

Health Hunter[®]

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NEWSLETTER

OCTOBER 2005

*** Celebrating 30 Years ***

Food sensitivities could be hurting you

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

How many of us have reactions to the foods we eat? There are any number of symptoms that one may attribute to food reactions or sensitivities. It can be difficult to pinpoint what foods may be causing discomfort or contributing to poor health. Reactions to foods can involve not only the skin and digestion but can also involve the respiratory system, the nervous system, and the musculoskeletal system. This response is dependent on the antigen, the host, and the environment, in other words how healthy we are and how much exposure we receive. The offending antigen, which is a substance that stimulates the production of antibodies, can be a component of any food or an additive in a food product. The antibody or immunoglobulin produced and its effect on the body is how these allergies are described.

There are any number of symptoms that one may attribute to food reactions or sensitivities.

The production of immunoglobulin E (IgE) produces an immediate allergic reaction that can range from a mild skin rash to fatal anaphylaxis. This immediate reaction that occurs within two hours or less is often called a true allergy. Very often only a small amount of the food is necessary to elicit a response. Since the response is so rapid after ingestion and only one or two foods are usually involved, the offend-

ing food is often self-diagnosed.

There are other food allergies however. These can include reactions to 20 or more foods and additives. The response is not immediate but delayed from 2 to 72 hours after ingestion. It takes larger amounts of the food and perhaps multiple feedings to obtain a response. This reaction is called delayed hypersensitivity. This kind of allergic response is 60% to 80% of all food reactions and can affect any tissue, organ, or system in the body. It is difficult to self-diagnose these food reactions due to the number of foods that can be involved. However, they are often the very foods that may be craved and eaten frequently, even eliciting withdrawal symptoms in some people.

The Bio-Center Laboratory here at The Center has been testing this delayed food sensitivity for 30 years with the Cytotoxic Food Sensitivity Test. The technique, first developed in 1956 and improved in 1971 by Bryant and Bryant, looks at 90 plus foods and food additives with additional testing available for any product ingested. Sharon, the expert technician in our lab, was trained by the original authors of this technique and has been doing this test for over 30 years. Antigens that have been prepared from the food extract or additive are observed with a suspension of blood from the patient after two hours. Both positive and negative controls are run to verify that the reaction observed is due indeed to the food involved. The reaction observed is

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High protein diet and exercise increase weight loss, lean body mass

Donald Layman and colleagues recently found that a higher protein and reduced carbohydrate diet was better than the low-protein, high-carbohydrate diets for losing weight, according to a report in *The Journal of Nutrition*.

They also found that if exercise is included with the diet, it helped increase weight loss and maintain lean body mass. This was the first time exercise was added to the high-protein, low-carbohydrate diet research study.

"Supplemental exercise tends to increase weight loss, but has greater effects on the body composition through preserving lean body mass while increasing fat loss," the researchers found. The exercise program they used consisted of walking for 30 minutes per day five days a week and strength exercises for two days a week. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Night of 10,000 lights

We recently celebrated thirty years of seeing patients with a Night of 10,000 Lights—ten thousand days of helping people feel better and function better. In the last 30 years, over 16,000 patients have come to The Center seeking help. While most were from Wichita and Kansas, The Center's reputation has attracted patients from all 50 states, the District of Columbia, Puerto Rico, and 47 foreign countries.

In the beginning it was Olive W. Garvey who gave the funding so Dr. Hugh Riordan could build a place where doctors would understand the biochemical structure of mental illness. Their vision was to build a world-class nutritional research facility staffed by nutritionally-oriented physicians whose purpose was to be twofold:

Food sensitivities—Cont'd from page 1

graded from no reaction to 1+, 2+, 3+, and the most reactive being 4+. What is observed is the destruction of platelets, white blood cells, and red blood cells in the patient's blood sample. This reaction is how antibodies attach to antigens on the cell surface destroying the cellular membrane preparing the cell to be phagocytized. Oxygen radicals are secreted, and there is an increase in arachidonic acid release from membrane phospholipids.


What sort of symptoms could be experienced by a delayed hypersensitivity to a food? It could include a sensation of feeling sleepy after eating, unclear thinking, gastrointestinal bloating, congestion, headache, or hyperactivity. After repeated ingestion, symptoms could include joint pain, depression, bronchitis, eczema, acne, sinusitis, fatigue, recurrent infections, or weight gain. This is not a complete list because each person will experience sensitivities that are unique to them.

