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N E W S L E T T E R

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Headache: The Center's approach

Hugh Riordan, M.D.

As one who experienced severe migraine headaches for many years, the subject of headaches in general has been of keen interest to me. Fortunately, through my work at The Center, I learned what caused those incapacitating painful episodes.

Vitamin C is an important factor in several types of headache.

In my case, such headaches were preceded by a visual aura of shimmering bright areas in my vision. Then the pain would come together with extreme sensitivity to light and sound. If I was with someone engaged in conversation, it was a bit embarrassing because my central vision would disappear, so I had to cock my head and look out of the side of my eye to see the person I was with. It has been great not to have headaches like that for decades.

Our Center protocol for evaluating people with headaches includes a detailed history and appropriate laboratory studies.

- Where does the head hurt?
- Is it always in the same place or does it move around?
- When does it occur: daily, weekly, monthly?
- Is it more often in the early morning or later in the day?
- Are there any other symptoms before, during, or after the headache?
- Do pain killers help, or are they not effective?
- What else have you noticed that makes the headaches better or worse?

- Do bowel movements affect the headaches?
- What do you think is causing your headaches?

Since most of the people who come to The Center have already had extensive standard medical evaluations, I won't go into them at this time.

Depending upon the cycling of headache frequency, hormonal factors may be important. If one has high blood pressure and/or tends to keep feelings from others, emotional constipation may need to be relieved. These and many other factors must be taken into consideration during the initial visit of a person with recurring headaches.

Although many additional laboratory tests may be indicated, the majority of people we see at The Center will have four tests suggested. The first is to measure the histamine level in blood cells. People with a histamine problem tend to have six to seven times the headaches of people with normal blood histamine.

The second test is for vitamin C in the plasma. Vitamin C is an important factor in several types of headache.

The third test is for urinary pyrroles. Pyrroles are part of the ring structure of hemoglobin. People who excrete high levels of pyrroles in their urine may develop stress related headaches because they have a greater need for vitamin B6 and zinc, caused by genetic difference, which results in pyrrole excretion.

The fourth test is to check for adverse food reactions. This is done by obtaining white blood cells from the

continued on page 2

Magnesium: a metal for strong bones

Magnesium has been suggested, as a partner with calcium, to head off the crippling bone loss and brittle bones from osteoporosis in older women.

A study appearing in the *Journal of Reproductive Medicine*, completed in 1990, suggested that magnesium was more important than calcium for post menopausal women to reverse bone loss.

Recently, researchers at Graz Medical School in Austria teamed up with researchers at the J. L. Pettis Memorial Veterans Administration Medical Center in Loma Linda, California to see if it could help bone growth in younger people as well.

Reporting in a recent issue of the *Journal of Clinical Endocrinology and Metabolism*, they found that bone turnover was dramatically slowed in 24-year-old males by just increasing their magnesium intake to twice the RDA for 30 days. They were building more bone mass than the control subjects who were getting the RDA. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

The journey through pain

All trips to the doctor begin with some kind of a pain. The modern, TV understanding of pain is that it is a nuisance that needs to be killed as soon as possible. A more thoughtful look reveals the true importance of pain.

It seems that dis-ease is an intrinsic part of the human condition. No one is spared the experience of bodily functions going awry. Whether it be a cut, sprain, or flu bug, we are alerted to the presence of the problem through pain. The body, in its wisdom, uses pain to assess many factors: level of severity, how much rest and attention need to be given the problem, and whether outside help is further needed.

Leprosy is known to our culture only through the Bible. Today we don't deal with "lepers". There are parts of the third world, though, where leprosy still exists. The disfiguring sores over various parts of the body are part of this disease. Many would assume that the infecting agent causes these sores. That is not the case. Leprosy affects the sensory nerves and removes all pain. Lepers have no feedback when they injure, burn, or otherwise hurt themselves. Feeling no pain, they give no

attention to these problems. Secondary infections and other more serious problems set in. Without the feedback that pain normally provides, routine problems can become life-threatening for these people.

Then there is the pain of chronic illness. Chronic arthritis is perhaps the most common example. Chronic fibromyalgia is quickly becoming another almost ubiquitous experience in our culture. Has pain, in these instances, outlived its usefulness? When does chronic pain cease to be a help and start to be a hindrance to achieving optimal wellness?

