



# === **HEALTH AND STRESS** ===

## Table of Contents

### ISSUE #1, 1994

#### **DOES INCREASED "TENSION" CAUSE HYPERTENSION?**

Treating Hypertension: Are the Blind Leading the Blind?  
Stress and Hypertension  
Does Anxiety Cause Hypertension?  
More On Stress and Male Menopause  
Is Addiction Genetic?  
The Stress of Unemployment  
7/24 Children  
Are Exercise Benefits Different for Type A'S and Type B'S?  
More On Sick Building Syndrome and Job Stress

### ISSUE #2, 1994

#### **STRESS AND STRAIN: DOES IT REALLY CAUSE CORONARY HEART DISEASE?**

Stress: A Semantic Snake Pit  
What Does Cause Mean?  
What Is Coronary Heart Disease?  
Could It Ever Be Contagious?  
Association Is Not Causation  
Reducing Stress Improves Congestive Failure  
Mental vs. Physical Stress and Your Heart  
The Health Benefits of Music vs. Meditation  
New Breast Cancer Study Supports Job Stress Link

### ISSUE #3, 1994

#### **STRESS, MEMORY LOSS, AND ALZHEIMER'S**

Spitting, Testosterone, And Violent Behavior  
Sex and Heart Attacks  
Working, Women, Stress, And Health  
Stress and Lack of Friends Reduce Life Expectancy  
Stress, Social Support, and Heart Attacks  
Is It Stress - Or Multiple Chemical Sensitivity Syndrome?  
Stress, Serotonin and Aggression  
Noise Stress and Type A Behavior  
Celebrity Stress  
Laughing off Job Stress

### ISSUE #4, 1994

#### **STRESS, DEPRESSION, AND THE FUTURE OF PSYCHIATRY**

Stress and Depression  
21st Century Psychiatry  
Here's Your Brain on Stress  
Stress, Memory and Aging  
Fungicides for Depression?  
Mending Bad Memory  
Stress and Infertility  
Stress and Your Teeth  
A New Stressful Stress Test

### ISSUE #5, 1994

#### **THE HANS SELYE AWARD**

Joel Elkes, M.D., A Man for All Seasons  
Synopsis of Program  
Emotions, Behaviors, And Heart Attacks  
Autonomic Responses to Stress and Sudden Death  
Predicting Stress Related Heart Attacks  
Stress and Your Hair  
Psychological Influences On the Skin  
Stress and Psoriasis  
Stewart Wolf, M.D., 1994 Award for Outstanding Stress Research  
Books Received For Review  
Some Faculty Responses to the Sixth Congress

### ISSUE #6, 1994

#### **JOB STRESS VIOLENCE EPIDEMIC**

The Palm Beach Story  
Job Stress and Homicides  
Stress From Postal Supervisors  
Preventing Workplace Violence  
Whose Responsibility Is It?  
Can Wellness Programs Backfire?  
Who Do Employees Assistance Programs "Really Assist"?  
Job Stress, Smoking and Heart Attacks  
7th Annual *Less Stress* Golf Tournament

### ISSUE #7, 1994

#### **SOCIOECONOMIC STRESS AND DEATH**

Education, Wealth and Health  
Mortality Due To Recession  
Strokes In Blacks, Genetics or Psychosocial Stress?  
Hostile Cities and Heart Attack  
Serotonin, Stress and Sleep  
EMDR-Breakthrough Treatment for Post-Traumatic Stress Disorder?  
Workers Comp Awards For Job Stress Due To Termination

### ISSUE # 8, 1994

#### **TEMPORARY INSANITY DUE TO STRESS**

More On Depression and Heart Disease  
Job Stress: An International Epidemic?  
Stress and Abdominal Pain  
Stress, Sweat & Sex  
Survival After Death of A Spouse And The "Weaker" Sex  
Stress, Strokes and Presidents  
More Evidence Linking Stress, Heart Attacks, And Strokes  
Teenage Stress and Hypertension

### ISSUE # 9, 1994

#### **THE HIDDEN TOLL OF DEPRESSION**

What Causes Depression?  
Lunatics, Werewolves and PMS  
Treating Insanity and Exorcism  
Contemporary Concepts of Depression  
Current Treatments for Depression  
Some Practical Considerations  
Is Prozac the Antidote to Stress?

### ISSUE # 10, 1994

#### **ARE THERE STRESS REDUCING FOODS AND DIETS?**

Seventh Annual "Less Stress" Golf Tournament  
Could A Nose Job Ruin Your Sex Life?  
Lifestyle Changes and Lipid Levels in Women  
Stress Of Sexual Abuse Weakens Immune System  
Ulcers from Allergies?  
Cautioning Couch Potato Converts

### ISSUE # 11, 1994

#### **FIRST WORLD CONGRESS ON STRESS**

Stress, Growth Factors and Cancer  
"Mental Stress" And "Oxidative Stress": Is There A Connection?  
Is There An AntiStress Medication to Prevent Fatigue and Aging?

#### **ISSUE #12, 1994**

##### **ALCOHOL AND YOUR HEART: WHAT'S THE BOTTOM LINE?**

Does A Drink A Day Keep the Doctor Away?  
To Drink - Or Not To Drink?  
Does Red Wine Explain The French Paradox?  
Anxiety, Stress and Sudden Death  
Poor Social Support Increases Heart Attack Mortality Religion  
and Recovery Following Cardiac Surgery  
Is There An Upper Limit to the Benefits of Exercise?  
Heart Disease, Stress and Depression: A Vicious Cycle?