What is also distinctive are the foods that each person is sensitive to. It is as unique as a fingerprint. Many of the delayed sensitivities will include the top eight allergens that most often cause

• Do the basic science research necessary to uncover the biological and nutritional origins of sustained illnesses, such as schizophrenia and cancer, to name two big ones.

• Work with individual patients who have not gotten well with conventional medical care. Invite them into the discovery process as co-learners. Identify and correct THE ACTUAL CAUSES of their sustained illness. Correct nutrient deficiencies, resolve hormonal imbalances, detoxify chemical residues and heavy metals, diagnose hidden food sensitivities, and identify digestive abnormalities.

This was, and is, a new and exciting kind of health care.

We look forward to another 30 years of progress. 

the immediate IgE allergic reactions. These include shellfish, peanuts, soybeans, mollusks (clams), nuts, milk, eggs, fish, and wheat. However, the list of foods that can cause delayed hypersensitivities is as varied as the food supply.

The more commonly eaten foods and additives that are tested in our laboratory which frequently cause a positive response are listed in this table.

Common Reactive Foods

- Pineapple, onion, whole egg, grape/raisin, vanilla, corn, tea, hops, apple, navy bean, white potato, oats, coffee, rice, tomato, tobacco, wheat, soybeans, shrimp, carrots, chocolate, chicken, lettuce, banana, yeast
- Common additives - BHT/BHA, NutraSweet, sodium bisulfite, MSG, dextrose, sodium nitrite/nitrate, chlorine/fluorine

Many more additives have appeared in foods over the years as food processors strive to preserve shelf life, enhance color, flavor, and acceptability. Since chemical sensitivities can be acquired to these components, these are also tested.

Hypersensitivities, whether it includes a food or an additive, require

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Careful label reading at the grocery store. Foods that are processed or packaged will have ingredients that may include an extract of the whole food. An example is corn from which high fructose corn syrup, dextrose, and corn starch are derived. A sensitivity to corn will include avoiding these additional food components. Another example would be if one is sensitive to olives, peanuts, or soy, it would be prudent to avoid the oils made from these foods. If there are problems with milk products, that would include the necessity to avoid cheese, yogurt, whey, and casein. Sensitivity to baker's yeast will preclude eating bread unless leavened with baking soda or powder instead of yeast.

A good solution to avoiding reactions to additives in foods is to eat whole foods that have not been processed and manipulated. Although there may be some whole foods that an individual is hypersensitive to, there will be plenty of nutritious whole foods for good healthy choices. These dietary changes help many people lose weight.

The best way to begin on this journey of health is to avoid these reactive foods initially for one to three months, depending on the degree of reactivity. These foods do not necessarily have to be avoided for a lifetime. As the mucosal barrier of the digestive tract heals and becomes less permeable, as the lessened exposure reduces lymphocyte sensitivity and nutritional balance is improved, then occasionally eating one of these foods may not create such a strong reaction and may improve completely.

As Dr. Jackson, Director of the Bio-Center lab would say, many people are plagued by many symptoms, aches, joint and muscle pain and have been told it is all in their head, but it is not. Many times it may be in their food!

Ode to Allergies

by Rebecca Kirby

In eating your supper
You're now all a-dread
You've been told your reactions
Are all in your head

But your head's all a-roar
You gurgle and brood
When in fact all these symptoms
Come from your food



HEALTH HUNTERS AT HOME

The power of protein—a key to obesity

We often suggest that an overweight or obese person use the Atkins Diet, the South Beach Diet, or the Zone Diet—all of which are high protein diets. But quite often the person we suggest start the diet runs into opposition from their standard doctor who wants the person to go on a low protein, high carbohydrate diet that they have heard works best.

We know from co-learners and from personal experience that the high protein diet works. Many standard docs don't. They have heard from other doctors and from drug representatives that the low protein diet is the only way to go and high protein is dangerous.

An editorial and a research paper in a recent issue of *The American Journal of Clinical Nutrition* both spoke of the satiating power of protein. The editorial by Arne Astrup, a doctor with the Department of Human Nutrition, Center for Advanced Food Studies in Copenhagen, Denmark, and David Weigle and associates of Washington School of Medicine, Seattle, WA, and the Oregon Health and Science University in Portland, OR, write in support of a high protein diet for weight loss.

