

True Natural Health

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The Magazine of the Natural Health Society of Australia

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Grant's ultra-marathons fueled by fruit

Well-stocked vegan pantry

The '...mites' – Vegemite, etc

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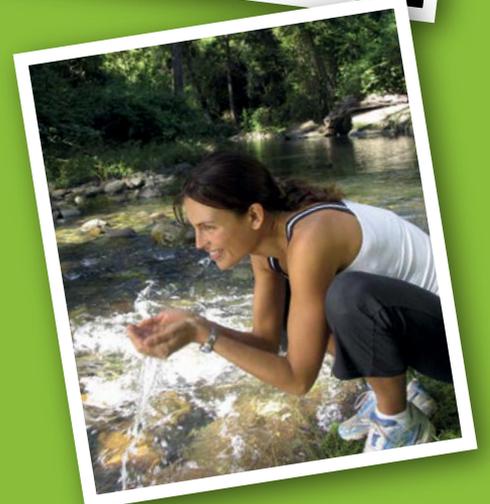
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Some people have achieved mind-boggling endurance feats, and one of them is Grant Campbell. Not only is the story of this 'Raw Aussie Athlete' the leading article in this issue, but those of us who attend the Autumn 2017 Seminar (details page 14) will be able to meet him and hear his presentation.

Also featured in this issue as well as speaking at the Seminar are the world-record marathon runners, Janette Murray-Wakelin and Alan Murray. Like Grant, they too have fuelled themselves entirely on raw fruits and vegetables.

To help readers along the way with a plant-based way of eating, the enterprising naturopath, Robyn Chuter, has listed all the possible foods you might like to stock in your pantry, fridge and freezer (page 4).

Greg Fitzgerald kicks off the year with 10 health insights. At the rate that 2017 is gliding along, we are a bit late with this topic, but, no matter, it is wise guidance (page 6).

We have come across a product that could be a real winner in this age of computers, tablets and smartphones, which have screens beaming out high levels of harmful blue light. An invention to reduce the blue rays is Eyezen lenses (page 35).

For a little lightness, long-time member, Jim Lanham, has contributed an item about the Beatles, yes, the band, not the insect. Famous people always have interesting stories.

If the Beatles get your heart racing, that is fine and healthy, but if your heart races for less obvious reasons,

it could be a condition called *tachycardia*. This common condition is covered in 'Your Questions Answered' (page 9).

The Society's National Committee is now providing more events for members, which we list on page 15. We do apologise to members in regions and other States that we cannot offer events all over the country, but it is not a matter of intent, it just ain't possible until we have offers of members in those areas to run events.

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:

- * 4 issues a year of our vital magazine, *True Natural Health*;
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Interview with 'Raw Aussie Athlete' Grant Campbell

BY ROGER FRENCH

Grant Campbell calls himself the 'Raw Aussie Athlete'. Born in Orange NSW, he now lives on the Central Coast of NSW.

Grant's outstanding and inspiring achievement is that he has become an accomplished ultra-marathon runner, despite struggling with even short runs before changing to a plant-only diet. His physical capability jumped dramatically when he advanced to all-raw eating.

After leaving a 15-year career with IBM to pursue his passions, today Grant coordinates lifestyle adventure retreats, lectures, writes books, runs an inspiring YouTube channel, volunteers as a surf lifesaver, and is a life coach. In February 2017, Grant turned 44.

ROGER: How was your health in your early life?

GRANT: I was plagued with health problems. My life was often dominated by chronic asthma and allergies. Grass, dust, cat hair and bee stings would cause rashes, sinus inflammation, wheezing, swellings and other symptoms.

In 1998, a friend shared his experience of going vegan, and how eating animal products ultimately makes us sick. He also highlighted how much animals suffer in the process of producing this unhealthy food. I was particularly shocked to learn that meat may be sold from animals that have cancer elsewhere in their bodies.

ROGER: Is this when you made the first big change in your way of eating?

GRANT: Overnight I adopted a vegetarian diet, and began a journey of educating myself about nutrition and health. By mid-1999, I had transitioned to an all-plant (vegan) way of eating and my asthma and allergies became demons of the past. I began running 5 km three times a week, and thoroughly enjoyed it.

Inspired by the stories of other runners, I began long-distance running on mountain trails. This quickly progressed to trying ultra-marathons, one of the first being

the 100 km 'Oxfam Trailwalker Sydney'. I was delighted to finish, but found myself unable to run for a full week afterwards – feeling extremely stiff, sore and 'broken'.

ROGER: What prompted your second big change, going all raw?

GRANT: After six years on a plant-only diet, I made a decision to go all-raw, having studied the work of Dr Douglas Graham, author of *The 80/10/10 Diet*, which simply describes how to succeed on a low-fat diet of fresh fruits and vegetables, with no salt, grain or oil.

I began running much greater distances, at higher speeds, and with recoveries that were five times faster than before going raw. I run all my races in toe socks and 'Vibram FiveFingers' minimalist footwear – just skins with no arch support or cushioning at all.

ROGER: What are some of the most demanding runs that you have done?

GRANT: Since going raw vegan, I have run more than 60 ultra-marathons, which are typically 100 km or more. The longest include:

'C2C Ultra' which crosses England from the Irish Sea to the North Sea. I covered the 240 km in under 35 hours with no sleep;

'Coast to Kosci', which climbs from the beach at Eden on the south coast of NSW to the top of Mt Kosciuszko, Australia's highest mountain, a journey of 222 km and climb of 2,228 metres (two-and-a-quarter km);

'Cascade Crest 100 Mile Endurance Run' near Seattle in the USA where I completed the mountainous 161 km in under 28 hours;

'The Great North Walk 100s' race where I covered 175km in under 34 hours through extreme heat and mountainous trails.

ROGER: How on Earth do you manage to consume enough calories for such

phenomenal feats of endurance?

GRANT: All my runs are fuelled by fruit alone, which also provides much of my water.

In the Great North Walk race, I consumed over 14,500 calories by eating 17 kg of mangoes, 50 dates and 2 heads of celery, spread over the duration of the race.

On a normal day I eat around 3,500 calories in two meals. The first meal consists of one type of juicy fruit, which varies seasonally between favourites such as persimmon, figs, custard apples, bananas, mangoes and watermelon. The second meal includes as much fruit as I care for, along with a large salad including foods such as lettuce, celery, cucumber, tomato and zucchini. I love dressing my salads with a thick blend of fruit and vegetables such as mango with tomato, zucchini with tomato and tahini, or raspberries with celery.

ROGER: Along with your fitness, what are your other rewards – both physical and mental – now?

GRANT: I am able to train consistently, without injury, and recover from races after nothing more than a good night's sleep. I think more clearly, with greater appreciation for the finer things in life, such as enjoying nature and connecting more deeply with people, including myself.

I feel more compassion, am more peaceful, and accept and embrace feelings I used to hide. I now let them guide me towards great opportunities for growth.

Empowered with confidence and integrity, my life continues to be more enriching and fulfilling year to year, with 2016 producing the fastest race times of my life over distances ranging from 5 km to 240 km.

ROGER: Grant, what information will people find on your website?

GRANT: RawAussieAthlete.com has details about me, my retreats, my *Inspired to Run* book series and my YouTube channel.

The raw vegan marathon runners on the move again

Janette Murray-Wakelin and Alan Murray are veteran raw vegan runners who, throughout the year 2013, ran together around Australia, 15,782 km, running 366 marathons (43 km) each day for 366 days – no days off! On January 1, 2014, they received world acclaim by setting a new world record as the only couple over the age of 60, fuelled entirely on raw fruits and vegetables and wearing barefoot shoes, to run 366 consecutive marathons.

This amazing run was primarily to inspire and motivate conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future. (Their story was published in *TNH*, Winter 2014 issue.)

Since finishing their record-breaking 'Run Around Australia', Alan and Janette have been speaking about their experience around Australia and overseas. During one of their talks, Janette and Alan were approached by a film-maker to produce a documentary based on their Run and the positive message that it conveys.

The film has been three years in the making and is currently on a Film Screening Tour of Australia, having premiered with rave reviews in Melbourne and Sydney. It is going on to screen in Brisbane, Perth and Adelaide.

The International screenings will premier in New York, USA, then go to Hong Kong and China during August to November 2017, and on to Europe the following year.

The cinematically produced feature film, entitled 'RAW – the Documentary' is an inspirational and heart-warming personal story of raw courage by two people who go from a terminal cancer diagnosis to achieving the unachievable. It's a feel-good story, with a positive message for all. DVD copies of the film will become available through the website after the Australia Premier Tour: <http://rawveganpath.com>

Meanwhile, in May 2015, after screening a Short Film for 'RAW – the Documentary' at the prestigious Cannes Film Festival in France, Janette and Alan began yet another adventure. But this time, instead of running they walked, carrying everything they needed in their backpacks. They covered a distance of 2,200 km from Paris to Santiago de Compostela in Spain along the Pilgrim Way, known as El Camino. (Brief account in *TNH*, Summer 2015/16 issue.)

El Camino de Santiago de Compostela is a network of routes across Europe which all lead to the northwest of Spain and the sacred shrine of St James in Santiago de

Compostela. The pilgrimage routes have attracted devout pilgrims since the 12th Century, but today, hundreds of thousands of people from all over the world (over 200,000 in 2014) set out each year to walk the route for many reasons, such as for a physical challenge; to experience hiking in outstanding natural landscapes and to visit historical heritage sites. Of course, many walk the Way as an inner journey to both spiritual and self-enlightenment.

By walking the Camino two years after Running around Australia, then at the ages of 70 and 66, Janette and Alan further inspired others to realise that one is never too old to achieve anything one desires, whether it be physical, mental and/or spiritual, so long as a person continually retains a state of optimal health and physical and conscious awareness.

Apart from it being an amazing physical challenge, the couple found that walking the Camino through ever-changing scenery and meeting with other pilgrims was an incredibly enjoyable experience. They found it was surprisingly easy to do on a raw vegan diet of mostly fresh fruit and some green vegetables, which kept them well fuelled and energised.

Janette's account of their Camino Walk, entitled 'A Change of Pace' (to be published as an insightful picture book containing a selection of the 3,700 photos taken during their 80 days walking) is as yet unfinished – because they did return to walk further Camino trails last year. And so, another chapter or two is to be added.

In May 2016, having finished the filming of 'RAW – the Documentary', Janette and Alan again set off with their backpacks from Paris to Northern Spain to complete a further five Caminos. Each walk took them along coastal routes, up and over mountain ranges, through forests and along country lanes, covering a distance of 1,600 km.

Since returning to Australia, their main focus has been helping to finish the film 'RAW – the Documentary', while at the same time, moving home to Far North Queensland.

Janette and Alan plan to set up their new property for offering conscious living workshops on how to live in a self-sufficient, sustainable way. They will share, hands-on, what it means to be healthy and happy living a Raw Vegan Conscious Lifestyle. They will also be offering Camino 'Walkshops' for those interested in following the Camino Way.



So, what will 2017 bring for this dynamic duo? No doubt Janette (now 67) and Alan (now 71) will not be standing still for long!

During the Film Premier Tour of Australia, February – May, they will be attending screenings and other speaking events, including the Natural Health Society's Autumn Seminar in Sydney, where they will give a presentation on their Camino Walks.

And, yes, yet another challenge is on the horizon! During October while in China, Janette and Alan plan to take on what may well be their most physically challenging experience yet!

You will hear more if you are able to attend the Natural Health Society's Seminar on Sunday 12th March. Also watch for announcements on the raw website: <http://rawveganpath.com>

Janette is the author of the highly acclaimed book, *Raw Can Cure Cancer* (now in its 5th edition) and a second book, *Running Out of Time – Running Raw Around Australia*, released in 2014. Both are available through their website: <http://rawveganpath.com>

Contact Janette: email@RawVeganPath.com or phone 0477 292 013



The well-stocked fridge and pantry – wholefood, plant-based style

By Robyn Chuter

So many clients have asked me how to stock the kitchen so that they can prepare wholefood, plant-based recipes that I decided to write an article about it.

Here are the foods I make sure I have in the pantry, freezer and fridge at all times:

Pantry

- Onions – brown for cooking, and Spanish (red) for salads
- Fresh garlic
- Potatoes – both 'regular' white potatoes and sweet potatoes
- Several varieties of dry legumes, e.g., chick peas, pinto beans, black beans, lentils – good fruit and veg shops have these in money-saving 1 kg packs; my household goes through so many legumes that I buy them in 5 kg bags from Honest to Goodness
- A few cans of legumes for 'emergencies', that is, when I've run out of home-cooked ones, which I cook in bulk and freeze until required
- Organic canned diced tomatoes – no added salt, in BPA-free cans
- Organic passata (tomato purée) – no added salt
- Tomato paste – no added salt
- Rice – red, black and brown varieties
- Quinoa
- Rolled oats (traditional, not quick oats)
- Steel-cut oats
- Polenta
- Freekeh (green wheat)
- Legume pasta (Explore Asian brand – it's gluten free and highly nutritious)
- Nutritional yeast – for adding a 'cheesy' flavour to meals and sauces
- Nori sheets and other varieties of seaweed, including wakame, arame and dulse
- Dried fruit, including dates to replace sugar in baking, goji berries, dried apricots and figs, along with sun-dried tomatoes (loose ones, not packed in oil) which I use almost daily to add flavour and texture to soups, casseroles and stews
- Cacao (raw chocolate) and carob powder
- Several varieties of vinegar including balsamic, white balsamic, raspberry wine, pomegranate balsamic and

apple cider

- A wide range of dried herbs and spices including oregano, basil, thyme, dill, turmeric, cumin, coriander, paprika, cinnamon, cardamom, sumac, saffron, dehydrated onion flakes and garlic powder, plus vanilla.

Freezer

- Peas
- Chopped spinach (I buy the cubes, which defrost quickly)
- Berries
- Mango
- Cooked legumes, drained and packed into storage containers or zip-lock bags

Fridge

- Ready-made plant milks, for example, oat, whole-bean soy and almond
- Fresh ginger
- Wholemeal spelt flour for baking
- Several varieties of nuts (for example, Brazils, almonds, cashews, walnuts, pecans) and seeds (pepitas, sunflower seeds, sesame seeds, linseed/ flaxseed, hemp, chia)
- Tahini
- Nut butters – peanut, ABC (almond-Brazil-cashew), macadamia or whatever variety I've made in my Thermomix
- Wholegrain mustard – low-sodium
- And of course, a wide variety of seasonal fresh fruits and vegetables, which form the centre-piece of every meal in our household, and fresh herbs.

Gadgets and Accessories

In addition, here are some gadgets and accessories that I would find it very hard to live without:

- All-in-one kitchen machine – I have a *Thermomix* which cooks, steams, chops, kneads, blends and purées; if the *Thermomix* is outside your budget, take

a look at some of its lower-priced competitors such as the *ThermoChef* or *Maxika SuperChef*

- If you don't have an all-in one kitchen machine, you'll need a high-powered blender (such as *Vitamix*, *NutriBullet*, *Blendtec*) and a food processor
- Multi-cooker – my Phillips multi-cooker is a pressure cooker (great for cooking legumes in just a fraction of the time that they would take on the stove), slow cooker and rice cooker, with a sauté function for browning onions before you add other ingredients. It even has a 40°C setting which is perfect for making plant-milk yoghurt (I use Bonsoy and a non-dairy culture which I buy from Green Living Australia)
- High-quality PTFE-free and PFOA-free non-stick saucepans, frying pans and bake-ware, such as *Neoflam*, *Green Pan*, *Pyrex*, silicone bake-ware
- Non-stick baking paper and baking cups – these allow me to cook delicious sweet potato 'chips' in the oven, without oil, and save me from the hassle of greasing and flouring cake and muffin tins
- Vegetable dicer/slicer
- Herb scissors – this clever gadget has 5 separate blades, all closely spaced, allowing me to finely chop fresh herbs in no time flat
- And, of course, good quality knives, ranging from a paring knife to full-sized chef's knives, and kitchen scissors.

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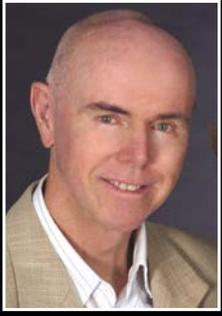
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A REGULAR COLUMN

10 Questions and 10 Insights for Better Health



By Greg Fitzgerald, Osteopath and Naturopath

Without good health, not much in life is enjoyable. Often I consult very wealthy people faced with a life-threatening health crisis, and, believe me, they all say they would give all their money to buy back their once-good health.

The truth is money can never buy health. If it did, the Americans would be the healthiest people on Earth because they spend more on 'health' care than does any other nation, yet have one of the worst health outcomes, including one of the highest infant mortality rates.

Here are some questions you might ask yourself, all of which contain important markers for our own wellbeing, depending on how you answer them:

1. How is your energy level generally? Do you feel tired even after waking up? Do you have to continually push yourself to get things done, or is there ample energy available most times? In other words, do you soldier-on?
2. Are you lighter or at the same weight as 12 months ago? More importantly, how does your weight compare now to when you were in your early/mid 20's? Is your tummy larger and softer than it was 12 months ago?
3. How is your sleep? Are you sleeping well most of the time, or do you often experience restless and unrefreshing sleep?
4. Are your bowels functioning well? Or do you experience frequent constipation, loose movements or gut discomfort?
5. How many headaches do you get and how often do you medicate them? Overall, what medications are you taking, and for what reasons?
6. Have you been diagnosed with any new health issues this past 12 months?
7. How often do you partake in each of the social 'poisons' (alcohol, tobacco and caffeine)?
8. How often do you engage in some form of physical activity per week?
9. Do you eat dairy and/or animal foods every day, and how much fruit and how many raw salads would you eat per week?
10. How would you rate your own

mental health? Are you happy most of the time, or sad? Do you often feel depressed, anxious or stressed out?

REFLECTION IS NEEDED

These are very important questions. We all need to be mindful of the state of our bodies and minds. The great thinker, Thoreau, once said: "The unexamined life is not worth living". Many people think that these sorts of questions are irrelevant to their present level of health/illness, but in reality they yield important clues to our present and future health.

We all need to reflect on our lives, including our state of health. Reflect on your energy; your sleep; your digestion; your muscles and joints; your mood; your weight; your fitness; and your family life and relationships. These are important markers of which to be mindful.

If your answers to these questions, and indeed your health, are not what you would like, then take heart. You can improve. It's entirely up to you. The ball's in your court.

I never cease to be amazed at how much confusion about health there is. It seems that people today are more confused than ever. Too often they are looking for answers to their health problems in all the wrong places.

And, tragically but true, medical doctors are not taught much about *true* health during their training. The only things they are taught about health are to not smoke, watch your weight, drink alcohol moderately, eat a balanced diet (from the My Plate dietary guidelines that a dietitian recommends) and do some exercise. No wonder our health care system is in a mess!

Almost everyone who turns their health around, perhaps reversing some chronic disease, does so because they made changes to their daily habits, going well beyond what the above recommendations suggest. They did not keep doing what they had been doing. Remember, if nothing changes, nothing changes.

10 INSIGHTS TO BETTER HEALTH AWARENESS

1. Past health does not guarantee future health. When we are young, health is taken for granted. As we age, we must avoid this trap. If we take our health for granted, we start to lose it and end up with serious health issues. When I was 20, I could abuse myself one day and still feel good the next. Decades later, if I abuse myself today, I suffer tomorrow. I must look after myself today if I want to enjoy good health and energy tomorrow. There are fewer and fewer carry-over points as we age. Health is achieved through daily healthy living, nothing else.
2. As we get older, health management increasingly becomes energy management. Most people and even health professionals do not comprehend this. When people over 40 expend their nervous energy the same as they did in their 20's, they will wonder why they feel exhausted all the time. There are two main causes of chronic disease: enervation and toxemia. Enervation is when we expend more nervous energy than is replenished, and we end up chronically tired. This sets the stage for a toxic body (toxemia) and is the basic reason people 'fall apart' prematurely.
3. To improve one's health, to reverse enervation and toxemia, desistance is more important than assistance, except in emergencies. Desistance from certain foods and drinks, from certain commitments and, at times, even from exercise, is far more beneficial. Desisting applies both to physical and mental habits.
4. Fitness and health are completely different things. A common mistake that enervated and toxic people make is that they think they can improve their health by starting an exercise program or by increasing the intensity of their existing exercise. This more often than not leads to more health issues, to the point where they are forced to stop exercising due to intense pain or illness. Also, many overweight people mistakenly chase weight loss through exercise. Exercise

is contra-indicated in those with serious health conditions until they start to get their natural energy back, and this is done by desisting, not assisting.

5. Never judge an exercise by how you feel during or just after. This is stimulation and is fool's gold. Always judge exercise by how you feel the next day.
6. Fine tuning makes a huge difference to the health of people who already lead a relatively healthy lifestyle. Big doors swing on little hinges! Remember, the difference of one degree turns boiling water into steam!
7. Health can be improved at any age.
8. To overcome or improve a specific health concern, one must embark on improving one's general health. The current paradigm of treating one part of the body (usually by drugs or surgery) without considering the whole, is one of the main causes of our current health crisis. If our general health is ignored, we suffer one illness after another as the body breaks down in one organ system after another, due to the generalised state of enervation and toxæmia. We end up falling apart and visiting different specialists for each part that is failing. Many ills, many pills and many bills!

