

Health Hunter®

2010

WINTER

*Lunch
&
Lectures*

January 14 - March 18

Sponsored by The Wacker Foundation

Presented by

The Center for the Improvement of Human Functioning International

3100 North Hillside Avenue • Wichita, Kansas 67219

(316) 682-3100

Fax (316) 682-5054 • www.brightspot.org

HEALTH HUNTER[®] LUNCH & LECTURE CLASSES

Our Lunch & Lecture series brings you food for thought along with nourishment for your body. Lunch & Lectures are just \$11.00 (including lunch). Health Hunter members may attend for \$10.00. Join Health Hunters to receive 10 issues of a lively, informative newsletter; discounts on classes, books, tapes, and nutrients; and access to lectures online. Visit healthhunteronline.org.

Lectures begin promptly at 12:00 noon and conclude at 12:50 p.m. A question and answer time follows each lecture. The restaurant begins serving lunch at 11:15 a.m. on Lunch & Lecture days for those who want to come early. It is OK to eat during the lecture.

Seating is limited, so please make your reservations by noon the day before the lecture. Call 316-682-3100, send in the attached form, or register on our website at www.brightspot.org.



Swine Flu #2—H1N1 is Changing

James Jackson, Ph.D.

Thursday, January 14, 2010

The H1N1 virus is changing and is deadlier and more contagious than originally thought. The promised amounts of vaccine were not delivered, most all countries are affected, and some of the medicines to treat the flu symptoms are in short supply. Data also shows that the H1N1 virus may still be mutating. Dr. Jackson will discuss changes in the virus that have occurred since his first lecture on swine flu in November of 2009.

*** BOOK CLUB ***

**Feed Your Genes Right to Lose Weight,
Gain Energy, and Maintain Health
with Ron Hunninghake, M.D.**

The communication between your genes and your environment deeply impacts your health.

Join us!

4 Tuesday Sessions:

- January 19. . . Recipes, Menus, and Guidelines for Eating Out
- February 9. . . Stress, Genes, and Nutrition
- March 2. . . . Nutritional Recommendations for Specific Diseases, Part 1
- March 16. . . Nutritional Recommendations for Specific Diseases, Part 2

12:00 noon - 1:00 p.m.

Each session costs \$11.00

Health Hunter members \$10.00

(Lunch is included)

OR all 4 sessions for \$35.00

The Riordan IVC (Intravenous Vitamin C) Protocol for Cancer—New Hope for Cancer Patients

Ron Hunninghake, M.D.

Thursday, January 21, 2010

In 1989, Dr. Hugh Riordan announced the inception of *RECNAC* (Research Encompassing Novel Approaches to Cancer) with the intent of discovering underlying causes of cancer and finding ways to treat cancer in a nontoxic fashion. Now, 20 years later, The Riordan IVC Protocol for Cancer is well known around the world in the integrative and orthomolecular medicine community and is commonly used as an effective adjunct to conventional oncologic therapy.

Lower the Risk of Heart Disease, Cancer, Diabetes, Arthritis, and Dementia While Losing Weight

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

Thursday, January 28, 2010

What lifestyle factors can we modify to lower our risk for the majority of diseases that cause death and disability in the United States? What is the evidence behind the obesity epidemic in American adults and children, and what strategies work to keep us healthy?

Using Supplements with IVC (Intravenous Vitamin C) Therapy for Cancer

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

Thursday, February 4, 2010

Research has shown that adding special oral vitamins to intravenous vitamin C (IVC) greatly enhances its many benefits in cancer patients. IVC has an unexpected pro-oxidant effect that helps the body fight cancer cells. By adding specific oral nutrients, this benefit can be amplified and patient survival time increased.

Mushroom Power — Cancer Prevention and Nutritional Benefits

Donald R. Davis, Ph.D.

Thursday, February 11, 2010

Mushrooms are uniquely powerful foods, rich in both nutrients and unusual phytochemicals. Long prized in Asia as food and medicine, they are now being studied by western scientists for their many benefits, especially the prevention and treatment of breast and other cancers. Come learn the nutritional value and other benefits of both medicinal mushrooms and the white mushrooms in supermarkets.

The Great Brain Tune Up

Mary Braud, M.D. & Dorothy Gray
Licensed Brain Gym® Teacher/Consultant

Thursday, February 18, 2010

Ever wish you had a better memory, could learn something new faster, or wanted to improve performance of a skill or talent? Brain Gym® can help you achieve all of those and more. Brain Gym® is a series of simple, enjoyable, physical movements that makes the brain work more efficiently and effectively. The positive results can be immediate and life changing. Some benefits include improved memory; increased focus, organization, comprehension, physical coordination, and social and communications skills; learning to overcome challenges; and enjoying new levels of confidence. Join us and tune-up your brain.

