

WINTER 2017



True Natural Health

The Magazine of the Natural Health Society of Australia

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Epigenetics

- lifestyle over genes

Blue light has a dark side

**Losing weight without
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Epigenetics – encouraging evidence for sound, balanced lifestyle

Editorial



Over the years, we have seen a vast amount of evidence for how our lifestyle determines whether we are well and happy or sick and miserable. Now we have evidence that is more solid and encouraging than perhaps ever before. It is the area of epigenetics, which simply shows that we are not at the mercy of our genes because our lifestyle has an overwhelming influence over them. Epigenetics is super-wonderful news – read the leading article and see for yourself.

Another very useful topic is about the blue light emanating from screens – computers, mobile phones, tablets and so on. Although their blue light presents problems, solutions are readily available, as is so authoritatively explained by the Sydney wholistic optometrist, Jenny Livanos – see page 4.

A Natural Health Society guideline which

is championed almost nowhere else is the nutritional merits of a fruit-only breakfast. On page 24 we outline the science behind this practice and explain – for those who don't already practise it – how to make the switch and give it a try.

It is a while since we covered losing weight in this magazine, so we are pleased that our most proficient columnist, Greg Fitzgerald, has decided to cover it in this issue – see 'Losing Weight without Losing Your Sanity', page 16.

Post menopause: Sydney naturopath, Lyn Craven, spells out what it is all about and how a woman at this stage of her life can manage the change of hormonal levels right from menopause itself to the post-menopausal stage (page 28).

In the bookshop, page 42, we review three charts, which are so packed with information that each is like a complete book squeezed into eight A4 pages (this mag is A4). They are acid-alkali food balancing, creative juicing and gluten-free food guidance. They are super value for their low price.

Society events for members and friends are listed on page 13. They are mostly in or close to Sydney, but hopefully before long we will be able to offer events in other cities and regional areas.

Roger French,
Health Director and Editor



About Natural Health Society

The Natural Health Society is Australia's longest established organisation that is dedicated to informing people about issues that affect their health, happiness and quality of life.

Established in 1960, the Society is not-for-profit with no vested interests. Recognising that prevention is far better than cure, the Society's objective is to explain how best to achieve genuine long-term health and wellbeing, using drug-free self-help methods as far as practicable. The result can be greater enjoyment of life and enhanced peace of mind.

Natural Health guidelines have been influenced by the experience gained at the now closed Hopewood Health Retreat at Wallacia, NSW, which was owned by the Australian Youth and Health Foundation. The Foundation is a registered charitable organisation and the founder of both the Society and Hopewood.

Subscribers to the Society receive:

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Subscription form

Turn to page 43 or use the telephone or website.

Graphic designer,
Melissahowarddesign.com,
0402 796 254

Printed by Evan Gordon,
0400 029 624

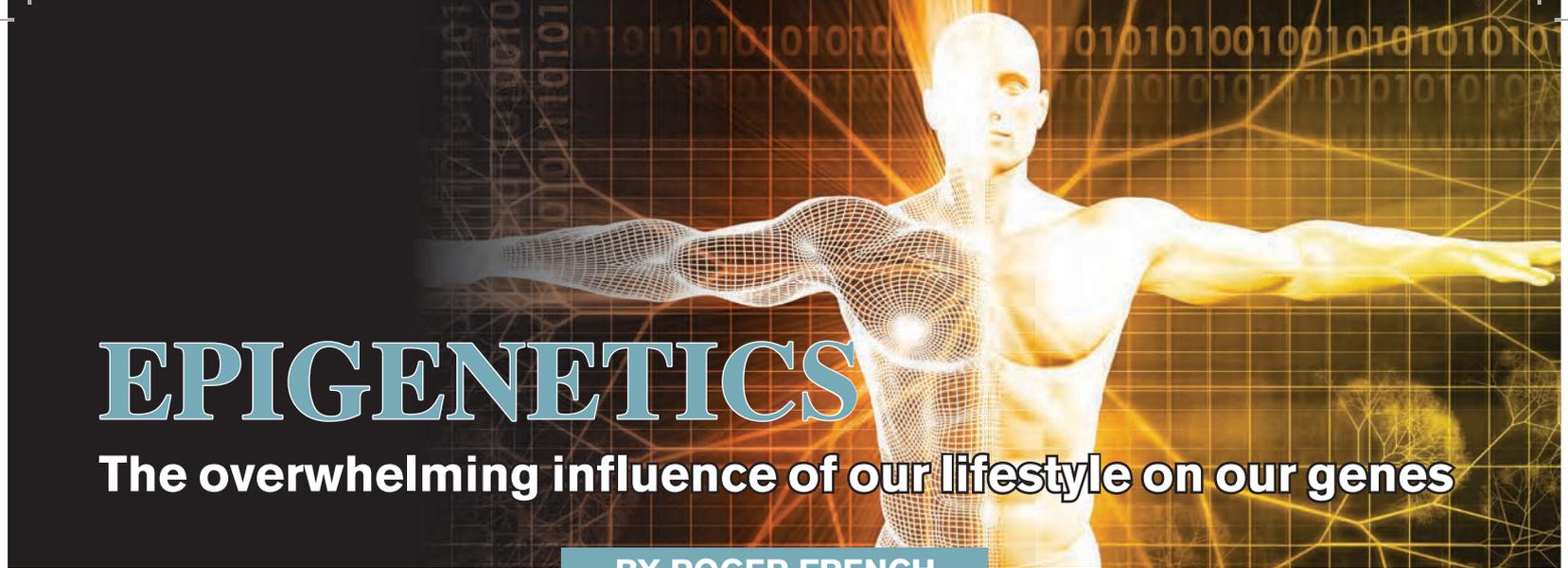
Acknowledgement

The Natural Health Society gratefully acknowledges the continuing and generous support of the Australian Youth and Health Foundation, which established the Society.

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EPIGENETICS

The overwhelming influence of our lifestyle on our genes

BY ROGER FRENCH

What is the greatest single factor governing our health? Some people will say that it's their genes, and if their parents had an illness, they are doomed to get it too. But they couldn't be more wrong.

Diseases which are truly inherited are relatively rare. They include cystic fibrosis, Huntington's chorea, haemochromatosis (genetically high iron stores) and haemophilia (poor blood clotting, bleed easily). Genes have also been linked to breast cancer, coeliac disease, sickle cell anaemia and other diseases.

But although researchers are discovering more and more genes linked to diseases, the vast majority of these diseases are not caused by genes, but by the environment surrounding these genes.

This is *epigenetics*, the study of environmental factors affecting gene activity. It is a relatively new area of research and has enormous significance for our health and wellbeing.

Our genes respond to their environmental conditions similarly to the way a plant responds to the condition of the soil in which it is growing, the available nutrients, pest attack and competition from weeds. If the internal environment of our body is in a toxic state due to junk foods, a build-up of toxic man-made chemicals and/or high emotional stress, this will 'turn on' genes that initiate disease. In contrast, if we eat nutritious, unprocessed foods in balance, minimise our exposure to toxic chemicals and practise stress-reduction techniques, our body will turn off the disease genes and switch on the healthy genes.

Naturopath Robyn Chuter puts it succinctly, "Everything you eat, drink, think, feel and do 'talks' to your genes, switching them on or off, and thereby increasing or decreasing the output of the proteins, hormones, neurotransmitters, enzymes and other substances they cause to be made."

DISEASE GENES DON'T NECESSARILY CAUSE DISEASE

Some genes have minor variations in how they can function, almost as if there are different varieties of that gene; these are called *alleles*. Some alleles dominate over other alleles and are known as *dominant* genes, whereas alleles that are consistently dominated are called *recessive* genes.

We all carry 'disease' genes. If one is dominant, it may cause health problems, but if it is recessive, there is usually a dominant 'good' gene from the other parent that will over-ride it, and we stay well.

There is a range of possibilities. If both parents happen to have a recessive gene for the same disease, but no symptoms, this normally means that both also carry the dominant gene for that disease. So an offspring has only a one-in-four chance of developing the disease, because there are four possible combinations: on average, one child will inherit two dominant genes, two children will inherit one dominant and one recessive gene and only one will inherit two recessive disease genes. This last child is the unlucky one who is likely to cop the relevant disease – or at least the *potential* for it.

ENZYMES NEED GOOD GENES

Every second of every day of our lives there are more than a million chemical reactions in our bodies, which constitute the chemistry of life – *biochemistry*. Every single one of these reactions is triggered by a biological catalyst – which is what an *enzyme* is. Our lives are totally dependent on our ability to produce enzymes in number and quality.

Enzymes are protein compounds and are coded for by genes. So if a gene is malfunctioning, there will be enzymes malfunctioning and health problems can develop.

Back in the times when humans lived in pristine environments, inefficient genes could be easily overcome. But with today's load of pollutants, mineral deficiencies, excess calories and other causes of physiological stress, the supply and robustness of enzymes can be compromised so much that diseases periodically arise.

Fortunately there are foods that are very effective at turning bad genes off and good genes on. Robyn Chuter reports six powerful foods groups listed by the remarkable US doctor, Joel Fuhrman, who produced the acronym G-BOMBS:

- Green leafy vegetables;
- Beans, that is, legumes – dried beans and peas;
- Onion family – garlic, leeks, chives and shallots;
- Mushrooms;
- Berries;
- Seeds.

These foods have constituents which:

- Activate genes that detoxify cancer-causing chemicals;
- Lower blood pressure;
- Increase the production of feel-good compounds, including serotonin and dopamine;
- Remove excess hormones that might otherwise stimulate the growth of cancer cells;
- Stimulate the immune system;
- Repair damaged joints, arteries and other tissues;
- Have a large number of other health-promoting activities.

GENETIC VARIATION AND ERRORS

When a cell needs to be replaced because it is worn out or injured, it will be replaced by a younger cell dividing into two new identical cells – this is called *mitosis*. If errors occur during repeated generations produced by mitosis, the tissues gradually decline in quality – this is how we age. However, there is also the opposite case that variations in genes can give us vigour that enables individuals to thrive.

It is a different story if an error occurs during the formation of an egg or sperm. The cell division which produces an egg or a sperm – each containing only one set of chromosomes and therefore one set of genes – is called *meiosis*. An error here causes a new gene to be formed, which may have either detrimental or beneficial effects.

Mistakes can be caused by imperfections in the DNA as the cell divides, UV and other radiation, cigarette smoke, toxic chemicals and other factors. A gene that has undergone a permanent, inheritable structural change is called a *mutation*. If the new gene is deleterious, it may kill the person and will not be passed on. If it provides benefit, it may survive and flourish.

An example is cystic fibrosis. Its gene has a number of alleles, some having no effect at all, and only one or two having major detrimental effects.

Fortunately, relatively few genes have the potential to cause trouble. The worst mutations tend to die out immediately or in succeeding generations.

HOW OUR BODIES DEAL WITH GENETIC ERRORS

The way our bodies regulate the effects of genes involves three factors: compensatory mechanisms, controls on the expression of genes and avoidance of mutations.

Compensatory mechanisms

Our bodies are well equipped to deal with natural toxins, including alcohol (when produced during impaired digestion) and the natural 'pesticides' in fruits and vegetables, such as the solanine in potatoes, tomatoes, capsicum, eggplant and chillies.

Controls on the expression of bad genes

The demands put on a cell at any one time govern which genes are turned on at

that time. *The minute-by-minute running of a cell involves genes being turned on or off.* Dealing with toxins like alcohol, toxic chemicals or pollution also requires genes to be turned on or off.

The agents for switching genes on or off are called *transcription factors*. The function of these factors can be disrupted by adverse influences that include ionising radiation, toxic chemicals, stress hormones, deficiencies of co-enzymes and attack by free radicals. When transcription factors are disrupted, genes can be on when they should be off, and off when they should be on.

Genetic weaknesses certainly do run in families, but, with the exception of outright genetic diseases like haemophilia or cystic fibrosis, *bad genes create only a predisposition* to disease. Given the right lifestyle conditions that turn good genes on, the bad genes won't lead to disease.

Many factors can affect the switching on or off of genes. Even a single nutrient, like folic acid, can be significantly beneficial, as can our friendly gut bacteria. On the other hand, damage to the population of friendly bacteria may allow the switching on of an 'oncogene' which can trigger cancer.

The bottom line is that the surest way to keep good genes on and bad genes off is to ensure that the cell is well nourished with all the nutrients it requires for optimal function and is also free of toxic influences. Nothing is as protective as proper nutrition.

Avoiding mutations

Prevention of mutations is far better than cure. Because most mutations are caused by free radicals, one half of prevention is to avoid the causes of free radicals, which include cigarette smoke, pollution, radiation, man-made chemicals and surplus iron (mainly from red meat). The other half of prevention is a healthy lifestyle in general, including a diet of natural foods rich in antioxidants.

CANCER

Cancer is known to originate in abnormal gene expression. This may be due to mutations or it may be due to the turning off of genes that are responsible for the production of *tumour suppressor proteins*, which keep cell division within normal limits. Or it may be due to genes that generate *cell survival proteins* becoming more active, allowing cancer cells to multiply rapidly and form a tumour.

Once again, food and nutrition can come to the rescue. There are compounds in everyday foods, or produced in our bodies when we eat certain foods, that act to protect the tumour suppressors,

which cause cancer cells to 'commit suicide' (known as *apoptosis*).

These protective compounds include:

- Sulforaphane in broccoli;
- Indole-3-carbinol in Brassica/ cruciferous vegetables – broccoli, cabbage, cauliflower, kale, bok choy, Brussels sprouts, radish and turnip;
- Organosulphur compounds in the garlic family – garlic, onions, leeks, shallots and chives;
- Selenium compounds in garlic;
- Butyrate, a compound produced in the intestine when 'friendly' bacteria ferment fibre.

There is no single 'magic bullet' for preventing cancer. But if we provide our bodies with the nutrition and lifestyle for which they are designed, all their numerous intricate defences can be expected to keep us at the excellent level of health and vitality for which we are also designed.

IN CONCLUSION

Our genes are not to blame for the Pandora's box of diseases that plague Western civilisation. We have good genes and bad genes which can be turned on or off according to the environment we provide for them – and that environment is a direct result of our day-to-day lifestyle. Consequently, we have a high degree of control over our good genes and bad genes and whether they make us well or ill.

This control is based on natural foods in balance, pure water, minimising exposure to toxic chemicals, regular physical activity, sunshine, fresh air and adequate rest and relaxation.

Source material

EMPOWERED!, 20th April 2015, 'It's in your G-BOMBS, not your genes!' by Robyn Chuter.

EMPOWERED!, 9th June 2014, 'In your genes, or in your hands? The epigenetics of cancer' by Robyn Chuter.

Good Health in the 21st Century: a family doctor's unconventional guide by Carole Hungerford, MD. Published by Scribe Publications.



The Dark Side Of Blue Light

By Jenny Livanos, Holistic Optometrist and Nutritionist

In the retinal layer at the back of our eyes exist both cone and rod photoreceptor cells that are responsible for light sensitivity. Recent and ongoing research has shown that there is a third type of retinal photoreceptor, and it is sensitive to blue light. These sparsely-situated blue-light receptors help differentiate between day and night, regulating our 'sleep/wake' cycles – known as circadian rhythms – and our pupil responses.

Let The Sun Shine In

Scientific research has shown that sunlight has a biological effect on our body. It helps visual acuity, contrasts colour perception and assists in various non-visual functions in the body, including vitamin D production, release of the 'happy hormone' serotonin, our moods, hormonal balance and general and visual health. Exposure to bright sunlight during the day regulates how we feel, our reaction time, alertness, cognitive function and energy levels.

The sun was our major source of light in the distant past, with people spending their evenings in relative darkness. Over the last 100 years, however, due to the invention and prolific use of the light bulb, and much more recently the introduction of digital devices, we are exposed to significantly more light at night. Prolonged exposure to light in the evening delays our body clock, leading us to delay our bedtime. Light is the most important factor that can affect our sleep.

Blue Light Exposed

Research is currently investigating the beneficial and adverse effects of blue light exposure during the day and at night. Blue light received through sunshine during the day through the eyes is necessary for optimal health. As diurnal beings, we are programmed to be outdoors while the sun is shining and asleep at night when it's dark.

Nowadays it is common to come home after a long day at work or school and relax by surfing the Internet on our laptops, reading on an e-reader, playing games on our tablets, catching up with Facebook on our smart phones and/or watching television on our large screens – or a combination of these at the same time!

The light from these digital devices and to a lesser extent from light bulbs, LED lights and fluorescent tubes has a higher concentration of blue light than natural light. Scientists have warned against using light-emitting devices before going to sleep, as this intense blue-light exposure is disturbing our body's rhythm and sleep patterns.

Blue light affects levels of the sleep-inducing hormone, melatonin, more than any other wavelength. Melatonin is created by the pineal gland in the brain during darkness and its production ceases during daylight. It is profoundly affected by light and darkness. Melatonin helps regulate

other hormones while controlling the body's circadian rhythm; it's an internal 24-hour 'clock' that plays a significant role in when we fall asleep and when we wake up.

Shifting the body's natural clock with blue light exposure at night can have a negative impact on health and has been implicated in depression, diabetes, immune problems, obesity, cancer and heart disease. Visual comfort and eye health are also affected, with an increased risk for retinal cell damage leading to macular degeneration.

Protect Your Eyes

The human eye is sensitive to visible light, a portion of the electromagnetic spectrum. This is seen by the eyes as the colours red, orange, yellow, green, blue, indigo and violet. Blue light has a very short wavelength, thus producing a higher amount of energy, creating flickering, glare and visual 'noise'. Chronic exposure to blue light can have serious consequences for eye health and visual comfort.

Studies show that more than 60% of us spend more than six hours per day on digital devices. 70% of people who regularly use these devices report symptoms like loss of clarity and contrast, tired eyes, headaches, fatigue, blurry vision, light sensitivity, watery/dry/itchy eyes and neck and back pain.

Our eyes' natural filters may not provide enough protection against the sun's blue light rays, let alone the extra blue light from digital devices and artificial light sources. Prolonged exposure to blue light causes retinal cell damage by penetrating through to the back of the eye, and this may contribute to serious macular degeneration.

Who is more at risk?

We all need protection from blue light exposure at night, but some people are more vulnerable to its negative effects:

- Office workers in front of computers all day, with high exposure to fluorescent tubes and LED lights and minimal sunlight exposure;
- Teenagers and children who use digital devices late at night for study and personal use – they may have trouble getting to sleep, waking up easily and issues with mood;
- Shift workers – studies have linked working night shifts, and subsequent exposure to light and blue light, to several types of cancer (breast, prostate), diabetes, heart disease and obesity;
- People already more at risk for macular degeneration, including having a family history, smoking or having cardiovascular issues, diabetes or poor diet;
- Those with intra-ocular lenses who have had cataracts removed – exposed to more blue light penetration through to the retina.