If we assume the pain is meaningless and cease to search for underlying causes, then pain becomes a liability. If, instead, we assume the body is wise, and listen to the persistent pain, calling it a "sustained" pain rather than an immutable "chronic" pain, it will lead us to the underlying causes. Only, we must be diligent in our search and willing to travel alternate pathways to find the answer. Pain is never stupid...but we may be.

Never give up in the search to find the true underlying causes. [H]

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

Headache

Continued from page 1

person with headaches and mixing them with small quantities of food antigens. If the white blood cells are damaged from this type of contact with a food, it suggests that the food may be a factor in headaches. This test was the key in learning that chocolate was the food that was triggering my severe headaches. Simple observation did not lead me to that conclusion because I would

not always get a headache from eating chocolate. But, I would invariably have eaten chocolate before getting the headache. The difference was the circumstance related to eating the chocolate. How the bowel absorbs food molecules changes with different levels of stress or serenity. I trust you can guess my state when eating chocolate that caused my problems. [H]

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Vitamin C may lower gallstone risk in women

Gallstones are only half as common in women with high levels of vitamin C in their blood when compared to those with moderate levels of vitamin C, according to a report in the *American Journal of Public Health*.

Gallstones are composed primarily of cholesterol. Previous animal studies suggested that vitamin C may help break down the cholesterol and lower the chances of forming gallstones.

These researchers found that women with "high serum [vitamin C] levels were independently associated with an approximately 50% lower prevalence of gallbladder disease." [E]

Vitamins C and D, also iron intake, affect lead levels

Low intake of vitamin C and iron may increase blood lead levels, and low vitamin D levels may be linked to lead accumulating in the bones, according to a report published in the *American Journal of Epidemiology*.

For years, Dr. Riordan has said rather succinctly, "if you have a little lead, you will be a little dumb; a lot of lead, you will be a lot dumb." In children particularly, but for all ages, lead accumulation has a serious effect on cognitive ability. Research has also shown lead accumulation can contribute to high blood pressure.

"Lower dietary intake of vitamin D, vitamin C, and iron enhances the absorption and retention of lead over years to decades," the Harvard researchers discovered. They used bone lead levels because the bone is a better indicator of lead accumulation than blood tests.

These findings underline the importance of "nutritional intervention... as an effective strategy to reduce the impact of low levels of lead exposure." [E]

Potpourri

Every now and then there comes an embarrassment of riches in the journals bringing articles I think would be interesting to *Health Hunter* readers, but there just isn't space to print all of them.

This was such a month, so I thought I would use this space to give you brief notes about some of the extras that would fall in the editorial wastebasket.

On the light side: Ross Anderson, Ph.D., a researcher at Johns Hopkins Bayview Medical Center, and associates, found that simple signs placed beside the escalators increased stair use. These included, "Your Heart Needs Exercise, Use the Stairs." Another, "Improve Your Waistline, Use the Stairs."

"Stair climbing and walking are two of the best and most practical ways for people to become active," Anderson reported in the *Annals of Internal Medicine*.

For years, Dr. Riordan has been a fan of stair climbing. A few years ago, several of the staff, after training for it, climbed 99 flights of stairs in a half hour or less. Dr. Riordan has a dream of building a ten story climbing tower at The Center, if he can find the funds to do it.

The American Heart Association is now questioning the value of drastically reducing the fat in the diet to reduce heart attack risks. Don Davis, Ph.D., a consultant to The Center, has been questioning this approach for years, and he recommends eating a whole foods diet that includes such foods as nuts and avocados.

There are very little data to recommend very low fat diets as a way to reduce blood levels of total cholesterol, according to Alice Lichtenstein, a co-author of the new statement appearing in *Circulation*, the American Heart Association's journal.

She added that very low fat diets don't provide enough nutrients. According to her, people often replace the calories eliminated as fat in their diets with simple or complex carbohydrates. Simple carbohydrates are often code words for sugar.

Here is another whole foods related one. Fruits and vegetables can lower blood

pressure, according to a statement released in the journal, *Circulation*.