This is because our general health is neglected. When we lift our general health, many of our specific problems automatically resolve. When the tide rises, all the boats lift!

9. The 'bestest' and wisest doctor in the world is Dr You! However, the wise voice of Dr You is less audible the more drugs you take. As Dr Bernie Siegel stated: "Your body never lies unless it's drugged."
10. Nearly all your symptoms are protests. Respect them, don't automatically suppress them! If we ignore them and suppress them, the protests only get worse. And then we continue to fall apart. When we listen to our protests, and change our diets and lifestyles appropriately, our bodies no longer feel the need to complain or protest, and we live in good health and not dis-ease.

TRUE RICHNESS, BEYOND MONEY, FAME OR POSSESSIONS

Excellent health is simply a springboard to function fully and enjoy life. It's difficult to enjoy life with poor health, so make sure you become as healthy as possible

– and enjoy your life. This is true richness, beyond money, fame or possessions.

Please believe me, you can improve your life and your health, no matter what your age or your situation. The greatest risk factor for premature morbidity (sickness) and mortality (death) is conventional living. **Do not follow the crowd!**

CONSULTATIONS

If you feel your health could be improved but need specific direction, I do both face-to-face and phone consultations. It's amazing what a 60-minute, in-depth consultation can achieve.

For clinic consultations, my new address is 334 Gynea Bay Road, Gynea, Sydney (after 32 years in Cronulla), with the same phone number as previously: 02 9544 0445.

For phone consultations, phone Dawn on the same number for a mutually convenient time to consult.

SCREENS IN SCHOOLS

How useful are electronic devices for children's education?

Not as useful as we've been led to believe, according to Dr Nicholas Kardaras, author of a new book, *Glow Kids: How Screen Addiction is Hijacking Our Kids – and How to Break the Trance*.

Rather than increasing children's academic performance, technology use at school reduces it, says Dr Kardaras. He refers to various experts and expert organisations who have concluded that tech-based learning produces worse results and interferes with the development of children's motor skills and logical thinking.

Moreover, it may be reducing children's likelihood of reading for pleasure which develops important skills, including critical thinking and vocabulary. It's also reducing children's attention rates, requiring them to be ever-more stimulated in order to stay focused.

A Canadian study found that students prefer 'ordinary' lessons to tech-based learning.

Further, engaging in high-tech activities can actually be harmful. Kardaras says, 'Students who have been raised on a high-tech diet not only appear to struggle more with attention and focus, but

also seem to suffer from an adolescent malaise.' He adds, that heavy tech users are more likely to suffer ADHD, screen addiction, aggression, depression, anxiety and psychosis.

Why are schools investing so heavily in digital learning? It's the result of successful marketing by big business who are raking in huge profits by transforming education, Kardaras suggests.

'Screens in schools are a \$50 billion Hoax', *Time*, 31-08-2016, <http://time.com/4474496/screensschools-hoax/>



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Author, Roger French, has a diploma of nutrition and has been Health Director of the Society for 34 years.

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. PLANTAR WARTS

Would you please explain how to get rid of the plantar warts. I have one on the sole of my foot. – H. B., Leumea NSW

A. Plantar warts are warts that usually appear on the heels or balls of your feet. They are associated with the HPV virus. They are not dangerous, but can cause discomfort. They can be treated medically or may be eradicated with home remedies, of which there are many options.

The Mayo Clinic in the US gives a good account of plantar warts.

<http://www.mayoclinic.org/diseases-conditions/plantar-warts/basics/definition/con-20025706>

They are hard, grainy growths that usually appear on the heels or balls of the feet where the pressure is greatest. This pressure may also cause a wart to grow inwards, forming a callus.

The human papillomavirus (HPV) enters the body through tiny cuts, breaks or other weak spots on the underside of the foot or through wet, softened, fragile skin that results from being in water a long time. Coming into contact with the virus does not necessarily result in warts. The HPV strains that cause these warts are not highly contagious, but can be contracted by walking barefoot around swimming pools.

Most plantar warts fade away without treatment in up to a year or two. If a wart causes discomfort or pain, then treatment will be appropriate.

Medical treatments

• The most common methods of wart removal include:

Salicylic acid. Most of the wart removers sold in chemists use salicylic acid to burn off the wart. They work by removing layers of a wart a little bit at a time. Salicylic acid occurs naturally in willow-bark and many fruits and vegetables. It is the compound

from which aspirin is processed.

Chryotherapy. This involves a health professional freezing the wart off, usually with liquid nitrogen. The dead tissue sloughs off within a week or so.

Cantharadin. This is the juice of a blister beetle that is painted on by a doctor and left to form a blister over 24 hours. The dead wart is later removed by the doctor.

Minor surgery. A doctor cuts away the wart or destroys it by using an electric needle under local anaesthetic. Scarring can result.

Laser treatment. This cauterises the tiny blood vessels and the wart later falls off.

Wartabater Electronic Wart Remover. This is a battery-powered electronic device with a probe which is applied to the centre of the wart for three minutes. After a single treatment, healthy new skin begins to grow.

Home remedies

H-Warts Formula. Manufactured in the US, it consists of homeopathic ingredients in an oil blend. It is claimed to be safe and effective, and the ingredients support this claim. It can be used to treat most kinds of warts.

H-Warts Formula begins to work quickly – results can usually be expected in a week or two.

The supplier is Healing Natural Oils, 3830 Valley Ctr Dr #705-526, San Diego, CA 92130, USA. I cannot find a distributor in Australia.

Best home remedies according to Kidspot, Australia

• **By Ella Walsh**

• www.kidspot.com.au/health/infections-and-diseases/bacterial-and-viral/best-home-remedies-for-curing-warts

• Cut a **potato** in half and rub it firmly over the wart, making sure that the skin becomes saturated with the juice. Repeat morning and night for two weeks to start seeing results.

• Soak a **cottonwool ball** in apple cider vinegar and apply directly to the wart. Use a Band-Aid to keep the cottonwool in place. Remove after three to four hours. Repeat every day for three days to start seeing results. This is a popular and successful home remedy

• Place a small square of **duct tape** over the wart and leave in place, removing only when you want to replace the tape. Continue for two weeks to start seeing results. This has been medically researched and shown to work.

• Rub the wart with the **peel of an orange**. The wart will turn orange and then darken. Continue for two weeks until the wart drops off.

• Paint the wart with **clear nail polish**, and repeat every second day. Continue for two weeks to start seeing a result.

• Soak a cotton ball in fresh **aloe vera** and apply directly to the wart. Repeat each day for two weeks.

• Rub **raw garlic** over the wart every day for two weeks.

• Apply the inside of **banana peel** to the wart. The peel must remain in contact with the wart at all times. Continue for 3 – 4 days to see a result.

• Apply the **milk of a dandelion** directly to the wart. Repeat every day for two weeks or so.

• Rub **castor oil** onto the wart twice daily for two weeks.

• Before going to bed, prick open a **vitamin E capsule** and smear the oil over the wart. Cover with a Band-Aid and leave overnight. Repeat for two weeks.

• Break down a **vitamin C tablet** to a similar size to the wart you are treating. Use a Band-Aid to tape the tablet directly onto the wart. Change the Band-Aid and vitamin C tablet each day and repeat for two weeks.

Q. TACHYCARDIA – RACING PULSE:

Every so often, perhaps two or three times a year, my heart races at about double or more its normal pulse. The heartbeat is reasonably even, but weaker than normal.

It invariably follows a period of stress, usually a combination of physical and emotional stress – typically anxiety for some time and then a trigger of demanding physical effort such as hard mountain climbing.

Can you suggest what is going on here and how I can slow the rapid pulse when it occurs. – R. D., Springwood NSW

A. Tachycardia means 'too fast heart rate' – a heart rate of more than 100 beats per minute in adults, although the rate does depend on a person's age and physical condition.

[NOTE: I wrote in detail about one form of tachycardia, *atrial fibrillation*, in the Winter 2015 issue of *TNH*, pages 36 – 38. This current discussion is a broad coverage of all the common forms of arrhythmia.]

Almost everyone has had an abnormal heart rhythm (arrhythmia) at some time in their life.

The human heart consists of four chambers:

- Atria – the two upper chambers; a left atrium and a right atrium.
- Ventricles – the two lower chambers; a left ventricle and a right ventricle.
- The heart's natural pacemaker, the *sinus node*, is located in the right atrium. It produces electrical impulses, each of which triggers an individual heartbeat, commencing with contraction of the atria. This pushes blood into the ventricles.
- Each electrical impulse continues down to the *atrioventricular node*, which delays the electrical signal before sending it on to the ventricles. This delay allows the ventricles time to fill with blood, after which they contract and pump blood to either the lungs (via the pulmonary artery) or the rest of the body (via the aorta).

This normal heart rhythm is called the *sinus rhythm*, because it is controlled by the sinus node.

Two common terms are *palpitation* and *tachycardia*. Palpitation is when the heart beats are actually *felt* by the person in his/her chest. The pulse may be normal,

increased or decreased. Tachycardia means that the heart rate is increased. If the rate is decreased, this is called *bradycardia*.

In other words, tachycardia and bradycardia refer to the *number* of heart beats, whereas palpitation refers to *feeling* those beats, as when we say 'My heart was thumping in my chest'.

Palpitations

Palpitations can be triggered by:

- Anxiety, stress, panic attack or fear;
- Hard exercise;
- Caffeine intake;
- Nicotine intake;
- Cocaine or other illegal drugs;
- Diet pills;
- Fever.

More serious palpitations can be due to an abnormal heart rhythm, which may be caused by heart disease, mitral valve prolapse, abnormal blood level of potassium, certain medicines (including those for asthma, high blood pressure or heart problems), overactive thyroid or a low level of oxygen in the blood.

An occasional palpitation is not usually something to worry about, but if there are frequent or consistent palpitations, it would be wise to seek professional guidance.

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Types of arrhythmia

Tachycardia

An increase in pulse is a normal response to physical activity, but can also be a sign of a medical problem.

The rapid heartbeat means there is an increase in demand for oxygen by the heart muscle. If this persists for a considerable time, it can eventually lead to heart attack due to the death of oxygen-starved heart muscle. Tachycardia also increases the risk of stroke.

Sinus tachycardia is a *normal* increase in heart rate, typically associated with strenuous exercise, fever, anxiety, fright, severe emotional distress, and some medicinal and street drugs.

There are two different kinds of *abnormal* tachycardia. They are *supraventricular tachycardia* (SVT) and *ventricular tachycardia*.

SVT is any accelerated heart rhythm originating above the ventricular tissue. The abnormal circuitry in the heart is usually congenital (present at birth). An SVT episode may last from a few seconds to several hours, and is usually not life threatening. The incidence of SVT is about 35 cases per 100,000 population per year.

SVT has six forms. The following names won't mean much to the lay person, but they do show the complexity of tachycardia.

Atrioventricular nodal re-entrant tachycardia (AVNRT) is the most common form of SVT. The mechanism involves an extra heartbeat caused by an abnormal electrical signal fired not from the node, but from elsewhere in the heart.

Atrioventricular re-entrant tachycardia is the second most common type of SVT. The tachycardia uses an accessory pathway through heart muscle fibres from the ventricles to complete the re-entrant circuit, bypassing the atrio-ventricular node.

An accessory pathway can transmit atrial rates of up to 300 beats/minute directly to the ventricles. This can lead to ventricular fibrillation and even death.

Atrial tachycardia. This accounts for about 10% of cases of SVT. The electrical impulse comes from somewhere in the atria, other than the node. The atrial rate can vary from 120 beats to 300 beats/minute. The heart can either be normal or structurally abnormal. Episodes may last from minutes to days. AT is nearly always benign.

Atrial fibrillation is when the two atria contract at a high rate and in an irregular way. The two atria are not synchronised with the contractions of the two ventricles, causing rapid and irregular beats. AF is caused by chaotic electrical impulses in the atria. An episode may last from a few hours to several days, but is usually not life threatening.

Atrial flutter is when the atria beat rapidly but regularly. It is caused by a circuit problem within the atria. The contractions of the atria are weak because of the rapid heartbeat. An episode may last a few hours or some days, but is usually not life threatening.

Paroxysmal supraventricular tachycardia (PSVT) is another type of 'short-circuit' arrhythmia. It may occur at any age and commonly occurs in patients who have no other heart disease. There is typically a rapid, regular heartbeat of between 130 and 230 beats per minute that starts and ceases abruptly. It is commonly misdiagnosed as a panic attack. With some exceptions, PSVT is generally not dangerous.

Ventricular tachycardia. Abnormal electrical signals in the ventricles result in a rapid heart rate. The speed of the heart beat does not allow the ventricles to fill and contract properly, resulting in poor blood supply to the body. This type of tachycardia is frequently life-threatening and is treated as a medical emergency. Ventricular tachycardia is linked to heart muscle damage from a previous heart attack or disease of the heart muscle (*cardiomyopathy*).

Ventricular fibrillation. The ventricles quiver in an ineffective way, resulting in poor blood supply to the body. If normal heart rhythm is not restored rapidly, blood circulation will cease and the patient will die. An underlying heart condition or having been struck by lightning may result in ventricular fibrillation.

Bradycardia

The heart beat is too slow, generally less than 60 beats per minute. It becomes serious when the heart can't pump enough blood to meet the body's needs.

Bradycardia may be normal, and can be associated with improved physical fitness. However, it can also be associated with medical conditions.

Causes of SVT

- Emotional stress, particularly anxiety;
- Being physically fatigued;
- Damage to heart tissue;
- Congenital heart defects;
- High blood pressure;
- Too much caffeine;
- Too much alcohol;
- Fever;
- Some medications;
- Recreational drugs;
- Imbalanced electrolytes;
- Smoking;
- Overactive thyroid.

Symptoms of SVT

Some people have no symptoms; others may feel:

- Dizziness;
- Light-headedness;

- Rapid heartbeat;
- Angina (chest pain);
- Shortness of breath.

Causes of Ventricular Tachycardia

- Lack of oxygen to areas of the heart due to lack of coronary artery blood flow;
- Cardiomyopathy in which the structure of the heart becomes distorted;
- Certain medications;
- Sarcoidosis (an inflammatory disease affecting skin or other bodily tissues).

Symptoms of Ventricular Tachycardia

- Dizziness;
- Light-headedness;
- Unconsciousness;
- Cardiac arrest.

Medical treatments for tachycardia

Medication to stabilise the heart rhythm, a pacemaker, defibrillation – a mild electrical current to 'reset' the heart rhythm, a mild electrical shock, catheter ablation, surgery to remove the malfunctioning area of the heart, and lifestyle changes – including managing stress, quitting smoking, eating healthy foods, being physically active, managing blood pressure and cholesterol and maintaining a healthy body weight.

A person is advised to immediately call triple zero and ask for an ambulance if he/she feels pain or discomfort (pressure, heaviness or tightness) in the chest, neck, jaw, arms, back or shoulders, feels nauseous, has a cold sweat, is dizzy or short of breath, and if these symptoms last more than 10 minutes.

Ventricular tachycardia may require immediate medical treatment.

Wholistic treatments

Treatment for SVT

Treatment is desirable if episodes are prolonged or occur often.

- Pressing *gently* on the eyeballs with eyes closed;
- *Valsalva manoeuvre* – holding your nostrils closed while attempting to blow air into your nose and at the same time squatting down; or just holding the breath for as long as is comfortable while squatting;
- Apply one of the drug-free techniques that would induce sleep (see page 26 in this issue of *TNH*);
- During tachycardia or if you feel it coming on, say repeatedly the affirmation, 'I am fit and healthy and getting fitter and healthier every day'. (Don't worry if you don't believe it; keep repeating it and the sub-conscious mind will begin to believe it.)
- Cut down or cut out coffee and energy drinks. The last thing you want is stimulants which raise heart rate;

- Cut down or cut out alcohol;
- If smoking, quit;
- Have more rest;
- Learn to reduce stress and anxiety. This can help you to prevent palpitations and better manage them if they occur;
- Try deep relaxation or breathing exercises;
- Practise yoga, meditation or Tai Chi. By learning to relax, you can slow your heart rate;
- Have regular, mild exercise;
- Carotid sinus massage: gentle pressure on the neck, where the carotid artery splits into two branches. Must be performed by a healthcare professional to minimise the risk of stroke, heart or lung injury from blood clots.

Prevention of SVT can be boosted by lifestyle factors, including:

- Regulate adrenal fatigue – have plenty of rest and avoid stressful situations. Particularly avoid anxiety which causes a release of adrenaline and the same stress response as if you were being chased by a lion in the wild.
- Diet also has a lot to do with heart rhythm. Avoid refined carbohydrates, especially refined sugar, reduce caffeine, and focus on eating a balance of natural, whole foods. Ensure plenty of fibre and drink adequate water.
- Balance your pH – increase to three-quarters (by weight) the alkali-

forming foods in the diet, namely fresh veggies and fruits. This will avoid low potassium levels which are one cause of tachycardia.

- Try Supplements. Cayenne pepper, magnesium and some other herbal and mineral supplements can stimulate regular beating of the heart. Obtain professional guidance here.
- Exercise in the form of light cardiovascular work (brisk walking, running, etc.) will strengthen the heart. Be sure to avoid overdoing it as this could risk a heart attack.
- Use biofeedback – wear a heart rate monitor so you can observe the things that cause your tachycardia.
- Keep positive attitudes.

Q. Sjogren's Syndrome:

I would like to know about Sjogren's disease. I couldn't find in my medical dictionary. Can you explain how to treat it without drugs, please – P. R., Armidale NSW

A. This is a relatively common auto-immune disease, affecting about one in every 200 people in Australia. It mainly involves the eyes and salivary glands, but can also affect other parts of the body. In an auto-immune disease, the immune system mistakenly attacks the body's own tissues.

What it is

The Victorian Government's Better Health Channel explains that immune system cells, called *lymphocytes*, and *auto-antibodies* attack the moisture-producing glands. This results in dryness of the mouth, eyes or other tissues. (<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sjogrens-syndrome>).

The disorder may progress slowly, so the typical symptoms of dry eyes and mouth may take years to show. However, rapid onset can also occur. Women are most commonly affected by Sjogren's syndrome

Sjogren's syndrome can involve the entire body, but is usually not life-threatening. The mucus membranes of the nose and vagina can dry out, and internal organs (including kidneys, intestines, lungs, heart and liver) may become inflamed.

In the words of Dr Andrew Weil, MD, the primary targets of the immune system are the glands that produce tears, saliva and the body's other lubricating secretions. Nine out of ten sufferers are women, and the syndrome can occur at any age, even during childhood. (<http://www.drweil.com/health-wellness/body-mind-spirit/autoimmune-disorders/sjogrens-syndrome>)

Cause of Sjogren's syndrome

The orthodox medical view is that the cause is unknown, except that it may have a genetic basis. Around half the people who have the syndrome also have rheuma-



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logical conditions, such as scleroderma, lupus or rheumatoid arthritis.

Sjogren's can follow a viral or bacterial infection, tissue injury or emotional trauma in people who are genetically predisposed.

However, no disease develops without a cause. The Natural Health view is that for the immune system to attack the body's own tissues, those tissues are already damaged. The immune system mistakes them for foreign material. Sjogren's is just another manifestation of the effects of the modern Australian lifestyle, especially the culture of eating and our exposure to toxic man-made chemicals.

Symptoms of Sjogren's syndrome

The most common symptoms are dry eyes and/or dry mouth. The dryness causes eyes to burn, itch or feel as if they have sand in them. Also common are blurry vision and sensitivity to bright light. The dryness can lead to dental cavities, mouth infections, sore or cracked tongue, dry or burning throat and dry or peeling lips. Dryness may also affect the skin, nose and vagina.

There may be joint pain, general achiness, fatigue and possibly headaches. Also possible are swelling and tenderness of the glands around the face, neck, armpits and groin.

In serious cases, vital organs may be affected, including the liver, lungs, kidneys, gut, pancreas and/or brain and spinal cord.

There is no set pattern of symptoms; they can vary widely in different individuals.

In order to avoid complications, it is important to have prompt diagnosis and remedial measures.

Treatment for Sjogren's syndrome

The Better Health Channel states that there is no cure for Sjogren's syndrome, but the disorder can be managed. However, 'no cure' almost invariably means that there is no *drug* cure – which is the case for almost every degenerative condition. When we look at lifestyle approaches, it is nearly always a different story.

Conventional medical treatment

This focuses on relieving the symptoms. Artificial tears and saline drops are given for dry eyes. Joint and muscle pain may be treated with non-steroidal anti-inflammatory drugs. Hydroxychloroquine may be prescribed for joint pain. If internal organs are affected, the drug may be the powerful corticosteroids, and immune-suppressive medications may be used to suppress the overactive immune system.

Always accompanying drug therapies is the fact that virtually all drugs have side effects.

Natural therapies approaches

Dr Andrew Weil gives a set of recommendations which he suggests for most autoimmune disorders:

- Minimise consumption of animal products and eliminate milk and milk products;
- Avoid polyunsaturated oils (*extracted* vegetable oils) and hydrogenated fats (margarine, vegetable shortening);
- To reduce inflammation, increase intake of omega-3 fatty acids through freshly ground flaxseeds, chia seeds, walnuts, purslane and other leafy green vegetables;
- Consult a traditional Chinese medicine practitioner, who will employ diet, herbs, acupuncture and energy work;
- Include ginger and turmeric in meals for their anti-inflammatory effects;
- Have regular aerobic exercise – swimming is best if there are joint problems;
- Practise progressive relaxation and other mind-body techniques, such as visualisation, hypnosis and guided imagery. These can be very effective for moderating autoimmune responses.

