

Health Hunters

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NEWSLETTER

OCTOBER 2009

What is "health"?

by Marilyn Landreth, M.A.

All the debate about Health Care Reform has reopened the question, "What is health?" Most of what is being discussed in the current debate is actually sickness care or sickness insurance. If the current debate is not about health care, then what does "Health" mean to you?

The Center's definition of health: "Health is having the reserve to do what you need to do and want to do with energy and enthusiasm."

One authority, the World Health Organization (WHO), defines health as: "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." WHO has used this definition since 1946.

Sometimes it is easier to define what health isn't rather than what it is. In a recent *Lancet* article entitled "What is health? The ability to adapt," health is defined as: "Health is not a 'state of complete physical, mental, and social well-being' nor is it 'merely the absence of disease or infirmity.'" Georges Canguilhem, a French physician, wrote that "Health is not a fixed entity but health is the ability to adapt to one's own environment and circumstance. Depending on his or her own circumstance, it varies for every individual." He believes that health needs to be defined by the person and not the doctor.

How one person views his or her own health in some instances can be amazing. She/He may have diabetes, high blood pressure, and heart disease but when asked about their health they may

reply that she/he is perfectly healthy. The Center's definition of health may fit that scenario: "Health is having the reserve to do what you need to do and want to do with energy and enthusiasm."

The meaning of health for the individual has been highlighted at The Center staff meetings this year. The Center has always encouraged staff development. One way to do that is by providing opportunities for personnel to give one 3-5 minute talk at a staff meeting during the year. This year the topic was to find out what health is for each individual staff person.

The Center funded the "Health is..." program for all schools in the state of Kansas for three years. The contest gave students the opportunity to respond in prose, poetry, song, film, art, collage, etc. the meaning of "Health is..." For The Center presentation, the individual could select one of these mediums to express what they think "Health is..." for them. While there were themes that ran through many of the presentations, there were also some unique viewpoints. All of them were very creative.

Michelle B. said "To me, health is the energy to do what I want to do and the confidence to follow my dreams.

"Everyone has to decide what health means to him or her. For me, it is the ability to know and trust my body and mind, as well as the capacity to feel real joy and to have meaningful relationships with my family, friends, and within the community.

"Our health not only affects us individually but it also affects our family, friends, and the world. With today's rising health costs, self-responsibility

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Sleeping and blood pressure

A new study finds that short sleeping time and poor sleep quality increase the risk for hypertension in middle-aged subjects. The 5-year study followed blood pressure in over 500 Americans who were initially free of hypertension and not taking drugs for hypertension. The researchers measured sleeping time and sleep quality with wrist-motion sensors during two, 3-day periods about a year apart. Both short sleeping time and wakeful time during the night predicted higher blood pressure, greater increases in blood pressure during 5 years, and increased risk of diagnosed hypertension. African Americans (41% of subjects) averaged 5.6 hours sleep per night versus 6.4 hours for whites, partly explaining the well-documented higher average blood pressure in African Americans. Further studies are needed to show whether increased sleeping time or improved sleep quality can help prevent or treat hypertension.

—Arch Intern Med 2009; 169:1055 

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Editors:

Marilyn Landreth & Barbara Dodson

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Nutritional Medicine

by Ron Hunninghake, M.D.

The First Annual Riordan IVC and Cancer Symposium

Let's take the title of this short essay...one word at a time.

THE – This is a special, one and only, event...unlike any before. Yes, there have been 15 International Conferences on Human Functioning in the past, but this meeting will set us on a new course of knowledge, groundbreaking in its scope.

FIRST – It has been almost five years since Dr. Hugh Riordan's passing. His pioneering research achievements in the area of intravenous vitamin C (IVC) for cancer now serves as the foundation for this unique gathering of doctors from around the world, who will collectively share in the perpetuation of Dr. Hugh's dream: to discover non-toxic ways to effectively treat cancer.