Tips for better sleep and health

- Seek bright sunshine in the morning to set your body clock, improve your mood and increase alertness (get up early!).
- Expose yourself to bright natural light during the day – take your lunch breaks outdoors, go for a walk!
- Sunglasses may limit your eyes' access to full sunlight. Go shades-free in the daylight, even for 15 – 20 minutes a day.
- Have lots of breaks away from your digital screens. Try the 20-20-20 rule: look up every few minutes to 20 feet away (6 metres) for 20 seconds and take a physical break every 20 minutes. Turn your screen brightness down and position screens and smart phones further away from your eyes.
- Lens companies now offer blue-light-blocking technology on spectacle lenses. These specialised coatings on lenses reduce blue light and are being recommended for all-day use.
- Avoid using digital devices for two to three hours before going to bed.
- Install an app that reduces blue light at night on your laptop and smartphone; for example, f.lux and Twilight. I-Phone users now have a blue-light reduction feature

called 'Night Shift'.

- Use 100% blue-blocking fit-over glasses in the evening, especially if using digital devices. Wear these glasses continuously for 2 – 3 hours before your ideal bedtime – with all TV viewing, computer, tablet, e-reader and smartphone usage. Remove these only after all lights have been switched off and you're in bed! We have been using these fit-overs for the last year in the practice and have had great feedback about improvements in getting to sleep and quality of sleep!
- Dim general lighting in the evening.
- When you feel sleepy, go to bed – listen to your body!
- Sleep in complete darkness (avoid smart phones, night lights and digital clocks in the bedroom).

Blue light has both beneficial and damaging effects. If you're interested in optimal health, consider and manage your exposure to sunlight, artificial light and blue light, in addition to maintaining a healthy diet and lifestyle.

Sweet dreams!

Jenny Livanos is an Optometrist/Nutritionist practising at Concord Eye Care, phone 02 8765 9600. For further details, see below.



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Get creative this Winter!



Do you sometimes feel overwhelmed or mentally drained? It's not unusual for the pace of life, pressures of work or emotional or family issues to get you down.

Getting creative can really help!

Creative activities are mentally therapeutic and can help to relieve stress. They can also help to improve our physical wellbeing. For instance, stress can cause health issues, result in excessive weight gain or weight loss, affect our sleeping patterns and encourage dramatic mood swings which may negatively impact on our relationships. Creative activities actually help our bodies to recalibrate and find a more natural, calmer and healthier balance.

Self-expression – whether its scribbling on a piece of paper, moulding pottery, creative writing, gardening, baking, painting, sewing, playing music or even dancing – can all be highly enjoyable, creative activities that can help us regain mental clarity.

Doing creative activity in a natural, outdoor setting can further enhance the benefits.

Becoming creative can have many benefits. It can:

- improve and renew brain function;
- assist people with Alzheimer's;
- improve our interactions with others;
- positively change our mood;
- encourage lateral thinking and problem solving skills;
- boost our self-esteem; and
- help establish a sense of accomplishment.

Recharge your creative and physical energy this year by making time to do something creative on a regular basis. If you have children, why not make creative activity a regular pastime for the whole family? The rewards will surprise you!

Did you enjoy this article? Then you will love Hopewood's new book, ***Lifestyle – Hopewood's recipe for wellbeing***. This limited edition, coffee-table-styled book features over 100 mouth-wateringly delicious vegetarian recipes, gorgeous photography and abundant natural health wisdom. Its 270+ pages are designed to inspire readers to eat, move, heal and nurture their bodies naturally.

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Pea Soup

INGREDIENTS

- 40 gm split green peas
- 1 cup carrots, grated
- 1 cup onions, finely diced
- 2 cups celery, diced
- 8 cups vegetable stock
- 1 cup parsley, chopped
- 1 cup chives, chopped
- 3 bay leaves
- ground pepper (optional)

METHOD

1. Combine all ingredients.
2. If time allows, leave to stand for several hours.
3. Bring to boil, reduce heat and simmer for one hour.
4. Remove bay leaves and blend.
5. Serve hot.
6. Garnish with a spring of parsley.





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YOUR QUESTIONS ANSWERED



By
**Roger
French**

Send your questions to Your Questions Answered, Natural Health Society, 28/541 High St, Penrith NSW 2750 or email rfrench@health.org.au

We regret that it is not possible to answer questions personally, nor can all questions be answered. Some may be answered in later issues.

Q. COLON/BOWEL POLYPS:

My husband has had colon polyps and they are recurring. We don't want them to lead to something dangerous. How can we prevent these polyps?

– G. C., St Lucia Qld

A. The right food choices can help prevent the formation of both benign colon polyps (also known as *colon adenomas*) and their malignant counterparts, the pre-cancerous and cancerous polyps that may lead to colorectal cancer.

Colon polyps, fleshy growths that occur on the inside lining of the colon, are fairly common, with about half of all Australians developing them at some point in their lives.

These growths can be as small as a pea or as big as a golf ball. The small ones rarely cause problems and may never be noticed. However, some colon polyps, especially larger ones, may cause symptoms like rectal bleeding, constipation, diarrhoea or abdominal pain. Although the majority of colon polyps are

harmless, about one percent become cancerous over time.

Who is likely to get colon polyps?

People may have a greater chance of getting colon polyps if they:

- Have a high intake of fatty foods;
- Use tobacco;
- Drink much alcohol;
- Are sedentary;
- Are overweight. ;
- Are age 50 or older;
- Have a family member with polyps or one who has had bowel cancer, so may have a hereditary predisposition.

Medical investigation for colon polyps

Doctors typically use a *sigmoidoscope*, a thin, flexible instrument with a light at the end which is inserted into the rectum. Colonoscopy is similar, except that it enables the doctor to see both the lower and the upper parts of the colon.

Nutritional guidance for reducing risk of polyps

The prominent wholistic doctor, Dr Andrew Weil, advises the following nutrition and supplements for colon polyps:

Eat little red meat or preferably none to reduce the risk of colon cancer.

Eat generous amounts of vegetables, especially green leafy vegetables.

Eat plenty of fibre. All unprocessed plant foods contain fibre, so plant-based eating will usually provide adequate fibre. If there is any doubt, top up with psyllium hulls/husks.

Limit alcohol – the more we drink, the higher our risk of colon cancer.

Choose green tea over other teas for its antioxidants.

Take a multivitamin containing folic acid (B₉) and vitamin D.

Keep blood sugar and insulin levels low. Minimise high glycaemic index foods, particularly white sugar, honey and white flour products. Insulin resistance is associated with increased risk of colon cancer.





Eat relatively small meals to avoid over-eating.

Other sources (including www.healwithfood.org/colonpolyps/foods) explain that certain foods and nutrients are exceptionally effective for the prevention of colon polyps. Here are some prominent ones:

1. Consume turmeric which contains curcumin (which gives the yellow colour of curries). Turmeric has been used for centuries for its beneficial effects for a wide range of illnesses.

In a recent study, patients were administered 480 milligrams of curcumin three times a day, together with 20 milligrams of the bioflavonoid quercetin. The average number of polyps decreased by 60% and polyp size halved after six months.

2. Reduce fat intake, especially animal fat. High consumption of animal fat has been shown to increase the risk of intestinal polyps and colon cancer.

In contrast, omega-3 fatty acids, found in chia seeds, flaxseed and walnuts, have a protective effect against colon cancer.

3. Ensure adequate vitamin D. Exposing the body to sunlight – but ensuring safe doses – should provide optimum levels of vitamin D, provided

the person lives in a sunny climate. If supplements are used instead, it has been found that a daily intake of 645 IUs of vitamin D could reduce the risk of colon polyps by a third.

4. Maintain an appropriate calcium-to-magnesium ratio. Polyp protection requires a minimum intake of calcium of 1,200 mg daily, but calcium alone can cause problems; it requires magnesium. A calcium-to-magnesium ratio of 2:1 is appropriate. A wide variety of plant foods tends to provide this ratio. If supplements are taken, they need to be in this ratio.

5. Eat foods that contain sulphoraphane. This remarkable phytochemical is formed when broccoli, Brussels sprouts and other cruciferous vegetables are chopped or chewed. Sulphoraphane not only protects against polyps, but also induces their self-destruction (known as *apoptosis*). Broccoli and broccoli sprouts are very rich sources of sulphoraphane. Since cooking destroys sulphoraphane, these vegetables should be eaten raw or only very lightly cooked.

6. Include capsicum regularly in salads. Capsicum (red peppers in the US) is rich in lycopene (giving the red colour), beta-carotene and other carotenoids, which are known to reduce the risk of colon cancer. Capsicum is

also a good source of a phytochemical, *N-acetylcysteine*, which has anti-cancer properties.

It is important to choose organically-grown capsicum to avoid high levels of pesticides

7. Onions help prevent colon polyps. They are one of the best natural sources of *quercetin*, a bioflavonoid which helps prevent intestinal polyps. A bonus is that onions are low in pesticides.

8. Garlic, a traditional remedy for a vast range of ailments, helps to reduce the risk of colon polyps and colon cancer. The key compound in garlic is *allicin*, which is responsible for its odour and pungent flavour.

9. Spinach is highly effective at cleansing and regenerating the entire digestive tract. It is rich in the valuable minerals, potassium, iron and magnesium, as well as folic acid.

10. Rocket (or arugula) is actually a cruciferous vegetable, along with the nutritional superstars, broccoli and co. Like the other cruciferous vegetables, fast-growing rocket is a great source of sulphoraphane and is loaded with minerals, vitamins and other antioxidants.



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Q. DOES GM COTTONSEED AFFECT DAIRY PRODUCTS?:

Some dairy farmers include cottonseed in the feed for their cows, and some cottonseed is genetically modified, which I checked with the Qld Dept Primary Industry. This means that these cows are being fed GM seed.

Is the milk of these cows contaminated with GM products, which then pass into dairy products sold for human consumption?

– S. F., Ravenshoe, Qld.

A. It seems that the answer is no. A number of studies have checked the composition of milk from cows fed GM cottonseed and they show no traces of GM products in the milk. Even though some studies are funded by biotech companies – raising the question of vested interests – there appear to be independent studies which also find no contamination.

Some cotton has been genetically modified in recent years to incorporate into the DNA a gene from the soil bacterium *Bacillus thuringiensis* (Bt) to make the cotton resistant to cotton bollworms. This is referred to as 'Bt cotton'.

Many Bt strains produce crystal proteins that have insecticidal action, making the cotton plant resistant to insect attack. The key protein is called 'Cry 1 Ac'. Considering the massive monoculture of cotton crops, which creates a field day for insect attack, it is easy to see why growers find Bt cotton appealing.

In Argentina in 2004, researchers gave milking cows feed that included cottonseed from Bt cotton and compared these to a control group of cows fed non-GM cottonseed. Testing of the milk samples found no GM genes or DNA fragments at the limits of detection. (*J Dairy Sci.* 2004 Jun; 87(6): 1778-85.)

In a similar study conducted in India – by bio-tech company, Metahelix – two groups of cows were fed a Bt cottonseed-based ration and a Bt-free ration. Milk composition was similar in both the groups, and the Bt protein was not detected in milk samples, drawn at 0, 7, 14, 21 and 28 days of the experiment. (www.igmoris.nic.in/files/biosafety_data/biosafety/metahelix/10.pdf)

The issue was summed up in an ebook entitled, *Genetically Modified Organisms in Food*, written by Ronald Ross Watson and Victor R. Preeedy. They noted that the feeding of GM crops to cattle has increased and that a number of studies have evaluated the safety aspects of the milk. They concluded that giving GM feeds makes no significant difference to the composition of the milk, and the testing of milk samples has not detected Cry 1 Ac protein after Bt cottonseed is incorporated in the cows' rations.

These results suggest that the Cry 1 Ac protein is either degraded in the cows' rumen (first stomach, a great fermentation 'vat') or is not absorbed from their intestines.

SUBSCRIPTION RENEWAL



Natural Health Society members

If your subscription is due, please remember to renew. Look at your address sheet or contact the Society.

**Phone 02 4721 5068
email admin@health.org.au**

FEELING GENEROUS RE YOUR WILL?

Many subscribers and others who have gained benefit from the Natural Health Society may wish to support our work further.

One way of doing this is by a bequest through your will to the Society. Should you consider doing this, the following wording for your will may be helpful:

"I bequeath to the Natural Health Society of Australia (NSW) Inc. ABN 91 080 087 725 the sum of \$_____ (or part or all of residue of Estate) free of all duties to be applied for the purposes of the Society (or as directed by the donor) and the receipt of the Secretary of the Society shall be sufficient discharge for the same."

It may be wise to consult a solicitor to ensure that the bequest is valid.



Q. MOTIVATION TO BECOME ACTIVE AND APPROPRIATE EATING:

I work at my computer for long hours five days a week, and am too busy to find time to exercise. I know that I need to get away from my desk and be active for health reasons. Also, if I get active, I might be less tempted to snack while I work. I need motivation!

Fortunately, I will soon be commencing AFL training, so that will get me moving adequately. I will also cycle 10 km twice a week. However, in the past, I have found that when I am having intense exercise – as in AFL training and playing – I tend to run out of energy too soon, so I wonder if I may need more fuel.

I generally eat two hours before kick-off. Is it OK to eat just before commencing the session? When my training commences at 10am, what would be the best breakfast?

– M. H., Regentville NSW



A Once you are into AFL training plus cycling 10 km twice a week, you will be having plenty of exercise. But when not involved with sport, it is surprising how little physical activity can make all the difference.

The long-held view is that it is sufficient to spend half an hour each day – or six days a week will do – having physical activity. This could be brisk walking in one bout or spread over two or three bouts. Or you could cycle for that half hour or run for 20 – 30 minutes on some days.

Doing this will almost certainly:

- Reduce the staleness of sitting in front of a screen all day;
- Make your mind clearer due to the increased circulation;
- Cause you to be using up more of the calories from your food;
- Reduce the risk of degenerative illnesses, including cancer;
- Give you a pleasant feeling of satisfaction.

You could begin your day with one to two hours work, then go walk, run or ride for a break on an empty stomach. Have breakfast afterwards. Or you could take the exercise break before lunch or just before dinner, but always on an empty stomach.

You may well find that the half hour away from work is compensated for by your feeling more fresh and productive.

Exercise can be at any time during the day – except not on a full stomach and not within a few hours of bedtime. Heavy exercise close to bedtime makes sleep difficult – although very light, brief exercise can bring on sleep.

Always exercise on an empty stomach – or close to it. Digesting food requires a lot of energy – a square meal could use up half the body's total energy output. The exercise will compete for the energy available and interrupt digestion.

Stalled digestion means that food is sitting in the stomach for too long, allowing the sugars to ferment and the proteins to putrefy, creating toxic waste products. To have the most energy for training, it's best that the stomach is empty during the training.

For training commencing at 10am, breakfast is a bit tricky because you need to eat enough, but also have it digested before you commence. The best way to eat depends on how strongly your digestive system works.

Here are some options:

- Have a large fruit salad between 8am and 9am. If your stomach does not feel empty by 10am, you will need to eat earlier in future. If you can go right through the game on the fruit salad, that's great. But if you run out of energy, have a quick shot of natural sugar during the half time break in the form of pure fruit juice with no added sugar.
- If fruit is not 'heavy' enough to get you through the activity, cereal is probably the next best. Oats is a very good grain with the highest level of oil (for energy) among the cereal grains – so consider muesli or cooked rolled oats. Arise at 7am or earlier and start with a hot diluted lemon drink (half a lemon, freshly squeezed). Have the cereal at 8am and see if it has left the stomach by 10am. It takes typically 2 – 3 hours for a cereal meal to pass out of the stomach. It's trial and error.
- You may prefer a protein breakfast. You could have free-range eggs on wholemeal toast, but a better meal is a fruit salad topped with protein-rich seeds or nuts. This is not an ideal combination, but it works. Protein-rich seeds are sunflower, sesame, flaxseeds, pepitas, chia and quinoa. If you have nuts, avoid peanuts because they are high in enzyme inhibitors, which inhibit digestion.
- How much seeds and/or nuts to have? Perhaps a heaped dessertspoonful or 30 – 50 grams. This meal could take around three hours to leave the stomach.
- If this 'heavy' breakfast is still in your stomach when you commence vigorous activity, you might get cramps or flake early.

When you are playing at night, this is an ideal opportunity to have just two meals in the day, which is probably the best way to eat anyway.

Have a substantial fruit breakfast mid-morning. You might like to follow an hour later with starchy carbohydrate – rye-vita, rice thins, corn thins, toast, etc. (note that avoiding gluten is best). Then mid-afternoon, 3.30 to 4.30pm, have a substantial lunch-dinner combination. A large vegetable salad – or steamed veggies – with a protein dish, namely, nuts, legumes (the four-bean mix in a can is fine), seeds, eggs, cheese (or wild salmon or meat for those who eat them). The protein serve would be 80 – 100 gm of nuts or up to 130 – 140 gm of animal protein food.

The length of time between finishing a meal and commencing training or playing boils down to trial and error. You can try two hours, but if your stomach still feels partly filled, you need to extend the time in future.



NHS NOTICES

NSW OFFICE HOURS

Mon to Fri 9.00am - 5.00pm

For **administrative issues**, our Admin Officer, Tracey, is available only between 9.00am and 2.30pm.

Closed weekends.

NATURAL HEALTH SOCIETY SPRING 2017 SEMINAR

DATE: Sunday 12th NOVEMBER 2017

VENUE: Penrith Seniors Centre, 86 Station St, Penrith NSW

ENQUIRES: Natural Health Society, 4721 5068, admin@health.org.au

See full details in Spring issue.

FOR OTHER EVENTS FOR MEMBERS, see next page.

MEMBERS SUPPORTING THE NHS

Thoughtful donations from members are making a big difference to the Society's funds. For recent donations, we say a big 'thank you' to:

John Webber, Pauline Kenyon, John Smith, Shirley West, Christina Kirkpatrick, Rosemary Croghan, Penelope Greeney, Valerie Cameron, Pam Robinson, Merilyn Marel, Mark Bowman and Ruth Hargrave

If others care to add their support – great or small – we would be very grateful. Simply call our office on 02 4721 5068 or send cheque to Natural Health Society, 28/541 High Street, Penrith NSW 2750, or go to our website www.health.org.au and click on the 'Donate' link. [Regrettably, donations not tax deductible.]

NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2017 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 11th July 2017, at 7.30 pm**, at **CBs Café, 1 Gibbes St, Penrith NSW**



Follow Natural Health Society of Australia on Facebook

Vegetarian Food Preparation Classes and Talks

LEPPINGTON, NSW

WELLNESS GATHERINGS

By Marilyn Bodnar, Nature Cure practitioner, and Cecil Bodnar, both long-time NHS members.