#### **ISSUE # 1, 1995**

##### **THE CHOLESTEROL CONUNDRUM**

The Importance Of LDL Or Is It HDL?  
To Treat or Not To Treat?  
Does Lowering Cholesterol Always Reduce Heart Attacks?  
Stress, Mornings, Mondays, and Heart Attacks  
Can Country Music Kill?  
Heart Attacks, Depression and Death  
Teenage Crime and Post-Traumatic Stress Disorder  
Low Back Pain and Heart Disease?  
Reducing the Stress of Business and Travel  
Preventing Cancer and Heart Attacks

#### **ISSUE #2, 1995**

##### **MASS HYSTERIA: DON'T BLAME IT ALL ON "STRESS"**

St. Vitus' Dance  
The Tarantella, Quakers, Shakers, Jumpers and Barkers  
The Mysterious Case of Emergency Room Mass Hysteria  
A Diagnosis of Careful Exclusion  
Vitamin E Reduces Coronary Rates In Senior Citizens  
Job Stress Increasing All Over the World  
Having A Heart Attack This Year: How Times Change  
Dying From Loneliness

#### **ISSUE #3, 1995**

##### **HAS TRUE LEISURE BECOME EXTINCT?**

Cardiac Rehabilitation for Type A's  
Symphony Conductors, Stress, And Longevity  
Does It Take A Sherlock Holmes to Diagnosis Type A?  
Is There A Hormone for Monogamy and Bonding?  
Sex Hormones and Heart Attacks  
Mental Versus Treadmill Stress Tests

#### **ISSUE #4, 1995**

##### **DR. RAY ROSENMAN RECEIVES THE HANS SELYE AWARD**

The Stress Reduction Effects of Music  
Music, Mathematics and Medicine  
Pythagorus and Plato  
Is There A Basic Rhythm in Nature?  
The Use of Music as Medicine  
Psychophysiological Effects of Music  
A New Science of Musical Synthesis  
Is There A New Treatment for Stress and Aging?  
Stress, Melatonin, and Cancer  
SRRS, SRE, RLCQ? - Updating the Holmes-Rahe Scale

#### **ISSUE #5, 1995**

##### **HOW DOES STRESS AFFECT THE QUALITY OF LIFE?**

Quality Of Life: Does "New" Always Mean "Better"?  
Quality Of Life: Purpose and People Vs Possessions  
Pumping Up The Fountain of Youth  
The Evolution of Type A Coronary-Prone Behavior  
Can Hypnosis Influence the Immune System?  
The Dopamine/Serotonin Stress Connection  
The Rejuvenation of Brain Biofeedback  
Type A - Some Social and Spiritual Aspects  
Does Psychoneuroimmunology Have Any Clinical  
Applications?

#### **ISSUE #6, 1995**

##### **FIFTH INTERNATIONAL CONFERENCE ON STRESS MANAGEMENT**

Criticisms Concerning Hostility And Heart Attacks  
Stress and Suicide in Children  
Stopping Suicides  
Most People Over 40 Are Unprepared For Their "Second  
Middle Age"  
Reversing Coronary Risk  
Can Stressful Thoughts or Feelings Kill?  
"Trans" Fat Troubles and New Tests for Alzheimer's

#### **ISSUE #7, 1995**

##### **ARE CARDIAC SURGEONS GOING OVERBOARD**

Job Satisfaction Hits A New Low  
Can Daily Delights Conquer Colds?  
Perfectionism and Poor Health  
An Apple A Day Can Keep the Doctor Away  
Sex, Heart Attacks and Smoking  
Stress, Smoking and Spermatozoa  
Controlling Epilepsy with Chaos Theory Pacemaker  
Avoiding the Stresses of Office Politics

#### **ISSUE #8, 1995**

##### **DHEA AND THE FOUNTAIN OF YOUTH**

More On Stress and Lower Back Pain  
Stress and Premature Birth  
Evidence Of Chronic Stress in Women with PTSD Due To  
Sexual Abuse  
Diet, Stress And Aging  
Depression Can Really Break Your Heart  
Preventing Stress Related Heart Attacks  
Reducing Job Stress Lowers Cholesterol

#### **ISSUE #9, 1995**

##### **SKYROCKETING SOVIET STRESS**

"Suffer The Little Children"  
The Mystery of the Missing Babushka  
Comrade Criminal  
The "Mafiya"  
The Rich Grow Richer  
The "Chechen Smile"  
A Declaration and A Personal Perspective  
Call For Papers - 8th Montreux Congress on Stress

#### **ISSUE #10, 1995**

##### **A PREVIEW OF OUR EIGHTH CONGRESS**

Subtle Energy Medicine  
How Do Stress And Personality Contribute To Illness?  
Psychoimmunology and Psychoneuroimmunology  
Psychoelectroneuroimmunology?  
Post-Traumatic Stress Disorder and Stress in Health Care  
Professionals  
Music and Other Novel Stress Reduction Approaches  
The Hans Selye Recipient Round Table Panel  
What's So Unique About This Event?  
Preventing and Coping with Holiday Stress  
New Treatment For "Shop 'Til You Drop" Syndrome

#### **ISSUE #11, 1995**

##### **STRESS, PERSONALITY AND ARTHRITIS**

The History, Health and Financial Toll of Arthritis  
The Role of Stress in Arthritis  
"Learned Helplessness" And Arthritis  
Personality and Repressed Anger in Arthritis  
Why Do Women Have More Arthritis than Men?  
Stress and Other Types of Arthritis  
What Can You Do?

