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N E W S L E T T E R

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Osteoporosis

by Ron Hunninghake, M.D.

Osteoporosis is an epidemic problem. One third of American women will have a fracture related to osteoporosis in their lifetime. The total cost exceeds \$6 billion annually and that doesn't count the human costs of a broken hip or the resultant disability from a fracture of the wrist or, even worse, the extreme pain of a compression fracture of the spine. It can happen to men as well as women.

"You aren't just what you eat, but you are what you digest, absorb, metabolize, and excrete."

Reduced bone mass is usually associated with "getting older," but studies show that the negative calcium balance that sets the stage for osteoporosis is now beginning as early as the late 20s. A marathoning woman can start osteoporosis in her teens.

To prevent osteoporosis, the mainstays are calcium and estrogen therapy. Estrogen retards the loss of bone by inhibiting the osteoclast cells. We have to remember that bone is a dynamic structure that is constantly turning over its constituent minerals. Osteoclast cells break down the bone minerals and osteoblast cells build up bone minerals. Estrogen slows the breakdown. Unfortunately, estrogen will not prevent the continued progression of osteoporosis after roughly seven years of therapy.

Calcium helps if you have a definite depletion. As was found in one

study, 25% of all osteoporotic women were low in calcium. If you give calcium it helps these women, but it doesn't help the other 75%. Calcium does not appear to be the whole story.

The bone is a living tissue made up of living cells. There are no living cells that need just one nutrient. The idea that all you need for good, strong bones is calcium is not a sound way of thinking. Living cells need an array of nutrients. There are a number of minerals and micronutrients that are necessary for the bone cells to be in a dynamic, healthy, growing state.

The Department of Agriculture looks at how we Americans eat. Studies show that very few reach the RDA in all of the nutrients that are tested. For example, in calcium 68% of Americans are not meeting their recommended daily allowance. There are only 10 nutrients on the RDA list, but there are over 50 essential nutrients. A diet composed of 50% non-whole foods means a 50% loss of essential nutrients that all cells, including bone cells, need to live and grow properly. One study found the average American eats 756 doughnuts each year. Folks, donuts don't count as "hole foods."

There are nutrients that you don't normally think of in terms of osteoporosis; however, research supports the fact that they may be useful. Vitamin K, for example, is commonly associated with normal blood clotting. But it's also necessary for the synthesis of osteocalcin which is necessary for the protein matrix upon which the calcium crystallizes. Defi-

continued on page 2

Vitamins C and E reduce lipid peroxidation in humans

Researchers discovered that vitamins C and E actually do reduce lipid peroxidation in humans—a major cause of heart problems.

In this study, researchers from Johns Hopkins University in Baltimore and the University of Western Australia sought to prove in humans what had been shown in test tubes. They recruited 184 non-smokers and divided them into four groups. One group received 500 mg of vitamin C, another received 400 IU of vitamin E, one received both vitamins, and the fourth received a placebo. Each took their supplement for two months.

The researchers learned that supplementation with vitamin C or vitamin E alone reduced lipid peroxidation to a similar state. They discovered that vitamin C and vitamin E in combination reduced lipid peroxidation no more than the individual vitamins. Vitamin C, but not vitamin E, significantly increased the serum ORAC (oxygen-radical absorbance capacity) score. HF

Inside this issue...

The foundation.....	2
Menopause, is there a solution?.....	3
Information worth knowing.....	4
Lowering homocysteine after coronary angioplasty reduces further problems.....	5
Carrots for heart, arthritis.....	5
Food of the month—soybeans.....	5
Do you know how to flow?.....	6
Walking away from heart disease.....	6
Case of the month.....	6
Special discounts.....	7
Upcoming events.....	8
More bananas, fewer strokes.....	8

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Nutritional Medicine

by Ron Hunninghake, M.D.

The foundation

OK...brace yourself. I'm going to make one of those bold assertions that drive conventional thinkers wild.


Nutritional science is the unheralded foundation of good medical care.