ANNUAL – Much is expected from this first meeting but, realistically, much work, more research, better understandings, and a broader acceptance of the adjunctive use of IVC in cancer care is needed. An annual meeting will help to build a legacy of collaboration between IVC practitioners and researchers. "Life is short, and the Art long." – Hippocrates

RIORDAN – Nothing happens without someone first seeing it happen in their mind's eye. That's why we often call these creative leaders...*visionaries*. Dr. Riordan was a visionary of the first order. The founder of *RECNA* in 1989, he foresaw the growing need for new, less harmful, treatment strategies

that could finally reverse the frightening trends in the incidence of cancer. In the 1970's, 1 in 8 would experience cancer in their lifetime. Nowadays, the estimate is a shocking 1 in 2!

IVC and CANCER – This is the key focus of this first-of-its-kind symposium. Important conceptual, research, and protocol questions will be addressed: *What is the best measure of IVC effectiveness? Should other nutrients be added to the IVC solution? Could alternative rates of infusion improve outcomes? What types of cancers respond best to IVC adjunctive therapy?*

SYMPOSIUM – Webster defines *symposium* as a "convivial gathering at which there is the free interchange of ideas." By drawing together IVC practitioners and scientists from all over the world, it is our intent to use this collective experience in order to discover what it will take to advance the "good idea" of *IVC for cancer*, which has generated tens of thousands of positive testimonials from weary cancer sufferers – and elevate it to a well-grounded and evidenced-based treatment adjunct that will be utilized confidently by oncologists everywhere.

We have set our sights pretty high...but the stakes are high. Nothing ventured...nothing gained. Or, as Dr. Riordan liked to quip: "While they were saying it couldn't be done...someone did it!" 

What is health?—Cont'd from page 1

seems to be the only avenue for each of us to take."

Mona W. thought that attitude, diet, healthy relationships, exercise or moving your body around, expressing creativity, breathing, knowing what nutrients you may be missing in your body, and finding ways to reduce stress in your life all play a part in being a healthy person.

Pets play a major role in some people's lives. Marla S. said that her dog's unconditional love helps her

when her life hits a rough patch. Her dog also gets her to exercise, encourages socialization with her neighbors and other pet owners, and always gives her something to laugh about. She further explained that research has shown that pets can help a person be healthier by lowering his/her blood pressure.

Learning to find humor in many situations is important for a healthy body. Jean V.N. is well known in the clinic for her joyful laugh and find

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ing humor in difficult situations. She referenced a *Health Hunter Newsletter* article by Sister Ann Cecile Gaume that said that laughter nourishes our body, mind, and soul. Laughing exercises our lungs and helps us breathe better, reduces blood pressure, fights infections, and heightens mental functions.

Mavis S. divided her health into three areas. 1. Mental health which requires a variety of interests and keeping an open mind to try new things. Dr. Riordan was very good at “moving our cheese” and pushing us to increase our potential. 2. Spiritual health is an awareness that we need to be part of something bigger than the world around us. An affiliation with a church, meditation, a belief in a higher power, or other spiritual awareness is important to well-being. 3. Physical health – while there are some things we cannot change about our health, such as age, our physical structure, and genes we inherit, we can take care of our bodies. We need daily exercise, rest, and proper food and water. We can measure our biochemical individuality to determine what is needed to achieve optimal health.

Jolene D. thought health involved good nutrition, including whole foods, exercise, restful sleep, and drinking water. It is important to develop a good relationship with your body and learn to find balance and moderation. Her soul is fed by love of her family, friends, and pets. Developing her career and finding time for hobbies helps her be healthier. Health is a journey that is different for each person and may be different at different times in his/her life. Sometimes it is easy, sometimes hard, and sometimes we just have to slop through the gunk. It is also beneficial to keep things in perspective.

Mind/Body/Spirit also played a role in Jan's vision of health. She listed balance as a part of dealing with mental and physical stress, energy to think and focus, and attitude as being important. She mentioned that we can only have rainbows when we have rain. Life does not always run smoothly. Finding ways to cope when life is difficult is major to health. Then she gave a quote that reflects her basic philosophy. “Life is learning to dance in the rain.” H

HEALTH HUNTERS AT HOME

Coping with change—changing to cope

by Norvalee Kolar

Coping with congestive heart failure and diabetes and being in a wheel chair and house bound, I've come up with ideas that make my existence more entertaining and help deal with my various conditions. I need to cut salt intake, reduce sugar intake, and reduce fluid intake. You get the idea. So, you just treat each obstacle as a launch pad.

I love to cook but can only use the microwave and standard oven. The burners on top are too dangerous for me, so I just get innovative.