**ISSUE #12, 1995**

**STRESS AND ULCERS: FACT OR FANCY?**

The Hunt for Helicobacter  
The Problem of Proof  
Some Answered Questions  
Could Stress Be the Answer?  
Ivan Pavlov, Walter Cannon, And Stewart Wolf  
The Crucial Importance of Host Defenses  
Personality and Ulcers  
A Disease of Civilization?

**ISSUE #1, 1996**

**THE MYSTERY OF MENOPAUSE AND THE ESTROGEN ENIGMA**

Cancer and Other Risks  
Benefits For Bones  
Help For the Heart  
What Kind Of Hormonal Replacement Is Best?  
Non-Hormonal Approaches  
Preventive Measures  
What's The Bottom Line?  
Preventing Menopausal Depression and Alzheimer's Disease  
Anti-Aging Effects Of Estrogen On Skin And Teeth  
Testosterone and Coronary Heart Disease

**ISSUE #2, 1996**

**ANTIOXIDANTS, NUTRICEUTICALS, AND SNAKE OIL**

Free Radicals and Aging  
Antioxidant Vitamins  
What's The Best Dose?  
More Is Not Always Better  
Fruits, Veggies and The Hunt for Herbals  
And Now the Good News  
Sleep, Stress and The Immune System  
More On Smoking and Sex

**ISSUE #3, 1996**

**MELATONIN MANIA**

The Dracula Hormone  
Why All Of The Hype?  
Concerns About Melatonin  
How Much Should You Take and Other Questions?  
What Do We Really Know?  
What Are the Possibilities?

**ISSUE #4, 1996**

**THROWING THE BABY OUT WITH THE BATHWATER?**

Can Antioxidant Vitamins Be Harmful?  
Which Antioxidant Vitamins Should I Take And How Much?  
Are Fruits, Vegetables and Herbals Better?  
How Can We Insure Safety Or Prove Efficacy?  
Green Tea, Cardiovascular Disease and Cancer  
Are Tea Drinkers Less Stressful?  
Do Your Own Bypass?

**ISSUE #5, 1996**

**STRESSLESS IN SKANEATELES**

"White Coat" Normotension?  
"White Coat" Diabetes?  
Good News For Good Guys  
Parental Care In Early Life Predicts Subsequent Health  
Depression and Heart Disease  
Phytomedicines - The Hidden Powers of Plants

**ISSUE #6, 1996**

**ACUPUNCTURE AND STRESS REDUCTION**

Qi, Yin, Yang, Prana, And Chakras  
"Quackupuncture"?  
How Does Acupuncture Work?  
Pain, Arthritis, Migraine, Stroke, Addiction  
The Future of Acupuncture  
Soaking Up Stress and Thalassotherapy  
Acupuncture Energetics (Book Review)

**ISSUE #7, 1996**

**STRESS AND MEMORY LOSS: SOME SPECULATIONS AND SOLUTIONS**

Short Term, Long Term and Other Memory Distinctions  
Where Are Memories Stored?  
Stress and Memory  
Medications to Improve Memory  
Naturopathic Stress Reduction and Memory Enhancement  
Other Tips To Improve Memory and Reduce Stress  
Low Blood Pressure and Depression

**ISSUE #8, 1996**

**STRESS AND SLEEP: SOME STARTLING AND SOBERING STATISTICS**

Lack Of Sleep-Costly and Lethal  
Sleep, Memory and Brain Function  
Sleep and Your Heart  
The Immune System and Sleep  
Serotonin, Melatonin and Naturopathic Approaches  
Some Practical Tips  
Subtle Energy Therapies  
No Pain, No Gain?  
Mental Stress Tests To Predict Heart Attacks?  
Scents and Sex

**ISSUE # 9, 1996**

**HAPPINESS: IS IT MORE THAN JUST THE ABSENCE OF STRESS?**

The Pursuit of Happiness  
The Anatomy and Physiology of Happiness  
The Blur Between Brain, Mind, And Body  
Wealth, Work, Play and Happiness  
Hints From the Happyologists  
Is Perpetual Happiness Desirable?  
How Can We Attain Happiness?  
What Is Happiness?

