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The Magazine of the Natural Health Society of Australia

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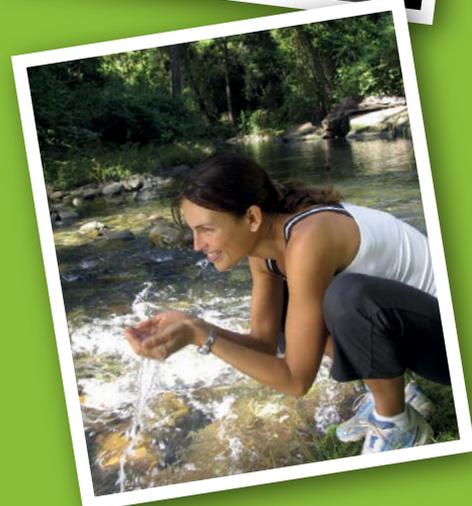
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Natural remedies good news; smart meters bad news

Editorial



The bad news first. Smart meters, the digital meters which measure the electricity consumed in our homes and businesses, are a greater problem than I was led to believe when I wrote about them in the Autumn 2018 issue of *TNH*. Victorian residents have been given no choice in having them installed, but other States appear to be allowing residents to opt out, with certain provisos. Why they are likely to be bad news for health and how to opt out are covered in an authoritative article on pages 2 and 3.

The good news. Whereas in the past, the Federal Government's Therapeutic Goods Administration has tended to make things difficult for makers and sellers of 'complementary medicine' products, the TGA has now issued new guidelines which make it easier to register these products. Details are aired on page 8.

But then bad news again – I have just heard that the Federal Government is aiming to

stop health funds from covering natural therapists. We can't win!!

There is good news from the Natural Health Society. For the members who were unable to attend the Autumn 2018 Seminar at North Ryde, we are very pleased to present condensed versions of the talks by three of the five speakers. Petrea King's summary is on page 13; psychologist Clare Mann's text is on pages 20 and 21; and Naturopath Robyn Chuter's presentation is on pages 24 and 25. Photos of the speakers are to be found on page 14.

We anticipate that summaries by the two remaining speakers, Dr Mark Donohoe and Dr Giselle Cooke, will be published in the following Spring issue.

I draw your attention to a number of other potentially useful topics: Skincare Part 2 by Anne McBride; cataract

prevention by wholistic optometrist Jenny Livanos; how much iron in our bloodstreams is just right by Robyn Chuter; and muscular cramps written by yours truly.

Finally, the Society's National Committee is acknowledging my 50 years of membership of the Society with a dinner to be held on Sunday 1st July in Orchard Hills near Penrith NSW. I would love to meet many members there – details are given on page 15.

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.

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Subscription form

Turn to page 43 or use the telephone or website.

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Printed by Evan Gordon,
0400 029 624

Acknowledgement

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

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SMART METERS

Problems, problems

By Janobai Smith

The first thing to be aware of is that your electricity retailer might not refer to smart meters as being 'smart meters'. Your retailer might call them 'digital meters' or 'advanced meters'.

This is occurring because smart meters received a very bad rap in Victoria during its State-government-mandated rollout of smart meters to all residential customers and small businesses.

The older style of digital meter simply measured electricity. But the new digital meters, which are actually smart meters, use radiofrequencies in the microwave range to transmit and receive data.

Features of smart meters

These radiofrequency transmissions are characterised by very brief, high intensity pulses of energy. Currently, smart meter networks typically collect data four to six times a day from each meter. This is likely to increase in the future.

So does this mean that if you have a 3G smart meter using an existing mobile phone network programmed to transmit for four sessions a day that your meter will only be active during these four sessions? The answer is *no*.

The Victorian government commissioned an independent study on smart meters. Both mesh and 3G smart meter communication technologies were examined. The study revealed that meters were transmitting hundreds, if not thousands, of pulses per hour.

(The study also examined WiMAX smart meters, but this technology wasn't successful so these meters have now been replaced with *mesh smart meters*.)

Why the push for smart meters?

A key objective is to get us to use less electricity on hot days. But the jury is out on whether smart meters actually achieve this. For instance, short-term trials

deploying Time-of-Use pricing may show positive results, but over time people stop responding. In fact, it can even lead to an overall increase in electricity consumption as some people over-compensate by trying to super-chill their home prior to the high pricing period.

The other means by which electricity companies would like to reduce consumption in peak periods is by taking control of your appliances via your smart meter – with your permission, that is. Electricity companies would remotely switch off for brief periods your air-conditioner or any other device consuming high amounts of electricity. The idea is that you won't even notice that this is happening.

And obviously, meter reading staff are not required.

So why are smart meters a problem?

For a start, these meters are full of microchips, and are much more vulnerable to failure than the old electro-mechanical meters.

And if the life of a smart meter comes to a grinding halt, it's the customer who pays. Electricity infrastructure is a protected industry.

Another major issue is that changing over to a smart meter can lead to an unexplained increase in your electricity bill. Our organisation, Stop Smart Meters Australia, has had many reports of bills inexplicably increasing by hundreds or thousands of dollars.

A smart meter also provides a means by which third parties are able to amass a great deal of data about your household. Third parties are able to work out when you get up, when you go to bed and when the home is unoccupied.

There have also been a number of reports of smart meters exploding and catching on fire. They are vulnerable to high-frequency spikes. They switch AC (alternating current) to DC (direct current) and this

can cause electrical arcing in equipment which is made of plastic and combustible. Even the entry of water from a sprinkler can lead to a fire.

High frequencies generated as a result of the switch-mode power supply can also create 'dirty electricity' in household wiring, that is, frequencies that are higher than the normal 50 hertz. In addition, microwave radiation from the smart meter can couple onto household wiring. Both these effects can be a particular problem in homes with older, compromised wiring, as higher frequencies equate to more heat and can lead to burnt-out appliances, as well as fires in the home down the track.

Are smart meters harmful to my health?

In my opinion, the most serious issue is health.

Over 400 people, mostly from Victoria, have reported to Stop Smart Meters Australia that they have adverse health effects, which they attribute to radiofrequency radiation from smart meters.

In a study, the symptoms were the same as those reported by people exposed to other devices emitting radiofrequency radiation. However, the vast majority of Victorian cases had not found previously that other devices had caused these symptoms. The author of the study concluded that smart meters may have unique characteristics that lower people's threshold for symptom development.

The most frequently reported symptoms are: insomnia, headaches, tinnitus [ringing in the ears], fatigue and cognitive disturbances. Other symptoms include: neuropathic [nerve] pain, dizziness, heart palpitations, nausea and so on. (Source: Lamech, F., 2014)

And what might the long-term consequences be? We simply don't know. No studies anywhere in the world have been

undertaken prior to the rollout of smart meters. Instead, we are being used as guinea pigs.

However, there is a very large body of scientific studies, going back many years, which gives cause for alarm. International scientists recently called for increased protection from non-ionising electromagnetic field exposure (EMF), stating that, "Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders and negative impacts on general wellbeing in humans." The scientists added that "Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life."

So what do Australian authorities say about health effects?

We are reassured that the EMFs from smart meter transmissions are much less than those from other sources in the home and are a small fraction of recommended exposure limits. Moreover, we're told that smart meters only transmit for a few minutes a day.

There are a number of problems with these three points.

Firstly, the extent to which you expose yourself and your family to EMFs within your own home is, in the main, your choice. You have the choice as to whether you use wired connectivity inside your home for internet and phone access. You can choose to switch off devices such as your mobile phone and WiFi at night or when you're not using them. These choices are *not* available to you if you have a wireless smart meter.

Secondly, the Government's claim that smart meters generally only transmit for a few minutes a day also does not tell the full story. Yes, some meters only transmit for a few minutes a day, but as shown by the Victorian technical study that I referred to earlier, even the 3G meter with the lowest number of pulses per hour was, on average, transmitting 129 times per hour. The mesh smart meter with the lowest number of pulses was transmitting an average of 98 times per hour. So there is a 24/7 biological impact. And what about the impact of meters with the highest number of transmissions? One meter was transmitting, on average, 176,201 times per hour.

Thirdly, authorities also claim that the total of all EMFs measured in the home is usually a very small fraction of the recommended exposure limits. This statement needs to be put into context.

The Australian standard for exposure to radiofrequencies is supposed to specify the limits which will prevent adverse health effects. The standard is based on 1998 recommendations from a self-appointed

body, which calls itself the International Commission on Non-Ionizing Radiation Protection.

ICNIRP's guidelines only consider thermal effects of RF exposure, not biological effects. Its guidelines, and hence Australia's standard, only come into play if biological tissue heats by more than 1°C. This is why I've heard our standard described by some people as being a 'cooking standard'.

Over 40% of the world has the benefit of more stringent protection. Radiofrequency exposure limits in some countries are tens to hundreds or even thousands of times more protective than our standard.

Can I prevent a smart meter being installed at my home?

If you live in NSW, Queensland, the ACT, South Australia or Tasmania, you will be subject to the new National Electricity Rule which came into force on 1st December 2017.

If you have a working meter, the rule gives you the right to opt out of any smart meter rollouts that your retailer might decide to undertake, providing you communicate your decision and providing this had been done by the date that they stipulate. The rule also stipulates that you will be given two notices in advance of a rollout.

You may opt out by informing the retailer in writing, electronically, by telephone or by any other method specified by your retailer.

But what happens if your meter is faulty, or considered at risk of becoming faulty, or you are doing a new build?

Some Government webpages state that *all* new meters must be smart meters. But this is a very deceptive claim.



smart meter

Yes, under the new rule all *new* meters must be smart meters. But what the Government isn't always telling us is that we still have the right to elect for a *non-communicating* smart meter. So although it has all the functionality of a smart meter, it does *not* have its communications enabled. This means there are *no* microwave transmissions.

This isn't a perfect solution, but it means that at least you aren't going to have a meter (type 4) that is blasting out microwave radiation 24/7. However, this right may be *lost* if you have not put in place notification of your refusal *in advance*. The metering coordinator must retain the record of your refusal for at least 7 years.

The only difference between the type 4 smart meter and the non-communicating smart meter (type 4A) is that type 4A comes with enough capacity to store 200 days' of data, so that a meter reading person can read it. The remotely read type 4 meter is only required to have enough storage for 35 days of data.

However, there is one big gotcha'. You will only be given this choice if you have signalled your refusal in advance.

The problem is that if you have an existing meter, and your retailer has decided to do a maintenance replacement of meters, that is, their testing has shown that your meter is likely to become faulty, there is no requirement for you to be given advance notice that your meter is being changed over. The best you can expect is a notice to tell you that your power will be temporarily turned off.

I suggest that your first line of defence is to be sure to have a notice of refusal prominently displayed on your meter box or beside your meter if it isn't in a box. Even if you have the right to opt-out entirely, it's a good idea to have this notice up, just to be safe.

For an example of a notice, you can download one from the website of Stop Smart Meters Australia (see below).

You also must inform your retailer of your refusal. You can also download a letter template from our website.

Action plan – for everybody

1. Put up a 'Do Not Fit a Smart Meter' sign;

Use A4 paper;

Sign and date it;

Laminate it;

Display it prominently on your meter box or beside your meter;

Take a photo (with date stamp) so you have proof.

Continued next page

Smart Meters Continued

2. Send your electricity retailer a letter of refusal by registered mail, again so that you have proof.

But what if you already have a smart meter? Unfortunately, after 1st December 2017, you're stuck with it. The new rule does not set out a means by which you can revert to an accumulation meter.

If this is the case, I've listed some of the options that you might consider:

- Shield the back of the meter;
- Relocate the meter to a safer position;
- Request that the power of the meter be turned down;
- Request an external antenna mounted on your roof fascia;
- Arrange for disconnection of supply and removal of your meter, and reapply for a type 4A meter.

Spread the word

Finally, as well as undertaking your own action plan to prevent the installation of a smart meter or request a non-communicating type, I urge you to pass this information on to others.

The less electro-smog that is created by smart meters, the better. Emissions from smart meters can affect not only people in the immediate vicinity, but also people who are many metres away.

For more information

Go to stopsmartmeters.com.au

The author

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Stop Smart Meters Australia Inc. is an organisation of practitioners and lay people, all of whom are united in opposition to the forced rollout of smart meters on the grounds of health, privacy, security, safety and costs, which they consider to be a breach of our democratic and human rights.

Janobai presented the above subject matter at a conference called *A Green Life or a Green Lie?* on 28th October 2017 in Paterson, NSW

Understanding brain fog and how to treat it

Abstracted from an item by Russel Davis, writer for NaturalNews.com, 5th February 2018

The scientific community defined cognitive dysfunction – more commonly known as 'brain fog' – as a mental condition characterized by bouts of confusion or reduced levels of clarity. The disorder was known to affect both men and women across all age groups. In fact, data from the *US Preventive Services Task Force (USPSTF)* showed that between three percent and 42 percent of US adults, aged 65 years and older, suffer from mild cognitive impairment. The health agency also stated that about 40 to 50 percent of older adults suffer from subjective memory symptoms.

An article posted on the *In Life Health Care* website listed a few potential causes of brain fog, including stress, insufficient sleep and poor dietary habits as well as hormonal imbalances, food and medication sensitivities and pre-existing medical conditions. The entry explained that both persistent stress and poor sleep may drive the brain to exhaustion, while reduced hormone levels and inadequate nutrient intake may impact brain function.

Likewise, the article discussed that certain food products and medications may cause allergic reactions that may lead to fluctuations in brain function. The article added that inflammatory markers and altered blood sugar levels may hinder cognition. According to the article, diseases such as chronic fatigue syndrome, fibromyalgia and diabetes were widely known precursors of cognitive impairment. Other conditions associated with cognitive impairment include depression, anaemia, Alzheimer's disease and autoimmune disorders including lupus, arthritis and multiple sclerosis.

The USPSTF underscored the importance of early routine screening in order to mitigate the onset of the condition: "... early recognition of cognitive impairment allows clinicians to anticipate problems patients may have in understanding and adhering to recommended therapy".

"This information may also be useful to patients and their caregivers and family members in anticipating and planning for future problems that may develop as a result of progression of cognitive impairment... Clinicians should remain alert to early signs or symptoms of cognitive impairment (for example, problems with memory or

language) and evaluate as appropriate," the health agency added.

Keep brain fog at bay with these tips

The USPSTF discussed both traditional medical intervention and non-pharmacologic approaches in preventing the onset of brain fog:

"Several pharmacologic and non-pharmacologic interventions aim to prevent, slow, or reverse cognitive impairment in older adults or improve caregiver burden and depression... Non-pharmacologic interventions include cognitive training, lifestyle behavioural interventions, exercise, educational interventions, and multidisciplinary care interventions. Several interventions focus on the caregiver and aim to improve caregiver morbidity and delay institutionalisation of persons with dementia," according to the health agency.

Health experts across the globe have identified several lifestyle changes that may effectively stave off brain fog. These tips include:

- **Reduce stress and anxiety** – Prolonged stress and anxiety were known to increase the risk of developing brain fog. Therefore, relieving stress through various activities – such as outdoor strolls, friend meetings or massage – may help reduce the chances of developing the condition.
- **Sleep more** – New neural pathways form during sleep. Thus, adequate sleep plays an important role in preventing the onset of brain fog.
- **Detoxify** – Toxic compounds and heavy metals, including lead, mercury and pesticides, may negatively affect brain health. Likewise, cigarette smoking was previously linked to poor cognition. Undergoing various detox methods may help reduce the likelihood of brain fog.
- **Foot reflexology** – This alternative treatment is known to target certain pressure points that help facilitate waste removal.

Sources include:

USPreventiveServicesTaskForce.org
InLifeHealthCare.com
AlternaScript.com



Staying motivated and on track during winter

As the temperature drops and daylight hours decrease, it's the time of year when healthy eating and exercise can take a back seat to comfort food and staying at home on the couch.

Did you know exercise could actually help you beat those winter blues? By doing just 10 minutes of exercise, your brain is stimulated to release the 'feel-good' chemicals, serotonin and dopamine, which can help reduce anxiety and depression. Staying active can also help arthritis sufferers whose symptoms often worsen over winter.

Here are some tips to help you keep active, and some healthier, lighter meal options that will still give you that warm and cosy feeling we crave in cold weather.

- **Find new ways to exercise indoors:** Don't use the excuse of it being cold outside to stop exercising. Clear a space in a spare room or your lounge room and run through a yoga session.
- **Team up with a friend:** You're more likely to keep an exercise date if it's made with a friend. This way you can keep each other motivated and accountable. Also it gives you a great excuse to catch up regularly with your friend/s just on everyday life!
- **Make your own soups:** Home-made soups are the perfect way to warm up on a cold day. Making your own soup ensures you can control the sugar and salt levels, which are often much too high in store-bought soups. Take some time on the weekend to make up a big batch which you can use for lunches during the working week.

Need some more inspiration for warming-food options and exercise options during winter? **Lifestyle – Hopewood's recipe for wellbeing** book is your perfect companion during the colder months. With over 100 mouth-wateringly delicious vegetarian recipes designed to inspire you to eat, move, heal and nurture your body naturally.



Hopewood's Lifestyle book will help keep you on track this winter with ease.

Buy your copy today at hopewood.com.au



Hopewood Recipe Thai Pumpkin Soup

Ingredients

- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 small chilli, chopped
- 1 kilogram butternut pumpkin, peeled and chopped
- 1 tsp coriander, ground
- 1 tsp nutmeg
- ¼ cup light coconut cream
- 1 litre vegetable stock
- Fresh coriander to garnish

Method

- Sauté onion, garlic and chilli in a small amount of water or stock.
- Add remaining ingredients and bring to boil.
- Reduce heat, put lid on the pot and simmer for 30 minutes or until pumpkin is tender.
- Puree until smooth.
- Serve with garnish of fresh coriander.

Brains on fire

A blog by Lynne McTaggart of WDDTY, posted on 2nd March 2018

Much of modern psychiatry rests on the assumption that mental illness is a biological or genetic disease. Nowhere is this more evident than with serious conditions like depression, bipolar disorder or even schizophrenia – all catch-all terms used to describe individuals who supposedly have lost contact with reality and suffer from delusions, hallucinations, illogical thought processes or generally disturbed and even suicidal thoughts or behaviour.

In some cases, medicine may be correct in blaming body chemistry, but by seeking the cause in some sort of faulty wiring in the brain itself, it could be fingering the wrong culprit. For years, studies have suggested that some of the behaviour that we label depression, schizophrenia or bipolar disorder may in fact be caused by nutritional deficiencies and allergies.

And the latest information shows that at the root of much so-called mental illness is a body and brain 'on fire'.

Overheated immune system

Systemic inflammation is an immune system on overdrive, which can wreak havoc on the body, causing all manner of degenerative illnesses, ranging from type 2 diabetes to Alzheimer's disease.

New evidence shows that when *cytokines* – some of the key players in regulating the immune system – are disordered, they can also affect neurological function, causing any one of a litany of conditions we label 'mental illness.'

A major infection such as Epstein-Barr virus can cause this kind of cytokine storm, but so can allergies and the typical Western diet. Numerous studies of people with schizophrenia have shown that foods containing gluten or dairy can often trigger psychotic events and behaviour. Amino acids in these foods are similar to a substance called *melanocyte-inhibiting factor* (MIF), known to alter brain activity.



Furthermore, many psychiatric patients given gluten produce a substance that is similar to one produced by coeliac patients, even though the psychiatric patients don't exhibit other symptoms of gluten intolerance, such as malabsorption in the gut.

Numerous studies have shown that even severely disturbed, hospitalised patients markedly improve when dairy and gluten are eliminated from their diet, and relapse as soon as the foods are reintroduced.

Key nutritional deficiencies

Besides food allergies, numerous nutritional deficiencies, including certain B-vitamins like folic acid have long been known to cause psychosis.

The most well-known advocate of this approach is the late Dr Carl Pfeiffer, founder of the Brain Bio Center in Princeton, New Jersey. Dr Pfeiffer postulated that most psychotic patients have either abnormally high or low levels of histamine – the body chemical mobilised in allergic reactions – which is vital to the functioning of the nervous system. He also found that they were likely to have too much copper and deficiencies in zinc and other nutrients. By manipulating their diet and adding supplements, Dr Pfeiffer achieved notable improvements in many patients.

More recently, we've discovered the role of sugar or a faulty microbiome in creating a brain and body on fire, which can be put out by cleaning up the diet and adding probiotics, as well as other supplements.

More than 30 years ago, Drs Stephen Davies and Alan Stewart maintained that addressing nutritional imbalances, food

allergies and hormonal imbalances 'can ... result in being able to gradually withdraw, in a controlled way, the anti-psychotic medication without relapse.'

And Dr Melvyn Werbach, a panel member of our magazine *What Doctors Don't Tell You*, amassed many studies in the 1990s showing that patients with clinical depression made a full recovery just by taking folic acid supplements.

Not all in the head

All these years later, we have even more information to suggest that mental illness isn't all in the head, or indeed the genes. New evidence from Kings College London working with twins shows that many cases of schizophrenia or bipolar illness are caused by environmental factors and not genes.

And as lead researcher, Dr Jonathan Mill, noted, if these diseases are caused by environmental factors like diet, they are potentially reversible – something not usually told to patients suffering from a coterie of serious mental disorders.

The 'sick brain' theory justifies the medical approach to mental illness, with its armament of powerful drugs, lobotomy and electroshock. As Peter Breggin wrote many years ago in *Toxic Psychiatry*, 'If irrationality isn't biological, then psychiatry loses much of its rationale for existence as a medical speciality.'

That is even more true with new evidence that inflammation – increasingly seen to be the root causes of almost all diseases – may be the root cause of all mental illness too.

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link between psych drugs and US school shootings

Call for investigation by top constitutional lawyer

Abstracted from an item by JD Heyes of NaturalNews.com,
21st February 2018

A top-rated lawyer who has beaten the Food and Drug Administration more times in court than any other attorney is calling on the Trump administration to launch a probe into possible links between commonly-prescribed psychiatric drugs and the epidemic of school shootings.

"The financial interest of the psychiatric industry is to feed this drug industry," said Jonathan Emord in a short documentary video. "And the drug industry's financial interest is to come up with the agents to feed the psychiatric industry.

"The psychiatric industry, then, is endlessly engaged in identifying new disorders," he continued, "which can then be treated with psychiatric drugs. Now psychiatric drugs are the primary drugs that are consumed in America."