Dr. Astrup says that the simplistic solution of telling people they should lose weight and exercise more isn't the answer. "This simplistic strategy assumes that humans have conscious control over appetite and body weight regulation. If this was true, there would be no overweight or obese people." He says that he has never met a person who strives to be more obese.

He goes on to say that, "The higher than usually recommended protein content of many popular diets, such as the Atkins Diet, The Zone, and The South Beach Diet, seems to point at possible solutions to the obesity epidemic." He then points out that many national dietary guidelines have recommended 10% to 20% of calories in the diet be protein. However, 30% to 40% of the calories in a diet these days, such as The South Beach Diet, come from protein at the expense of carbohydrates.

Newer research shows that the

high-protein content of diets may actually be the reason for a patient's success in losing weight, despite no restrictions on total calories. High protein diets may be the reason for weight loss because they suppress weight by producing ketosis. Ketosis results from glycogen stores depletion, which induces severe restriction of carbohydrates.

This brings us to the research of David Weigle and associates entitled (are you ready for this), "A high-protein diet induces sustained reduction in appetite, ad libitum caloric intake, and body weight despite compensatory changes in diurnal plasma leptin and ghrelin concentrations."

This means that the subjects lost weight on a high-protein diet in spite of allowing the caloric intake to vary. It also says this weight reduction took place despite daily changes in leptin (a hormone like substance in your blood that tells the brain you are full or satiated) or ghrelin (a hormone like substance in your blood that tells you that you are hungry).

In short, high protein diets work in spite of your brain telling you that you are satiated or hungry. Dr. Atkins was right all along—high protein diets work to lose weight as long as you stay away from potatoes, white bread, and other high carbohydrate foods that have a high glycemic index.

You can eat fruits and vegetables as long as they have a low glycemic index such as green, leafy vegetables and apples while you eat lots of protein. I know this is counter to what many doctors want you to eat to lose weight, but it works. The research article in this journal and other journals referred to in this article show that a high protein diet works and works well.

So, when your standard doctor begins to rail at you about your high protein diet, ask her/him if she/he has read the article in the July issue of the above journal. If she/he says no, just smile and head on your way believing in your high protein/low glyce-mic diet.



—Richard Lewis



INFORMATION WORTH KNOWING

We can improve our health through various changes to our lifestyle and through knowledge. Knowing our options give us tremendous power. This month we are bringing you information about the liver and how to improve its functioning by Jonn Matsen, N.D. He has written a book with an entertaining title, *The Secrets to Great Health from Your Nine Liver Dwarves*. Each dwarf represents a vital area in the functioning of the liver. Very technical information is delivered using humor and unusual titles for complex systems. The liver has many different functions, including the crucial task of filtering the digestive system. This month's questions are taken from Dr. Matsen's book.

1 The purpose of our digestive system is to begin the breakdown of foods into small pieces that can be delivered through our blood stream to our cells. The cells will then use them as _____.

- a. fuel
- b. filler
- c. enzymes
- d. connective tissue

2 Besides filtering toxins from the foods we eat, the hardworking liver dwarves take care of the _____, known as "The Boogy Boys," that live "downstairs" in the large intestine.

- a. alanine
- b. bacteria
- c. algae
- d. hormones

3 Digestion only happens in the stomach. Thoroughly chewing your food, saliva, and enzymes do not change how well we do or do not digest our food.

- a. True
- b. False

4 After every meal, toxins enter the portal vein. The portal vein's job is to pick up every drop of blood from our digestive system and deliver it to our liver to be detoxified. Almost _____ percent of our body's blood goes through the liver every minute.

- a. 10
- b. 20
- c. 30
- d. 40

5 Our liver and portal vein are primarily concerned with filtering toxins that come from outside our body. Anything inside of our intestine is still outside our body until it has been screened and certified safe by our liver. The _____ is focused on filtering internal blood. Its job is to deal with infections and get rid of old and weak red blood cells.

- a. kidneys
- b. lungs
- c. spleen
- d. stomach

6 The glycemic index measures how quickly our digestion is sorting the sugars from the carbohydrates we're eating and releasing them into the bloodstream. This helps to decide if the glucose gets used as a fuel or whether insulin will be stored as glycogen or fat.

- a. True
- b. False

7 Ninety-nine percent of serotonin in our body is made in the _____. Serotonin's greatest impact is to the brain and is needed for emotional health.


- a. respiratory system
- b. pancreas
- c. circulation system
- d. digestive tract

Does chocolate contain flavanols?