**ISSUE # 10, 1996**

**ELECTROMAGNETIC THERAPY AND 21ST CENTURY MEDICINE**

Magnets and Lodestones  
Paracelsus  
Gilbert and Mesmer  
Electromagnetic Devices  
Magnet Mania Resurgence?  
21st Century Electromagnetic Medicine

**ISSUE #11, 1996**

**STRESS AND AGING**

Physical And Physiologic Changes Associated With Aging  
Cognitive and Emotional Changes Associated with Aging  
Defining and Measuring Stress  
How Long Can We Live?  
What Causes Biologic Aging?  
Antioxidants and Emotional Stress  
Stress and Alcohol  
The Relationship Between Stress and Drinking  
Does Alcohol Increase or Reduce Stress?  
How Much Alcohol Is Good? What Kind Is Best?  
The Hazards of Alcohol

**ISSUE #12, 1996**

**THE PULSE OF STRESS**

The Greeks and The Heart as the Seat of Emotions  
Probing the Potential of Pulse  
Heart Rate Variability and Sudden Death  
Stress and Heart Rate Variability  
Harnessing HRV with Biofeedback and Entertainment

**ISSUE #1, 1997**

**IS STRESS INHERITED?**

Serotonin, Depression and Suicide  
Stress and Suicide  
The Cholesterol-Serotonin Connection  
Serotonin, Self-Esteem, and Violence  
Is It Nature, Nurture or Both?  
Working Moms-More Stress But Worth It  
Sewing Up Stress

**ISSUE #2, 1997**

**CHITOSAN: THE FAT BINDING, STRESS BUSTER**

Why Diets Don't Work - And Can Make You Dopey  
What About Weight Loss Drugs?  
The Crucial Role of Stress  
The Phenomenal Fat Magnet  
Cholesterol, Caveats, Confusion  
21st Century Weight Loss

**ISSUE #3, 1997**

**JOB STRESS: AMERICA'S #1 HEALTH PROBLEM?**

The Role of Stress in Illness  
The Job Stress Epidemic  
Repetitive Stress Injury  
The Effects of Stress on Non-Workers  
ISMA 6 Conference  
14th World Congress on Psychosomatic Medicine

**ISSUE #4, 1997**

**NINTH INTERNATIONAL MONTREUX CONGRESS ON STRESS**

A Richard Rahe Mini-Festschrift  
Post-Traumatic Stress Disorder and Job Stress  
Stress Reduction Effects of Smells and Sounds  
Psychophysiological Effects of Electromagnetic Fields  
Electromagnetic Therapy / The Tenth Congress

**ISSUE #5, 1997**

**ARE THERE NUTRITIONAL REMEDIES FOR STRESS, AGING, ENERGY?**

Veggies or Vitamins?  
The Problem with Vitamin E  
Vitamins vs. Diet for Hypertension  
Supplements To Reduce Stress  
Stress And Magnesium / Consumer Fraud

**ISSUE #6, 1997**

**MAGNETOTHERAPY FOR CANCER, HEART DISEASE, PAIN, AND AGING**

The Power of Polarizing Solution  
Angina, Coronary Insufficiency and Myocardial Infarction  
Cardiomyopathy, Cancer and Electromagnetic Therapy  
The Energy - Entropy Connection  
Sickness Is Simply Lack of Energy  
Other Magnetotherapy Advances

**ISSUE #7, 1997**

**MASSAGING STRESS AWAY**

Somatopsychic Medicine  
The Autogenic Training Switch Point  
Stress and Muscle Tension  
The Muscle-Mind Connection  
Muscles and Massage  
Massaging Away Job Stress  
Swedish Massage and Other Types of Massage  
Massage Devices and Equipment

**ISSUE #8, 1997**

**STRESS & LAWYERS: MORE THAN JUST A MISCARRIAGE OF JUSTICE?**

Job Stress, Female Lawyers, And Miscarriages  
Hypertension, Heart Attacks, Cancer and Job Stress in Women  
Is White Coat Hypertension Really Harmless?

**ISSUE #9, 1997**

**REMINISCENCES OF HANS SELYE, AND THE BIRTH OF "STRESS"**

One of the Most Unforgettable Characters I Have Ever Met  
The Birth of Stress and The General Adaptation Syndrome  
The Novel Concept of "Disease of Adaptation"  
Is Stress Cause, Effect, Or Both?  
A Man For All Seasons  
Some Personal Reminiscences

**ISSUE #10, 1997**

**SOCIAL SUPPORT: THE SUPREME STRESS STOPPER**

Social Support Reduces Cardiovascular and Hormonal Responses to Stress  
Social Support and AIDS  
Cancer, Alcoholism, And Colds  
Social Support and Type A Behavior

**ISSUE #11, 1997**

**THE DEMISE OF THE FEMININE MYSTIQUE**

Is Contemporary Female Stress Different and More Dangerous?  
Cancer, Ulcers, Alcoholism, Crime  
Heart Attacks and Type A Traits  
Act Like A Lady, Think Like A Man, And Work Like A Dog  
Why Can't A Woman Be More Like A Man?

**ISSUE #12, 1997**

**HOW TO PREVENT AND DEAL WITH DEADLINE STRESSES**

More On Stress and Impotency  
Stress Hinders Healing  
Chronotherapy for Cancer  
Magnesium, Migraine, Cardiovascular Disease, And Stress  
New Hope For Clogged Arteries  
Book Review: Job Stress

**ISSUE #1, 1998**

**BACK TO BUTTER, EGGS, STEAK AND CHEESE CAKE? WHY NOT?**

Clarifying the Cholesterol Conundrum  
The Risk Factor Fantasy and MRFIT  
Getting Even More Egg on Their Face  
The Homocysteine Hypothesis Versus the Power Of The Cholesterol Cartel  
Beyond Cholesterol and Antioxidants  
Ignore the Experts and Eat What You Like

#### **ISSUE #2, 1998**

##### **PAIN, FATIGUE AND DEPRESSION: STRESS OR SUBTLE ENERGY DEFICIENCY?**

Fibromyalgia Syndrome  
The Role of Stress and Personality  
Why Are Women More Affected?  
MPS, CFS and Post-Polio Syndrome  
The Amazing Power of Magnets  
Is Energy Deficiency Simply A Manifestation Of Stress - Or Are They The Same Thing?