He's right about that. In October 2011, *Harvard Medical School* noted the "astounding" increase in the use of antidepressants by Americans. "According to a report by the National Center for Health Statistics (NCHS), the rate of antidepressant use in this country among teens and adults (people ages 12 and older) increased by almost 400% between 1988 and 1994 and between 2005 and 2008," wrote Peter Wehrwein. By December 2016, as reported by *Scientific American*, fully one-in-six Americans were taking a psych drug. [No doubt Australian rates would be similar.]

Emord says the studies show that the number is higher – one-in-five Americans. And he believes there is a substantive link between increased psychiatric drug use, especially by younger Americans, and the rash of school shootings.

The attorney notes that psych drugs are known to produce dangerous side effects that include thoughts of and/or tendencies towards suicide and, importantly, violence. As such, "Shouldn't we expect aberrant behaviour to be cropping up all over the nation?" Emord said.

The attorney added that it's shocking that there isn't more outrage over the use of drugs, which even the FDA has admitted can cause dangerous side effects, and the high number of school shooters in recent years that have been taking them. (Related: On the same day that 17 children were murdered in a Florida high school, almost 300 Americans were killed by FDA-approved prescription medications.)

The Citizens Commission on Human Rights International (CCHRI) agrees.

"There is overwhelming evidence that psychiatric drugs cause violence. 27 international drug regulatory warnings cite violence, mania, hostility, aggression, psychosis and even homicidal ideation. Individuals under the influence of such drugs and committing these acts of senseless violence are not limited to using guns and are not limited to just schools," the CCHRI said on their website.

The organisation reports that "At least 36 school shootings and/or school-related acts of violence have been committed by individuals taking or withdrawing from psychiatric drugs." The result: 172 people wounded and 80 people killed.

The number could be higher – medical and psychiatric histories are not known for all school shooters.

In the video interview, Emord discusses his efforts on behalf of an organisation to obtain the medical records of Adam Lanza, who committed the atrocious murders of six-year-old first-graders at Sandy Hook Elementary School in Connecticut.

But state officials refused to turn the records over, claiming that doing so would mean identifying the antidepressants he was taking and thus "cause a lot of people to stop taking their medications".

Emord says that argument "is ridiculous."

"Against all of that is this huge financial interest of both the psychiatric community and the drug industry," he said. "If this did not exist, if there wasn't this huge lobbying presence, I strongly suspect that the coroner's offices would release the information to the public."

He also suspects that there would be investigations on both state and federal levels. But there aren't any – yet.

J.D. Heyes is a senior writer for NaturalNews.com and NewsTarget.com, as well as editor of The National Sentinel.

Sources include:
CCHRIInt.org
PsychDrugShooters.com

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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.

Huge victory for natural medicine in Australia – applauded from the United States

By Mike Adams, The Health Ranger, NaturalNews.com, 13th March 2018



Australia is one of the most oppressive medical police-state regimes in the world. The medical tyranny in Australia has even led to the government denying entitlement cheques to parents who refuse to have their children subjected to endless vaccinations. Deranged pharma trolls in Australia have been pushing hard to outlaw herbal medicine and force all the citizens of Australia to use toxic, overpriced, chemical prescription medications to treat everything.

Jon Rappoport, of NoMoreFakeNews.com, cites Crazz Files reporting that the Australian government has rejected the pharma-funded attempt to outlaw natural medicine, reaffirming the efficacy of traditional remedies. This is a surprising and important win for health freedom in Australia.

Here's the story from Jon Rappoport:

'ASTOUNDING VICTORY FOR PROPONENTS OF ALTERNATIVE MEDICINE'

by Jon Rappoport, 8th March 2018

Breaking news: In Australia, an effort to label all alternative (traditional, complementary) medicine products as "based on pseudoscience" has failed.

Traditional remedies (much older than mainstream medicines) are defended as appropriate, and can include health claims.

The Crazz Files, a major defender of health freedom in Australia, reports: "In a major win, the Federal Government has ignored the Australian Greens and anti-complementary medicine activists ... and has passed a reform package that protects traditional medicine.

"The Therapeutic Goods Amendment (2017 Measures No. 1) Bill, which passed Parliament on 15th February 2018, supports positive claims for complementary medicines based on traditional evidence, and abolishes the current complaints

system.

"Greens voters were shocked to learn that Greens Leader and general practitioner, Senator Dr Richard Di Natale, was aligned with sceptics, whose platform is: 'There is no alternative to [modern] Medicine'.

"One of Dr Di Natale's 'concerns' was that people were being 'misled' by traditional claims about the effectiveness of complementary medicine. He and the sceptics wanted labels on complementary and traditional medicines to state: 'This traditional indication is not in accordance with modern medical knowledge and there is no scientific evidence that this product is effective'."

"The Minister for Rural Health, Senator Bridget McKenzie, told Di Natale, "I think it is offensive and disrespectful to those who practise traditional medicine".

"For some, particularly those using Chinese medicine, the history of practising ... goes back thousands of years. It's been extensively refined, practised and documented and in many cases incorporated into mainstream medicine. So a statement required by the Australian Government that the indication is not in accordance with modern medical knowledge and that there is no scientific evidence will be seen as arrogant and insensitive to those practising and using traditional Chinese medicines," Senator McKenzie said."

Now I [Mike Adams] want to treat readers to a brief analysis of 'modern medicine', the so-called scientific system that is the 'only valid system'. It is the system employed in Australia, America and virtually all countries in the world.

People who watch the news or read mainstream news have the impression that 'scientific' medical research is remarkably valid and always progressing. Doctors and medical bureaucrats line up to confirm and ceaselessly push this view. But they are concealing a dark truth.

Here are two editors of two of the most prestigious and respected medical journals in the world. During their long careers, they have read and scrutinised more studies than any doctor, researcher or bureaucrat. And this is what they have written:

DR MARCIA ANGELL: "It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of Medicine*." (Dr Marcia Angell, NY Review of Books, January 15, 2009, *Drug Companies & Doctors: A Story of Corruption*)

DR RICHARD HORTON: "The case against science is straightforward: much of the scientific literature, perhaps half, may simply be untrue. Afflicted by studies with small sample sizes, tiny effects, invalid exploratory analyses, and flagrant conflicts of interest, together with an obsession for pursuing fashionable trends of dubious importance, science has taken a turn towards darkness..."

"The apparent endemicity of bad research behaviour is alarming. In their quest for telling a compelling story, scientists too often sculpt data to fit their preferred theory of the world. Or they retrofit hypotheses to fit their data. Journal editors deserve their fair share of criticism too. We aid and abet the worst behaviours. Our acquiescence to the impact factor fuels an unhealthy competition to win a place in a select few journals. Our love of 'significance' pollutes the literature with many a statistical fairy tale ... Journals are not the only miscreants. Universities are in a perpetual struggle for money and talent..." (Dr Richard Horton, editor-in-chief, *The Lancet*, writing in *The Lancet*, 11 April, 2015, Vol 385, 'Offline: What is medicine's 5 sigma?')

If a person obtains his/her news from mainstream sources, he will say, 'But I see

no evidence of a vast scandal'. But there is a conspiracy of silence. Because this widespread death and grievous harm has been reported in open-source medical literature.

For example: On July 26, 2000, the US medical community received a titanic shock, when one of its most respected public-health experts, Dr Barbara Starfield, who was associated with the Johns Hopkins School of Public Health, revealed her findings on healthcare in America

The Starfield study entitled, 'Is US health really the best in the world?', published in the *Journal of the American Medical Association (JAMA)*, came to the following conclusion:

Every year in the US, correctly prescribed and FDA-approved medical drugs kill 106,000 people. Thus, every decade, these drugs *kill more than a million people*.

On the heels of Starfield's astonishing findings, media reporting was rather perfunctory and soon dwindled. No major newspaper or television network mounted an ongoing 'Medicalgate' investigation. Neither the US Department of Justice nor federal health agencies undertook prolonged remedial action.

All in all, those parties who could have taken effective steps to correct this ongoing tragedy preferred to ignore it.

The following is a very brief abridged extract from the Australian Government's new guidelines

Australian Regulatory Guidelines for Complementary Medicines – ARGCM Version 7.2, February 2018

Prepared by the Australian Government's Therapeutic Goods Administration

Unlike registered medicines, we do not evaluate 'listed' medicines prior to inclusion on the ARTG (Australian Register of Therapeutic Goods). The listing process allows for rapid market access for listed complementary medicines.

To be listed, a complementary medicine may only contain low-risk ingredients permitted for use in listed medicines

A sponsor must legally certify that their medicine meets all requirements in relation to safety, quality and efficacy.

The majority of ingredients that can be included in listed medicines are those that were included in therapeutic goods supplied in Australia before the Act came into operation in 1991. Since then, all new active and excipient ingredients have undergone a safety assessment by the TGA.

Ingredients derived from animal materials may present a safety risk. Pre-clearance should be sought from the TGA.

As part of the Government's complementary medicine reforms, TGA is developing a list of permitted indications. When the list of permitted indications is implemented in early 2018, sponsors will only be able to select indications for their medicine from the prescribed list.

Vitamin or mineral supplementation indications are only permitted where the recommended daily dose of the product provides at least 25% of the Australian Recommended Dietary Intake (RDI). If there is no Australian RDI, an RDI from another country may be used.

The safety of a substance for use in listed medicines may be supported by history of use, published literature and/or original study data.

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Your Questions Answered

By Roger French

Send questions to Natural Health Society 28/541 High St, Penrith 2750 or 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 TEXTURED VEGETABLE PROTEIN – TVP:

TVP is in a lot of processed foods, including supposedly healthy vegetarian foods. I hear rumblings that it is not particularly wholesome. Would you please sort this out for me. – J. D., Morphett Vale SA

A What you have heard is well justified, and the manufacturing process shows why.

TVP is also known as 'textured soy protein'. We need to be clear that TVP is not tofu. Tofu is a relatively wholesome food, although a lot of the water-soluble minerals from the original soya beans have been strained off. The best forms of soya beans to eat are edamame and tempeh, the latter being fermented whole beans. Fermentation has numerous benefits including destroying enzyme inhibitors.

TVP is mostly made from defatted soya flour, which is the remains of the beans after the soya oil has been extracted, and is abundantly available. Extraction of the oil may be carried out using hexane, a petroleum solvent, which in almost impossibly large amounts could cause symptoms. But nobody knows if hexane can accumulate in the body and have long-term effects. TVP can also be made from cotton seeds, wheat or oats.

The defatted flour is mixed with water and passed through an acid wash to curdle the protein. The curd is then forced through an extruder which heats it to a very high temperature of 150° – 180°C, which denatures the protein.

As the molten protein mixture exits the extruder, the sudden drop in pressure causes it to expand into a spongy, porous, fibrous mass similar in texture to meat. The extruder forms the mass into various shapes according to how they will be used – chunks, flakes, nuggets, grains and strips – which are then dried.

The TVP is then sliced into different sizes and shapes depending on the substitute meat product for which it is intended. Its great attraction to manufacturers is that it is cheap and versatile and can be made to take on the texture of whatever meat it is substituting. TVP takes on the flavour of

some of the other ingredients in a recipe.

TVP contains about 50% (denatured) protein, which requires the addition of water before use. After rehydration, the percentage of protein drops to around 16% – approximately that of fresh meat.

Because the soya oil was extracted before manufacture, TVP is very low in fat. It is also relatively low in carbohydrates.

TVP is high in fibre. It also contains a lot of potassium, some calcium and iron and almost no sodium. It retains small amounts of hormonal phytoestrogens.

TVP is suitable for vegetarian and vegan diets, except that some commercial TVP-based foods may contain animal products, so it is necessary to check the ingredient list. People who are allergic to soy should, of course, avoid TVP.

Making TVP into imitation meats often requires additives like MSG or sodium nitrite, the latter tending to form nitrosamines in our stomachs which are carcinogenic (cancer forming).

What is the significance of the protein being denatured? Proteins have many vital functions, but a denatured protein is no longer able to carry out those functions. Destroying the functions of proteins is serious stuff. Proteins are the basic structure of muscle cells, skin, hair and nails and are part of bone. Protein compounds in the body include enzymes, hormones

and the protective cells of the immune system. Enzymes trigger all the chemistry of life itself, while hormones regulate bodily functions.

Denaturing of protein is why cooked meat becomes firm or tough and the white of boiled eggs hardens because it is mostly the protein, albumin, in water. If egg white is over-cooked, it becomes leathery and relatively indigestible.

In summary, TVP protein that has been heated to 150° – 200°C and thoroughly denatured cannot be nutritious and could easily be detrimental. Fortunately, there are whole-food soy alternatives, particularly edamame and tempeh that offer complete proteins more naturally.

Q HYDROLYSED VEGETABLE PROTEIN – HVP:

What is the story about hydrolysed vegetable protein? Is it processed like TVP? What, exactly, is it? – D. F., Newcastle NSW

A HVP can be either acid-hydrolysed vegetable protein (aHVP) or enzymatically produced HVP.

The vegetable raw materials most commonly used include defatted oil seeds (soy, rapeseed) or protein from maize, wheat, peas or rice.

For the acid process, the proteins are *hydrolysed* by cooking with diluted hydrochloric acid at between 90°C and 120°C for up to eight hours. After cooling, the hydrolysate is neutralised with alkali, filtered and then further refined. 'Hydrolysed' means that the protein is broken down into its component amino acids – as happens during human digestion.

The enzyme process uses digestive enzymes (*proteases*) to break down the proteins, requiring up to 24 hours. The mixture is then heated to inactivate the enzymes and filtered.

During the manufacture of foods, the amino acids are recombined into new proteins to produce different flavours.

HVP is sometimes shown in ingredients lists as 'hydrolysed soy protein' or

Smart Meters – Problems, problems

By Janobai Smith

Following my answer about the safety of smart meters in YOA in the Autumn 2018 issue of *TNH* (page 8), other points of view have been presented which considerably alter assessment of the safety of these devices. With the meters being mandatory in Victoria and soon coming to NSW and other States, this is a vitally important issue.

A detailed account of these meters and how to avoid having one installed in your home or business warrants a full article. Written by Janobai Smith of Stop Smart Meters Australia, the article is to be found on page 2 in this issue.

'hydrolysed wheat protein'. It is a dark coloured liquid that contains, among other amino acids, *glutamic acid*. It is used as a flavour enhancer in many foods because of the pleasing flavour of some of these amino acids.

Glutamate tastes particularly good, and when combined with sodium to form a salt, it is *monosodium glutamate*, the ill-reputed MSG. Glutamic acid is an important amino acid for our bodies, and occurs in many foods, including cheese, tomatoes and walnuts, and is also produced by the body. In contrast, MSG is concentrated and can cause symptoms – known as 'Chinese Restaurant Syndrome' – that include headaches, numbness, tingling, flushing, weakness and muscle tightness.

There are no firm indications that HVP is harmful, except for its MSG content, so it should be avoided if there is sensitivity to MSG. Many manufacturers describe HVP as a 'natural' flavouring, but this is misleading because it can create risk for consumers who need to avoid chemical additives.

Even though HVP may contain 10 to 30 per cent MSG, products that contain HVP do not have to be labelled as containing MSG, unless it is directly added to food. It does not have to be identified as an ingredient when it is a byproduct of another process.

People who are sensitive to MSG need to avoid foods containing ingredients or additives that include the word 'hydrolysed'.

HVP is one of most common soy-based food fillers used to make literally thousands of processed food products, including soups, seasonings, yeast extracts, spreads, dressings, frozen foods, gravy mixes, stuffing products, marinades, prepared salads, snacks, sauces and ready-to-eat meals.

Q THEOBROMINE IN CHOCOLATE:

Dr Bruce Ames of the University of California at Berkeley says that theobromine damages DNA and also causes testicular atrophy. This is quoted in the book *Fit for Life* by Harvey and Marilyn Diamond. Is there a significant health risk with the theobromine in dark chocolate, even though dark chocolate contains substantial quantities of antioxidants? – G. M., Curl Curl NSW

A Theobromine is present in chocolate and coffee, along with caffeine and oxalic acid. Whereas caffeine is at much higher levels in coffee than in chocolate, theobromine is richer in chocolate. Theobromine is also found in tea leaves.

Theobromine is a naturally occurring compound found in the cacao/cocoa plant (*Theobroma cocoa*) as well as tea leaves, guarana berries and cola nuts, all of which

also contain caffeine. At a moderate level of consumption, research indicates that theobromine will not damage the testes.

Cocoa originated in the tropical rain forests of the Americas in times of the Mayan and Aztec civilisations. It was considered a 'food of the gods', 'theo' meaning 'god' and 'broma' meaning 'food'. Theobromine has similar stimulation and heart effects to caffeine.

Chocolate was thought by the Aztecs to be an aphrodisiac – possibly because it also contains significant amounts of *phenylethylamine*, a chemical associated with attraction. Moctezuma, the Aztec ruler, would be presented with a cocoa liquor in golden cups which he would consume before visiting his harem.

A comprehensive account of theobromine is given in a paper by Eva Martínez-Pinilla et al, 'The relevance of theobromine for the beneficial effects of cocoa consumption'. *Front Pharmacol.* 2015; 6: 30; pub online 2015 Feb 20, doi: 10.3389/fphar.2015.00030 (<https://www.ncbi.nlm.nih.gov/pmc/articles>). Most of the following information on health benefits, except those from *Self-Hacked Secrets*, and on safety and toxicity are based on this paper.

The health benefits of cocoa have been generally attributed to the high content of antioxidants in cocoa beans, but the theobromine and caffeine (*methylxanthines*), in the proportions found in cocoa, influence in a positive way our moods and our state of alertness.

Caffeine is mainly broken down in the liver and, interestingly, one of its breakdown products is theobromine.

Theobromine breaks down more slowly than caffeine, so it persists in the body longer and may provide some of the effects attributed to caffeine.

Health benefits of theobromine

It is well recognised that caffeine increases alertness, but recent studies have highlighted the potential of theobromine to act as anti-tumour, anti-inflammatory and cardiovascular protector without the undesirable side effects of caffeine. Theobromine is able to reduce cell toxicity due to reducing oxidative stress, oxidation of lipids (fat and cholesterol) and DNA damage.

The book, *Self-Hacked Secrets* by Joseph Cohen, summarises the health benefits:

Theobromine in significant doses lowers blood pressure due to widening of blood vessels.

It is a stimulant, increasing heart rate and making the brain and body more active. This, of course, has a downside if our heart has a tendency to race or we are trying to sleep.

Theobromine opens up airways in the

lungs, which can lessen coughing and asthmatic episodes.

It is anti-inflammatory, due to reducing the levels of *inflammatory cytokines*.

Theobromine improves cholesterol levels.

It may reduce the risk of cancer by inhibiting tumour formation. It may reduce the risk of common brain cancers.

By reducing the build-up of uric acid, theobromine may reduce the symptoms of gout and help prevent kidney stones

These benefits do not justify labelling chocolate as a health food, due to the inevitably added refined sugar, but they do tell us that theobromine itself is not harmful at reasonable levels of intake.

Safety and toxicity

Theobromine is safe for humans and has fewer unwanted effects than caffeine.

But it is toxic in some mammals, including dogs and cats, which is why they should never be given chocolate. This toxicity does not apply to humans – or many chocolate lovers would be dead!

As would be expected, if consumed in extreme amounts theobromine can produce symptoms. A high constant daily intake of 1,500 mg has been associated with nausea, loss of appetite, headaches and negative mood changes.

Regarding effects on the testes, yes, theobromine resulted in marked changes in the testes and also the thymus gland in rabbits (we pity the rabbits), but the doses were huge, much larger than we humans would ingest from even a large intake of chocolate.

Surprisingly, neither caffeine nor theobromine are addictive substances – according to the National Institute on Drug



Abuse, 2014, and also the fact that they are not in the World Anti-Doping Agency's list of doping substances.

Quantities in chocolate

A 100 gram bar of dark chocolate containing 70% cocoa solids can provide around 800 mg of theobromine, while a 100 gram bar of milk chocolate might provide around 220 mg.

Q NATURAL PAIN RELIEF:

My uncle, aged 102, has a hernia due to frequently falling over. Doctors want him to take morphine for pain relief, but we would prefer something more natural. Is there an alternative natural painkiller? – B. K., Hazelbrook, Blue Mts, NSW

I have found a couple of brands of natural painkillers that I would be quite happy to use myself. There are sure to be other suitable brands as well.

The first brand is Oriental Botanicals. It offers two painkillers based on curcumin, which is a component of turmeric and is somewhat of a wonder phytochemical. The two products are:

'Turmeric Excel', which contains *Curcumin longa* as its active ingredient. This product is licenced by the TGA, which means that the content of active ingredient is guaranteed. Look for fine print saying 'AUST L.....' (Following the 'L' are identifying numbers.)

The second product in this brand is **'Curcumin Excel'**, which is similar to the above, but also contains ginger and boswellia. It is also licenced by the TGA.

Both products are taken by mouth and are available in Priceline Pharmacy, located in Penrith at the foot of the Blue Mountains.

My pharmacist contact says that he uses Curcumin Excel as a background preventive. If he is injured in soccer and needs a stronger painkiller, he takes the more powerful Turmeric Excel.

The second brand is Fusion Health. Their painkiller is **'Pain and Inflammation'**, containing willow bark and boswellia. It is available from Go-Vita health stores, including the one in Springwood in the Blue Mountains.

Note that turmeric gives curry powder its yellow colour.

Boswellia has a long history of use in Ayurvedic medicine, and is often used to relieve inflammation of joints.

I hope this information enables your uncle to avoid morphine.

Q WHAT IS A GRANULOMA?

Last spring I had a dental implant placed in my upper jaw, and a month or so later, the gum became sore and swollen. The dentist opened up the gum and said that there was a granuloma under the swelling, which he simply pulled away. Would you please explain what a granuloma is? – R. D., Penrith NSW

A granuloma is an inflammatory tumour or growth (non-cancerous) composed of granulation tissue. Granulation tissue is the reddish connective tissue, with microscopic blood vessels, that forms on the surfaces of a wound when the wound is healing. In medical terms, a granuloma is a *localised nodular inflammation*.

Granulomas can occur in many parts of the body, explains the US Mayo Clinic, and are caused by tissue irritation of various kinds. Some common types of granuloma include skin, vocal, lung and hepatic (liver) granulomas.