FOOD PREPARATION DEMONSTRATIONS AND TALKS

5.00pm: Vegan, whole plant foods cooking class, followed by buffet meal of organic foods. Recipes provided. Guest speaker approx. **7.30 to 9.00pm**.



Sat. 24th June: Guest speaker, Colin Moncur – 'Every cell in your body is responding to what you are thinking – self-hypnosis'.

Sat. 29th July: Guest speaker, Elizabeth French – 'Using laughter in our lifestyle to relieve stress and pain'.

Sat. 26th August: Guest speaker, Greg Fitzgerald – 'The truth about inflammation, infection and fevers'.

Real wholemeal bread-making workshops: Fridays 23rd June, 28th July and 25th August, 9.30am – 2.30pm.

For further information, www.healthandvitalitycentre.ntpages.com.au

Bookings – phone 9606 2203 or 0410 627 556.

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With Ling Halbert, Founder of Health and Happy Heart

Ling is an accomplished teacher and facilitator who enjoys empowering people to take full responsibility for their wholistic wellness through:

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- Raw and beautiful cooking demonstrations
- Natural therapy
- Meat-free catering
- Mindfull Tai Chi
- Tea meditation

Dates: Second Saturday of every month – 10th June, 8th July, 12th August



The services/workshops are one-on-one or in a group; we bring all the materials and ingredients to you.

For more info on workshops and venues, please contact Ling: 0410 688 499, ling300ppm@gmail.com Website HealthandHappyHeart.com.au

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For more information, visit cookingupastorm.com.au or phone (08) 8386 1672 or 0403 555 011.



Know of other classes demonstrating healthy plant-based dishes? Please advise editor Roger French, 02 4721 5014

NHS EVENTS



Saturday 17th June:

Bushwalk, Manly to North Head Sanctuary, Sydney

North Head is a place of historical significance for aboriginal and other Australians. It is also a place of great beauty with Sydney Harbour views and bush providing habitat for interesting birds and animals as well as location for fascinating buildings.

Departing at 9.30am, we will walk from Manly Wharf, along The Corso to the beach, up the stairs at the end of the beach and then make our way through the streets to North Head. Here we will explore the bush tracks around North Fort and the Fairfax track to North Head and have a look at the historical Quarantine Station.

You will need to bring your lunch, drinking water and a hat and wear walking shoes.

If you would like to join us, call Elizabeth on 0478 755 537, or the Natural Health Society office on 4721 5068 or email admin@health.org.au by Wed. 14th June.

For more details of all events, go to the Society's website, www.health.org.au

Saturday 1st July:

Food and cultural tour, Cabramatta

A food and cultural tour in Cabramatta, guided by Ling Halbert.

We will meet at Cabramatta train station in the morning and visit the Asian food shops, with Ling explaining some of the local customs and produce. This will be followed by a visit to the local temple, with the option of some mindful Tai Chi. Included are a vegetarian lunch and afternoon tea.

For more about Ling, see her regular workshops notice on previous page.

If you would like to join us, phone the Natural Health Society office on 4721 5068 or email admin@health.org.au.

Sunday 6th August:

Lunch at Secret Creek Café, Lithgow NSW

We invite members and friends to join us for a vegetarian lunch at Secret Creek Cafe and Restaurant in Lithgow. It is within the Secret Creek 200 acre (80 hectare) native wildlife sanctuary and serves delicious vegan and vegetarian food.

If you would like to join us, phone the Natural Health Society office on 4721 5068 or admin@health.org.au.

Embrace Life Festivals

These Festivals bring together many businesses in the wellness professions. The NHS has participated in a number of them over the last 12 months and will continue to do so.

Embrace Life Festivals give people the opportunity to connect with what is available in the areas of health, wellbeing, creativity, personal development and spirituality.

Dates and venues to December 2017:

Sunday 16th July at Panthers in Penrith (10.30am to 5.00pm).

Sunday 17th September at the Newcastle Exhibition and Convention Centre (NEX)

Sunday 26th November at Dee Why RSL Club.

For more information on these Festivals, contact the NHS office on 02 4721 5068 or admin@health.org.au



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TONGUE AND NAIL ANALYSIS

By Saara White, Naturopath

You can often tell a lot about someone by looking at their physical characteristics. How one carries themselves, their body shape and size, even their facial features – can all give us subtle clues as to their personality type and constitution (inherent health traits).

I love incorporating the analysis of tongue, nails and iris as a part of my naturopathic consultations – I find it helpful to give me further insight into where specific treatment goals might lead and where a person's baseline is nutritionally. It also gives me a chance to connect with the person more physically, and take a break from talking!

This article will focus on some specifics of tongue and nail analysis – I encourage you to try it on yourself and your friends and family! Oh, what fun!

TONGUE ANALYSIS

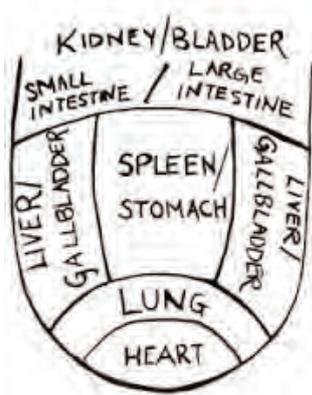
As you can see from the diagram, we can split the tongue into sections:

- tip: heart with lungs just behind;
- sides: liver and gall bladder;
- middle: digestive organs – stomach and spleen;
- back of tongue, middle: intestines and bladder, and edges: kidneys.

Ask the person to stick their tongue right out just as you would if your doctor was looking down your throat (say 'ahhh' to relax the tongue; most people want to hold it out and tighten the edges so it's pointed – get them to relax).

Note any areas with different colours and shapes – is the tongue pale?; wide?; red and beefy?; long?; scalloped at the edges?; red in areas?; purplish?; cracked, where? Take note of coatings on the tongue, colour and the area, and if the tongue is quivering.

All these things will give clues to the inner workings of the body. TCM (Traditional Chinese Medicine) practitioners are masters at this. I'm no expert, but I like to give it a go – to see what I can find in relation to mineral status/analysis and systems/



organs possibly affected. Sometimes the tongue will indicate something I may not have thought about.

Colour indications

Pink – normal.

Red – heat, inflammation, B₁₂ deficiency, iron deficiency.

Pale – underactivity, fatigue, lack of 'chi', poor oxygenation.

Purplish – stagnant energy 'chi', blood stasis, pain and poor circulation.

Coating

No coat – considered normal if tongue is normal pink.

If pale tongue and no coat, think exhaustion.

If red, shiny, wet and no coat, could be lack of warmth and vital fluids in the body.

White coat – thin equals normal; thick equals 'dampness' and possible microbiome disturbance (candida overgrowth), poor digestive function.

Creamy yellow coat – as above but with more heat and liver involvement, problems with detoxification and build-up of toxins in the body.

Brown coat – a more severe deterioration of health symptoms – liver toxicity, overburden and poor elimination channels. Look at where it's worst for the area of nurture needed. Indicates poor microbiome, immune disturbance.

Mixed patchy coat – 'geographic tongue' – areas of the tongue appear rubbed away, usually a long-term digestive disturbance, chronic GIT issues, intolerance/allergy.

Other signs

Cracks/fissures – internal excess heat and poor connective tissue strength, think silica and calcium fluoride, as well as poor assimilation of nutrients.

Quivering – tension, stress, nervousness, magnesium deficiency.

Scalloped edges/tip – dampness, poor sodium/potassium balance, oedema (fluid retention), intolerances to foods.

NAIL ANALYSIS

This is a nice opportunity to feel a person's hands – are they cold; clammy; sweaty, etc.? This can give good indications and clues too.

White spots/flecks – can be from injury to the nail, but generally if they are a regular occurrence, think zinc or calcium deficiency.

Peeling or flaking at the tip of the nail – poor digestive function, lack of HCl and thus assimilation of minerals.

Longitudinal lines – silica and poor nutrient absorption. These can be light or very thick and will give an indication of the severity. Silica is vital for hair, skin, nails and connective tissue/joints.





Beau's Lines – horizontal dips – poor circulation to nail bed, trauma, stress, and chronic intolerance/stress/immune involvement – usually a recent illness. The nail bed can show about a three-month time period. Usually the sign/embedded line will grow out. If it stays, I would be looking at something putting a constant stress on the system – food/dietary stress and intolerance can be big factors!

Spoon-shaped or concave – the nail bed caves inwards – iron deficiency, or chronic parasitic infection stealing nutrients. Other signs of anaemia – tiredness, shortness of breath, sighing/yawning a lot, pale gums/eyelids.

Pitting – poor oxygenation of tissues (especially skin), often seen in conjunction with auto-immune conditions (particularly psoriasis and alopecia (loss of hair)) or dermatitis. These signs can show up before symptoms develop.

Onycholysis – nail lifting up – fungal infection (tinea) and/or systemic candida overgrowth.

COLOUR OF THE NAIL BED

Pink – normal.

Opaque/pale/white/frosted – liver involvement, poor detoxification channels, toxicity.

Yellow – smoker? Recent use of nail polish? If not, think lungs, lymphoedema.

Purple/bluish – poor oxygenation, circulatory problems, iron deficiency, blood stagnation.

Red bands at tip – allergies, liver involvement, GIT inflammation.

Red streaks like a splinter – look at kidney function.

OTHER

I look at overall condition of the nail, the surrounding cuticles, the skin on the fingers and hands. Are the hands shaky; stiff; any other obvious features? Do they bite their nails or the skin around their nails? Are there *lunulae* (half-moons) present? You should have these on most fingers, they indicate good vitality – but should occupy no more than 25% of nail bed. Or they can be signs that your body is overloaded. A lack of lunulae can be underactivity/deficiency.

NOTE

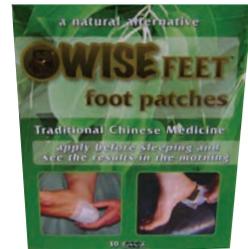
Every person is different and each sign can be seen differently depending on a person's overall presentation. I like to use this as a tool to assist me to establish my patient's health needs, *not* as a diagnostic tool on its own.

Saara White practises at Kirra on the Gold Coast. Phone 07 5536 3113. Email saara.white@gmail.com.

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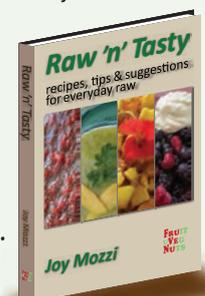
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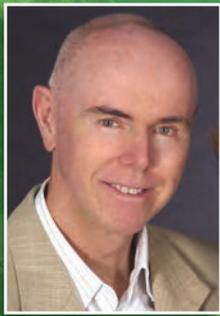


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A REGULAR COLUMN

Losing Weight Without Losing Your Sanity

By Greg Fitzgerald, Osteopath and Naturopath

There are three overweight animals on earth. No, not elephants, whales and sloths; they are humans, dogs and cats, and the latter two of course are of the domesticated varieties. Wild dogs and cats are never overweight. In fact, no animal living in its natural environment ever becomes overweight.

It seems whatever we feed turns to fat.

In the Western world, overweight and obese people officially account for almost 70% of the adult population. I think it is more like 85%, and Dr Joel Fuhrman, author of *Eat to Live*, agrees with this. The problem is seen in children as well, something that was unheard of some years ago.

It must be emphasised that the concern with being overweight is not one of appearance, nor one of passing any moral (right or wrong) judgement on it. It is, first and last, an issue of health. Being overweight increases the risk for cardiovascular disease, diabetes, breast, colorectal and prostate cancers (among other cancers), stroke, depression, endocrine disorders (hormonal issues), gallstones, osteoarthritis and many auto-immune diseases. And this list is not exhaustive.

I would go so far as to say that being overweight increases the risk for most chronic diseases.

I have counselled literally thousands of overweight people over the past 35 years, and the following observations are what I have found to help people lose weight without losing their sanity.

MY TEN WEIGHT-LOSS RECOMMENDATIONS

Tired people rarely lose weight

For many years I have observed that the most common complaint of overweight people is chronic tiredness. Even if they sleep well, they generally find that their energy is low and that they have to push themselves throughout the day. Fat tissue is where we store most toxins, so overweight people are generally toxic. Living under this toxic handicap guarantees not only a stubborn weight problem, but a host of metabolic illnesses as well.

I have also heard countless people say that no matter how much they exercise

and how much they cut back on food, they still cannot lose weight: "Greg, I am doing everything right – I train five times a week at the gym and I watch what I eat, but I cannot seem to shift this weight. To lose one or two kg is my limit – and that is so difficult I feel like giving up!"

My question then is: "How is your energy level generally?", to which they reply, "Terrible".

The first thing that overweight people need to focus on is regaining energy, not losing weight. Which really means focussing on their health, as health is equated with energy. A healthy person is an energetic person. To paraphrase this truism, the focus on the overweight person must be on improving health, and when general health is improved, weight will look after itself.

Change the diet!

First things first, as the late Stephen Covey said – and the first thing to change in order to improve energy must be the food and drinks one consumes. The standard Aussie or American diet could not be better designed to produce an overweight, obese and profoundly sick society.

There are three things wrong with this SAD (Standard Aussie/American Diet): Firstly, it is replete with stimulants – coffee, tea, soft drinks, chocolate, alcohol and the like. These guarantee low energy, as the illusory lift in energy is transient, produced by the body's detoxification response to the caffeine, alcohol or other compounds. Secondly, it is top heavy with animal foods – meat, chicken, fish, eggs and dairy. Thirdly, it is laden with refined and processed, nutrient-deficient foods and oils. I understand that unless the person is dealing with an immediate, life-threatening disease, wholesale dietary changes are very, very difficult. So the first nutritional step to improve energy is:

Avoid ALL caffeine and alcohol

These compounds do far more damage than the average person or even doctor realises. Caffeine robs the nervous system of the energy it appears to give (uppers become downers), and alcohol disturbs deep sleep and masks sleep deficiency amongst other things (downers become uppers). This means that coffee, green and black tea (herbal is OK), cola drinks,

energy drinks, chocolate and alcohol must be completely avoided during this detoxification stage.

Withdrawal and detoxification symptoms are commonly experienced for a day or so, such as headaches, leg and buttock aches (like a toothache in the bones) and extreme tiredness, sleepiness and fatigue. Rest assured, these are temporary. Just omitting these social poisons, in the absence of any other changes, will result in improved energy and some weight loss (mostly fluid loss, resulting in the subcutaneous puffiness around the face and jaw quickly vanishing).

Drinks should be consumed when dry in the mouth or thirsty, and should be mainly water. Do not force yourself to drink copious quantities of water because you have been told to. This is a myth. You will feel less thirsty than normal when complying with the following nutritional recommendations, as much of your food will now have a high water content.

Do no exercise ... at this stage

Chronically tired people should not exercise. This at first seems counter-intuitive, as it goes against all we hear and read regarding energy and weight loss. However, following this false paradigm is what leads overweight, sick and tired people into my clinic on a daily basis, desperate for answers.

A common scenario I hear is: Person feels tired, does exercise and immediately feels better. The increased post-exercise energy lift justifies their self-imposed discipline. They keep exercising to get energy (a forced stimulation), but then feel poorly the next day. Mistakenly thinking they need more exercise to regain that energy lift, off they go again, only again to wake the next day exhausted once more. This is a circular loop which always has a worsening health outcome.

Two very key points: Firstly, always judge the benefit of your exercise by how you feel the next day, not immediately after the exercise.

Secondly, keep in mind that exercise should not be done to GET energy, but should be done when you HAVE energy.

Omit all dairy foods!

Stay off these mucus-producing and IGF-1 laden foods and observe how your sinuses, breathing and sleep improve.



These improvements result in enhanced energy and concomitant weight loss.

The dairy industry has claimed that their products are indeed weight-loss products, but this is probably marketing propaganda, with no convincing scientific evidence to back such a claim. To believe that would be to believe that Elvis just left the building! Dairy foods are also touted as essential by health authorities who proclaim that without them we end up with osteoporosis and calcium deficiency. Well, we had better tell this to all the other primates and thousands of other mammals who live very healthily without milk and its by-products. If you still have doubts, read authors like Drs Fuhrman, McDougall, T. Colin Campbell, Klaper, Ornish, Goldhamer, Barnard and Esselstyn, to name a few.

Eat animal protein no more than once per day

Animal foods comprise about 40% of the Aussie diet. Ideally, *less* than once a day is better, but I will take the reduction to once a day in preference to the 3 – 6 times a day presently consumed. By ‘animal protein’ I am referring to fish, turkey or chicken, since red meat and processed meats have even more toxic baggage. If you must have your animal foods, keep the portions small (less than palm size) and ‘ambush’ the meal with an abundance of salad or lightly steamed, non-starchy vegetables.

Avoid all processed and refined foods to the best of your ability

Refined foods comprise about 50% of the typical Aussie diet, so this means avoiding processed sugar (become familiar with the suffix ‘ose’ as in sucrose, fructose, glucose), refined cereals, biscuits, cakes, chips, confectionary, soft drinks (called ‘soda’ in the States) and all products with artificial sweeteners, colourings and preservatives.

I have not time to differentiate between processed and mostly unprocessed carbohydrates, but reference to any of the works of the authors above will clarify this.

Eat mostly from the following plant-based sources:

- # Vegetables, both raw as salads and cooked. Lightly steamed, dry-baked, in soups, and yes, potatoes and sweet potatoes are fine. Green vegetables are the gold standard; include them liberally and regularly in your diet;
- # Fresh fruits;
- # Raw, unsalted nuts and seeds;
- # Legumes like chick peas, lentils, tofu, dried beans, etc.;
- # Whole grains like oats, quinoa (not really a grain, but a seed), buckwheat, rice and whole wheat/grain bread (gluten-free grains are preferable);

Avoid snacking as rule

Snacking is NOT a healthy habit, despite the eat-all-day diets which many dieticians recommend. Form the habit of eating and going without eating. Wait until genuine hunger is experienced before eating (a mouth/throat feel, not a tummy emptiness).

We live in a time where recreational eating and drinking is unprecedented and accepted as normal, but this is a pernicious, disease-building habit. Eat three times a day most of the time, and go to each meal with a relish for your food.

Once energy returns ...

Commence exercising, such as walking or whatever is your preference.

OTHER TIPS

Support your efforts by not having junk food in the house. Why sabotage yourself? Willpower is never a match for chocolate when you come home tired.

Write a diary of your food intake and how you feel, then look for patterns.

Seek support in your efforts. Consult with a recommended health-care practitioner and associate with family and friends who support and understand your efforts.

Consider learning meditation and EFT (Emotional Freedom Technique or Tapping), especially if you feel you have an emotional issue with food or addictions.

Do not continually weigh yourself. In fact, it is better to forget about your weight until you start to feel your energy return.