#### **ISSUE # 3, 1998**

##### **STRESS, SOCIAL DRINKING, AND ALCOHOLISM**

Is It Heredity or Environment  
Hypoglycemia, Hormonal Responses To Stress and Homeostasis  
Stress and Drinking  
What Kind Of Alcohol Is Best  
How Much Should You Drink  
The Hazards of Alcohol  
**Book Review:** The Way of the Explorer

#### **ISSUE # 4, 1998**

##### **THE FOUNTAIN OF YOUTH-OR HERBAL HYPE AND VITAMANIA**

Natural Doesn't Always Mean Safe  
Kava Is Coming  
DHEA and Melatonin Concerns  
Vitamin and Antioxidant Obsessions  
Are Vitamins E and C Panaceas  
Current And Future Trends

#### **ISSUE # 5, 1998**

##### **CHLAMYDIA NOT CHOLESTEROL IS THE CAUSE OF A CORONARY?**

Bugs Cause More than Infection  
Chlamydia and Atherosclerosis  
Are We Being Bugged To Death  
To Treat or Not to Treat- Catch 22  
The "Dirty Chicken " Theory And CRP  
Risk Factors, Heart Attacks and Stress  
More Evidence for Infection than Cholesterol

#### **ISSUE # 6, 1998**

##### **STRESS AND MULTIPLE SCLEROSIS**

Making the Diagnosis  
What Causes Multiple Sclerosis?  
Is There An Animal Model of MS?  
Recent Advances In Treatment  
Stress and MS in Animals  
Stress and MS in Humans  
Book Review A Commotion in the Blood

#### **ISSUE # 7, 1998**

##### **IMPOTENCE -STRESS-SEX-AND THE VAGARIES OF VIAGRA**

The Senior Citizen Sexual Revolution  
Legal and Reimbursement Repercussions  
Viagra for Women?  
Financial Fallout's  
How it works, Complications  
Current Warnings and Future Therapies

#### **ISSUE # 8, 1998**

##### **MORE ON VIAGRA, AND YOU READ IT HERE FIRST**

Viagra Jokes  
More Viagra Warnings  
Legal and Reimbursement Repercussions  
Current Craziess  
Future Fears and Promising Possibilities  
Salt, Hypertension, and Health  
Infection-Inflammation and Heart Attacks  
More on "The Golden Capsule"  
Book Review: Honey, Mud, Maggots & Other Medical Marvels

#### **ISSUE # 9, 1998**

##### **COPING WITH COLLEGE STRESS, A NEW JOB, OR ANY CHANGE**

Can Stress Be Qualified or Quantified?  
Perception and Sense of Control  
Reducing Life Change Event Stress  
Tips on Time Management  
Optimists are Healthier and Live Longer  
More on Job Stress and Heart Attacks  
Still More On the Vagaries of Viagra  
Book Review: Handbook of Stress Medicine: An Organ System Approach

#### **ISSUE #10, 1998**

##### **VIOLENCE & STRESS -Why are they Epidemics?**

The Role of Television  
Crowding, Competition, and Guns  
Road Rage  
The Growing Problem of Terrorism  
Biological Warfare  
Antibiotics-A Two Edged Sword  
Book Review: Working Anger: Preventing and Resolving Conflict on the job

#### **ISSUE # 11, 1998**

##### **PARKINSON'S AND ALZHEIMER'S: THE SURPRISING ROLE OF STRESS**

Parkinson's Disease and Parkinsonism  
Stress and Parkinson's  
The Role of Oxidative Stress  
Alzheimer's Disease and Dementia  
What Causes Alzheimer's  
Is There any hope for a Cure?  
The Role of Stress in Alzheimer's Disease

#### **ISSUE # 12, 1998**

##### **HOW TO HELP YOURSELF TO HEALTH AND HEALING**

What's Hot?  
Support, Self-Help, and Chat Groups  
Where and When Should You Surf?  
Helpful Hints for Novices and Others  
How to Manage Managed Care  
Helpful Hints  
Some Sample Horror Stories

#### **ISSUE # 1, 1999**

##### **ALTERNATIVE MEDICINE - WHAT IS IT? WHY IS IT SKYROCKETING?**

Who Will Get the \$50 million?  
The Power of Placebos and A Firm Faith  
The Roots of Alternative Medicine  
What Have We Learned From The Past?  
More Recent Alternative Approaches  
What Else Should Be Included?  
What Works, What Doesn't, What's Unsafe?

#### **ISSUE # 2, 1999**

##### **HERBAL AND OTHER SUPPLEMENTS - BETTER SAFE THAN SORRY**

What Protection Does the Public Have?  
Clinical Trials - Costly and Complicated  
What About Safety?  
Some Dangerous "Natural" Herbs  
Is There Any Solution in Sight?  
What To Watch Out For And Where To Get Help.