Dr Weil gives a tip to people with autoimmune diseases – avoid health care professionals who make them feel pessimistic about their condition!

In addition to Dr Weil's useful suggestions, the Natural Health approach would include a period of detoxing. A significant lowering of toxins in the system can be achieved with six or seven days on alkali-forming fruits and vegetables exclusively or three or four days on fruit and vegetable juices exclusively. Longer periods than these or water fasting would require professional supervision, which, since the closure of Hopewood Health Retreat, is now available in very limited locations. Misty Mountain Retreat – which is promoted inside the front cover of this magazine – has had a number of visits by Natural Health Society members.

Homeopathic remedies – with professional guidance – have been found to produce positive results in Sjogren's syndrome.

For relief of dry eyes

Here is a collection of things to try which have been employed by natural therapists:

Use artificial tears, an eye lubricant or both, but make sure that they are preservative free.

Increase indoor humidity if possible, and avoid exposure to drying air by not sitting in front of a fan or air-conditioning vent. When outdoors, avoid dry and dusty environments or wear goggles.

Consume these key oils which are especially important for dry eyes: omega-3 oils (especially flaxseed oil); sea buckthorn oil (from the berries of a cold-weather shrub – it is very helpful for improving lubrication

throughout the body – including in the eyes, mouth, bowel and vagina); evening primrose oil or borage oil.

Use castor oil eye drops. This oil helps tears to spread across the eye as well as preventing excessive tear drop evaporation. (But don't use castor oil if pregnant, as it can induce labour.)

Eye drops containing vitamin A precursors (carotenoids) have been found to be as effective as traditional eye drops for treating dry eyes. Increase carotenoids in the diet by consuming foods such as carrots, sweet potatoes, rockmelons and yams.

The soreness of Sjogren's dry eyes may be eased by a warm, moist compress over the closed eyes.

Supplementing with *N-acetyl-L cysteine* (a modified form of the amino acid cysteine) may help combat dry eyes and dry mouth and also help the body produce antioxidants.

A supplement of B-complex vitamins plus magnesium can be very helpful.

For relief of dry mouth

Drinking adequate water helps to moisten the mouth – sip small amounts throughout the day. Note that it is possible to drink too much water and congest the kidneys.

Stimulating saliva flow moistens the mouth. Chew sugarless gum, and start the day with that classic, the juice of half a lemon in a glass of warm/hot water.

There are saliva replacement products on the market which contain a lubricant that helps the mouth stay moist longer than does plain water.

Breathe through the nose, which warms and moistens the air and also avoids the loss of moisture that occurs with mouth-breathing.

A nasal saline spray can help moisten and clear nasal passages, so breathing can be through the nose, rather than the mouth.

A herbal supplement containing rosemary, peppermint, paprika, hawthorn, pumpkin seed and milfoil has been found to improve the flow of saliva. But it could take weeks or months.

If swallowing is difficult, eat soft, moist foods. If salty, acidic or spicy foods or fizzy drinks irritate the mouth, avoid them.

Brush and floss teeth regularly to offset an increased risk of dental cavities.

Watch for food allergies. Particularly have a blood test for wheat allergy, which is common with Sjogren's disease.

For relief of pain and fatigue

It is important to find ways of easing pain, so that sleep will be optimal. Natural remedies can be very effective, for example, a highly absorbable form of curcumin (from turmeric), Boswellia (or 'frankincense'), willow bark or other natural therapies.



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 AUTUMN 2017 SEMINAR

DATE: Sunday 12th March 2017

VENUE: North Ryde Golf Club, Twin Rd, North Ryde, Sydney

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

See full details next page FOR OTHER EVENTS FOR MEMBERS, see page 15.

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:

Cynthia Handley and Barry Hastie, James and Elizabeth Lanham, Geraldine Callaghan, Suzanne Mason-Winter, Elaine MacDonald, Vera McLean, Shirley Drake and Melva Fleming, Bob Swainson, Jean Westwood, Stuart and Heather Carter, Clelia Bellifemine, Ruth Hargrave, Rosemary Croghan, Narelle Iiffe, Rhonda Norman, Olga Zlatar, Joseph Monage, Nan Meynink, Fiona Schultz, Mark Bowman, May Port, Jonathon Wansbrough, Beth and Francis Austin, Judy Wood and Dorothy Williamson.

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.]

MACARTHUR AREA NSW

Vegetarian group meets monthly, usually Sunday lunchtime, at each other's homes in the Campbelltown district. Each brings a plate and own crockery. Organiser, Glenys Hierzer, says, "We would love to meet new people whether you follow vegetarian or just enjoy the food." Phone Glenys on 4625 8480.



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April: NO meeting.

Sat. 27th May: Marilyn Bodnar, 'Our Body's Many Cries for Clean Water – the importance of drinking purified water and showering in chemical-free water'.

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"There is a big trend towards healthier, more plant-based eating," says Natalie. "People are wanting new ideas or simply a place to start. Or they may have health issues."

For more information, visit www.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



Natural Health Society 2017 AUTUMN SEMINAR



'INSPIRED TO RUN OVER MOUNTAINS!'

Grant Campbell, the 'Raw Aussie Athlete'

Grant Campbell has achieved mind-boggling endurance feats, including running non-stop from Eden on the NSW south coast to the summit of Mt Kosciuszko. And he fuels himself on raw fresh fruits and vegetables.



Grant knows that taking care of one's health, on all levels, remains elusive for most people. He will reveal his prior health complaints, along with what drives him to be his best in ultra-marathon running and in his daily life. Grant will uncover the secrets of how you too can take exquisite care of your mind, body and spirit.

'EPIGENETICS – FOR CONTROL OVER ILLNESS'

Saara White, Naturopath

Epigenetics – how our food, nutrition and lifestyle habits influence our genes.



Genetic testing is gaining in popularity, and for good reason. Find out how you can learn more about your genetics, how to switch genes on or off using epigenetics, and optimise your health, vitality and longevity according to your individual genetic needs.

Saara White is a practising Naturopath at Kirra on the Gold Coast in Queensland. With 15 years experience, Saara has a practical approach, using natural medicine, dietary and lifestyle interventions to gain the best health outcomes for her patients. Saara has a strong interest in the area of genetic testing and epigenetics.

OSTEOPOROSIS – HIGHEST IN COUNTRIES WITH HIGH DAIRY

Doug Evans, Osteopath

Based on long experience, Doug will explain how to develop strong bones and prevent and possibly reverse osteoporosis.



Many populations that *don't* consume dairy foods have the strongest bones – dairy products generally do not prevent osteoporosis. The modern diet and other lifestyle factors contribute to osteoporosis.

On the other hand, a mostly plant-based diet will provide plenty of superior sources of calcium and good quality protein and enable you to avoid and possibly reverse osteoporosis. It will also help lower the risk of cardiovascular disease, diabetes, cancer, arthritis and other degenerative conditions.

RETURN OF THE WORLD-RECORD VETERAN MARATHON RUNNERS

Janette Murray-Wakelin and Alan Murray

This is the couple, who, at our 2014 Seminar, described their world-record-breaking run around Australia in 2013. They covered 15,782 km by running 366 marathons in 366 days, fuelled entirely on raw fruits and vegetables plus a few nuts.



The trailer of *RAW – the Documentary*, a feature film of this feat, will be shown at the Seminar.

Eager for more adventure, in May 2015 Janette and Alan, then aged 66 and 70, walked 2,200 km from Paris, France, to Santiago de Compostella in Spain along the Pilgrim Trail.

Their message: one is never too old to achieve anything one desires.

DATE: Sunday, 12TH March 2017,
9.30am to 4.15pm

VENUE: North Ryde Golf Club,
North Ryde, Sydney NSW

Our seminars are great social occasions, packed with valuable information.

We have an exciting program of topics and speakers

WHERE'S MY MOJO??

The Secret to Unveiling Your True Life

Anna Anderson, Quantum Living Coach

Do you feel that there is something missing in your life? Or that there is a different calling about your career, way or place of living, *something* different, not quite the life you are living now. You may feel unfulfilled, disconnected from your true self, misaligned with your destiny, which can be expressed in many different ways.



It is time to find your Mojo.

Your Mojo is your soul's fingerprint; your essence, the answer to Who am I? It's the undercurrent of your destiny. Once you have reconnected with it, you are on your true path.

This interactive session with Anna Anderson will help you find your Mojo.

PROGRAM AND BOOKING FORM are presented in the leaflet that accompanies this magazine for New South Wales and ACT members.

INQUIRIES AND BOOKINGS:
Natural Health Society, phone 02 4721 5068;
fax 02 4731 1174; email admin@health.org.au

RATES: Subscribers \$100; Visitors \$110;
Subscriber concession \$90; Visitor concession \$100 per person.

EARLY BIRD (prior to 2nd March): Subscribers \$99; Visitors \$100; Subscriber concession \$80; Visitor concession \$90 per person.

NHS EVENTS



MEMBERS' EVENTS, March to May, 2017

Sunday, 12th March: Autumn Seminar, North Ryde Golf Club, North Ryde NSW

Sunday, 26th March: Organic Workshop, 122 Greendale Road, Wallacia NSW

Sunday, 9th April: Embrace Life Festival, Central Coast NSW

Sunday, 23rd April: Lunch at The Native Kitchen, Lawson (Blue Mts) NSW

Sunday, 14th May: Lunch in Eastern Suburbs Sydney NSW

Saturday, 27th May: Bike Ride, Wollongong NSW

Sunday, 28th May: Embrace Life Festival, Wollongong NSW

These are the activities planned at time of going to print.

Further information will be provided in our regular emailed newsletters.

If you don't receive these newsletters, please contact Tracey in the office to ensure that we have your correct email address.

If you don't have an email address or are not on Facebook, please call the office on 4721 5068 or Elizabeth French on 0478 755 537 for more information.

ORGANIC GARDENING WORKSHOP

Sunday 26th March 2017, 9.00am to 3.30pm

122 Greendale Road, Wallacia (south of Penrith) NSW

Margie Hare, of 'Nature Health', is an inspiration for us to make the most of our gardens with whatever space we have available. As workshop leader, she will begin with a short Qi Gong class to keep us flexible and to open our energy pathways for the creative day ahead.

The Wallacia garden is still new with plenty of opportunity for improvement, so it will be a very informative day with good fun and great food. Participants will be able to take away the items we make from recycled materials and something from the Swap Table.

The workshop will include information about:

- Setting up a worm farm;
- Easy tips and tools for lazy gardeners;
- Companion planting for a happy garden;
- Better water management;
- Building healthy soil;
- Composting techniques;
- Better water management.

Early bird discount before 28th February:

Members \$105; Visitors \$115

From 1st March:

Members \$115; Visitors \$125

Bookings: Phone NHS on 4721 5068 or email admin@health.org.au

More details on our website www.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.

SUBSCRIPTION RENEWAL



Natural Health Society members

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

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



Growing Organic Food in your back yard

MARGIE HARE

Welcome to the world of easy organic gardening

I am a *lazy* gardener. In my garden I work with nature, not against it. For example, I do not like to spend more time than necessary doing weeding. When your garden is planted with ground cover and covered with mulch, weeds are stopped in their tracks.

I don't like to waste time and energy digging either. No digging is necessary once you have prepared the bed, planted and mulched it properly. The soil organisms, including earthworms, do the work for you (aerate, condition and fertilize).

For me, *organic* gardening and growing my own food is the only way to go in these disappointing times of monoculture, genetically modified foods, use of chemical fertilizers and toxic sprays. It's no wonder people are getting sicker by the year as they are exposed to more and more toxic materials.

Some principles of organic gardening include:

- Building the soil;
- Crop rotation;
- Companion planting;
- Not using disruptive toxic chemicals or artificial fertilizers;
- Good water management;
- Covering the soil;
- Limiting light pollution;
- Tolerating diversity;
- Preserving heirloom varieties.

Advantages of organic gardening include:

- Healthier soil supports micro- and macro-organisms;
- Plants are more resilient;
- Your home grown produce is tastier and healthier;
- Nothing is thrown away or wasted. Everything is recycled back in specific ways.

For me growing a 'food forest' means planting and creating a garden with a diverse range of edible plants. It can be situated in a small courtyard, or be

planted in pots, or be a vertical wall garden or be in a backyard or on acreage.

Permaculture principles come into play where fruit and nut trees form the upper canopy for the different understories of flowers, herbs and vegetables. They all grow in harmony, encouraging a bountiful ecosystem for birds, insects, lizards, frogs, dragonflies and bees.

This harmonious cultivation includes:

- Using home remedies for pests and diseases;
- Using plant diversity;
- Fertilizing without using toxic or harmful substances;
- Getting to know about low-impact pesticides;
- Choosing the right location for the right plant.

In coming issues I will cover the details of 10 steps to follow, so that you will soon be reaping the rewards, in terms of sensory delight and improved health, from your garden-to-table fare.

10 steps to your organic food garden:

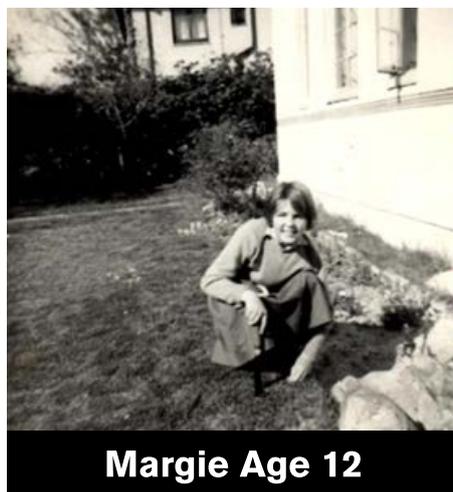
1. Design and plant;
2. Make your own compost;
3. Invest in a worm farm;
4. Embrace organic manures;
5. Stir up seaweed tea;
6. Brew weed soup;

7. Collect old pots, bins, broom handles and sticks;
8. Acid test your soil;
9. Assemble your garden tool kit;
10. Choose the right plants.

If you would like to fast-track your garden progress, book in to my Organic Gardening workshops at Peats Ridge on a working organic farm: Sundays 12th March, 21st May, 30th July and 1st October 2017.

If you have a question or wish to book in for one of the workshops, phone or SMS me on 0407 187 159, email me on margiehare18@gmail.com or book online at www.nature-health.com.au

OR FOR A WORKSHOP SPECIFICALLY FOR NHS MEMBERS AND FRIENDS, the Society has engaged Margie to present her day workshop in Wallacia NSW on Sunday 26th March. For inquiries and bookings, contact Margaret Stepniewski on 0407 230 499 or Elizabeth French on 0478 755 537. See details previous page.



Margie Age 12





Choice to Be Healthy Using Gerson Principles

By Jo Thompson, RN, BN, Health Practitioner

Health is about choice. We have to make thousands of choices on a daily basis. What do you choose?

What drives your decisions?

What are your entrenched behaviours and habits? We unconsciously make choices before we realise what we are doing. In-built senses from childhood make a decision long before we consciously do. Certain smells, colours, expressions on people's faces, tastes, etc., send signals to the brain to alert us whether it is safe, comfortable and right to make that choice.

Many people I treat make decisions from an emotional stance; most often from an unconscious place. We also make choices based on our values and beliefs. So when it comes to your health, what drives you to decide whether to eat a juicy apple or a piece of delicious chocolate cake. What drives you to get out of bed and exercise or turn off the alarm and go back to sleep.

We really need to know what drives our daily decisions, whether its emotions, habits, values or beliefs. For example, I eat vegetarian, therefore I don't consume animal products. Where does that decision come from? I choose healthy eating because I know how amazing I feel. I also know how tired, uncomfortable and bloated I feel after junk crap.

Why do we need to know these drivers?

So that you will understand why it's happened if ever you sit in a doctor's chair and hear them tell you that you have cancer, diabetes, arthritis, irritable bowel, high blood pressure and/or you're obese. If it is cancer, your treatment options might be this: surgery, followed by six months of chemotherapy and then 20 rounds of radiation therapy. Oh, and then we will give you pharmaceutical hormone therapy just to make sure the cancer doesn't come back.

How do you then decide which path to take? Natural therapies only? Western medicine only? Or a combination of both? Every week people are faced with this dilemma.

Take my 41-year-old female client who had been trying to conceive for several years. Failure to become pregnant sent her down the IVF path. Two cycles of implantation were unsuccessful. Just before the last and final round, she found a lump in her breast. Yes, it was a cancerous tumour (*DCIS – ductal carcinoma insitu*), hormone-positive and requiring surgery, radiation and chemotherapy.

This client had a huge life-changing decision thrust upon her!! She needed to make an informed choice, so she researched her topics thoroughly. After much debate, she decided to have surgery, and not the chemo or radiation therapies. She decided to change her lifestyle. She made her choices towards better, stronger health.

She received much criticism from the medical world and family members, but chose to follow her own beliefs and intuition. It is only when you, and you alone, are faced with this dilemma that you can make the right decision, based on all those previous decisions you have made about health.

By the way, she is now in great health, cancer-free, glowing and adhering to a modified Gerson program.

My advice is to choose healthy living now before you are faced with this life-changing, awful decision. Stop and see what drives you to choose what you eat at breakfast time. What you put in your shopping trolley. What you do when you're out and hungry. Do you grab easy, quick take-away or go home and make a healthy meal?

Another client diagnosed with DCIS, decided to have a lumpectomy (removal of the cancerous tumour only, leaving the breast otherwise intact), followed by Gerson Therapy. She too declined radiation, chemotherapy and hormonal treatment. She chose to follow a modified Gerson program, due to her busy lifestyle. We consult via Skype once a month to monitor her progress, support and guide her.

The plan we implemented is six fresh juices daily, two coffee enemas, supplements and, of course, she follows Gerson's Nutritional Diet, a plant-based program. Her blood test results improve every month. Liver enzymes were elevated, but are now within normal ranges. Neutrophils and lymphocytes of the immune system are increasing, and have nearly reached normal levels. This means she now has a robust immune system reading to fight any rogue cancer cells.

She has more energy, sleeps well, feels amazing, looks so healthy and loves her new lease on life. She remains cancer free. By the way she is 73, showing that we are never too old to change.

What will drive you to make healthy choices every day? Stop before you put that processed/junk food in your mouth and work out why you want it. Take a check of what you are actually eating on a daily basis. How much of the food that you consume is fresh, non-processed and made from scratch?

Do you use chemicals in the home? Is your bathroom filled with supermarket products or do you choose non-chemical, non-toxic shampoos, soap, deodorant, etc.?

You can start small and make little changes each week. For example, when the toxic shampoo runs out, buy a chemical-free product. When the tub of ice cream is empty, don't buy any more, choose fresh fruit with coconut yoghurt and organic nuts as a snack instead. Eat a fresh salad for lunch instead of a sandwich. Make your own wholesome sweet snacks if you crave sugar.

The choice is endless and you have the power to change your life and health one step at a time. You *can* do it!

Much love and happy healing,

Jo Thompson

For further information please don't hesitate to contact us on 02 4384 1501.



Theta Meditation

- The ultimate game changer

By Anna Anderson, Quantum Living Coach



What is Theta

From the science point of view, Theta is a type of brainwave with the frequency between **4 – 8 Hz** (cycles per second) that we experience every day just before falling asleep and while waking up. To get to Theta, our brain needs to slow down its brainwaves from the fast and alert Beta (12 – 40 Hz) to the slower and relaxed Alpha (8 – 12 Hz) and stop just before the slowest Delta (1 – 4 Hz) which is our sleep (and coma) state.

The brains of newborns and babies until the age of four operate mainly in Theta. They slip in and out of the awaken state in a dreamlike reality. Theta can also *spontaneously* occur in a profound prayer when we feel a total reunion with God, in deep meditation, and also – with some inducement – in the *walk on fire* when it makes your reality surreal, preventing burns, blisters and pain.

While in Theta, your conscious mind is completely bypassed and you are highly impressionable. That's why Theta is often induced to put people into a hypnotic trance. The door to the unconscious (your programming console) is wide open with the gate-keeper (the ego) unaware of what's going on. In this state, your creativity, intuition, extrasensory perception and psychic abilities are significantly heightened.

Since the human ear can't hear frequencies below 20 Hz⁽¹⁾, Theta vibrations are not audible and cannot be recorded as sound. To induce a Theta state with external stimuli, a workaround technique was developed in Germany called 'binaural beats'.⁽²⁾ It works by inducing the frequencies of 8 – 15 Hz that mimic the Theta or Alpha state in the brain. It's a harsh tool manipulating the mind which I have tested and don't recommend.

Naturally occurring Theta lasts only for a few moments as our mind is rushing through it to get a restful sleep or get on

with the day. We don't pay much attention to it until ... we realise how precious it is.

As quantum physics now confirms the ancient sacred knowledge, Theta is the most mysterious, elusive and powerful state of mind (right next to Gamma), suspended between the Conscious and the Unconscious of our human being. It's a bridge to countless dimensions; a key unlocking our healing powers; a door to the Universal Consciousness – the *Quantum Field of All Potentials* – whose name says it all.