Here at The Center, we distinguish between acute care and chronic, sustained care. And, granted, in an acute care situation it appears that nutrition is not the predominant concern. Give the drugs, do the surgery, deal with the situation on the terms of the situation. On closer exam, however, most acute medical situations arise out of neglect for optimal nutrition. Infection finds its genesis in poor immune function...due to poor nutrition. Accidents can be traced to a lapse in attention, often due to anger or depression, which can be traced, at least partially, to an antecedent of poor nutrition. While many factors increase the risk of illness, the universal common denominator is poor nutrition.

Pharmaceuticals can go a long way toward relieving acute suffering by blocking pathological mechanisms in the body. But blocking is not the same as feeding. Taking out a lower interest loan to pay off a higher interest loan is commendable, but your net worth remains the same, financially speaking. Drugs do nothing to help the body to restore true health and vitality. Cells cannot "make a living" on artificial chemicals. Cells require a specific array of biochemicals that are necessary to sustain life. Foods are derived from living things that are composed of cells.

When we eat whole foods we eat foods that have retained their basic cellular structure. This helps to insure a complete complement of biochemicals that are necessary to sustain cellular life. In patients who are ill or injured, almost by definition, their biochemical reserves are insufficient to meet the challenge. The result is malfunctioning. As cells malfunction, organs malfunction. As organ systems malfunction, the individual experiences dis-ease and distress and less than optimal life.

Cells live in an interstitial environment from which they derive nutrients, and into which they release by-products of metabolism. The whole organism is a series of systems to help maintain a nutrient rich, clean cellular environment. When nutrients are lacking, or toxins have accumulated beyond the body's ability to clear them efficiently, then illness and disease emerge.

Good medical care is the attempt to correct that imbalance. To ignore nutrition is to ignore basic biology. Such a medical care system might accomplish short-term results, but long-term health would be destined to decline. Degenerative disease would emerge as the predominant model of illness, and health care costs would skyrocket out of sight. This would be the result of trying to build on a weak foundation. Without proper attention to the fundamental need of the human organism for quality nutrition, the edifice of health care is almost certain to crumble. 

Osteoporosis—Continued from page 1

ciency is probably common because people don't eat their three to five vegetables a day as they should. Antibiotics alter the bowel flora. The bowel flora makes vitamin K. Altered bowel flora can mean poor vitamin K synthesis. Vitamin K deficient rats had a higher excretion of calcium. Supplementation of vitamin K in osteoporosis patients has been shown to reduce urinary calcium loss by 18-50%. Vitamin K can also reduce bone pain.

Vitamin D is necessary for the gut to properly absorb intestinal calcium. The elderly commonly have reduced levels of vitamin D in their blood for several reasons. People stay indoors more than they need to. Sunshine catalyzes the synthesis of vitamin D from cholesterol in our skin. About 80 to 85% of American women do not consume enough vitamin D. In addition, the aging gut doesn't

continued on page 3

absorb the nutrients quite as well. "You aren't just what you eat, but you are what you digest, absorb, metabolize, and excrete."

In order to utilize vitamin D, it has to be converted to 125 dihydroxide D3. But for that to happen, adequate magnesium and boron are necessary. All nutrients work as a team. Adequate calcium and vitamin D could prove meaningless if essential cofactors are deficient.

Magnesium activates acolyphosphotates which is an enzyme found in the bone that is necessary for forming the calcium crystals. People deficient in magnesium do not utilize their vitamin D as well. In one study, 16 of 19 women with osteoporosis were low in their whole body and bone levels of magnesium. Two other studies showed that the daily intake of magnesium was less than two-thirds of the RDA. Green leafy vegetables would be a good source of magnesium, although all whole foods contain essential nutrients. One may not be as spectacular as another whole food. Eating a variety of whole foods should insure a more complete array of essential nutrients.

Manganese is necessary for mineralization and synthesis of connective tissue. Connective tissue is what holds a body together. Bone is the quintessential connective tissue because it's the structure on which everything else hangs. Rats fed a manganese deficient diet have smaller bones that are more prone to fractures. Manganese is present in whole grains. By eating refined grains, one loses at least half of the manganese.