Granulomas form when the immune system attempts to wall off substances it perceives as foreign but is unable to eliminate. Such substances include infectious organisms, including bacteria and fungi, keratin, suture fragments and no doubt toxic debris. Of these causes, fungal infection is the most common, according to the Mayo Clinic.

Medically speaking, the cells that define a granuloma are *histiocytes* (macrophages).

Now a bit about the common types of granuloma.

Pyogenic or skin granulomas are common skin growths that often follow minor surgery. They appear as small red bumps that grow in size, and typically appear on the head, neck, upper trunk, hands and feet. They can develop in children and adults. They

tend to bleed because they contain a large number of blood vessels.

Triggers for skin granulomas can be injuries, medications, insect bites, infections such as hepatitis, and vaccinations. Surgical removal is the usual treatment.

The granuloma which was under your gum is probably in this category.

Vocal granulomas may appear after there is damage to the lining of the cartilage in the back of the larynx (voice box). The damage results in the lining being exposed to air, food and stomach acid, causing irritation in the cartilage. The body then produces a granuloma around the area, which can cause symptoms such as throat pain and voice fatigue.

Lung granulomas are often caused by fungal infections. There are rarely any symptoms, and the condition is usually detected on a chest X-ray for a different condition. Lung granulomas are typically never treated.

Hepatic or liver granulomas can have numerous causes, the most common being drugs and infections. Less common causes are liver disorders such as primary biliary cirrhosis.

A granuloma can eventually become **calcified**.

Before granulomas calcify, they look similar to cancer on an X-ray, explains the Mayo Clinic, even though they are non-cancerous. A doctor may order a CT scan to determine whether the lump is cancer. Once the granuloma calcifies, it takes on the density of bone, making it much clearer on the X-ray.

Calcified granulomas are common in people over age 50. If these nodes are less than four cm in diameter and the person has no other risk factors for lung disease, the nodes do not require follow-up care. Patients with a history of malignancy or who smoke should have a follow-up X-ray a year later to monitor calcified nodes of this size.





Living Beyond Expectations

by Petrea King



The greatest antidote to cancer is to be fully engaged in living the life you came here to live. When we actively engage in a fulfilling life and take care of ourselves physically, mentally, emotionally and spiritually, we create the ideal physiology in which our health can be maintained or regained.

Over the past thirty-three years I've worked with tens of thousands of people living with the impact that cancer has on their lives and who are looking to actively contribute to their own healing.

Healing is different from curing. Curing focuses on the physical body. Healing focuses on the whole of the human being – physically, mentally, emotionally and spiritually. I know people who have been cured but are still in need of healing, and I know people who have died yet were healed of everything that ever stopped them from truly living. These are the paradoxes of healing.

When I was diagnosed with acute myeloid leukaemia in September 1983, I was told I wouldn't see Christmas. When I did see Christmas and, in fact, beyond, I started working with people with cancer as a naturopath and meditation teacher. I shared with my clients my knowledge of nutrition, supplements, meditation and other healing therapies. Over the years as I saw many people regain their health, I realised there is no one pathway to health and healing. There is no one diet, no best meditation practice and no perfect supplement program for all people.

It became obvious to me that the people who were far outliving their prognosis or who attained unexpected remissions were not all *doing* the same things. They each found their own particular path to healing and in each case, it was a pathway that was right for them. What these people all have in common is a way of *being* rather than *doing*. In this lies the key to profound healing.

Focusing only on the physical aspects of healing addresses only part of the problem of ill health. It is easy to focus on the aspects of healing that are involved in

'doing'. Indeed, we feel reassured when we are busy 'doing'. But our *doing* can be at the expense of our *being*.

Real health is our capacity to embrace every moment, regardless of its challenges, with an open heart and a quiet mind. This definition of peace is embodied in the Four Keys to Resilience, Healing and Peace:

We regain a sense of **control**, choosing not to react from our history, but making an appropriate response to the situation in which we find ourselves. This requires awareness and a desire to participate rather than feel a helpless victim of our circumstance.

We care enough to be **committed** to getting emotionally up to date with our life so that we can be here now – in the present moment. We have healthy priorities: we nourish, rest, exercise and attend to our physical, mental, emotional and spiritual self; we are in clear communion with ourselves and have the capacity to communicate with our loved ones.

We find our life positively **challenging**, recognising that we're here to grow in wisdom and in our capacity to love and make meaning of our suffering.

We feel lovingly **connected** to those who we share our life with and to our own spiritual essence or we have a profound sense of connectedness to nature, our friends or family and our community.

These four qualities of 'being' are found in people who attain unexpected remissions, who far outlive their doctors' expectations or who are now entirely free of their disease when that was never expected. People don't always *do* the same things, but they generally have these same qualities of *being*.

We don't heal *from* something we resist or fear, we heal *into* that which we more deeply desire. Healing requires that we're willing to examine every belief, judgment, value, desire, inhibition, expectation and assumption we hold. In time, we discard everything but those things that we find true in their depths.

Curing is only about the finite state, not the process. Healing addresses the whole person, taking into account the physical, mental, emotional and spiritual aspects, thus leading to a deeper understanding and wisdom about ourselves. Life is not a competition to see who stays alive the longest. We value a life by the passion with which it was lived, by the love made evident, by the peace or joy given to others, rather than its length.

When we desire to live with this sense of peace in our lives, the outcome is guaranteed. Peace is always possible, and regardless of the circumstances of our lives, peace becomes our reality.

The living presence of these qualities creates the ideal environment in which physical healing can take place. If a physical cure is not to be our lot, we still have a profound peace. This is the peace that surpasses all understanding.

Petrea King, ND, DBM, DRM, IYTA

Petrea King is the Founder and CEO of the Quest for Life Foundation. She is the best-selling author of nine books including *Quest for Life*, *Spirited Women*, *Your Life Matters*, her memoir *Up Until Now* and children's books including *You, Me and the Rainbow* and *The Rainbow Garden* and a dozen meditation CDs.

Petrea is a regular guest on ABC national and local radio and has been often featured in television programs. She has received many awards for her work including the Advance Australia Award and the Centenary Medal and Citizen of the Year. Petrea has been among the nominees for Australian of the Year each year since 2004 and was a NSW Finalist in Senior Australian of the Year in 2011.

Petrea presented this topic at the NHS Autumn 2018 Seminar

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Email: pking@questforlife.com.au**



NHS NOTICES

Natural Health Society Spring 2018 Seminar

DATE: Sunday 23rd Sept 2018

VENUE: Tentatively in the City or Eastern suburbs of Sydney

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

Full details will be given in the Spring issue of TNH and in enews-letters to members who have email.

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.

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:

Linda Peppernell, Valerie Luscombe, Andreas Gwozdz, Catherine Harris, Ronald Jenkins, Penelope Greeney, Larissa Bergmann, Christina Kirkpatrick, Stephen and Vicky Versey, Ruth Hargrave, Rosemary Croghan, Peter Townend and Marilyn Marel

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.]

We are alive and well – and powering along

You may have heard that the **Natural Health Society of South Australia** has wound up – and unfortunately it has. The South Australian Society is not connected with the Natural Health Society of Australia, which is the producer of this magazine.

To ensure that our Society – NHS of Aust. – does not go the same way, we are always on the lookout for new members, so we are asking you to share with relatives, friends and workmates the health benefits of subscribing to the Society.

More than ever, there is a need for preventive lifestyle information by regular magazine support to enable people to avoid the epidemic of crippling degenerative illnesses which are causing so much suffering and grief in Australia.

Please help us increase our membership – invite people to call us on **02 4721 5068**.



Petrea King (centre) is legendary for having assisted tens of thousands of people with life-threatening illnesses. She is founder and CEO of the Quest for Life Centre in Bundanoon NSW. (See her article, page 13)

Robyn Chuter (left), Naturopath, Nutritionist and Counsellor, showed just how damaging to our hearts are social isolation, depression and meaninglessness in life. (See her article, page 24)

Clare Mann, Plant-Powered Psychologist, elucidated that the power of the mind is phenomenal. Through placebo experiments, she showed that belief can at times equal or surpass medical procedures. (See her article, page 20)

Pictorial story of the Autumn 2018 Seminar

Held on Sunday 18th March in North Ryde NSW, the program was 'as good as you could get' with each of the five speakers presenting valuable and fascinating information.



Dr Mark Donohoe is one of Australia's most experienced medical practitioners in the field of environmental medicine. His presentation reflected his unique experience in this field.



Dr Giselle Cooke (left) is a Wholistic Health Consultant with medical training. She gave a state-of-the-art account of the effectiveness of genetic profiling of cancers when combined with complementary therapies.

Elizabeth French (right) is President of the Natural Health Society. She has been a member of the Society for 45 years.



A near-capacity audience of members and friends enjoyed a relaxed day with plenty of breaks for socialising.



Follow Natural Health Society of Australia on Facebook

& EVENTS

PENRITH OFFICE HOURS

Monday to Friday, 9.00am to 5.00pm.
For administrative issues, our Admin Officer, Tracey, is available only **between 9.00am and 3.00pm, Monday to Friday but not Thursday**. Office closed weekends.

Five Decades Dedication Dinner for Roger

The National Committee of the Society is organising a dinner to acknowledge fifty years of devotion to Natural Health by Roger French, your Health Director and Editor.

Roger has been promoting Natural Health for most of the half century of his membership, initially as a member of the Society's youth group, Hopewood Youth Development Association, and then 48 years of the Society itself.

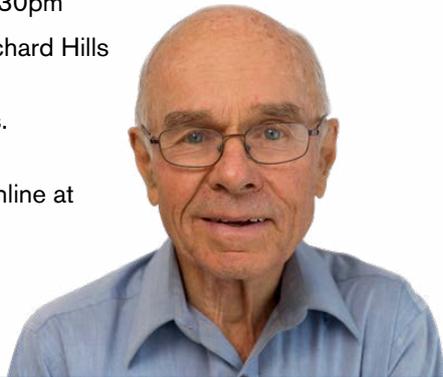
We hope you will join us – and please feel welcome to invite relatives and friends.

DATE: Sunday 1st July 2018, commencing 5.30pm

VENUE: Masonic hall, Homestead Road, Orchard Hills (just east of Penrith NSW)

COST: \$59 pp, or \$49 pp for NHS members. BYO drinks.

BOOKING: Essential. RSVP by 13th June. Online at www.health.org.au or phone NHS office, 4721 5068



Wallacia NSW

WELLNESS at WALLACIA EVENINGS

A whole-foods, plant-based meal followed by an informal talk and discussion on a relevant topic of Natural Health. Questions and answers with friendly and knowledgeable people.



Dates: Last Saturday each month at 6.30pm – EXCEPT no gathering 30th June (Roger's dinner is next day)

VENUE: Wallacia Progress Hall, Greendale Rd, Wallacia, cnr Roma Ave
COST: \$25

BOOKING: Essential. Phone 0478 755 537 or office on 4721 5068

Next gathering Saturday 26th May

Notice Of Meeting – Natural Health Society Of Australia

Notice is hereby given that the 2018 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Friday 24th August 2018, at 10.00am**, at the Society's office, **Suite 28, Skipton's Arcade, 541 High St, Penrith NSW**

Business

- Reports of President and Health Director
- Receipt and adoption of Treasurer's report
- Election of National Committee members
- Transactions of any other business in accordance with the Constitution.

A committee meeting is scheduled to follow the Annual General Meeting.

Members please notify the office if planning to attend.

NHS Detox Half-Day Workshop

This is a new event for the Natural Health Society, designed to cater to the growing interest in the community in detoxification of body and mind.

DATE: Sunday 21st October 2018

VENUE: Tentatively in a South-Eastern suburb of Sydney

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

Full details will be given in the Spring issue of TNH and in newsletters to members who have email.

Cabramatta NSW

With Ling Halbert, Founder of Health and Happy Heart

Ling teaches cooking as a mindfulness practice, infusing food preparation with love and laughter.

She aims to encourage wellness for people through embracing the whole of nutrients that give health in body, mind and spirit.

The classes are vegan and showcase raw delights.

Venue: Loving Hut, Cabramatta

Dates: First Saturdays: 2nd June, 7th July, 4th August, 1st Sept., 6th Oct., 3rd Nov. & 1st Dec. 2018 2018

For more info please contact Ling: 0410 688 499, ling300ppm@gmail.com

Website: healthandhappyheart.com

Would You Run a Wellness Gathering In Your Area?

These wellness evenings are held in Western Sydney and if any member would like to organise a similar event in your own area, please let us know and we can help promote it for you.

We commenced in a house and moved to a local hall as the numbers grew. Gatherings are very informal with a short talk about the Natural Health Society and a relevant topic. They are a great way to meet up with others interested in Natural Health and plant-based whole-foods eating.



CAN BETTER NUTRITION PREVENT CATARACTS?

By Jenny Livanos, Holistic Optometrist and Nutritionist

Age-related cataracts are prevalent in about 20% of 60-year-olds, with incidence increasing to a huge 80% by age 75. Cataracts are the world's leading cause of blindness.

In my clinical practice I am seeing a higher incidence of cataracts, partly because we are living longer, but also in younger patients as a result of poor lifestyle choices. I am also seeing a higher incidence of systemic diseases such as diabetes and heart disease and greater levels of refractive errors such as myopia (short-sightedness).

What causes senile cataracts?

At birth, the lens of our eye is transparent, allowing light to pass through to the retina. Around our mid-40's, our lenses stiffen and begin to experience biochemical changes – proteins harden and clump together. This leads to a loss of transparency in the oldest part of the lens, the central nucleus, which changes colour from clear through to yellow and finally dark brown.

Free radicals are unstable chemicals formed in the body as by-products of metabolism and exposure to environmental toxins in air, food and water. Highly reactive, they cause cell weakness and cell death through oxidation and glycation, a process where sugars combine with proteins. Glutathione, a vital antioxidant made by the body, is found in very high concentrations in the lens where it maintains the structure of lens proteins, acting in enzyme systems and in the transport of amino acids and minerals. So raising your body's glutathione levels with

a healthy diet is crucial.

I believe you can prevent and possibly reverse cataracts, especially early on, by improving your nutritional status and general health – to slow down the ageing process! As cataracts typically progress slowly over many years and take time to affect vision, there is time for implementing healthy nutritional and lifestyle measures.

Research findings from the recent Blue Mountains Study and the decades-long Nurses' Health Study have provided compelling evidence for the role of nutrition and lifestyle in the prevention of age-related eye diseases. Due to many scientific studies, we have greatly increased our understanding of what mechanisms are involved, what are the important risk factors and what can help in cataract prevention.

Are you at risk for cataracts?

Address these to lower your risk:

- Age – this is the biggest risk factor and one we can't avoid!
- Improve your nutritional status – countless studies link poor nutrition to cataract development – start now!
- Reduce excessive sunlight exposure from a young age – wear wrap-around sunglasses as needed;
- Don't smoke;
- Minimise alcohol consumption;
- Reduce steroid use and control allergies – oral medications, asthma inhalants and topical creams are implicated;
- Improve chronic systemic health

issues, including cardiovascular problems (hypertension and hypercholesterolaemia), diabetes and obesity – have your blood pressure checked regularly and a full blood test every one to two years;

- Improve visual habits to reduce progress of high refractive errors, especially myopia;
- Be aware of side-effects of pharmaceutical drugs, especially those that are photo-sensitising;
- Avoid exposure to environmental toxins like lead and copper.

Cataract Surgery – a conventional treatment

An optometrist can easily detect cataracts, their extent and progression over time – I normally recommend a review every 6 – 12 months. Symptoms include blurry and cloudy vision, both distance and near, poor night vision, increased sensitivity to light and glare, less colour sensitivity and double or multiple images with one eye.

Many eye specialists are opting to remove cataracts earlier for better vision and less risk during surgery. If your cataracts have progressed significantly and surgery has been suggested, find a competent surgeon, referred by your optometrist who sees their surgical results routinely. Keep in mind that even this relatively safe and successful surgery can put you at risk for acute infection or bleeding, macular oedema and degeneration, floaters, retinal tears and retinal detachment now and in the future.

A dietary approach

The earlier cataracts are detected, the more successful a natural approach can be. The majority of research has been done with foods rather than supplements, so fresh, unprocessed, whole foods are your best weapon against cataracts. Cataract risk has been found to be significantly lower in those with the highest nutrient intake from vegetables and fruit.

Since the body cannot synthesise enough antioxidants, these must be incorporated in the diet. Of great benefit for cataracts and general eye health is a variety of organic colourful vegetables – green leafy vegetables, brassica vegetables like broccoli and Brussels sprouts, carrots, pumpkin, fruits like berries, citrus, tropical fruits and melons, nuts and seeds.

Aim for at least five servings of vegetables daily, served raw or lightly steamed, along with adequate protein. Reduce your intake of salt and sugar/refined carbohydrate, as these are implicated in cataract progression.

Optimal nutrients for cataract prevention (and better general health) are:

- **Vitamins A, B-complex and E;**
- **Vitamin-C** – the lens contains a very high level;
- **Bioflavonoids**, namely quercetin and rutin, are important antioxidants that work with vitamin C;
- **The carotenoids**, lutein and zeaxanthin – these two colourful antioxidants are present in the lens;
- **Minerals**, including zinc and selenium;
- **Omega-3 fatty acids** – plant sources include flax, chia and hemp seeds, walnuts and other nuts. [The best non-plant source is fatty fish like wild-caught salmon.]

Supplementation for cataract prevention

If you can't get enough of any of these nutrients in your diet, supplementation with good-quality vitamin and mineral supplements and omega-3's are recommended for cataract prevention and treatment. Specific antioxidants which can also be of benefit include astaxanthin, alpha-lipoic acid, grape seed extract, pine bark extract, bilberry and CoQ10.

Finally

Healthy eyes start with a healthy lifestyle and diet, good digestion, adequate hydration, regular exercise, reduced stress, and even more deeply with our minds – our thoughts and beliefs. As with most diseases, prevention or natural intervention early on is most effective.

You're never too young (or too old) to commence implementing measures to ward off cataracts, so start today, no matter what your age!

Jenny Livanos is a holistic optometrist and nutritionist practising in Concord, Sydney. She has a strong interest in preventive eye care.

Phone 02 8765 9600.



Blue-light blocking fitovers designed by Jenny



\$59

Delivery available

Icare home glaucoma tonometer for checking eye pressure & Blephasteam dry eye unit now available

Jenny Livanos, holistic optometrist, offers the full range of standard eye tests including holistic prescriptions and eye health exams.

Natural Eye Care

Eye tests, glasses/sunglasses, contact lenses, natural vision therapy; behavioural optometry

Jenny Livanos, Holistic Optometrist, Nutritionist, Natural Vision Improvement instructor with over 20 years experience.

Natural vision improvement

- ~ Bates method exercises
- ~ Nutritional counselling for eye disease
- ~ Preventative eye care
- ~ Children's vision, including behavioural vision therapy
- ~ Myopia prevention in kids
- ~ Books, pinhole glasses, programs
- ~ **New** Natural Eye Care home kit - order instore or online

Appointments: 02 8765 9600 or email concordoptometrist@hotmail.com

f Natural EYE CARE. naturaleyecare.com.au
161 Concord Rd, North Strathfield NSW 2137



Skin care

Part 2, THE ROLE OF OILS

By Anne McBride of WomanOil8 Australia, the creator of the Gorgeous Woman Skin Care range of products



Our skin naturally produces oil (sebum from the pores) to hydrate, protect and keep our skin healthy. As we age our skin produces less oil, with the inevitable fine lines and wrinkles appearing, along with sagging and a huge loss of collagen.

From the age of around 20, approximately one percent less of collagen is produced in the dermis [the thick middle layer of the skin] each year. In our thirties, the transfer of moisture from the dermis to the epidermis [top layer] slows down and fat cells begin to shrink.

By the time we reach our forties, collagen is no longer produced. The collagen and elastin fibres break, thicken, stiffen, clump together and lose their elasticity. This results in wrinkles, fine lines and crow's feet. Skin can begin to become uneven and rough, with broken blood vessels and sun spots beginning to appear.

Using pure, organic plant oils to hydrate, nourish and rejuvenate our skin is the most natural anti-ageing skincare we can use. Plant oils are nature's Youth Dew perfume and have been used by every indigenous culture. Nowadays, the very best of Mother Nature's oils are being produced in every corner of the planet.

For years the trend was to use oil-free skin care products, which coincided with oil-free and fat-free foods, and these products were touted as healthy options. It left many of us wondering whether oils are good for the skin.

Botanical oils – oils extracted from plants, nuts, seeds and flowers – have an abundance of beneficial properties. They contain plenty of vitamins, minerals, proteins, antioxidants and essential fatty acids, which penetrate the reticular dermis to assist with skin repair at a deeper level.

The reticular dermis is the deeper and thicker layer of the dermis which accounts for 70% of the collagen, elastin fibres, blood vessels, fibroblasts, mast cells and nerve endings. Plant oils can help improve skin tone and elasticity and rejuvenate, hydrate and reduce the signs of ageing.

Oily and Acne Skin

Using oils benefits all skin types, including oily skins and acne. If our skin is stripped of its natural oils by harsh cleansers or exfoliants, it goes into overdrive to compensate, resulting in over-production of sebum, which leads to breakouts. Using face oil helps to control and regulate oil production and balances out oily skin, leaving it glowing.

In a balanced blend, jojoba, grapeseed, hemp seed, sunflower and watermelon seed oils are plant oils which support and protect oily skin, while tending to reduce inflammation and scarring.

Dry, mature and ageing skin

Dry, mature and ageing skin reaps the rewards of plant oils. The pores readily absorb the oils as they have a small molecular structure and are very similar to the natural sebum. The appropriate oils are *non-comedogenic* [don't clog pores], and help to promote healthy skin cell function.

In women at menopause, the decrease in oestrogen levels leaves the skin drier, thinner, more sensitive, less toned and easily bruised.

Sensitive, damaged, inflamed skin benefits from a face oil blend of avocado, argan, jojoba, Roman chamomile, wheatgerm, natural vitamin E, sea buckthorn and calendula infused oil.