"The beneficial effects of diet on blood pressure can be maximized by avoiding high intake of [salt] and ensuring adequate intake of fruits, vegetables," according to the American Heart Association's statement. Fruits and vegetables contain electrolytes, such as potassium, that are believed to help keep blood pressure under control, they added.

This one I loved. I put it under the classification of "And What Doesn't." "Jet Lag Linked to Breast Cancer", according to a letter in the journal, *Lancet*. It went on to point out that crossing time zones disrupts the production of melatonin. "Reduction of melatonin secretion has in turn been linked to breast cancer," the letter pointed out.

Since crossing the arbitrarily drawn time zones causes cancer, what about a woman in western Kansas who lives on one side of the time zone and drives to the other side of the time zone several times a day to do business? Is she at a greater risk than one who lives on the other side and stays there most of the time?

Here is one that supports walking and other forms of exercise—"Body Shape Can Indicate Health". According to these researchers, a waist smaller than the hips, the hourglass figure, is a healthier shape. Beer guts and skinny legs are just not in when it comes to health.

"Each lifestyle factor influences the size of waist and hips differently," wrote J. C. Seidell and his colleagues, with the National Institute of Public Health and Environment in Bilthoven, the Netherlands, in the *International Journal of Epidemiology*.

"Lifestyle modifications such as smoking cessation, reduced drinking, and a more physically active lifestyle should all be encouraged, leading to an overall healthier body," they reported. And a better shape, I might add.

These wouldn't fit, but I wanted to share them with you—some for laughs and some for serious consideration. [E]

—Richard Lewis

INFORMATION WORTH KNOWING

Walking is a great way to get into shape gently, visit with family or friends while being active, or enjoy being outside in nature. Walking can be used for all those ways and more. Have you ever considered that walking could be done in a meditative way that can be good for your spiritual being as well as your body? Carolyn Scott Kortge gives motivational tips in her book, *The Spirited Walker*, "to walk for life with an approach to fitness that puts care of the soul on equal footing with care of the body." The questions this month are from her book.

1 Writer Dorothy Gilman observed that _____

there are mountains, plateaus, chasms, storms, and places of tranquility that are largely unexplored.

- a. in California
- b. within us
- c. in Maliga
- d. none of the above

2 _____ lets you begin where you are and build upon what you already know. It is mental as well as physical.

- a. Walking
- b. Race walking
- c. Practice
- d. none of the above

3 Most people look upon regular exercise as being exciting and fun to do.

- a. True
- b. False

4 "_____ " is a term that describes the type of exercise that is experienced when the main goal is to burn calories or in an effort just to get through the walk because it is good for you.

- a. Stress walking
- b. Going for the burn

- c. Pilot light
- d. none of the above

5 Following a regular exercise program can improve how you feel about yourself. Because you are _____ your life and are willing to act on your own behalf, your self esteem increases.

- a. in charge of
- b. living
- c. in the prime of
- d. all of the above.

6 Full health comes from harmony between the body and mind. Walking meditation is one way to achieve that harmony.

- a. True
- b. False

7 Walking meditation aligns the energies of the body and mind bringing about _____.

- a. greater mental clarity
- b. reduction of chronic pain
- c. reduction of headaches
- d. all of the above.

Case of the month

In February of this year, a 49-year-old woman came to The Center complaining of increasingly frequent migraine headaches, along with tension headaches, cardiac arrhythmia, chronic sinus problems, and back pain.

Her headaches, which started five years ago, had progressed from two to three a month to two to three a week. Along with the headaches comes nausea and vomiting. She said that she cannot lie down when she has a migraine because the nausea becomes worse and she must sit until the headache passes. Her family doctor had prescribed Imetrex, an expensive migraine medicine to combat the headaches once one starts and Loretab to control the pain.


The day-long initial evaluation at The Center takes an in-depth look at what may be the underlying causes or factors that trigger the migraines as well as the other symptoms she mentioned in her hour interview with Dr. Riordan. From this interview, he develops a laboratory testing plan that is designed to help find these causes.

From the results of this laboratory testing, she discovered several results which should help eliminate the headaches.

The cytotoxic test showed several foods to which she was sensitive that could provoke her headaches. The darkfield examination of her blood showed Page bodies, and she started intravenous calcium and biotin by mouth to get rid of these.