THE OUTCOME

When I put people on this program, I normally see them again in 21 days. Often they have not exercised at all, but to their shock they cannot believe how much weight they have lost. It is common for men to lose 10 kg and women 5 kg. They are also shocked at how well they feel. Their energy is excellent.

Another noticeable improvement is in their moods and disposition. They feel more positive and less anxious/depressed. Sleep improves. Concentration is sharper. Brain fog goes. Body aches and pains are less, sinus improves, headaches are gone, neck tension disappears and digestion is much improved.

The important thing now is to stay with the principles and practices above. Do not consider this a change of diet. This is not a diet; it's a way of life. Exercising when the energy is there is important for long-term weight and health management. Not pushing oneself is also key. Adequate rest and sleep are fundamental to health and longevity.

Forget diet fads, calorie counting and weight-loss detox gimmicks. You do not buy weight-loss at a pharmacy. It cannot be bought; it must be earned. The above program works and is based on sound biological principles.

Give it a try and you won't be disappointed. You have nothing to lose but your weight, and you will achieve this without losing your sanity.

Greg Fitzgerald has been invited to speak at the American National Health Association's annual conference in Cleveland, Ohio, USA 23rd-25th June.

GERSON THERAPY



A therapy that takes the guesswork out of healing

By Jo Thompson, RN, BN, Health Practitioner

As a Registered Nurse managing a natural health clinic, I see over and over again the effects of the Australian standard diet and lifestyle. Diabetes, cancer, asthma, auto-immune disease and obesity are in epidemic proportions.

I was so excited when I discovered Gerson Therapy, a regimented and well-structured therapy developed by Dr Max Gerson to facilitate healing for cancer. Gerson takes the guesswork out of what foods you need to eat to heal; when to eat; how to prepare the food; and which supplements the body requires. To me it is a black-and-white therapy that can be fully embraced by most people.

HOW WE CONDUCT THE THERAPY

We provide a full comprehensive health and medical assessment before anyone undertakes the program. We need to determine the strength of the body, the immune system and whether the liver is able to detoxify effectively, so we can assess whether you have the ability to undertake this therapy. This assessment allows you to make an informed choice as to which are the best treatment options for you. Our aim is ensure that we bring you to a point where the resistance of the body is greater than the resistance of the disease.

This is achieved through a four-pronged approach, developed by Dr Gerson:

1. Restoring health to every cell in the body;
2. Producing a healing crisis to initiate eradication of disease;
3. Eliminating toxins and chemicals;
4. Improving the function of bodily organs.

GENERATE A HEALING CRISIS

Dr Gerson stated that malignancy (cancer) is cell adaptation to local conditions, an adjustment to the preceding pathologies. So if we can change the internal environment so that malignancy or disease can't survive, if we can bring the body to a level of vitality where it can generate a healing crisis, and if we can eliminate toxicity from the body, we would see the establishment of optimum health.

COMPONENTS OF THE PROGRAM

There are four parts to the program: the diet, vegetable juicing, coffee enemas and supplements.

We establish from your comprehensive assessment and medical reports a program to suit your healing needs and health status. The diet program is low-fat, low-protein and high-nutrient. The nutrients come from easily digestible vegetables, juices and slow-cooked foods. The aim is to fill the cells with nutrients and enzymes from potassium-rich foods, without putting any stress on the digestion process.

PERHAPS OVERWHELMING AT FIRST

Most clients are overwhelmed when they first read the full therapy. Thirteen juices daily, 4 – 5 coffee enemas and a very precise diet!!

Those that embrace the program feel amazing and often experience seemingly 'miraculous' healing events. Some clients start off on a modified version, and embrace the full therapy within a few weeks. People usually feel alive, full of energy and happy within a few days of commencing the therapy.

We are so fortunate to have such a therapy – one that is not invasive, toxic or stressful on the body. The basis of the therapy is to detoxify the body and refill the cells with nutrients and enzymes so as to allow it to eliminate tumours and other disease. The therapy boosts the immune system, supports the liver and increases the body's ability to initiate a healing crisis (inflammation).

TAKE CONTROL OF YOUR HEALTH

Taking control of your health and destiny is what I learned while I was unwell. Battling against the odds is what most people feel when facing cancer. How do you overcome the gripping terror that you are going to die? How do you find the energy to fight and stay alive? How do you stay positive when everyone else is telling you that your time is nearly up? How do you know which treatment is best for you?

My desire to live and be present for my children was so strong that I surrounded myself with love, joy and an extremely healthy lifestyle. I juiced daily, ate only vegetables and fruit and gave myself coffee enemas. At first the thought of a coffee enema was scary and invasive. But after it you feel alive, very clear in mind and energetic.

MY DESIRE TO EMPOWER OTHERS

I like to share this amazing, life-giving therapy with other people. Here on the Central Coast of NSW we teach you how to prepare the meals and give yourself an enema, and we explain the rationale behind the treatment. After you return home, we support, monitor and further educate you.

To contact Jo for further information or advice

Phone 02 4384 1501

Find us on Facebook @ Bn2 Health

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Postal: 39 Shortland Ave, Killarney Vale, NSW 2260

HAVE YOU SURVIVED STAGE 4 CANCER BEYOND YOUR MEDICAL PROGNOSIS?

Raquel Watts, a stage 4 metastatic melanoma survivor, is reaching out to other stage 4 cancer survivors and thrivers to contribute their stories for compilation in her upcoming book.

Upon diagnosis, one of Raquel's first questions was: "Are there any survivors of stage 4 cancer and if so, how did they reverse a terminal prognosis?". Much of the reporting surrounding cancer is negative and fear based including the choice of language describing people's experiences to the outcomes of diagnosis and treatment.

Raquel's goal is to compile the stories of cancer survivors into a 'good news' story providing hope and inspiration to cancer patients, survivors and their carers.



There are many definitions to wellness and survivorship. Raquel's definition:

The person is in complete remission from their stage 4 cancer prognosis. The person is in good physical and mental health as a result of their newly founded lifestyle with an intention to continue same. Above all, the person believes that they are no longer a cancer victim. Rather, the person defines themselves as one who has overcome their stage 4 cancer and has a strong conviction in this. The person is now living their life in the new normal, strongly believing that they will live for many years to come.

If you feel that you are this person and you wish to submit your story for possible inclusion in Raquel's book, please contact Cancer Wellness Support, Blue Mountains on 4782 4866 today.

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MORE AUSSIE ICON FOODS, THE '...MITES'

The first group of these salty, strong-tasting spreads – Vegemite, Marmite, Promite, Ozemite and MightyMite – were described in the Autumn 2017 issue of *TNH*, page 20. Now we describe a second group.

By Roger French

Highly salty foods are not recommended for health. However, the manufacturers' recommended serving portions are very small, in every case 5 grams. The effect depends on how regularly the spread is consumed.

AUSSIEMITE

<https://www.aussiemite.com.au>

Gluten-free, GM-free, no artificial flavours, colours or preservatives.

Made in Australia

Ingredients: Vegetable protein extract (corn), Maltodextrin (corn), Corn thickener (1401), Yeast extract, Sugar, Yeast, Citric acid (330), Caramel colour (150c), Niacin, Riboflavin, Thiamine, Folic acid, Vitamin B₁₂, Water added.

A standard 5 gram serve contains insignificant fat, negligible sugar, significant sodium (197 mg) and useful quantities of B-vitamins, including vitamin B₁₂.

Corn thickener (1401) is acid-treated starch from corn. The colouring agent may not be ideal, but the quantity in a standard serve should be very small.

VEGE SPREAD

<http://freedomfoods.com.au/product/vege-spread/>

Free of yeast, gluten, wheat, GM and nuts. No artificial colours, flavours or preservatives. This is the only spread we've found that doesn't contain yeast. Manufactured by Freedom Foods.

Ingredients: Vegetable protein extract (corn) (39%), Thickener (1401) (from corn), Water, Maltodextrin (from tapioca), Glucose, Acidity regulator (330), Vinegar, Caramel, Niacin, Riboflavin, Thiamine, Folate.

A standard 5 gram serve contains insignificant fat, insignificant sugar, significant sodium (193 mg) and useful quantities of B-vitamins, but no vitamin B₁₂.

Acidity regulator (330) is citric acid from citrus fruits.

The Freedom Foods story

In 1990 wholesome, tasty, allergen-free foods were practically nowhere to be found, so the founders decided to make tasty, allergen-free food themselves. From their headquarters in Melbourne, they led the 'free-from' food movement in Australia,

and adopted stringent allergen testing practices. Demand for Freedom Foods grew, resulting in the opening in 2009 of their dedicated 'free-from' factory near Leeton in the Riverina, NSW. Only a few factories in the world produce foods free from wheat, rye, barley, triticale and nuts.

REDUCED SALT VEGEMITE

<https://www.vegemite.com.au/Products>

Ingredients: Extra B-vitamins and 25 percent less salt (and sodium) than the original Vegemite.

A standard 5 gram serve contains insignificant fat, insignificant sugar, moderate sodium (119 mg) and useful quantities of B-vitamins, including vitamin B₁₂.

Reduced Salt Vegemite contains vitamins B₁, B₂, B₃, B₆, B₁₂ and folate. Regular Vegemite contains all but B₆ and B₁₂. Both are GM-free.

OMEGAMITE YEAST SPREAD

<http://www.naturesblend.com.au>

The manufacturer, Nature's Blend, focusses on healthy foods containing healthy fats, and also being gluten-free. The firm is Australian owned and ingredients are Australian.

Ingredients: Water, Yeast extract, Potato, Maltodextrin, Modified tapioca starch, White vinegar, Salt, Sugar, Mineral salt (508, 509), Emulsifier (471), Colour (150D), Niacin, Thiamine, Riboflavin, Folate, Vegetable extract, Refined tuna oil.

People on vegetarian and vegan diets please note that OmegaMite contains fish oil.

A standard 5 gram serve contains insignificant fat, insignificant sugar, significant sodium (140 mg), useful quantities of B-vitamins, except B₁₂, and significant omega-3 fatty acids.

Mineral salts (508 and 509) are salts of potassium and calcium. Emulsifier (471) is a derivative of a fatty acid. The colouring agent is not recommended in *Food Additives* by Sue Treffers.

MISO

A great alternative, with several flavours available, but it does lack the bite of the mites. The big plus is that the raw, unpasteurised versions are high in probiotics. Check that it's GM-free before buying, and refrigerate after opening.

Miso is a traditional Japanese seasoning in the form of a paste. It is made from soybeans, sea salt, koji and water and often includes rice, barley or other grains. The mixture is allowed to ferment for 3 months to 3 years, which produces an enzyme-rich food. Koji is the fungus, *Aspergillus oryzae*, a starter.

Miso, like the original soya beans, is high in protein and rich in vitamins and minerals.

Although a high-sodium food, miso does not appear to affect blood pressure the way that other high-sodium foods can. Studies on Japanese adults have found that miso-containing diets tend to lower the risk of cardiovascular problems, rather than exacerbate them. The reason may be the high mineral content in soya beans, especially potassium.

DISCONTINUED IN AUSTRALIA

Brekkie Mite (Aldi), Vecon, Natex and Cenovis Yeast Extract.

RECIPE FOR A HOME-MADE 'MITE

Sources: www.unconventionalbaker.com.au, www.mygoodnessorganics.com.au and Naked Treaties in Byron Bay, which sells its own **I Am Mighty** version of this recipe.

INGREDIENTS

- ½ cup black tahini (black sesame seed paste)
- 4 tbsps tamari
- 3 tbsps nutritional yeast flakes*

METHOD

Blend until smooth and store in the fridge.

Still high in salt due to the tamari, but you can vary the proportions to suit your taste or use salt-reduced tamari. You can also add a dash or more of apple cider vinegar.

*Nutritional yeast is different from other types of yeast, but may still pose a problem for some health conditions. Check with your health practitioner.



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Recipes to warm you in winter

Pumpkin, Lentil and Ginger Soup

Ingredients

½ cup red lentils
1 kg Jap pumpkin, cut into chunks
1 onion, thinly sliced
1 tbsp ginger, grated
1 tbsp orange zest
4 cups vegetable stock
½ cup buttermilk (optional)
¼ cup coriander (optional)
olive oil

Method

Fry onions in a little olive oil for 5 minutes until they begin to soften. Rinse lentils and add to onions along with pumpkin, ginger and orange zest. Add stock and bring to boil. Reduce heat and simmer for 30 minutes until pumpkin and lentils are cooked.

Remove from heat and blend in a food processor until smooth. Stir in (optional) buttermilk and chopped coriander, then serve.



Cashew Nut Loaf

Ingredients

2 cups raw cashews, ground
1 cup tomatoes, chopped
1 cup carrots, chopped
1 onion, diced
1 cup chopped celery
2 tbsp fresh herbs, finely sliced (for example, sage, basil, coriander)
2 tbsp tamari
2 eggs, whisked
1 tomato, sliced to line baking dish
Parsley to garnish, chopped
Tomato juice to moisten – if necessary

Method

Heat oven to 180°C. Process vegetables in blender. Whisk eggs, adding tamari. Combine in a mixing bowl ground cashews, vegetables, herbs, egg mixture and, if necessary, tomato juice to obtain a fairly moist consistency.

Line loaf dish with baking paper and line base with tomato slices. Pour in mixture and level with fork. Bake for approx. ¾ hour until firm.

Remove from oven and let stand for 10 – 15 minutes before turning loaf onto a plate so that tomato slices are now on top. Garnish with parsley.



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Chickpea, Pumpkin and Potato Tagine

Ingredients

1 can chickpeas
3 tbsp olive oil
1 large onion, chopped
2 cloves garlic, minced
2 tsp ground cumin
2 tsp ground cinnamon
¼ tsp dried chili flakes
¼ tsp saffron threads, soaked in 4 tbsp hot water
2 cups pumpkin, peeled and cut into large chunks
1 can chopped tomatoes
2 large potatoes, sliced very thinly
zest one lemon
Himalayan rock salt and freshly ground black pepper to taste

Method

Heat oil in a tagine and gently fry the onions and garlic until soft and transparent, about 3 minutes. Add all spices, except saffron, and fry for a further two minutes. Then add saffron threads and the water they were soaking in. Lay sliced potatoes in the pan, add pumpkin, chickpeas and tomatoes. Pour in just enough water to cover. Season with salt and pepper to taste and simmer on a low heat until potatoes begin to soften, about 30 minutes. Stir in the lemon zest and cook for a further 10 minutes. Serve with chopped coriander leaves on top.



Thai Curry

Green or Red Chilli Paste

Ingredients

2 tbsp green or red chilli
1 tbsp Kaffir lime leaf
1 tbsp galangal ('Thai ginger', not ginger)
1 tbsp lemongrass
1 tbsp onion
1 tbsp garlic
1 tbsp ground cumin
1 tbsp soybean paste or miso

Method

Place all ingredients in a food processor or mortar and pestle and blend to a smooth paste.

Thai Curry

Ingredients

1 tbsp oil
4 tsp chilli paste
4 Kaffir lime leaves, crushed
4 slices of galangal
4 x 5 cm pieces lemongrass stick
1 cup coconut milk
4 handfuls vegetables (mix of carrots, eggplant, green beans, bok choy)
1 cup water
2 tbsp light soy sauce
1 tbsp dark soy sauce
4 tsp Rapadura sugar or evaporated cane juice
16 leaves of Thai basil or mint

Method

In a wok heat oil, add chilli paste and fry until fragrant. Add Kaffir lime leaves, galangal, lemon grass, half the coconut milk and the vegetables and cook until thickened. Add water, soy sauces and sugar and cook for couple of minutes. Add remaining coconut milk and Thai basil leaves, bring to boil, then serve.



Breakfast, the lightest meal of the day

by Roger French

Breakfast like a king, lunch like a prince and dine like a pauper goes the current orthodox advice, telling us that breakfast should be the main meal of the day and the evening meal should be a light one.

The Natural Health view is the opposite – that breakfast is better to be a light meal and lunch and dinner both main meals.

However, the two approaches do have one aspect in common – two *main* meals a day are all we need.

ARGUMENTS FOR A 'HEARTY' BREAKFAST

The major argument for a heavy breakfast is that a meal eaten at breakfast time is less likely to contribute to obesity than the same meal consumed in the evening. This conclusion was drawn from the fact that the basal metabolic rate (BMR) is higher in the morning than in the evening, and therefore more of the calories of an *early* meal are likely to be burned up than for a later meal. [BMR is the minimum amount of energy required to maintain vital functions in a person when resting completely, physically and mentally.]

Conversely, the calories from a main meal in the evening are not needed immediately and have all night while we sleep to be converted to fat.

There are weaknesses in this argument. Digestion itself consumes a great deal of the body's available energy, possibly up to half, so we can have less energy, not more, for the morning's activities.

In any case, it must surely be the total

amount of energy burned up in any one day compared to the total we consume in that day that determines whether there is a surplus to convert to fat.

And what about the majority of the population who aren't overweight? It is ridiculous to regulate eating habits on the basis of preventing a problem that many people don't have.

Nature's purpose in the higher metabolic rate in the early morning is to generate extra heat to compensate for the lower temperatures until the day warms up.

Another argument for a big breakfast is that children who skip breakfast *tend* to have poor concentration and lethargy and are slower learners. It is more likely that they suffer from hypoglycaemia. The British medical journal, *The Lancet* (October 1987), reported that *normal* children were unaffected or performed better without breakfast.

Although breakfast is fashionable with orthodox nutritionists, the traditional 'hearty' breakfast of cereal, bacon and eggs, sausages and eggs, etc., has only one connection with 'hearty' – it promotes heart disease.

Even cereal and almond milk, toast and fruit juice, etc., are still much too heavy for awakening a sleepy digestive tract.

THE DAILY METABOLIC CYCLE

Extensive research in the 1940s by the Swedish scientist, Are Waerland, and the American College of Health Science found that our metabolism (processing of food) has three phases, with times

broadly as follows:

Noon to 8pm: the best time for eating and digestion;

8pm to 4am: assimilation and utilisation of nutrients, and release of waste product;

4am to noon: elimination of waste products and food residues.

Although digestion, assimilation and elimination may proceed at any time of the day, each is more intense during its particular part of the cycle.

The signs of these cycles are readily visible. On waking in the morning we often have bad breath and coated tongue, indicating that increased elimination is also occurring via the lungs and mouth. During the morning there is no true appetite; once the habit of having a big breakfast is broken, most people realise this. Around midday, true appetite is heralded by a delightful sensation in the stomach that is now ready and willing to receive food.

The crux of the problem with a big breakfast is that it forces the body to divert energy to digestion and away from the elimination process, frustrating the body's eliminative effort and leading to retention and accumulation of waste-products.

Digestion is also forced to compete with the morning's activities for available energy, so it too can be compromised.

The best time for laborious work, whether physical or mental, is during the morning on an essentially empty stomach. The best time for sleep is during the night, also on an empty stomach.