I made the most wonderful pot of turkey gumbo the other day. I need to cut out as much salt as possible. Wouldn't you know it...I'm a secret “salt-a-holic.” Well, I've learned to use herbs and spices to make up for the eschewed salt. I've learned to use the microwave and get great results.

One of the clues to getting meat to cook without becoming tough is to cook it longer at lower power settings. I started with a pound of frozen ground turkey and put it on defrost for 30 minutes. At the end of that time it was easy to pull it apart to make it crumbly.

Next came a bag of gumbo mixed vegetables with lots of okra, onions, bell peppers, and celery. I added more fresh chopped onions (I really like onions) and a can of stewed tomatoes. Then, it was time to check out the spice cabinet. What jumped to mind was marjoram, basil, parsley, a Frontier Brand mixed Cajun spice, and a heavy dose of paprika. Then I added some Mrs. Dash garlic and herb and the obligatory dash of ketchup. So, the only salt in the whole pot was what was in the canned tomatoes and ketchup.

This made enough food for three main meals with a good selection of low-calorie veggies and meat (ground turkey). All in all it would rank as low fat and low salt but high in selection of vegetables, and the fragrance was scintillating.

I've learned flax meal is very good to lower cholesterol, and I love it. Just put a heaping tablespoon in your breakfast cereal and another in your yogurt, but the best part is you can put it in anything you bake—bread, muffins,

cakes. For my birthday I requested a Mexican wedding cake...no frosting. It's so moist it doesn't need frosting, and, of course, flax meal. One coping mechanism, so I don't feel deprived, is to cut it as soon as it is cooled and sack each slice in a ziplock sandwich bag. Then, put about 12 packages in a large freezer bag and freeze it. Then dole them out. There's more control having good snacks on hand and you don't feel deprived.

Another discovery is that lemon juice is great to perk up the taste of baked chicken and all fish. Just a splash over all before you start to bake and you really don't need salt.

I like eggs, any way, any time.

But let's face it...they need that little assist. I've really come to like the many different varieties of Mrs. Dash. I've also discovered extra-virgin olive oil in Smart Balance Buttery spread. There are no trans-fats, etc., and, like the old-time advertising song, “A little dab will do ya.” That and Mrs. Dash is all you need on steamed mixed vegetables, eggs, or boiled potatoes with carrots and onions, which is another flavor combination that I cherish.

Reducing fluid intake is a little harder. Oranges are a favorite snack so I just keep them sliced and quartered in a ziplock storage bag. They're easy to grab and you can satisfy that thirst with good nutrient value. Grapes and cherries are also good, as is cut up cold melon. Cold cherry or grape tomatoes are a good snack too, and for when you need that crunch for a snack, turn to radishes, celery, and cucumbers.

There are a lot of ways to still enjoy the things you did before you were told to change your ways, and it can be an adventure. So, start thinking about what you like and how you can change it so you can still have that treat.

Dr. Riordan often cited the quote, “The only constant is change.” So pick up the challenge and meet each new change with a willing response. Make each obstacle a launch pad to a new taste adventure. H



INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Have you heard that Hyperbaric Oxygen Therapy (HBOT) can be used to treat various acute and chronic problems? Have you wondered how that can be possible? Paul G. Harch, M.D., and Virginia McCullough have written *The Oxygen Revolution* that explains how this process works. Dr. Harch is a hyperbaric medicine, diving, and emergency medicine physician who has seen the positive effects of HBOT treatment firsthand. His research and practice have shown that this noninvasive and painless treatment can be beneficial in the treatment of a variety of ailments. Dr. Harch says that HBOT improves conditions such as asthma and arthritis; promotes healing in infections and burns; and slows the aging process. After finishing his book you will understand what HBOT is, which ailments it can help, and how you can take advantage of HBOT. The questions this month are taken from their book.

1 Hyperbaric Oxygen Therapy (HBOT) is used therapeutically when the body's tissue has been damaged by oxygen deprivation. The definition for HBOT is "the use of oxygen under pressure as a _____ to treat basic disease processes and their diseases."

- a. placebo
- b. palliative
- c. drug
- d. cure-all

2 Cumulative effects (25 to 35 treatments) change the body's tissues permanently. In chronic wounds HBOT provides stimulation of the DNA, allowing the growth of _____.