The two most secret Theta powers you would want to know about are **healing** and **manifestation**. The best way to access them is in **Theta Meditation** – which, as you will soon discover, is a true *game changer*.

In Sync with the Quantum Field

Everything in the known Universe – inside and outside of us – is energy vibrating at different frequencies that can be measured. When we look at the frequencies of some key phenomena, an interesting pattern begins to emerge.

- The 'Heartbeat of the Earth', known as Schumann Resonance,⁽³⁾ is the **7.86 Hz – 8 Hz** frequency of the electromagnetic resonance produced by lightning discharges between the Earth's surface and the ionosphere. Not surprisingly, **8 Hz** is commonly believed to be the frequency of our planet.
- This frequency reverberates in our core biology, as human DNA is said to pulsate also at **8 cycles per second (8 Hz)** during replication.⁽⁴⁾

Theta brainwaves at 7 – 8 Hz synchronise with the frequency of the Quantum Field, creating an optimum energetic pathway for the manifestation and healing to occur

- Quantum physics⁽⁵⁾ tells us that all atoms appear as matter (reality) and disappear into energy (potential) **7.8 times per second** (*more about this in a moment*).
- Many healers have been noted to slow down their brainwaves to **8 Hz** and use it to entrain their subject's frequency to the same level to allow the healing.
- It is also believed that **8 Hz** frequency resonates with the pineal gland⁽⁶⁾ – the door to our Divinity.

Based on these and many more similar examples, there is a growing consensus that **8 Hz** is the frequency of the Quantum Field,⁽⁷⁾ the Matrix, the Universal Consciousness, the *All That Is Program* where we were all created ... a secret password that removes the veil between the dimensions. This sacred and secret knowledge has been known to many ancient civilisations for thousands of years as they regularly engaged in shamanistic rituals designed to induce trance – effectively a Theta state – to connect with the Spirit and gain information and insights from other worlds.

Energy vibration is the language of Life. Frequencies entrain, attract and repel one another.

It is no coincidence that the **8 Hz** frequency induces Theta. We are in full sync with the Universe at least twice a day. When we *consciously* slow down our brainwaves to **8 Hz** and stay there for a period of time, any thought emotionally charged that we have will *vibrate in harmony* with Mother Earth, the Quantum Field, and with our natural healing state. At that point we are in sync with the Universe.

Would you like to experience and use this connection each and every day...?

From Thought to Healing and Manifesting

Theta brainwaves at **7 – 8 Hz** synchronise with the frequency of the Quantum Field, creating an optimum energetic pathway for the manifestation and healing to occur.

So how does it work?

Quantum physics⁽⁶⁾ tells us that the universe is essentially an intelligent field of energy carrying information. Furthermore, we learn that every atom of matter is constantly oscillating between *appearing* as matter (physical reality) and *disappearing* into energy (potential) about 7.8 times per second⁽⁶⁾ – too fast for us to notice. The reason we see matter as solid is that it is vibrating at the same frequency as we are.

While being unpredictable in its time and location, the reappearance of an atom into matter responds to the *intention of the observer*. The so-called 'Observer Effect' is the key principle of manifesting things into physical reality: *what you place your focus and attention on, that's what you will get*.

Conclusion?

Our 3D reality is created by the information exchange between the Quantum Field and our thought – intention.

This principle applies to all types of manifestation – from physical items to personal events.

And now – the real kicker:

If you can imagine a specific event that you want to experience in your life – that event *already exists*⁽¹⁰⁾ as a *possibility* somewhere in the quantum field, waiting for you to *observe* it into physical reality. When you visualise it with a strongly energised (emotionally charged) intention that this event *has already occurred*, your thought instructs the Quantum Field to make it your experience.

So what about the healing? According to the quantum model of reality, all dis-ease⁽¹¹⁾ is a lowered frequency at the cellular level creating *incoherent* information for the cells. To increase the frequency and create *coherence* with new instructions for the cells how to behave, your strong intention (thought) for a healthy body will provide the required energetic boost. You can maintain this state of thought in your awoken state with good outcomes, but if you do it regularly via the **8 Hz** channel that *resonates with your DNA*, true biological miracles will begin to happen.

Would you like to use your Theta state to heal and manifest ... ?

How to Meditate in Theta

Once you have completely relaxed your mind and body, with your eyes closed, focus your attention on *the space, the energy around your body*, a field expanding to about 2 meters in all directions from your body. Follow your breath for several moments discarding any thoughts, memories or emotions passing through your mind.

Continue this until you no longer sense your physical body and feel disconnected from all that defines the 'I'. You're not awake, you're not asleep, and you're not dreaming; you're in the *transcendental state*⁽¹²⁾ – pure consciousness, limitless and free, focused on the NOW. You may have a bizarre sensation of your various body parts being displaced in space. Time does not exist. You are one with All That Is. You are All That Is. This state of mind feels so delicious that you don't want it to end. You are in a state of bliss.

At this point, without breaking the Theta state, gently bring up the images of your desires, reviewing them one by one *as if those events have already occurred*. Good health, prosperity, fulfilment, abundance, new job or career, love and relationships. You are now in sync with the Quantum Field which clearly receives your instructions. The door is wide open and the information flows. Be careful, by the way, not to think of

something you *don't want to happen*, as this too, *observed by your attention, will soon manifest*.

Tired of losing the constant battle in the Game of Life? Try **Theta Meditation** – it will change your Game.

You can download Anna's **Instructional Theta Meditation** from www.quantumliving.com.au.

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Endnotes

1 *Gamma is the highest frequency between 25 -100 Hz (typically 40 Hz) and the only spontaneously occurring type of brainwave. It is associated with super-consciousness, spiritual visions and ecstasy.*

Anna Anderson is an internationally accredited Life Coach, NLP Practitioner, author, speaker and trainer, based in Melbourne Victoria. Anna promotes and teaches her unique Quantum Living Program through one-on-one coaching via Skype, seminars and group workshops.

For more information visit www.quantumliving.com.au or email Anna at anna@quantumliving.com.au

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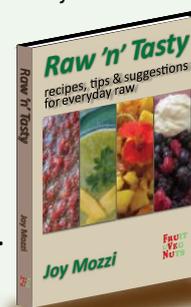
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AUSSIE ICON FOODS, THE ‘...MITES’ VEGEMITE, MARMITE, PROMITE, OZEMITE, MIGHTYMITE

By Roger French

These are the very salty, strong tasting Aussie spreads which Australians are identified with overseas. Highly salty foods are not recommended by nutritionists. However, the manufacturers’ recommended serving portions are very small, in every case 5 grams. This means that although an additive or other ingredient might normally have adverse health effects, with the exception of salt the quantities consumed in the standard serving will be almost negligible. The significance depends on how regularly the spread is consumed.

Mainly due to their high salt contents, the ‘mites’ are not what we in Natural Health regard as health foods. On the positive side, if a light spread of one of them on a salad sandwich – which is five centimetres thick with vegetables! – makes the sandwich appealing, the overall nutritional result may well be a net gain.

Firstly, what are these spreads made of?

Vegemite

INGREDIENTS: Yeast extract (from yeast grown on barley and wheat), Salt, Mineral Salt (508), Malt extract (from barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate. Contains barley and wheat.

Marmite

INGREDIENTS: Yeast, Sugar, Salt, Mineral salt (potassium chloride), Colour (caramel 111), Corn maltodextrin, Mineral (iron), Vitamins (niacin, thiamine, riboflavin, folate, B₁₂), Herbs, Spices. Contains derivatives of barley and wheat.

Promite

INGREDIENTS: Vegetable protein extract, Sugar, Yeast extract, Water, Colour (caramel 150c), Cornflour (from wheat), Salt, Glucose syrup (from wheat), Onion, Emulsifier (glycerol monostearate), Thickeners (modified cornstarch, vegetable gum (carrageenan)), Food Acid (citric), Spice extract. Manufactured on equipment that processes peanuts.

Ozemite

INGREDIENTS: Yeast and vegetable extracts (41.8%), Maize Starch (1401),

Maltodextrin, Water, Sugar, Yeast, Natural Caramel Colour (150a), Natural Colour (153), Food Acid (330), Niacin, Thiamine, Riboflavin, Folate.

MightyMite

INGREDIENTS: Water, Baker’s yeast extract, Potato maltodextrin, Thickener (1412)(from tapioca), White vinegar, Sugar, Mineral salts (508, 509), Hydrolysed Vegetable Protein, Emulsifier (471), Salt, Colour (150D), Antioxidant (300), Vegetable extract, Niacin, Thiamine, Riboflavin, Folate, Vitamin B₁₂. [Refrigerate after opening.]

Comments re ingredients

Yeast or yeast extract. All spreads are based on yeast or yeast extract. Yeast extract is made by deactivating or pasteurizing the yeast and adding salt into a suspension. This triggers the yeast cells to auto destruct and release their nutrients. The yeast extract is now in liquid or paste form. Whereas yeast itself is not nutritious, the extract is a nutritious food additive.

Promite and Ozemite also contain vegetable protein extracts.

Salt contents. The main taste appeal – and the main health drawback – with these spreads is their salt contents. The sodium content in a single 5-gram serve in all of them ranges between approximately 150 and 170 mg, except for Promite which contains 240 mg. This is surprising, since Promite tastes less salty than Vegemite or Marmite. It may be that the higher sugar content of Promite cuts back the salty taste a little.

The National Health and Medical Research Council’s ‘Adequate Intake’ for sodium is 460 – 920 mg/day for teenagers and adults. Due to the wide use of refined salt in processed foods, many Australians are consuming far more than these quantities, one reason why there is an epidemic of high blood pressure. So the amounts contributed by these spreads can be significant.

Potassium chloride (508). My additives pocket reference guide, *Food Additives*, states that *large* amounts are associated with gastric ulcers; it should not be given to children.

In Vegemite, Marmite and MightyMite.

Calcium chloride (509). Large amounts could irritate the stomach.

In MightyMite.

Sugar contents. In each ‘mite’ the sugar content is less than 1 gm in the standard serve. In the case of Promite, the sugar is 0.9 gm, which is a little higher than in the others. For perspective, the average Australian’s daily sugar consumption is of the order of 130 gm, so we can see that the amounts in these spreads are insignificant.

Fat contents. Negligible in all the spreads.

Plant-based. All ingredients in all spreads are of plant origin. Three of the ‘mites’ state on their labels, ‘Suitable for vegetarians’ – Vegemite, Promite and MightyMite. Also, we know that all Sanitarium products are vegetarian.

Additives

Malt extract. Cereal grains are made to germinate by soaking in water, and then dried with hot air to halt germination. This ‘malting’ process develops enzymes that modify the grains’ starches into various sugars, including glucose, maltose and maltodextrins.

In Vegemite.

Maltodextrin is a complex carbohydrate produced from the starch in corn, rice, wheat or potatoes. The starch is partially hydrolysed by treating with enzymes and acids. Maltodextrin is easily digestible, being absorbed as rapidly as glucose and might be either moderately sweet or almost flavourless. It gives a fat-like body to food products and increases their shelf life.

In Marmite, Ozemite, MightyMite

Hydrolysed vegetable protein (HVP).

It’s a ‘flavour enhancer’. HVP is produced by boiling foods such as soy, corn or wheat in hydrochloric acid and then neutralising the solution with sodium hydroxide. The acid breaks down the protein contents into their component amino acids. One of the amino acids is glutamic acid, which has the well known sodium salt, monosodium glutamate (MSG). From dairy products, the result is hydrolysed whey protein.

If a person is sensitive to MSG, they should avoid HVP, as it is an established trigger of headaches and in some people rapid heart rate, nausea and chest pain. Sensitive people should avoid ingredients



or additives that include the word 'hydrolysed'.

In MightyMite.

Vegetable protein extract in Promite can be similar to HVP, but the manufacturer assures me that there is no MSG in Promite or any other product of Mars Food Australia.

In Promite and may be in Ozemite.

Maize starch (1401). This additive is acid-treated vegetable starch used for thickening and stabilising. Acids such as hydrochloric acid break down the starch molecules and thus reduce the viscosity.

If an allergen is used in a product, it must be declared on the label. For example, if the starch is derived from wheat, the label must declare that the product is not considered safe to consume on a gluten free diet. Maize starch, of course, does not contain gluten.

In Ozemite.

Antioxidant (300). Ascorbic acid or vitamin C.

In MightyMite

Colour (caramel 150a, 150c (or 150 111), 150d, 153). My reference guide, *Food Additives*, states that the safety of these is suspect:

150a – seems to be the safest;

150c – is ammonia caramel – causes convulsions in animals and possible white blood cell reduction;

150d – to be avoided;

153 – carbon black or vegetable carbon is burnt plant matter; suspected carcinogen [cancer causing agent].

These colours are undesirable additives. Again, it is a matter of how regularly the spread is consumed.

All five spreads are coloured with one or two of these additives.

Carrageenan vegetable gum (407). Sourced from Irish Moss, this is innocuous, but if degraded it is associated, according to *Food Additives*, with birth defects,

ulcers and damage to the immune system; it may be carcinogenic. Again, it's all a matter of whether its use is light or heavy.

In Promite.

Glycerol monostearate emulsifier. Is widely known to be safe, and no significant side effects have been reported for normal doses. However, large quantities over a long period could be associated with headaches, dizziness, nausea, vomiting, and diarrhoea.

In Promite.

Food acid (330). This is citric acid from citrus fruits.

In Promite, Ozemite

Emulsifier (471). Synthesised from glycerine and fatty acids.

In MightyMite.

Thickener (1412). Modified starch; no problems stated for adults.

In MightyMite.

Niacin, Riboflavin, Thiamine, Folate, Vitamin B12 are respectively vitamins B₃, B₂, B₁, B₉ and B₁₂

Taste tests

Strong, bitey flavour. Vegemite very strong; Marmite quite strong; relatively milder are Promite, Ozemite and MightyMite.

Saltiness. We give Vegemite 10 out of 10; Marmite 9 out of 10; Promite and Ozemite 7 out of 10; and MightyMite 5 out of 10. Remember that all contain approximately the same levels of sodium, except for Promite, which is slightly higher.

Sweetness. Vegemite nil; Marmite nil; Promite very slight; Ozemite nil; MightyMite very slight.

Manufacturer and Consumer Advisory Service

Vegemite – Mondelez Australia Foods, Port Melbourne; Aust. 1800 033 275. NZ 0800 444 045. However, in February 2017 Bega Cheese Ltd purchased Vegemite, so it is back to Australian owned.

Marmite – Sanitarium New Zealand; Aust. 1800 673 392, NZ 0800 100 257

Promite – Mars Food Australia, Berkeley NSW; Aust. 1800 816 016, NZ 0800442216

Ozemite – Dick Smith Foods Pty Ltd, Terrey Hills NSW; 1800 656 599

MightyMite – Three Threes Condiments Pty Ltd, Lidcombe NSW; 1800 018 133

In conclusion

Surprisingly, there is not a lot of difference between the 'mites' nutritionally.

Vegemite has the strongest flavour, but its salt content is broadly similar to the others and it has the least additives.

Marmite, with its slightly milder flavour, also has few additives.

Promite is mild in flavour, yet has the highest salt/sodium content. It also has more additives.

Ozemite, originally devised by Dick Smith, is Australian made and owned, which is laudable. It does contain a colour which is a suspected carcinogen.

MightyMite contains HVP, an undesirable additive which could include the infamous MSG, I cannot determine this.

The crunch point with each of these spreads is how much is consumed. If used thinly and infrequently, there may be no problem – unless the consumer has high blood pressure, in which case all sources of refined salt need to be avoided, at least temporarily.

But if the spread is consumed thickly and often, there could eventually be adverse health effects from the salt, the vegetable protein extracts or HVP and/or the additives.

There is a big difference between a lot and a little.



Raw Vegan Recipes

Zesty Carrot & Corriander Salad

Ingredients

- 2 large carrots, grated or spiralled
- 1 lemon, peeled for zest and juiced
- ½ cup fresh coriander, chopped finely
- 1 stalk celery, sliced finely
- 2 radishes, sliced thinly
- 2 cm piece fresh ginger

Method

1. Wash lemon skin well, dry and peel.
2. Use a hand grater or Thermomix to make 1 good tablespoon of zest. Leave in bowl.
3. If using a Thermomix, place carrot, ginger and coriander into bowl to chop on Speed 5 for 3 seconds. Scrape down sides of bowl and repeat if wanting a finer texture.
4. Otherwise, prepare carrot with a peeler for a tagliatelle style, or a spirooli for a spaghetti style.
5. Garnish with finely chopped celery, radish and a sprig of coriander.
6. Serve on a bed of greens of choice.



Marilyn Bodnar designs and demonstrates new recipes each month for her Wellness Gatherings. Information and details for these can be found on page 13.

She invites readers to attend and receive more delicious, healthy recipes. There is an opportunity to buy the ingredients from the Bodnar fresh, quality, organic bulk supplies.

Contact Marilyn on bodnarmarilyn@gmail.com 9606 2203 or 0410 627 556.

www.healthandvitalitycentre.ntpages.com.au

Spinach Salad With Shaved Beets And Asparagus

Ingredients

- 1 bunch asparagus
- 4 cups baby spinach, washed and spun dry
- 2 red beetroots, scrubbed, peeled, sliced into paper-thin rounds
- 1 orange, peeled, quartered and sliced into rounds
- 50 gm (= ¼ cup) walnuts, rough chopped

Method

1. Using a vegetable peeler, peel the last inch of stems off the asparagus.
2. Trim the ends of the beets and peel the outer skin, using a vegetable peeler.
3. To assemble the salad just prior to serving, evenly portion the spinach on plates. Top with the oranges and asparagus. Roll the beets into interesting shapes and place them on top, then sprinkle walnuts over the top.
4. Drizzle the Tahini Dressing over the top and serve.

TAHINI DRESSING:

- Blend ¼ cup lemon juice with 4 Tbsp hulled tahini.
- Add cumin powder if desired or sweet paprika to your taste.



Sun-Dried Tomato Tapenade

This tapenade is brilliant in colour and deep in flavour and contains far less oil than most other spreads. Try layering it with nut cheese and serving with crackers. It's also delightful thinned with water and served as a sauce over raw zucchini pasta.

Ingredients

40 gm (= 1/2 cup) sun-dried tomatoes, soaked in 1/4 cup purified water for 3 hours and drained (reserve the soaking water)
100 gm/1/2 Roma tomato, seeded and chopped
20 gm (= 2 Tbsp) raw cashew pieces
50 gm (= 1 1/2 Tbsp) chopped onion
15g/1 pitted date
1 clove garlic, crushed
2 fresh basil leaves, sliced into thin ribbons
Pinch dried oregano

Method

Place all ingredients in a strong blender and process just until combined; the mixture should be a little chunky. If necessary, add a few drops of the reserved sun-dried tomato soaking water to obtain the desired consistency.

Store in an airtight container or a sealed glass jar in the refrigerator. This Tapenade will keep for up to 4 days.

Strawberry Mascarpone Tart

Ingredients

Crust

1 cup (=120 gm) almonds, soaked 6 hours and drained
1 cup (=120 gm) cashew pieces
3 Tbsp dark agave syrup
1 tsp vanilla extract
1/4 teaspoon Himalayan salt

Mascarpone filling

2 cups (= 240 gm) cashew pieces, soaked 2 hours and drained
1/2 cup purified water
1/4 cup fresh lemon juice
1/4 cup dark agave syrup
1 teaspoon nutritional yeast
1 teaspoon miso paste

Strawberry layer

2 cups strawberries
1/2 cup dark agave syrup
2 tsp fresh lemon juice

Method

1. Prepare crust first, blending almonds to a coarse flour. Add other ingredients, pulsing lightly to mix well and be a coarse meal.
2. Press into a 9 inch tart plate. Keep in fridge while preparing the filling.
3. Blend all the mascarpone filling ingredients together until smooth. Pour into crust.
4. Strawberry layer – toss all ingredients together and arrange on top.
5. Chill at least one hour before serving.



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Your SAY

RE Misty Mountain Health Retreat

Recently I spent a week at Misty Mountain Health Retreat at Bellbrook, inland from Kempsey.

It was a wonderful experience in beautiful, tranquil surroundings with delicious food and caring staff.

I learned a lot from the lectures and came home with my energy restored.

Carolyn Blundell, Clontarf NSW

[NOTE: Misty Mountain is presented inside the front cover of this issue. – Editor]

Re Gwinganna Lifestyle Retreat

Two of my daughters and I recently spent eight days at Gwinganna Lifestyle Retreat. We all came back feeling fitter, younger and happier after life-changing experiences.

We flew to the Gold Coast from Sydney and the resort bus transported us to the Retreat 20 minutes away and 2,000 feet up in the hills. We enjoyed beautiful views over the hills, with the ocean on the horizon.

We enjoyed swimming in a fresh-water, unchlorinated pool with a view over the side of the pool right to the Gold Coast.

The highlight for me every morning was to join a Qi Gong group out on the hill with the same lovely view. My daughters, age 55 and 57, were able to enjoy long guided bushwalks. I, aged 86, was catered for with a guided walk through the gardens and orchards.