"Does eating chocolate prevent or even treat cardiovascular and cerebrovascular disease, or do the calories, and especially the high fat and sugar content, do more harm than good?" asks the journal *Lancet*.

Not only would conclusive evidence that chocolate has enough flavanols (a flavanoid subclass) to help these diseases be good news to chocolate lovers, it would be even better news for chocolate manufacturers.


One manufacturer, Mars, Incorporated, has supported research into the health effects of cocoa for 15 years. At a Mars sponsored meeting recently, scientists from Mars said they had synthesized flavanols from cocoa and were looking for pharmaceutical partners to further develop these flavanols.

Like red wine and tea, chocolate has been found to have flavanols if you eat the dark, semisweet variety which has less fat and sugar than the more popular milk chocolate version. 

Data suggests skin cancer epidemic looms

Recent data suggests there may be a looming epidemic of non-melanoma skin cancer. These cancers, squamous cell and basal cell carcinomas, usually appear in people 65 or older but are now appearing in young adults in their 20's and 30's. They are less dangerous than a melanoma if they are treated early.

Practically everyone has them if they live long enough, says Rebecca Kirby, M.D., a physician at The Center. "Vitamin D from sunshine is a good idea. Just don't overdue it and get a sunburn. Moderation is the word for sunshine," she says. This means that about one half hour of sun exposure a day is good, but it doesn't mean sunbathing for hours a day. Use a hat and other clothing to protect yourself from the direct sun during the rest of the day.

At the same time, eat a diet that consists of as many whole foods as you can. This is a good idea not only for protecting yourself from skin cancer, but it also helps in keeping you as close to optimal health as possible. 

• FOR ANSWERS, SEE PAGE 7 •

The Garden and the gardener

by Melvin D. Epp, Ph.D.

There are natural rhythms that pervade gardening. Working in conjunction with the rhythms fosters a verdant garden and a happy gardener. Being out of synchrony only leads to frustrations and poor productivity. In the setting of an organic garden, understanding rhythms and the interactions of the various rhythms can lead to the manipulation of these rhythms for advantageous productivity.

There are some very basic primal rhythms. Here in Kansas there are four seasons within a year and we give each a name. Even if the seasons had no names or calendar dates, the day length and concomitant light and heat from the sun would indicate our progress through the annual sigmoidal day/night pattern. Most plants respond with active growth and flowering only at specific intervals of the annual rhythmic cycle. Some respond to the heat and others respond to the day length.

Birds also visit the garden in sequential migratory patterns. The robins arrive in January, followed by the Killdeer in March, then the Mockingbirds, the American Gold Finch, the swallows, the King Birds, the wrens, the Brown Thrashers, and robins again in fall, only to vanish during December.

Similarly, the insects come in repeating patterns. The Asparagus beetle is evident only in spring and its numbers are reduced if the fall garden cleanup includes removing all yellowed asparagus fronds down to ground level and either burning or composting them. The Asparagus beetles overwinter in the stems of the fronds. The Colorado potato beetle appears in May, the Blister beetle comes in July, and the spider mites build up their populations on tomato plants in August. The Harlequin bug is around the whole growing season. Butterflies come sequentially. In spring, the Monarchs are migrating north from Mexico and in fall they are returning to the forests of Mexico.

The avid gardener develops an intuitive sense of the progression of the growing season by observing the rhythms in and around the garden. [H]

Herbal History

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

Licorice (*Glycyrrhiza glabra*)

Licorice is a multipurpose herb that is commonly used among the general population. The two most important constituents of licorice are glycyrrhizin and the flavonoids. Glycyrrhizin is anti-inflammatory and inhibits the breakdown of cortisol produced by the body. It also has antiviral properties. Licorice flavonoids help digestive tract cells heal. Further, they act as potent antioxidants and work to protect the cells of the liver. In vitro, the flavonoids have been shown to kill *Helicobacter pylori*, the bacteria that cause most ulcers and stomach inflammation.

Licorice has many medicinal properties including the following: anti-inflammatory, mucoprotective (protects the mucous linings of the body), adrenal tonic (keeps cortisol levels elevated), expectorant (helps to expel congestion out of the respiratory tract), demulcent

(wound healing—creates nature's band-aid), and mild laxative.