Using a rich plant oil blend deeply moisturises, hydrates, revitalises and helps to restore damaged, fragile skin. The skin very quickly becomes smoother, more supple and less red and inflamed, and wrinkles soften and become less noticeable. A perfectly balanced face oil acts as a primer under makeup giving a silkier finish – and you won't have to use as much makeup.

Taking Care of Your Skin

Taking care of your skin can involve all sorts of complex rituals, but the most important of all is moisturising. Dermatologists tell us that this simple habit is super critical, especially during winter when the air is dry and cold (but can change to warm and humid). Air-conditioning and heating also leave skin desert dry.

In the cold, dry months, body oils are excellent for moisturising and soothing the dry winter itch and flaky rough skin on elbows, arms, feet or cuticles (skin adjacent to nails). Face and body oils support and protect the skin's acid mantle barrier.

Reduce the chemical overload

For the many people who want to reduce their chemical overload, pure plant oils provide a safe, natural alternative to chemical skincare. There is a growing demand for plant-based skincare that is non-toxic and chemical-free.

Eliminating petrochemicals, fillers, parabens and toxic ingredients from your skincare and using pure plant oils to replace them is not only good for your skin and your health, but also for your wallet and the environment.

Over the years many people have told me that when they commenced using pure botanical oil blends for skin care and stopped using expensive, big-brand skincare, their skin radically improved and became more youthful and healthy.

Plant oils are incredibly potent; they are basically concentrated versions of the leaf, fruit or flower from which they originated. A few drops of a correctly balanced blend can transform your skin and your health.

Remember beautiful skin is healthy skin...

Gorgeous Woman

FACE POTENT INFUSION

100% NATURAL. Anti-ageing and repairing. Hydrating, restoring and calming for normal, dry, mature and sensitive skin. Rejuvenating night oil. Replenishing day oil. Use twice daily. After cleansing the face use 2 to 3 pumps and apply over face and neck. Allow a few minutes to absorb into your skin before applying makeup.

All Natural Ingredients:

Simmondsia chinensis seed oil (**Jobba**)
Camellia oleifera seed oil (**Camellia**)
Citrullus lanatus seed oil (**Watermelon**)
Prunus armeniaca kernel oil (**Apricot**)
Persea gratissima fruit oil (**Avocado**)
Prunus amygdalus dulcis nut oil (**Sweet Almond**)
Argania spinosa kernel oil (**Moroccan Argan**)
Calendula officinalis flower oil (**Calendula**)
Olea europaea fruit oil (**Olive**)
Triticum aestivum germ oil (**Wheatgerm**)
Mixed tocopherols (**natural vitamin E**)
Cannabis sativa seed oil (**Hemp**)
Fusanus spicatus seed oil (**Sandalwood**)
Daucus carota infused (**Carrot**)
Anthemis nobilis infused flower oil (**Chamomile Roman**)
Macadamia integrifolia seed oil (**Macadamia**)
Helianthus annuus seed oil (**Sunflower**)
Hippophae rhamnoides (**Sea buckthorn**)



These oils have been used for millennia to keep women's skin youthful and beautiful. That's what we are all about! Every woman wants beautiful, glowing skin and with our range of products you can definitely achieve this. Ask our customers!

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The secret to our success is simple.

We know beautiful skin is healthy skin, and our premium products are all about making your skin healthy. This will give you the most gorgeous supple skin.

You will find lots of information on our blog – Anne's Blog (see on Shop).

For more information and Online Shop:

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Real Health Starts in Your Mind

By Clare Mann, Psychologist

Most people have heard of the *placebo effect*, an intervention that results in the desired effect of a medical treatment, but contains no active substance – for example, sugar tablets or mock surgery.

Empirical scientific research is quick to dismiss placebos in the same way as it dismisses alternative medicine, which is ridiculed as quackery because it is seen to lack scientific rigour. Any positive outcomes of naturopathy, homeopathy or acupuncture are laughed at by most allopathic practitioners as being all in the mind.

Why is it that any challenge to allopathic medicine is quickly dismissed, especially in cases where placebos out-perform pharmaceutical drugs? It's not only that scientific research is considered god-like and the arbiter of all truth, it's that a multi-billion-dollar pharmaceutical industry sits behind allopathic medicine.

The Power of the Mind

How can we consciously make changes in our bodies to heal and energise ourselves? After all, no doctor has ever healed a broken arm. They simply create the conditions to facilitate healing, but our bodies have to knit together the bones. The following examples reveal the power of our minds in the healing process.

Example – Challenging the Ageing Process

Harvard psychologist, Dr Ellen Langer, conducted research in the early 1980s which indicated the extraordinary link between beliefs and physical wellbeing.

In the study, eight men in their 70s and 80s attended a five-day retreat where they were asked to pretend that they were twenty years younger than they were. The men were surrounded with environmental cues to help them re-create an earlier age. They read old issues of magazines and papers as well as listening to television and radio programs and music that were popular in 1959. Current affairs of the times were discussed. These cues were designed to help them imagine that they were twenty years younger.

A second control group of eight men attended the retreat a week later and were asked to actively reminisce about

being twenty years younger, but not pretend they weren't their current age. Numerous measurements of the men in both groups were taken before and after the retreats.

There were improvements in both groups in height, weight, and gait. Their height increased as their posture straightened, and their joints became more flexible as their fingers lengthened and their arthritis diminished. Their eyesight and hearing got better as did their grip strength. Their memory even improved with better scores on tests of mental cognition.

The men appeared to become younger as they were able to turn on the circuits in their brains that reminded them of who they had been two decades earlier, and their body chemistry magically responded. Improvements were greater in the first group. Clearly their beliefs were key to making these changes.

Example – Does Fake Surgery Work?

A study by Moseley et al (2002) divided patients into three groups to explore which aspects of knee surgery gave patients relief. In two groups standard treatments for knee arthritis were given. In group 1, the damaged cartilage was shaved and in group 2 the knee was flushed out, removing material thought to cause joint inflammation.

Group 3 received 'fake' surgery where patients were sedated, given minor incisions while the medical team even talked and acted as they would have during real surgery, including splashing salt water on the knees to simulate the sound of the knee-washing procedure.

All three groups received the same post-operative care including an exercise program.

The results were astounding. As expected, groups 1 and 2 improved, but the placebo group improved as much as the other groups. Moseley said he believed the entire benefit of surgery for osteoarthritis of the knee was due to the placebo effect. Tim Perez, one of the patients in the placebo group, appeared on The Discovery Channel at the time saying that before the surgery he could only walk with a cane, but afterwards was playing basketball.

Similar placebo effects are found in oral treatments for depression as well as examples of the power of the professional's judgement in diagnosing illnesses such as cancer (Lipton 2011).

These examples indicate that our minds have far more influence over our bodies than we've ever been told, so how can we activate this innate ability to heal ourselves?

Why do Placebos work?

Why do placebos work, particularly those where the person believes they have taken the medication? Benedetti's research in the mid-1990s mapped out many of the biochemical reactions responsible for the placebo effect. He uncovered a broad range of self-healing responses that not only relieve pain, but elevate mood, sharpen cognitive ability, alleviate digestive disorders, relieve insomnia and limit the secretion of stress-related hormones like insulin and cortisol.

Dr Joe Dispenza (2017) believes that the reason drugs work is because our bodies have naturally occurring receptors for them. We're not waiting for the next big drug from Big Pharma to heal ourselves; we ourselves create chemical compounds necessary to heal ourselves, just the same as those in medication.

He believes that when we change our emotions, we change the expression of our genes (turning some on and others off) by sending a new chemical signal to our DNA. This instructs our genes to make different proteins – up-regulating or down-regulating to make new building blocks that can change the structure and function of our body.

He says, "If your immune system has been subject to living in the emotions of stress for too long and therefore has certain genes activated for inflammation and disease, you can turn on new genes for growth and repair and switch off the old genes responsible for disease. And at the same time, these epigenetically altered genes will begin to follow new instructions, making new proteins and programming the body for growth, repair and healing. This is how you can successfully recondition your body to a new mind" (Ibid 2017:41).



Unexpected Influences on Healing

Louise Hay's book, *You Can Heal Yourself* (2004), received international acclaim in the 1980s when she linked physical illnesses to emotional states. She was ridiculed by mainstream medicine in what was seen as typical New Age nonsense. Yet the examples above explain the power of the mind.

It also seems that close social bonds between people influence our health. In *The Five Side Effects of Kindness* (2017), Hamilton discusses a scientific study, commencing in the 1960s and spanning fifty years, of the community in a town in the USA in which not a single person under the age of 45 had died of heart disease. After years of exhaustive research, including close study of the residents, the water, their diet and atmospheric conditions, it was discovered that close community bonds between the residents protected them from heart disease. It became known as *The Roseto Effect*, named after the town in which the residents lived.

How Do We Access Our Healing Abilities?

It was the late Earl Nightingale who said in 1957 in the recording 'The Strangest Secret', "We become what we think about". Since then, there has been no shortage of self-development books and practices highlighting the importance of positive thinking. In fact, every philosophy,

religion and guru before and since has highlighted its importance.

Yet despite this, people often struggle to manage negative thinking, and, based on the research discussed above, their health and other outcomes may reflect this. Now neuroscience is catching up with these principles, highlighting the importance of slowing down our brain activity and teaching our bodies emotionally how it feels to be where we want to be, in advance of it being manifested. For example, we must feel the emotions associated with exquisite health in order for our bodies to become that.

Meditation and envisioning the future that we want to create is a powerful way to consciously create pathways to facilitate alignment between our thoughts, feelings and physical bodies. Daily practices that focus on self-compassion and gratitude as well as forgiveness of others are essential. As Petrea King of the Quest for Life Foundation says, "Forgiveness is essential to free ourselves from the consequences of the hurt".

To access a free 30-minute meditation on 'Visioning Your Future', visit communicate31.com/cas/c31-influence-meditation/

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About the Author

Clare Mann is a Sydney-based psychologist, existential psychotherapist and communications trainer. She has written several books, one of which is *Communicate: How to Say What Needs to be Said, When it Needs to be Said, In the Way it Needs to be Said*, with foreword written by former US Presidential Advisor, Doug Wead.

Clare is an ethical vegan who believes we have the power to create a kinder and compassionate world in which we live our lives in ways that respect animals, people and the environment. <http://veganpsychologist.com> <http://communicate31.com>

Clare presented this topic at the NHS Autumn 2018 Seminar.

CHICKPEA AND OAT CRACKERS



Ingredients

1 x 400 gm can chickpeas (drained and rinsed) or 250 gm cooked chickpeas
 110 gm rolled oats
 55 gm olive oil
 2 cloves garlic
 1 Tbsp lemon juice
 1 tsp salt
 Sesame and chia seeds to sprinkle

Method

Rinse and drain the chickpeas. Blend in a high powered food processor, add rolled oats and blend again. Add garlic, lemon juice and salt. Blend on medium speed while you add the olive oil through the lid, about 60 seconds in total until you have a nice dough.

Tip the mix onto a sheet of baking paper the same size as a 270 x 380 cm baking tray.

Place a second sheet of baking paper on top and roll out the dough to approx. 5 mm thick. Transfer to baking tray. Remove the top layer of baking paper. Sprinkle over sesame and chia seeds. Score the crackers into rectangles or triangles with a knife. Use fork to prick each cracker a couple of times.

Bake 180°C for 40 – 50 minutes or until golden. Leave to cool and break into pieces.



CHICKPEA MERINGUES

Ingredients

120 ml / ½ cup chilled aquafaba (the chickpea brine drained from the tin)
 125 gm / ½ cup fine caster sugar
 ½ tsp beetroot juice



Method

Pre-heat the oven to 100°C. Line 3 baking trays with baking paper.

If you don't have a juicer, grate beetroot coarsely, place it in a muslin cloth and squeeze out the juice.

In a large clean glass or stainless steel bowl, whisk the aquafaba until stiff peaks. Test if ready by holding the bowl upside down and it doesn't slide out.

Commence adding sugar slowly, spoon by spoon, whipping well after each addition until all the sugar has been added and the mixture is glossy, thick and sticky.

Take a clean zip-lock bag and trickle ½ tsp of beetroot juice around the sides of the bag. Spoon meringue mixture into the bag and cut off a corner, small to begin with, then larger if needed. Squeeze the mixture onto tray in swirls with some space around as they may spread a little and stick together.

Bake for about 70 minutes, turn off oven, but leave inside with door slightly open for another hour for meringues to dry out fully. Store meringues in airtight container. If they become sticky, you can dry them out in oven for a while.

BLACK BEANS AND CAULIFLOWER RICE

Ingredients

1 can (about 430 gm) black beans, rinsed and drained
 Or 1 cup black beans, soaked and cooked
 1 large head cauliflower (3 rounded cups when 'riced')
 2 Tbsp olive oil
 3 cloves fresh garlic, minced
 ½ cup red onion, finely chopped
 ½ cup capsicum, diced
 ¼ tsp ground cayenne pepper, to taste
 3 Tbsp pickled jalapeno slices, optional
 Sea salt and black pepper, to taste
 ½ cup fresh parsley, diced, or coriander
 Juice and zest of a lime

Method

Rinse and drain black beans and place on paper towels to dry. If using dry beans, soak for at least 6 hours or overnight. Cook in plenty water for 45 minutes until soft.

Cut cauliflower into florets, pulse in food processor to make 'rice' and set aside.

Heat olive oil in pan over medium heat and add garlic to sauté until golden. Add onion, capsicum, cayenne pepper and continue sautéing until onion turns translucent.

Pour cauliflower over vegetables, add salt and black pepper, then mix. Continue cooking approx. 5 – 7 minutes until cauliflower is soft but not mushy, stirring about half way through. Add black beans and cook additional 2 minutes (enough to warm and gently soften beans).

Add parsley, lime juice and zest, mix well and serve.

GOLDEN NUGGET PUMPKINS STUFFED WITH COCONUT VEGETABLES

Ingredients

3 Golden Nugget pumpkins (about 320 gm each); cut in half horizontally.
2 Tbsp olive oil
1 brown onion, chopped
2 Tbsp korma curry paste
200 gm broccoli, chopped
120 gm green beans, chopped into 3 cm pieces
1 red capsicum, chopped
270 gm can coconut cream

Method

Preheat oven to 180°C. Scoop out pumpkin seeds and discard. Place pumpkin on baking sheet, cut side up. Drizzle with half the oil and bake for 45 minutes until tender.

Heat remainder oil and cook onion for 3 minutes, add curry paste and cook another 2 minutes. Add broccoli, beans and capsicum and cook for 2 – 3 minutes, stirring. Pour coconut cream over, reduce heat and simmer 5 minutes. Spoon mixture into shells and bake for 15 – 20 minutes to heat through.



The Wellness at Wallacia evenings have proved to be a success with members and friends enjoying an informal whole-food, plant-based menu around a basic ingredient. The chickpea was first and was very versatile with some amazing vegan meringues. Pumpkin and cauliflower were the next choices and beetroot was on 26th May.

There were soups, plenty of green salads with the main courses and delicious desserts.

This is a selection of the recipes.

PUMPKIN PIE

Pastry Ingredients

Use a traditional sweet shortcrust pastry or else this version:

1½ cups desiccated coconut
1 cup almond meal
¼ cup coconut oil, liquid or soft
2 eggs
2 Tbsp coconut flour
4 Tbsp honey or maple syrup
1 tsp vanilla extract, optional
½ tsp cinnamon

Method

Grease a 26 cm pie pan with removable loose bottom. Place all ingredients into food processor and process until a crumble is forming – about 1 minute. Form a ball of dough on plastic wrap and refrigerate 20 minutes.

Firmly press the crumbly dough with your hands to cover all the pan. Using fork, make tiny holes all around pie crust to avoid air between the pan and crust while baking. Pre bake at 180°C for 15 – 20 minutes



Filling Ingredients

⅔ cup brown sugar
1 Tbsp cornflour
2 eggs
⅔ cup coconut milk
1¼ cups cold mashed pumpkin
2 Tbsp maple syrup
1 tsp mixed spice

Method

Combine brown sugar and cornflour in medium bowl. Whisk in eggs, coconut milk, pumpkin, maple syrup and mixed spice until combined. Pour into pastry case. Bake 45 – 50 minutes until filling has just set. Cool and refrigerate for an hour or until chilled.



Healing Broken Hearts

How to address the 'other' risk factors for cardiovascular disease

By Robyn Chuter, Naturopath and Counsellor

[Robyn presented this topic at the Natural Health Society's Autumn 2018 Seminar on 18th March at North Ryde]

Readers of *True Natural Health* are, most likely, very familiar with the diet and lifestyle factors that contribute to what is still the leading cause of death in Australia: cardiovascular disease (CVD). Pioneering research by Drs Dean Ornish⁰ and Caldwell Esselstyn⁰ has unequivocally proven that a healthy low-fat, wholefood, plant-based diet can help to not just prevent CVD, but even reverse it.

Nutrition, along with other elements of lifestyle medicine, including exercise and stress reduction (which are also key components of Dr Ornish's heart disease reversal program), are hugely important, but, sadly, generally overlooked in clinical practice.

ADD IN SOCIAL RELATIONSHIPS

However, there's more to CVD prevention than just eating more kale and going for a walk. Beyond the usual risk factors familiar to Lifestyle Medicine, *psychosocial* factors play a major role in CVD risk. Think of 'psychosocial' as the intersection of 'me' and 'we': it's the interrelation of our individual thought and behaviour with the way we interact with other people. The *psychosocial* approach looks at individuals in the context of the combined influence that psychological factors and the surrounding social environment have on their physical and mental wellness and their ability to function.

Social relationships have been linked to both the *development* of CVD and its *progression* over time into more serious and even life-threatening forms.⁰ In fact, both the *quantity* and the *quality* of our social relationships are significant risk factors for mortality (death), including cardiovascular mortality. How significant are they? The impact of social relationships on the risk of death is roughly equivalent to the impact of well-established risk factors for mortality, such as smoking and alcohol consumption, and, rather shockingly, it exceeds the influence of other well-known risk factors including physical inactivity and obesity.

In other words, loneliness, social isolation and living alone are associated with a

higher chance of early death than obesity. We could say that – at least in terms of cardiovascular health – you're better off being obese, sedentary and happily married than lean, active and lonely! Insufficient social connection, stemming from feelings of loneliness, isolation and poor-quality relationships, is a major public health concern deserving far more attention from health professionals than it currently receives.

ANOTHER RISK FACTOR – DEPRESSION

Turning to psychological factors that impact on cardiovascular disease, let's look at one manifestation of psychological dis-ease – depression. Depression generally precedes the onset of coronary artery disease (CAD) by many years and is a *modifiable risk factor* for CAD, just like smoking and inactivity.⁰ ('Modifiable' risk factors are those that are amenable to change through our choices, unlike age, sex and genetic inheritance.)

Depression is also an *independent risk factor* for cardiac events (such as heart attack) – that is, even if you don't have high blood pressure, cholesterol, smoking or other well-known CVD risk factors, being depressed puts you at higher risk.⁰

Depression is also both a primary risk factor for developing ischaemic heart disease (IHD – disease resulting from diminished blood supply to the heart), meaning that it increases your risk of developing IHD in the first place; and a secondary risk factor, meaning that if you already have IHD, becoming depressed or suffering deepening depression will make your IHD progress faster, leading to a worse prognosis.⁰ Being depressed doubles the risk of cardiac events even when allowing for known risk factors such as number of blocked coronary arteries.⁰

HOW PSYCHOSOCIAL FACTORS CAN HURT

How exactly do these psychosocial factors hurt our hearts? A number of mechanisms have been identified.⁰

- Mental stress induces *myocardial ischaemia*, meaning it reduces blood flow to the heart muscle.
- Chronic stress has harmful effects on our endocrine (hormonal) and immune systems, which affect the function of

our cardiovascular system.

- Depressed people have abnormally sticky platelets (increasing the risk of clots that can cause a heart attack or stroke), endothelial dysfunction (causing the inner lining of the artery to become 'sticky', which initiates the process of forming an atherosclerotic plaque), and lowered heart rate variability.
- Poor adherence to lifestyle change – stressed people lean on psychological crutches such as smoking and junk food consumption; depressed people have no motivation to undertake lifestyle changes that would extend their lives, given how little they're enjoying their lives; and a lack of close relationships and/or a sense of purpose decreases people's motivation to take care of themselves.

I learned this the hard way. In 1999 my father 'died of a broken heart', refusing to follow the diet and lifestyle advice that would have reversed his type 2 diabetes and most likely prevented the heart attack that took his life, because of his deep dissatisfaction with his marriage and family relationships.

But let's now dive down to a deeper level. The heart has been considered the source of our feelings, courage and wisdom for millennia. When the ancient Egyptians carried out mummification, they removed the abdominal viscera and preserved them; they destroyed and discarded the brain, which they considered useless; but they left the heart inside the embalmed body because it was seen as the seat of intelligence, emotion and memory, and its 'owner' would require it in order to be resurrected in the afterlife.

OUR HEART IS THE SEAT OF OUR EMOTIONS

Our modern scientific understanding of anatomy and physiology might lead us to scoff at these ancient notions of the relative importance of our brain and heart, but our language is riddled with figures of speech that indicate our intuitive understanding that the heart is the seat of our emotions. Think about words and phrases such as:

- Heartbroken
- Stabbed in the heart
- Downhearted
- Eating my heart out
- I knew in my heart

- Heart-to-heart
- My heart wasn't in it
- Two hearts beating as one

On that last point, scientific experiments⁰ have shown that the heart rhythms of couples in love synchronise when they are in the same room ... so two hearts literally can beat as one!

THE HEART HAS A BRAIN OF ITS OWN

One of the principal organisations involved in this kind of research is the HeartMath Institute Research Center in Santa Cruz, California, which was set up to explore the physiological mechanisms by which the heart and brain communicate and how the activity of the heart influences our psychological function and wellbeing.

What they have discovered is that the heart acts as though it has a mind of its own. It's not just a mechanical pump – it's a highly complex information-processing centre with its own functional brain, commonly called the *heart brain*, and it can significantly influence the way we perceive and respond in our daily interactions with others. As HMI's Director of Research, Rollin McCraty, puts it:

"The heart is a sensory organ and acts as a sophisticated information encoding and processing centre that enables it to learn, remember and make independent functional decisions."

The heart brain communicates with and influences the cranial brain via the nervous and endocrine systems and other pathways. This back-and-forth interaction influences the function of our brain and other major organs and our mental and emotional experience of life.