Folic acid is also important. One of the amino acids that is in protein is methionine and that is converted to homocysteine which has an adverse effect on bones and tends to promote osteoporosis. Folic acid also helps to convert homocysteine back to methionine. The typical American diet only contains 50% of the RDA of folate. Tobacco smoking and alcohol, two known risk factors for osteoporosis, tend to promote folic acid deficiency.

continued on page 4

HEALTH HUNTERS AT HOME

Menopause, is there a solution?

In the lead article, Ron Hunninghake, M.D., talks about osteoporosis. He gives his evaluation of the causes of osteoporosis and some solutions to the problem. He does mention calcium and estrogen as part of the solution, but he also mentions several other vitamins and minerals that help prevent osteoporosis.

Basically, he says that every cell in the body doesn't use just one mineral so why rely on calcium to solve the problem. If you eat a whole foods diet, you will often get the nutrients you need. You can also supplement your diet with one or more of the nutrients he suggests if you find out you are short of these.

That takes care of the nutrients, but what about estrogen? That is a big question these days. A recent study of the Women's Health Initiative was ended before the trial's completion. It was a large study with 5,600 women and scheduled to go for five years to study the effects of Prempro (a synthetic estrogen and progesterone manufactured by a major drug company). It ended about 3 1/2 years into the project.

The reason it ended? The Women's Health Initiative discovered increased risk of heart disease, breast cancer, strokes, and gallbladder disease from Prempro. That is bad. But what are the women to do? They can keep taking the Prempro, they can go cold turkey on estrogen and suffer the consequences, or they can seek alternatives.

Jeanne Drisko, M.D., a clinical assistant professor at the University of Kansas School of Medicine and a research consultant at The Center, believes the third alternative is the best. She and her colleagues recently completed the Natural Hormone Replacement Study at the University of Kansas School of Medicine. This was covered in the January 2002 issue of *Health Hunter*.

This was a small double-blind study with 20 women involved. Ten women were given a placebo natural hormone replacement therapy (NHRT) and an active Prempro therapy. The

other ten were given an active NHRT and a placebo Prempro.

In this study, the researchers looked at several results. Bone density levels in the NHRT showed a modest increase. This is good. There was no stimulation of the endometrium. Also good. Progesterone and estradiol levels increased from NHRT. Again, good.

"These results clearly showed natural hormone replacement therapy is an effective therapy when compared to the gold standard of Premarin and Provera [Prempro]," Dr. Drisko observed.

There were two limitations to the study. The size was small, only 20 women, and it was a preliminary study. The next study will be expanded to take care of the limitations.

The important outcome of the study was that natural hormone replacement therapy works to enhance a woman's feeling of well-being and such things as bone density actually improved.


She suggested other things you can do to further increase NHRT. Eat fresh whole foods. This is valuable.

Essential fatty acids influence every cell in your body. You need to eat a whole foods diet to be sure you are getting the best balance of fatty acids.

Add soy to your diet. Soy phytoestrogens increase the HDL cholesterol and decrease the symptoms of menopause.

Vitamins C, E, B5, B6, and B12, along with the trace minerals calcium, boron, and selenium help. Dr. Hunninghake covered many of these in the lead article.

As the January lead article concluded, "All this adds up to taking your natural hormone replacement therapy when prescribed. You will feel better, help your bones stay strong, work to keep heart attacks away and, most of all, you will keep the symptoms of menopause away from you."

There is an alternative to Prempro and it is natural hormone replacement therapy. 

—Richard Lewis

INFORMATION WORTH KNOWING

The use of pleasing colors on our dinner plate is more than an art form. Various colors of fruits and vegetables can have an effect on our health. So says James A. Joseph, Ph.D., Daniel A. Nadeau, M.D., and Anne Underwood. Their new book, *The Color Code*, gives the reader a comprehensive understanding of the amazing health potential of pigmented foods. A special section in the book shows readers how to tailor their 'color code' to address individual health concerns, including heart disease, cancer, and diabetes. Sample meal plans and 75 recipes are included. The authors show how the colors that beautify our planet's plants can also improve and preserve our health. The questions this month are taken from their book.

