

Health Hunter[®]

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N E W S L E T T E R

OCTOBER 2000

Heart biomarkers

Ron Hunninghake, M.D.

Coronary Artery Disease, or CAD, is America's number one killer. It claims as many lives as the next eight causes of death combined. CAD should be our number one health concern. This disease results in 950,000 deaths a year, or 2600 deaths a day, in this country alone. Unfortunately 50% of heart attack victims show no abnormalities in the traditional CAD markers. This is why we have created the Heart Health Panel for Beat The Odds. You don't have to be a patient to have the Heart Health Panel tested.

...7.9 million people are disabled each year after they have their heart attack.

CAD is an expensive problem in the United States. 57 million Americans have some form of cardiovascular disease, which translates into 500,000 bypass surgeries every year. The average cost per surgery is \$45,000. That's just the operation and not the additional care that goes along with it, especially if there are complications. The total vascular disease cost per year, including stroke and heart attack, in this country is \$260 billion. Another additional cost hidden in here is that 7.9 million people are disabled each year after they have their heart attack.

This is a lot of expense for a disease that I, and other authorities, believe is preventable. But we're going to have to take a different approach to how we prevent it.

When should you be tested? If you have a positive family history of heart

disease, then you should definitely be concerned about your risk of a heart attack. Personal history of vascular disease in one form or another is a cause for concern. Obesity is a warning signal; 60% of the population in the United States is considered clinically obese. Diabetes is also becoming very prevalent. There has been a 300% increase in diabetes in the last decade. High blood pressure is obviously very common in our culture.

The cause of heart disease is a buildup of plaque. Plaque occurs when fat deposits along the major arteries, especially the coronary or carotid arteries. Fatty streaks can begin as early as childhood and then pathologic fibrous plaques start to develop over time, starting as early as age 25.

Cholesterol is a major marker for CAD. Your LDL cholesterol triggers your physician more than any other number on your chart to put you on one of the new cholesterol lowering medications. You can, however, use antioxidants such as vitamin E, one of the vitamins tested in the Heart Panel, to prevent LDL cholesterol from becoming oxidized. This reduces its harm to the lining of the arteries and slows the progression of CAD.

Another important, but often overlooked, risk factor is homocysteine. Homocysteine is a molecule that acts as an abrasive which scrapes the endothelia lining of the arteries and damages them. It is thought to be one of the initiators of plaque formation. Once this protective layer has been opened or breached, then there are different kinds of cells that get in there and start the


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Heart health and others from Beat The Odds

Ron Hunninghake, M.D., presented the Heart Health Biomarkers this month. Hugh Riordan, M.D., gave a lecture from which *Health Hunter* offered an article on Brain Health last month.

Before the June Lab Fair held here at The Center, the laboratory director got together with the doctors. They devised several Know Yourself/Beat The Odds programs which include:

- Antioxidant Health
- Brain Health (basic)
- Brain Health (comprehensive)
- Breast Health
- Eye Health
- Heart Health
- Pre-Conception Health (basic)
- Pre-Conception Health (comprehensive)
- Prostate Health

These include the tests the group felt may be necessary to understand your chance of beating the odds of getting these problems. For more information on these panels call The Center at 316-682-3100. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

The heart of the matter

Yesterday, my daughter called me. She's 19, a sophomore at college. She belongs to a sorority. She called because two of the girls' dads had died this past week. One was a suicide, the other, at age 50, had died of a massive heart attack. My daughter was calling to see if I was OK.


All the girls in the house were quite upset, afraid, and felt very helpless. A suicide is upsetting for major reasons, of course. The heart attack death was upsetting for other reasons. It had come out of nowhere, unexpected. The results were obviously devastating. In the aftermath, there was nothing to be done but mourn the terrible loss. Like my daughter, many girls had called home to check on their dads.

What did those dads say to their daughters? "I'm fine, honey." Are they? How do they know?

