appetite, the digestion, the structure of the teeth, and is especially used to improve the eyesight for humans. Ukrainians

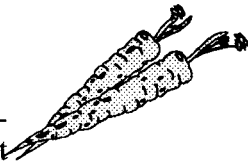
recommend drinking at least a pint of carrot juice daily for these reasons and just for general health.

This juice also protects the nervous system, has no equal for increasing energy and power, may be used for treatment of skin diseases, and should be consumed by nursing mothers, according to Ukrainian folk medicine.

Generally speaking, fruit and vegetable juices are rich in nutrients, while being low in calories, so Ukrainians drink them without worrying about gaining weight.

Carrot juice, as well as onion and garlic, is used in Ukrainian folk medicine for treating colds. For this purpose, put 10 drops of carrot juice in each nostril 10 to 12 times a day.

In Ukrainian folk medicine, carrot juice is effective for treating many diseases along with beet and cucumber juice. Next month I will bring information on beet juice. 




Kids failing daily diet

A greater majority of children in America fail to meet the federal standards for a healthy, balanced diet, according to a report in the journal *Pediatrics*.

Pennsylvania researchers surveyed 3,300 children between the ages of 2 and 19 years asking them to keep track of what they ate for three days. Here are highlights from the results of the survey:

- Only 1% of children surveyed met all the government's recommended daily requirements (RDA).
- 16% of children did not meet even one of the several categories of the RDA.
- 29% of the children met only one of the categories of the RDA.
- Less than one third of children surveyed consumed the recommended 6 to 11 daily servings of grains, including bread, cereals, and pasta.
- Just 36% of those surveyed consumed the RDA of 3 to 5 vegetables each day.
- Only 26% of the children ate the RDA of 2 to 4 servings of fruit daily.
- 15% of the daily calories eaten each day were from added sugar. No nourishment here.
- The researchers found the average fat consumption for the kids surveyed was 35%, well above the recommended maximum of 30%.
- Although children from across the spectrum failed to meet the RDA requirements, adolescent girls, along with children from low income families, face especially high risks for unhealthy diets.

When children fail to make the grade on daily nutrition, they will probably show up soon with more colds and other illnesses. This will mean more days of school missed, and all for the lack of an apple or orange or a helping of broccoli or...

It is time to educate kids and parents on what good nutrition is. 

CENTER UPDATE

Gene mutation, birth defects stopped by folate

It is clearly established that taking an ample amount of a folate supplement (a B vitamin) before becoming pregnant prevents 70% of all neural-tube birth defects, according to David Wilcken with the Department of Cardiovascular Medicine, University of South Wales, Australia.

This is a triumph for preventive medicine, according to Wilcken. In this case, researchers found the gene that mutated and caused the birth defects. Not only did they find the gene, they found that ample folate will generally keep it from mutating.


In the "Health Hunter at Home" column this month, Dr. Riordan is quoted as saying that everything is 100% genetic and 100% biochemical. This is another example of this paradoxical statement.

When this gene mutates, it sets off a chain reaction which affects the point of entry of folate coenzymes in the remeth-

ylation or conversion of homocysteine to methionine.

Homocysteine in the blood has been implicated in heart disease, while methionine is a much needed amino acid for many reactions that need to take place in the body.

When folate becomes low in the blood plasma and cells of most people, and particularly those women susceptible to gene mutation, the process of conversion shuts down and mutation begins. Folate becomes the biochemical agent that can stop the gene from mutating and keep the conversion of homocysteine to methionine going.

"It is reasonable to conclude that the [gene] mutation occurs in 11% of most white populations...and that it confers an enhanced risk of neural-tube defects and signals a need for an above-average folate intake, especially preconceptually," Wilcken concluded. 

Answers from page 4

- 1 b. Move that 50 million Americans, or one in seven of us, suffer from arthritis. Almost everyone over the age of 50 has signs of arthritis.
- 2 b. There are more than 100 diseases that affect the joints, with Osteoarthritis (OA) being the most common.
- 3 c. This crackling may be caused by the joints rubbing together during regular use or when manipulated.
- 4 a. The hips and knees handle 2 1/2 to 10 times a person's body weight. If a person weighs 200 pounds, their joints may be handling up to a ton of pressure when they walk or run. Many times we can reduce our risk of osteoarthritis just by losing weight.
- 5 a. It strikes all animals with bony skeletons, even underwater mammals such as whales.
- 6 c. Huge molecules made up of proteins and sugars called phyteglycans are woven through the collagen fibers forming a dense netting allowing the cartilage to respond to movement and absorb shock.
- 7 a. Glucosamine is made up of glucose and an amino acid, glutamine. 

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Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.11
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THE ARTHRITIS CURE

by Jason Theodosakis, M.D.,
 Brenda Adderly, M.H.A., and
 Barry Fox, Ph.D.

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with Hugh D. Riordan, M.D. and
 Neil Riordan, P.A.-C

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with Marilyn Landreth, M.A.

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Upcoming Events. . .

OCTOBER				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yoga	2 L & L - Echinacea, Happy Body Aerobics	3
6 Yoga	7 L & L - Phosphatidyl Choline, Happy Body Aerobics	8 Yoga, Eat Your Way to Natural Weight Loss	9 L & L - Counteracting Cataracts, Happy Body	10
13 Yoga	14 L & L - How Can I Improve My Skin?, Happy Body	15 Yoga	16 L & L - Laughter, Happy Body Aerobics	17
20 Yoga	21 L & L - Glutathione, Happy Body Aerobics	22 Yoga	23 L & L - Another tool for Healing, Happy Body	24
27	28 L & L - Cold & Flu Remedies	29 Eat Your Way to Natural Weight Loss	30 L & L - Homocysteine and Prevention of Heart Disease	31

NOVEMBER

LUNCH AND LECTURE CLASSES:

- | | |
|-----------------------------------|--|
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Antioxidants lower coronary artery disease

"Epidemiologic studies have provided evidence of an inverse relation between coronary artery disease and antioxidant intake, and vitamin E supplementation in particular," wrote Marco Diaz, M.D., and associates at the Boston University School of Medicine in a recent issue of *The New England Journal of Medicine*.

The researcher summarized by pointing out that plaque stability, the ability of the blood vessels to dilate or constrict, and the tendency to generate blood clots, all which add to heart attack risk, "are subject to modification by specific antioxidants."

For instance, antioxidants in cells protect against the oxidation of LDL cholesterol that is accused of starting the arterial plaquing. In addition, cellular antioxidants protect the endothelial lining of the blood vessels.

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Health Hunter

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