FRUIT IS THE LIGHTEST EATING

The word, 'breakfast', means 'break the fast' with the first meal of the day after the overnight fast. This meal is best to be as light as possible to gradually re-awaken a sleepy digestive system.

Natural Health practitioners have long observed that the stomach tends to 'wake up' about two to three hours after the mind wakes up. By delaying breakfast for about this time or until after physical activity, digestion is further facilitated. Most people experience no *true* appetite until mid-morning or later. When we listen to our bodies, the answers are all there.

The lightest foods on Earth are fresh fruits or their juices. This is because their major component is water (for example, 75% in bananas, 93% in watermelon) and their only other major ingredient is easily-digested natural sugar, which is well balanced by minerals, vitamins, enzymes and fibre.

Fruit sugars need very little energy for digestion, with the glucose in grapes requiring none. Fruits are the only foods suitable for consumption during the elimination cycle, and their energy is available very quickly.

Having a light fruit breakfast and main meals at lunch and dinner occupies the body with full-scale digestion and assimilation for only about nine hours a day, leaving 15 hours for the elimination of waste products. In contrast, eating three main meals a day leaves only around 10 hours for elimination.

The benefits of a fruit breakfast apply equally to sedentary and manual workers – except that the manual worker by mid-morning would probably need more fruit or perhaps a snack of a light grain food like crispbread.

Eating a good quantity of fruit in a day is not necessarily fattening – the high water content takes care of that. It's the foods eaten *in addition* to fruit which are fattening. Successful and relatively easy weight loss is largely dependent on the efficiency of the elimination cycle.

Regarding the fear of hypoglycaemia (low blood sugar), most fruits are low or medium glycaemic index, so there is likely to be problems only if an excessive amount of fruit is consumed *in any one meal*, and this is repeated day after day, month after month. If hypoglycaemia is already established, a generous serve of fruit could trigger an episode.

SWITCHING TO A FRUIT BREAKFAST

Breaking a life-long habit of breakfasting 'like a king' needs to be done gradually over many weeks. A sudden change is not good for the body because it has become programmed to a large breakfast.

The easiest way to reprogram the digestive system is to commence having a *small* quantity of fruit first, then an hour later have the usual cereal or whatever. Gradually increase the quantity of fruit and reduce the cereal, until eventually the meal is all fruit and no cereal.

The process might take four weeks or it might take two months. How full you feel after the two 'courses' will tell you whether you are progressing too rapidly.

EAT ONLY WHEN HUNGRY

One of Nature's fundamental guidelines is: *Eat only when hungry; don't eat when not hungry*, so if there is no appetite at breakfast time, we are best to have just a glass of water, and not eat until hunger arrives, often mid-morning. When our bodies need food, they will tell us in no uncertain terms.

Most people doing sedentary work are not genuinely hungry at breakfast time, unless the previous evening's meal was very light. We often hear of children 'skipping' breakfast; if they had hunger, they would be clamoring for it.

After a light breakfast, we will normally relish a square meal for lunch and again at dinner. This is as it should be; the digestive system will be at its peak for these two meals.

HARD EVIDENCE

Further evidence for the potential benefits of this meal pattern has been provided by Professor Ray Kearney of the Department of Infectious Diseases of Sydney University. His research in 1995 found that eating just two main meals a day *adjacent* to each other, instead of three meals spread through the day,



significantly reduces the incidence of skin cancers and other forms of cancer. Mice allowed to eat for six hours and fasted for 18 hours each day showed a 'phenomenal' reduction of 93% in the number of skin cancers compared to mice allowed unrestricted access to food.

The restricted mice also maintained their youthful weight while the grazers put on weight and appeared older and slower.

If you want your body's unfettered opinion of a heavy breakfast, try this. Get used to a fruit breakfast for a while and then try a heavy breakfast soon after rising. You will most likely feel as heavy as lead all morning and have no interest in lunch.

Many people have discovered that once they break the 'breakfast like a king' habit, they are better off. Hundreds of people have made comments to the Natural Health Society like: "Natural Health advice is right. Now that I am used to a fruit breakfast, I have more energy in the morning and my head is clearer."

FINALLY ...

A fruit-only breakfast is not a firm recommendation for everyone, it is for individuals to try if they wish.

If, by any chance, a person attempts switching to a fruit-only breakfast and then experiences health problems, this would suggest that some individual factor is involved and a consultation with an appropriate practitioner may be a wise move.

FURTHER READING

Fit for Life by Harvey and Marilyn Diamond



BIO NEEDS Part 3

FOOD and FASTING

By Jim Lanham, long-time Natural Health Society member



Once upon a long time ago, our ancestors lived entirely within Nature. We found our fruits, berries, nuts, seeds, leaves and whatever in Nature. We ate our foods raw and unprocessed, just like every other animal.

Food processing probably began with the grinding of hard seeds and the use of fire. If you ate only foods which were uncooked and unprocessed, then you would be having our original diet. If food is whole and raw, then taste is a reliable guide to its suitability and quality. The eating of deceased animals would probably never have caught on, except for the discovery of cooking. We don't appear to be carnivores by nature.

A piece of meat is a food extract and is an unbalanced food. Carnivores eat the whole prey animal and crunch the bones as well (it's all raw and dripping with blood). They all have jaw structures with much greater power than humans. Omnivores, such as pigs, also have jaws of great power and chew up bones, like dogs do. Humans don't appear to me to be true omnivores. Cooking and processing have turned us into virtual omnivores.

Nature's guidance

Every animal is guided by taste, and this indicates for them the specific foods suitable for their unique digestive system and their biological niche. Cooking and processing reduce food value, and also *deceive* the sense of taste into thinking that the food is suitable, or even better than natural food.

An important part of eating is chewing and salivation. Cooking and processing tend to reduce active chewing, as they soften the food. Chewing benefits the jaw structure and teeth, while salivation

improves digestive effectiveness. If you have trouble chewing, then you may need to use some processing, but still do consider chewing the softer foods.

I'm not going to go into detail on diet. Everyone seems to have their own ideas, which often change over time. However, if you are new to nutritional ideas, then there is nothing better I could do than to direct you to Roger French's article, 'Natural Health Dietary Guidelines' (Summer 2016/17, page 18). You won't find a better summary of our nutritional place in Nature.

Our nearest relatives know how to eat

You might find it interesting to think a little about the 'great apes', our nearest relatives, found mainly in the dwindling forests of Africa and S.E. Asia .

The chimpanzee shares most of our genes and is considered the closest to us. They are principally frugivores; fruit is around 70% of their diet. Leaves, seeds, stems, flowers, termites and ants account for much of the balance. They may eat additional animal foods, such as bird's eggs, grubs and an occasional small animal. Total animal foods are thought to comprise only about two percent of the chimpanzee diet (Wikipedia).

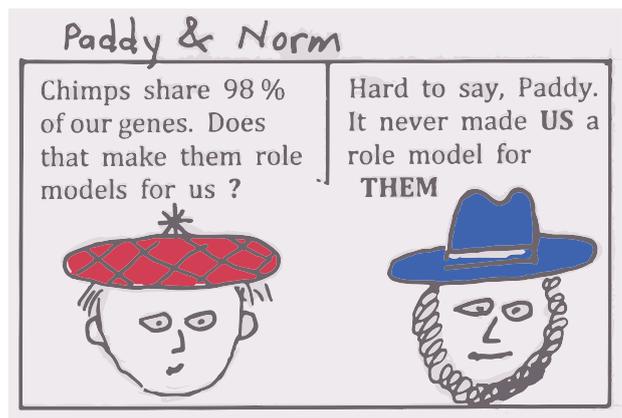
Chimpanzees eat everything raw, of course. They eat about 13 different foods a day, so variety is the norm. Their diet is variable – some months 90% fruit; another month 75% leaves. Individual chimps have been observed to eat very

little animal foods, and chimps have been described as 'lapsed vegetarians'.

In the fruit department, the Ficus family (figs) features strongly for all the great apes, but they also eat whatever else is available. In the jungles of Borneo, the orangutans go crazy for durian, and I can't blame them – I regard durian as the best fruit on Earth.

The orangutan is now considered to be slightly more intelligent than the other great apes. Orangutans are therefore the most intelligent animals on Earth, after humans (who are too intelligent for their own good!). Orangutans make raincoats from leafy branches and build effective rooves over their sleeping nests. They carefully coach their young in various skills (according to a Harvard Uni. study). Their diet is similar to that of chimps.

Next closest to humans, after the chimp, is considered to be the gorilla, the largest primate. Gorillas tend to eat more leafy material and less fruit than the chimps. Immensely powerful, they are gentle creatures unless threatened. A male silverback is regarded as being as strong as ten men, but, consistent with their gentleness, the gorillas' diet is almost vegan. Their only animal foods are termites





and other insects, forming as little as one percent of the diet (Endangered Species International).

The great apes differ from monkeys in size and in not having a tail. The apes have superior intelligence and use sticks and rocks as tools. They have up to 30 different vocal calls and use body language extensively. Their lifespan is almost as long as that of humans (around 78 years recorded twice for chimps) and they share all our emotions. Sadly, the great apes are heading for extinction in the wild.

Some gorilla colonies and some individual chimps and orangutans eat fairly close to vegan. For all apes and for us humans, *plant-based* is our heritage, regardless of whatever else is eaten.

Then there is fasting

All animals build up fat reserves in good seasons, and we are able to live on our reserves for many weeks, unless we are very undernourished. Some people believe that an occasional short fast (a day or two) is beneficial. By fasting, I mean no food is consumed and water is taken when thirsty.

Certainly, if we are sick and appetite has gone, it is appropriate to stop eating and take more rest. Fasting can normalise many bodily processes to a degree that can be surprising. High blood pressure, for example, may go way down in a two-day fast.

Fasting can, if there exist certain conditions, be overdone (for example, anorexia nervosa), so always respect genuine hunger because it's telling you something.

For a fast of some length (say more than three days) please consider talking

to someone like Doug Evans or Greg Fitzgerald, both of whom have had extensive experience with fasting and understand the finer points. There are a few situations where fasting is not considered the best option.

When conditions are right, fasting is considered to be the ultimate rest. It is often the very best method for promoting healing and for toxin removal. It is also the most effective and easiest way to lose weight. After about the third day, hunger tends to disappear and generally won't return until normalisation is well under way. Fasting is distinctly indicated when all appetite is gone due to illness or nausea. Your body usually knows what it needs and tries to tell you.

For a historical perspective on fasting, Herbert M. Shelton's book, *Fasting Can Save Your Life*, is a good read – if you can find a copy (maybe second-hand or online). Joel Fuhrman's *Fasting and Eating for Health* provides a more modern perspective (though I've not read it). You can find Joel Fuhrman's books online also.

Unprocessed plant foods for us

I believe that humans are basically fruit eaters, similarly to the great apes. Green leaves, other vegetables, legumes, nuts and sprouts all enhance this diet. I eat a small amount of cooked food (about once or twice a week) and eggs or cottage cheese occasionally. I have had long periods of vegan eating in the past.

If you currently eat white flour products, refined sugar, salt, meat, oils or junk foods, then consider keeping them to the minimum, while you slowly get used

to bigger salads and more fruit. Steamed or baked vegies are good for old time's sake, especially in winter. Ideas and habits will take time to change (that is, if you want to). Hasten slowly, and if you run off the rails (we all can), then just begin again. Health is the art of the achievable!

If you eat plenty of raw natural foods, constipation will be most unlikely and your weight should begin to normalise. The only natural foods that you need to restrict a little are avocados and nuts. We are living in the land of plenty and do need to be aware of possible excesses. Obesity is now a bigger worldwide problem than starvation (*Lancet* study).

The more hungry you are, the better food tastes. That's why a one-day fast can be an interesting experience. You enjoy feeling empty and light for a day, then the next day you enjoy food much more. Skipping a meal or a day's meals also replicates our bio heritage – when interruptions to food sources would have occurred.

Everyone needs food for energy, nutrients, repairs and bodily warmth. The lost art and the absolute pleasure of fulfilling these needs with natural nutrition will grow on you in time.

Natural food is a very important part of a healthy lifestyle, but remember that gentle exercise in sunlight and a good night's sleep are also fundamental.

No-one has all the answers to life and health. Have confidence in your own developing judgement and be willing at times to change your thinking.

"If you can't change your mind, then why have one?" – Edward de Bono



Staying healthy, post-menopause

BY LYN CRAVEN, NATUROPATH

During the post-menopause stage you have ceased having monthly cycles and may experience a range of uncomfortable symptoms, especially if you have not taken the time to manage the change of hormonal levels right from peri-menopause, during menopause and finally to the present post-menopause.

Symptoms that are common include: hot flushes, insomnia or other sleep problems, weight gain, low energy, vaginal dryness, thinning of vaginal tissue, incontinence (due to weakening of pelvic floor), urinary tract infections (imbalanced pH), high blood pressure, and being more prone to osteoporosis and heart disease.

The post-menopause stage is also applicable for any woman who has had a radical hysterectomy in which ovaries have also been removed. Women who must have this surgery in their 30's will experience acute and sometimes disturbing post-menopausal symptoms and are often given HRT.

WHERE TO BEGIN

Start by supporting your hormonal levels during peri-menopause. Don't put things off! This phase can be up to eight years for some women before menopause occurs. General blood tests to check on hormonal activity are necessary, such as LH (luteinising hormone), FSH (follicle stimulating hormone), oestrogen, progesterone, testosterone and DHEA. Also include thyroid hormone testing – TSH (thyroid stimulating hormone), T3 and T4.

If you have fibroids or any ovarian cysts, you need to have regular ultrasound tests to check on growth or shrinkage. MRI's do not detect any possible cysts or tumours in the fallopian tubes. These are only discovered when the uterus is removed during hysterectomy. Many women keep their ovaries if they are healthy as well as the tubes. Do consider this and discuss with the doctor/surgeon.

Any minor PMT (pre-menstrual tension) symptoms should be resolved during your menstrual life. It's a sign the body is out of balance. No woman should have to experience pain, heavy bleeding or other symptoms associated with the menstrual cycle. By addressing these issues early, you pave the way for easier transition to

menopause and post-menopause.

Any woman experiencing chronic symptoms, such as cramping, pain, depression, weepiness, anxiety, insomnia or other sleep problems, weight gain/loss, low energy, low libido, etc., may wish to consider hormonal saliva testing which is conducted by functional laboratories. Most doctors do not offer or suggest it. Many naturopaths and some integrated doctors can arrange for such tests to be conducted. They are not covered by Medicare, you have to pay.

Low blood sugar problems can sometimes occur, more often due to hormonal changes.

If you put off looking after your body with highly nutritious foods, pure water, adequate sleep, daily exercise and the supporting remedies, then you may experience more problems with the hormonal roller-coaster.

We cannot stop menopause – it's a natural progression as a woman ages. However, we are better placed than women in the past to support our endocrine system (comprising all the hormonal glands in the body).

It's an advantage to have tailor-made remedies, including homeopathics, supplements and herbal extracts, to support an ongoing health program.

Dr Google may indicate specific herbs, but most info here has been copied over and over by numerous people, often unqualified. I often use herbs that are not quoted in the herbalists' *Materia Medica* (the A – Z of medicinal herbs) for a hormonal/reproductive problem. Not always oral, sometimes topical.

There is no need for any woman to suffer discomfort and the troublesome symptoms commonly associated with menopause. I never did, because I began using herbs and the other healthy options mentioned above right through my 30's, changing remedies as my body changed.

STAY ACTIVE!

Being active makes you feel good, helps improve digestion, creates a sense of wellbeing and gets you out meeting people! It's also good for your bones!

Research indicates that up to 20% of bone loss can occur during the first five years of menopause. Oestrogen helps with bone growth, so as oestrogen levels drop as we age and become post-menopausal, we can be more susceptible to developing osteoporosis. Therefore, I recommend including weight-bearing exercises in your activities, including Pilates and/or yoga.

Walk every day, challenge yourself to go further and swim (or learn to!). If you have been playing sport, such as tennis or basketball, continue doing this and keep your bones and body strong.

Pelvic floor exercises are important, and do learn exercises to strengthen the core muscles. It's very important to strengthen the bladder, which can be weakened by lower oestrogen levels.

WHAT KINDS OF TREATMENTS CAN HELP?

Both Bowen therapy and acupuncture are brilliant for helping rebalance the body and hormonal system. Massage, aromatherapy, Reiki, energy healing and meditation can help with relaxation and peace of mind. If using aromatherapy, be sure to consult an aromatherapist and not just a massage therapist using a few essential oils.

Most off-the-shelf products are too general and often include nutrients or herbs that may not be appropriate for you. This is where people can become disillusioned and think natural remedies are failing them.

Working with the endocrine system requires knowledge of how each gland works, what hormones they produce, what type of nutrition each gland requires, how to assist the liver improve its detox pathways, and how to work with the entire HPA Axis (hypothalamic-pituitary-adrenal axis). Playing around with the wrong herbs or homeopathics can throw out the delicate balance and often make you worse.

WHAT ARE THE MAIN TRIGGERS CREATING IMBALANCE?

Stress is a huge factor that can throw out the balance of the endocrine system. This includes the physiological stress caused by too much sugar, alcohol, smoking or even pharmaceuticals, surgery and anaesthetic. Many people suffer side effects from anaesthetic, which can include auto-immune disorders, rapid weight gain and much higher blood pressure.

Women who have taken the contraceptive pill for several years (or for decades) often find their body is thrown into complete shock when they cease the pill, sometimes resulting in cysts, endometriosis or other uterine/ovarian problems.

In modern living, we are exposed to endotoxins (from internally) and exotoxins (from externally) from both the environment and the food chain. Organic is the best option – we need to be vigilant.

Poor diet can impact on the thyroid gland, especially if low in iodine. Forget the salt with inorganic iodine added to it – we need natural sources of iodine. Research indicates that over-saturation of the thyroid can occur, and often we are not aware of this until it happens. Once you have interfered with thyroid function, it can sometimes be challenging to bring it back to normal. I only dispense molecular iodine, which is safe to take for a lengthy period of time.

NATURAL REMEDIES

There are many readymade products in tablet, capsule and liquid form for menopause. Few are labelled post-menopause. However, I think the herb black cohosh is over-used in some products and not applicable for many post-menopause women. Manufacturers don't always create good formulas! Knowledge of what herbs work synergistically is important. Additional support is required after removal of ovaries and also to avoid lumpy breasts or even breast cancer.

Oestrogen levels need to be supported along with correctly balanced minerals in your diet and supplements to avoid osteoporosis and other joint disorders.

Fatigue can affect many women through all the menopause stages. This includes stamina levels indicating that you cannot do as much as you used to. You may need iron, magnesium, B₁₂, iodine and other nutrients. Adrenal support is important for everyone (men also!) over 50 if not before. This will enable you to maintain your weight, physical energy and normal blood sugar levels, and will indirectly help the thyroid.