- a. bacteria
- b. new tissue
- c. bones
- d. viruses

3 HBOT is useful as a treatment when the body has suffered oxygen deprivation and is only useful when someone first suffers the insult to their body.

- a. True
- b. False

4 Our body has within it a means to respond to various insults from the serious to the not so serious. Lightning hits or a sprained ankle activates this _____ reaction.

- a. impact
- b. necrotizing

- c. inflammatory
- d. chain

5 The body can withstand low oxygen level for a time better than it can tolerate low blood flow. This is because the blood contains _____ that the cells need to survive.

- a. nutrients
- b. volume
- c. ribosomes
- d. myonecrosis

6 HBOT can be used both as an emergency treatment and as standard therapy for diseases that develop as we age.

- a. True
- b. False

7 HBOT has different targets at different stages of a disease or insult. In decompression illness, the early targets are bubbles and the inflammatory reaction. In later stages the targets are blood vessel damage, low oxygen, and blood flow damage to the _____.

- a. liver
- b. cells
- c. ribosomes
- d. sepsis

• FOR ANSWERS, SEE PAGE 7 •

Test of the Month

by Dr. James A. Jackson,
Director, Bio-Center Laboratory

Tumor markers - part 1

Tumor markers are products of either the tumor itself or the patient's reaction to the tumor, and they help distinguish malignant from benign tissues. They can be measured in body fluids or tissues. An important point to remember is that an elevated tumor marker does not tell you that you are going to get a tumor; it tells you that you probably have a tumor. Tumor markers may be enzymes, oncofetal antigens, oncogene products, hormones, specific antibodies, or gene alterations.

Tumor markers are used in screening programs (PSA for prostate cancer in men), to confirm a suspected diagnosis (CA 125 in ovarian carcinoma), classification and staging of a tumor (I, II, III, or IV). They also reflect the body's tumor burden and monitor the cancer treatment, i.e., they may increase with progressive or recurrent disease, decrease with response to treatment, or normalize with remission. To follow a treatment program, tumor markers are measured during treatment at specific intervals called serial measurements. These are measured in the blood.

BREAST CANCER:

There are six tumor markers that are used for breast cancer. There are the glycoproteins CA 15-3 and CA 27.29. They have been shown to have good correlation and are used to monitor treatment response in patients with metastatic breast cancer and those who have been previously treated for stage II or III disease. CEA (CarcinoEmbryonic Antigen) is a protein abundant during fetal growth but absent or very low in a healthy adult. CEA is a nonspecific marker. Elevated levels may be found in many types of cancers. CEA is measured in the blood. Human Epidermal Growth Factor Receptor 2 (HER-2) is a trans-membrane normally involved in cell growth. It is found in about 25% of breast cancer patients and its pres

continued on page 6

"A good rule of thumb is, for every correction, make sure you have caught and acknowledged your child for doing something right three times. Three positives to one negative is a good ratio." From: *Children Are From Heaven* by John Gray, Ph.D.

Visit the Mabee Library for more books on this subject and many others.

Located in lower dome 2.

Toxic plants - part 2

by Gary Branum, Ph.D.

The number of toxic plants that could be discussed here is in the thousands, so only a few will be mentioned in this 2nd of the two-part article.

Remember the song "Poke Salad Annie"? Out in the woods behind the house you may run across poke (*Phytolacca americana*), sometimes called pokeweed or poke salad. The mature plant is usually about 4-6 feet tall with a red stem and deep purple berries. This plant contains phytolaccatoxin, a potent poison that causes convulsions and death. Poke salad has been used for food (a dangerous practice), but the leaves must be boiled and rinsed three times to remove most of the toxin.

Also out in those shady woods is poison hemlock, (*Conium maculatum*), a non-native plant that has spread over most of the U.S. Poison hemlock looks like a 3-4 foot tall parsley, with delicate, lacy leaves and tiny white flowers. The area behind the garden at The Center contains a thick stand of hemlock if you would like to see an example of it. The toxic principle is coniine, which causes muscle paralysis. This paralysis of the breathing muscles causes death by asphyxiation. Hemlock was used to execute Socrates.