Heart disease is America's #1 killer. It has remained so now for over 30 years. It is a disease with a long incubation period. It is tied to many risk

factors that depend upon personal choice. What motivates individuals at risk to modify these risks? Currently, personal information defining YOUR RISK is still the best means of WAKING UP TO THE POTENTIAL REALITY OF YOUR OWN SUDDEN DEATH FROM HEART DISEASE!

We humans are the masters of denial. In spite of the very high probability of dying from heart disease, the vast majority of Americans are inadequately informed of their own personal risk. Silently we think to ourselves: "It can't happen to me." But it can! I strongly encourage you to get some testing done. Objectively assess your risks. Then take action!

If you "don't have time" or you think it's "too expensive" just call any of the girls in my daughter's sorority. I'm quite sure they will implore you to make time and spend the money. They know, in their hearts, that this is a priority we who are at risk cannot afford to put off any longer. 

Heart biomarkers—Continued from page 1

formation of plaque. This may be an important key to understanding why some people tend to develop heart disease at a faster rate than others do. An elevated homocysteine in men can make them three times as likely to have a heart attack. A Harvard study of nurses found that those who consumed multi vitamins that contained folic acid, which is a neutralizer of homocysteine, lowered their risk of heart disease.

Another marker that is included in our heart health panel is called lipoprotein(a). What's interesting is 40% of heart attack victims do not have the conventional risk factors of fatty diets, sedentary lifestyle, hypertension, smoking, and high cholesterol. These people tend to have elevated lipoprotein(a) levels, an hereditary factor that is generally unaffected by your behavioral risk factors. It is thus the most important genetic marker for your risk for getting CAD.

Dr. Linus Pauling believed lipo-

protein(a) represents an important protective function of the body. It is a patch the body makes for injured endothelia cells when there is a lack of materials to repair damage in the artery lining. The body uses collagen or connective tissue to make this repair. Pauling came up with a formula that included vitamin C, prolene, and lysine to promote adequate collagen repair. One reason our culture is prone to heart disease is because we used to eat more high C fruits and vegetables than we currently get. Unless you're taking supplemental vitamin C, you may not be getting enough to make collagen in order to repair major blood vessel lining injury.

One of our favorite nutrients is CoQ10 (ubiquinone). It's become a great way of assessing your heart risk. CoQ10 is used in every cell in your body. Why is it that every cell in the body needs CoQ10? It's because

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Heart biomarkers—Continued from page 2

CoQ10 helps to shepherd oxygen into your mitochondria. The mitochondria are your cellular furnaces where your calories are burned and energy is released. If you can't get oxygen you can't sustain the burning of the fuel. If you were to shut off a person's supply of CoQ10, then you only have enough energy reserve for about eight seconds. You really need CoQ10 in order for your mitochondria to make energy. All your cellular functions are energy dependent. This is why CoQ10 is so important. Your heart has more mitochondria than any other part of your body. CoQ10 has an antioxidant property where it can recharge vitamin E. If you remember, vitamin E is what prevents the oxidation of the LDL, the bad cholesterol. So you can use CoQ10 with vitamin E to slow your progression of CAD. Many cardiologists recommend vitamin E to their patients.

Magnesium is involved with over 300 enzyme reactions including essential fatty acid metabolism and antioxidant formation. If I were alone on an island and I could only take one mineral along with me, I would probably choose magnesium because it is so important. It's the second most plentiful mineral in the body. Seventy-four percent of Americans fail to meet the recommended daily allowance for magnesium. A major metanalysis was done on heart attack patients just entering the hospital. Out of all of the interventions done for them, including cardiac catheterizations, giving people lidocaine, and all kinds of things, the one thing that had the best outcome was giving these people intravenous magnesium chloride. These patients had the best statistical chance of survival.

