

Health Hunter®

2010

Spring

Lunch

& Lectures

April 15 - June 3

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

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The Center for the Improvement
of Human Functioning International

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HEALTH HUNTER[®] LUNCH & LECTURES

NEW THIS SESSION:

Michelle Swift, R.N., and/or one of The Center Doctors will present a brief overview of an exciting new program being offered at The Center: **First Line Therapy**. This overview will be from 1:00 to 1:15 p.m. after every lecture this session. If you are interested in learning how you can enroll for this proven approach to **Therapeutic Lifestyle Change**, plan to stay after the lecture for the overview and a question and answer period.



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.

Special Event!

Thursday, April 1, 2010

Health Hunter/Beat the Odds

“Ask The Doctors”

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 to prevent illness. Join us and learn how this program could be beneficial to you.

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

FREE admission

Call 316-682-3100 for reservations.

Reservations required by March 31, 2010.

First Things First – Therapeutic Lifestyle Changes

Ron Hunninghake, M.D.

Thursday, April 15, 2010

Are you overweight? Are your blood pressure and cholesterol numbers creeping up with each checkup? Has your doctor told you your blood sugar readings are “prediabetic”? Do you feel tired, depressed, can’t sleep right, can’t focus well, and overall just feel bad? The American Medical Association, American Heart Association, and The American Diabetes Foundation all suggest that you try first line lifestyle therapy **BEFORE** starting medication. Your doctor may have already suggested this...but did not provide you with a structured program of therapeutic lifestyle change. First Line Therapy is a university-proven lifestyle education tool that teaches you step-by-step how to take better care of yourself and reverse the early stages of heart disease, diabetes, hypertension, and stress. Come join us and learn more.

Using the Glycemic Load to Achieve Blood Sugar Balance and Weight Control

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

Thursday, April 22, 2010

Curb those carbohydrate cravings. Add foods to your diet that won’t let you down. Learn how blood sugar swings and the mood swings that go with them can be managed with balanced eating with good food and First Line Therapy.

The Cost of Hidden Stress A Group Exploration Series with Ron Hunninghake, M.D.

This workshop is intended to take you on a journey of self discovery and give you new and personal insights into the role of stress in the genesis of chronic illness. Dr. Ron will use the chapters of *When The Body Says No* by Dr. Gabor Mate as a springboard for group inquiry into stress and illness...AS IT RELATES TO THE REAL LIFE SITUATIONS OF THOSE WHO ATTEND THE WORKSHOP SESSIONS. We will sit in a sharing circle and Dr. Ron will guide the group through case studies and medical observations in this book. Hopefully, through sharing and discussion, you will find answers to long-standing questions about your own chronic illness...insights that can help you overcome hidden stress and say "Yes!" to getting well once again.

April 20	The Bermuda Triangle; Causes of Stress
May 4	The Little Girl Too Good to be True; Consequences of Stress
May 18	Stress and Emotional Competence
June 1	Buried Alive; Characteristics of Buried Stress

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

Fiber Fullness – Reducing Your Appetite Chad Krier, N.D., D.C.

Thursday, April 29, 2010

Fiber plays an important role in regulating insulin and blood sugar response. Fiber slows digestion, creates a feeling of fullness, and reduces our appetites. Recommended fiber intake is 25-38 grams per day. The average American consumes around 12 grams per day. High fiber intake reduces constipation, diabetes, intestinal issues, cholesterol, heart disease, and cancer. Come and learn how to fill up on fiber.

Health Hunter/Beat The Odds “Ask The Doctors”

The Center Doctors

Thursday, May 6, 2010

Health Hunter/Beat The Odds is a program designed

as a tool to measure your nutritional status, to help in maintaining health, and to help in preventing illness. Please join Center doctors and learn more about the laboratory testing and how you can use the program to improve your health. This is also a follow-up for the recent Health Hunter/Beat The Odds participants.

Understanding the Macronutrients

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

Thursday, May 13, 2010

The fat, protein, and carbohydrates in foods are called the macronutrients because they are there in the largest quantities. That also makes their impact on our nutrition very large. Both quality and quantity can affect mood, weight loss, and more.



21 Ways to Reduce Your Stress

Ron Hunninghake, M.D.

Thursday, May 20, 2010

Stress?! Yes, we know you are stressed . . . who isn't! In fact, you're probably too stressed to take time to learn how to reduce your stress! Well, relax. Dr. Ron Hunninghake started his medical career teaching stress management techniques. Now he has put together a neat package of stress reducers you can start using on the spot. Come and find out how you can overcome stress...without getting more stressed.

What About Those Portion Sizes

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

Thursday, May 27, 2010

Did you know that serving your food on a smaller plate will help you think that you are eating plenty when you are actually eating less? Improve your nutrition savvy about portions, serving sizes, and food labels. Be a part of a lifestyle change for better health now.

Foundational Nutrition – Laying the Ground Work for a Lifetime of Health Chad Krier, N.D., D.C.

Thursday, June 3, 2010

A good nutritional foundation is accomplished by providing your body with the right nutrients that scientists have identified as being essential for optimal health but that may be lacking in your diet. Using supplements in conjunction with a healthy diet helps to replenish depleted nutrient reserves while optimizing cellular functioning.

REGISTRATION

Lectures:

<u>Lectures:</u>	<u>Date</u>	<u>Regular Fee</u>	<u>Health Hunter</u>	<u>Number</u>	<u>Total</u>
First Things First - Therapeutic Lifestyle Changes	4/15	\$11.00	\$10.00	_____	\$_____
Using the Glycemic Load to Achieve Balance	4/22	\$11.00	\$10.00	_____	\$_____
Fiber Fullness	4/29	\$11.00	\$10.00	_____	\$_____
Health Hunter/Beat The Odds "Ask The Doctors"	5/6	\$11.00	\$10.00	_____	\$_____
Understanding the Macronutrients	5/13	\$11.00	\$10.00	_____	\$_____
21 Ways to Reduce Your Stress	5/20	\$11.00	\$10.00	_____	\$_____
What About Those Portion Sizes	5/27	\$11.00	\$10.00	_____	\$_____
Foundational Nutrition	6/3	\$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
 CDs: Price - \$9.95; Health Hunter Price - \$8.95

Video Tapes: 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 \$4.00 for the 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

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Prices and shipping charges subject to change without notice.

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

Lectures will begin at the times indicated. Participants who pre-register and do not attend for some reason may transfer the registration fee to another lecture 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.