After menopause the adrenals have more work to do. Cortisol levels naturally increase as we age so additional stress on



these glands can lead to adrenal fatigue. Excessive stress can contribute to weight gain around the midriff and tummy area with high levels of cortisol constantly being produced. Know your limits and work within them when exercising. Pushing too hard or spending too much time at the gym is counterproductive and can drain both the adrenals and thyroid.

The liver must be supported, since it conjugates and helps metabolise all hormones.

I am not a big fan of HRT. There has been enough research to show that it can create many side effects including cancer. However, severe cases may require troches or bio-identical hormones made by a biochemist in line with your hormonal test results. These may change over time, so regular tests are important.

Despite some claims that they are natural, they are not. The common misconception that a wild yam cream is natural is inaccurate because manufacturers usually extract the most powerful actives in the plant (*diosgenin*) and not use the whole plant. Herbal remedies are only natural when the plant part is whole, whether it's the root, leaf, bud or flower. Extracting particular actives is what pharmaceutical companies do.

Some women are very sensitive to even herbal remedies or homeopathics tweaking their hormone system, which may result in headaches. In such cases, topical use can still be very effective.

Since we all expect to live longer than our recent ancestors and we also have a higher expectation on how our body should perform and look, I don't believe diet alone

will achieve this fine-tuning and balancing of our hormonal system.

The same applies for men during andropause. They also experience a shift in hormones which slows them down and often contributes to weight gain. Lowered androgens (male hormones) contribute to this, so low libido can be a problem.

Including flax meal/oil in the diet can help with oestrogen levels and provide a good supply of healthy fats. However, I stress the need to maintain a balance of oils/fats to ensure you have all three omega oils (3, 6 and 9). Don't overdo it with evening primrose or borage oils. Be sure to keep oils in balance.

Ideally, it's best not to dabble with hormones, but rather seek professional guidance.

Don't put off supporting your glandular system. Happy hormones mean we are happy! They help us maintain zest and youthful appearance.

If you need help please contact me.

Lyn Craven is a practitioner of naturopathy, Bowen therapy and Energy/Reiki therapy, with over 18 years' experience. She specialises in stress management and has created a meditation CD to assist in relaxation. She has researched and written articles on a variety of health topics and runs a private practice in Bondi, Sydney, and conducts locum consultations in Noosa, Qld.

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Natural Therapies for Pets

The amazing benefits of homeopathy

By Tracey Morrison, Homeopath and Animal Health Practitioner

Our pets often suffer from similar acute ailments as we humans do, including skin allergies, yeast infections, urinary incontinence, digestive problems and more deep seated issues such as fear and anxiety. So it is useful to be aware that there are natural therapies available to assist in treating these problems.

Alternative therapies are proving to have a multitude of health benefits for our furry companions, one of the most powerful being homeopathy. Having homeopathic remedies on hand can be a valuable addition to your first-aid kit, and can be vital for your pet's health as it treats the whole body (both physically and emotionally).

Homeopathy has been around for more than 200 years and has grown in popularity for both humans and animals. The key to its success is that it addresses not only the symptoms, but more so the cause so as to stop the condition recurring.

The remedies are derived from a combination of (diluted) plant, mineral and animal extracts and can treat many types of conditions without the nasty side effects of many regular medications.

Homeopathy strengthens your pet's body and immune system, because it helps the body to learn how to fight back, keeping diseases and adverse health conditions at bay. It offers an economical, natural, non-toxic alternative to orthodox medications.

VALUABLE REMEDIES TO HAVE IN YOUR FIRST-AID KIT

Having a homeopathic first-aid kit on hand can enable you to administer a remedy quickly if your pet encounters a serious situation. Stings, bites and even puncture wounds from another dog or cat can become toxic, even life-threatening in some instances if not dealt with quickly. A homeopathic remedy can be administered and will begin to act immediately to help to

reduce symptoms. This can be extremely beneficial in case of an emergency. A remedy can be given as a first step in reducing the symptom, prior to seeking further assistance if required.

A few homeopathic remedies that I would suggest keeping in your first-aid kit include the following.

Aconitum napellus – or **aconite** – is a member of the buttercup family, *Ranunculaceae*. It is useful for pets that are in extreme panic. This could be brought about by shock or trauma, such as from an accident, fear in a thunderstorm or even moving or relocating the family home. Pets can be completely beside themselves with fear and anxiety, highly sensitive, on full alert and appearing very shaken. Often the pet may want to run and hide and may even try to bite you if you approach. Aconite is the remedy for being fearful, in shock or very scared and confused.

Calendula officinalis (or **calendula**) is easy to find and is often listed as a go-to herb for wounds and as a key ingredient for first-aid kits. As a member of the sunflower family, its yellow and orange, daisy-like flowers are easy to spot in gardens and fields.

Homeopathically, calendula can be used for skin infections as well as painful cuts and abrasions to any part of the body. It can help cuts or tears to toenails or damage to pads, even toenails cut too short during grooming that may bleed and be very sore and sensitive.

Another remedy worth mentioning here is **Hypericum**, which is specifically for nerve damage and is also very useful in this type of injury, where nerve endings have been severed or cut.

Calendula, added to water, can be very effective for washing and cleaning wounds, lacerations and abrasions, especially wounds that present with inflamed edges and appear to contain pus and infection.

Arnica montana (or **arnica**), like Calendula, is also a member of the

sunflower family, and also known as a first-aid go-to. If there is any type of trauma involved, arnica should be at the top of your list of remedies. The herb itself is known for its abilities as an anti-inflammatory, bruise reducer and pain reliever.

Excessive exercise, long hikes or injuries from jumping up to or down from furniture or other objects can put strain on muscles and joints, making them sore, dull and aching. Arnica would be the remedy to use – it is the biggie for soft tissue injuries.

Homeopathy is a powerful set of remedies which can often come to the rescue in situations like the above. It is advisable to contact your local homeopath when it comes to dosage, potency and repeated administration of remedies.

Once you have witnessed the healing properties that homeopathy offers, you will understand what a truly amazing natural medicine it really is!

Tracey Morrison is a Homeopath, Animal Health Practitioner, Remedial Massage Therapist and writer, passionate about providing natural alternatives for optimum health and wellbeing. Tracey operates her private practice 'Proactive Pets' from both Western Sydney (based near the beautiful Blue Mountains) and also on Sydney's Lower North Shore. Tracey can be contacted on 0419 813 620 or by Tracey@proactivepets.com.au. www.proactivepets.com.au



AUSTRALIAN PRUNES - A SUPERSTAR FOOD

Abridged from information supplied by the Australian Prune Industry Association



Australian prunes have all the nutritional elements of a superfood, but they don't carry the price tag that many other superfoods do. They are available all year round and can be added into all diets in interesting ways. They can be added to recipes for flavour enhancement, refined sugar replacement, texture and nutrition.

The Australian Prune Industry Association (APIA) declared that prunes can be used in the place of refined sugar for sweetness and to provide extra moistness. They are a great source of minerals, are fat-free, high in fibre, enhance gut health and contain higher level of antioxidants than most fresh berries.

APIA is the peak industry body for prune growers and the two main Australian processors are Angas Park and Verity Fruits. The majority of prune growers, 70 in all, are located in the Griffith and Young regions of NSW.

WHAT ARE PRUNES?

A prune is simply a dried (dehydrated) plum. The variety most commonly grown in Australia is the D'Agen which originated in France and was introduced in 1866. In the 1920's, many trees were planted in southern NSW by returned soldiers.

The classic French D'Agen is the ideal plum variety for drying because of its high levels of natural sugars and its intense flavour.

HARVEST, DRYING AND PROCESSING

The plums ripen on the trees and when fully ripe and the sugar levels are just right, they are mechanically harvested by a shaker which shakes the tree to release the fruit. The fruit is then collected by a receiver and fed into bins.

Australian prunes are predominately dried on the farm overnight in large hot-air tunnels. Picking and drying all takes place in a 24-hour period.

Once dried, the prunes can be stored for up to two years.

HEALTH AND NUTRITIONAL BENEFITS OF PRUNES

Prunes contain a combination of antioxidants, fibre, high levels of potassium, iron, magnesium, calcium and pre-vitamin A (carotenoids). Like other superfoods, they can assist in combating a variety of chronic diseases, including heart disease, diabetes, osteoporosis and digestive problems.

They may assist in maintaining normal blood pressure and heart function and help to promote bone health and mental health. It has been observed that prunes can make a contribution to preventing and reversing bone loss.

Due to their substantial iron content (typically 1.1 mg per 100 gm), prunes can aid in the prevention of iron deficiency.

Prunes can help prevent sugar cravings

and can assist in alleviating the symptoms of morning sickness, including nausea, high blood pressure, cramps and inflammation.

Prunes are rich in simple sugars, but do not cause a rapid rise in blood sugar levels due to their high fibre content and a low GI of 29.

HOW PRUNES CAN BE USED

Prunes are versatile. They can be used as a recipe enhancer in daily meals and they make the perfect nutritious snack. They can be included in certain condiments, baked foods, desserts and even drinks. Due to their naturally high sugar content, prunes can often be substituted for refined sugar in a recipe without compromising flavour.

These qualities brought a rave review from *The Sydney Morning Herald* Young Chef of the Year 2013: "What excites me most about prunes is the natural sweetness, rich caramel flavour and fudge texture that provides all types of recipes with something more than you get from just using sugar."



NEW PRODUCTS

Natural Australian avocado products from Avovita



Avovita has recently launched an innovative range of avocado-based products that are 100% natural and offer delicious, healthy, dairy-free alternatives to foods such as chocolate mousse, dairy spreads and smoothies. Avovita means 'avocados for life', and the range is vegan.

The Avovita range comprises 100% Pure Avocado, Avocado Chocolate Mousse, Avocado Mango Smoothie and Avocado Kiwifruit and Banana Smoothie.

The products are produced with High Pressure Processing (HPP), which uses cold water and intense pressure to preserve the flavour, aroma, colour and nutrition of avocados – without preservatives, other additives, heat or high heat pasteurisation. Avovita products have a shelf life of up to 60 days.

Avovita is manufactured by Fresh Produce Alliance, an Australian horticultural company that is committed to supporting Australian family farmers and sustainable farming practices. The company sources only fresh, non-GMO, Australian-grown avocados.

Avovita products are available at selected IGA, Supa IGA, QE Foodstores and leading health food stores or at www.avovita.com.au. RRP for Pure Avocado and the Mousse is \$5.98, and for the smoothies \$4.98 each.

For more information, visit www.avovita.com.au

Natural, unprocessed baby foods – Born Pure

In Natural Health, we recognise that nothing beats mothers' milk and fresh fruit and veggies for babies. However, for busy mothers who want pre-prepared foods, this range appears to be as good as you could get.



The Born Pure range, also made by Fresh Produce Alliance, contains no preservatives, fillers, additives or allergens, artificial colours, added sugar or salt. The foods are made with only 100% natural ingredients, including fruits, vegetables, grains and legumes.

The range includes products for babies which are also suitable for toddlers, pre-schoolers and even seniors and anyone on a texture-modified diet.

The newly launched Born Pure foods are produced with High Pressure Processing, which uses cold water and intense pressure, as explained above under Avovita products.

The 4 months+ baby foods consist of nourishing veggie and fruit combinations which are lightly steamed and blended until smooth, resulting in an easy-to-digest food. The flavours include: Apple and Pear, Carrot and Pear, Sweet Potato and Apple.

Baby's Yummy Mash, the 6 months+ baby blends, combines three or four ingredients from different food groups to ensure nutritional balance. The range is based on apple, pear, avocado, mango, beetroot, broccoli, pumpkin and brown rice.

The 10 months+ baby foods include protein-rich grains, legumes and omega-3 rich seeds.

Born Pure is available at selected IGA, Supa IGA, QE Foodstores and leading health food stores or at www.bornpure.com.au. RRP is \$5.49 for 4 months+, \$5.99 for 6 months+ and \$6.99 for 10 months+.

For more information, visit www.bornpure.com.au

Organic, pure cotton tampon delivery service

A health scare in 2016 forced events company owner, Siobhan Komander, to completely change her lifestyle and her career. When diagnosed with Type 1 diabetes at age 36, she overhauled her diet and her approach to healthy living. A series of problems forced Siobhan to look at every product she used from shampoo to body wash and skincare to tampons and make the switch to natural or organic options wherever she could.

Siobhan found ordering tampons through an online chemist difficult, and this sparked an idea for establishing an organic tampon delivery service that worked on a subscription model.

Launched in April 2016, her company, Liverpool St, delivers organic, natural cotton tampons to women around Australia, including in rural areas, on a monthly basis.

On average, Siobhan explains, women use up to 8,000 tampons across their lifespan and we simply don't know the ingredients of most of them – and these products are closest to our most intimate areas.

Her tampons are 100% cotton, nothing else has been added whatsoever.

During 2017 Siobhan plans to roll out a range of convenience products for women.



For more information, visit www.liverpool.st.

WESTMEAD HOSPITAL BANS SUGARY SOFT DRINKS

In a highly commendable move in March this year, Sydney's Westmead Hospital began banning the sale of soft drinks containing added refined sugar from all its cafeterias and vending machines. The ban doesn't include pure fruit juices or flavoured milk because the hospital accepts that they have some nutritional value.

A hospital spokesperson said they want to set an example because the excessive consumption of sugar is a major factor in obesity in Western Sydney, where nearly half of adults and a quarter of children are overweight or obese.

Last year, similar bans were imposed in Victoria in Geelong, Warrnambool, Portland and Hamilton.

(Source: Rashida Yosufzai – AAP, 2nd March 2017 and Channel 7 news)

SIX HUMAN FOODS THAT ARE POTENTIALLY FATAL FOR PETS

By Dr Becker, US Veterinarian, 25th March 2017

Italian researchers recently published a list of the human foods that cause the greatest number of pet poisonings worldwide.

The six foods or food groups are:

- Chocolate – contains caffeine and theobromine.
- Allium vegetables – garlic, onions, leeks, shallots and chives. Some pets affected, some not;
- Macadamia nuts – can cause serious problems for dogs.
- Grapes, raisins, sultanas and currants – fatal for some, no affect on others. Cause could be fluoride-based pesticides used on grapevines.
- Foods containing the sweetener, xylitol, which is highly toxic to dogs.
- Ethanol in alcoholic beverages.



WINTER 2017

SOME PATIENTS DYING FROM CHEMO, NOT CANCER

By Sarah Knapton, Science Editor, The Telegraph (UK)

30th August 2016

New research has shown that chemotherapy is killing some patients rather than the cancer which is being treated.

If cancer patients die within 30 days of commencing chemotherapy, it is considered that the medication is the cause of death, not the cancer.

The 2014 research, conducted by Public Health England and Cancer Research UK, investigated 23,000 women with breast cancer and 10,000 men with a form of lung cancer, all of whom had been started on chemotherapy. Of these, 1,383 died within 30 days of commencing chemo.

Extrapolating from these figures, the researchers concluded that 8.4 percent of patients with lung cancer and 2.4 percent with breast cancer in England would die within a month.

In some hospitals the deaths were far higher – 51 percent in one and 28 percent in another.

A spokesman for Public Health England (PHE) said, "Chemotherapy is a vital part of cancer treatment and is a large reason behind the improved survival rates over last four decades... However, it is powerful medication with significant side effects, and often getting the balance right on which patients to treat aggressively can be hard."

PHE asked hospitals whose death rates were above the expected range to review their practice and data.

Chemotherapy is toxic to the body because it does not discriminate between healthy cells and cancer cells.

"I think it's important to make patients aware that there are potentially life-threatening downsides to chemotherapy," stated Professor David Dodwell of the Institute of Oncology, St James Hospital, Leeds, UK. "And doctors should be more careful about who they treat with chemotherapy."

Professor David Cameron of Edinburgh Cancer Centre, Scotland, added: "The concern is that some of the patients dying within 30 days of being given chemo probably shouldn't have been given the chemo. But, how many? There is no easy way to answer this. Furthermore, if we give less chemo then some patients will die because they didn't get chemo. It's a fine balance."

The research was published in *The Lancet Oncology*.

(Source: <http://www.telegraph.co.uk/science/2016/08/30/chemotherapy-warning-as-hundreds-die-from-cancer-fighting-drugs>)

True Natural Health | P33

Vaccines: Science, Undone Science and Anti-Science



Abridged from an article by Robyn Chuter, Naturopath

Peter Doshi, Assistant Professor of Pharmaceutical Health Services Research in the School of Pharmacy at the University of Maryland, and an associate editor of the *British Medical Journal* – which is the fourth-ranked general medical journal in the world – wrote an editorial on medical journalism in relation to vaccination, which was published in the *BMJ* on 7th February 2017.

I shall quote this editorial at length because it is one of the most thoughtful and intelligent pieces of writing I've ever read on the subject.

“Good journalism on this topic will require abandoning current practices of avoiding interviewing, understanding, and presenting critical voices out of fear that expressing any criticism amounts to presenting a ‘false balance’ that will result in health scares.

“It does matter if the vast majority of doctors or scientists agree on something. But medical journalists should be among the first to realise that, while evidence matters, so too do the legitimate concerns of patients. And if patients have concerns, doubts, or suspicions – for example, about the safety of vaccines – this does not mean they are ‘anti-vaccine’. Anti-vaccine positions certainly exist in the world, but approaches that label anybody and everybody who raises questions about the right headedness of current vaccine policies – myself included – as ‘anti-vaccine’ fail on several accounts.

Firstly, they fail to accurately characterise the nature of the concern. Many parents of children with developmental disorders who question the role of vaccines had their children vaccinated. Anti-vaccination is an ideology, and people who have their children vaccinated seem unlikely candidates for this title.

Secondly, they lump all vaccines together as if the decision about risks and benefits is the same irrespective of disease – polio, pertussis, smallpox, mumps, diphtheria, hepatitis B, influenza, varicella, HPV, Japanese encephalitis – or vaccine type – live attenuated, inactivated whole cell, split virus, high dose, low dose, adjuvanted, monovalent, polyvalent, etc. This seems about as intelligent as cat-

egorising people into ‘pro-drug’ and ‘anti-drug’ camps depending on whether they have ever voiced concern over the potential side effects of any drug.

Thirdly, labelling people concerned about the safety of vaccines as ‘anti-vaccine’ risks entrenching positions. The label (or its derogatory derivative ‘anti-vaxxer’) is a form of attack. It stigmatises the mere act of even asking an open question about what is known and unknown about the safety of vaccines.