1 Around the world, low-fat diets that are rich in fresh produce contribute to a longer healthier life. In Japan, where a traditional diet consists of rice, soy, tea, fish, and a rainbow of colorful vegetables they have the world's _____ life expectancy.

- a. shortest
- b. longest
- c. median
- d. all the above

2 The Pima Indians in Arizona did not have a single recorded case of diabetes while they subsisted on a diet of _____.

- a. wheat and cactus buds
- b. squash and squawfish
- c. beans and jackrabbit
- d. all the above

3 In order to have a healthy diet, you must search out Chinese bok choy or the cactus buds of the Pima Indians.

- a. True
- b. False

4 Until recently, _____ were written off as nutritional weaklings. A USDA database reveals that they contain more than a dozen vitamins and minerals in small amounts, are packed full of fiber, and contain over 100 phytochemicals. Phytochemicals usually refers to substances other than proteins, carbohydrates, vitamins, and minerals that make up the rest of what is in a plant.

- a. apples
- b. blueberries
- c. carrots
- d. none of the above

5 Eating phytochemicals achieves "defensive eating." Phytochemicals fall into protective categories such as _____.

- a. analgesic and antibacterial
- b. anticancer and anti-inflammatory
- c. antioxidant and antiseptic
- d. all of the above

6 A glass of orange juice contains 170 phytochemicals as well as potassium, thiamin, and folate, as well as hefty amounts of vitamin C.

- a. True
- b. False

7 Nutritionists have known for decades that greens and oranges contain powerful life-sustaining chemicals, including the carotenoid pigments. The reds and purples have different pigments that are potent _____.

- a. oxidants
- b. antioxidants
- c. carcinogens
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

We are indeed much more than what we eat, but what we eat can nevertheless help us be much more than what we are.

—Adelle Davis

Osteoporosis—Cont'd from page 3

Boron is something new. It is getting a little bit more attention in terms of osteoporosis. By supplementing post-menopausal women with 3 mg per day of boron, urinary calcium excretion is reduced by 44%. Serum concentrations of 17 beta-estradiol, which is the metabolically active form of estrogen will increase! In order to get this amount of increase in the 17 beta-estradiol, a woman would have to take about 95% more oral estrogen. But if you take the boron, you can get the body to make the endogenous beta-estradiol. Boron, thus, is capable of producing bone-protective estrogenic effect without exposing the body to dangerous levels of exogenous estrogen.

Strontium is a nutrient in the non-radioactive state. There are high concentrations of it in bones and teeth and it gives the bone protein matrix strength. There are areas of the country with high concentrations of strontium in the water and lower incidence of dental cavities. If it helps build stronger teeth, then it can also help produce stronger bones. Multi-vitamins rarely contain strontium, and yet it is contained in whole foods.

Silicon is another one. We don't normally think about silicon deficiencies because when you are eating a natural or native whole foods diet, the silicon is probably there. Once you start refining the foods, silicon intake starts to drop out. Collagen is the connective tissue that holds us together. We start getting wrinkles when we lose the cross-linking and the normal integrity of the connective tissue.

A vitamin B6 deficient diet fed to rats produces osteoporosis. Vitamin B6 is another co-factor in this enzyme cross-linking and it helps to metabolize homocysteine which is thought to promote osteoporosis. Vitamin B6 is commonly very low in the dietary surveys that have been done by the Department of Agriculture. Here it indicates that 80% of Americans are not consuming their RDA of vitamin B6.

Zinc is also essential for bone
continued on page 5

formation. It helps with the biochemistry of vitamin D. We have that team effect at work. Serum levels of zinc are low in elderly patients with osteoporosis. Diet surveys find that 68% of adults consume two-thirds of what they need in terms of the RDA. Since a lot of people do not absorb zinc very well, zinc picolinate seems to be transported and absorbed more efficiently.