So magnesium, if it could be sold as a drug, would be an ideal cardiac drug. It releases muscular spasms. It opens arteries just like nitroglycerine. It blocks excessive adrenaline. Magnesium strengthens the heart muscle contractions much like digitalis. It's an anticoagulant like aspirin. It blocks calcium channel entry without side effects. It's a very good diuretic. Magnesium will help you mobilize a lot of that fluid along with adequate water. It will

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HEALTH HUNTERS AT HOME

No more food pyramid

Well, we did it. We painted the pyramid and removed the food pyramid. To a few, this is a move in the right direction. No longer is the pyramid sullied with those food symbols.

To many though, the food pyramid was an important addition. In 1993, after the food pyramid was first unveiled, it was quite spectacular. It represented the cutting edge of what was to come. If we had only known.

Several other food pyramids have appeared—more than there are sides on the pyramid to show.

For instance, for people over 70, the food pyramid was modified by adding eight glasses of water to the bottom of the pyramid. This made it taller and narrower than before. Then, they added a flag at the top recommending to supplement with calcium and vitamin B12, nutrients many older adults find difficult to get from food alone.

For children between the ages of two and six years, food pyramid designers had other ideas. They added pictures of foods that children often ate. Pictures were added around the pyramid showing children at various activities to stress active play for healthy children.

Then came the Mediterranean-type food pyramid from a few select scientists. This one really became complex. It was broken into nine different layers with one layer again divided into three different sections of fruits, beans and nuts, and vegetables.

The Mediterranean diet was developed by Oldways Preservation & Trust and The Harvard School of Public Health to show differences in types and balance of foods.

Then came other diets and pyramids—not particularly better, just different.

For instance, the Latin American Diet Pyramid. This one placed heavy emphasis on fruits, vegetables, beans, and grains. Red meat, sweets, and eggs are to be eaten only occasionally. This pyramid is divided into seven smaller pyramids, the center one inverted in the lower two rows.

Now if that isn't complicated enough, there comes the Asian Diet

Pyramid. It is made up of seven different lines with one line (the second from the bottom) broken into three different segments. The major part of this is vegetables, followed by nuts, legumes, and seeds, with the last segment (it is very small) for fruits.

The bottom line is rice, noodles, breads, millet, corn, and other grains. The third line up is vegetable oils. These three are a lighter brown and are to be eaten daily, according to a code at the side. The next line up, a darker brown one, is dairy, fish, and shellfish. These are optional daily. Then we come to a blue line for sweets, eggs, and poultry. This line is eaten weekly. Finally the top of the pyramid is meats and this is to be eaten monthly, the code tells us.


From this you can see that we could not incorporate all the different food pyramids so we elected to remove the USDA pyramid that was pretty good, but obviously not good enough.

We also took this chance to complete The Center pyramid. Inside a white marble floor was installed, giving it a wonderful look. In the center we added an octagon of red carpet that emphasized the pyramid shape. In addition, removable red carpet runners were installed.

Outside, besides the white paint, we built a large patio on the south side, put in a wonderful court on the north side, and rebuilt the bridge leading from the main geodesic domes across the water to the pyramid and added a canopy made up of five pyramid shapes in white fabric.

This was a sad parting to the USDA food pyramid that had bravely stood on the west face of the pyramid for over seven years.

It is a wonderful rebirth of the pyramid in its new splendor. And in its gleaming new look, it gained a new name, The Bob Page Pyramid in memory of Bob Page, a longtime board member.

It is an appropriate beginning for one who offered so much to The Center. 

—Richard Lewis

INFORMATION WORTH KNOWING

Qigong is an ancient Chinese discipline that is the mother of Traditional Chinese Medicine. Over 70 million people converge in parks every morning in China to do graceful-looking exercises in unison. They are practicing Qigong to increase energy levels, feel good, and stay well. Qigong has come to America and Doctor Effie Poy Yew Chow is one of the Qigong masters that has been healing and teaching Qigong for more than thirty years. Doctors McGee and Chow have written *Qigong: Miracle Healing from China* to spread the word about this unique form of "energy work." The questions this month are taken from their book.