#### **ISSUE # 3, 1999**

##### **STRESS, HEADACHE, AND OTHER HEAD PAIN**

Migraine  
Tension Headaches  
Stress, Pain and Depression  
The Pitfalls of Pain Pills  
Cluster Headache and Other Head Pains  
Stress Reduction: Safe and Cost Effective  
Prevention and Treatment for Headaches

#### **ISSUE # 4, 1999**

##### **STRESS, DEPRESSION, AND SUBTLE ENERGIES**

What Causes Depression?  
Depression and Heart Disease  
Distinguishing Cause from Effect  
Depression and Other Diseases  
Subtle Energy Therapies for Depression  
Acupuncture and Music  
Light, Bioelectromagnetic, Aromatherapy,  
Homeopathy Subtle Energy Approaches

#### **ISSUE # 5, 1999**

##### **YOU READ IT HERE FIRST! WHAT'S HAPPENED SINCE?**

Are Ulcers, Heart Attacks and Strokes Really Due to Infections?  
The Chlamydial Conundrum  
Alzheimer's, Gall, and Kidney Stones  
Juvenile Arthritis and Cerebral Palsy  
Exercise: How Much, What Kind  
Stress, Heart Disease, White Coat Hypertension  
Hostility and Heart Attacks  
Stress, Colds, Vitamin C, Zinc and Echinacea –  
What's the Bottom Line?

#### **ISSUE # 6, 1999**

##### **SOME HIGHLIGHTS FROM OUR TENTH CONGRESS**

Magnetotherapy in the Millennium  
Pulsed Signal Therapy  
The FDA Dilemma  
The Modernization Act Solution  
PTSD and Health Promotion at Work  
Violence in the Workplace and Society  
The Sisi and Sisyphus Syndromes  
Conclusions from the Tenth Congress and A Peek into Our Eleventh

#### **ISSUE # 7, 1999**

##### **MORE HEADLINES ABOUT JOBS, STRESS, AND HEALTH**

Newsweek's Cover Story on Stress  
Work, Stress, & Health Conference  
The Health Effects of Job Stress  
Immune & Gastrointestinal System Effects  
Musculoskeletal System Disorders  
The NEJM Review & Other Findings  
Repetitive Stress Injury  
Book Review: Violence at Work

#### **ISSUE # 8, 1999**

##### **CONFUSING CHOLESTEROL CONTROVERSY CONTINUES**

The Hazards of Low Cholesterol  
Dietary Fat – How Much, What Kind?  
The Egg and You  
Oxidized Trans-Fats and Margarines  
Deciphering the French Paradox – Alcohol, Red Wine, Fiber, Folate, Foie Gras, and More  
The Americanization of France  
Stress, Cholesterol, and Longevity  
The Role of Physical Stress  
The Commercialization of Cholesterol and Contemporary Medicine

#### **ISSUE # 9, 1999**

##### **MORE MICROBE MALADIES? SOME NEW SURPRISES**

Can Schizophrenia Be Due To an Infection?  
How About Obsessive-Compulsive Disorder, Anorexia, Alzheimer's, and Testicular Cancer?  
EMF Pollution Causes Stress in Cows  
Eating Stressed-out Meat is Hazardous  
Some Foods That Can Promote Your Health and Prolong Your Life  
Book Reviews: (1) Successful Aging: The MacArthur Foundation Study, (2) Living to 100: Lessons in Living To Your Maximal Potential At Any Age

#### **ISSUE # 10, 1999**

##### **CAN MENTAL STRESS CAUSE CANCER?**

Hans Selye's Diseases of Adaptation  
Is Cancer a Disease of Adaptation?  
The Significance of Emotional Loss  
Cancer as an Evolutionary Response  
Is Cancer a Disease of Civilization?  
Opportunism in the Evolution of Antelope Horns and Cancer

#### **ISSUE #11, 1999**

##### **INTERNET ADDICTION OR CAUGHT IN THE WEB**

Are You an Internet Addict?  
You Know You Are A Junkie When  
Cybersex Addiction  
A Heaven for Hypochondriacs  
E-mail Mania  
Is There Any Solution?  
The Tale of the Shipwrecked Engineer

#### **ISSUE #12, 1999**

##### **MENTAL STRESS, BEHAVIOR, MOOD, AND HEART ATTACKS**

Coronary Prone Behavior  
Some Type A Traits  
Hostility, Aggression, and Anger  
Depression and Heart Disease  
Type D and Other Personalities  
Usual and Unusual Emotional Stress  
More Questions than Answers  
Are There Any Answers?  
Dance Like No One Is Looking – And Do It Now!