We attended many lectures on a variety of subjects – diet, exercise, psychology. I, with a bad back, was especially helped by a lecture on the 'Alexander Technique'. The teacher lent me some walking poles, 'Exer Striders', for the week and I was able to get around twice as fast and pain-free. This proved to be a real life-changer for me.

All the guests at Gwinganna seemed to have a happy time. Ages ranged from 19 to my 86.

Vera McLean, Taren Point NSW

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NEOLIFE

Having trouble staying awake?

Sometimes it's normal to feel tired and sluggish halfway through the day. Instead of turning to caffeine or sugar, try these natural ways to wake up.

Get outside

Non-natural lights, stuffy air and the bright haze from computer screens can cause sleepiness. Spending at least 15 minutes outside in the fresh air will ensure you feel more inspired and energised!

Get physical

Exercise releases endorphins, so it's the optimum way to feel instantly refreshed and alert. Endorphins give your brain and body a jolt of energy that's healthy and long lasting!

Stimulate your brain

If you can't get your body moving, exercise your mind! Doing something tricky like a crossword or Sudoku will help to stimulate your mind, which in turn can wake up your body.

Practise yoga

Yoga is a wonderful, natural energy booster. The slow but powerful movements will wake up your mind and body. If you're ever feeling sluggish during the day, try a quick 10-minute yoga routine. These can be easily found online, so run your own class at lunchtime and ask your colleagues to join in!

Drink water

Being even slightly dehydrated can make you feel tired. To make sure this isn't the cause of your sleepiness, drink a large glass of cold water for a quick energy boost.

Remember to visit your health practitioner if you continue to feel lethargic!

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.



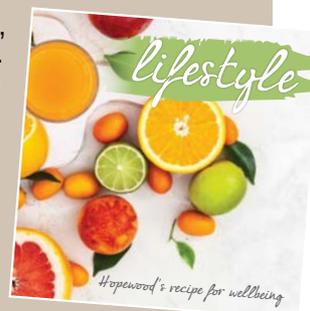
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Vegetarian BBQ Skewers

Ingredients

- 1 medium butternut squash, deseeded, peeled and cubed
- 200g haloumi, cubed
- 100g mushroom, chopped
- 1 red onion, chopped
- 1 zucchini, chopped
- 1 pack cherry tomatoes
- Sprinkle of fresh coriander, chopped
- Sprinkle of fresh mint, chopped
- Metal skewers

Method

- Boil the squash for 10 – 15 minutes.
- In a large bowl, combine squash, mushrooms, red onion, cherry tomatoes, zucchini, haloumi, dressing (see below) and herbs. Marinate for at least 1 hour.
- Thread vegetables and haloumi onto the skewers.
- Place the skewers directly onto the BBQ and cook for 3 – 4 mins on each side.

Dressing

- 1 cup apple juice
- 4 tbsp apple cider vinegar
- 2 tbsp mustard (or to taste)

Method

Place ingredients in a screw top jar and shake thoroughly.

SLEEP, SPLENDID SLEEP!

BY ROGER FRENCH

'Early to bed and early to rise makes one healthy, wealthy and wise.'

This is so true! Yet we don't do it.

In his book, *Sleep Thieves* (Free Press, Simon & Schuster), Stanley Coren asserts that we are eating into our sleep requirements to such a degree that we are chronically under-functioning and running around in a state of reduced alertness. This erodes our wellbeing and health as well as threatening that of others through accident. Lack of sleep can result in poor performance at work and at play, in irritability and in dangerous behaviour like going to sleep at the steering wheel.

Regularly compromising our need for sleep has the effect of amplifying the distress arising from stress due to other sources.

Stanley Coren, who is Professor of Psychology at the University of British Columbia, allocates the blame for our sleep deprivation squarely on electric light, which makes it possible for us to be as active during the night as during the day. In earlier centuries, humans went to bed with the sun.

HOW MUCH SLEEP?

How much sleep do we need? Professor Coren says nine-and-a-half to ten hours a day (don't laugh!) for optimal performance – which could include an afternoon nap (see 'No Daytime Sleeping' below).

For most of us, retiring to bed at 10 or 11 o'clock at night is too late, he says. People who sleep for less than six hours a night have shorter lifespans than those who sleep for seven or eight hours

Then there's the old Nature Cure dictum that the sleep before midnight is more beneficial than the sleep after midnight.

When we are regularly tired, our immune systems are also tired and our resistance to any kind of infection is lowered.

Of course, there are people who can't

even sleep these shorter hours because of difficulty sleeping. People with *insomnia* have difficulty either getting to sleep or staying asleep.

It can be a nightmarish problem, which people so often solve with alcohol – to their peril, because alcohol doesn't induce proper sleep.

WHAT CAUSES INSOMNIA?

Broadly speaking, the causes are either physical or psychological. Here are some common causes:

- Lack of activity. Exercise tires us physically and primes us for sleep.
- Too hot or too cold in bed.
- Going to bed on a full stomach. This stimulates the circulation – and wakefulness.
- Caffeine stimulates the nervous system, making sleep very difficult.
- Smoking – nicotine is a stimulant.
- Alcohol. While a few drinks can send us off alright, the sleep will be restless and we'll toss and turn. Deep sleep is disturbed and the important dreaming stage often fails to occur. As the effect wears off, more and more alcohol is needed and the person becomes dependant. This can easily lead to alcoholism.
- Exposure to bright light before you go to bed, such as from a TV screen.
- Sleeping pills can cause insomnia! When the body develops tolerance to the drug, the dose will need to be increased to obtain the same effect – but the dose has its limits and there can be side-effects.
- Geopathic stress (distorted energy radiating from the Earth) can cause us to wake in the morning feeling as tired as if we haven't slept at all.
- Mental stresses like anxiety, depression, paranoia and obsessive-compulsive disorder.

- If the mind is churning like a can of worms, sleep will be elusive.
- Jet lag is a well-known cause.
- 'Cleansing' diets reduce the need for sleep, but only temporarily and harmlessly.

Sleeping pills aren't the answer to good sleep. Their effect wears off, they are mostly addictive, and all drugs have side effects.

HOW CAN WE GET TO SLEEP WITHOUT PILLS?

If the cause of the insomnia can be identified and rectified, the insomnia will often evaporate. In addition, there are numerous techniques that we can employ to bring sleep on:

Consistent sleeping habits. Set your biological clock for sleep, work and play by going to bed and rising at regular times. Don't oversleep in the mornings, other than perhaps on the weekend.

No daytime sleeping. Don't take long naps during the day or evening (unless you are ill, when you would be wise to 'listen to the voice of the organism'). Some people practise 'power-napping' for 15 – 20 minutes if they feel tired during the day. This means that your rest is over before you enter REM (dream) sleep. If you nap for long enough to enter this stage of sleep during the day, you will probably feel worse when you wake than you felt before the nap, and the long nap can add to sleep problems at night.

Beware of coffee, nicotine and alcohol. If you must drink coffee, limit it to three *mild* cups a day, consuming the last cup at least six hours before bedtime.

Postpone worrying. If your mind is churning like a can of worms over the day's activities or tomorrow's worries, put the light on, write down what is worrying you and resolve that you will deal with it in the morning when you are fresh. Then put it out of mind.

Exercise regularly. Next to meditation, regular physical activity is probably our best tranquilliser. Tired muscles relax and anxiety eases. However, don't exercise within about three hours of bedtime because this will stimulate you to wakefulness. The exception is that a few minutes of *light* exercise at bedtime or if you wake up during the night is often found to help sleep. This could be walking around the house or bouncing gently on a rebounder.

Sex for sound sleep. According to one sleep psychologist, "Orgasm is the gateway to sound sleep." The physical, emotional and chemical responses to sex have an extremely positive effect on sleep.

Count sheep. We all know about this one. Some people say that this repetitive and boring task induces sleep, while others disagree. Try it and see.

Have pleasant thoughts or fantasies. Program the mind for relaxation by thinking of something pleasant that happened during the day or by visualising a beautiful country scene or fantasising some delightful event.

Use a relaxation technique. Try any of deep breathing, mind-calming, eye relaxation or progressive relaxation. For details of these techniques, see next section.

Take a bath. Sleep tends to occur when your temperature falls, so take a warm, *not hot*, bath, and as you cool down afterwards you are likely to feel sleepy.

If still awake after 30 minutes ... don't just lie there, do something! Get up and walk around or bounce *lightly* on a rebounder, or write letters, read, tidy your desk, etc. Having done something useful, go back to bed and relax.

Herbs for sleep. Herbal soporifics generally contain one or more of *valerian*, *passionflower*, *skullcap*, *gentian* and *hops*. European studies of valerian, the prominent sleeping herb, have established that it is non-habit forming, non-addictive, not associated with morning drowsiness and doesn't interact with alcohol. Lavender oil dabbed on the temples can do the trick.

Sound nutrition – sound sleep. Eating foods that are not stimulating will improve sleep overall. Simply follow the *Natural Health Dietary Guidelines* spelled out in the Summer 2016/17 issue of *TNH*, page 18.

Some nutrients are particularly conducive to sleep. Magnesium is a calming mineral; we get plenty of it in green vegetables and could take extra in the form of a calcium-magnesium supplement, a magnesium supplement or homeopathic (tissue salts) magnesium.

RELAXATION TECHNIQUES

Deep breathing

Breathe deeply, counting about eight seconds in and eight seconds out, and expelling as much air as you can on the out breath.

A meditation technique

Lie on your back with the arms beside the body, and, of course, eyes closed.

Imagine your body is floating freely in space with various pressures acting on it. Become conscious of the bed pressing upwards on your body.

After 5 – 10 seconds, let the attention go to your pyjamas, nightie or whatever is contacting the skin over most of your body. You had previously been oblivious to these pressures.

Now become aware of the breath going in and out of your nose and lungs.

Finally, become aware of sound. Without any straining to listen, note each sound that is coming into your ears.

Let your attention go back to the pressure of the bed on your

body, the clothes on your skin, the movement of breath and the sounds you can hear.

Practise keeping all these mentally in view together.

If your mind wanders onto other things – as it will at first – don't get worked up about it, simply bring your attention back to the technique and continue.

With practice, this highly effective mind-calming technique will promptly bring your mind into the present moment and into a relaxed state.

EYE RELAXATION TECHNIQUE

With the eyelids shut, become conscious of the little muscles surrounding the eyes and relax them.

Progressively locate other little muscles around the eyes and let them go also. With practice, more and more eye muscles will be located and can be relaxed.

Because the eye muscles are triggers of tension throughout the body, you can expect to feel muscles everywhere letting go and relaxing, which can bring on sleep.

Progressive relaxation

By contracting and then relaxing many of the muscles in the body, you become more relaxed as a whole. Tense up and then relax each area of your body, progressing gradually from the feet to the facial muscles.

So drift off and have deep, sweet dreams!



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RESOLVING CHRONIC SINUSITIS

BY LYN CRAVEN, NATUROPATH



Sinusitis can be triggered by a number of things:

- Moulds/mildew, fungi;
- Food allergies;
- Over production of mucus – at times due to soy, cows' milk and other dairy;
- Exposure to toxic substances – car fumes, work environment, chemicals used in the home, perfumes, etc.;
- During or after influenza or a cold or sometimes in conjunction with hay fever;
- Reaction to some pharmaceutical medications including eye drops.

Pain and discomfort can be experienced in a few different areas. Sometimes the pain may shift and at other times it stays in one local area such as:

Frontal (over the forehead), temporal (the temples), close to eyes, over the upper cheek area, side of head sometimes reaching to the back of the head.

Such pain indicates that the sinus cavities have become inflamed.

According to the US Mayo clinic, over 93% of chronic sinus infections are related to mould exposure. Often this is in your immediate environment, where you live, especially where you sleep or place of work.

If you have a garden, it is best to avoid dense vegetation and plant debris or where there are piles of leaves left after gardening perhaps for composting. While indoors you could use a dehumidifier or humidifier and air filtration system. Such devices help regulate the moisture in the air and purify it. Highly sensitive people with chronic cases of sinusitis may be better to avoid indoor plants.

Mould in the home is especially likely in a wardrobe without a fitted back for which the wall serves as a back. Clothes can become musty after heavy rains if moisture is slowly leaking in via brickwork. Old homes often have such mouldy situations. If so, make sure all brickwork or roof tiles are repaired.

I can relate to this situation having personally experienced unresolved damp in the wall at the back of my wardrobe. Tradesmen could not find the cause in the brickwork, so in desperation I sprayed the entire back wall with Exit Mould, a chemical I don't like using. But it was the only thing that fixed it. Bleach did not work well enough. This may require repeating once a year if the damp persists, especially

after heavy rainfall.

In such situations it is often a crack in brickwork or a tile well-hidden in the 'air vent' between the two adjoining walls. Ventilation is very important at all times. Keep moving sliding doors back and forth and air each section well.

Also make sure you have no dust mites and thoroughly vacuum or dust your floors while wearing a protective double face mask.

WHAT IS MOULD?

Mould is a type of fungus such as:

Allergic moulds, the most common type is called *Alternaria* and affects the nose, mouth and upper respiratory tract.

Pathogenic moulds – with low immunity if you are sick, you could be more easily affected by any mould in your environment.

Toxigenic mould (toxic) which produces mycotoxins, which in turn trigger more severe health disorders and immune-suppression, even cancer.

Mould fungi are in the atmosphere, so they reproduce and grow rapidly after releasing their tiny spores. Some homes could literally have thousands of them. If you have any damp areas, you must resolve this as soon as possible to prevent the mould fungi reproducing rapidly. Often the spores can lie dormant if areas become dry for a while, only to grow and reproduce when damp sets in again.

Mould fungus can be found in the wood in your homes, carpets, mats, all fabrics and leather and cleaning tools such as brushes, mops and vacuum cleaners – and also in your food!

Constantly breathing in this mould fungal atmosphere affects the sinus cavities and causes inflammation and pain.

WEAK IMMUNE SYSTEM

When you have sinusitis, your immune system is often challenged leaving you more susceptible to viral infections. This can be a compounded situation and hence the person continues to suffer pain and discomfort even when the other symptoms of the virus have resolved.

Allergy to the fungus presents with the following symptoms:

- Nasal obstruction (gradual);

- Rhinorrhoea (nasal cavity filled with fluid mucus – commonly known as a runny nose) occurs frequently;
- Facial pressure/pain and inflammation of nasal passages;
- Sneezing, watery/itchy eyes;
- Post-nasal drip;
- Body aches;
- Itchy rashes;
- Coughing and wheezing;
- Toothache;
- Fatigue;
- Headache;
- Thick, coloured nasal drainage;
- Less sense of smell and taste;
- Nasal polyps can develop.

A common type of fungal infection of the sinus cavity (especially chronic cases) is known as *Sinus Fungal Ball* (Mycetoma) where symptoms can be similar to rhinosinusitis.

Saline irrigations and antibiotic treatment are commonly used medically.

WHAT HAPPENS IN THE SINUS CAVITIES?

When the sinus cavities become inflamed, this affects the tiny cilia (very fine hairs that line the mucous membranes). The cilia help move mucus over the surfaces, but this action diminishes when inflammation occurs. This irritation stimulates the mucous glands to secrete more mucus to dilute bacteria and pathogens such as mould. It's like a 'Catch-22' since mucus then gets trapped in the sinus cavities and becomes infected.

As with all mucous membranes in the body, we do need some moisture, otherwise the areas become dry and more susceptible to infection resulting in inflammation.

Antibiotics will not help with mould spores, they only work on bacteria.

IN THE LOWER RESPIRATORY

In chronic cases, the lower respiratory system can also be affected by the mould spores, namely, the mucous membranes of the lungs, bronchi and pleura.

Mould/fungal infections left unresolved are one of the contributing factors to cancer.

I have observed that sinus congestion, whether short-term or chronic, contributes

to increase in the pressure inside the eyes (ocular pressure). This is something of importance for people suffering from ocular hypertension or glaucoma. Ironically some of the glaucoma drops trigger sinusitis!

One has to wonder what pharmaceutical companies were thinking about when they created medicines that trigger side effects which exacerbate the disorder you are trying to treat! I guess you are told to take another drug to offset that side effect ...

Since I have my own equipment for measuring ocular pressure, my observations have surprised an eye doctor I know. Most people suffering ocular hypertension/glaucoma may not be aware that their intra-ocular pressure (IOP) always increases by as much as 5 – 10 points during sinusitis and fever. Chronic sinusitis may mean that your IOP is challenged until it is resolved.

GENETICS AND LAB TESTS

Some people have a specific genetic trait in their DNA which makes them more susceptible to mould. There are allergy tests for mould – two types of tests:

Skin Test: this shows an immediate reaction to mould. A pin prick on the skin or a patch causes the immune system to respond immediately. This test shows a positive outcome of around 30%.

Blood Test: A blood sample is analysed in the lab looking for the relevant antibodies. Such tests have indicated up to 90% positive outcomes for mould allergy

WHAT TO AVOID

- Chemical products/cleaners in the home, especially bleach. If you must use Exit Mould as I did, always wear a double mask, open all windows wide, and sleep in another room that night.
- Swimming in chlorinated pools (unless you can use a nose grip during early stages of treatment).
- Perfumes and hair sprays, flowery perfumed deodorants (try the crystal deodorants), shampoos (or if you must use the perfumed ones, try to avoid it dripping down your face or your breathing it in).
- All cows' dairy products.
- Soya and foods with additives and preservatives.
- Wine.
- Any known allergy triggering substances/foods/drinks.

HOW CAN NATURAL THERAPIES HELP?

Many herbal remedies have been used successfully for decades, including Echinacea, Elder Flower, Golden Seal (Hydrastis), Golden Rod, Ribwort and several others. When working with herbal

formulas it is important to get the right mix so as to create a synergistic affect.

Just as with parasites, bacteria and viruses, everything changes over time. Pathogens, including moulds, evolve and change, usually becoming stronger and more persistent. Consequently, herbal remedies must also change. A remedy which fixed a problem in the past may not do so now.

I have tried a few well known formulations of herbs all to no avail. My colleague had similar outcomes with people suffering from chronic sinusitis. It took some time to create a remedy that resolved it.

Treating sinusitis as a result of mould spores that have been inhaled over months or years requires persistence. Remedies need to be taken daily, never skipping a day, and often for 6 – 10 months or more.

I resolved my situation completely as well as other cases. I took the herbal blends for around 6 – 7 months. Interestingly, despite being in the company of several people with full blown influenza and viruses during winter, I was not affected. The herbs were protecting my body.

Many people refrain from dairy products. Cows' dairy can contribute to mucus production and allergic reactions. I encourage anyone who wishes to consume dairy to have only goat products or maybe sheep if goat is not available. Goats' milk is closer to human breast milk and therefore has never been an issue when treating sinusitis cases. I consumed goat dairy every day and saw improvement within a few days of taking the herbs. I believe that cows' dairy (as yoghurt) would have exacerbated the mucus production.

Goats' dairy can be given to babies who have colic or struggle with feeding; they remain calm and relaxed in contrast to being fed cows' dairy.

Acupressure and Bowen therapy around the sinus cavities and sinus points help free up the congestion and are very relaxing treatments to receive. However, they are not going to kill off the mould spores that have colonised in the cavities.

These therapies are excellent to combine with herbal remedies until relief is obtained.

I have also recommended buffered vitamin C, quercetin and bioflavonoids which can help with inflammation and strengthening immunity.

Gut health is important. Weakened immunity will compromise gut function and vice versa. Remedies to restore a healthy gut and immunity may be required in long-standing cases. Probiotics can be helpful, provided the correct strains are selected. If leaky gut is present (often in compromised immune cases), this must be addressed.

I also recommend putting a tiny amount of Vicks in the nostrils every morning before you leave home. This helps in many ways to offset the inhalation of toxic fumes in the

building or local environment. You can also apply Vicks in the evening prior to bed. I still apply Vicks daily since I believe we have very toxic environments in cities.

You can also work with the 'old wives' method of hot water in a large bowl. Dissolve some rock salt in it, place a towel over your head and breathe in deeply for a good 10 – 15 minutes. If you wish, you can add a few drops of eucalyptus (providing no allergic reaction). This can be quite soothing for inflamed sinus cavities.

Drinking lemon water daily is very good since it is not only alkali-forming, but helps kill off bacterial pathogens and is very refreshing. It is especially good in hot weather using mineral water from the fridge. Let stand with slices including the peel in a jug for hours and it will be very strong.

Raise your bed or elevate your head by placing a pillow under the upper body and slightly raising the head pillow to a comfortable height. The two pillows look like the letter 'T'.

Horseradish has been included in sinus regimes, but I did not find it very effective, whether consumed or inhaled.

Once the sinusitis has resolved and you have removed any damp/mould areas in your environment, drinking the occasional wine, or using hair sprays and scented shampoos, etc., should no longer prove a problem unless you are hypersensitive, which could result in headaches.

What I believe is happening with some people is that they develop sinusitis, take some medicine or natural remedies for a short time, maybe get some relief, then cease the treatment and "it comes back". It never went away in the first place!

The colony of fungal spores is thriving and growing and all must be exterminated! This is why some people say they have a flare-up when eating certain foods or are exposed to chemicals. Fix the source of the problem (the mould/damp) and take the remedies for a long time to kill off the spores and you should be fine.

I've personally never had recurring problems, and some clients have not complained of recurring symptoms either.