1 Qi is the term used in Traditional Chinese Medicine for our _____.

- a. vital breath
- b. life force
- c. energy
- d. all of the above

2 An interpretation of the Chinese word, gong, translates to discipline, work, or _____.

- a. skill
- b. destiny
- c. luck
- d. none of the choices listed

3 Acupuncture and the martial arts were the earliest form of what later developed into Traditional Chinese Medicine.

- a. True
- b. False

4 Qigong has value in treating stress and minor health problems and in the treatment of serious medical problems. Practicing Qigong can reduce the healing time after surgery by ____%.

- a. 10
- b. 25
- c. 50
- d. 60

5 Forms of Qigong vary somewhat according to how a person learns this process. The most common forms of Qigong are _____.

- a. only given by a Qigong master
- b. do-it-yourself exercises learned from a reliable source
- c. taught by a yogi
- d. none of the above

6 A person who is basically healthy may practice Qigong to improve vitality and well-being for about five hours a day.

- a. True
- b. False

7 Dr. Chow's System is based on the classic Chinese theory that a powerful energy system exists in the body and that energy (qi) flows through _____ energy pathways.

- a. unknown
- b. known
- c. undeveloped
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

Heart biomarkers—Continued from page 3

control heart arrhythmia very well. We've had a number of patients that, once we got them on an adequate dose of magnesium, their PVC's and arrhythmias completely go away.

As you can see, the Heart Health Panel of Beat The Odds gives you valuable information you need to assure you have the best chance of beating the odds of developing coronary artery disease. [H]

St. John's wort as good as antidepressant for mild depression

Recently, the effectiveness of St. John's wort as an antidepressant has been questioned. Now, a recent study shows that it works better than an accepted antidepressant drug.

St. John's wort is the first prescription doctors should reach for when treating mild depression, according to a new study in the *British Medical Journal*.

Dr. Helmut Woelk, medical director for the Academic Training Hospital at the University of Geissen in Germany, has done several studies on how St. John's wort acts in the brain and in the nerve cells. "What we are reporting now is our last study, which shows that St. John's wort is as therapeutically effective as imipramine [an antidepressant drug] and patients tolerated the [St. John's wort] better."

Dr. Woelk and his colleagues recruited 324 people from across Germany. Half of them took a 75 mg dose of imipramine twice daily for six weeks and the other half took 250 mg of dried St. John's wort for six weeks.

At the end of the six week period, the patients were reevaluated. The two treatments were therapeutically equivalent, "but the patients tolerated better the St. John's wort," Dr. Woelk reported.

Side effects were fewer. "They had less dry mouth, less headache, sleeplessness, sweating, nausea and dizziness," he reported. [H]

Whole foods are catching on

Between 1994 and 1998, there has been an increase nationally in farmer's markets of 65%. In Wichita, Kansas, the farmer's market has grown considerably during this time to where hundreds of people gather on Saturday to buy locally grown fruits, vegetables, and meats.

Case of the month

This 59-year-old woman came to The Center in October of 1996. When she first came she was concerned about allergies, arthritis, candida, depression, and tinnitus. The depression was particularly bad for her. She said she was just "numb," that she had no energy, that she had difficulty doing the things she needed to do.

She was started on chromium, essential fatty acids, and Lateroflora at the initial examination. When her testing came back, these three prescriptions were confirmed and several other nutrient prescriptions were started.

She was started on drinking Alkali mix, 1/2 teaspoon in 4 oz. of water 20 to 30 minutes after eating, to stop food reactions. Pregnenalone was started for hormone balance, grape seed extract was started to strengthen her blood vessel walls, and LM911 was started to pick up her low magnesium.

She continued with this and other modifications to her nutrient levels for the next three years. She made small headway during these three years, but the depression was still there.

In April of 2000, she began to see that she had a carbohydrate addiction. Sweet carbohydrates were difficult to remove from her diet. She began working on this.

In June, 2000, she said, "My food enjoyment is changing on the protein diet. Fruits, berries, and peanuts are high on her list of foods. She remarked that there was no serious depression this time.