#### **ISSUE #1, 2000**

##### **IS IT SIMPLY "STRESS" OR SOMETHING MORE SINISTER?**

General Anxiety Disorder  
Panic Attacks and Panic Disorder  
Phobias  
Obsessive-Compulsive Disorder  
Post-Traumatic Stress Disorder  
Causes and Mechanisms of Action  
Treatment of Anxiety Disorders  
Preventing and Treating the Stress of Mental Disorders in the Millennium

### **ISSUE #2, 2000**

#### **TECHNOSTRESS DUE TO INFORMATION OVERLOAD**

Technophobia Seven Thousand Years Ago  
Ned Ludd and the Industrial Revolution  
Luddites and NeoLuddites  
Y2K Cyberstress and Terrorism  
Types of Technostress and Their Effects  
Computerphilia and Technostress  
Technostress from Information Overload Due to the Deluge of Data

### **ISSUE #3, 2000**

#### **TIME CRUNCH STRESS AND "THE HURRY SICKNESS"**

Heart Attacks From Hurrying?  
Paul, Ralph, and Impatient Patients  
Is Time Urgency a Cultural Disease?  
Do You Have "Hurry Sickness"?  
Tempus Fugit  
Book Review: Faster: The Acceleration of Just About Everything

### **ISSUE #4, 2000**

#### **THE POWER OF PERSUASION AND THE PLACEBO RESPONSE**

Ipecac as a Placebo?  
Tom and Morning Sickness  
Why is Placebo a Dirty Word?  
Is It Ethical to Give Placebos?  
The Bountiful Benefits of Belief  
Stress, Control, and Expectations  
It's Not All in Your Head  
Placebos May Improve Illness Symptoms, But Can They Also Cure?

### **ISSUE #5, 2000**

#### **CARDIOVASCULAR DISEASE AND STRESS - WHAT' NEW?**

Depression and the Broken Heart  
Depression and CHD – Chicken or Egg?  
Baroreceptor and Immune Responses  
Oxytocin, Stress, and Blood Pressure  
Race, Gender, and Hypertension  
Sex, Hostility, and Anger  
Mental Stress, Speaking and White Coats  
Eleventh International Congress on Stress

### **ISSUE #6, 2000**

#### **IS STRESS KEEPING YOU FAT?**

Fill'er Up  
Is It What You Eat or How Much?  
Why Thin Is In  
How Dieting Can Harm Your Health  
Obesity and Periodontal Disease  
Insulin Resistance and Syndrome X  
The Dieter's Dilemma  
How Stress Causes "Middle Age Spread"  
and "The Freshman Fifteen"

### **ISSUE #7, 2000**

#### **HOW TO LOSE WEIGHT AND KEEP IT OFF, SAFELY, AND PERMANENTLY**

Why Quick Weight Loss Diets Fail  
Our Set Point for Weight Control  
Utilizing the Wisdom of the Body  
Flunking on Fitness and Exercise  
How to Find Out if You are Too Fat  
How to Lose Successfully and Safely  
To Lose Weight, Remember Fiber, Fitness,  
Paupers, Princes and Kings

### **ISSUE #8, 2000**

#### **ENERGY MEDICINE AND OUR HAWAII CONGRESS ON STRESS**

What Happened to Montreux?  
Looking Back at Our 1988 Congress  
Energy Medicine: A New Stress Frontier  
Where Does Energy Come From and Go?  
Can History Teach Us Anything?  
A Snapshot of Our Hans Selye Award Recipient and Congress Offerings  
Schedule and Registration Information  
**Book Review:** Vibrational Medicine for the 21st Century – Richard Gerber

### **ISSUE #9, 2000**

#### **STRESS AND PAIN**

The Toll of Chronic Pain  
Stress and Pain – A Vicious Cycle?  
Stress, Pain and Suffering  
Endorphins, Pain, and Addiction  
Genes and the Immune System  
Stress Induced Analgesia  
Electroceuticals for Pain and Stress  
Chronic Pain: Irrespective of the Cause, What Can You Do About It?

### **ISSUE #10, 2000**

#### **STRESS AND THE DIABETES EPIDEMIC**

Why the Explosive Increase?  
Diabetes, Genes and Heredity  
The Silent Killer  
Insulin Resistance & Syndrome X  
Complications of Diabetes  
Stress and Diabetes  
**Book Review:** Stress and Health: Research and Clinical Applications

### **ISSUE #11, 2000**

#### **CERTAIN FOODS, DRUGS, AND SUPPLEMENTS DON'T MIX**

Chocolates and Grapefruit Juice  
Nutraceutical Snafus  
Functional Foods  
What Mechanisms are Involved?  
Alcohol, Caffeine and Nicotine  
How to Avoid Problems and Get the Most Out of Nutrients and Drugs

### **ISSUE #12, 2000**

#### **MEDICAL INFORMATION: HOW CAN YOU TELL IF IT'S ACCURATE?**

Medical Miracles or Misguided Media?  
The Publish or Perish Syndrome  
How Do Doctors Get Their Information?  
Medical Journal Clout and Big Bucks  
Getting Tangled Up in the Web  
Caveat Emptor  
Data, Data Everywhere – But Never Enough Time to Digest, Discriminate and Deliberate

### **ISSUE #1, 2001**

#### **RELIGIOUS FAITH, PRAYER, HEALTH AND LONGEVITY**

Religion and Mortality Rates  
Religious Devotion, Longevity and Health  
Is Prayer a Form of Magic?  
Is There Proof That Prayer Works?  
Spirituality versus Religiosity  
The Workplace Spirituality Explosion  
How Religious Groups are Trying to Recapture Their Prayer Prerogatives

### ISSUE #2, 2001

#### MEDICAL MYTHS, MYSTERIES AND MISCONCEPTIONS

The Paradox of the J-Shaped Curve  
Beer, Blood Pressure, Salt and Calcium  
MVP, Stress and Anxiety Disorders  
Cholesterol Crazyness and Confusion  
Is Atherosclerosis Due to Inflammation?  
Cardiovascular Misconceptions and Myths  
**Book Review:** The Cholesterol Myths