Fourthly, the label too quickly assumes that there are ‘two sides’ to every question, and that the ‘two sides’ are polar opposites. This ‘you’re either with us or against us’ thinking is unfit for medicine. Many parents who deliberate on decisions regarding their children’s health ultimately make decisions – such as to vaccinate or not vaccinate – with lingering uncertainty about whether they were right. When given a choice, some say ‘yes’ to some vaccines and ‘no’ to others. These parents are not zealots, they are decision makers navigating the grey, acting under conditions of uncertainty in perpetual flux.

And among those uncertainties are the known and unknown side effects that each vaccine carries. Contrary to the suggestion – generally implicit – that vaccines are risk free (and therefore why would anyone ever resist official recommendations), the reality is that officially sanctioned written medical information on vaccines is – just like drugs – filled with information about common, uncommon, and unconfirmed but possible harms.

Although MMR and autism have dominated journalistic coverage of this issue, and journalists have correctly characterised the scientific consensus that rejects any such link, most journalists have insufficiently acknowledged the fact that bodies such as the Institute of Medicine have “found convincing evidence of 14 health outcomes – including seizures, inflammation of the brain and fainting – that can be caused by certain vaccines, although these outcomes occur rarely.”

And for 135 other adverse events investigated, the committee concluded that, “The evidence was inadequate to accept

or reject a causal relationship” with vaccines.

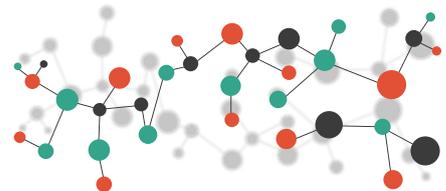
Medical journalists have an obligation to present the truth. But journalists must also ensure that patients come first, which means a fresh approach to covering vaccines. It’s time to listen – seriously and respectfully – to patients’ concerns, not demonise them.”

The media and medical establishment are rife with each of the failings listed by Doshi, as well as by blanket assertions – such as that made by Stephen Duckett, former head of the Department of Health and currently Health Director of the Grattan Institute that “Vaccines are safe” – when, as Doshi points out, there are significant gaps in the evidence base on vaccine safety (‘undone science’) that make such categorical statements untenable.

When we are told that we must not question vaccination – or indeed any medical practice – the issue has clearly left the arena of science and entered into a realm that more closely resembles religious fundamentalism. The legitimate practice of science requires that even the most deeply-entrenched paradigms must be up for debate, examination and re-examination in the light of incoming data.

To borrow a phrase from Peter Doshi, this kind of thinking is unfit for medicine. Branding someone an ‘anti-vaxxer’ because they have genuine concerns about any element of this medical practice is intellectually lazy and fundamentally anti-science.

Source: Empower newsletter 13th March 2017.



DOCTORS CALL FOR MORATORIUM ON HEPATITIS B VACCINE FOR SCHOOLCHILDREN, CITING POTENTIAL DEADLY OUTCOMES

Association of American Physicians and Surgeons, Inc.
A Voice for Private Physicians Since 1943
1601 N. Tucson Blvd. Suite 9, Tucson, AZ

School Districts Requiring Vaccines Accused of Practising Medicine without a License

The Association of American Physicians and Surgeons (AAPS) is calling for an immediate moratorium on mandatory hepatitis B vaccines for schoolchildren, pending further research about dangerous side effects, and accused school districts which require the shots of practising medicine without a license.

"Children younger than 14 are three times more likely to die or suffer adverse reactions after receiving hepatitis B vaccines than to catch the disease," said Jane M. Orient, MD, Executive Director of AAPS. *"It's one thing to bar a student from school if he/she is carrying an infectious disease posing a threat to other children. But to require a questionable medical treatment as a condition of attendance crosses over the line to practising medicine,"* said Dr Orient.

In the United States hepatitis B is primarily an adult disease, not spread by casual contact. Risk is highly dependent on lifestyle, that is, multiple sex partners, drug abuse or an occupation with exposure to blood. Yet the Centers for Disease Control recommends all newborns be given this vaccine, and many school districts require it.

Even state legislatures are guilty of this medical malpractice. For example, earlier this year, the Ohio state legislature passed a law requiring all schoolchildren to receive three doses of the vaccine.

According to a recent [US] federal government study, serious adverse events after the vaccine – including 48 deaths – are reported three times as frequently as cases of hepatitis B in children under the age of 14. *"We suspect the adverse reactions are vastly under-reported, as formal*

long-term studies of vaccine safety have not been completed," says Dr Orient. *"We find it shocking that government health officials cavalierly dismiss reports of serious adverse vaccine effects as coincidental and that school officials ignore them altogether."*

In calling for the moratorium on hepatitis B mandates, Dr Orient warns the increasing "vaccine cocktails" administered to children may be hazardous to their health. *"Mandates effectively use schoolchildren as research subjects subjected to unproved medical treatment without informed consent, in violation of the Nuremberg Code. If school administrators and government bureaucrats were subject to that code, they could be prosecuted as war criminals,"* says Dr Orient.

A recent study of national vaccine policy published in *Medical Sentinel*, the official journal of the Association of American Physicians and Surgeons, exposes the secret process stacked with special interests that decides vaccine policies of the federal government:

*"[The CDC] appoints members of the Advisory Committee on Immunization Practices (ACIP)... The members are often nominated by the drug companies and have substantial financial ties to the drug companies... Members are forbidden to publicly discuss what happens during closed portions of the meetings. The precise scientific, medical and political bases for the vaccine recommendations are never revealed. Thus the drug companies and the CDC have strong incentives to expand immunization programs." – Roger Schlafly, PhD, 'Official Vaccine Policy Flawed,' *Medical Sentinel*, Vol. 4, #3, pg. 106.*

"We suspect [there are] financial ties between vaccine manufacturers and medical groups such as the American Medical Association and American

Academy of Pediatrics (AAP) which endorse the vaccine," says Dr Orient, pointing to a substantial donation to AAP from Merck and Co. *"And the federal government pays the state a bonus up to \$100 for every 'fully' vaccinated child. What's their motive – money or medicine?"*

A voice for private physicians since 1943, AAPS holds that the patient-physician relationship is inviolable, and that parents, not government, should make decisions about their children's medical care.

The *Medical Sentinel* article and AAPS testimony to Congress on vaccines are posted on our website: aapsonline.org.

NOTE: The Natural Health Society neither recommends nor opposes the principle behind vaccination. However, we do take a stand against the inclusion of medically established toxic additives in vaccines and we do publish the views of prominent medical bodies that warn when outright harm has been shown to be greater than the benefits for certain vaccines.





News from DR MERCOLA

Dr Joseph Mercola is a licensed osteopathic physician in Illinois USA. He believes that most orthodox medications provide only temporary relief at best, and he seeks to treat the whole person, not just the symptoms.

Dr Mercola issues regular free e-newsletters. His website is Mercola.com.

The following are summaries or abridged versions of some recent items, published under his generous not-for-profit policy.

Social Media Driving Americans Insane

9th March 2017

Forty-three percent of Americans are constant 'checkers', that is, they check their emails, text messages and social media constantly throughout the day. [No doubt Australians do too]

Constant checkers report higher stress levels overall than do those who check less often.

Nearly 60 percent of parents worry about the effects of social media on their child's physical and mental health, and 45 percent say technology makes them feel disconnected from their families – even when they're together.



It's clear technology is affecting family units. Forty-eight percent of parents described regulating their child's screen time as a constant battle, while nearly 60 percent of parents worry about the effects of social media on their child's physical and mental health. In the US more teen girls than boys may be experiencing major depressive episodes.

Teens use social media as a way to monitor their own popularity, and when they're not online, they worry they're missing something (either positive or negative),

which leads to compulsive checking.

An Avocado a Day 'Keeps the Doctor Away'

24th April 2017

Eating avocados may help prevent the development of metabolic syndrome because of the many positive aspects of their nutritional profile.

Besides containing high amounts of fibre, protein and healthy fats (monounsaturated and polyunsaturated fatty acids), avocados contain high amounts of several essential vitamins and minerals, including B-vitamins, folate, vitamin K and potassium. They also contain good amounts of lutein and zeaxanthin, essential for preventing macular degeneration of the eyes.

In spite of their high fat/oil content (compared to other fruits), studies have consistently demonstrated positive heart healthy effects on lipids. Interestingly, people who eat more of them generally weigh less than others.

Avocados could be worthy of superfood status.

Avocados are extremely versatile, whether they're used as a base for guacamole, sliced in sandwiches or added in chunks to salads.

The Critical Potassium-To-Sodium Balance

15th March 2017

Evidence shows that consuming the correct potassium-to-sodium balance influences our risk for hypertension and heart disease much more than high sodium alone, and the Western diet tends to be lacking in potassium.

It's generally recommended that you consume five times more potassium than sodium, but most Americans [and Australians] consume about twice as much sodium as potassium. Significantly, every single food in its natural state contains more potassium than sodium.

When lowering salt in processed foods, many manufacturers added monosodium glutamate (MSG) instead – a flavour enhancer associated with obesity, headaches and damage to thyroid, liver and kidneys and the intestine and much more.

Valerian Root may Help You Sleep Better

5th May 2017

Frequently referred to as 'Nature's Valium', valerian root (*Valeriana officinalis*) has a sedative effect and has been used to promote relaxation and sleep for at least 2,000 years. Studies show it helps improve the speed at which you fall asleep, depth of sleep and sleep quality.

Valerian has also been shown to help maintain serotonin levels in the brain, which has a mood stabilising effect.

However, herbs can affect different people in different ways, and one in 10 people tend to feel energised by valerian root, which may impede sleep.

Too high a dose can, instead of causing sleepiness, increase anxiety. In one study, 1,800 milligrams increased anxiety. So always begin with a minimal dose. Typical dosages used in studies range between 400 mg and 900 mg, taken anywhere from 30 minutes to two hours before bedtime.

Unlike sleeping pills, studies have not found any *serious* adverse effects from valerian, although some users report headache, stomach ache, irregular heartbeat or dizziness.

Do not take valerian with alcohol, and do not drive or use machinery within several hours of taking it.

Life Expectancy Projected to Soar – Except in the US

8th March 2017

For the first time in two decades, life expectancy has declined in the United States, highlighting the drawbacks of a processed food diet, lacks in chronic disease prevention and out-of-control drug addiction.

South Korea has made the greatest life expectancy gains. By 2030, South Korean women are projected to have an average lifespan of 90.8 years. Key features of the South Korean diet are fermented foods and high omega-3 oil consumption.

Half of Americans are chronically ill, and nearly 60 percent of the American diet is ultra-processed junk food. Less than one percent of daily calories comes from vegetables.



United Nations Calls for Worldwide Phasing Out of Pesticides and Transition to Sustainable Farming

21st March 2017

Research has linked long-term pesticide exposure to many health problems, including infertility, birth defects, endocrine disruption, obesity, reduced IQ, neurological diseases and cancer.

Worldwide, an estimated 3.5 billion kilograms of pesticides are applied to crops each year, and that number is steadily increasing. The health and environmental ramifications associated with this are vast.

Even in China, 20 percent of arable land is now unusable due to pesticide contamination.

Two experts, the UN's special rapporteur on the right to food and the special rapporteur on toxics, shared research with the Human Rights Council in Geneva that showed pesticides are responsible for 200,000 acute poisoning deaths each year.

They are calling for a comprehensive global treaty to regulate and phase out toxic pesticides in farming, and to move food production across the world toward more sustainable agricultural practices.

These experts say that neonicotinoid pesticides are particularly worrying, because they are considered responsible for the systematic collapse in bee populations around the world. Such a collapse, they say, threatens the very basis of agriculture, since 71 percent of crop species are bee-pollinated.



Moreover, they highlighted developments in sustainable agriculture, where biology can completely replace chemicals, delivering high yields of nutritious food without detriment to health and the environment.

Synergism – the Magnified Toxicity of Chemicals

15th March 2017

There are about 85,000 chemicals registered under the US Toxic Substances Control Act (TSCA), but even the EPA is largely in the dark about what this actually means for people's health and the environment.

Combining chemicals often magnifies their toxic effects. For example, in the case of bisphenol-A (BPA), using hand sanitizer prior to handling a BPA-containing receipt may increase skin absorption 100-fold.

It is impossible to test for the synergism of combinations of toxic chemicals because there are literally billions of possible combinations.

Vitamin D Found More Effective Than Flu Vaccine

27th February 2017

Mounting research suggests that deficiency of vitamin D may be a major cause of influenza. People with the lowest vitamin D levels report having significantly more colds or cases of flu.

Studies show that optimising vitamin D levels boosts immunity and cuts the incidences of cold and flu. It has been found that when people with vitamin D blood levels below 10 ng/mL took a supplement, the risk of respiratory infection was cut by 50 percent.

To prevent influenza in one person, 40 people must receive the flu vaccine. If you're severely vitamin D deficient, vitamin D supplementation is 10 times more effective than the flu vaccine.



Metabolically Supported Therapies for the Improvement of Cancer Treatment

19th March 2017

Oncologists in Turkey who aren't under US restrictions [meaning not under the control of Big Pharma] are using a ketogenic treatment protocol that is showing remarkable remissions even in stage 4 cancer patients.

Stage 4 pancreatic cancer patients usually have a life expectancy of six months, yet metabolically supported chemotherapy was able to induce complete remission even in these patients.

In a video interview with Dr Mercola, Travis Christofferson, author of *Tripping Over the Truth: The Return of the Metabolic Theory of Cancer*, and Dr Abdul Kadir Slocum of the ChemoThermia Oncology Center in Turkey document the effectiveness of metabolic therapies and nutritional ketosis in the treatment of advanced stages of cancer.

Slocum, who is originally from the US, but gained his medical training in Turkey, is part of a four-member medical team at the ChemoThermia Oncology Center.

The treatment protocol at the Center includes:

- Metabolically supported chemotherapy;
- Hyperthermia [higher temperature treatment];
- Hyperbaric oxygen therapy;
- Glycolysis inhibitors, especially 2-deoxyglucose (2-DG) and dichloroacetate (DCA);
- Ketogenic diet with phyto-pharmaceutical supplements.

"This increases the efficacy of chemotherapy in a tremendous way," says Slocum. The upshot of this metabolic approach is that a far lower dose of chemotherapy can be effectively used, thereby lowering the risk of side effects.

Dr Slocum shows the remarkable responses of patients with advanced cancer of the rectum, pancreas, stomach, lung and breast.

The ChemoThermia Oncology Center treats many international patients.

For more information read Travis Christofferson's book, *Tripping Over the Truth*.

NEWS FROM naturalnews.com

Natural News is a science-based natural health advocacy organisation led by activist-turned-scientist, Mike Adams, the Health Ranger.

Natural News covers wholistic health, nutritional therapies, consciousness and spirituality, permaculture, organics, animal rights, environmental health and other areas of health. The site strongly criticises drugs-and-surgery medicine and corporate and government corruption.

Website: www.NaturalNews.com

The following items are abridged from Natural News under Mike Adams' permission to not-for-profit organisations.

100-Year-old dairy company dumps cows' milk for plant 'milk'

30th March 2017, by Vicki Batts

Elmhurst Dairy, opened during the 1920s and located in Queens, New York, and now one of the largest dairy companies on the US East Coast, has been supplying cows' milk for nearly one hundred years – until now.

The market for dairy alternatives is growing at a fast pace. The US Department of Agriculture estimated in 2011 that, worldwide, dairy milk consumption has halved since the 1980s.

Accordingly, Elmhurst has chosen to reinvent themselves as a plant-based 'milk' company.

More people are becoming vegan, and more are becoming concerned about the unethical practices that come with conventional dairy products. For people with lactose intolerance, nut milks are a clear choice.

The Elmhurst website states that their milks do not contain the emulsifiers, thickeners or stabilisers that are often used in other brands. They offer four different milk varieties: almond, cashew, walnut and hazelnut – all vegan-friendly.

(Sources: TrueActivist.com, MarketWired.com, OneGreenPlanet.org)

Exercise is socially contagious

3rd May 2017, by Bridgette Wilcox

A new study published in *Nature Communications* showed that exercise is socially contagious. Exercise data shared on social networks influenced the exercise habits of people who saw them.

Researchers at the Massachusetts Institute of Technology analysed data from 1.1 million social media users who shared their running information on the network over four years. Via a variety of devices, the people tracked their running time, speed, duration and other stats, and posted them on the social media platform.

The researchers observed that people ran further and faster when their friends did so. For example, an extra kilometre run by a person resulted in an additional average 0.3 kilometres run by his or her friends.

Interestingly, less active runners are more influential than their more active counterparts.

At the same time, men are influenced by both men and women, while women are only influenced by other women. This may be due to men being more competitive and more influenced by social support, while women are more motivated by self-regulation and individual planning.

The following news item demonstrates exactly why we don't want genetically-modified foods in Australia

Dangerous new type of GM foods being unleashed

21st February 2017, by Amy Goodrich

Nearly 40 countries around the world have banned the use of genetically-modified foods due to health and environmental concerns.

While the public has been worried about the safety of genetically-modified organism (GMO) foods for years, researchers have found a new, dangerous way to tinker with genes without clear regulatory guidance. 'Gene-edited' foods – what some are referring to as GMO 2.0 – are altered through editing or deleting genes, turning genes on or off, or even creating entirely new DNA sequences on a computer.

Today's GMO is primarily based on

taking genes from one species and inserting them into another. However, many companies have now bypassed the GMO definition through 'gene-silencing techniques' such as CRISPR.

Because the regulatory authorities have not yet caught up with these techniques, most of these new Frankenfoods will be labeled "Non-GMO" or even "Natural."

One of the first gene-edited foods is the 'Arctic Apple', which is sold pre-sliced and ready to eat. These altered apples don't turn brown when exposed to air, not even when rotten.

Apples turn brown for a reason. Some scientists are convinced that the browning enzymes play a crucial role in fighting diseases and pests, so farmers will probably have to increase their pesticide use. In the absence of thorough investigation, it is possible that these apples could mess up gene expression in human cells and pose a serious threat to public and environmental health.

"This apple is understudied, unlabeled and unnecessary," said Dana Perls, the senior food and technology campaigner with Friends of the Earth."

Other gene-edited foods include canola oil modified to withstand more pesticides and salmon which grow faster.

Anti-GMO groups have already successfully pushed for bans on GMO crops in a number of US States and Counties, and several food giants have agreed to eliminate GMO ingredients from their products.

(Sources: NewParadigm.ws, StatNews.com, WashingtonPost.com)

Former EPA scientist confirms that fluoride lowers children's IQ

22nd February 2017, by Tracey Watson

The United States commenced adding fluoride to drinking water soon after the end of World War II, and for over 70 years the Centers for Disease Control and Prevention (CDC) has asserted that this practice is necessary to prevent tooth decay. Interestingly, the US is one of very few countries that still maintain that fluoridation prevents tooth decay.

However, in 2012, the Department of Health and Human Services (HHS) amended its recommendations to mandate that fluoride levels not exceed 0.7 milligrams per litre, rather than the



0.7 to 1.2 milligrams that had been recommended for the previous 50 years.