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BIO NEEDS Part 2 FRESH WATER

By Jim Lanham, long-time Natural Health Society member

“Water, water everywhere, nor any drop to drink” – The Ancient Mariner

About 97% of all the water on planet Earth is mineralised and is far too salty for general land use. That’s because water is a good solvent.

However, the oceans are a constant source of evaporation, which leads to clouds and rain. Rainfall sustains plant life and therefore sustains virtually all life on land.

‘Oils ain’t oils’, nor is all ‘fresh’ water the same. Fresh water in Nature is different to town water and bottled water. This difference could be one of the interesting factors in vitamin B₁₂ deficiency, as I will imply later.

Our life-sustaining blood is about 92% water and our body is around 60% water. We lose water every day, from breathing, from sweating and from urinating. Water intake comes from food and drink and also from the utilisation of stored fats and glucose. One way or another, water is a constant human need.

WE BOTH DRINK AND ‘EAT’ WATER

If our diet is high in raw fruit and vegetables, then it is also high in water and we may need to drink little water except in hot weather. This diet is sometimes described as ‘water sufficient’. Dehydrated foods, like dried fruit, bread, cheese, grilled or baked foods, and foods high in added salt or sugar will all require much higher water intake. It is the typical modern processed diet that has created the need for around six glasses of water a day to dilute the concentrated foods.

When you need to drink, what should it be? Water is the drink of our biological heritage. The only other drinks in Nature (that I can think of) are coconut water and mother’s milk. If you make juice from fruit or vegetables, it is no longer a natural food and you have eliminated the need for chewing and ensalivation. As yummy as juices (or smoothies) are, they can be somewhat of a ‘nutritional shock’ and could be best consumed in moderation. Freshly

squeezed juices are, of course, streets better than packaged or bottled ones.

Many people hydrate only with tea, coffee and processed drinks. These are drinks with negative health effects and it’s really not hard to re-learn the joy of water. Thirst is a reliable indicator, but only if we stick with pure water. Coffee, tea and bottled drinks are more in the nature of habits or addictions.

WATER, WATER EVERYWHERE, BUT WHAT TO DRINK?

If water is good to drink, what water is ‘best’? Water from suburban taps has been treated with chlorine (to kill bacteria), fluoride compounds (in most shires) and deflocculants (to settle suspended matter). It will have been filtered to fine micron levels and may also have been treated with some of the methods used for bottled water.

Chlorine and fluorides are considered, by some people, to be health hazards and are probably best avoided.

The US Council of Environmental Quality says that “The cancer risk to people who drink chlorinated water is 93% higher than to those who don’t”. That’s almost double and clearly suggests chlorine is a carcinogen when in significant amounts. Dr Joseph Mercola also lists a huge range of health negatives from chlorinated water, including heart disease and cancer.

Fluoride is still debated today, but its use has been discontinued or rejected in most countries. Australia is behind the times on this one. The book, *Fluoridation – The Great Dilemma*, published in 1978 by prominent allergist, Dr George Waldbott,

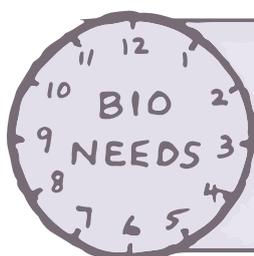
is still a good read on fluoride toxicity and related matters. Dr Mercola also lists the toxic effects of fluoride (on Google). Only 5% of the world fluoridates its water (USA, Australia and a few other countries).

Water sold in bottles (usually plastic) is also finely filtered and is treated with one or more of UV light, ozone or the addition of silver ions. Silver is now being used as an additive in many processed foods. Its consumption has unknown health effects; however, like copper, it is a biocide and tends to kill or inhibit bacteria. The fact that some people consume silver as a ‘tonic’ or ‘natural antibiotic’ does not support its safety in the long term.

Ozone gas is toxic. However, several European countries are treating their town water with ozone instead of chlorine. They consider ozone to be less toxic than chlorine, the latter having been described as one of the worst public chemicals. Chlorine may interfere with the absorption of some nutrients and may alter the balance of gut bacteria.

WATER IN NATURE AIN’T PURE

Water in Nature contains bacteria (as does normal air) and this is the environment for which all animals and plants are adapted. Bacteria levels vary, and streams or ponds in healthy eco-systems are often moderate in bacteria, but never bacteria free. Any product that kills bacteria is likely to be unfriendly to human health and to our resident friendly bacteria colonies. A typical human body is believed to house around 37 trillion bacteria and fungi! These are considered to be symbiotic and fundamental to life and health. A healthy lifestyle will maximise their many activities and balance their numbers.



- | | |
|-------------------------|---------------------------------|
| 1... CLEAN AIR | 7... EFFECTIVE THINKING |
| 2... CLEAN WATER | 8... ACTIVITY & WORK |
| 3... FOOD & FASTING | 9... BIO – FRIENDLY ENVIRONS |
| 4... SECURITY & SHELTER | 10... AVOIDANCE OF HAZARDS |
| 5... REST & SLEEP | 11... SUNSHINE & NATURAL LIGHT |
| 6... TEMPERATURE | 12... PLAY & SOCIAL INTERACTION |

If you drink water from Nature, you do have to be a bit careful regarding possible contamination. Taste and smell are amazing senses that will usually indicate whether bacteria levels are excessive (say from a dead animal). Boiling and filtration can be used to remove bacteria or to remove some of the pollutants due to human activity. However I would only use these if I thought there was a particular problem.

If considering drinking from a creek or dam, make sure that the catchment is reasonably pristine. Chemical toxins from human activity are much more of a concern to me than bacteria levels. I travel to pristine creeks or unpolluted dams to fill glass water bottles to take home. I've been doing this for many decades and have never been aware of a problem. I absolutely love drinking from a fairly pristine creek – it's like coming home to Nature.

If the geology of the area has sufficient cobalt (most areas have), then the natural water is believed to contain vitamin B₁₂ (cobalamin). This is the one nutrient considered problematic in plant-based eating. It would appear that one litre of water from Nature contains at least the recommended daily intake of B₁₂. Tank water is not exactly 'water from Nature', but may contain some B₁₂ from the dust and debris in the gutters. Tank water (for drinking) should only be collected in relatively unpolluted environments.

Traditionally, water has been stored in leather, canvas, fired clay, shells, gourds, wooden barrels or glass. Plastics have a history of health negatives and they tend to migrate, or outgas, toxins. (Food-grade plastics and polyethylene are hopefully improving.) Glass is one of the safest and most stable materials to use (unless it breaks!). A good grade of stainless steel is also considered preferable to aluminium or plastic.

WHEN IT'S TIME TO FILTER ...

Although filtration can reduce some of the beneficial aspects of water from Nature, filtration is nevertheless desirable in some cases. You will have to be the judge of when. For general household use, we use a filtering system which removes chlorine (but not fluorides) from the town water. This is so much nicer for showering as chlorine gas can be an issue in the shower.

There are filtration and other systems that remove almost everything from water. But the World Health Organisation declares that 'pure water' is not natural and may actually be harmful. They believe that very small amounts of sodium, calcium, potassium, magnesium, phosphates and chlorides are normal in Nature's waters and that these natural electrolytes assist

with the hydration process in animals. Whether or not they do, truly pure water is definitely not natural.

The concept of 'purity' has always been attractive to humans. But purity is relative, never absolute. There are always neighbouring atoms that migrate. Nature is drawn to complexity and diversity, rather than to purity. Pure water is a more vigorous solvent than water already saturated (or partly saturated) with other substances. So, a longstanding theory is that drinking pure water tends to drain nutrients from the body. I mention this as a theory only, but am inclined to think that water containing natural electrolytes (as in Nature) is best. Chlorine forms hypochlorite ions in water. It is a highly toxic electrolyte, not found in Nature.

ACIDIC OR ALKALINE?

The pH of Nature's fresh water is usually around 7 (neutral) or very slightly alkaline, despite rainfall being commonly slightly acidic due to dissolved carbon dioxide. Alkaline water (at pH 8 or 9) is currently in vogue, but has its critics, who say that it upsets the stomach, which is strongly acidic. I doubt that alkaline water is useful. It's probably better to lower your intake of foods that are acid forming (meat, bread, refined sugar, etc.).

EVEN VITAMIN B₁₂ IN WATER

I'm hoping to write an article one day on the missing links to vitamin B₁₂. Water is only a part of that equation and B₁₂ is still being researched today. However, I was able to find on Google two principal references to the analysis of water from Nature. I cannot vouch for their reliability, but both report the presence of significant B₁₂ as well as the usual minerals and bacteria.

Some waters from Nature (besides the oceans) are excessive in minerals and are not suitable to drink. These are usually (but not always) underground waters (bore water) and generally have an indicative taste and/or smell.

We belong in Nature and we are part of it. Nature has not left us without protective mechanisms, and the sense of taste is more often deceived by cooks and food chemists than by natural phenomena. Taste and smell are still pretty good guides to water quality, as well as our staying alert for man-made pollution.

We have separated ourselves from Nature for so long, that we have begun to fear it. Our fear of bacteria has been partly fostered by the 'germ theory of disease'. For a detailed account of the Natural Health approach to bacteria and the germ

theory, read Chapters 4 and 5 in *How a Man Lived in Three Centuries* by Roger French (available from the Society).

FOR TOWNIES, A PRACTICAL SOLUTION

A practical solution for the city dweller could be to filter town water using reverse osmosis (a good unit will remove almost everything). Then it might be a good idea to add a *little* freshly squeezed orange, lemon or other citrus juice just before drinking. This will simulate the electrolytes in natural waters.

Interestingly, an electrolyte is so-called because when in solution, it allows the flow of electricity through the water. Pure water is not a conductor at all.

Similarly to the non-metal, chlorine, the metals copper, silver, gold and platinum all have the ability to kill bacteria. These metals are all toxic to humans and are all used in chemotherapy to kill cancer cells. They have also been used for water storage (by the wealthy) since ancient times. This is because they are 'self-sterilising' and also inhibit the growth of algae.

Personally, I'd stick with the algae. Algae is believed to grow only when vitamin B₁₂ and bacteria are both present in the water. I occasionally get a little green algae growing inside my glass water bottles. No problem, it confirms the presence of B₁₂.

Treating water is exclusively a human practice. We love to meddle with Nature and we love the idea of killing bacteria. We confuse 'bacteria-free' with purity, even though we have added chlorine and other chemicals.

As you know, water in Nature can be crystal clear and without significant taste or smell. But it's not pure either in the full sense of the word. It can't help itself! – it's a solvent and a bio medium. Things live in it. It's part of the web of life and not just a commodity. Natural water contains important nutrients, it doesn't just hydrate.

NOTE. Some of the ideas in this article are my own and do not necessarily represent the views of Natural Health. Some of the ideas could be inadequate, so I don't recommend them to anyone. Please consider further enquiries into the important subject of hydration.



Vegetarian Beatles and the challenge of change

By Jim Lanham, long-time Natural Health Society member



Beatles eat plants, don't they? Most do. All *the* Beatles became vegetarian, except John, who drastically reduced his meat intake. Vegetarianism was a rising star in the sixties.

The first to give up meat was George Harrison, the youngest member, who played lead guitar. He took the lead on meat and fish and would not allow them in his house. George became vegetarian because he no longer wished to support the broadscale slaughter of animals. He didn't change for health reasons and continued to smoke. Such are the pathways of thought!

Musically, the four Beatles earned their stripes (or their spots) the hard way. That is, via the usual thousands of hours of practice. Repetition is the mother of skill. The name 'Beatles' is said to have been devised by John Lennon, as it suggested musical beat, as well as the insects, beetles. The Beatles formed in 1960 and ended in 1970. Definitely the sound of the sixties.

Inside all of us, there is a virtual metronome, just waiting to be kick-started. It then gets the feet tapping and the hands swaying. Biologists reckon that no other animal has the sense of rhythm that we humans have. Birds and whales sing, but no animal besides us moves its body to the beat. Even the great apes must be taught this skill and they learn it very slowly and poorly.

For humans, music is sometimes called 'the first language'. A sense of rhythm is said to be acquired in the womb, during the last trimester. Music has a strong connection to emotion and perhaps even happiness. 'The rhythm of life is a powerful beat'.

I recently watched an interview with Sir Paul McCartney and another with Ringo Starr (Richard Starkey). Both are slim and fit, the two surviving Beatles are thriving! Both are strongly committed to plant-based eating, to regular exercise and to adequate rest. Both still create music as well as having other activities.

Ringo was an alcoholic for about 20 years, and said he was lost in an alcoholic fog. He finally quit all alcohol in 1988, which cleared the way for the formation of his new band. He also smoked heavily for several decades (including marihuana) and finally quit all smoking in 1993. He now says that he lives 'drug free' – quite an achievement. Ringo is presently aged 76 years and going great.

Paul gradually shed addictions as well, but didn't manage to quit marihuana completely until early 2015. Changing habits is not easy for anyone, however effective they may have been with other life skills.

Both Sir Paul and Ringo are now vocal in their support of plant-based eating and a healthy lifestyle, in spite of (or perhaps because of) their former wild days. There is no doubt that Natural Health is an idea whose time has come. But it was there all along; something old is new again.

Natural Health is totally relevant to everyone, whether they realise it or not. It will hopefully appear as a timeless teacher, whenever the 'student' is ready.

Like the two remaining Beatles, most of us learned about health the hard way. We lived the modern, indulgent, mechanised and processed lifestyle ... until we lost our health (as we were bound to do). Poor health is not a punishment; rather, it is a logical consequence.

Pain, sickness or fatigue can be a wake-up call to a better way of being. I think Paul and Ringo would agree. So tune in to life's great wisdom and harmony, as if your health depended upon it – which it does.

Paul is a living legend and has been described as "Pop music royalty". He is also described as "The most successful composer and recording artist of all time" and also as "The most famous vegetarian today".

Ringo is also a legend in his own lifetime, his drumming having been described as "A new paradigm". Both Sir Paul and Ringo are now wealthy, due mainly to Beatles royalties. Paul is said to be the world's richest musician and Ringo the world's richest drummer.

'Money can't buy me love' and it certainly can't buy me health. Both Paul and Ringo build their health every day, the same way that we all try to do.

Ringo's signature song for many years

was 'Act Naturally'. The take-home health message is: 'All ya' gotta do is act naturally!'

Fortunately, the benefits of a healthy lifestyle are available to us all. However, there is a huge gap between 'knowing' and 'doing'. Just because we know something about health, doesn't mean that we will practise it.

The space between knowing and doing is filled with challenges – the challenge of changing habits; the challenge of letting go; the challenge of being different; the challenge of maintaining motivation. These challenges are different for everyone. Let's call the space between ideas and action 'The troubled waters of change'.

The bridge over these waters is constructed of *commitment*, a useful material 'made up of fibres'. The strands of commitment are *reasons*. The more reasons you can find as to why you wish to approach your health potential, the stronger your commitment becomes.

This is where disease is helpful. Not only can it be an enforced rest, but it provides us with a *strong* reason to lift our game. Until you lose your health, why on Earth would you bother with a healthy lifestyle? The more serious the illness, the greater the motivation to re-assess your way of living. Every time I've had a health setback, I have become more motivated to fine-tune my habits.

What reasons can you assemble for your own pursuit of a healthy lifestyle?

The journey is as important as the destination. You'll be as happy as a beetle in a green garden! – and drawing closer to the symphony of life.

P.S. Since writing this article, I have become aware of Robyn Chuter's free online plan for making changes. 'The Five Steps to Breaking Bad Habits' is an effective way to bring about positive change.

Robyn can be contacted online via phone 02 8521 7374 or robyn@empowertotalhealth.com.au.



News from What Doctors Don't Tell You

What Doctors Don't Tell You is a monthly magazine and 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. Enewsletter inquiries: news@common.wddtyvip.com

Strong social connections increase breast cancer survival

29th December 2016

Women are more likely to survive breast cancer if they have a strong social network of friends and family, whereas those who are more isolated are twice as likely to not survive the disease.

A strong social network can include a partner and friends or an extended family, or being a member of some community group, or the local church.

Researchers at the Kaiser Permanente research centre in California discovered the protective powers of strong social networks when they profiled 9,267 women who had been diagnosed with breast cancer.

(Source: *Cancer*, 2016; published online: 12 December, 2016; doi: 10.1002/cncr.30440)

The best healing agent – friends and family

5th January 2017

Doctors are ignoring one of the most powerful healing agents around – the patient's own network of family and friends. Instead of seeing more doctors, patients should be encouraged to interact with their social network.

Good health and healing is more likely if people see fewer doctors and more of their family and friends, especially if they get support and help from them, say researchers.

Researchers at Penn University have mapped out a five-step ladder of increasing support and interaction. The lowest rung is social isolation, when the person doesn't interact with anyone, and the highest is a team of family and friends who take an active interest in the person's wellbeing, and who support and encourage healthy habits.

[NOTE that for people who live alone, which is almost two million in Australia, there are hundreds of clubs and other organisations screaming out for members – Rotary Clubs, Lyons Clubs, sporting clubs, political groups, churches, art groups, social groups and so on. Becoming involved with a group can provide strong emotional security.]

(Source: *New England Journal of Medicine*, 2016; 375: 2511)

Vitamin C for approval as a chemo alternative

12th January 2017

High-dose vitamin C kills cancer cells, but only when it's given intravenously. It's now just a few steps away from being approved as a safe and effective cancer treatment alongside chemotherapy and radiation.

Previously, vitamin C was concluded to be ineffective, but it was always given orally to patients.

When it's given intravenously, it goes directly into the bloodstream, where concentrations of the vitamin can be up to 500 times higher than when it's taken orally, and it then targets cancer cells. Vitamin C breaks down quickly in the body and generates hydrogen peroxide that kills cancer cells

IV vitamin C therapy is now going through the approval process, and could soon be available as an alternative to chemotherapy or radiation.

Doctors at the University of Iowa are using it with pancreatic cancer and lung cancer.

(Source: *Redox Biology*, 2016; 10: 274)

Too much meat raises heart failure risk

24th November 2016

Women who eat a lot of meat are likely to suffer heart failure, more so than men. Vegetable protein is a much healthier option for them, according to new research at the Memorial Hospital of Rhode Island.

The risk seems to be greater in older women aged 50 or over and post-menopausal. The researchers followed 103,000 women, aged between 50 and 79, for five years.

Heart failure is common in post-menopausal women, and the risk could be reduced by eating more vegetables, say the researchers.

(Source: *Proceedings of the American Heart Association* scientific sessions 2016, November 14, 2016)

Broccoli and celery block Spread of breast cancer

26th January 2017

One in five cases of breast cancer is 'triple-negative', the most lethal form. A compound found in broccoli and celery and herbs, such as thyme and parsley, stops this cancer spreading.

The compound, *luteolin*, does what chemotherapy can't; it locates the triple-negative cancer cells and stops them metastasising (spreading), say researchers from the University of Missouri. The compound also kills the cancer cells.

(Source: *Breast Cancer: Targets and Therapy*, 2016; 9: 9)

Alzheimer's now biggest killer of women

5th January 2017

Alzheimer's disease and dementia have replaced heart problems as the major cause of death for women in the UK and in the US.

For UK men, cancer is still the major killer, followed by heart disease, according to figures for 2015.

(Source: BBC website, 14 November, 2016; *Journal of the American Medical Association*, 2016; 316: 2041)

Our appendix: a safe house for good gut bacteria

18th January 2017

Orthodox medicine has this week learned that our 'useless' appendix has a vital role. It's a reservoir for beneficial gut bacteria. [Naturopaths discovered this almost a century ago.]

Removing the appendix could be a mistake, say researchers from Midwestern University in the US.

The appendix seems to play a vital role as a secondary immune organ, and is a 'safe house' for good gut bacteria.

[In Natural Health, we understand that the appendix also lubricates the bowel and releases hormones that stimulate bowel motions.]

(Source: *Comptes Rendus Palevol*, 2017; 16: 39)



More on nutrition for dogs

The Benefits of Feeding your Dog Turmeric

By Tracey Morrison, Homeopath and Animal Health Practitioner

What is Turmeric?

Turmeric is a spice. It has the appearance of a vibrant, deep yellow coloured powder, made from the ground-up root of the turmeric plant. It has been in use since antiquity for its anti-inflammatory (painkiller), carminative (aids in prevention of gas formation in the gastrointestinal tract and/or assists with the expulsion of gas, combating flatulence) and anti-microbial properties.

Turmeric contains *curcumin*, which is a compound found in the root and is the source of the deep yellow pigment of turmeric. It has properties that may include anti-tumour, antioxidant, anti-arthritis and, of course, the all-important anti-inflammatory qualities for which it is known so well.

This medicinal spice is not only a highly effective natural alternative, but is also very inexpensive to purchase and has very few side effects. The main side effect being that it can contribute to constipation in your dog, so it is essential that your dog has access to an abundant supply of fresh water at all times. The other effect is that it stains, so if used topically you may want to cover the area after applying it to avoid further staining to your dog's fur and to your own furniture, carpets, etc.

What is it good for?

As turmeric is highly regarded for its anti-inflammatory properties, it can be used for stiff joints and arthritic conditions, especially in older dogs with joint problems. It is also a natural antiseptic and can be used as an antibacterial agent, so it is useful for disinfecting and treating itchy skin and infected skin wounds. It has been applied to horses with 'Queensland Itch' and used for dermatitis conditions with great results.