Then in September, 2000, she reported she was better!! (This emphasis was hers.) She has a new job. "They actually wanted me," she added. Her attitude and body are both better. She is thirsty all the time which means she is continuing her detoxification process. She is taking her hormones and thyroid on a regular basis. She is still eating peanuts and fruit and has to watch for more protein in her diet. And she is remodeling her kitchen. In short, things are going great in her life. FH

Herbal History

Small soapweed, *Yucca glauca*

The small soapweed grows in a narrow band from the Texas panhandle to the northern border of North Dakota and Montana—between the western slopes of the Rocky Mountains and the eastern border of Kansas. It grows primarily in the upland prairies, plains, sandy blowouts, and hillsides.

It was commonly known as soapweed, yucca, beargrass, amole, Spanish bayonet and dagger plant, to name a few.

The Native Americans used the root of the plant for medicinal purposes. The Lakotas pulverized the roots and then soaked them in tepid water. They drank the resulting tea for the pain of stomach aches.

They also made a soap from the root. They would then soak their hair in this soap solution to cure head lice. This treatment also reportedly made the hair grow. The fumes from burning the roots

subdued a horse so he could be caught and haltered more easily.

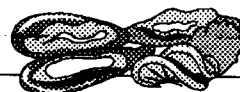
The Blackfeet boiled the small soapweed roots and used the tea as a tonic to prevent hair loss. They also placed the small soapweed on cuts to stop the bleeding and reduce the inflammation.

Around the turn of the century, an alkaloid from *Yucca* was reported to be useful in the treatment of rheumatism. It was found to be not effective in 1914. Then in 1981, in the *Journal of Applied Nutrition*, researchers found that a "saponoid extract" taken from the desert yucca plant, when taken four times a day, was effective in treating various types of arthritis.

This was denied by the Arthritis Foundation because the research did not differentiate between rheumatoid arthritis and osteoarthritis.

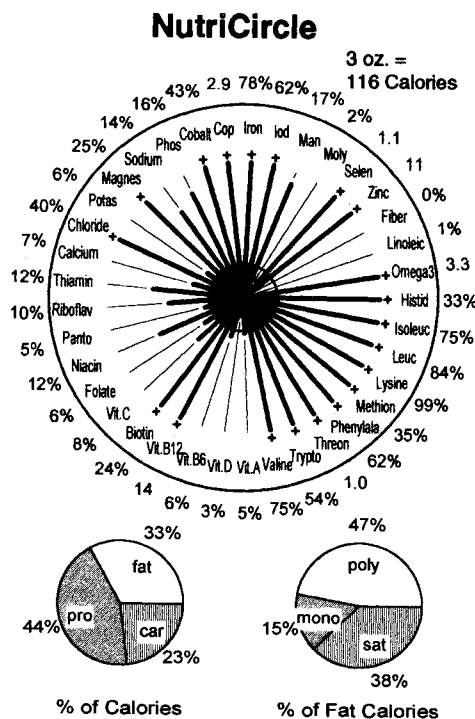
Source: *Medicinal Wild Plants of the Prairie* by Kelly Kindscher FH

Food of the Month



by Donald R. Davis, Ph.D.

OYSTERS turn ocean algae and plankton into an extraordinary food (and sometimes pearls). They are especially rich in zinc, vitamin B12, copper, and omega-3 fat. A modest 3-oz. serving contains from 3 to 14 times the recommended daily intakes of these nutrients. It also contains from 25% to 100% of 15 other nutrients, including magnesium, iron, iodine, selenium, and all 9 essential amino acids. Try oysters steamed, broiled, smoked, or in stews, soups, casseroles, and other wholesome recipes. Breaded and fried oysters don't qualify, because 90% of their calories come from the breading and frying fat. FH



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). FH

Mental Medicine

by Marilyn Landreth, M.A.

Loneliness


Do you sometimes feel lost and lonely? Do you know what it is like to be lonely even when you are surrounded by a lot of people? We all have moments of loneliness. Usually a phone call or visit to a friend or relative puts us back on track. But others may experience fleeting moments of feeling connected to others.