Other lab results included a positive *H. pylori* test, low zinc and chromium, excellent levels of vitamins A and E, but a low level of vitamin C, and a low vitamin B2 level.

In September, during a follow-up meeting with Dr. Hunninghake, she said that she had been following the plan he and Dr. Riordan had worked out with her—she was especially careful not to eat any foods that appeared on her sensitivity list from the cytotoxic test. She said that she had no migraines since getting underway with the program that was designed for her.

She has had another problem appear which she wants to work on, now that the migraines have been eliminated. 

• FOR ANSWERS, SEE PAGE 7 •

It's Coming!

November 20

FOOD, PRIZES, AND A GREAT TIME
Health Hunter Appreciation Night
Watch for more information.

What a "headache" poor health is!

According to Webster, a headache is: *pain in the head, a vexatious or baffling situation or problem*

We usually think of headaches resulting from allergies, sensitivity to stress, finances, environmental disturbances such as pesticides, friends, and relatives' smoking habits.

When I had my first appointment with Dr. Hugh, one of my major complaints was having headaches for the greater portion of my life. Dr. Hugh said, "We can get rid of those headaches. I see by your history you received an injury to your head at age four when you were ill with the mumps. Your jaw is out of line. This is called TMJ (temporomandibular joint dysfunction). We can have your dentist prepare an appliance for your mouth to help straighten your jaw." This was accomplished and those "horrible headaches" stopped.

I use an ionizer in my bedroom to assure me that I have "clean air" when I am sleeping. This removes even the smallest particles from the airstream and prevents these microscopic particles from entering my lungs. So I never wake up with a headache, and I am ready to begin a busy day.

Another way to avoid the "headaches of the day" would be to have the philosophy of Helen Keller. Following is a quote from her:

"The hands of those I meet are dumbly eloquent to me. I have met people so empty of joy that when I clasped their frosty fingertips it seemed as if I were shaking hands with a northeast storm. Others there are whose hands have sunbeams in them, so that their grasp warms my heart. It may be only the clinging touch of a child's hand, but there is as much potential sunshine in it for me as there is in a loving glance from others."

Many co-learners and staff members are in the process of regaining their health by being a participant in many activities here, and they are finding that they experience fewer of these troublesome headaches and have more sunbeams in their hands. [H]

—Nelda Reed

Herbal History

Chokecherry

Chokecherry is a member of the rose family that flowers profusely with white blossoms in the spring, followed in the fall by a bluish-purple to black fruit with one seed—much like a cherry.

This fruit is very astringent and makes one pucker, hence the "choke" part of the name. These berries grow on shrubs or small trees from 6 to 20 feet high. They are found in thickets, fence rows, roadsides, bordering woods, and on ravine banks. One can find them in all states but the southeastern part of the United States.

The trees were often used for medicinal purposes by most of the Indian tribes. They used primarily the bark, but also twigs, roots, unripened fruit, and fruit juice for their medicines.

The Sioux, Crows, Gros Ventres, and other tribes drank a tea made from boiled bark to treat various stomach complaints, diarrhea, and dysentery. Crows also used the bark to cleanse

sores and burns, but only certain tribal members had the authority to perform these medical applications.

Blackfeet drank the chokecherry juice for diarrhea and sore throat. They also brewed a tea from the inner bark of the chokecherry which they drank as a purge. Blackfeet mothers drank the tea to pass the medicinal effects to nursing babies through the milk. The tea was often brewed combining the chokecherry with other plants.

Other tribes used the chokecherry for cold remedies, to stop post partum hemorrhage, as a cure for scurvy, and to control the bleeding of wounds.

In addition to the wide Indian use of the chokecherry, it was widely used by the settlers and explorers as they pressed west. This will be covered in the November issue.