Glycyrrhiza is commonly used in naturopathic medicine to treat "adrenal fatigue." Moreover, Glycyrrhiza is indicated for the treatment of gastric and duodenal ulceration and mouth ulcers. Chewable deglycyrrhized licorice (DGL) works very well for healing stomach and intestinal inflammation. Further, licorice has antiviral properties and has been shown to inhibit the Herpes virus. Viral hepatitis is frequently treated with injections of glycyrrhizic acid in Japan and many studies have shown this to be effective.

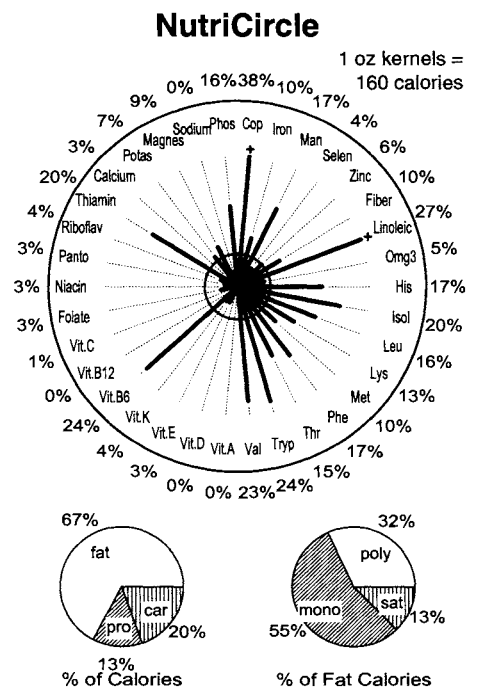
People with severe renal insufficiency or hypertension should avoid licorice as overuse may lead to sodium retention. (They can still use DGL.) Overuse of licorice can also decrease serum potassium. [H]

Food of the Month

by Donald R. Davis, Ph.D.



PISTACHIO NUTS are native to the Middle East and South Asia. Since the 1970s, ours come mostly from California. They cluster like grapes on pistachio trees. Their tan shells open naturally as they ripen, making it easy to eat the unique, chlorophyll-colored kernels. Like all nuts, they are rich in heart-healthy fats, and they lower the risk of gallstones. Pistachios also supply good amounts of lutein and total antioxidants (ORAC). Among the 34 nutrients shown here for roasted nuts, 20 have adequate amounts, relative to calories, especially vitamin B₆, thiamin, copper, manganese, and amino acids. Raw nuts also supply vitamin K.



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.



Railroad crossings and other thoughts

Do you ever think about the progress you are making through this journey called life? Winston Churchill said, "Every day you may make progress. Every step may be fruitful. Yet, there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb." While I would like to say that on all days I look forward to the climb, I have to admit that on many days it seems straight uphill.

Sometimes our path can involve patience, introspection, or detachment, or all three as well as a host of other virtues. Now, patience is a funny thing. Trains can test my patience on some days and on others they present an opportunity to have a little quiet time. On a particular hurried day last week, I welcomed a train that blocked the way

to work as it presented an opportunity to take a few moments to rest and take a deep breath. Luckily, it was a long, long train.

It was an opportunity for a little introspection. That morning a friend had talked about a book she had recently read that involved four virtues. One of those virtues was the ability to process information without taking it personally. I wondered if because some of us live in our head that we tend to filter outside information as it can apply to us. Defensiveness can create rocks in the path. Some days the rocks are boulders and other days merely pebbles.

Carl Rogers said, "In a person who is open to experience each stimulus is freely relayed through the nervous system, without being distorted by any process of defensiveness."

Wouldn't it be great to be able to process experiences without feeling the need to be defensive? [H]

CENTER UPDATE

Are you getting enough vitamin B12?

Doctors at The Center have been prescribing vitamin B12 when they find a co-learner who is low in this vitamin. Prescribing vitamin B12 goes back to when The Center began 30 years ago. If laboratory tests completed at The Center show that a person is low in vitamin B12, we often prescribe it.

A recent *Harvard Health Letter* discussed vitamin B12 and its advantages. It first mentioned two vitamins, A and E, that have received a black eye from the standard medical community, and then they discussed vitamin B12.

"Vitamin B12, though, is different: It is easier than once thought to get too little. Studies have found that 20% of Americans ages 65 and over have low levels of the vitamin," they said.

Vitamin B12 is the vitamin of carnivores. It is not found in fruits and vegetables like other nutrients. The only dietary sources are meat, fish, shellfish,

poultry, eggs, milk, and milk products. Beef liver and several varieties of fish have high amounts, while dairy products and eggs have not as much.