The Heart Math Institute (HMI) has investigated many physiological measures, but they have identified heart rate variability as the most dynamic and reflective indicator of a person's emotional states and,

therefore, their current stress level and cognitive processes. HMI has discovered that heart activity affects our mental clarity, awareness, perceptions, creativity, emotional balance, intuition and personal effectiveness.

The heart-monitor readouts shown below contrast the heart-rhythm pattern of someone experiencing first frustration, then appreciation. The smooth heart rhythm, measured by heart-rate variability (HRV), is what scientists call a highly ordered or 'coherent' pattern and is a sign of good health and emotional balance. Heart coherence is defined as an optimal physiological state associated with increased cognitive function, self-regulatory capacity, emotional stability and resilience.

The HMI has developed a number of practices or 'tools' to train people to intentionally experience certain emotions – dubbed 'emotion self-regulation' – which has been shown to increase heart coherence in both adults and children. You can learn more about these techniques at heartmath.org/resources/heartmath-tools/.

Their research on heart coherence sheds light on the influence of psychosocial factors on a person's risk of CVD. As it turns out, there is a relationship between an individual's coherence and the quality of their social connection.

HEARTS COMMUNICATE WITH OTHER HEARTS

It starts with the heart's powerful electromagnetic field, which is measured using an electrocardiogram (ECG). The heart's field is actually 100 times greater in amplitude than the brain's field (measured using an electroencephalogram (EEG)), and it can be detected and measured over a metre away from a person's body.⁰ Through the HMI's heart coherence practices, individuals can learn to cultivate care, compassion, love and other positive emotions, and transmit them throughout their body via their cardio-electromagnetic field.

Furthermore, as HMI researchers discovered in a study titled, 'The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People': "When people touch or are in proximity, a transference of the electromagnetic energy produced by the heart occurs".⁰

Further HMI research provides intriguing evidence that the heart coherence cultivated by an individual can be transferred externally to people in close proximity or even, perhaps, over long distances.

One study demonstrated the effect of heart coherence in a group setting where people trained in maintaining states of heart coherence for several minutes could promote coherent states in untrained participants. Another study showed that heart rhythms of participants synchronised with other participants, even in cases in which the participants were located hundreds of miles apart.⁰

What does all this mean for the individual who wants to improve their own cardiovascular health, or help a loved one improve theirs? That it isn't enough to eat a heart-healthy diet and get regular exercise!

OUR HEARTS NEED LOVE

We need to cultivate *love* in our lives – quite literally in our hearts – and help those we care about to do the same. As a health practitioner, I have come to the conclusion that my job is to 'love' my clients back to health: to help them find love in their lives – from the inside via self-forgiveness and reconnecting with their purpose, faith or spirituality; and from the outside, by helping them cultivate the self-insight and communication tools they need to develop meaningful relationships, or deepen the ones they have.

As I learned from the pioneering heart health researcher, Dr Dean Ornish, when people perceive that their lives are not worth living, they're not willing to undertake lifestyle changes which could prolong life!

By expanding the boundaries of health care to incorporate the cultivation of love for ourselves and others, we can help ourselves and those we care for to find a reason to adopt the diet and lifestyle practices that protect us against cardiovascular disease.

If I had understood this and known how to help my Dad in this way almost 20 years ago, he might still be with me today.

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References - see page 31

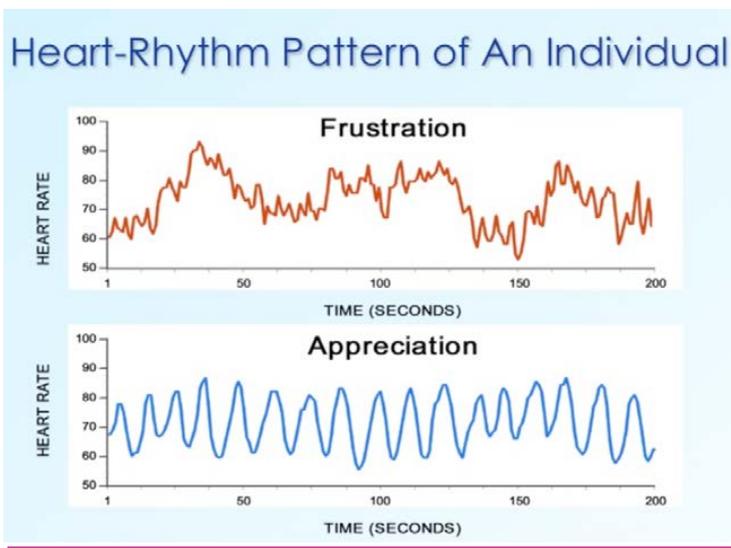
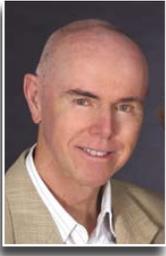


Image: HeartMath Institute



Two Common Mistakes in Recovering From Illness



By Dr Greg Fitzgerald (allied health), Osteopath, Chiropractor and Naturopath

Too often I see prolonged and unnecessary suffering in people who are sick.

This can be either an acute episode or chronic condition. In the acute form, the person feels sick quite rapidly, with lethargy, weakness, prostration, fever, aches and pains, inflammation, diarrhoea or constipation, vomiting, excess mucus, coughing, sneezing and a general inability to function. Chronic conditions include diabetes, auto-immune illnesses, heart disease, cancer, IBS and other illnesses.

Although this is not the place for an explanation of the innate intelligence of the body from cell to organ, suffice to say that this cellular and bodily intelligence operates both in health and in sickness. Our bodily processes are intelligently directed not just while we are in robust health and feeling great, but also when we are feeling unwell and have 'the blahs'. Most people are under the mistaken view that their body is working for them when well, but against them when sick. Nothing could be further from the truth.

Acute Illness:

Colds, flu, viral, parasitic and bacterial infections, food poisoning, infectious illnesses and other sudden-onset symptoms are often (though not always) severe and violent in their manifestation. The body can be quite surprising in its resort to violent symptoms like vomiting, diarrhoea, prostration, fever and pain to name a few.

Chronic Illness:

Unlike acute illness, chronic disease like heart disease, diabetes, auto-immune issues, asthma, osteoporosis and cancer are more gradual in onset and do not present with violent symptoms except in acute flare-ups.

The conventional way of dealing with these health challenges is to suppress the symptoms. Thus in acute illness we are taught to stop the fever with anti-pyretics, stop the vomiting with anti-nausea drugs, suppress the diarrhoea with anti-diarrhoeals, and take anti-virals and antibiotics for viral and bacterial infections respectively.

In chronic illness the common treatments are anti-inflammatory drugs, opioids and other painkillers, cortisone and other immune-suppressing drugs, blood glucose lowering agents, anti-hypertensives, anti-

cholesterol drugs, blood thinners and so on. Without debating the few pros and many cons of these methods (which is for another column), two mistakes I see all-too often in both acutely and chronically sick people are:

1) Eating to keep up their strength

In acute illness, most symptoms are accompanied by anorexia, or lack of appetite. Don't confuse this with anorexia nervosa, which is completely different. When we are really unwell, we automatically go 'off' our food, just as animals in the wild do and babies and young children do.

This is as nature intended. It allows our body the energy required to correct what is ailing it, and not spend unnecessary energy in digesting food.

It is no exaggeration to say that forcing food into the system against the body's needs, in the absence of genuine hunger, is one of the main causes of complications of acute disease and has resulted in many deaths over the centuries.

The body responds to acute illness by withdrawing hunger, energy and strength in order to maximise energy for defence and repair internally. It is intelligently directed and working as designed.

Our strength is transferred from our muscles and brain (which is why we have trouble concentrating when sick) to our immune and other regulatory systems. We automatically lose weight when acutely sick. This is normal, natural and temporary.

When our body regains its internal balance, hunger resumes and our weight returns, unless we were overweight, in which case the illness was likely to be a warning to shed and keep the unwanted weight off.

2) Eating to keep their weight on

When acutely sick, eating to keep weight on, just as keeping strength up, can be a dangerous behaviour.

I always become concerned when I see someone who, immediately after experiencing an acute illness like the flu, has lost no weight. And this applies to people at any weight, even thin people. Such people are inevitably headed for complications with their health, as has been my observation for 35 years.

For example, I have seen countless people suffer glandular fever only to experience years of other health issues, some very serious, when they did not manage their initial glandular fever appropriately.

In chronic disease, most people have a reduced hunger, yet mistakenly still eat copious amounts of food to keep their strength and weight on. This assures continuation of their chronic illness, and, unfortunately, the development of other chronic diseases (called co-morbidities) as they get older. More ills, more pills and more bills!

The benefits to our health from eating less, when acutely or chronically sick, are evidenced by the superb benefits of water-only fasting, which is the absence of all nutrients except water.

The next best thing to complete fasting, which should only be done under proper supervision by someone very experienced in this area, is eating less. This has been documented in many scientific and medical publications over recent years, and is the basis for Dr Michael Moseley's '5 plus 2 diet', which, by the way, I am not advocating.

The bottom line

When sick, the body's self-regulatory processes are potentiated provided we *listen* to our body. We should, of course, do this at all times, but it becomes even more imperative when our health is under siege.

If we are not hungry, we should not eat. Our weight and our strength should not be a concern when we are acutely sick. When chronically unwell, we need to focus on eating only when genuinely hungry (this is not felt in the stomach, but the mouth and throat).

By listening to our bodies, which are the true experts in our own health management, we eat only when hungry, and when not hungry avoid overloading the system with energy-robbing extra duties, thereby enabling the body to maximise its own defences and regain robust health.

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Get the facts on iron

– neither too little nor too much

Abridged from an item by Robyn Chuter, whose major article, 'Healing Our Broken Hearts' is presented on page 24 in this issue of *TNH*



The widely-held stereotype of people on vegan diets as pale and anaemic doesn't fit with the research, which clearly shows that Australians on plant-based diets are no more likely to be anaemic (which means having low haemoglobin levels in their blood) or to have depleted iron stores than omnivorous eaters. Vegan eaters tend to have lower iron stores (ferritin levels) than omnivorous eaters, but this may be a health advantage: high iron stores are associated with chronic liver disease, liver cancer, cardiac arrhythmias, metabolic syndrome and diabetes.

Nonetheless, when you first switch to a plant-based diet it can take some time for your body to adapt to having only *non-haem* iron (the kind we get from plants) and no *haem* iron (the kind that's in meat), so it's important to eat plenty of plant foods that are high in iron.

Men and post-menopausal women only need 8 mg iron per day, according to the National Health and Medical Research Council, while women in their fertile years need 18 mg per day, and pregnant women 27 mg per day.

Here's a selection of high-iron plant foods:

Food	mg iron
½ cup sesame seeds	11
1 cup edamame (green soybeans)	9
1 cup cooked white beans	8
½ cup firm tofu	7
1 cup cooked lentils	7
½ cup pumpkin seeds	6
1 cup cooked spinach	6
1 cup cooked kidney beans	5
½ cup pine nuts	4
½ cup dried apricots	4

As you can see, it's not that difficult to get enough iron if you make wise food choices throughout the day.

It's often argued that haem iron, the kind of iron we get from red meat, is 'better absorbed' than the non-haem iron we get from plant foods. The reality is that iron absorption is very tightly controlled by the cells that line our small intestine, so that we can absorb more iron if our stores are running low (for example, after an accident in which we lose a lot of blood, or in women during their menstrual period), and absorb less when we don't need it (when our iron stores are sufficient). Haem iron bypasses these controls, forcing our bodies to absorb iron whether they need it or not, and pushing up iron stores to the point where they actually *increase* our risk of some rather nasty diseases, like type 2 diabetes.

In a study which followed 536,969 Americans aged 50 – 71 at baseline for 16 years, those with the highest intake of haem iron had the highest risk of dying from cancer, heart disease, respiratory diseases, stroke, diabetes, infections, kidney or liver



disease, as well as all-cause mortality (dying from any cause).

How well does this absorption regulation process work? Pretty darn well. We typically only absorb about 5 – 10% of the iron we consume in food, but during their menstrual period, women can absorb up to 8 times as much iron as usual! The same process happens in pregnancy, during which absorption of non-haem iron increases from less than 1% in early pregnancy to 7% at 12 week's gestation, 36% at 24 weeks and 66% at 36 weeks. Smart body, eh?

A note of caution: Even if you consume plenty of iron-rich foods, you may still run into problems with iron if your intake of substances that block its absorption is too high. The most common villains are:

- Polyphenols (including tannins found in black tea and peppermint tea), coffee, some wines, chocolate and cocoa. Coffee reduces non-haem iron absorption by 24% – 73% depending on the type of food consumed, while tea reduces it by 70%.
- Phosvitin, a protein found in eggs. one egg can reduce iron absorption by 28%.
- Milk proteins.
- Prescription and over-the-counter drugs for suppressing stomach acid, including proton pump inhibitors and H2 antagonists. Fortunately, adopting a plant-based diet clears up indigestion and reflux pretty quickly for most people.

So that's the deal with iron: make like Popeye and eat your dark green leafy vegetables! – along with legumes (dried beans, peas and lentils), whole grains and seeds. Preferably accompany these foods with some lemon juice, sauerkraut or other food rich in vitamin C or citric acid or lactic acid to boost absorption. Keep your absorption-blockers to a minimum, and let your body take care of the rest.

MUSCLE CRAMPS CAN BE EXCRUCIATING

By Roger French, Health Director

Cramps are extremely common. Almost everyone experiences a cramp at some time in their life. Cramps are common in adults and become increasingly frequent with ageing. Children can also experience cramps.

A muscle cramp is an involuntarily and forcibly contracted muscle that does not relax. If a muscle (or even a few fibres of a muscle) involuntarily contracts, it is called a 'spasm'. If a spasm is forceful and sustained, it becomes a 'cramp'. Most muscle cramps can be stopped if the muscle can be stretched.

Anyone who has experienced muscle cramps knows that they can be quite painful. The skeletal muscles are most prone to cramping – those in the calf, thigh and arch of the foot are notorious sites for cramps. Cramps can be perceived as mild twitches or may be excruciatingly painful. They can last from a few seconds to fifteen minutes or occasionally longer.

A website, MedicineNet.com, explains that skeletal muscle cramps can be categorised into four major types: 'true' cramps, tetany, contractures and dystonic cramps.

'True' cramps are caused by over-excitability of the nerves that stimulate the muscles, and are by far the most common type of cramp. 'True' cramps can occur following an injury, such as a broken bone. The spasm tends to minimise movement and stabilise the area.

These cramps are commonly associated with vigorous activity in sports or unaccustomed activities or with muscle fatigue from sitting or lying for an extended period in an awkward position.

True cramps at rest are also common, especially in older adults, but may be experienced at any age. 'Rest' cramps often occur during the night and can disrupt sleep. An example is pointing the toe down while lying in bed, which shortens the calf muscle, a common site of cramps.

Dehydration due to perspiration during vigorous activity increases the likelihood of cramps. Perspiration causes depletion of sodium, the most abundant mineral in bodily fluids outside the cells.

The excitability of nerves is most commonly due to low blood levels of calcium and/or magnesium (these minerals prevent nerves from 'firing' too easily). The low levels may be a consequence of deficiency in the

diet, diuretics, over-breathing, excessive vomiting, vitamin-D deficiency, poor function of the parathyroid gland or other conditions.

Deficiency of potassium (abundant inside cells) also causes nerves to fire too easily, but this is less common.

Tetany occurs when all the nerve cells in the body are activated, causing spasms or cramps throughout the body. The word, 'tetany', is derived from the effect of the tetanus toxin on the nerves. The cause may again be low blood levels of calcium and magnesium.

Contractures occur when the muscles are unable to relax due to a condition of the muscles themselves. They are uncommon.

Dystonic cramps occur in muscles that are not needed for the particular movement. Examples are cramps in the eyelids, jaws, neck, larynx, etc, writer's cramp and cramps from playing musical instruments. These are less common than 'true' cramps.

Causes of muscle cramps

Deficiencies of magnesium and calcium set the stage for cramps in a big way.

Cramps can be symptoms of deficiencies of vitamins, including B₁ (thiamine), B₅ (pantothenic acid) and B₆ (pyridoxine).

Poor circulation to the legs, resulting in inadequate oxygen and a build-up of lactic acid, commonly occurs in the calf muscles. This is not true muscle cramping, but can feel like it.

Numerous medicines can cause cramps:

- Diuretics, such as Lasix (furosemide), Zaroxolyn (metolazone) and Aldactone (spironolactone), can deplete bodily fluids of sodium, calcium and magnesium.
- The Alzheimer's medication Aricept (donepezil)
- The angina and high blood pressure medication Procardia (nifedipine)
- The osteoporosis medication Evista (raloxifene)
- The asthma medications Brethine (terbutaline), Symbicort (budesonide-formoterol), Proventil and Ventolin (albuterol sulphate) and Advair Diskus (fluticasone-salmeterol)

- The Parkinson's disease medication Tasmal (tolcapone)
- Cholesterol medications, including the statin drugs Crestor, Lipitor, Lescol, Pravachol, Mevacor and Zocor

Other medications that can lead to cramps include Prostigmine (neostigmine), Proventil and Ventolin (albuterol), Atromid-S (clofibrate)

Cramps are sometimes experienced by people during withdrawal from addictive medications and substances, including alcohol, barbiturates, benzodiazepines (Valium and Xanax), narcotics and other drugs.

Treatment of skeletal muscle cramps

Most cramps can be stopped if the muscle can be stretched. For cramps of the feet and legs, this may be accomplished simply by walking for a while.

For a calf muscle cramp, the person can stand about a metre from a wall and lean against the wall with outstretched arms as though attempting to push it over. Knees and back must be straight and the heels in contact with the floor.

If lying in bed, calf muscles can be flexed by pulling the toes toward the head with the legs kept as straight as possible.

For writer's cramp, press the back of the hand on a wall with the fingers facing down.

Gently massaging the muscle or applying a hot pack will sometimes relieve a cramp.

Cramps due to excessive sweating indicate that fluid and electrolytes (especially sodium, magnesium and potassium) need to be replaced.

Medicines are not generally used to treat ordinary cramps, because most cramps ease spontaneously.

If the cramps are associated with a specific illness, obviously that condition will need to be treated – preferably by natural means – to prevent the cramps.

If cramps are severe and persistent and don't respond to simple measures like those above, the guidance of a practitioner may be required.

Prevention of muscle cramps

During physical activity – stretch before and after vigorous activity, along with an adequate warm-up and cool down. Ensure adequate water intake before, during and after the activity, especially if it exceeds an hour. The natural way to rapidly replace electrolytes is with pure fruit juices; as a matter of practicality, commercial pure juices could be OK in this situation.

During pregnancy. Supplemental calcium and magnesium have been shown to help prevent cramps associated with pregnancy. Ensure calcium supplements are always accompanied by magnesium. Professional supervision is virtually essential.

Dystonic cramps. Cramps that are induced by repetitive, non-vigorous activities can sometimes be prevented or minimised by things such as wrist supports, avoiding high heels, adjusting the chair position, taking breaks or finding more comfortable positions while performing the activity. Learning to avoid excessive tension while undergoing an activity can help. Some activities, such as playing a musical instrument, can be difficult to modify.

Rest cramps. Night-time cramps and other rest cramps can often be prevented by regular stretching exercises, particularly if done before going to bed. Calf-muscle stretching (described above) could make a big improvement. Also do it any time that you get up during the night, as well as a couple of times during the day.

Ensuring adequate calcium and magnesium is fundamental. Take both together and in the ratio of two parts calcium to one part magnesium. Daily doses could be anywhere between 1,000 milligrams calcium with 500 mg magnesium or half these amounts. Pregnant women or women with osteoporosis would be wise to have professional supervision. Taking part or all of the supplement at bedtime may help with cramps.

Not only is magnesium a key to calcium absorption, it is necessary to protect against the effects of excessive calcium – muscle spasm, poor circulation and rapid heartbeat.

However, people with kidney failure lose the ability to excrete excess magnesium, so they should only take minerals under the supervision of medical specialists or dietitians.

Magnesium is present in many foods – sunflower seeds, sesame seeds, nuts, legumes, oats, brown rice, rye

flour, wheaten flour, coconut, dried figs, English spinach, parsley, green peas, beetroot, silverbeet, avocado, most green vegetables and many other natural foods.

Cramps often cease to occur when the overall condition of the system is improved. This means increasing the consumption of vegetables and fruits to at least one kilogram per day. When divided into three meals, having about 350 – 450 grams at a meal is quite practical.

An easy way to further increase the intake of the all-important alkaline minerals (potassium, magnesium and calcium in this order) is to have a daily glass or two of vegetable juice. A good mix is one-third of the glass the juices of carrot and beetroot and the remaining two-thirds of the glass the juices of greens such as celery, silverbeet and/or spinach, a small amount of parsley, a leaf of dandelion from the garden and, if palatable, some broccoli and/or cabbage.

Vitamin E has also been found to help minimise cramp occurrence, according to numerous anecdotal reports. Since vitamin E is not toxic in the usual doses, taking around 400 units (IU) daily is suggested, recognising that documentation on its effect on cramps is lacking.



BOOK REVIEW

FAST FOOD GENOCIDE

by Joel Fuhrman, MD

Reviewed by Jim Lanham, March 2018.
Book published USA, October 2017

'Genocide' is not too strong a word in the title. An avalanche of fake foods has invaded the world and is killing us softly, but surely.

Courage to speak out. Dr Joel has had the courage to take on the giants of junk food, declaring their products to be a far greater disaster than smoking. But he is also critical of his own profession for their 'quick-fix' approach to health care and their indifference to nutrition.

Joel only wants to change the world! I can do no better than to quote Mark Hyman, MD, from the back cover of the book:

"Dr Fuhrman has done what no one else has done in a clear, powerful way – connect the dots, not only between food and our obesity and diabetes epidemic, but also between food and almost everything that's wrong with our society: poverty, violence, ADD, the declining intellectual capital of our nation, autism, dementia, cancer and chronic disease. This book will change the way you think about what you eat."

Joel Fuhrman has been advocating a healthy lifestyle to his patients for almost 30 years, and this book is backed by his extensive clinical experience.

What is fast food. Dr Fuhrman uses the terms: 'fast food', 'fake food', 'Frankenfood' and 'junk food' interchangeably. In processed foods, calories and macro-nutrients are generally high, while fibre and micro-nutrients may be low or less available.