### ISSUE #3, 2001

#### THE QUANDARY OF JOB STRESS COMPENSATION

How Prevalent and Severe is Job Stress?  
Absenteeism and Other Costs  
Sources of Job Stress  
The Health Effects of Job Stress  
How Workers' Compensation Evolved  
When Job Stress Goes to Court  
**Book Review:** Medical Journalism - Exposing Fact, Fiction, Fraud  
Meetings of Interest

### ISSUE #4, 2001

#### THE FDA FIASCO OF FAUX PAS, FAILURES AND FRAUD

Are FDA Safety Standards Slipping?  
The FDA: An Agency Under Stress  
Do Fiscal Forces Influence the FDA  
More FDA Financial Finagling?  
Monitoring Mishaps and Deadly Drugs  
There is Still No Silver Lining on the FDA Cloud and  
Thunderstorms are Looming

### ISSUE #5, 2001

#### WHAT WILL MEDICINE BE LIKE IN TWENTY YEARS?

Sensational Sensors and Reliable Robotics  
Vaccines for Cancer and Heart Disease  
Cystic Fibrosis, Diabetes and AIDS  
Stem Cells for Strokes and Parkinson's  
Farming Fat Cells to Build Bone  
Turning Skin Cells into Heart Tissue  
The Potential for Genetic Profiling  
The Genie is Now Out of the Bottle  
Pacemakers for the Brain and Heart  
Bioelectromagnetic Medicine in the Millennium

### ISSUE #6, 2001

#### THE BROKEN HEART: FOLK MYTH OR MEDICAL FACT?

Living Together and Dying Alone  
The Role of Gender and Race  
The Broken Heart and Sudden Death  
Voodoo and Other Predictable Deaths  
Helplessness, Hopelessness and Whiskers  
Why Loneliness and Depression are Deadly  
**Book Review:** A Cry Unheard: New Insights into the Medical Consequences of Loneliness

### ISSUE #7, 2001

#### LIPITOR, MEMORY LOSS & LEAPING LIKE LEMMINGS

The Clout of the Cholesterol Cartel  
Public Health or Private Profits?  
Are LDL Levels the Best Criterion?  
Side Effects, Toxicity and Safety  
Other Observations, Including My Own  
Putting Things in Perspective  
Consumer Relationship Management (CRM) and  
Pharmaceutical Marketing

### ISSUE #8, 2001

#### WHERE DO EMOTIONS AND BEHAVIORS ORIGINATE?

Winds and Being "Under the Weather"  
How Important is Heredity in Determining Emotions or Behavior?  
Humours, Physiognomy & Phrenology  
Body Type and Personality  
Are Emotions an Evolutionary Response?  
Feelings & Physiology - Chicken or Egg?  
Some Psychological Perspectives on Traits, Temperament and Personality

### ISSUE #9, 2001

#### ON THE ORIGINS AND THE EVOLUTION OF "STRESS"

Claude Bernard and the Milieu Intérieur  
Walter Cannon and Homeostasis  
Hans Selye and "They Just Looked Sick"  
Is it Strain, "Le Stress" or "La Stress"?  
Is Stress Cause, Effect or Both?  
Selye's "Diseases of Adaptation"  
Is Animal Research Pertinent to People?  
Stress Research is Starting to Soar South of the Border and in South America

### ISSUE #10, 2001

#### STRESS, FREE RADICALS, ANTIOXIDANTS, AND AGING

Linus Pauling and Vitamin C Megadoses  
Could Megadoses Cause Cancer and CHD  
How Much Vitamin C Should You Take?  
What Form of Vitamin E is Best?  
Free Radicals are Two Edged Swords  
Antioxidants are Not Armoriall  
"Phyterchemical" Nutraceuticals, CoEnzyme Q10, ATP, and Bioenergetic Medicine

### ISSUE #11, 2001

#### COPING WITH THE STRESS OF DISASTERS & TERRORISM

Is PTSD a Modern Disorder?  
How the Diagnosis of PTSD Evolved  
Making the Diagnosis of PTSD  
Who Is Most Likely to Develop PTSD?  
Is It Really PTSD or Something Else?  
What Is the Best Way to Deal with the Stress of Disasters and Terrorism?

### ISSUE #12, 2001

#### VITAMINS, COENZYME Q10 AND PHYTOCHEMICALS

How Do Substances Become Vitamins?  
Can Vitamin Supplements Be Harmful?  
Will Phytochemicals Replace Vitamins?  
Should We All Become Vegetarians?  
From Gum Disease to the Nobel Prize  
Why Ubiquinone is Unique  
Nutritional Supplements: Which Ones Should You Take and How Much?

### ISSUE #1, 2002

#### STATIN STUPIDITY AND CHOLESTEROL CONFUSION

Why FDA Failures Threaten Our Safety  
How Safe are Statins?  
Cancer, Retinopathy and Shingles?  
The Hazards of Low Cholesterol  
The Real Reasons Statins Work  
Revisiting *The Cholesterol Myths*  
The Times They are A-Changing and the Tide is Finally Starting to Turn