



SPRING 2018

True Natural Health

The Magazine of the Natural Health Society of Australia

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Technology making us anxious
Belly fat, the dangerous kind
Making the 'impossible' possible

Reducing high blood pressure
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A vegan cruise, a Spring Seminar and a detox info half day

Editorial



Here is a first in Australia! A former business manager, who suffered debilitating chronic fatigue syndrome before changing to a vegan diet, Paige Renshaw, is devoting her new-found energy to organising a vegan cruise on the 'Celebrity Solstice' in October, which we announce on page 13. Along with a special dining section, the nine-day cruise will include informative sessions. It sounds great!

Natural Health Society events coming up are our Spring Seminar on Sunday 23rd September and our first detox information half day on Sunday 21st October. The Seminar will be located, for the first time, in an Eastern suburb of Sydney, Mortdale. The detox half-day will be held in Kogarah, closer to where many of our members reside.

In this issue, we have a bundle of very useful topics. Foods that kill cancer cells (page 6) could be information which is

super-useful and super-easy to apply. Similarly, Jo Thompson's coverage of breast cancer causes and self-healing (page 32). For those of us who remember US President Nixon's 'War on Cancer', Greg Fitzgerald spells out why it has been a dismal failure, and indicates what would have made it a success (page 26).

We kick off this Spring mag with an account of how technology is making us anxious, and go on to show that the new 5G communications system will, if anything, increase anxiety (pages 2 & 3).

Probably the most common issue presented to doctors is high blood pressure. How to lower it without drugs is explained by myself (page 28). Excessive belly fat is something else which individuals can and do need to deal with (page 4).

There is a new awareness that a particular gene, if mutated, can set up a multitude of adverse effects – the MTHFR gene. Fortunately, as with most health issues, there are solutions (page 11)

Our favourite psychologist, Clare Mann, convinces us that the 'impossible' can be possible, and that there are ways to align our minds to achieve it (page 8).

Every second Spring issue, we present an index covering the previous two years (see pages 21 to 24).

Roger French,
Health Director
and Editor



About Natural Health Society

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

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

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

Subscribers to the Society receive:

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TECHNOLOGY IS MAKING US MORE ANXIOUS

A psychologist explains how

By Vicki Batts, writer for NaturalNews.com; Wed 13th June 2018

Is your cell phone giving you anxiety? Being tethered to modern technology is causing a massive spike in anxiety nationwide – and it could be affecting you, too. There are a number of ways in which our ever-expanding technological world can be harmful to the human psyche.

The advent of the smartphone is the clearest example of this. Since its humble beginnings in 2007, the smartphone has truly infiltrated virtually every aspect of our society. Whether it's the need some people feel to have the latest, cutting-edge devices or that sense of dread you feel when you've forgotten your phone – it is increasingly evident that the downsides of technology need to be addressed.

HOW TECHNOLOGY CAUSES ANXIETY

In a recent article, psychologist Ellen Hendriksen explains a number of ways technology promotes anxiousness. One of the biggest drawbacks to the advent of smartphones, social media and texting is that we no longer *need* to have human contact if we don't want to; you can order pizza and groceries online, you can work from home and 'socialize' via internet forums – all without ever having to leave your house. And you can 'block' people you don't like. All this avoidance simply leads to more anxiety and insecurity about what may happen when you are around people – and then more avoidance.

As Hendriksen contends, "It's not just avoiding people, it's avoiding the uncomfortable emotions that come with interacting with people: awkwardness, anxiety, boredom, self-consciousness."

The psychologist also notes that technology "insulates us from small uncertainties, but leaves us vulnerable to the biggies." The more mundane details of life can easily be fleshed out over a nearly instantaneous text message.

We can completely control our internet environment regarding who we talk to and what we see; we can use GPS if we're lost. All of these things take away uncertainty in small doses – but larger issues remain. And without the practice of dealing with life's smaller issues, big issues suddenly become colossal.

Hendriksen adds that technology has changed the way people communicate and interact. She writes, "On-screen communication allows time to compose, edit and perfect your message, whereas face-to-face communication (or even calling someone – that thing in our Jeans pockets *is* a phone after all) happens in real-time."

This ultimately makes face-to-face communication more difficult – and anxiety-provoking.