Osteoporosis is a prime example of degenerative illness. It happens very slowly over 30 or 40 years and then one day a simple fall results in a broken hip. It took 30 or 40 years to incubate that fracture. A whole foods diet and a periodic micronutrient check-up would go a long way toward preventing this silent tragedy. [H]

Lowering homocysteine after coronary angioplasty reduces further problems

Lowering homocysteine using vitamins B12, B6, and folate (folic acid) reduces the number of patients who have to go through a second angioplasty within a year after the first one, wrote Guido Schnyder, M.D., and colleagues in *The Journal of the American Medical Association*.

To discover this, the researchers enrolled 553 people and divided them into two groups—one receiving vitamins B12, B6, and folate and the second receiving a placebo. Each group received the vitamins or placebo for six months.

Not only did the vitamin group do better than the placebo group, they continued to do better for six months after the vitamin period ended.

The moral of this story is you can begin taking vitamins B12, B6, and folate before you get a blockage and possibly prevent having a problem rather than waiting until after you have angioplasty and starting then. Even then, it is better to start and continue the vitamins for a long time. [H]

Herbal History

Carrots for heart, arthritis

Hippocrates, the father of modern medicine, wrote about the importance of carrots in 430 BC. They are an essential source of nutrients in today's diet just as they were during Hippocrates days. But, few of us eat a couple of carrots a day.

Carrots are good for a healthy heart. Research has shown the value of the carrot pectin and lecithin in lowering the cholesterol levels in your blood. Carrots can even act as a natural diuretic so that you can get rid of excess fluid. If untreated, this excess fluid can lead to high blood pressure, a major cause of heart problems.

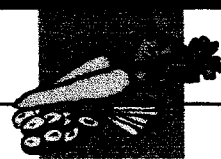
Carrots help with arthritis through their anti-inflammatory and antioxidant capabilities. They are rich in beta-carotene which is made up of two vitamin A's hooked together. Your body should have the enzymes to break apart the beta-carotene into the two vitamin A's to help fill

the body's need for vitamin A.

But carrots have more than just beta-carotene. They have alpha-carotene, epsilon-carotene, gamma-carotene, lycopene, and many more phytochemicals that have yet to be identified. All carotenes appear to have antioxidant characteristics and tend to have a synergistic effect when working together.

Carrots increase your level of superoxide dismutase (SOD), a powerful enzyme. SOD is a very effective antioxidant that has been a benefit for arthritis, and particularly rheumatoid arthritis.

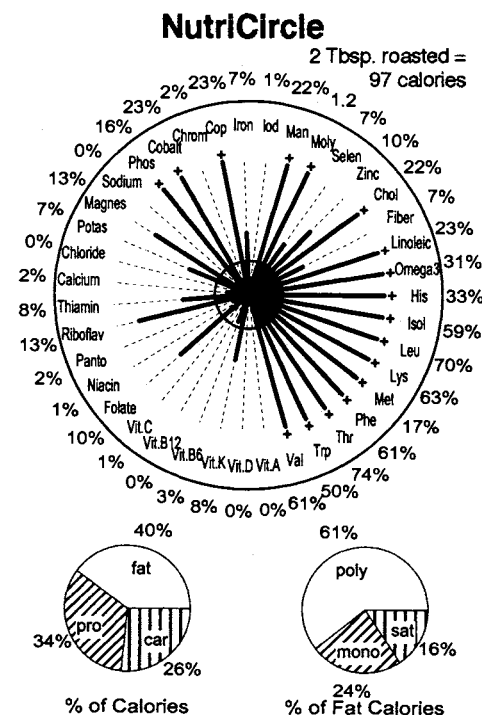
Eating a couple of medium sized carrots a day is one of the best things you can do for your health. You can reap all the benefits whether you have heart problems or arthritis—or you just want to help your skin look and feel better. [H]



Food of the Month

by Donald R. Davis, Ph.D.