It can also assist with increasing athletic ability (due to its positive effect on the joints), physical improvement to skin and general all-round health and wellbeing.

Studies have shown that turmeric can lower the effect of LDL cholesterol, which will assist in supporting both liver and heart health. The liver is involved in nearly

every biochemical process required to keep the health in peak performance, along with playing a significant role in removing toxins from the blood.

Turmeric is an excellent detoxifier. As the environment becomes more toxic, our pets are at risk too. They are susceptible to pollutants and especially to foods containing products of plants and grains which are contaminated with chemical pollutants that are so often used in commercial dog food, especially kibble. Adding turmeric to your dog's diet can boost the liver's ability to remove wastes and aids in metabolizing fat, so it can also assist in weight management.

Turmeric is a very rich source of many essential vitamins including vitamin B₆ (pyridoxine) necessary for a range of metabolic processes, and vitamin C which is a powerful antioxidant that helps the body develop immunity against disease. It also contains essential minerals, including iron, which is critical for red blood cell production, and potassium, which aids in controlling heart rate and blood pressure.

How to use Turmeric

Here are the daily amounts for dogs of different sizes:

- For small dogs, sprinkle just a pinch (the tip of a teaspoonful) onto food;
- Medium dogs can have ¼ to ½ teaspoonful;
- Large dogs can easily have ½ a teaspoonful;
- For giant breeds, up to a level teaspoonful daily.

Remember, if your dog develops constipation, just cut down the amount a little or reduce the frequency.

You can sprinkle the turmeric over their food or you can mix it with something like bone broth and simply pour over their food to disguise the taste

– though, in my experience, most dogs are not really adverse to the taste.

For topical application, you can mix a teaspoon of turmeric with a tablespoon of coconut oil (coconut oil is good as it can aid in the absorption into the skin) and just pat the paste onto the affected area.

Turmeric is one of the most readily available, cheap herbs.

It can be purchased from health food stores, good quality supermarkets and Indian/Asian spice stores.

I would love to hear a success story from anyone who has used turmeric on their pets, so please email me your story!

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 (near the beautiful Blue Mountains) and also on Sydney's Lower North Shore. Tracey can be contacted on 0419 813 620 or by email Tracey@proactivepets.com.au. Website proactivepets.com.au



A NEW PRODUCT

Eyezen lenses to reflect blue light from screens

Optometrists are concerned about the number of people presenting with eye issues resulting from staring at digital screens for many hours and checking phones many times a day. Eyezen is a new brand of lenses that have been designed to protect the eyes from digital screens.



A recent survey commissioned by Eyezen found that 80% of optometrists consider people aged 20 – 40 as those most affected by digital devices, and 9% of optometrists also regard children under 12 to be in the highest risk group.

As we know, smartphones are everywhere in Australia. 96% of 18 – 34 year olds own one and 46% of these admit to being 'addicted' to their phone. Strained vision, headaches and sleep deprivation are all linked to how close people hold their devices to their heads.

Blue light, which occurs near one end of the light spectrum, is emitted by the sun but also from artificial light sources, including computers, tablets and smartphones. Blue light reduces screen contrast, which increases eye strain. Manufacturers are responding to the concerns by introducing features to reduce the amount of blue light emitted from their devices.

Eyezen lenses are especially designed to protect eyes from digital devices and have Light Scan Technology to filter out 20% of blue light emitted from screens. These lenses can be worn with or without prescription glasses and suit a wide variety of frames.

Sydney optometrist, Simon Allen from Whitehouse Optometrists, says that "Myopia, or short sightedness, is becoming more common and occurring at younger ages as people use devices close to their faces".

Eyezen offers an extremely practical solution that can be worn by anyone, even if they don't otherwise need glasses.

For more information and the names of optometrists who stock Eyezen, visit www.eyezen.com.au



A NEW SERVICE

A Collaborative Law Firm

Charlie Belperio has just become a member of the Natural Health Society of Australia. He and his partner, Beverley Clark, are the principals of a small law firm in South Australia called Belperio Clark.



Charlie adopted a vegan lifestyle approximately seven months ago and says that he is really enjoying it. He would like to let other people on vegan and vegetarian lifestyles know that there is a lawyer who shares their approach to life and may have a better understanding of some of the issues they need to deal with.

In short, Charlie's firm takes a very wholistic approach to legal matters and actively encourages non-court dispute minimisation and resolution as appropriate. They pride themselves on providing clear, friendly advice for individuals and corporations.

Belperio Clark's 'Areas of Practice' include family law, business and commercial law, wills, trusts and estates, and personal injury, to name a few.

The firm specialises in 'Collaborative Law', the aim of which is to help you avoid court, minimise conflict and reach a negotiated settlement. Collaborative Law has proven to be successful in achieving settlement in the majority of cases where it is used.

"Too often disputes become declarations of war," they say. "We have seen the damage to families and relationships, to dignity, to self-esteem and to wellbeing that litigation can cause."

Collaborative Law is a process of dispute resolution in which clients and their lawyers commit to meet and negotiate their dispute without the threat of Court. In fact if either party wants to go to Court, both lawyers are disqualified from acting. This means that the lawyers acting in a collaborative matter are 100% committed to negotiating a settlement.

In a Collaborative case, the parties:

- Are each represented by lawyers trained in collaborative negotiation;
- Agree to exchange information in an open and cooperative manner;
- Hire experts jointly if experts are needed; for example, psychologists, accountants or another professional;
- Don't take unilateral action, that is, involving one party only;
- Don't exchange provocative correspondence;
- Work hard to make sure that they maintain a relationship that is workable for the future.

Lawyers acting in Collaborative cases find that removing the possibility of going to Court for the parties results in them directing all their energies and expertise to finding an acceptable solution to the dispute, and takes away the likelihood of strategic and tactical manoeuvring taking place. This helps to ensure that open and honest communication is promoted as the highest ideal.

In theory any matter that can be litigated can be resolved through the Collaborative Process. By way of example, disputes in the areas of family law, children's issues, de facto and domestic partners issues, workplace and industrial relations disputes, disputes between partners, directors or directors and shareholders, franchisees and franchisors and lessors and lessees are all well suited to the Collaborative Process. The list goes on and on.

Belperio Clark

Lawyers, Mediators and Collaborative Practitioners

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News from DR MERCOLA

Dr Joseph Mercola is a licensed osteopathic physician in Illinois USA. He has been practising natural medicine since 1990 and 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. Website is www.Mercola.com.

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

Gratitude Promotes Health and Happiness

24th November 2016

In the US, thanksgiving is a ritual celebration that fosters happiness and health. But to gain the benefits of gratitude, we need to practise it every day. The greatest benefits come from actually expressing gratitude.

The benefits include improved sleep, increased happiness and optimism, increased likelihood of engaging in healthy activities like exercise, increased relationship satisfaction and boosted work performance. In fact, research shows that gratitude is a cornerstone of happiness.

Starting each day by thinking of all the things you have to be thankful for is a great way to put your mind on the right track.

More Proof That Nuts Are Very Healthy

19th December 2016

Science now shows that nuts can drastically reduce our risk of several serious diseases.

Examples of the healthiest amounts to eat are about two dozen almonds or 15 pecan halves per day. Studies show that there isn't any increased benefit from eating more than this. The commonly eaten nuts are almonds, pistachios, Brazil nuts, walnuts, cashews, Macadamias, pine nuts and peanuts (actually a legume, not a tree nut).

Regular nut consumption is associated with significantly lower risk of all-cause mortality as well as death due to cancer, heart disease and respiratory disease.

Scientists recently discovered that, in comparison with people who don't eat

many nuts, those who eat just 20 grams – as little as a handful – a day lower their risk of several serious conditions by remarkable percentages: heart disease by 29 percent, respiratory disease by 52 percent, diabetes by 39 percent, infectious diseases by 75 percent and cancer by 15 percent.

Nuts are high in fat, but it's good fat. Most of it is monounsaturated fat, and there are smaller amounts of omega-6s, omega-3s and saturated fats.

Nuts in their many varieties are wonderfully natural foods, providing delicious versatility and crunchy nutrition to a wide array of dishes.

Physical Inactivity Increases Risk of Chronic Diseases

23rd December 2016

Inactivity – marked by prolonged sitting – actively promotes dozens of chronic diseases. These risks apply even if a person is very fit, as sitting is an independent risk factor for poor health and early death.

Inactivity raises your risk of general ill health by 114 percent [that's more than double], Alzheimer's disease by 82 percent [almost double], and uterine and colon cancer by 66 and 30 percent respectively.

Overall, chronic sitting has a mortality [death] rate similar to smoking.

Arnica Oil for exercise-related bruises and sprains

18th August 2016

Arnica oil is becoming popular for its pain-relieving and health-promoting properties. Arnica flowers and roots have been used for hundreds of years as a herbal medicine. However, caution is advised when using arnica, especially its oil.

Arnica oil contains a compound called *helenalin*, which may cause allergic reactions in sensitivity people.

Arnica oil has anti-microbial and anti-inflammatory properties, and may be helpful for:

- Muscle aches, spasms, pulled muscles or rheumatic pain; it delays the onset of muscle soreness.
- Sprains, bruises and swelling due to fractures
- Insect bites

- Acne, but don't apply on broken skin.
- Hair loss – diluted and applied to the scalp, it can increase local blood circulation, promoting hair growth.

For safety, *do not* inhale or ingest arnica oil; use it only for topical application, and then only in diluted form, as the pure oil is very potent. Dilute with a carrier oil like grapeseed or almond.

Fermented Beetroot juice for blood pressure

26th December 2016

Raw beetroot juice has been shown to lower blood pressure thanks to naturally occurring *nitrates* that are converted to *nitric oxide* in the body. Nitric oxide helps relax and dilate blood vessels, improving blood flow.

Beet juice can also boost stamina during exercise by as much as 16 percent, and has been shown to improve muscle capacity in people with heart failure by 13 percent.

Fermenting beetroot provides all the benefits of raw beetroot, plus the beneficial bacteria and enzymes that result from fermentation.



What Cranberries Are Good For

28th November 2016

Cranberries are native in North America and parts of Europe. They were used in traditional medicine as an antibiotic wound-healing poultice that contracts tissues and stops bleeding.

One of the most-used remedies for urinary tract infections (UTIs), the phytonutrient compounds in cranberries include phenolic acids and triterpenoids, plus vitamin C and fibre.

It's well known that cranberries are helpful for urinary tract infections. Recently it has been discovered that powerful phytonu-



trients in cranberries help prevent this painful ailment. They include *anthocyanins*, *proanthocyanidins*, *phenolic acids* and the *flavonoid quercetin*. Vitamin C is the most prominent vitamin in cranberries.

The proanthocyanidins lower the tendency for certain bacteria to cling to the walls of the urinary tract, which reduces infections. While cranberry juice has been touted as the go-to substance for UTIs, whole cranberries have now been found to be much more effective.

Nutrients in cranberries may help lower the frequency of colds and flu and prevent the inflammation in periodontal disease and the cardiovascular system, reducing high blood pressure and oxidative stress.

Foods That Help Relieve Constipation

7th December 2016

15 to 20 percent of the general population experience chronic constipation, characterised by hard, dry and difficult-to-pass stools, and/or having less than three bowel movements per week.

Chronic constipation has been linked to several serious health problems, including diverticulitis, kidney disease, certain cancers, hyperthyroidism, Parkinson's disease and others.

Squatting when defaecating, getting regular exercise and eating a fibre-rich diet of natural foods can go a long way towards remedying the problem.

EPA Urged to Ban Brain Toxin

13th December 2016

The US Fluoride Action Network is among a coalition of environmental, medical and health groups urging the US Environmental Protection Agency (EPA) to ban the addition of fluoride to public drinking water supplies, and therefore stop 'fluoridation'.

The EPA has been served with a petition that includes more than 2,500 pages of scientific documentation detailing the risks of water fluoridation to human health

The amount of fluoride now regularly consumed by millions of Americans [and Australians] exceeds the doses

repeatedly linked to IQ loss and other neurotoxic effects.

(For a summary of the toxic effects of water fluoridation, see *TNH*, Summer 2013/14, pages 16 – 18.)

To Sleep Better at Night, try Taking Vitamin B₁₂

17th January 2017

As we age, it becomes more difficult to get a good night's sleep because our body becomes less efficient at making vitamin B₁₂. Taking B₁₂ can help fix the problem, while also boosting energy and improving mood and memory.

Vitamin B₁₂ deficiency is common, especially in people over 60 – almost one in four people over 60.

Our body depends on vitamin B₁₂ for a host of functions, including energy levels, mental alertness, normal homocysteine levels (to prevent heart disease), easing stress and sleeplessness, and promoting normal immune function. It also helps folic acid regulate the formation of red blood cells, helps the body to use iron, and assists our nerves to function optimally – and so on.

We become deficient by not getting enough from food or from losing the ability to absorb it. The latter is the main cause of vitamin B₁₂ deficiency. It results when the stomach lining loses its ability to produce *intrinsic factor* which binds to the vitamin in the stomach and carries it on to the small intestine where it is absorbed.

When taking a supplement, choose the form that is most readily absorbed. B₁₂, or cobalamin, has three forms that are used in supplements: *hydroxycobalamin*, *cyanocobalamin* and *methylcobalamin*. The most effective is methylcobalamin, and it will be best absorbed if it's in the form of a B₁₂ spray.

On a plant-based diet, there is a high risk of deficiency because plant foods contain virtually no useable B₁₂.

In the few plant foods that contain it, the B₁₂ is an analog which is useless.

If you suffer from sleeping difficulties, taking vitamin B₁₂ can help because it plays a vital role in *melatonin* production.

Melatonin, called 'the sleep hormone', lulls us off to sleep. As we age, our body becomes less efficient at making this hormone, so it can be a good idea to regularly take B₁₂ supplements.

Even a person who eats animal foods rich in B₁₂ may need to take supplements because of lack of the intrinsic factor due to impaired intestinal health.

Simple Steps to Help prevent Preterm Births

22nd November 2016

Preterm birth is defined as a baby born before 37 weeks of pregnancy. Organs, including the brain, lungs and liver, do not have time to fully develop.

Here are tips to help support a healthy, full-term pregnancy.

Optimize vitamin D levels, ideally well before becoming pregnant. Have levels tested and take steps to increase them if necessary to at least 40 ng/mL. A study found that women with this level or higher had a 57 percent lower risk of preterm birth compared to those with levels of 20 ng/mL or less.

Increase intake of omega-3 oils. Inadequate intakes of EPA and DHA by pregnant women have been linked to premature birth. American dietitians recommend that pregnant and lactating women (along with all adults) consume at least 500 mg of omega-3s daily, including EPA and DHA.

In a plant-based diet, omega-3s can be obtained from seaweed products and supplements made from microalgae. A potent antioxidant, astaxanthin, can be taken to prevent the highly perishable omega-3s from oxidising. A brand which is labelled 'Suitable for vegans' is Hawaiian Natural Astaxanthin.

Calcium buildup in the womb may be involved in preterm births, particularly those caused by the water breaking too early. [Calcium supplements are therefore questionable.]

Preterm birth is associated with higher uric acid levels later in life. Uric acid drives up blood pressure.

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 holistic health, nutritional therapies, consciousness and spirituality, permaculture, organics, animal rights, environmental health, food and superfoods and performance nutrition. The site strongly criticises drugs-and-surgery medicine and corporate and government corruption.

Website: www.NaturalNews.com

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

Trump lost Big Pharma about \$US25 billion in 20 minutes

21st January 2017, by Mary Wilder

It is becoming clearer why Big Pharma wanted so badly for Hillary Clinton to be elected president. She was all for their chemicals, whereas President Donald Trump could very well be the opposite.

After an interview with the *Washington Post* in which Trump criticised the industry, Big Pharma lost almost \$25 billion in the span of twenty minutes. Should Trump continue that trend, it is very possible that the empire could crumble.

Donald Trump has his flaws, certainly, but there is no denying that he is the only politician in his position to have the bravery to take on the pharmaceutical industry head-on.

Donald Trump has promised that he is going to make America great again, and one of the easiest ways to do that is by making American people healthier.

US doctor sets up farm to offer plant-based medicine

20th January 2017, by Daniel Barker

After 25 years of treating patients in the conventional manner, Dr Ronald Weiss has sold his West New York practice to establish New Jersey's first farm-based medical facility on a 348-acre [140 hectare] plot of land.

Dr Weiss's Ethos Health agricultural program is based on the principle that food is medicine, and that diet can be more effective than pharmaceutical drugs.

"Plant-based whole foods are the most powerful disease-modifying tools available to practitioners – more powerful than any drugs or surgeries," Weiss told *NJ.com*.

Dr Weiss is encouraged by medical professionals who advocate a plant-based diet, such as Kim A. Williams, former president of the American College of Cardiology.

One of the reasons that plant-based medicine is still considered 'fringe' appears to be that the medical establishment feels threatened that it might put them out of business. Big Pharma and the cancer industry would simply cease to exist if plant-based therapies and remedies became mainstream.

French doctors rarely medicate for ADHD

15th December 2016, by Lance D Johnson

Attention Deficit Hyperactivity Disorder (ADHD) is a term rarely used in France, because French doctors address behavioral issues in children holistically, not as a condition that can be drugged out of them.

The ADHD label convinces children that they have a condition that can only be managed by nefarious amphetamine drugs. These children have a hard time coping, communicating and learning due to abandonment, abuse or bad environment, or have been cognitively impaired by nutrient deficits, heavy metals, industrial chemicals, artificial dyes and injected carcinogens.

French people feed their children far fewer additives, artificial dyes and refined sugars. Junk foods are generally limited. Parents give their children limits and discipline appropriately.

In France the ADHD rate is 0.5 percent, compared to 19 percent in America.

The pharmaceutical industry is preying on a problem of chemical toxicity. In 1970 experts began to notice attention deficits appearing in American children. The causes were isolated to heavy metal and chemical toxicity. By 1985, these causes were ignored. Using the

psychiatrists' Diagnostic and Statistical Manual of Mental Disorders, the pharmaceutical industry began calling the problem ADHD, forcing parents and children to accept amphetamine drugs to manage the problem. The toxicity was never addressed. Over the years, vaccine schedules and junk food consumption have increased, exacerbating the toxicity. More and more children have lost focus.

A co-founder of the term 'ADHD', Dr. Edward Hamlyn of the Royal College of General Practitioners, stated in 1998, "ADHD is fraud intended to justify starting children on a life of drug addiction".

DEODORANT WARNING: Aluminum can cause tumours

5th October 2016, by Ethan A. Huff

A new Swiss study confirms that aluminum chloride, a common additive in antiperspirants that blocks moisture, exerts an oestrogen-like effect that directly promotes the growth and spread of breast cancer cells.

This toxic compound lodges itself inside the skin and over time builds up in breast tissue, where over the long term it acts as fuel for the formation and spread of cancer tumours.

Aluminum chloride is so harmful to the body that the researchers determined it to be as threatening as asbestos.

Sweating is actually a *good* thing. While nobody wants sweaty pits, no one wants cancer or alzheimer's either. Sweating results in a clearer complexion, helps to cleanse the bloodstream and helps lower body temperature.

[NOTE. The Natural Health experience is that body odour can be insignificant on an essentially plant-based way of eating. – Editor]



A new way for tooth decay to heal without fillings

18th January 2017, by Ethan Huff

Treating cavities with standard dental fillings may soon be a thing of the past, thanks to new research showing that damaged teeth have an ability to heal on their own.

English researchers have shown that tooth cavities will naturally regenerate and seal themselves when exposed to a substance known to aid in mineral delivery and dentine formation.

Scientists at King's College, London, have found that a substance known as *Tideglusib* provides a tooth with the tools it needs to heal damaged pulp and reseal on its own. It does this by activating the natural stem cells that teeth already possess.

It will be at least a few more years before we will begin seeing Tideglusib available at local dentists.

Superbugs now killing more British than breast cancer

15th January 2017, by David Gutierrez

The UK Sepsis Trust estimates that 12,000 people per year are killed by superbugs. This surpasses the 11,400 killed by breast cancer in 2014.

Antibiotic resistance is spreading so fast that in 2015 the World Health Organisation warned that, "The rise of antibiotic resistance is a global health crisis ... More and more governments recognise it as one of the greatest threats to health today".

Two prominent superbugs are antibiotic-resistant *E. coli* and MRSA (Methicillin resistant *Staphylococcus aureus*).

[NOTE. Years ago, prominent microbiologist, Prof. Rene Dubos, declared that germs cannot and do not attack [truly] healthy tissue. Those of us on a healthy lifestyle may have little to worry about due to superbugs. – Editor]

Manuka honey more effective than all antibiotics

21st December 2016, by Amy Goodrich

Australian researchers have found that Manuka honey is better than all antibiotics.

Manuka honey comes from *Leptospermum scoparium*, or New Zealand's Manuka bush, as well as tea trees, native to Australia and New Zealand only.

Dr Dee Carter of the University of Sydney noted that there are particular compounds in Manuka honey that cause multi-system failure in the bacteria, killing them before they are able to adapt and build up immunity.