The advent of social media comes with its own crosses to bear. Everything you post online is fair game for public scrutiny. Many people put on a phony facade of happiness and perfection, because social media gives you the ability (to a degree) to shape other people's perceptions of you and your life. This leads to another problem, which Hendriksen calls "compare and despair".

People only share what they want you to see on social media, and all those smiling vacation photos can leave you feeling inadequate.

OTHER HEALTH RISKS OF TECHNOLOGY

Anxiety is no doubt a terrible condition; it can be downright crippling for some people. But anxiety is not the only health risk you may have to deal with, thanks to smartphones and the like.

Multiple studies have shown that mobile phones, WiFi and aspects of our mobile tech world can set the stage for cancer. A recent large-scale study showed that the radiation emitted from mobile phones is linked to brain cancer, for example.

The potential for mobile phones to cause brain cancer has been reported on many occasions, but few governing bodies are willing to take this risk seriously. But it's not just the phones that cause cancer – even the networks and phone towers they rely on can be dangerous. 5G wireless internet is another suspect in the cancer-causing technology ring.

[For detailed insight into the hazards of 5G, see next article. – Editor]

Sources for this article include:

ScientificAmerican.com
QuickAndDirtyTips.com

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The above is lightly edited and published under Mike Adams' generous not-for-profit policy.

5G and its EMR coming to Australia

A summary of the main issues and quotes

By Lyn McLean, Director EMR Australia

- 5G technologies emit radiofrequency (RF) radiation.
- The International Agency for Research on Cancer (IARC) has classified radiofrequency radiation – at levels that comply with international standards – as a Class 2B carcinogen. Since that classification, even more scientific evidence has come to light showing associations between exposure and cancer.
- There are already thousands of studies demonstrating harmful effects of RF radiation on the body, including effects on genes, hormones and cells and DNA damage. There is strong evidence that exposure causes oxidative stress, responsible for much harm in the body, including ageing and cancer. There is considerable evidence linking exposure with brain tumours and cancer.
- Children are more vulnerable than adults, and their heads also absorb further radiation from mobile phones.
- We don't know the effects of long-term exposure.
- Other countries are issuing statements or legislation to encourage or require reduction of exposure. Yet Australia is doing nothing.
- More research is needed on 5G, but that research needs to be conducted *before* the technology is rolled out, and conducted by *independent* scientists who are *not* connected with the mobile phone industry.
- As well as health problems, the use of radiating devices is linked with psychological problems, including learning problems, behaviour problems, relationship problems and addiction.
- 5G will operate with smaller cells, so antennae will be located close to people's homes.
- Federal legislation governing the rollout and siting of these antennae favours the telecommunications industry, and individuals essentially have no rights when it comes to the installation of radiating equipment outside their homes.

Lyn McLean is the Director of EMR Australia P/L, and has been working in this field for 22 years. She has written four books, her latest being *Wireless-Wise Families* (pub. Scribe); it shows people how they can use technology more safely (emraustralia.com.au/shop/books/wireless-wise-families). EMR Australia www.emraustralia.com.au, phone 02 9576 1772.

Scientists warn of serious health effects of 5G

September 13, 2017.

Source: ehtrust.org/wp-content/uploads/Scientist-5G-appeal-2017.pdf

We the undersigned, more than 180 scientists and doctors from 35 countries, recommend a moratorium on the roll-out of the fifth generation, 5G, for telecommunication until potential hazards for human health and the environment have been fully investigated by scientists independent from industry.

5G will substantially increase exposure to radiofrequency electromagnetic fields (RF-EMF) on top of the 2G, 3G, 4G, Wi-Fi, etc., already in place.

RF-EMF has been proven to be harmful for humans and the environment. 5G leads to massive increases in mandatory exposure to wireless radiation.

Many new antennae will be required and full-scale implementation will result in antennae every 10 to 12 houses in urban areas, thus massively increasing mandatory exposure.

With the ever more extensive use of wireless technologies, nobody can avoid being exposed. Because on top of the increased number of 5G-transmitters (even within housing, shops and hospitals), it has been estimated that, for example, in the European Union there will be 10 to 20 billion connections. The goal is to connect every single 'smart' device in the world, including new-fangled microwaves, refrigerators, washing machines, surveillance cameras, self-driving cars and buses, etc., to the 5G control grid.