SOYBEANS consumed regularly seem to help prevent heart disease, some cancers, osteoporosis, and perhaps some discomforts of menopause. A recent study found improved memory in young adults. Some of these benefits may come from phytochemicals in soy, in addition to the nutrients shown here for dry-roasted soybeans. A 2-Tbsp. serving is rich in protein and contains 5% to 30% of the RDAs for 18 vitamins, minerals, choline, fiber, and omega-3 fat. There are some concerns about potential disadvantages of soy, too (especially unprocessed forms like beans and flour), so moderation may be the key.



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.




Do you know how to flow?

Life has been handing out challenges to me lately. Actually, all my life it has been handing out challenges. Since I know that this is a human condition, I thought I would focus on what we can do to reduce the harmful stress in our lives. Sometimes we just need to step back a little and look at our challenges from a different perspective. Dr. Michael LeBoeuf said, "Most stress is caused by people who overestimate the important of their problems." Will it make a difference in how we respond a month or a year from now?

Sometimes we just need to lighten up a bit. Growing up on a farm it seemed we laughed at everything. You had to be there to appreciate the barnyard humor. One night the electricity went off in the barn while the family was doing chores. My brothers yelled in unison, "Where was Moses when the lights went out?" Our mother inadvertently answered, "In the stanchion" as she was trying unsuccessfully to shoo a cow into the stanchion

to be milked. Even though the memory brings a smile and a good feeling in my body. Fun gets us out of the ruts of life.

We need to listen to the messages we are giving ourselves. We can write down some of the messages that we are telling ourselves and see if we might want to change the tone and topic. What are we saying that is positive? If we can keep "failures" and "mistakes" in perspective, we can find the good in every experience we have. Christopher Reeves was paralyzed because of an accident while riding his horse. While there are many things that he can't do, he says that he can still do the things that make him human. He feels grateful for what he can do and enjoy. Dr. Robert Eliot, a cardiologist said, "Rule Number 1 is, don't sweat the small stuff. Rule Number 2 is, it's all small stuff. And if you can't fight and you can't flee, flow." I think Christopher Reeves is flowing. Maybe someday I'll get this flowing stuff right! 

Case of the month


When this 60-year-old man came to The Center in September, 1995, he complained of having anemia, low cholesterol, depression, and mesenteric panniculitis, which is caused by excessive gas pressure in his gut and stomach. He had lost a good deal of weight and diarrhea was an everyday problem. He also said that the coming of frontal activity made all his problems worse.

Dr. Riordan wrote him three weeks later saying, "Your laboratory evaluation revealed significant results. Your red blood cell chromium was very low. Your urinary potassium to sodium ratio was very low. Your white blood cell vitamin C was very low. Levels of vitamin A and beta carotene were sub-optimal. Both your white blood count and hemoglobin were low. Your DHEA (a master adrenal hormone) was very low. Both your systemic yeast and H. Pylori indicators were high. As you can tell, there are several areas in need of improvement." Thus started a long road to recovery.

Working with Dr. Hunninghake, he became an excellent co-learner. In addition to seeing the doctor, he called during the evening call times, wrote letters, and sent information he received that might help him. Dr. Hunninghake answered his letters and responded to what he sent.

He was taking several supplements when he came to The Center. Many of these were increased or eliminated. The Center added some other nutrients. He would try these sometimes with success and other times they would add to his complications.

When he came in for his seven year anniversary with Dr. Hunninghake, he said he did well this summer in Wyoming, but when he returned to Kansas he still had some problems with fronts coming through. He is trying to get 6 1/2 hours of sleep a night.

In the past seven years, he has become much more functional, he has more stamina, and he can get through the episodes of frontal passage. He has gained 20 pounds. His wife thinks he needs to gain more, but he says he wants to stay where he is. He is much improved. 

CENTER UPDATE

Walking away from heart disease

Exercise has often been one of the suggestions offered by The Center's doctors for various conditions such as heart disease. Now, a research article appearing in *The New England Journal of Medicine* shows walking is good for post menopausal women to help prevent cardiovascular events (heart attacks).


Walking has been a popular form of research for several years, but, as JoAnn Manson, M.D., Dr.P.H., the lead author of the current study points out, only 1/3 of the 40 papers even included women. This study not only had 73,743 women in it, but was racially and ethnically diverse and included only post menopausal women ages 50 to 79—those who are most apt to have a heart attack.