Maybe those feelings of loneliness started when they were hurt or disappointed by the ones closest to them. We all have hurts and disappointments in life and some people may consciously or unconsciously decide that they cannot deal with their emotions. They start to wall off their feelings from others and even from themselves.

Dean Ornish has been doing research in reversing heart disease with-

out drugs or surgery. He has found that while diet, exercise, and stress management are essential to a healthy heart, feeling close to others also plays a part in having a healthy heart.

So, if you have been hurt in the past and think you would like to wall off your feelings or have walled off your feelings, consider again. Thomas A. Edison said, "I have not failed 10,000 times. I have successfully found 10,000 ways that will not work." Conte Vittorio Alfieri said, "Often the test of courage is not to die but to live."

When life kicks you in the pants and knocks you down, for your health's sake, pick yourself up and realize that you have found another way that doesn't work. Choose to be ALIVE with all the implications of pain, joy, disappointment, faith, and hope. 

CENTER UPDATE

Lipoprotein(a) revisited

Several years ago, Mathias Rath, M.D., presented the idea that Lipoprotein(a)[Lp(a)] had been around since the ice ages. It appeared at that time as a solution to leaks in the arteries in the high turbulence, high pressure areas coming out of the heart.

The cause of this was the low vitamin C that appeared during the ice age when there was no vegetation in many areas of the earth. Lipoprotein(a) was a source to plug these leaks in the arteries so that the people could live long enough to reproduce. Lp(a) is still hanging around today as a vestige of these earlier times.


A study appeared in a recent issue of *Circulation*, a journal of the American Heart Association, concerning a "recent" discovery of Lipoprotein(a) by Dr. John Danesh, of Oxford University. "This study suggests there is a clear association between Lp(a) and an increased risk of heart attacks," Dr. Danesh said.

Researchers gathered data from

27 studies that followed over 5,200 subjects who had heart disease or survived a heart attack. The average age of the subjects was 50, according to Dr. Danesh.

During the following decade there were 70% more heart attacks among those in the highest levels of Lp(a) than the lowest levels of Lp(a). Lp(a) levels should be known even though, the researchers pointed out, there was very little that could be done about it.

This brings us back to Dr. Rath. He believes that one should increase his/her vitamin C intake as well as use some other nutrients to reduce the level of Lp(a).

We at The Center believe that it is prudent to increase your vitamin C, but it is best to find out what your level of vitamin C is and learn what to do from this new information. This, Dr. Rath believes, will get your Lp(a) down to where you may no longer have to be concerned about being in the high heart attack risk group. 

Anti-aging and antioxidants: do they help?


Recent research by scientists has shown that when certain worms are fed large doses of antioxidants, it increases the worm's lifespan by 40 percent. In my case, that means if I continue to consume large amounts of antioxidants I could possibly live to be 116 years old! This is not bad for a person who was told by different doctors that I needed cataracts removed, one kneecap replaced, one hip joint replaced, and used nitroglycerin daily for a serious heart condition. I still have not had surgery and I haven't used my nitro for over 15 years.

In 1954, Dr. Denham Harman was first to theorize that the aging process was caused, in part, by free radicals, or oxidants. The body, in its metabolism of oxygen, produces these oxidants. "Oxidation" is what causes iron to rust, butter to become rancid and is what causes a cut potato or apple to turn brown when exposed to air. They are also responsible, in a large part, for the many degenerative diseases that affect us as we age: heart disease, cancer, arthritis, cataracts, Alzheimer's, etc.

Antioxidants are substances that protect our bodies from oxidation. Some of these antioxidants we can consume are vitamins A, E, beta-carotene, vitamin D, vitamin C, lycopene, lutein, and various minerals. It is also important to remember that our bodies cannot make any of these antioxidants and we must take them in with our diet or supplementation.

The next big question—how much of these antioxidants do you need? The best way is to have them measured like I did. At The Bio-Center Laboratory you can have different panels of antioxidants measured in the Beat The Odds Program.