Purple foxglove (*Digitalis purpurea*), another common ornamental, is the source of the cardiac medication digitalis. Ingestion of any part of the plant can result in cardiac irregularities, resulting in death.

A large, drought-tolerant, deer-resistant shrub with showy white, red, or pink flowers frequently used as a decorative hedge along highways is oleander (*Nerium oleander*). Oleander contains the chemicals oleandrin and neriine, cardiac glycosides which are similar to digitalis and can cause cardiac arrest. The use of oleander branches by campers to roast hot dogs has resulted in death.

Castor plant or castor bean (*Ricinus communis*) is a common ornamental and is also the source of castor oil. All parts of the castor plant contain ricin, an extremely toxic compound. Ricin and abrin, another toxin, inhibit protein synthesis. Although castor oil contains small amounts of ricin, these amounts are not sufficient to cause problems. [H]

Do it Yourself Detox

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

The wet sheet pack - part 2

Empty your bladder before starting. Then, perform some sort of warming method to your body (foot bath, etc.). After warming up, use a sheet that has been soaked in cold water and wrung out. Wrap the entire sheet around your body. Wrap another dry sheet around the cold wet sheet. Find a comfortable place to lie down. Place one or two wool blankets over your entire body and tuck them in as tight as tolerable. Keep a cold compress handy and apply it to your head as necessary. Applying a fresh compress and sipping water every 5-10 minutes will prevent dehydration and headaches.

The wet sheet pack maneuver takes you through 4 stages: Cooling stage, Neutral stage, Heating stage, and Sweating stage.

The cooling stage lasts between 5-20 minutes. It is a general toning stage for the body. The neutral stage lasts anywhere from 20 minutes to one hour after onset and causes our heat production to

increase bringing our body back to normal temperature. The neutral stage is a sedative phase of the wet sheet pack that is useful for restlessness and anxiety.

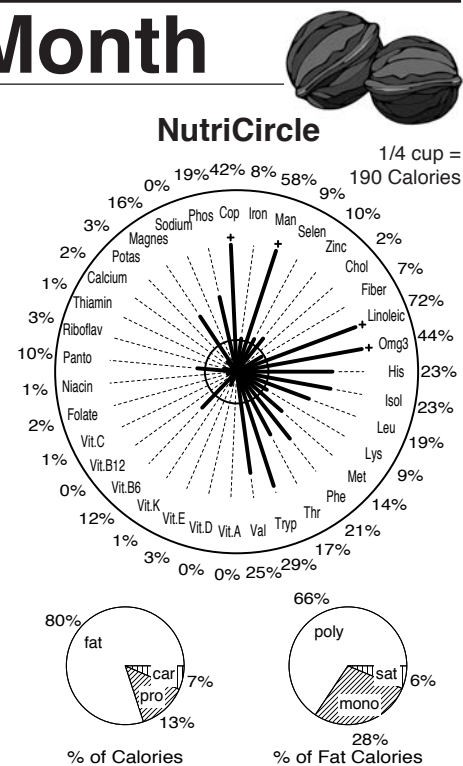
The heating (stimulating) stage starts anywhere from ½ hour to one hour after initiating therapy. This stage promotes a general increase in circulation, metabolism, and elimination, while decreasing congestion. It is useful for cases of constipation, inflammatory bowel disease, IBS, and sinus congestion.

The sweating stage begins 1-2 hours after starting the therapy. The duration of this phase is based on tolerance but can be carried out for 1-2 hours. The sweating phase promotes a vigorous increase in circulation, metabolism, and elimination, while decreasing congestion. It intensifies elimination and is also known as the detoxification phase. Indications for using the sweating phase include: chronic colds, environmental illness, chronic illness, obesity, and addictions. [H]

Food of the Month

by Donald R. Davis, Ph.D.

BLACK WALNUTS are prized for their distinctive flavor. They are commonly eaten plain or used to flavor ice cream, baked foods, and salads. Black walnuts are native to the United States, unlike English (Persian) walnuts, which are more widely grown here and easier to shell. Commercial crops are harvested primarily from wild trees, mostly in Missouri. Nutritionally, black walnuts have more protein and monounsaturated fat than English walnuts but much less omega-3 fat. Even so, a 1/4 cup serving contains 44% of the RDA for omega-3 fat (as linolenic acid), plus 8% to 58% of the RDAs for protein, two vitamins, and seven minerals or trace minerals.