And the results? Moderate exercise is as good as vigorous exercise in preventing heart attacks. Moderate exercise is defined as brisk walking for 30

minutes a day, six or seven days a week.

"Walking and vigorous exercise were associated with similar risk reductions, and the results did not vary substantially according to race, age, or body-mass index. A brisker walking pace and fewer hours spent sitting daily also predicted lower risk."

This means that whether you are a tall, lean woman or a short, chunky one, walking works for you. Whether you can walk a brisk pace or you can only walk at a slower rate, walking works for you. Whether you are a young, middle-aged, or older woman, walking is good for you and it keeps you from sitting around for part of the day.

As fall is coming on, get out and enjoy the cooler days during your walk. When winter gets here and the days get cold and short, go to the mall and walk while waiting for spring to return. 

- 1 b. Japanese who eat this type of diet have a lower incidence of heart disease and cancer.
- 2 d. Later, on a diet of fast food and the typical American diet, half the adults over 35 developed diabetes.
- 3 b. Fruits and vegetables, especially the most colorful ones, are plentiful and contain a lot of disease-fighting compounds.
- 4 b. Phytochemicals include the dyes that stain your mouth and sometimes your clothing.
- 5 d. Also, phytochemicals provide anti-sunburn, anti-ulcer, and an immunostimulant.
- 6 a. Most people tend to associate one nutrient per fruit or vegetable (such as vitamin C in oranges). In reality, fruits and vegetables are chock full of nutrients.
- 7 b. Each fruit or vegetable has its own unique complement of phytochemicals. 

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

THE COLOR CODE: A Revolutionary Eating Plan for Optimum Health

by James A. Joseph, Ph.D., Daniel A. Nadeau, M.D., and Anne Underwood

The premise of their book is that color heals. Few people understand why the natural pigments that make fruits and vegetables so colorful can help protect your health. This book integrates science, medicine, and nutrition. Hardcover.

Retail Price: \$22.95
 Health Hunter: \$20.66

INFLAMMATION & AGING - Part II

with Ron Hunninghake, M.D.

In "Inflammation and Aging Part I," Dr. Ron outlined the profound changes in the modern diet that have resulted in an explosion of unhealthy inflammation. Most modern diseases that lead to degeneration and aging have a measurable overabundance of pro-inflammatory cytokines at their root. How do we

get control of this phenomenon? In addition to dietary and lifestyle changes, there are a number of very powerful supplements that have been scientifically demonstrated to control cytokines and reduce inflammation. Learn how you can take a more effective control of the unhealthy inflammation leading to accelerated aging in your own body.

SMOKING CESSATION

with Hugh D. Riordan, M.D. & Jeanette Lochridge, PA-C

Is it possible to stop smoking using little injections just two times, a week apart? Many people have done that using the technique discovered by French doctor, Michael Bicheron. The latest research shows smokers who quit, no matter what age, can add years to their lives. The Duke University study showed that even smokers who quit after age 65 outlived their peers who kept on lighting up. Learn about the Bicheron technique, which is available at The Center.

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October 17	<i>Enhancing Female Health</i>
October 24	<i>Biblical Advice for Better Health</i>
October 31	<i>Depression</i>
November 7	<i>Holistic Medicine for the 21st Century</i>
November 14	<i>Improving Student Performance</i>
November 21	<i>What's That Doc? My Cat Has Diabetes?</i>

More bananas, fewer strokes



Low levels of potassium may put people at a higher risk of strokes, especially if they take diuretics, according to Dr. Deborah Green and colleagues of the Queen's Medical Center in Honolulu writing in the journal *Neurology*.

The researchers followed 5,600 men and women for four to eight years and kept track of which people had strokes. They found that people with the least potassium were 1 1/2 times as likely to have a stroke as those with the most potassium.

A daily intake of 2.4 grams of potassium was considered low and 4 grams as high. Adding bananas to your daily diet gives you an excellent source of potassium.

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