The truth is that fluoride compounds are so toxic that they should not be added to our water supply at all.

New Zealand research, led by William Hirzy, PhD, a former senior EPA scientist, has found that the fluoridation of water is directly linked to a reduction in the IQ of children. The study compared the fluoride exposure of groups of children with low IQs to those with higher IQs and found that the higher the exposure to fluoride, the lower the IQ.

"The significance of this peer reviewed risk analysis is that it indicates there may be no actual safe level of exposure to fluoride," said Dr. Hirzy. "Fluoride may be similar to lead and mercury in having no threshold below which exposures may be considered safe."

In 2012, a Harvard study found that the average loss in IQ due to fluoridation is seven IQ points.

(Sources: WakingTimes.com, FluorideResearch.org, FluorideAlert.org, HSPH. Harvard.edu, TruthWiki.org)

Prescription drugs "one of the most significant perils to human health"

16th March 2017, by Earl Garcia

The prestigious *British Journal of Medicine* published a study in 2011 which concluded that prescription drugs have been major contributors to the soaring rates of serious, disabling or fatal injuries in the USA [and no doubt Australia].

The US FDA received a total of 179,855 reports of serious, disabling and fatal drug interactions in the US in 2011, the greatest number being for the anticoagulants, dabigatran and warfarin.

Dabigatran, for the prevention of stroke due to atrial fibrillation, was associated with haemorrhage, acute renal failure, stroke and liver failure.

Warfarin, approved in 1954, accounted for 72 deaths. It interacts with numerous other treatments.

Other prescription drugs high on the list were levofloxacin, carboplatin and lisinopril.

Lawsuits were filed by injured patients for:

Metoclopramide, top of the list, used for acid reflux and nausea; can cause irre-

versible movement disorders.

Oral contraceptives, Yaz and Yasmin, linked to blood clots.

Avandia, a type-2 diabetes drug, linked to cardiovascular disease.

Chantix, a smoking cessation drug, associated with serious psychiatric side effects.

The most prominent side effect associated with prescription drugs was severe liver injury, a total of 2,260 cases being reported. Infliximab and acetaminophen accounted for 13.2 percent of cases.

The second most reported adverse event was severe skin reactions, some being life threatening. Most reported was Lamotrigine, an anti-epileptic drug, followed by the smoking cessation drug, Chantix.

Another prominent side effect was tendency to suicide or homicide. The leading drug here was Quetiapine, used to treat psychosis. Next came the smoking cessation drug, varenicline.

Pancreatitis was another prominent side effect. The diabetes drugs, liraglutide and exenatide, accounted for 43 percent of cases.

Rhabdomyolysis – muscle damage – was another prominent side effect. The cholesterol-lowering drugs, simvastatin and rosuvastatin, accounted for 38 percent of cases.

The US pharmaceutical industry is responsible for more than 40 percent of the total global pharmaceutical market. Its share was estimated to have a net value of about \$413 billion in 2015.

More than 75 percent of US citizens, aged 50 and older, are currently taking prescription medicines.

Nuclear engineer says Fukushima is 'hell' and contamination will linger for decades

21st March 2017, by Vicki Batts

[How could anyone in Australia possibly contemplate nuclear power after reading this]

The devastation caused by the Fukushima nuclear meltdown in 2011 is still in effect, and it's likely that the radiation will be in our environment for a very long time. Radiation levels at the site are still unbelievably high, such that cleaning up the area is expected to take at least another forty years.

Former nuclear engineer, Arnie Gundersen, in an interview with the BBC, explained how things could potentially get worse as workers get closer to the nuclear reactors. "It's about as close to hell as I could imagine," Gundersen declared.

What concerns him most about Fukushima is what is continuing today – the "progressive and devastating impact on real people". He has met dozens of victims who have lost their homes, their families and their health to the aftermath.

According to Gundersen, no one knows where the nuclear cores of the reactors have gone and radiation continues to pour into the Pacific Ocean – and the protective ice wall that cost nearly half a billion dollars breaks on a regular basis.

Some radioactive elements will remain in the environment for 25,000 years.

To put it simply, the impact of the Fukushima nuclear meltdown is practically beyond comprehension and the end is nowhere in sight.

(Sources: ENENews.com, Fairewinds.org, NaturalNews.com)



News from What Doctors Don't Tell You

The following items are abridged from articles written by Brian Hubbard.

Cancer has little to do with bad luck and a lot to do with diet

14th March 2017

Our genes don't play a big part in deciding whether we develop cancer – but the food we eat does. Our diets, weight and general lifestyle choices trump genetics every time.

Researchers from the MCC-Spain survey group declared that cancer isn't 'just one of those things' that happens because of a bad throw of the genetic dice. This fact should influence the way we treat the disease and the advice handed out for preventing it.

The researchers say that the genetic link is less important than diet when it comes to colorectal cancer, where known risk factors account for only half of all cases. A similar picture can be seen with other cancers.

The amount of red meat and vegetables we eat has a big impact on the risk of developing the cancer, say researchers, who have been analysing the diets and lifestyles of 4,080 people with cancer.

Reducing our meat consumption, while increasing the amount of vegetables, could be the single most important thing we do to reduce our colorectal cancer risk, they say.

(Source: *Scientific Reports*, published online, February 24, 2017)

Need to pee at night? Eat less salt

30th March 2017

If you need to get up during the night to pee, you may be having too much salt in your diet. Although the new so-called 'safe limits' are up to 12.5 grams of salt per day, these levels are sufficient to trigger *nocturia* (night-time urinating).

Even reducing your intake by just two grams a day could make all the difference, and give you a full night's sleep, say researchers from Nagasaki University in Japan.

They noticed a connection between nocturia and salt intake when they surveyed a group of 320 men and women and monitored their lifestyles and diets for 12 weeks.

Most were averaging around 10.7 gm of salt a day, and were typically making more than two trips to the bathroom during the night. Reducing the intake by two grams translated into one fewer trip at night. Daytime visits to the toilet also went down.

Conversely, those who increased their salt intake during the study had to visit the bathroom more frequently at night – as might be expected.

Lead researcher, Dr Matsuo Tomohiro, explained that nocturia becomes more of a problem once we reach age 60 anyway, but we can help the problem by consuming less salt every day.

(Source: *Proceedings of the European Society of Urology Congress*, 27th March 2017)

Most specialists in the pay of Big Pharma, but their patients don't know it

14th March 2017

Most doctors are getting some payment from a drug company, but their patients have no idea of the relationship.

Researcher, Genevieve Pham-Kanter of Drexel University Philadelphia, found that around 65 percent of patients in the US last year visited a doctor who had a payment or 'gift' from a drug company, and just five per cent of these patients were aware of the arrangement.

The chances of a doctor receiving payments were even higher among specialists. Around 85 percent of orthopaedic surgeons and 77 percent of

gynaecologists and obstetricians regularly receive payments from drug companies.

The average payments were not enormous sums, but perhaps enough to influence decision-making, the researchers say.

"Drug companies have long known that even small gifts to physicians can be influential, and research validates the notion that they tend to induce feelings of reciprocity," said Pham-Kanter.

(Source: *Journal of General Internal Medicine*, 2017; doi: 10.1007/s11606-017-4012-3)

Most patient groups receiving drug company funding

7th March 2017

Almost every patient group – supposed to provide support and guidance for people with chronic health problems – receives funding from the drugs industry, and this funding influences the group's advice.

Researchers at the University of Pennsylvania investigated 104 patient groups and discovered that around 80 per cent were open about their drug company funding, but the rest had kept the names of their sponsors hidden. Just one of the 104 groups didn't receive any funding from the industry.

The groups were each receiving \$7.5 million or more in donations from Big Pharma, with 23 being given \$1 million or more each year.

The funding creates a conflict of interest. The researchers say it is time to introduce a new 'sunshine law' where drug companies are forced to reveal all the donations they make.

(Source: *New England Journal of Medicine*, 2017; 376: 880)

What Doctors Don't Tell You is a monthly magazine and e-newsletter which publishes the latest healthcare news and information on complementary therapies. It is the largest organisation of its kind in the UK, and its philosophy is very similar to that of the Natural Health Society.

Principals are best-selling author, Lynne McTaggart, and her husband, former *Financial Times* journalist, Bryan Hubbard. Web: www.wddty.com. Subscriptions are available. E-newsletter inquiries: news@common.wddtyvip.com

Dangerous particles getting into vaccines in production cycle – scientists

9th February 2017

Foreign particles are getting into vaccines during the manufacturing process, and this contamination could explain the increase in adverse reactions to many common vaccines, such as the HPV and the MMR, say scientists.

Scientists at the National Council of Research in Italy tested 44 vaccines that are used routinely and discovered that all of them had some contamination, with several having up to 20 foreign particles. The vaccines tested included MMR (measles-mumps-rubella), HPV (human

papilloma virus), DTP (diphtheria-tetanus-pertussis) and several flu vaccines.

The contaminations were discovered by using equipment that was far more sensitive than anything used in quality control checks at the manufacturing plants.

The scientists say they were baffled by their discovery, and assume that the contamination must be happening somewhere along the production cycle.

The contaminants aren't breaking down in the body, and could be making their way into tissues and organs and causing chronic inflammation. Recently reported reactions – from fever, epilepsy, speech loss, muscle pain, walking problems and hypersensitivity – could all be explained by the contamination.

The contaminants are being carried around the body in the bloodstream, so it can be hit-or-miss whether or not they cause a reaction in the individual, depending on where they eventually settle. Even if there is no obvious reaction, the particles could persist in the body for a very long time because they are not biodegradable.

The researchers accept that the drug companies responsible for the vaccines are not aware of the contamination, and this could explain why so many reactions are not appearing on the vaccine information sheets.

(Source: *International Journal of Vaccines and Vaccination*, 2017; 4: 00072; doi: 10.15406/ijvv.2017.04.00072)

NEW RESTAURANT, Manly in Sydney

Native Feel Real

David Bannerman, a long-time Society member, informs us that he has found a new restaurant offering great natural foods.

It is called *Native Feel Real*, and serves raw and plant-based foods, including superfoods. David says that the restaurant serves the most beautiful salads.

Native Feel Real is located at Shop 1A, 40 East Esplanade, Manly NSW. It is close to Manly Wharf, and there is a great walk along the Manly Esplanade close to it.

Hours: 7.30am to 3.00pm,
seven days a week.

Web: www.nativefeelreal.com.au

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FILM REVIEW: RAW – THE DOCUMENTARY

Produced in Australia by Old School Productions \$30.00

A cinematically produced feature film based on a couple's world record Run Around Australia in 2013. It's an inspirational and heartwarming personal story of the raw courage of Janette Murray-Wakelin and Alan Murray, who go from a terminal cancer diagnosis to achieving the unachievable. It's a feel-good story, with a positive message for all.

In New Zealand during year 2000, they celebrated Janette's 50th year by running 50 marathons in 50 days, not knowing that a far greater challenge was just around the corner.

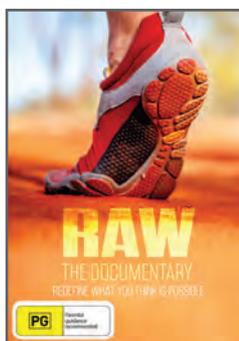
In 2001 Janette was diagnosed with breast cancer and given six months to live. Driven by a strong desire to stay around for her grandchildren, Janette spurned chemotherapy and radiotherapy and used wholistic therapy and natural foods to fully recover.

To show the world the remarkable healing powers of eating a raw vegan diet and making conscious lifestyle choices, Janette and Alan ran their renowned 366 marathons in 366 days, achieving a world record (see *TNH*, Winter 2014, page 2).

Along the way, they battled smoke from bushfires, three weeks of torrential rain, broken ribs from a fall, sandflies in their thousands, days of 45°C with high humidity, and 27 mind-numbing days on the treeless Nullarbor Plains.

Their joys included wild horses smooching up to Janette, a news report that "The whole of Romania [yes, Romania!] is watching you", people stopping them to tell them that they are adopting their diet, and – greatest of all – arriving home to a tumultuous welcome after running 15,782 km.

The mind-boggling feat of this husband-and-wife couple, the scenery and the professional quality of the production make this a highly entertaining and exciting movie.



GLUTEN FREE GUIDE

CREATIVE JUICING GUIDE

ACID-ALKALINE FOOD BALANCING GUIDE

Three sets of fold-out charts by Stefan Mager \$14.00 each

Each of these consists of one continuous sheet of laminated light cardboard folded into four. Each page is printed front and back and is loaded with concise information.

Gluten Free Guide comprises:

An 'Alphabetical List of Gluten Unsafe Food, Ingredients and Additives' – full page;

An 'Alphabetical List of Gluten Safe Food, Ingredients and Additives' – two pages;

An 'Alphabetical List of Gluten Free Flour Options';

Explanations of gluten, gluten allergy, gluten sensitivity and coeliac disease – three pages.

At the Natural Health Society's Autumn 2017 Seminar, this chart was very popular.

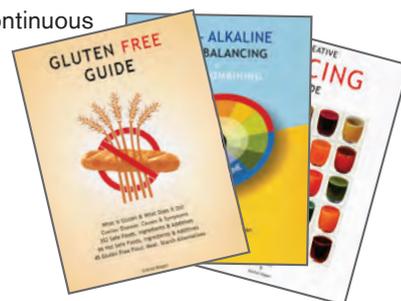
Creative Juicing Guide. The bulk of this 'book' presents 27 different juices, complete with a quality photo of each juice and its ingredients. For each juice there is a nutritional panel showing the nutrients in each ingredient.

The last page lists 38 fruit and vegetable ingredients plus a reference to the juice or juices in which they are found.

Acid-Alkaline Food Balancing. Four full pages of charts cover 14 different food categories. Beside each food is an easy-to-read rating of whether the food is alkalisng high, medium or low, or acidifying low, medium or high.

The fifth page covers food combining and the last two pages give details of 'Acid-Alkaline Food Balancing'.

At the Natural Health Society's Autumn 2017 Seminar, this chart was very popular – not surprisingly since balancing foods in the right proportions is the foundation of good nutrition.



SUPERFOOD JUICES

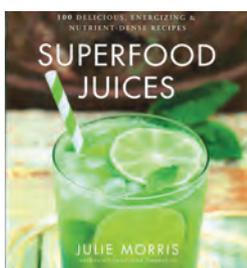
By Julie Morris

\$29.50

Author, Julie Morris, is a Los Angeles-based, natural food chef and promoter of whole, plant-based foods. In this book, she offers a fresh, super-healthy style of juicing with 100 creatively varied and tasty recipes.

Rich in minerals, vitamins, antioxidants and other phytochemicals, superfoods such as acai, chia, ginger and kale and many other foods make drinks for a range of purposes – a detox and flush cleanse, a slim and tone cleanse, a strength and stamina cleanse or a beauty and anti-ageing cleanse.

This American author is no puritan. Her 'Volcano Hot Chocolate' contains



beetroot, raw cashews, cacao powder and agave nectar. There are even several frozen treats.

There is no need to be concerned about consuming too much fruit sugar from the juices as there is a huge range of recipes containing other ingredients.

Gift Subscription

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NEWTITLES				
Raw - The Documentary	Janette Murray-Wakelin	\$30		
Gluten Free Guide	Stefan Mager	\$14		
Creative Juicing Guide	Stefan Mager	\$14		
Acid-Alkaline Food Balancing Guide	Stefan Mager	\$14		
Superfood Juices	Julie Morris	\$29.50		
NUTRITION & LIFESTYLE				
A quick reference guide to food additives	Awareness Chemicals	\$14.00		
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Janella's Super Natural Foods	Janella Purcell	\$43.00		
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(formerly Vegetarian Society of South Australia)
PO Box 311, Kent Town, South Australia, 5071
Ph 08 8260 2778. vegsa.org.au

NATURAL HEALTH SOCIETY (SA) Inc.

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Veg SA News

Health is the Result of Healthful Living



On April 22nd 2017 Veg SA accepted an offer from Dr Heleen Roex-Haitjema and Dr Alphonse Roex (medical doctors) to talk to members and friends about the scientific evidence for the health benefits of a plant-based diet.

Heleen and Alphonse have examined a considerable range of studies that relate to diet and human physical and mental health. They described a number of the studies and ranked them according to their credibility, from a single person's 'expert' opinion to a meta-analysis at the peak of the credibility pyramid.

On the way they touched on many studies (backed by tables, graphs and references) which indicated that a wholefood, plant-based diet is helpful in controlling a number of chronic diseases, including cancers, type 2 diabetes and especially cardiovascular disease.

While many lifestyle choices (sleep, relaxation, exercise, etc.) are important in maintaining human health, the food we eat trumps all of these. After considering these scientific studies, Heleen and Alphonse have concluded that *a wholefood plant-based diet is the optimum in promoting health.*

They recommend that food should be taken as near as possible to its natural state and that added fat, salt and sugar

should be avoided. Nuts and seeds taken in moderation provide natural fats, as do avocados, whereas the absence of animal products is recommended for a healthy outcome. Individual requirements will vary, for example, some salt might be needed occasionally if doing strenuous exercise.

The take-home message from this presentation is: *Compare as many studies as possible before coming to a definite conclusion.*

This is material that can be a valuable resource when we wish to convince others that a plant-based diet is not just great for other animals and the environment, but also a sound health choice for us humans.

Dr Heleen Roex-Haitjema is a paediatrician, non-practising, who is currently conducting Food for Life classes in Adelaide. She studied paediatrics at the Free University in Amsterdam, The Netherlands, and migrated to Australia with her husband and three children in 2000. Since 2010, she has been researching the medical and nutritional literature on the relationship between nutrition and health and became fascinated by the abundance of well executed studies indicating that a wholefood plant-based diet is not only

preventive for many chronic diseases, but can also play a curative role in arresting and sometimes reversing diseases.

For her Food for Life Classes in Adelaide, contact Heleen at: heleen@wholeplantshealth.com.au

Dr Alphonse Roex, PhD, is an obstetrician-gynaecologist working at the Lyle McEwan Hospital, Adelaide, and also lecturing at the University of Adelaide. Together with Heleen, they present on Health and Nutrition backed by sound research.

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Also see www.wholeplantshealth.com.au

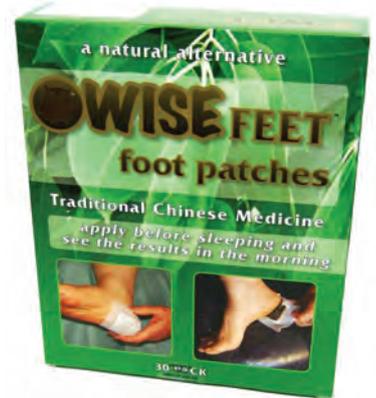
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