Scientists say that "Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines". Effects include increased cancer risk, cellular stress, increases in harmful free radicals, genetic damage, changes in the reproductive system, learning and memory deficits, neurological disorders and negative impacts on general wellbeing in humans.

New studies confirm that RF-EMF radiation is carcinogenic to humans. The EUROPA EM-EMF Guideline 2016 states that, "There is strong evidence that long-term exposure to certain EMFs is a risk factor for diseases such as certain cancers, Alzheimer's disease and

male infertility ... Common (electromagnetic hypersensitivity) symptoms include headaches, concentration difficulties, sleep problems, depression, lack of energy, fatigue and flu-like symptoms."

An increasing portion of the European population is affected by ill health symptoms that have for many years been linked to exposure to EMF and wireless radiation.

Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plants and animals.

The current ICNIRP (International Commission on Non-Ionizing Radiation Protection) safety guidelines are obsolete. Most proofs of harm arise through radiation that is below the ICNIRP's so-called safety guidelines. The reason for the misleading guidelines is that "conflict of interest of ICNIRP members due to their relationships with telecommunications or electric companies undermine their impartiality ...".

The current ICNIRP/WHO guidelines for EMF are based on the obsolete hypothesis that "The critical effect of RF-EMF exposure relevant to human health and safety is heating of exposed tissue". However, scientists have proven that many different kinds of illnesses and harms are caused without heating ('non-thermal effects') at radiation levels well below ICNIRP guidelines.

A class action lawsuit in Australia re 5G

betweenrockandhardplace.wordpress.com/2018/07/30/something-potentially-big-is-brewing-down-under-for-the-5g-a-class-action-lawsuit/

A Class Action Lawsuit is being filed on behalf of the citizens of Australia. It addresses entities within Government and industry. The intent is not to curtail useful technology, but rather prompt a comprehensive overhaul of outdated EMR safety standards so as to incorporate the full gamut of scientific evidence.

The initial meeting was held in Mullumbimby, northern NSW, on 4th August, 3.30 – 9.00pm; venue St John's Primary School Hall. For further information contact: protectbyronshire@gmail.com

Belly fat is the dangerous kind

BY ROGER FRENCH,
NHS HEALTH DIRECTOR

If your waistline is too generous, you may be lumping around harmful amounts of abdominal fat.

To check your waistline, stand up straight, exhale without sucking in your belly, and use a tape measure to measure your girth just above the hips.

On average, if it measures 90 cm or more for women or 102 cm or more for men, it's likely that you are carrying around potentially dangerous amount of abdominal fat.

Fat which you *don't* need to be so concerned about is *subcutaneous fat*, that is, fat lining just below the skin or as 'love handles' or padding on the thighs, buttocks or upper arms. The appearance of this fat may or may not please you, but it is otherwise harmless.

The harmful kind

In contrast, *visceral fat* that builds up around (and protects) abdominal organs is metabolically active and does have potentially harmful effects when in excess, including heart disease, cancer and dementia. Even without being overweight or obese, you can still have too much abdominal fat.

Visceral fat is not easily shed, such as by toning up abdominal muscles with exercises like sit-ups. It requires a full program of balanced, natural eating plus exercise to be sure to lose this kind of fat.

Men generally carry more visceral fat than do women, but after women reach menopause, it is usually the other way around; most women seem unable to escape developing a stout mid-life waistline.

It is risky

The reason that visceral fat is so risky is that it functions like a hormone gland and secretes hormones and a number of other substances that can cause diseases of the kind prominent in older adults. One of these substances is a protein which causes insulin resistance and has been found to increase the risk of heart attack.

A 20-year study conducted in Britain found a direct link between an increased waistline and coronary heart disease. Known as 'The Million Women Study', it showed that the chances of developing heart disease were doubled among the women with the largest waists. For each additional five centimetres of waistline, the risk increased by 10 percent.



Cancer is also a concern with belly fat. According to a Korean study, the incidence of colorectal cancer is almost double in post-menopausal women with abundant visceral fat.

Similarly with breast cancer. An Indian study of over 3,000 pre-menopausal and post-menopausal women found that if their waists were almost as big as their hips, their risk of breast cancer was increased by three to four times compared to the risk for women of normal weight.