Why Stomach Acid is Beneficial to You

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

Thursday, February 25, 2010

Many sufferers of heartburn often make too little stomach acid, the opposite of what our intuition tells us. Stomach acid is necessary for proper food absorption, immune function, and a host of other things. Too much or too little stomach acid can be problematic. The only true way to know is through measurement. Come learn what The Center does to solve this problem.

Gluten Sensitivity and Celiac Disease

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

Thursday, March 4, 2010

Intolerance to grains is a lot more prevalent than has been previously recognized. Is it affecting your life? Undiagnosed gluten sensitivity could be contributing to chronic intestinal problems, osteoporosis, autoimmune disease, joint inflammation, and more. Come explore the health connection to cereal grains.

The High Cost of Hidden Stress — Healing Chronic Illness Through the Recovery of Self

Ron Hunninghake, M.D.

Thursday, March 11, 2010

Dr. Gabor Mate's best-selling book, *When the Body Says No*, is a road map that documents the relationship of long term hidden stress to the emergence of many auto-immune and chronic degenerative diseases. Dr. Ron started his medical career hosting stress management seminars. Now, he recaptures that thread in this presentation of Dr. Mate's seminal insights into the high cost of hidden stress. Several case presentations will demonstrate this powerful connection and point the way to new insights...and the possibility of healing.

Optimism:

Is It the Key to Happiness and Success?

Mary Braud, M.D.

Thursday, March 18, 2010

Drawing on the lessons and research from the relatively new field of positive psychology, Dr. Braud will share information on the benefits of optimism and techniques that you can use to develop a more optimistic perspective.

SAVE THE DATE

Thursday evening, April 1, 2010

Health Hunter/Beat The Odds

“Ask the Doctors”

6:00 - 7:30 p.m. • Hors d'oeuvres - 5:30 p.m.

FREE admission

This is an event you do not want to miss. A program designed to be used as a tool to learn your “Nutritional” status, to maintain health, and prevent illness. Join us and learn how this program could be beneficial to you.

Call 316-682-3100 for reservations.

Reservations required by March 31, 2010.



REGISTRATION

<u>Classes:</u>	<u>Date</u>	<u>Regular Fee</u>	<u>Health Hunter</u>	<u>Number</u>	<u>Total</u>
Swine Flu #2—H1N1 is Changing	1/14	\$11.00	\$10.00	_____	\$_____
The Riordan IVC Protocol for Cancer	1/21	\$11.00	\$10.00	_____	\$_____
Lower the Risk of Heart Disease, Cancer, etc.	1/28	\$11.00	\$10.00	_____	\$_____
Using Supplements with IVC Therapy for Cancer	2/4	\$11.00	\$10.00	_____	\$_____
Mushroom Power	2/11	\$11.00	\$10.00	_____	\$_____
The Great Brain Tune Up	2/18	\$11.00	\$10.00	_____	\$_____
Why Stomach Acid is Beneficial to You	2/25	\$11.00	\$10.00	_____	\$_____
Gluten Sensitivity and Celiac Disease	3/4	\$11.00	\$10.00	_____	\$_____
The High Cost of Hidden Stress	3/11	\$11.00	\$10.00	_____	\$_____
Optimism: Is It the Key to Happiness & Success?	3/18	\$11.00	\$10.00	_____	\$_____
				Total	\$_____



Audio/Video Order Form:

Audio tapes, video tapes, CDs, and DVDs are produced of each Lunch & Lecture and are available 7-10 days after the lecture date.

Audio Tapes: Price - \$7.95; Health Hunter Price - \$7.16

Video Tapes: Price - \$9.95; Health Hunter Price - \$8.95

CDs: Price - \$9.95; Health Hunter Price - \$8.95

DVDs: Price - \$14.95; Health Hunter Price - \$13.45

<u>Title</u>	<u>Audio Tape</u>	<u>Video Tape</u>	<u>CD</u>	<u>DVD</u>	<u>Price</u>	<u>Number</u>	<u>Total</u>
_____	_____	_____	_____	_____	_____	_____	\$_____
_____	_____	_____	_____	_____	_____	_____	\$_____
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_____	_____	_____	_____	_____	_____	_____	\$_____
						Subtotal	\$_____
						Tax (KS residents add 6.3%)	\$_____
						Shipping and handling**	\$_____
						TOTAL ENCLOSED	\$_____

** Add \$4 for first item.
Add \$1 for each additional item.
Outside U.S.—additional postage is required.



Check (Make Check Payable to: CIHFI)

VISA American Express Discover Mastercard

Card # _____ Exp. Date _____ Signature _____

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

Mail to: Health Hunter Classes, 3100 N. Hillside Ave., Wichita, KS 67219. Phone: (316) 682-3100

Classes will begin at the times indicated. Participants who pre-register and do not attend for some reason may transfer the registration fee to another class listed in this catalog, or they may receive an audio tape of the lecture. The Center reserves the right to cancel a program if minimum enrollment is not met. Participants who pre-register will be notified of any cancellations. Verification of registration is mailed upon request.