The report, published in the *European*

Journal of Clinical Microbiology and Infectious Diseases, stated that Manuka honey killed almost every bacterium it was tested on. This is in stark contrast to all antibiotics.

This honey effectively kills even the toughest superbugs, including the life-threatening MRSA. Manuka honey may be the answer to superbugs.

Manuka honey is also very effective for wound healing.

The demand for Manuka has resulted in fake products entering the market. If buying it, make sure you are getting the real thing.

Sugary drink tax introduced in California

6th December 2016, by Daniel Barker

Soft drink manufacturers lost an expensive battle in November 2016 when three California cities as well as Boulder, Colorado, and Cook County, Illinois, all introduced taxes on sugary drinks.

Since 2014 the soft drink industry has poured around \$50 million into trying to defeat new taxes.

In support of these taxes, former New York mayor, Michael Bloomberg, and others have contributed millions of dollars to fight the industry.

Mexico introduced a nationwide soft drink tax in 2014 in response to its obesity rates being among the highest in the world.

Do sugar taxes work? The evidence seems to indicate that they do and could possibly save tens of thousands of lives.

During the battle, the soft drink industry used tactics similar to those of Big Tobacco – lying to the public and financing bogus 'scientific' research that supports their agenda.

High-caffeine energy drinks do this to the body

16th December 2016, by J D Heyes

All the so-called 'energy drinks' on the market today are horrible for our health.

For example, a recent study found that Red Bull uses an alcoholic mixture which has the same effect on a teenager's brain as cocaine.

Data assembled by the gift site, *Personalise*, shows what happens to our bodies after consuming an energy drink:

First 10 minutes: The oversized dose of caffeine begins to permeate the body and the heart rate begins to climb.

At 15 – 45 minutes: If consumed quickly, you will begin feeling more alert within 15 minutes. Drink more slowly and feel the effects after about 40 minutes.

30 – 50 minutes: The caffeine is now fully absorbed, leading to dilated pupils, rising blood pressure and the liver releasing more sugar into the bloodstream. The adenosine

receptors in the brain are now blocked, thereby preventing drowsiness. The blood sugar level begins to spike, there is a burst in the release of insulin, and the liver responds by turning any sugar into fat.

1 hour: There is a huge sugar crash, caffeine levels begin to recede and tiredness develops.

All the water that was in the can has been urinated away, taking with it some valuable minerals.

5 – 6 hours: The caffeine has reached its half-life in the body. For women on birth control pills, this takes 10 hours.

12 hours: For most people, all caffeine is now completely processed out of the body.

12 – 24 hours: The person may begin to suffer mild withdrawal symptoms – nervousness, sweating, anxiety and sleeplessness. After about a day, the person will be looking for another 'hit', and then another.

When the body becomes used to a regular daily fix, it will begin to feel lethargic and distressed. Headaches will become frequent, as will constipation.

7 – 12 days: The body becomes more tolerant of the extra caffeine, which means that the body has got used to the boost, so it doesn't feel the same stimulation.

This often leads to even more energy drink consumption, which can eventually have dreadful effects on health.

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ISSUES RE ADDITIVES IN VACCINES

The concerns expressed in the following pieces are *not* to do with the pros and cons of vaccination itself, but with the additives that manufacturers place in vaccines. There are widely held views that the safety of many additives has never been properly investigated.

Trump names Robert F. Kennedy Jr to investigate mercury in vaccines

13th January 2017, by Mike Adams

It has been reported – although not yet confirmed – that US President Donald Trump has appointed Robert F. Kennedy, Jr, to be head of a new commission to study vaccine safety, in particular the dangers of the mercury preservative, *thimerosal*.

Indisputable facts about Thimerosal

13th January 2017, by Mike Adams

#1) Vaccines given to children in the United States still contain mercury (Thimerosal).

#2) All forms of mercury are neurotoxic (toxic to nerves).

#3) Any amount of mercury injected into a child is unsafe. There is no 'safe' quantity of mercury [however small].

#4) Flu shots given to children in the United States still contain over 50,000 ppb mercury. This is over 25,000 times the EPA limit of mercury in drinking water.

#5) Thimerosal is used as a preservative in multi-dose vaccines. If vaccines were in single-doses, mercury would not be needed.

#6) The vaccine industry currently enjoys blanket legal immunity from all claims of defective products or mercury damage, a condition that has completely eliminated any incentive for vaccine product safety or quality control.

#7) According to the US Centers for Disease Control, vaccines still contain numerous neurotoxic chemicals, including aluminum, MSG, formaldehyde and mercury.

#8) Virologists who worked for Merck filed a *False Claims Act* with the US federal government, swearing that they were ordered by Merck management to falsify vaccine efficacy results in order to trick the FDA into approving certain vaccines that didn't work. They also told the government they believed that Merck's 'fake vaccines' were contributing to the spread of

infectious disease.

#9) A top CDC scientist, Dr William Thompson, publicly and openly admitted to taking part in massive scientific fraud to hide statistical links between vaccines and autism in African-American boys.

#10) The US FDA has long possessed documentation linking vaccines to autism. The agency has gone to great lengths to bury this evidence in order to protect the profits of the vaccine industry.

Mercury and autism: more damning evidence

6th December 2016, by Mike Adams

In the United States and Europe, scientists who explore the link between mercury exposure and autism quickly find themselves discredited, de-funded and blackballed from science journals.

However, from a top Egyptian university, new research documents more evidence of a relationship between mercury and autism. The study was published in the journal, *Metabolic Brain Disease*.

"The researchers found a strong relationship between mercury toxicity and the presence of autism and a direct correlation between levels of mercury toxicity and the severity of autism symptoms," writes Robert F. Kennedy, Jr, in an *EcoWatch* article covering the study.

There is also a strong correlation between mercury amalgam dental fillings in mothers and their children being diagnosed with autism.

Doctor causes uproar after linking vaccine additives to neurological diseases

19th January 2017, by David Gutierrez

Dr Daniel Neides, a director of the Cleveland Clinic Wellness Institute, drew vicious attacks from vaccine defenders after he published a blog post suggesting that toxic chemicals in vaccines might be one factor in an 'epidemic' of chronic diseases, including autism.

Dr Neides *does not* take a hard line anti-vaccine position, but rather suggests that some vaccines are unnecessary and that others should be spaced more widely.

The post caused an immediate backlash, with other doctors accusing Neides of serving an anti-vaccination agenda.

Dr Neides blog opens with his story of going to get a flu shot – hardly the action

of a vaccine refuser – and asking for a "preservative-free" shot in order to avoid being exposed to mercury. Neides then discovered that the "preservative-free" shot does, in fact, contain preservative, the carcinogenic chemical formaldehyde.

Neides says that newborns without intact immune systems and detoxification systems are being over-burdened with the preservatives and adjuvants in vaccines.

Top doctors reveal that vaccines can trigger auto-immunity

9th December 2016, by Vicki Batts

Dr Yehuda Shoenfeld, an Israeli clinician, has presented evidence suggesting that aluminum in vaccines is likely to be at the helm of the worldwide increase in autoimmune disorders.

Researchers state that many kinds of vaccines have been associated with the onset of ASIA [*autoimmune/inflammatory syndrome induced by adjuvants*]. The autoimmune diseases include arthritis, lupus, diabetes mellitus, thrombocytopenia, vasculitis [inflammation of blood vessels], Guillain-Barre syndrome and multiple sclerosis.

The researchers note that children are exposed to repeated doses of aluminum adjuvants before the age of six, and that aluminum adjuvants target immune function and brain development.

Study of vaccinated vs. unvaccinated children buried

21st December 2016, by Vicki Batts

A study comparing health outcomes in vaccinated and unvaccinated children found that vaccinated children were significantly less likely than the unvaccinated to have been diagnosed with chickenpox and pertussis, but significantly more likely to have been diagnosed with pneumonia, otitis media, allergies and neuro-developmental disorders (NDDs – autism, ADHD and/or a learning disability).

Vaccinated children were three times more likely to be diagnosed with an NDD. The combination of preterm birth and vaccination produced an even higher risk of NDDs.

The study was scrapped from the journal, *Frontiers In Public Health*, and removed from the internet. Only a screenshot of the study has been saved.

How the world became addicted to sugar

By Dr. Mercola | 11th December 2016

Evidence suggests excess refined sugar is a foundational cause of diabetes, obesity and most chronic degenerative diseases, including Alzheimer's and Parkinson's, and not just an exacerbating factor.

There are significant similarities in promotion between the sugar industry and the tobacco industry, with the same kind of flawed science now being applied to sugar

Like other addictive substances, sugar triggers dopamine secretions in the reward centre in the brain.

Few people would argue that excess refined sugar is pernicious to our health. However, hardly anyone is aware of the manipulation and deceit initiated and perpetuated by the sugar industry to insulate us from this truth.

Gary Taubes, an investigative journalist with a strong science background, has written an excellent book, *The Case Against Sugar*, which expertly documents how the manipulation of facts occurred.

Taubes makes a strong argument that excess sugar is the foundational cause of diabetes, obesity and most chronic degenerative diseases, including Alzheimer's and Parkinson's.

SUGAR THROUGH THE CENTURIES

All through the 19th century, there were many people warning that sugar is bad for health. A lot of physicians noted increases in illness and depression among people who were eating more sugar.

In the 1920s, sugar consumption was linked to a rise in diabetes. Today, many view sugar as a factor that worsens diabetes, but Taubes suggests sugar is in fact the very root of the problem, not just an exacerbating factor.

In 1850, it was estimated that 1 in 50,000 individuals in the UK had diabetes. In the US around 1890, there were 10 cases out of around 35,000 patients. Today, it afflicts one in 11 Americans.

What's worse is that the pre-diabetic population in the US is rapidly approaching

one in three, and insulin resistance and diabetes are at epidemic levels across the world. Clearly, something dramatic has happened to increase prevalence so drastically.

According to Taubes, that change is the access and availability of refined sugar, and later [in the US] the addition of high-fructose corn syrup

SUGAR SCIENCE

Just how did everyone miss the fact that sugar causes diabetes? As Taubes explains, a vast majority of diabetes cases are associated with obesity, so physicians and nutritionists simply deduced that obesity must be the cause. So the role of sugar in diabetes remained unrecognised.

Beginning in the 1920s, the sugar industry formed The Sugar Association. They put advertisements in newspapers, pushing sugar consumption when physicians in research were really beginning to become suspicious about sugar and diabetes. They said, 'Look, it's not fattening. It's low-calorie. A teaspoon of sugar is only 16 calories. Five teaspoons have fewer calories than an apple. Therefore, enjoy your sugar. It's all about calories'.

WARTIME SUGAR

As World War II commenced, the US government realised refined sugar would have to be rationed since a lot of the sugar trade would be lost. To soften the blow, they started warning Americans about the dangers of sugar to their health, using that as a way to reduce consumption.

The sugar industry wanted to come up with a way to make sure people would resume eating as much sugar as possible after the war. To that aim, The Sugar Association began funding research in 1942 to demonstrate that sugar is actually good for you, and also to look for novel uses of sugar. Fred Stare and Ancel Keys [of cholesterol-causes-heart-disease fame] were two prominent researchers funded by The Sugar Association.

Stare, who ran the nutrition department at Harvard, considered it part of his job to raise money from industry. He raised

millions from the sugar industry and the cereal industry, and provided whatever they needed, whether it was Congressional testimony or discussing the benefits of sugar on radio or TV. For nearly 20 years, Fred Stare and the Harvard Nutrition Department pushed this belief that fat was the problem and sugar was harmless.

In the '80s, [sugar consumption] starts to skyrocket again – in part because of the success of this idea that fat is the problem – and in 1999 sugar consumption peaked.

SURPRISING LINKS BETWEEN SUGAR AND TOBACCO

Taubes also describes how the same 'science' strategies that the tobacco industry used were copied by the sugar industry.

Interestingly, Taubes claims that sugar has probably killed more people than tobacco, and that tobacco wouldn't have killed as many people as it did without sugar.

You've got this one issue, which is: What is the environmental trigger of the disease? I think it's sugar. The Inuit are consuming almost exclusively animal products from marine animals and fish and caribou. Add sugar and they get the same diseases.

HOW A LITTLE SUGAR IS STILL TOO MUCH?

It's tempting to say that eating refined sugar 'in moderation' is the answer. But how much is a moderate amount?

Theoretically, it's possible that staying below, say, 30 grams per day would allow you to remain healthy. However, when sugar is so readily available everywhere, will you really be able to stay below a certain level? Or would it be easier to just quit refined sugar altogether?

As with smoking, sugar has an addictive quality, and consumption can easily get out of hand when you're eating a lot of processed foods.



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Book prices include postage and members 10% discount



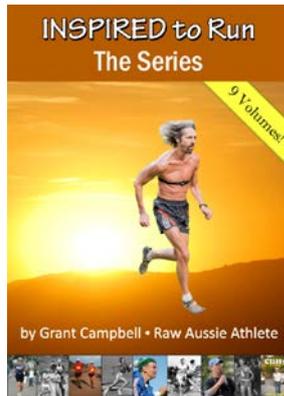
INSPIRED TO RUN

Volume 1: Success Stories

By Grant Campbell, Raw Aussie Athlete

Ebook is free

This 9-volume series is initially available as an ebook, which can be read on a computer or ebook reader. Hard copy and audio book versions will soon be available. Please contact the author for further details – grant@rawaussieathlete.com



Volume 1 tells the success stories of some legendary runners: **Janette Murray-Wakelin and Alan Murray, Abebe Bikila, Joe Newton, John Bingham, Kathrine Switzer and Wilma Rudolph.**

Each story includes: a photo; original quotes; personal bests; world records; Olympic records; diet; lifestyle; their philosophy; running challenges; training approaches; and their country of birth or citizenship.

The act of running, writes Grant, teaches us to enjoy the present moment, free from distraction, with no agenda beyond experiencing running. There is a runner within each of us, despite what we've been told about not possessing the ideal physique.

Potato farmer, Cliff Young, is quoted: "The doctors once told me I had arthritis in my joints and to take it easy, so I said 'I'll fix that up ... I'll run it out'. So I kept running and it disappeared."

Cliff was best known for his win of the inaugural 875 km Sydney to Melbourne Ultramarathon in 1983 at 61 years of age. He ran at a slow loping pace, but won by ten hours and almost two days faster than the previous record.

Dr Ruth Heidrich is an ironwoman triathlete, cancer survivor, author, health advocate, and certified fitness trainer.

She is quoted: "The best exercise for strength and fitness is running, and the best diet for vibrant health and longevity is a 100% plant-based, whole-food diet."

After being diagnosed with stage-4 breast cancer at the age of 47, Dr Ruth changed her diet and got fit. She went on to win over 900 trophies, complete 6 ironman triathlons and complete 67 marathons.

Janette Murray-Wakelin and Alan Murray have been featured in *True Natural Health* in 2014 and are in this issue, page 3. Their spectacular achievement was in 2013, running 15,500 km around Australia by running a marathon every day for 366 consecutive days to set a world record.

SPOONFED GENERATION

How to Raise Independent Children

By Michael Grose

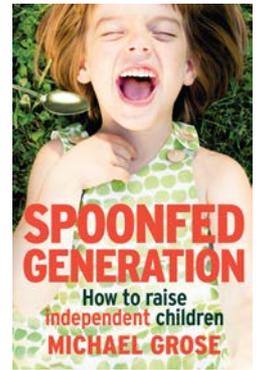
\$38.50

It's well established that parents in western countries, including Australia, currently do too much for their kids, albeit with good intentions. Before driving their kids to school (or station or bus stop) each morning, most parents would have woken their children up, made their breakfast and lunch, depositing the latter in their schoolbags, before reminding them to get dressed.

All this well-intentioned activity may make for an easier life at home, but it encourages children to be dependent on adults for longer. This is the exact opposite of what parents have done in the past, which was to develop their children's independence and achieve the most important parenting outcome of all – the parents' own redundancy.

There are a number of reasons for this high level of dependency parenting, including family shrinkage, older parents, busy lives and fear that the world is a dangerous place for young people. Terms such as 'helicopter parents', 'bubble-wrapping kids' and 'over-parenting' are unhelpful and offer little direction for parents.

Never before has a generation been so dependent on their parents; now it's time to remove the spoon and put it back in the drawer.



HOW A MAN LIVED IN THREE CENTURIES

The Complete Guide to Natural Health

By Roger French

Price options: single copy \$27 incl. postage.

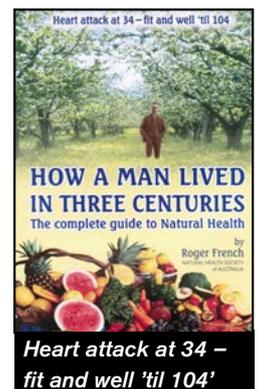
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The 'Man', Eric Storm, a Mosman NSW stockbroker, collapsed with a heart attack at 34 years of age, then extended his life by 70 years of high-quality, healthy living. His story runs as a thread through the book and shows that we can enjoy a level of wellbeing and longevity that far exceeds normal expectations.

The book presents the essence of what the Natural Health Society has learned in the half-century since its foundation. It will interest any person who wants to avoid heart disease, stroke, arthritis, rheumatism, cancer or other illnesses – and be able to enjoy life more.

Author, Roger French, has a diploma of nutrition and has been Health Director of the Society for 34 years.



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Prices include postage (in Australia) and members' discounts. Some have extra discounts

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PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email veg@veg-soc.org.au

Web www.veg-soc.org.au

VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

PO Box 146, Rochedale Qld 4123

Email info@vegsoc.org.au

Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

PO Box 311, Kent Town, South Australia, 5071

Ph 08 82602778. vegsa.org.au

NATURAL HEALTH SOCIETY (SA) Inc.

7 Emily Ave,
Clapham SA 5062

Phone 08 8277 7207

A LITTLE HISTORY FROM VEGSA

At VegSA we are quite proud of our 64-year history. The Society was established in 1952 as the Vegetarian Society of South Australia. For many years it was the local go-to source for information and support on vegetarian issues. It was also a haven for vegetarians at a time when there was only one vegetarian cafe (run by the Seventh Day Adventists) in the whole Adelaide metropolitan area and very little in the way of reasonable ready-prepared food, apart from Sanitarium's canned Nutmeat and Nutolene,

Among the Society's members there was always a strong interest in Natural Health, either because a meat-free diet was seen as an important part of a healthy lifestyle or because vegetarians knew it was important to be – and be seen to be – healthy.

Prominent member, Madam Mira Louise, ran an alternative health centre in the city. Lloyd Bannister organised the Society's newsletter, *Vegetandus*, which means 'to be invigorated', and Emma (Mick) Fearnside was Secretary for 25 years. She was an ardent animal rights campaigner and also had considerable interest in human health.

When the Society was incorporated in 1979 its aims included:

- To advocate, extend and organise vegetarianism in Australia.
- To spread the principles and advantages of vegetarianism and the ideal of a healthy, humane mode of life.
- To encourage cooperation between vegetarians throughout the world and to cooperate with other organisations concerned with sound nutrition, positive approaches to physical and mental health and the preservation and improvement of the environment.

Vegetandus developed into a small magazine which, after it was taken over by the Vegetarian Society in New South Wales, gradually morphed through *New Vegetarian* to *New Vegetarian and Natural Health* and finally to *Natural Health and Vegetarian Life*. Whatever the title, the magazine was always included with the Society's membership. When this last version folded and was replaced by *True Natural Health*, VegSA moved to it. Most members still receive *True Natural Health* as part of their VegSA



membership and many express appreciation for the quality of its information.

In 2009 the Society changed its name to Vegetarian and Vegan Society (VegSA) Inc., being aware that many of our 'vegetarian' members were total vegetarians, that is, following a vegan lifestyle, and that the word 'vegan' was by then well known.

Over the years, we have seen the emergence in SA of several like-minded organisations: Natural Health Society SA (1962), Animal Liberation SA, Adelaide Vegans (2005) and Animal Justice Party (2011). VegSA likes to work cooperatively with these groups as well as similar national groups, including Animals Australia, Humane Research Australia and Vegan Australia, as well as international groups.

Fast forward to 2017: VegSA now lists 31 vegetarian and vegan cafes and restaurants on its website, as well as many more that offer good vegetarian options. The range of ready-prepared food available is something that would have been unimaginable in 1952! As well as the bigger groups mentioned above, there are several small vegetarian and vegan meet-up groups and there is also quite a number of groups assisting animals in need.

The question we focus on is: How can these groups work together to promote animal rights and the 'ideal of a healthy, humane mode of life'?

CHANGES AT VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

NOTE that following a decision of the new Committee, Qld Veg members no longer have *True Natural Health* included with their membership.

To Maureen Collier, who has retired from the Committee after many, many years at its helm, we say compliments and a big thank you for all the good

liaison you have provided between Qld Veg and the Natural Health Society. Maureen, your cooperation has been greatly appreciated.

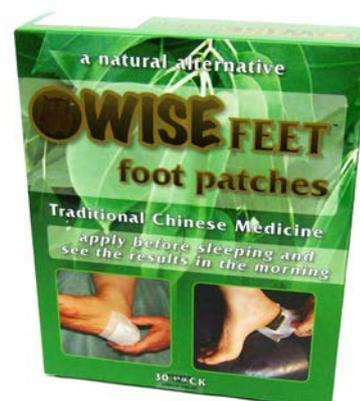
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