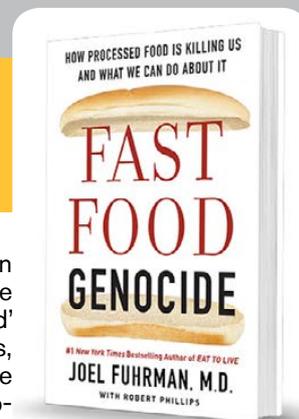
All this can lead to health problems and fast-food addiction. Fast food can become a "gateway drug" to other substances. (Real life examples are given in Chapter 2.) Fast food reduces our life potential and weakens the genes for generations (Chapter 5).

The way forward. Dr Joel recommends an abundance of fresh natural foods, which he calls a "nutritarian" diet. He has a chapter of recipes (Chapter 8).

Dr Joel has written various other books and composed many videos. To find them, Google joel fuhrman youtube and/or joel fuhrman fast food genocide.

So far, the book is only available in hard cover. It cost me \$Aust30 (postage included) from Book Depository (online). This is a book that should be read by everyone who eats!

DISCLAIMER. The above review was not authorised by the writers or the publishers. No claim is made to correctness, but I have done my best to reflect the essence of the book.





Peripheral Vascular Disease (PVD)

BY LYN CRAVEN, NATUROPATH & BOWEN THERAPIST

PVD may involve any blood vessel outside of the heart including arteries, veins and lymphatic vessels. Organs supplied by these vessels, including the brain and legs, may not get enough blood flow for proper functioning. Legs and feet are most commonly affected. PVD restricts blood flow to tissue due to narrowing of vessels and often spasm.

PVD is also called 'peripheral arterial disease' and is a slow, progressive circulation disorder.



What is the cause?

The most common cause of PVD is atherosclerosis, the build-up of plaque inside an artery wall. Plaque reduces the blood flow to the limbs, and so decreases the oxygen and nutrients available to the tissue. Blood clots may form on artery walls, further decreasing the inner size of the blood vessel and blocking major arteries.

Other causes of PVD may include:

- Injury to arms or legs;
- Irregular anatomy of muscles or ligaments;
- Infection;
- Sedentary lifestyle;
- Kidney disease.

People with coronary artery disease (CAD) may also have PVD.

Risk Factors:

- Aged beyond 50;
- Any history of heart disease and CAD;
- Male gender;
- Post-menopausal women;
- Family history of high cholesterol, high BP or PVD.

Risk factors which could be addressed and therefore reduce susceptibility are:

- High blood pressure (BP);
- High cholesterol;
- Diabetes;
- CAD;
- Smoking;
- Regular physical activity.

If you smoke this creates a greater risk due to impaired blood flow as with diabetics.

Symptoms

Symptoms depend on where the artery is blocked or clogged and the extent of blockage.

- Weak pulses in legs and feet;
- Hair loss on legs;
- Impotence;

- Numbness, weakness, or heavy feeling in muscles;
- Skin colour – reddish-blue discolouration of extremities, including decreased skin temperature or thinness or shiny skin on legs and feet;
- Trouble with wound healing, especially over heels and ankles;
- Restricted mobility;
- If artery is very narrow or blocked, severe pain;
- Legs look very pale when elevated;
- Ulcers on toes, legs and feet;
- When at rest, a burning or aching feeling can be present, especially in toes and also at night when lying down;
- Thickened, opaque toenails;
- Gangrene – necrotic tissue due to poor blood flow.

Some of the above symptoms could be present in other health disorders, so it's better to obtain a medical diagnosis. Having said that, I can often tell if people have PVD. However, if a person has other health problems and is taking pharmaceutical medications, it is wise to obtain a medical report so that the diagnosis is verified in writing to ensure no other disease has been overlooked. Get a second medical opinion if you feel it's warranted.

How can PVD be treated medically?

The aim is to control symptoms and slow progression of the disease, and reduce the risk of potential heart attacks, strokes or other complications.

Lifestyle and diet must be addressed. Encouraged are daily walking and swimming and/or walking in a pool. How much dietary/nutritional advice your doctor gives you is another question!

Smokers must quit.

Existing health disorders need to be addressed. Conventional medications would be offered for diabetes, CAD, high BP and cholesterol, etc.



Homeopathic prevention

I feel that most people over 60 to 65 have some arterial plaque. I've even met people on vegetarian and vegan diets with some plaque. With this age group and over, I often recommend some homeopathic drops and vital nutrients to help with prevention. They are very safe to take indefinitely. The homeopathic drops also help with brain circulation for degenerative eye disorders (I have taken them myself for quite a long time now).

Please be aware that there are never promises of cures with any disorders (since some are acute and others chronic and some have genetic tendency), but we have seen people who have resolved diabetes, high BP and high cholesterol naturally and improved their weight, along with dispersing arterial plaque.

Lyn Craven is a practitioner of naturopathy and Bowen therapy and is an Energy/Reiki therapist, meditation teacher, corporate health facilitator and presenter for health expos. She is also a health writer and has produced a meditation CD for stress, anxiety and insomnia.

Lyn runs a private practice in Sydney and offers skype consultations. She can be contacted on 0403 231 804 or by email at lyncraven@bigpond.com.

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www.facebook.com/NaturopathandBowenTherapy

Blood thinners – anti-platelet drugs – may be administered. Also drugs which improve blood flow and relax vessel walls.

Surgery possibilities are:

- Vascular surgery
- Angioplasty
- Atherectomy
- Laser angioplasty
- Stent
- Balloon angioplasty

How natural therapies can help

The aim is to support and lessen symptoms. May need some medical assistance.

Smokers need to quit, and passive smoking needs to be avoided. Hypno-therapy, acupuncture, homeopathy and herbal medicine.

Dietary changes, including reducing fats, although we do need some fats/oils.

Eliminate refined sugar and many packaged/preserved 'foods'. Cut back even on fructose; many people consume far too much fruit juice, being highly concentrated.

Increase vegetables and salads; make sure you have a wide variety, and if you do consume fish/poultry, etc, have only free-range. Don't over-consume too many of the same types of foods, even if they are healthy. Avocado is an example – it is quite high in copper and can affect your zinc levels, so please don't eat a whole one every day.

Herbal/homeopathic remedies for blood pressure, cholesterol levels and sweet cravings (hair mineral tests can ascertain if imbalances here). Also heavy metal testing (heavy metals can affect how you absorb healthy minerals). If results indicate heavy metals are present, homeopathy has helped people eliminate them.

Vitamin K₂ is often used in conjunction with other synergistic nutrients that help its absorption. I often make up homeopathic's (not retail) which help disperse the plaque, and I find combining these with

K₂ and specific nutrients to be the most potent and safe way without side effects. Please don't self-prescribe K₂. There are few good products on the market, and it works far better when combined with certain nutritional formulas which happen to be practitioner-only products (POP's).

Weight loss/management through diet and exercise may be necessary. But many people overlook balanced metabolism and especially the endocrine system. You can walk 20 km daily, but if your adrenals and thyroid are not working correctly, you may increase in weight and become exhausted and frustrated with your attempts. Again the right type of homeopathic and herbal medicines can support and resolve this.

Cease or limit alcohol. If you do drink, good quality red wine is best.

Herbalists have used specific herbs to help with circulatory health and integrity of vessel walls for a long time. It is very important to formulate them in a balanced synergistic way and to combine them with other vital nutrients such as vitamin C, bioflavonoids, quercetin and rutin. There are not many supplements in Australia containing a good quantity of rutin. Topical creams or herbal drops are applied daily.

Stroke ice cubes upwards from ankle to knee daily. This helps with toning blood vessels and repairing any broken capillaries. Also elevate if you have been walking for a while.

Rebalance the body with Bowen therapy and/or acupuncture. Often sufferers have long-standing disorders and it's important to help the body rebalance, which in turn enhances all the above dietary/lifestyle changes and natural remedies.

Cardiologists impressed

My colleagues know of a couple of cardiologists who have suffered from CAD and arterial plaque. They could not believe the positive changes in the people taking the remedies I have discussed. The cardiologists decided to follow suit and improved. Doctors do not really understand nutrition, homeopathy or herbal medicine.

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BIO NEEDS Part 7

CLEAR AND EFFECTIVE THINKING

By Jim Lanham, long-time Natural Health Society member



Every attitude, every choice and every action are preceded by a train of thought. Effective thinking is fundamental to our lives and is perhaps our most important bio need.

But human thought is complex and no-one is an expert at living. All I can say is that I found the following ideas to be useful. I hope some of them are of interest to you.

The good news is that almost any brain has the potential to think effectively. If you are highly intelligent, then there is some bad news – it may be more difficult for you to think well.

THERE ARE THINKING ERRORS TO AVOID

Very intelligent people are more skilful than average at justifying and supporting their present beliefs. They are therefore less likely than average to imagine that there might be any better ideas. Many intelligent people live and die, lost in their own supposed 'rightness'. Dr Edward de Bono called this 'The intelligence trap'. Complacency, arrogance and certainty are the age-old thinking errors that can touch us all.

"It seems to be a common defect of human minds that they tend to crave for complete certainty of belief, or disbelief, in anything."
– Professor R. A. Littleton.

If you ever see possible thinking errors in other people, this is the time to turn within and ask yourself, "Could I also be making some thinking errors?"

WE HAVE THE POWER TO CHANGE

The brain can examine itself and the brain can change itself. This has been called 'neuro-plasticity' and is the reason that brain-damaged people can improve over time. Just the knowledge that you can re-design your own thinking is very empowering.

Edward de Bono believes that good thinking is a skill that can be learned or improved. He has developed methods and ideas for this purpose. One of his early books, *I am Right, You are Wrong*, is a good introduction to his material. (The title is an example of arrogance.) His ideas go well beyond 'lateral thinking'.

A SPIRIT OF LOOKING LEADS TO FASTER LEARNING

If any new information supports or confirms our present ideas, then we readily accept it. This is called 'confirmation bias', and also includes a tendency to ignore or dismiss any information that contradicts our present beliefs.

Just in case there is something still to learn (and there always is), effective thinking involves occasional self doubt and a spirit of searching. Once we move away from certainty, we are beginning to think more clearly. Have convictions by all means, but hold them lightly and with a mind open to new ideas.

90 percent certain is fine – you have allowed room for adjustment. 100 percent certain is the closing of the mind and the voluntary cessation of thought – the 'intelligence trap' in action.

CONSIDER QUESTIONING EVERYTHING

To accept our subordinate role in the vast intelligence of Nature is another key to effective thinking. This is only my opinion, of course. You are free to question it, as indeed you should. Questioning everything, including your own most cherished beliefs, is perhaps another step towards more effective thinking. Regular review of our thinking is necessary because we are not gods, but are fallible humans.

"The most important thing is to not stop questioning" – Albert Einstein.

CULTIVATE OPTIMISM and INNER JOY

Effective thinking is more than happiness ... or is it? Surely without optimism and joy, effective thinking is almost impossible. Nearly everyone experiences depression at some time. The huge lesson that I learned from depression was that pessimism feeds on itself. Negativity becomes a downward spiral into a black hole.

After years of depression, I began to think that maybe, just maybe, positivity was a way to reverse the downward spiral. Over several years, I discovered that *cultivating happiness* was a pathway to much clearer

thinking. It is the only way to move away from negativity.

"Optimism, like pessimism, feeds on itself"
– Bob Brown (former politician).

UP CLOSE AND PERSONAL

For inter-personal relationships, Dale Carnegie's classic work, *How to Win Friends and Influence People* is as relevant today as it was when first published in 1936. I like to re-read this book every ten years or so.

The basis of all successful personal interaction is respect. Consider never saying anything that might reduce the other person's sense of self-worth.

MISTAKES

If you wait to make a decision until you have perfect information, you'd never make a decision. Decisions are inevitably made with only partial information. With hindsight, many of our decisions could have been better.

However, mistakes are not to be feared, but rather celebrated as opportunities to adjust our thinking. Mistakes are one way we learn. Brian Tracy said, "To be more successful, double your failure rate."

GIVE HEALTH HIGH PRIORITY

Health is only part of life, but isn't it the most important part? Clearer thinking is to get your priorities right and not be caught up in the trivialities of life. Consider giving health your top priority.

On the subject of food (only one part of a healthy lifestyle), I offer this quote from Joel Fuhrman, MD: "Our food choices not only shape our bodies and our futures, they also shape our intelligence and our behaviour because food profoundly affects our brains."

A healthy mind needs a healthy body to nourish and support it. A reasonably healthy lifestyle is the only way to sustain effective thinking into old age. A healthy lifestyle is also evidence that you have improved your thinking!

HOW ABOUT LOVE?

The most fundamental love is 'love of life'. If you love life, then you will automatically love yourself and others. Try also loving your own brain, and place no limits on your own thinking potential!

A DEMONSTRATION OF HOW 'EXPERTS' CAN DECEIVE US

'Broccoli is bad for you, really toxic'

By Tim Crowe

THINKING NUTRITION, 14th March 2018. www.thinkingnutrition.com.au/broccoli-bad-for-you

Don't believe this headline – broccoli is one of the healthiest foods you can eat.

But as a case-study into how we can become needlessly fearful of eating many foods, I will show how, by selectively citing some scientific research and blowing it all out of context, you can build a case for any food being 'toxic'. Even wholesome broccoli, yes broccoli, can be made to sound bad for you!

If you have a small amount of scientific nous, it is super easy to mount a case for any food or nutrient being harmful and toxic by selectively quoting scientific research. Grains, soy and even gluten are the current favourites here.

The Internet proliferates with opinion pieces quick to vilify particular foods and nutrients as being 'the cause' of many of our health problems by over-emphasising one side of the research evidence. *To show you how this is done, I present a masterclass on this art form on how you can turn perfectly healthy broccoli into one of the most toxic foods a person can eat.*

After I do that, I'll give you some practical tips on how to spot when it is being done and what you should really be concentrating on for best health. So here we go.

'Toxic' broccoli

You've been told since you were a child that eating broccoli is good for you. Sorry to break it to you, but your parents lied to you. Have you ever stopped and questioned on what basis this advice comes from? Broccoli certainly gets the health-halo for being a green vegetable. But when you start to dig a bit deeper, an alarming picture emerges for just how bad broccoli is for you.

To start with, broccoli is a well-known goitrogen. Goitrogens are chemicals that suppress the function of the thyroid gland by interfering with iodine uptake, a key mineral needed to make the thyroid hormone. This causes the thyroid gland to enlarge, and goitre is the end result.

Broccoli is loaded with *goitrogens*, particularly one group called *thiocyanates*.

The consequence of eating these is the potential to develop the very serious condition of hypothyroidism.

It's not just goitrogens you need to be worrying about. Broccoli is loaded with *formaldehyde*, a natural by-product of oxidation and which is known to cause cancer in rats. Formaldehyde is used in the manufacture of plastics, foam insulation, fungicides, mirrors, insecticides, petroleum, resins and industrial chemicals. No one in their right mind would eat any of these things, so when you see this list, just add broccoli to it as well.

But the biggest thing you need to know about is what I like to call the 'dirty little secret' of the organic food industry. Organic food is good for you, right, because it doesn't contain any pesticides? Wrong. Broccoli is overloaded with natural pesticides which are part of the plant's natural defences. And what you're not being told by Big Organic is that half of those pesticides when tested on laboratory animals have been shown to cause cancer.

Well at least organic broccoli doesn't contain any human-made pesticides I hear you say? Sorry, but organic growers are able to use, if they wish, 'natural' pesticides and they are not required to tell you about it. Many of these natural pesticides are actually more toxic than synthetic pesticides.

To make things even worse, there is no national monitoring system for these natural pesticides as is the case for synthetic ones. Organic broccoli: you may as well be using Round-Up for your salad dressing and get your toxic cancer-causing pesticide hit in one go rather than eat it.

****End of parody – the rest of this blog post is legit****

Reality check – AWESOME BROCCOLI

Okay, so back to our normal programming. Broccoli is awesome and super healthy for us. I rate it – along with other cruciferous vegetables – as one of the best foods you could be eating. It contains a host of nutrients linked to reducing cancer risk. On top of that, it is high in fibre, low in kilojoules and is packed with lots of nutrients including vitamins C and K, and is a good source of carotenoids, folate and potassium.

So what about all those alarming health concerns? Ignore them. Most of them are theoretical and lack any context of dose. Just about anything will cause cancer of the everything in rats if you give it in high enough doses. Although if you have low iodine levels and were at risk of hypothyroidism, you would be wise to not be eating several kilograms of raw broccoli each day.

Organic broccoli is really good for you. Conventional broccoli is good for you. There are thousands of other things you could worry about to do with your health, rather than tiny doses of natural or synthetic pesticides.

Even though there are some hypothetical risks from eating too much broccoli, they are more than outweighed by the health benefits.

By selectively quoting research, you can build a case for or against any food if that was your agenda. Throw in some emotive language, and you've got yourself a winner for getting the public's attention. You can then make quite a bit of money out of doing this too from book sales and building up a large social media following.

Take soy for example. You'll find opinion on the Internet vilifying it for its endocrine disrupting ability. Yet the research to support these claims is overplayed compared to the many health benefits linked to its consumption. Yes, in some cases, too much soy could be a problem, such as for women with oestrogen receptor positive breast cancer undergoing active cancer treatment.

But eating it as part of a varied diet is a health win. Just as for broccoli. And grains. And fruit. And legumes. And...

You get the picture?





CANCER IN OUR PETS

Raising awareness for the health of dogs and cats

By Tracey Morrison, Homeopath and Animal Health Practitioner



Cancer is on the rise, and having informed choices and increasing our awareness about predisposing elements that may help or hinder this escalating disease is first and foremost.

According to the Australian Animal Cancer Foundation, dogs have the same incidence of cancer as people. Approximately 50% of elderly dogs may die from cancer, most commonly lymphoma. It is also a common cause of death in older cats (lymphoma is often connected to Feline Leukaemia Virus). Statistically speaking, any dog over the age of six years is at risk of developing cancer.

Our pets also share our human environment, therefore exposure to air-borne toxins in pollution, chemical sprays, pesticides, inappropriate diet and a number of other contributing environmental factors can affect their immune systems, as they do ours.

We need to be informed about other risks that could also contribute to the development of cancers in our pets, like vaccine-related cancer risks. Vaccine-induced cancer in dogs and cats is real. Over-vaccinating can be more harmful to your pet's immune system than beneficial, and unfortunately there are those who rely on the 'fear' factor and promote overuse for monetary value.

An increasing number of day care centres, boarding kennels and groomers will not accept our pets unless they are regularly vaccinated. I don't think your hairdresser would ask you for a vaccination certificate just to have a haircut! A simple blood test every 3 years (Titers test) can measure the amount of antibodies circulating in your pets system to give you a good indication if there are still sufficient amounts of these antibodies (from the previous vaccination) to still create an immune response, so further vaccination may not be required at that time.

Always check your dog and cat for possible signs of cancer, the most common appearing as lumps. Other signs can include loss of appetite, accompanied by refusal to eat or drink, dehydration, vomiting or diarrhoea, weight loss (sometimes accompanied by ravenous appetite), laboured breathing or coughing.

TREATMENT CHOICES – WHOLISTIC AND CONVENTIONAL

Conventional medicine focuses solely on the cancer, using chemotherapy, radiation and surgery, which all work on the symptom (the cancer) to try to make your pet better. Often there is surgery to remove the cancer first, followed by chemo and/or radiation. This is treating the cancer as though it is a separate entity from the pet itself.

Wholistic treatment focuses on the pet as a whole, viewing the cancer more as a symptom, and that something underlying is unbalanced. With wholistic treatment we work on the 'whole' pet and their immune system. Dr Martin Goldstein, DVM, author of *The Nature of Animal Healing*, states: "We've been very successful at regressing cancers by working on the patient this way".

As an example, homeopathy will not just treat the cancerous growth; it looks at the cancer as a symptom of a much larger and underlying cause being generated by the pet's immune response. It works by rebalancing the body's natural energy or life force, to enable it to combat disease so that the tumour is no longer supported – or needed – and so it may be expelled by the body.

Dr Richard Pitcairn, DVM, PhD, author of *Natural Health for Dogs and Cats* and founder of the Pitcairn Institute of Veterinary Homeopathy, explains: "An example is the work of Dr Arthur Grimmer, who died in 1967. He treated 225 proven cases of cancer (in people) in various forms and in all stages of the disease. Treatment took place over a four-year period, using

nutrition and homeopathy. Over this time, many of the patients became well, without symptoms, and 175 of them still living".

DIET CAN BE THE KEY

Research shows that diet can be a cause of cancer in humans, and changing the diet can help prevent it. But what does diet have to do with our dogs?

Carcinogens can be in dog food (especially kibble). Wholistic veterinarian, Jodie Gruenstein, DVM, tells us that it has become common knowledge that cancer feeds on carbs. "Pets do best on high-protein, low-carbohydrate diets. Cancer cells need the glucose in starchy carbohydrates to grow and expand. These carbs also cause inflammation. And since carbs are cheaper than meat, you can find a lot of them in all kibble (starches are also what holds kibble together).

If your dog has inflammation, his body is working hard to fight it, and so it can't work as hard as required to fight off those invasive cancer cells".

Take away those pro-inflammatory carbs and you take away the cancer's food source. You also give your dog the chance to fight back, so changing your dog's diet can help reduce the risk of cancer.

With cancer, prevention is the key.

Tracey Morrison is a Homeopath, Remedial Massage Therapist, writer and animal health practitioner, having studied a wide range of natural health modalities for pets, including nutrition, diet and behaviour, over the past 15 years. She is based near the beautiful Blue Mountains, west of Sydney, and is passionate about providing guidance for optimum pet health.

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Robert F. Kennedy Jr's World Mercury Project

The project delivers details of the safety of vaccine additives to the US Congress



Reproduced, with editing, from an article authored by J D Heyes and published in NaturalNews.com, 21st March 2018

Vaccine safety champion and medical choice advocate, Robert F. Kennedy, founder of the World Mercury Project (WMP), has delivered a report to the US Congress, providing details of a six-step program to "Introduce sound science and transparency into our vaccination program" for children. This was announced by the organisation.

The organisation said that 15 like-minded advocates joined Kennedy on Capitol Hill "to fulfill our promise to the community" in providing data they said would dramatically improve child vaccine safety.