The stomach produces a protein called intrinsic factor that absorbs vitamin B12. If your stomach does not make enough intrinsic factor, you cannot absorb enough B12. If this happens, you may end up with anemia. This often runs in families and shows up around the age of 40. "Less than 1% of the population is affected," they said.

At The Center we found that not only were some people 65 and older low in vitamin B12, but occasionally we find people under the age of 65 who have low vitamin B12. We treat these people with vitamin B12 pills. If this is not enough or their body is still low in vitamin B12, we use intramuscular injections. In some cases, we use both pills and injections. [H]

Case of the month

A 65-year-old woman, medium height with a willowy build and a good sense of humor came to The Center in May, 2005. Her complaints were anxiety, depression, fatigue, dermatitis, varicose veins, and a fistula.

She told Rebecca Kirby, M.D., a doctor at The Center, during her evaluation that she had the worst winter she had ever had last winter and decided that something needed to be done besides antibiotics. She said that she had a history of hemorrhoids (fistula), was indeed fatigued, had lost about 20 pounds in the last year and now weighs 119 pounds, and that she has STRESSORS in her life.

Dr. Kirby had her do some laboratory tests and discovered that she was low in vitamin B6 and D, on the low borderline in her urine vitamin C, low in chromium, and very low in selenium. She was also low in hemoglobin and hematocrit in her complete blood count.

Dr. Kirby started her on intravenous vitamin C with B vitamins. She continues them today. Dr. Kirby also started her orally on Bio-K-Plus, vitamin D, and sublingual B complex and had her start checking her vitamin C level with Vita-Check-C urine strips. Dr. Kirby later added Colloidal Multi Minerals to her regimen.

Recently, she said, with a big smile on her face, that she was feeling great and much improved. She has gained a little weight. The diseased gums that she had had since 1990 were now completely clear.

She continues to take the Bio-K-Plus, vitamin D, Pro Omega oil for her fatty acids, Beyond C, and her Manne-tech vitamins, along with intravenous treatment. [H]

Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. Unconditional self-acceptance is the core of a peaceful mind.

Saint Francis de Sales

- 1 a. Food is like a double-edged sword. We must have food to survive but some foods can be toxic to our bodies if the filtering system is not working right.
- 2 b. The Boogy Boys can be messy, especially when they invite their friends: parasites, yeast, and viruses to share in all the food we're eating.
- 3 b. Digestion begins in the mouth. Mixing saliva with our food while chewing thoroughly aids digestion.
- 4 c. In about four minutes our liver handles every drop of blood in our body.
- 5 c. You could say our spleen is an incinerator for removing the old, the bad, and the ugly from our blood.
- 6 a. Not only does insulin tell the body to store fat, it also inhibits the breakdown of fat already being stored in the fat cells.
- 7 d. One percent of serotonin is made in the brain under stimulation of morning light. This gets you going in the morning. H

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Ron Hunninghake, M.D., Rebecca Kirby, M.D., R.D., & Chad Krier, N.D., D.C.

THE CENTER'S APPROACH TO REDUCING HYPERTENSION

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THE CENTER'S APPROACH TO MANAGING STRESS

Ron Hunninghake, M.D., Rebecca Kirby, M.D., R.D., & Chad Krier, N.D., D.C.

A panel of Center doctors discusses how The Center has successfully helped co-learners with skin conditions, hypertension, and stress in these three lectures.

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- 6 Increasing Longevity with a Micronutrient Tune-Up
- 13 Healthy Secrets from Your Nine Liver Dwarves Part III
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Vascular disease and vitamin B12

A recent study shows patients who have vascular disease may have low vitamin B12, a condition that affects homocysteine levels and carotid artery plaque areas. The carotid arteries are the two arteries in the neck that feed blood to the brain.

Researchers checked the carotid artery blockage of 421 patients between the ages of 37 and 90 of which 215 were men and 206 were women. They all were taking high blood pressure medications.

The researchers said that vitamin B12 deficiency was surprisingly common in patients who had vascular disease and "in settings of folic acid fortification, low serum vitamin B12 levels are a major determinant of elevated homocysteine levels and increased carotid plaque area."

- Food sensitivities could be hurting you
- The power of protein—a key to obesity
- Data suggests skin cancer epidemic looms
- Are you getting enough B12?

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