It is not too late to start the "anti-aging" campaign; however, the sooner the better. I know that it has helped me and I wish you would get started on a good diet, exercise, and antioxidant program. If the antioxidant and longevity research does hold up, I would like to have you around to visit with me in the year 2033!

I want to thank Dr. James A. Jackson for sharing information for this article. 

—Nelda Reed

SPECIAL DISCOUNTS

Answers from page 4

- 1 d. While it has no direct counterpart in Western culture it is roughly equivalent to "bio-energy."
- 2 a. Qi and gong can be roughly defined as "energy work" or "breath work."
- 3 b. Written records of Qigong date back 4,000 years and thus predate both acupuncture and the martial arts.
- 4 c. Among other things, practicing Qigong is said to lower high blood pressure and to improve sexual function.
- 5 b. According to Master Jia Guori, Qigong is easy to learn, but too simple to believe.
- 6 b. Thirty minutes morning and evening would be sufficient. More serious illnesses may practice five, six, or even twelve hours a day.
- 7 b. The qi system is thought to be as distinct as the respiratory and nervous systems.

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

QIGONG: Miracle Healing from China by Charles T. McGee, M.D. and Effie Poy Yew Chow, Ph.D.

Qigong is an ancient philosophical system of harmonious integration of the human body with the Universe. It can play an active role in protecting and strengthening health, preventing and treating disease, and resisting premature senility. Qigong is the mother of Traditional Chinese Medicine that is thousands of years old.

Retail Price: \$15.95
 Health Hunter: \$14.36

THE BIOMARKERS OF AGING: What You Can Do

with Ronald Hunninghake, M.D.

Aging is a disease, albeit slow and insidious. The mirror tells us it is real. But how can we tell if we are aging faster than we should? Modern research has demonstrated how several biological measures can "mark" the progress of our aging. Using the laboratory, we can now test your pace of aging, and find out where you can intervene to slow the aging process.

HOW TO USE CULINARY HERBS & HERBAL TEAS FROM YOUR BACKYARD

with Melvin Epp, Ph.D.

Herbs enhance the flavor of foods. They also contribute to the nutritional balances in foods and add their own unique array of phytonutrients. Matching foods with the right herbs is crucial for enjoyment. Herbs are also often used to brew teas. These teas can be refreshing and nutritious, as well as perhaps medicinal. Reviewing which plants to use and how to make teas, as well as drying herbs for use all winter, are discussed.

HEALTH BENEFITS OF TEAS

with Donald R. Davis, Ph.D.

Green and black teas have many phytochemicals that help prevent heart disease, cancer, infection, and other problems. These vegetable-like benefits come without calories (if you don't add sugar) and with less caffeine than coffee. These benefits and the differences between green tea (the Chinese favorite), oolong tea, and our familiar black tea are discussed.

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 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219

Upcoming Events...

OCTOBER				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10 Yoga	11	12 Yoga	13
16	17 Yoga	18	19 Yoga	20
23	24 Yoga	25	26 Yoga	27
30	31 Yoga			

NOVEMBER

4 Center Open House

Chocolate eaters live longer



People who regularly eat chocolate live a year longer than those who deprive themselves of this delicious sweet, according to a new study published in the *British Medical Journal*.

Researchers attribute this fact to the antioxidant phenols in the chocolate that are probably responsible for the added longevity. The amount of phenols in a 1.5 ounce chocolate bar is about the same as is found in a glass of red wine.

Red wine has been shown to extend longevity. Now one can get the same effect as red wine by eating chocolate and do it at the office without getting in trouble with your boss.

RETURN SERVICE REQUESTED

Health Hunter
A Publication of The Center for the Improvement
of Human Functioning International, Inc.
3100 North Hillside Avenue
Wichita, Kansas 67219 USA

- Heart biomarkers
- Heart health and others
- from Beat The Odds
- Anti-aging and antioxidants: do they help?
- Chocolate eaters live longer

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