Source: *Medicinal Plants of the Prairie*, by Kelly Kindscher [H]

Food of the Month

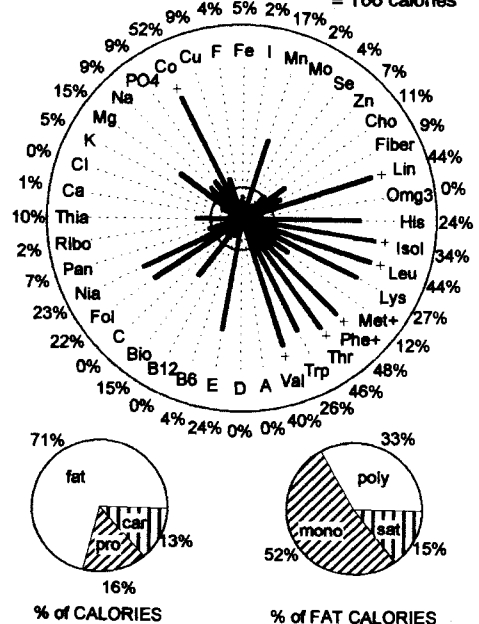
by Donald R. Davis, Ph.D.



NutriCircle

1 ounce shelled = 166 calories

PEANUTS are our largest nut crop by far. From their South American origins they spread to the Caribbean islands, to Africa with Columbus's followers, and then to the U.S. with African slaves. Here, peanuts were scarcely eaten by humans until peanut butter was invented in 1890 by a physician for his toothless patients, and Dr. Kellogg (of cereal fame) promoted it for vegetarians. Although high in calories, peanuts are equally high in over 20 nutrients, as shown here. So peanut butter (preferably old-fashioned, not hydrogenated) is far superior to butter. Two large studies find that frequent nut eaters have little heart disease, so enjoy.



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 kind of attitude do you have?


Arthur Kleinman defines disease as the "objective manifestations of a physical process" and illness as the "personal experience of suffering and limitation related to the disease." A person may have a severe disease and yet have little illness or a little disease and severe illness. What makes the difference in how each person experiences health problems?

My niece, Debbie, knows all about disease. She was diagnosed with juvenile diabetes when she was 6 years old. Because the diabetes was difficult to keep under control, doctors told her she would never live to be twenty years old. When she was 24 she had her first heart attack and was blind by the time she was 25. Her kidneys failed when she was 26 and she was on dialysis for a couple of years. Five years ago her sister donated a kidney for a transplant, which made a big difference in Debbie's life.

She has always been a very positive person. Even when it was the darkest because of kidney failure and being

blind she still had very little "illness." After the transplant, she really started to push her boundaries. She does all the cooking for the family, even baking bread, although she is totally blind (she can tell the difference between night and day).

A couple of summers ago when her husband was slow to get the yard mowed, she mowed it. Debbie rode the riding lawn mower with her daughter telling her when she should turn. Debbie's latest activity is making quilts. With the help of her daughter, she draws a hand on a square of material, paints the hand, and adds the name under it for a family member. She uses string to tack the quilt together. To date Debbie has made two quilts and has a couple more planned.

Although Debbie has several serious diseases, she has very little "illness." While she has experienced pain and suffering, the mental medicine that has kept her going through all the disease is her positive attitude and strong belief system. Go Debbie! 

CENTER UPDATE

Fish oil may help psychiatric patients

Omega-3 polyunsaturated fatty acids, either from eating fish from cold waters, or taking fish oil capsules, may reduce the symptoms of depression, schizophrenia, and bipolar (manic-depressive) disorder, according to recent studies by three researchers.


In one study, Dr. Andrew Stoll of the Harvard Medical School in Boston, found that subjects given fish oil supplements had some relief from their bipolar symptoms.

For this research, Dr. Stoll gave 14 patients daily supplements of fish oil and another 16 a placebo. Nine of the 14 receiving fish oil supplements responded favorably, while only 3 of the 16 receiving the placebo showed any improvement in their symptoms.

Another study by Dr. Malcomb Peet with Northern General Hospital in

Sheffield, England, focused on the effects of one fish oil, eicosapentaenoic fatty acid (EPA). After a three month study, he observed "a 25% improvement (in schizophrenic symptoms) in the EPA treated group" when compared to another group receiving another fatty acid or a placebo.

In the third study, Dr. Joseph Hibbeln, of the National Institute of Health in Bethesda, MD, looked at depression. Dr. Hibbeln found that people who did not have depression did have high concentrations of EPA in their blood and "striking lower (better) scores in six different psychological rating scales which are related to suicidal risk."


He thinks this suggests that EPA may be used with some subgroups of suicidal patients to reduce suicidal risks. 



