

# What's Happening at The Taste of Health Restaurant... and The Center in general

MARCH 2010

## HEALTH HUNTER/BEAT THE ODDS

### FOOD FOR THOUGHT

With the economy in the trouble it is in, and with no immediate solution on the horizon, people are wondering what they can do to get a better value for their dollar. An important thing to think about is your health. Every year, people spend tens of thousands of dollars to cure an illness. If you stop to think about it, you can spend a fraction of that amount a year on prevention measures, and put the rest of that money to good use stimulating the local economy. Assisted living facilities in most cases cost over \$100 per day, which means more than \$3000 per month. That figure usually does not include medicines, food costs, and, in most cases, transportation costs. Imagine how much money you could save if you could put off using those facilities for even one year, let alone not needing one at all. Dr. Riordan used to frequently say “an ounce of prevention is worth a pound of cure.” The Health Hunter/Beat The Odds health panels are one of our “ounces of prevention.”

The HH/BTO panels measure the levels of vitamins and minerals in your blood and urine in order to determine if you are getting what you need to maintain optimum health. As with the fluid levels of your vehicle, getting regular HH/BTO testing can make you aware of any deficiencies soon enough to keep you from suffering any of the problems that can be caused by not having enough in your system. There are a dozen different panels available, and all are set up to target certain areas. For example, if you have a family history of heart disease, you can do the Heart Health panel, which measures the following: Vitamins A, C, E, B<sub>5</sub>, D, Homocysteine, CoQ10, Lipoprotein(a), Lycopene, C-Reactive Protein, Lipid profile, red blood cell Magnesium, Selenium, and Urine Vitamin C Levels. Having these in optimum amounts can help you beat the odds against getting heart disease. We have similar panels for Eye Health, Breast Health, Brain Health, and others. If you are interested in knowing more about these Health Hunter/Beat The Odds panels, I would encourage you to attend our HH/BTO “Ask The Doctors” event on April 1. Hors D’oeuvres will be served at 5:30 p.m., with shrimp cocktail, toast points with pesto, trail mix and more. From 6 p.m. to 7:30 p.m. will be an overview of the health panels and the opportunity to have any questions answered. Seating is limited, so please call in and make a reservation by noon April 1. You do not have to be a patient of The Center to take advantage of these panels. I would also like to encourage you to learn more by visiting our website at [www.brightspot.org](http://www.brightspot.org).

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Don't forget about the special offers available from the Taste of Health. **Purchase a Pre-paid Carrot Juice card, and you get the first carrot juice FREE! Also, purchase a Pre-paid Meal Ticket, and you get 10 meals for the price of 9.** We make our bread fresh every day, so call in a day ahead before 3 p.m. to reserve a loaf.

The **Taste of Health Restaurant** is located in the lower level of the Reception Dome of The Center for the Improvement of Human Functioning International  
3100 N. Hillside Wichita, KS 67219  
[www.brightspot.org](http://www.brightspot.org)