

## "Beat The Odds"

Hugh D. Riordan, M.D.,<sup>1</sup> James A. Jackson, MT(ASCP)CLS, Ph.D.,<sup>2</sup>  
and Ronald E. Hunninghake, M.D.<sup>1</sup>

Those of us in the holistic health care profession can take some pride in the fact that the philosophy that we have been using for over twenty years regarding health promotion and disease prevention is *finally* being recognized by the "conventional" medical community. Despite the evidence presented by researchers and clinicians that proper nutrition (including supplements) can prevent or treat many chronic illnesses (including cancer), the conventional medical community has dismissed our findings as being "uncontrolled" studies, "dangerous quackery", ineffective, etc. Attempts by these "researchers" to duplicate or confirm some of the results published by qualified scientists or clinicians have not been successful. One main reason these attempts are unsuccessful is that the investigators modify the original protocol presented, or misinterpret their results.<sup>1,2,3,4</sup>

A recent grant announcement from HIH was titled "Nutrient antioxidants, cellular metabolism and function". It contained comments, which, in the opinion of the authors, would have been classified as "quackery" by the same NIH five years ago. Some of these comments were "nutrient antioxidants are now believed to protect against free radical cellular damage caused by excessive oxidative reactions"; "oxidized and peroxidized compounds may be causally related to a variety of chronic diseases. ... free radicals appear to play a role in the promotion and/or initiation of some cancers (such as breast, cervical, lung, and gastrointestinal cancers), cardiovascular diseases, cataracts and degenerative diseases of the central nervous system. In addition, there is substantial evidence that indicates a role of free radical-induced cell injury in the aging process itself." They go on to say "... epidemiological and clinical studies suggested that nutrient antioxidant may reduce

the risk of these diseases." And ... "vitamin C, vitamin E and/or beta-carotene and other Carotenoids appear to be most effective" and ... "Other nutrients (zinc, copper, manganese and selenium) associated with antioxidant enzymes may also be involved in protection against degenerative and chronic diseases"<sup>5</sup>

At the Center, a long range (10 to 20 years) research/clinical program has been initiated called "Beat The Odds". It is a program for increasing personal awareness and understanding the factors which are known to reduce the incidence of degenerative disease and to slow the aging process. The name was chosen because of the expectation that those who participate will, over time, have less diseases such as Alzheimer's, arthritis, cancer, heart disease, cataracts and stroke than would be statistically predicted, or they will "Beat The Odds".

The goal of "Beat The Odds" is to reduce the incidence of degenerative diseases to less than half that expected in the general population. At the same time, participants should be able to slow the process of aging in order to enjoy greater vigor and productivity in later life than would be statistically predicted for the general population. The program is based on research demonstrating that maintaining adequate amounts of certain readily available dietary substances tend to prevent the development of degenerative diseases. The key element of this program is the measurement of *actual levels* of nutrients in the blood and/or tissues of each participant. These include essential fatty acids (RBC), vitamins A, C and E. Trace minerals magnesium, selenium and zinc (RBC) are also measured.

This nutrition information is essential to obtain the highest level of disease prevention because no two people have identical needs for essential nutrients. In addition, participants complete a seven day dietary intake and brief history as well as having their biological age and body fat composition determined.

1. The Center for the Improvement of Human Functioning International, Inc., 3100 N. Hillside, Wichita, Kansas 67219.

2. Department of Clinical Sciences, The Wichita State University, Wichita, Kansas 67208.

Each participant will receive a confidential copy of their laboratory results with information to interpret the results and comments by a Center physician as to what they need to do to meet their optimal "Beat The Odds" goals. The participants will have the opportunity to attend quarterly luncheon meetings for updates on the program. Various ramifications of the program will also be discussed.

The program is designed to be a long term one. The program will be continued for twenty years with yearly measurements of the various constituents listed above. There is a nominal charge of \$300.00 per year per participant. The regular charges for the services listed above are over \$500.00, making the "Beat The Odds" program as cost-friendly and user-friendly as possible.

The program has been in existence for three months. Preliminary data shows the following results.

**Total Number Participants - 59**

Male - 24, Female 35

**Age (mean-years) - 49** Male - 47.7, Female 50.9

Lab. Data	Low	Normal	Elevated
Vitamin A	0	59	0
Vitamin C	10	36	13
Vitamin E	0	59	0
Zn (RBC)	5	54	0
Mg (RBC)	0	59	0
Se (RBC)	0	35	24

**RBC membrane:**

Stearic/Oleic Ratio = mean 1.16, range = 0.98 to 1.40

The data showed that 16.9% of the participants had a "low" level of plasma vitamin C when compared to our established reference values;

22% had plasma vitamin C levels higher than the reference values. In addition, 40.6% had elevated RBC selenium levels, while 8.4% had low RBC magnesium levels. The preliminary data for the RBC membrane stearic acid to oleic acid ratio in these participants (mean =1.16, range = 0.98 to 1.40) was lower than reported previously for "normal individuals". The data presented here are from 59 participants, the literature values are from 20 "normal" participants (mean = 1.57, range = 1.1 to 2.9) and from 16 "normal" participants (mean= 1.54).<sup>6</sup>

The first quarterly meeting was held recently with 70 people attending. The input and enthusiasm shown by the participants were very gratifying. Further updates on this program will be furnished as data becomes available.

**References**

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