"Federally elected officials can no longer ignore the chronic health conditions – tied in no small part to adverse vaccine reactions – that currently affect over half our nation's children," the statement said. "Not only are these officials now aware of the conflicts of interest and inadequate science upon which the vaccine program is built, but they have been given a commonsense plan for enacting desperately needed changes that put children's health first."

The mission of the World Mercury Project's is "To raise public awareness of the dangers and sources of mercury, with the ultimate goal of banning all uses of mercury on a global level," according to the group's website.

Kennedy is the group's chairman; he was recruited to the organisation in the early 2000s because he was already a leading environmentalist and anti-mercury champion. Once he learned about the damage being caused by the toxic mercury-based preservative, *thimerosal*, which is used in some vaccines, he was more than willing to join the fight.

The group noted in meetings with lawmakers last week that the long-term effects of the nation's childhood vaccine program have not been sufficiently studied, while US regulatory agencies are 'conflicted' over the issue of vaccine safety.

"Childhood epidemics have mushroomed along with the childhood vaccine schedule," the group noted, adding that many vaccine additives are known to be neurotoxic and carcinogenic and can cause autoimmunity.

The group makes these recommendations:

- All vaccines must be subject to a "scientifically rigorous approval process";
- There must be a reporting system established to notify federal agencies of adverse vaccine events to include automation of the Vaccine Adverse Event Reporting System (VAERS) and Vaccine Safety Datalink (VSD) databases for the research purposes;
- Make sure that all parties involved with approving vaccines are completely free from conflicts of interest;
- Before adopting evidence-based guidelines, all vaccines recommended by the Advisory Committee on Immunisation Practices (ACIP) should be re-evaluated;
- Studies regarding what makes some people more susceptible to vaccine injury should be funded and conducted;
- The government should support fully-informed consent practices as well as an individual's right to refuse to be vaccinated.

"Vaccines, which are given to healthy patients, should be tested more rigorously than drugs, because they are not given to treat an existing disease," the World Mercury Project noted.

"Inadequate testing currently ensures that the true risk/benefit assessments for the safety and cost of vaccines are impossible to calculate accurately," the group continued, yet those vaccines are given to around four million American infants every year.

The group further noted that current forms of reporting and studying adverse events after receipt of vaccines "is ... haphazard and antiquated". The WMP recommends dramatically updating reporting requirements, adding that currently the federal Department of Health and Human Services "is likely to only record about one percent of the actual adverse events..."

As for vaccine testing, the WMP recommends a wider clinical trial set for vaccines. Currently, trials "typically only enroll a few thousand patients in total," the group said. "When vaccines are subsequently approved for use in populations of millions of healthy individuals, it is imperative that rates of known adverse events and any new or rare adverse events are monitored."

"America is in the midst of many childhood epidemics. Over 50% of our children are chronically ill. We owe it to our children to examine what is happening to their health and correct it as soon as possible," the group said.

J. D. Heyes is editor of The National Sentinel and a senior writer for Natural News and News Target.

Sources include: WorldMercuryProject.org; NaturalNews.com

News from What Doctors Don't Tell You

What Doctors Don't Tell You is a monthly magazine and an enewsletter which publishes the latest healthcare news and information on complementary therapies. 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. Website: www.wddty.com. Subscriptions are available. Enewsletters inquiries news@common.wddtyvip.com

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

'Bad' LDL cholesterol is good, keeps us alive

10th April 2018

Doctors – and the drug companies – have got it badly wrong about cholesterol, a new study has discovered. Even the so-called 'bad' LDL cholesterol plays a vital role in keeping us alive.

Researchers from Texas A&M University question the headlong rush to reduce LDL (low-density lipoprotein cholesterol) levels. In a study of 52 people aged between 60 and 69 years, the researchers discovered that LDL cholesterol plays an important role in restoring muscle mass [the heart is mostly muscles]. When the participants were put through a rigorous exercise programme, only those who had high LDL levels saw any improvement in their muscles.

(Source: Texas A&M University, <http://tamunews.tamu.edu/2011/05/04/>)

High cholesterol protects the brain as we get older

13th March 2018

Cholesterol becomes more important as we age – and a new study notes that elderly people who have high cholesterol levels are the least likely to suffer from dementia and mental decline.

Those whose cholesterol levels had increased since middle-age were, on average, 32 percent less likely to suffer from dementia, Alzheimer's and memory loss, say researchers from the Icahn School of Medicine, who studied 1,897 people aged between 75 and 94 years.

This correlation became most marked when the person reached the age of 85, and it continued to have a protective effect for a further nine years, the oldest age the study tracked.

LDL cholesterol protects the brain as we age. The rising use of statin drugs – which lower cholesterol levels – can partly explain the increase in rates of dementia and Alzheimer's disease.

(Source: *Alzheimer's & Dementia*, 2018; doi: <https://doi.org/10.1016/j.jalz.2018.01.009>)

Forget cholesterol: not the bad guy after all

13th April 2018

Want to protect your heart and arteries? Then forget cholesterol; it is almost certainly one of the great myths of 20th-century medicine.

As Dr Mathias Rath has said, anti-cholesterol drugs have been a great way for the pharmaceuticals to boost an already burgeoning profit line, but they won't do much for your health. Instead, the evidence is pointing more and more to *homocysteine*, an amino acid that occurs naturally after the digestion of protein.

Researchers from the prestigious Framingham Heart Study investigated the records of 2,490 adults, average age 72, who had no previous heart problems, and found that the first heart attack was closely linked to high levels of homocysteine. The link was more evident in women.

A high homocysteine level is a good predictor of a heart attack, the researchers concluded.

Normally, homocysteine is converted to another amino acid, methionine, but this requires vitamins B₁₂, B₆ and folic acid (B₉), so our diets need to be high in these to ensure a healthy cardiovascular system.

So take B-vitamins, not anti-cholesterol drugs.

(Source: *Journal of the American Medical Association*, 2003; 289: 1251-1257).

Heart attack victims more likely to survive if cardiologist away

16th March 2018

People who are treated in hospital for a heart attack are more likely to survive if the top cardiologists are away.

Leading cardiologists tend to be more interventionist and use techniques such as stenting to unblock a heart artery – but the patient is also more likely to die as a result.

Instead, those who are given minimum treatment after cardiac arrest and heart failure have a higher chance of still being alive a month after the initial attack, researchers from Harvard Medical School have discovered.

Overall, 15.3 per cent of patients who were admitted when cardiologists were at a conference died within 30 days, compared with 16.7 per cent who were admitted on non-conference days and were treated by the cardiologist.

(Source: *Journal of the American Heart Association*, 2018; 7: e008230)

Processed food raises cancer risk

21st February 2018

Your cancer risk increases with the amount of processed food – white bread, cakes, snacks, sweets and soft drinks – you eat. Eating 10 per cent more of these foods every day raises the chances of developing cancer by 12 percent.

'Ultra-processed foods' could be another risk for cancer, along with smoking and obesity, say researchers from Sorbonne University in Paris.

Processed foods are high in sugars, and in cancer-causing chemicals that are generated in the heat-treatment processes during their manufacture.

(Source: *BMJ*, 2018; 360: k322)

Half heart attacks never detected

6th March 2018

Many of us may have suffered a heart attack without ever knowing it. Around 63 percent of heart attacks (myocardial infarctions) are never picked up in routine examinations, a new study has discovered.

Around half those who suffer an attack without knowing it are still alive 10 years later, a similar rate to those whose heart attack had been picked up by a scan.

Yet whether or not the heart attack had been diagnosed, the survival rate was roughly the same after 10 years – 49 percent for an unrecognised attack and 51 percent for a diagnosed attack.

What is surprising about the similar mortality rates is that the patient whose heart attack hasn't been diagnosed will not have been prescribed the usual medications to prevent a further attack. They would also have continued with a lifestyle that could have contributed to the attack in the first place.

(Source: *European Society of Cardiology*, February 2, 2018)

Household cleaning products as bad as smoking

27th February 2018

Chemicals in household cleaning products are so dangerous that breathing them in every day can cause "substantial damage" to the lungs, leading to shortness of breath and asthma, say researchers at the University of Bergen in Norway.

Women and men who use the products every day – usually as professional cleaners – have seriously impaired lung capacity, similar to what would be seen in someone smoking 20 cigarettes a day for 20 years.

Many cleaning products aren't even necessary, commented one of the researchers, and could easily be replaced by non-toxic alternatives, such



as micro-fibre cloths and even plain water.

(Source: *Journal of Respiratory and Critical Care Medicine Annual*, 2018)

[NOTE: Although the exposure would be vastly less for an individual cleaning their own home, the above information shows that we would all be wise to avoid any unnecessary exposure to these toxic chemicals. This is why the Natural Health Society has for many years been promoting Tri Nature household skincare and cleaning products, which all contain non-toxic, safe ingredients.]

Deaths from prescription drugs 500,000; deaths from supplements ZERO

27th March 2018

In total, 443,900 deaths from prescription medications were reported to one of the poisons centres in the United States, according to the US National Poison Data System. By comparison, no deaths were recorded for nutritional supplements.

Analgesics – or pain-killers – are the deadliest 'poison', responsible for 11 percent of all deaths reported. Sedatives and antidepressants were the fifth and sixth major killers respectively.

Of these deaths, 275,000 were due to some error – such as a wrong dose – and 130,000 were caused by unintentional misuse, such as taking the drug more frequently than prescribed. Nearly 40,000 deaths were attributed to an adverse reaction to a drug that was properly prescribed and taken.

There were no deaths recorded for anyone taking a mineral supplement, such as calcium, magnesium, zinc or iron, or an amino acid or herbal, such as blue

cohoosh, Echinacea, ginkgo biloba, kava kava, valerian or St John's wort.

(Source: *Clinical Toxicology*, 2016; 54: 924-1109)

Holding hands reduces pain

9th March 2018

Holding the hand of a significant other can dramatically reduce any physical pain the person is experiencing, a new study has found.

Brains synchronise when we hold hands or empathise with our loved one while they are in pain, and this has a pain-relieving effect, say researchers from the University of Colorado at Boulder. The more our brains sync, the greater the pain relief.

Lead researcher Pavel Goldstein wanted to test the idea when he noticed that his wife's pain decreased after he held her hand during childbirth, so he recruited couples and conducted tests using electro-encephalographs.

Even being in each other's company was enough to start the couples' brains synchronising, and this increased when they held hands.

The researchers don't know whether similar results would be seen with individuals who are not a couple.

(Source: *Proceedings of the National Academy of Sciences*, 2018; 201703643; doi: 10.1073/pnas.1703643115)



News from DR MERCOLA

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

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

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

The New GMO – to Modify Babies

27th March 2018

As gene-editing technology becomes more advanced, the idea of 'designer babies' being created in a lab for those who can afford them is no longer a plot relegated to Hollywood films. It's becoming a possibility, bringing with it tough questions about whether it's ethical to tinker with a baby's genes – or whether it's immoral not to.

At the heart of this issue is CRISPR, a technology that allows scientists to go into your DNA and essentially cut and paste bits.

In February 2017, the National Academies of Sciences and Medicine stated that DNA in germline cells – embryos, eggs and sperm – may be altered to eliminate genetic diseases.

The stipulation was that the technology be used only to correct disease or disability, not enhance health or ability, but what about non-disease conditions like poor impulse control? Who will decide what conditions are deemed abnormal or worthy of gene editing?

GM is moving so fast that innovations are occurring before their full implications are known or fully understood

Julian Savulescu, an ethicist at the University of Oxford, told *Science News* he believes parents would be morally obligated to use gene-editing technology to keep their children healthy.

And where will the line be drawn? Will people one day choose to create babies with greater intellectual ability, improved physical fitness or a certain colour of eyes

or hair? Creating genetically enhanced people could also lessen people's tolerance for those who are different.

It's a frightening prospect, especially since the technology isn't perfect and may accidentally hit other parts of the genome. One study using mice searched for unintended mutations. The researchers found hundreds of additional deletions, insertions and mutations, all with unknown consequences.

[Where will the scientists' madness stop!! – Editor]

Can the Conventional Medical Profession Be Trusted?

14th February 2018

Trust in the medical profession has dramatically declined in recent decades. In 1966 more than 75 percent of Americans had great confidence in medical professionals; today it's 34 percent.

A glaring example of how little attention our medical system affords health is the fact that US hospitals and senior care institutions still serve highly processed, sugary foods and meal replacement beverages. [Note the similarity in Australia.]

Research by John Ioannidis, one of the world's foremost experts on the credibility of medical research, shows that as much as 90 percent of the published medical information relied on by doctors is flawed or incorrect

Research published in 2016 concluded that medical errors are the third leading cause of death in the US [as in Australia], killing an estimated 250,000 Americans each year

Beets May Help Prevent Alzheimer's Disease

12th April 2018

Research suggests that beetroot may be a powerful ally in preventing Alzheimer's disease, decreasing damaging oxidation of neurons [nerve cells] by as much as 90 percent.

Beets also reduce inflammation, lower blood pressure, help detoxification, lower the risk for heart failure and stroke, and improve brain neuroplasticity.

Why Colleges Hide the Truth

14th March 2018

Research is expensive when it meets the gold standard of a double-blind, placebo-controlled, randomised trial.

To cover financial costs, universities and scientists have discovered ways to circumvent the rules of conflict of interest, encouraging industries to financially contribute and to accept industry interpretations of the data.

Until greater controls are in place, it is important for us to evaluate the funding behind research recommendations.

Link Between Sugar and Alzheimer's Strengthens

February 22, 2018

Alzheimer's disease is projected to triple by 2050.

Lifestyle choices, particularly diet, exercise and sleep, can have a significant impact on the risk. Research suggests that high-carb diets can increase risk of dementia by 89 percent.

Alzheimer's disease is intricately connected to insulin resistance; even mild elevation of blood sugar is associated with an elevated risk.

Curcumin may provide long-term benefits for cognitive function by protecting against brain inflammation, resulting in improved memory and less of the brain plaques associated with Alzheimer's disease.

Vitamin D Deficiency Linked to Dementia

26th April 2018

Vitamin D deficiency is associated with a substantially increased risk of dementia, including Alzheimer disease.

People who were severely deficient in vitamin D had more than double the risk of developing dementia, whereas those who were moderately deficient had one-and-a-half times greater risk.

Vitamin D has been reported to help clear beta-amyloid from the brain – the toxic protein linked to Alzheimer's.



Volunteer Work is Good for Our Brain

15th March 2018

Volunteer work often involves social, physical and cognitive dimensions, and research has shown that retired seniors who engage in activities that require moderate effort in two or more of these dimensions slash their risk of dementia by half.

Taking part in volunteer work “significantly forestalls” the progress of cognitive decline in people aged 60 years and older, according to research published in *The Journal of the Economics of Ageing*, November 2018.

Bringing Balance to Your Working Week

1st March 2018

Research by the Australian National University suggests 39 hours to be the ideal length of your work week to ensure life balance and good health.

If you work more than 55 hours a week, you may be 40 percent more likely to develop an irregular heartbeat – *atrial fibrillation* – when compared to someone who works just 35 to 40 hours a week.

Working overtime on a regular basis might be putting you at risk for alcohol use; higher rates of illness, injury and death; and weight gain.

Vegetables Do Wonders for Our Hearts

16th April 2018

The more vegetables we eat in wide variety, the lower our risk of heart disease, with different types of vegetables protecting the heart through different mechanisms.

Leafy greens contain high amounts of nitrates which boost nitric oxide level. Watermelon in particular also boosts nitric oxide.

Cruciferous veggies lower our risk of stroke and heart attack by promoting more supple neck arteries and preventing the build-up of arterial plaque.

Probiotic-rich sauerkraut reduces inflammation, improves high blood pressure and reduces triglyceride levels, all of which benefit cardiovascular health.

Wet Wipes Increase a Child's Risk of Allergies

25th April 2018

Researchers warn that the routine use of wet wipes appears to be a significant contributor to the rise in childhood food allergies.

Chemicals found in wet wipes can break down the top layer of skin, allowing the baby's skin to absorb allergens that can trigger allergic reactions, especially if the child carries genes that increase their skin absorbency.

To clean your baby, mild soap and lukewarm water are all that's needed, using a soft cloth and a light touch to avoid skin abrasions.

Farmed Salmon Toxic

24th April 2018

Fish farms are the water-based equivalents of land-based factory farms, and as such they create the same, if not worse, environmental concerns

Since the salmon pens are placed along wild salmon runs, they pose a severe threat to wild salmon that pass by, exposing wild fish to diseases such as *piscine reovirus*, which now threatens wild salmon with extinction.

Testing reveals that farmed salmon is one of the most toxic of foods, more than five times more toxic than any other food tested, with eight times higher PCB levels than wild salmon.

Flu Vaccine Limited Effectiveness

13th March 2018

Interim estimates from the US Centers for Disease Control suggest that the overall vaccine effectiveness against influenza for the 2017/2018 seasonal flu vaccines is 36 percent.

While health officials claim flu vaccination will lessen your symptoms should you contract type A or B influenza, French research shows that the lessening is insignificant.

A 2014 meta-analysis concluded that 71 people have to be vaccinated in order for a single case of influenza to be prevented.

5G Amplifies EMFs – Coming Soon

3rd April 2018

The 5G – ‘5th Generation’ – wireless network is the latest generation of mobile technologies. It's expected to be 10 to 100 times faster than 4G technology and capable of supporting at least 100 billion devices.

5G relies primarily on the bandwidth of the millimetre wave (MMW), which has been linked to health problems ranging from eye and heart problems to pain and immune system harm.

The frequencies utilised by 5G have also been linked to concerns about antibiotic resistance and damage to plants, which absorb MMW.

If the Australian regulations follow those in the US, the telecom industry will be permitted to install 5G wireless antennas on every telegraph post, light pole, house and business premises throughout entire neighbourhoods, towns and cities.

The proposed transition to 5G will dramatically increase radiation exposure, as it will require the installation of small antennae every 80 metres or so to ensure connectivity.

Mobile Phones Strongly Linked to Cancer

10th April 2018

In 2011, the International Agency for Research on Cancer (IARC) classified mobile phones as a “possible human carcinogen.” In light of three new studies, IARC is urged to upgrade it to “probable” carcinogen

In February 2018, the findings of two National Toxicology Program (NTP) studies were published. Male rats exposed to mobile phone radiation were more likely to develop heart tumours than unexposed rats. DNA damage and damage to heart tissue was also observed. [We have sympathy for the rats used in the study and would never support animal research – Editor]

In March the Ramazzini Institute published a lifetime exposure study showing a clear link between mobile phone radiation and the same kind of tumours found by NTP, even though the power levels were up to 1,000 times lower.

NEWS FROM naturalnews.com

Schwarzenegger to 'terminate' oil companies for causing climate change

15th March 2018; by JD Heyes

Hollywood mega-star and former governor of California, Arnold Schwarzenegger, used to drive a gas-guzzling Hummer and fly his private jet almost daily, but today the former body-building champion is a champion of global warming and climate change.

As reported in *Politico Magazine*, Schwarzenegger recently announced in Austin, Texas, that he was in talks with private attorneys over plans to sue big oil companies for "knowingly killing people all over the world."

"The oil companies knew from 1959 on – they did their own study – that there would be global warming happening because of fossil fuels, and ... that it would be risky for people's lives, that it would kill," he said.

"Every [petrol] station, every car should have a warning label on it, every product that uses fossil fuels should have a warning label on it."

New York State has also filed suit against 'Big Oil', making similar claims.

J.D. Heyes is editor of *The National Sentinel* and a senior writer for *Natural News* and *News Target*.

Sources include: Politico.com; NASDAQ.com; ClimateScienceNews.com

An apple a day really does work

28th March 2018; by Michelle Simmons

Apples once again show that they can keep the doctor away. A study has found that this flavonoid-rich fruit enhances cardiovascular health and reduces the risk of disease by improving endothelial function. Just eat it with its skin for more benefits.

The endothelium is the inner lining of blood and lymph vessels. It is responsible for vascular tone and reducing oxidative stress, and its dysfunction is an independent indicator of cardiovascular risk.

Researchers in Australia investigated

whether four weeks of constantly consuming apples, either with skin on or removed, would enhance endothelial function and blood pressure.

They concluded that flavonoid-rich foods prevent cardiovascular disease by enhancing endothelial function, with both short-term and long-term consumption.

Another study, published in the *New England Journal of Medicine*, found that eating more fruit may lower your chance of developing major heart disease.

Sources include: Science.news; ScienceDirect.com; URMC.Rochester.edu

Women physically fit reduce risk of dementia 90%

11th April 2018; by Janine Acero

A recent Swedish study published in the medical journal, *Neurology*, found that women with high physical fitness at middle age were nearly 90 percent less likely than unfit women to develop dementia decades later.

The study of a group of women with an initial average age of 50 continued for 44 years. At the end of this period, among those who developed dementia, only five percent were highly fit women.

In addition, the highly fit participants developed dementia much later in life than even moderately fit women – at an average age of 90 instead of 79.

Sources include: Newswise.com; ScienceDaily.com

Hair loss – chemicals could be to blame

27th April 2018; by Jessica Dolores

Our hair is the crown we never take off, but when it falls out, that sweet-smelling shampoo and conditioner in colourful bottles may be to blame.

Here are some of the culprit chemicals in shampoo and conditioner:

- **Sodium lauryl sulphate** – strips away hair oils.
- **Parabens** – an endocrine disruptor, which mimics oestrogen, which can cause hair loss in women.
- **Propylene glycol** – a humectant added to help reduce moisture loss.
- **Diethanolamine (DEA)** – an

emulsifier and lather-producing substance

- **Fragrances** – endocrine disruptors which affect oestrogen levels
- **Imidazolidinyl urea** – an anti-microbial preservative.
- **Sodium chloride** (table salt) can dry out hair, which can increase hair breakage.

Instead of these harmful ingredients in commercial products, we can use non-toxic alternatives:

- **Apple cider vinegar and clay** – These remove dirt without damaging hair. If your scalp is prone to flaking, choose shampoo and conditioner with apple cider vinegar and other natural ingredients.
- **Moisturising oils** – Look for hair products with extra virgin olive oil, coconut oil, jojoba oil and/or hemp oil.
- **Essential oils** – For fragrances, use oils like peppermint, orange, lemon and lavender. Make sure you dilute an essential oil with a carrier oil first.
- **Algae, green tea and aloe vera** – Go for hair products with things like algae and green tea which help nourish the scalp.