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.

Making memories

We could hear the birds singing on a cool, late summer morning, as my grandson and I worked in companionable silence spreading mulch in my flower garden. It was a perfect morning made even more perfect because we were spending time together. He needed money for college and we needed to get the mulch spread. It worked for both of us.

As we worked, memories of his childhood came to mind, such as the time I visited his school for Grandparent's Day. He introduced me to his teacher as his grandmother. When she asked him what his grandmother's name was he thought for a minute and then replied, "Well, we call her Grammy."

Baking cookies with Alyssa, drawing pictures with Jady, listening to Alec strum his guitar, watching Kyle paint the house, or sharing Janae's excitement with her birthday presents (no matter what they were), and Matt working in

the garden have all added enjoyment to my life. Hopefully they will remember those times as well.

My children learned a long time ago that when they asked me what I wanted for Mother's Day my request was usually for time together taking care of tasks that needed to be done. We would make a day of pulling weeds, trimming shrubs, planting flowers, cleaning gutters, and anything else that needed to be done. The gift of their time was more precious than anything they could have bought me.

Ruth Smeltzer said, "You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who will never be able to repay you." During these uncertain times it helps to remember those perfect times. Think about what you can do to help others have a "perfect" day. ^[H]



Case of the month

This 57-year-old female came to The Center in January 2009 per a recommendation of her sister, who is a patient here. She was losing weight even though she was eating a normal diet. She was having absorption problems. She lives out of state and her local physician couldn't find what was bothering her. She was weak and shaky, extremely fatigued, and had recurring sinus infections and bacterial infections. She had a history of breast cancer.

Dr. Hunninghake ordered the following tests: ASI-adrenal stress index; CRP; glutathione; vitamins A, C, and E; and B-assessment profile. Magnesium, calcium, zinc, copper, manganese, and selenium were checked. Candida, chemistry profile, essential fatty acids, cytotoxic, DMSA, and pyrrole tests were recommended also.

Her highest food sensitivities were corn, oats, white potatoes, and vanilla, which she was advised to not eat. Her arachidonic/EPA acid level was high. The candida Ab IGM level also was elevated. She had a low uric acid. Her vitamin B5 and B6 levels were low and her calcium was also low.

She received three Myer's IVs while she was in Wichita. She used a sinus rinse to help the sinus problems. She was told to add more fish in her diet and take cod liver oil and evening primrose oil.

She called in March and said she has had improvement but not as fast as she had hoped. She still battles the candida. She will continue the supplements and we will monitor her progress. Her local physician talked with Dr. Ron and also monitors her progress. ^[H]

Tumor markers—Cont'd from page 4

ence usually indicates an aggressive tumor and a bad prognosis (outcome). It is also useful in treatment selection. Patients with HER0-2 can be helped greatly with the drug Herceptin. Estrogen-Progesterone Receptors (ER-PR) are steroid receptors, and knowing the status of these markers is crucial for optimal treatment. Approximately 1/3 of cancer patients show a response to antiestrogen receptors tamoxifen for ER+ cancer patients.

We'll discuss more tumor markers in the next issue. ^[H]

CENTER UPDATE

What is nasosympatico therapy?

Nasosympatico is sinus decongestion therapy. At The Center, Dr. Krier combines the Nasosympatico therapy with a specialized chiropractic sinus technique, along with diathermy (deep heating device), to promote drainage of the sinuses. The Nasosympatico formula is comprised of the essential oils of Thyme, Eucalyptus, Peppermint, and Lavender.

The essential oils work as local decongestants. The volatile nature of the oils causes lacrimation (tearing), loosening of mucus, and promotes drainage of the nose and sinuses (may cause sneezing). The Nasosympatico technique helps promote nervous system control of mucus production. The essential oils are also antimicrobial, which helps fight off infectious organisms.

The basic protocol is to perform a series of sinus pressure techniques with

lymph drainage and cranial manipulation. Next, the patient's oral pharynx is painted with bitter orange (antimicrobial) oil. This is followed by inserting 6 nasal applicators that have been dipped into diluted essential oils into the nasal meatus. Once the nasal applicators are in place, a diathermy unit is placed over the sinuses and deep heat is delivered for 15-20 minutes. The patient focuses on breathing through their nose, inhaling the essential oils deep into the sinuses. Six to eight treatments are generally recommended initially on a weekly basis until things are under control. Then, patients may want to follow up with the technique seasonally.