Selenium linked to lower prostate risk

Men with high levels of selenium are less likely to develop advanced prostate cancer, according to a recent report in the *Journal of the National Cancer Institute*.

Using toe nail clippings to test for long term selenium levels, the researchers compared 181 men with advanced prostate cancer with 181 matched controls. They found that the men in the top one-fifth of blood selenium concentrations had about one half the risk of developing advanced prostate cancer.

Those are good odds for men taking selenium supplements. 


Fatty acids added to formula increase infant intelligence

For years, the La Leche League has been claiming that mother's milk is better for infants than formula. Now, researchers from Scotland have found another reason why this is true—long chain fatty acids (LCPUFA) missing from formula that are found in breast milk.


These LCPUFAs tend to play a role in neurological development. The fatty acids accumulate in the infant's brain during the first few months of development.

For years, it was thought that the infant's body could make these fatty acids, but other research showed that formula fed babies had lower levels of LCPUFAs in their blood and breast fed babies had higher levels.

The Scottish researchers showed that infants could benefit from formula supplemented with LCPUFAs. In their research, infants fed this supplemented formula had improved memory and attention control when compared to infants who didn't get it.

"Infants benefit from LCPUFA supplementation and the effects persist beyond the period of supplementation," the researchers concluded. These fatty acids "may be important for the development of childhood intelligence," they added. 

Answers from page 4

- 1 b. Because many of us are not familiar with our inner being, we are like a third world country, unexplored and impoverished for want of a little interest and investment.
- 2 c. Practice makes patterns and creates habits. Practicing walking creates movement in the mind as well as in the body.
- 3 b. All too often exercise is looked upon as a burden or just another task to do.
- 4 a. You go on automatic, pushing to complete the walk while thinking of all the things you have to get done or what you are going to have for dinner.
- 5 a. Research shows that regular exercise improves self-esteem. Exercise translates beliefs into action.
- 6 a. Using walking and meditation together is one way to explore the potential for physical, emotional, and spiritual well-being.
- 7 d. The "relaxation response" studied by a cardiologist, Herbert Benson, enhances both mental and physical benefits, thereby improving functioning. 

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

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by Carolyn Scott Kortge
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YOU CAN COPE WITH ANXIETY

with Marilyn Landreth, M.A.
 Anxiety, and its related fear and panic disorders, is the most common psychiatric problem in America. Millions of Americans are taking some form of tranquilizing or anti-anxiety medication to help themselves cope with this epidemic problem. While the exact cause of panic attacks is not well understood, there is enough known about both the physical and psychological correlates to offer effective means of coping with anxiety. Learn some non-drug ways of coping with anxiety. Audio cassette & video tape.

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			1 L & L - Fatigue, Sounds for Healing	2
5 Yoga	6 L & L - St. John's Wort: For Better Moods, Yoga	7 Yoga	8 L & L - Therapeutic Touch	9
12 Yoga	13 L & L - Ginger: For Better Gut Function, Yoga	14 Yoga	15 L & L - Estrogen Replacement Therapy	16
19 Yoga	20 L & L - Ginkgo: For Better Brain Power, Yoga	21 Yoga	22 L & L - Macrobiotic Diet Pros and Cons	23
26 Yoga	27 L & L - Living, Loving, and Laughing, Yoga	28 Yoga	29 L & L - Memories for Life	30

NOVEMBER

LUNCH & LECTURES:

- | | |
|---|---------------------|
| 3 Echinacea: For Better Immune Function | 17 Body-Mind-Spirit |
| 5 Sauna Therapy | 19 Ask the Doctor |
| 12 Healthier Holiday Recipes | |

Compound in tea reverses penicillin and methicillin resistance



British researchers have discovered two new uses for tea, and particularly green tea. It can reverse the resistance of staph infections to penicillin and methicillin. This was discovered by adding tea extracts to methicillin-resistant *Staphylococcus aureus* grown in the lab.

The researchers believe these actions may be from a single compound found in the tea. "Partition chromatography of an extract of green tea...yielded several fractions, one of which contained a virtually pure compound that showed the above mentioned activities, at concentrations above 2[mg per liter]," they reported.

Safety of the compound is unquestioned. "Tea...has been drunk...for hundreds of years by billions of people without harmful side effects—rather the reverse in fact," the researchers reported.

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