Sources include: Blog.Paleohacks.com; SimplyOrganicBeauty.com

Even if we eat well, salt still causes blood pressure

30th March 2018; by Michelle Simmons

It does not matter how healthy a person's diet is, consuming too much salt still causes high blood pressure, according to a study published in the journal, *Hypertension*.

The study of 4,000 people was conducted by researchers from the *Imperial College London* and *North-Western University*.

The researchers analysed the amounts of sodium and potassium being eliminated. Sodium is the primary component of salt, and potassium is found in green leafy vegetables and has been linked to lower blood pressure. They also examined consumption of more than 80 other nutrients associated to low blood pressure.

It was previously believed that eating large amounts of fruit and vegetables might

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

Natural News covers wholistic health, natural therapies, environmental health and other areas of health. The site strongly criticises drugs-and-surgery medicine and corporate and government corruption.

Website: www.NaturalNews.com

The items here are abridged and published under Mike Adams' generous not-for-profit policy.

help neutralise the effect of high salt on blood pressure.

Results showed a link between high blood pressure and higher salt intake, even in people who were eating a high amount of potassium and other nutrients.

"This research shows that having a low-salt diet is key – even if your diet is otherwise healthy and balanced," said the lead author of the study.

Sources include: ScienceDaily.com; Heart.org; CDC.gov; MedicalNewsToday.com

Nuts and seeds reduce premature death by half

24th April 2018; by Michelle Simmons

If you want to live longer, eat more nuts and seeds, as they cut the risk of premature death by nearly half.

A study, conducted by the University of Eastern Finland and published in the *American Journal of Clinical Nutrition*, found that high levels of the omega-6 fatty acid, *linoleic acid*, which can be found in vegetable oils, were associated with better heart health.

A high level led to a 43 percent lower risk of premature death, in comparison to those with the lowest levels. The researchers highlighted that omega-6 fatty acids promote the production of anti-inflammatory compounds.

The benefit is seen, regardless of the participant's health prior to the study.

In conclusion, the findings of the study indicated that the higher the blood linoleic acid level, the lower the risk of premature death.

Previous studies had associated a higher dietary intake of linoleic acid to a lower risk of cardiovascular diseases and type 2 diabetes, without increasing the risk of cancer.

The best sources of omega-6 fatty acids, include flaxseed oil, flaxseeds, hempseed oil, hempseeds, grapeseed oil, seeds such as pumpkin seeds and raw sunflower seeds, nuts such as pine nuts and pistachios, borage oil, evening primrose oil, black currant seed oil and acai.

Sources include: Express.co.uk; ForeverYoung.PericoneMD.com; HuffingtonPost.com

Depression a symptom of nutrient deficiency

14th April 2018; by Isabelle Z.

Far too many people are suffering from depression, and in recent years people's diets have significantly declined in quality.

There is a lot of research showing the link between vitamin D deficiency and depression. This is because the body uses vitamin D to regulate the enzymes and hormones which affect mood and stress.

Depression can also be caused by magnesium deficiency. It has been found that many people who had attempted suicide had dangerously low magnesium levels. A *University of Vermont* study found that adults noted significant improvements in their depression and anxiety after taking magnesium supplements for just two weeks.

People with depression also have lower concentrations of zinc in their blood.

The nutrient connection explains why treating depression with drugs is so ineffective. A study at *Zurich University of Applied Sciences* concluded that "antidepressants are largely ineffective and potentially harmful". In particular, there's the higher risk of suicide.

Vitamin D is perhaps the easiest deficiency to correct; you just need to spend some time outdoors without sunscreen – it could be as little as 10 minutes a day a few times per week.

Sources include: WakingTimes.com; NaturalNews.com; NaturalNews.com; PsychCentral.com

To absorb vitamin D, we need magnesium

29th March 2018; by Michelle Simmons

In order to have enough vitamin D in the body, we need an adequate amount of magnesium, according to a study published in the *The Journal of the American Osteopathic Association*.

The researchers found that vitamin D can remain inactive in the body without sufficient magnesium. This mineral allows vitamin D to be transformed into a usable form, and is also required for its conversion in the liver and kidneys into its biologically active form, *1,25-dihydroxyvitamin D (1,25[OH]2D)*.

A protein, which is responsible for the transport of the vitamin in the blood, also relies on magnesium.

Over the last 60 years, the magnesium content of different foods has declined by around 25 to 80 percent as a result of the increased use of pesticides and fertilizers, as well as the refining of grains and oils.

Signs and symptoms of magnesium deficiency include lack of sleep, muscle spasms, eye twitches and irregular heartbeat.

Magnesium is found in a wide variety of foods, including (in alphabetical order) nuts like almonds, bananas, beans, broccoli, brown rice, cashews, egg yolk, flaxseed, green vegetables, mushrooms, oatmeal, pumpkin seeds, sesame seeds, soybeans, sunflower seeds, sweet corn, tofu and whole grains.

Sources include: NutraIngredients.com; DailyMail.co.uk

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RUN-OUT BOOKS

KITCHEN DIVIDED

Vegan dishes for semi-vegan households

By Ellen Jaffee Jones

Special price \$25

[was \$34.00]

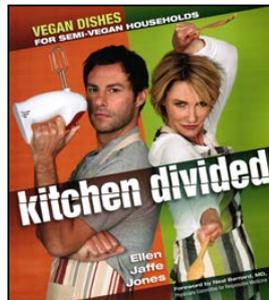
What do you do if you eat vegan, but your spouse, child or parent does not? One of the most effective ways of bringing many meat-eaters around to appreciating vegan cuisine, says the author, is to cook delicious vegan meals for them – it's more effective than preaching.

Some of the recipes contain protein-rich plant alternatives to meat and dairy products. While unprocessed plant foods offer the best nutrition, these foods provide the flavours and textures that meat-eaters are used to.

This does lead to a few negatives. Meat substitutes are not always wholesome, especially *seitan* (the 'dreaded' gluten). And there are very few colour plates.

Among the many really good recipes are: Soothing Smoothies, Curried Rice Soup, Mushroom Soup, Something-For-Everyone Salad, Tofu Pad Thai, Bursting Burritos, Vegan Chicken, Rainbow Fruit Sundaes, Choc-Mint Parfaits, Date Night Truffles, Peanuttty Snowballs.

The layout of the recipes is outstanding with the print large-ish.

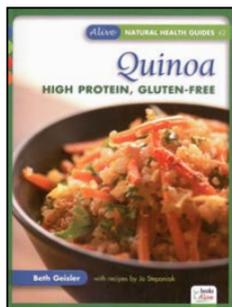


QUINOA - High Protein, Gluten-Free

By Beth Geisler

Special price \$17 [was \$23]

This ancient South American seed, once known as the 'gold of the Incas', is gluten-free and exceptionally rich in minerals and vitamins. Compared to wheat and other grains, it is richer in protein and lower in carbohydrate; it's a nutritional powerhouse.



Quinoa is a boon for people with coeliac disease or anyone else who wants to avoid wheat. It can be used in both savoury and sweet dishes, ranging from soups, salads, casseroles and burgers to desserts.

There are numerous easy ways to use quinoa, in its forms of flakes, flour and pasta.

A selection from the dozen recipes include Quinoa-Oat Porridge, Broccoli-Quinoa Soup, Greek Quinoa, Burgers, Quinoa-Chocolate Chip Cakes.

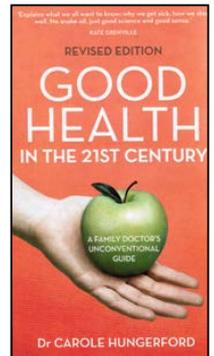
Editor's note: A quinoa bread is Quinoa Health Loaf, manufactured by marathon champion, Robert de Castella, in Canberra. It contains no gluten and no grain. Available in some shops, otherwise buy online, www.deeks.com.au or phone 02 6286 9444.

GOOD HEALTH IN THE 21ST CENTURY

By Dr Carole Hungerford

Special price \$25 [was \$34.00]

This monumental work is like an encyclopaedia of health. It delves into almost every aspect of health and disease with depth and sensitivity, all in 544 (small) pages, including detailed index. The bulk of the messages conveyed are in plain language.



For the first time in history, our modern lifestyle has produced a generation that may have a shorter lifespan than its parents. Like many other doctors today, Carole Hungerford began to question the health industry which is based on 'curing disease'.

The result is this book. This good doctor rejects the routine cocktails of medication, with their side-effects, and shows how to provide for minerals, vitamins and essential fatty acids to do their health-giving work.

Some of Dr Hungerford's gems:

Trees put down roots to bring up minerals, which nourish other plants, which we eat and then send the minerals via the sewers and rivers to the oceans, where they are lost forever.

What can doctors learn from vets? That the first question a vet asks when presented with a sick animal is what does it eat?

The Plimsoll line on ships was invented to prevent overloading. We need Plimsoll lines for toxicity in humans.

'Main course' recipes include vegetable lasagne, cabbage rolls, creamy curried lentils, baked pumpkin risotto, bean and olive bake, Mexican rice, shepherd's pie, vegetable tempeh burgers, tofu curry and cutlets and frittata;

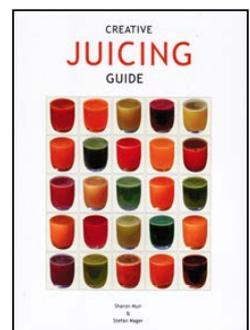
CREATIVE JUICING GUIDE

A fold-out chart

By Stefan Mager

Special price \$10 [was \$14]

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



The bulk of this 'book' presents 27 different juices, complete with a quality photo of each juice and its ingredients. Along with these ingredients and their quantities is a nutritional panel showing the nutrients in each ingredient.

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

The chart is delightfully colourful and super-easy to read.

Kindred Organisations

These not-for-profit societies are closely affiliated with the Natural Health Society



AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc.

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, SA, 5071

Ph 08 8260 2778. vegsa.org.au

Veg SA News

Autumn in Adelaide - a very busy time!

Easter, the Adelaide Festival and Fringe being all behind us, it looked as if April would be a quieter month, but no such luck!

On Saturday 8th April Channel 9 aired the shocking footage of the Emanuel Exports' ship transporting live sheep to the Middle East. While the initial attention focused on WA, it soon shifted to Port Adelaide.

On Friday 27th April Animals Australia let VegSA and other SA groups know that the transport ship, Bader III, was coming into Pt Adelaide and would be loading sheep early next day – then almost immediately corrected the message to say that she would be loading immediately. We all had about one hour to inform our members!

Nevertheless, the rally organised by 'Adelaide Against Live Exports' for that evening and the next day was attended by about 200 protesters. Sadly, many of us have been protesting against this trade for decades. This time, as people all over Australia and around the world, see the truth about the fate of the animals in the live export trade, perhaps the Australian Government, backed by public opinion, will take action to end it.

Meanwhile on 13th April Animal Activists SA organised a showing of the film *Dominion* at the Capri cinema. *Dominion* describes the relationship between humans and other species in the areas of Companion Animals, Wildlife, Scientific Research, Entertainment, Clothing and Food.

Filmmaker, Chris Delforce, has drawn on footage from many sources, especially the Aussie Farms Repository, which is a vast store of materials gathered by animal activists from around Australia. The footage, often using technology such as hidden cameras and drones, shows the inside story that most people

never see of what happens to animals and, in some cases, what even the workers involved don't get to see – for example, what really happens as pigs or chicks are slaughtered. The film was well attended, though some people felt the need to exit the theatre and many reported on social media the stress they felt from what they had seen.

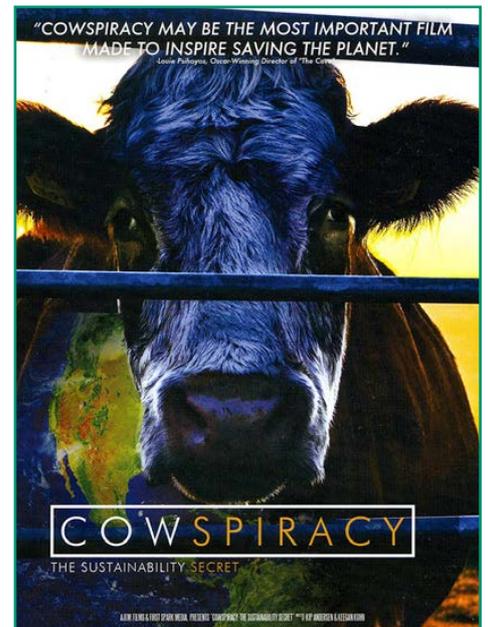
It has no doubt taken a great deal of courage to collect this footage, to put the film together and even to show it. Animals Activists SA are to be congratulated for putting it out for public view. It is scheduled for viewing at various venues around Australia. This schedule and more about *Dominion* can be seen at www.dominionmovement.com

On Saturday 28th April, while many of our friends were demonstrating at Port Adelaide, VegSA held its scheduled AGM, followed by a delicious shared lunch and the film, *Cowspiracy*. This film spells out in great detail the facts, and especially the figures, which demonstrate clearly the relationship between animal agriculture and environmental degradation: loss of species due to land clearing and over-fishing, ocean dead zones due to run off from intensive farming, greenhouse gases potentially affecting climate and vast use of water and other resources.

Cowspiracy draws on well-respected sources to show that, for the sake of the environment (and ultimately our own survival), we need to steer away from animal husbandry*.

Sadly, the film shows that many of the largest and best known environmental protection organisations would prefer to ignore these facts or at least not to promote them to the general public.

Cowspiracy is quite long (90 minutes), but well worth seeing, if only to gather



facts with which to convince others. It can be downloaded from the Internet for approximately Aust\$6.

*** With resources like *True Natural Health* magazine and the internet sites which it quotes, it is not difficult to manage a plant-based diet. As Dr Michael Klapper says in his film, "All the nutrients we need are there in the plant kingdom".**

Vegetarian and Vegan Society (VegSA) Inc.
PO Box 311, Kent Town, South Australia, 5071
Phone 0466 972 112
www.vegsa.org.au

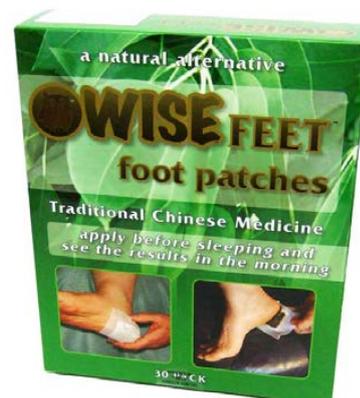
Health Products

Available from the
Natural Health Society
28/541 High Street
Penrith NSW 2750
Phone (02) 4721 5068
Fax (02) 4731 1174
admin@health.org.au

* NB 'Members' means financial members of the Natural Health Society and the Vegetarian Societies

Detoxification Foot Patches

- Best placed on soles of feet, in which 60 acupuncture points – or reflexology points – reflect the condition of various organs.
- Pads are impregnated with a dozen ingredients from Traditional Chinese Medicine.
- Pads must be in close contact with skin – adhesive tape is provided.



Posted price: box 30 – members \$59.50; non-members \$65.00
box 90 – members \$131.50; non-members \$145.00

In-Lieu Toilet Converter



- Converts ordinary toilet so that you can squat instead of sit
- Prevents injury to pelvic-floor nerves caused by straining while sitting
- Has been found helpful for constipation, incontinence, prostate problems, haemorrhoids, diverticulitis, bed-wetting in children under 10 years
- Extremely strong plastic; white, stylish design
- A once-in-a-lifetime purchase; an excellent investment

Phone Natural Health Society for price - or see page 43

Ladyship Juicer, Blender

Two models - LS658 and LS588F

Like several machines in one



- Makes juices, smoothies, nut milks and soups
- Blends, grinds seeds and crushes ice
- Works with hot or cold recipes
- Simple to use, easy to clean
- Bonus recipe book and instructional DVD

LS-658 PRICE including freight
Members \$385, Non-Members \$405

LS-588F PRICE including freight
Members \$249, Non-Members \$274

EASYpH Test Kit – To Test if body is acidic

- The Natural Health experience is that if our tissue fluids have the correct acid-alkali balance most diseases are prevented.
- The foundation of sound nutrition is balancing alkali-forming vegetables and fruits with the other foods which are mostly acid-forming.
- The only practicable way to assess our acid-alkali state is pH testing of urine and saliva.
- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
- Kit contains enough test paper for 90 tests, if 5 cm (2 inch) is used each time.



Posted price: members \$22.00;
non-members \$24.00

The Champion Juicer

Superior to the standard centrifugal juicers

- Easy to use and easy to clean
- Produces nutritionally superior fruit and vegetable juices
- Versatile – also makes frozen fruit desserts and nut butters
- Powerful 1/3 horsepower motor (3 year guarantee), designed to last.



Posted price to members \$495
non-members \$549



Vitality that is gained from a stress-free environment will flow to all aspects of your life.



High frequency radiation exposure is getting worse every year.

It is time that all homes or at least the bedrooms were updated with protection designed for long-term benefit.

Geovital Radiation Shielding Products.

Geovital products may be more expensive, but your long-term health is worth it. Find out why...

Geovital has been supporting the patients of its natural health clinic in Austria with radiation protection for decades. All this experience, and monitoring the long-term health effects of our ever evolving approach, has given us something others in our industry do not have tons-of practical experience in determining the approach and products that give the biggest chance of success over time. Others in our industry are often product focused – they have something to sell you. Or, they base their approach on theory, without much practical experience with health, or interest in what happens to clients 6 to 12 months later.

Our past experiences with patients demonstrated the need for our own T98 Alpha shielding paint, NOVA shielding fabric and our unique well-priced mattresses. Carrying radiation shielding products like T98 Alpha and NOVA, which are slightly more costly, makes business more challenging. Consumers, or even their advisors on home health, often unknowingly focus on price when they don't realise the risks they are taking. Geovital prefers to follow the path that leads to the best chance of success for our patients.

We think you and your family are worth it.



T98 Alpha shielding paint

Test reports confirm, it is the world's best graphite based shielding paint. But even more important ... it is designed for long-term benefit, not just for radiation shielding. When applied to walls and ceilings, it provides relief by reducing radiation from phone towers, smart meters, wi-fi, etc. And, it's easy to apply.

NOVA shielding fabric

We find that shielding fabrics that look OK, have disappointing performance and lack results with our patients. We needed a high performance fabric that was also attractive to look at. Showing exceptional capability when tested up to 8 Ghz, our NOVA is what is needed for curtains, partitions or canopies to keep transmitter radiation at bay.



Natural health mattresses with stretch-effect

We started making our own mattresses because, after testing nearly 600 different types, we could not find an acceptable mattress to recommend to patients. Extensive intolerance testing of foams and natural materials revealed the need for Geovital's biologically neutral foam. Our unique mattress has a stretch-effect for the spine and an open structure for oxygenation and cooling. It is metal-free, latex-free, toxin-free and antistatic. As well, it has an amazing removable washable cover. And, all this is at prices anyone can afford!

Contact us to order, or insist that your architect or building geobiologist/biologist uses Geovital solutions for your long-term benefit.



Geovital Academy

Australia: 03 9020 1330

New Zealand: 09 887 0515



www.geovital.com.au

www.geovital.co.nz

* Adore it or exchange your Theravital or Vitallind mattress purchase within 60 days. Conditions apply, see aus.geovital.com/exchange-it for details.

GEOVITAL

Academy for Radiation Protection and Healthier Living

& EVENTS

PENRITH OFFICE HOURS

Monday to Friday, 9.00am to 5.00pm.
For administrative issues, our Admin Officer, Tracey, is available only **between 9.00am and 3.00pm, Monday to Friday but not Thursday**. Office closed weekends.

Five Decades Dedication Dinner for Roger

The National Committee of the Society is organising a dinner to acknowledge and celebrate fifty years of devotion to Natural Health by Roger French, your Health Director and Editor.

Roger has been promoting Natural Health for most of the half century of his membership, initially of the Society's youth group, Hopewood Youth Development Association, and then 48 years of the Society itself.

We hope you will join us – and please feel welcome to invite relatives and

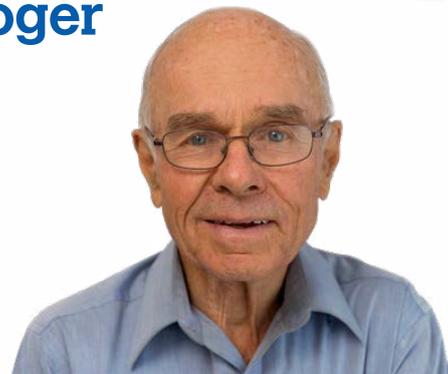
friends.

DATE: Sunday 1st July 2018, commencing 5.30pm

VENUE: Masonic hall, Homestead Road, Orchard Hills

COST: \$59 pp, or \$49 pp for NHS members. BYO drinks.

BOOKING: Essential. RSVP by 13th June. Online at www.health.org or phone NHS office, 4721 5068



NHS DETOX HALF-DAY WORKSHOP

This is a new event for the Natural Health Society, designed to cater to the growing interest in the community in detoxification of the body.

DATE: Sunday 21st October 2018

VENUE: Tentatively in a South-Eastern suburb of Sydney

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

Full details will be given in the Spring issue of TNH and in newsletters to members who have email.

Wallacia NSW

WELLNESS at WALLACIA EVENINGS

A whole-foods, plant-based meal followed by an informal talk and discussion on a relevant topic of Natural Health. Questions and answers with friendly and knowledgeable people.

Dates: Last Saturday each month at 6.30pm – EXCEPT no gathering 30th June (Roger's dinner is next day)

VENUE: Wallacia Progress Hall, Greendale Rd, Wallacia, cnr Roma Ave

COST: \$25

BOOKING: Essential. Phone 4721 5068 or office on 4721 5068

Next gathering Saturday 26th May



Would You Run A Gathering In Your Area?

These wellness evenings are held in Western Sydney and if any member would like to organise a similar event in your own area, please let us know and we can help promote it for you.

We commenced in a house and moved to a local hall as the numbers grew. Gatherings are very informal with a short talk about the Natural Health Society and a relevant topic. They are a great way to meet up with others interested in Natural Health and plant-based whole-foods eating.