This is a lecture presented here at The Center which will help you learn more about Nasosympatico:

— "Squeezing the Stuffiness Out of Sinuses" by Chad Krier, N.D., D.C. ^[H]

Answers from page 4

- 1 c. Under pressure oxygen acts like a drug or drug effect on DNA.
- 2 b. It also seems to recruit stem cells to wounded areas. HBOT acts as a stimulus to tissue regeneration.
- 3 b. Although HBOT is usually most effective at the time of the insult, it can still be useful in some cases long after the initial insult to the body.
- 4 c. Inflammatory reaction is both fast and dramatic and has both beneficial and seemingly detrimental reactions.
- 5 a. The blood also contains the oxygen needed to survive. An injury to the body is more pronounced if the oxygen level is low.
- 6 a. HBOT can be beneficial at any time in our life that we experience situations in which tissues anywhere in the body are deprived of adequate oxygen.
- 7 b. These two guiding principles help to explain how this unique treatment has such broad and deep potential applications. H

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THE OXYGEN REVOLUTION

by Paul G. Harch, M.D. & Virginia McCullough

Have you heard about the use of Hyperbaric Oxygen Therapy, which has been used for many neurological ailments? Dr. Harch has seen positive results through treatment of family members with stroke, dementia, and learning disability. Hard cover. (\$25.95 HH price \$23.36)

THERE'S A HITCH IN MY GET-ALONG—NUTRITIONAL THERAPY FOR OSTEOARTHRITIS

with Chad Krier, N.D., D.C.

After age 65, most of us (up to 70%) will be affected to some degree by osteoarthritis. The knee and hip joints are the biggest culprits. Osteoarthritis is not a normal part of aging. It is a disease that should be treated with intense nutritional therapy at the earliest onset.

OVERCOMING FIBROMYALGIA—LESSONS LEARNED IN 20 YEARS AT THE CENTER

with Ron Hunninghake, M.D.

Over the last 20 years, Dr. Ron has successfully treated hundreds of fibromyalgia patients. The pain, fatigue, and complexity of fibromyalgia have not yielded to conventional medicine's symptom treatment approach. Learn a systematic way to overcome fibromyalgia and "get your life back" too.

YOU CAN LOWER YOUR RISK FOR HEART DISEASE, DEMENTIA, & DEPRESSION

with Mary Braud, M.D.

Dr. Braud discusses how the brain and body are impacted when levels of B12 and folate are not adequate. Learn how to lower your risk for many serious disorders with the appropriate use of B12 and folate.

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Upcoming Events. . .

Lunch & Lectures:

October:

- 1 Vitamin C and Cancer
- 8 Healing Addictions: The Benefits of Alternative Therapies
- 15 Vitamin B-5: the Missing Key to Weight Loss and Adrenal Health
- 22 Breathe Better, Feel Better for Health
- 29 Chronic Illness: "How I Got Better at The Center"

November:

- 5 Health Hunter/Beat The Odds "Ask the Doctors"
- 12 Diet and Cancer
- 19 "Swine Flu": You Don't Have to be a Hog to Get It

Special Upcoming Events. . .

October 2-4 - First Annual Riordan IVC and Cancer Symposium

Drinking during pregnancy continues

Nearly 30 years after the U.S. Surgeon General first warned women about alcohol-related brain damage in their infants, and 10 years after the first annual awareness day on the 9th day of the 9th month, 10% of pregnant women still report drinking. Some 20,000 U.S. babies are born annually with permanent brain damage, physical defects, and behavioral problems caused by drinking during pregnancy — more than the numbers with Down syndrome, spina bifida, and muscular dystrophy combined. The fetus is most vulnerable during early weeks when a woman may not know she is pregnant, so even women trying to become pregnant should not drink. But there is no safe period during pregnancy and no safe type of alcohol. For alcoholics, local addiction centers might be able to help.

—U.S. Center for Disease Control and Prevention,
www.cdc.gov/Features/FASD