Given that 56 percent of Australian women (and two-thirds of American women) are overweight or obese, losing weight may well be the single biggest factor for reducing the high incidence of breast cancer in Australia.

Another great risk associated with excessive abdominal fat is that of developing dementia decades later, which can impose a huge burden on individuals, families and the health-care system. In Northern California, members of the Kaiser Permanente Health Maintenance Organisation were studied for an average of 36 years. The researchers found that those people with the greatest amount of visceral obesity in mid-life were almost three times more likely to develop dementia three decades later than those with the least abdominal fat.

Heart disease, cancer and dementia aren't the only possible consequences of visceral fat – as if they aren't enough! A study of 88,000 Californian teachers found that there is also insulin resistance and type 2 diabetes, impaired lung function, migraine headaches and even asthma.

Putting together all these possible consequences, carrying around a large amount of abdominal fat can almost double a person's chances of a premature death – even if body weight is normal. This was the finding of a study of 350,000 European men and women published in *The New England Journal of Medicine*.

To get rid of it ...

So how can people get rid of abdominal fat and, more importantly, how can its accumulation be avoided in the first place?

There is no magic bullet, it requires persistent determination. Essentially this means avoiding or severely limiting the intake of counterproductive substances, reducing calorie intake and undertaking regular physical activity.

Perhaps the worst calorie offender is refined sugar, especially fructose in large quantities. Alcohol, other than in small doses, is well known for a 'beer gut' due to the fact that it tends to suppress the burning of fat for energy. Refined grain foods – white bread and other white flour products and white rice – are best avoided, in any case they have no part in a healthy diet. Deep-fried and other fatty foods also need to be boycotted.

Eating needs to be based on fresh vegetables and fruits, plant sources of protein (nuts, legumes and seeds) and small amounts of whole grains. Details of appropriate balanced eating are given in 'Natural Health Dietary Guidelines', which are summarised in *TNH*, Summer 2016/17 issue (back-copies readily available) and in the Society's book, *How a Man Lived in Three Centuries*.

Adequate sleep will also make a big difference – at least seven hours or preferably eight hours a night.

Source

This article is based on 'The Dangers of Belly Fat' by Jane E. Brody, health columnist with *The New York Times*. It was published in Australia by the Australasian Society of Lifestyle Medicine, 5th July 2018

If your pet could talk, he/she would beg you to get these out of your home

By Dr Karen Shaw Becker, integrative wellness veterinarian of Chicago USA, 31st May 2018

You probably already know that dogs and cats have super-sensitive hearing, and as you fill your home with all kinds of technology, sounds which we can't hear can be for them magnified to alarming degrees.

Ultrasound is essentially a human concept, but for dogs and cats, the higher frequencies are just part of what they normally hear, only greatly intensified

Sounds that annoy people, like a banging garbage truck, can be excruciating to your pets, but devices like smoke detectors may be emitting a high-pitched noise that you can't hear but they can.

Healthy humans can hear very low-frequency sounds, measured in vibrations per second, ranging from 20 Hertz (Hz) to a high frequency of 20,000 Hz – but dogs can hear up to 45,000 Hz and cats up to 64,000 Hz.

Noise has the ability to disturb the endocrine rhythm of animals, just as it can for humans, but it makes them more vulnerable to seizures.

A study found that more than a dozen high-pitched sounds commonly heard in households were associated, to lesser or greater degrees, with epileptic problems in cats over at least a year. Avoiding the noises eliminated seizures in three-quarters of the cats. Some of the sounds that you wouldn't expect to have effects included:

- Crinkling of tin foil, paper or plastic bags;
- A dog scratching its neck and jangling its collar;
- A metal spoon dropping into a ceramic feeding bowl;
- Tapping of glass, coins or keys;
- Computer keyboard tapping or mouse clicking;
- The short, sharp scream of a young child;
- A mobile phone ring or digital alarm;
- Rushing water.

Similarly, flickering lights disturb the endocrine rhythm of animals when they exceed the *critical flicker fusion* (CFF) threshold.

The CFF threshold is the frequency a light needs to emit to be considered a steady light source. For we humans, it can be as low as 24 Hz (or flickers) per second, which gives us a 'fluid' transition when watching a screen. Dogs see it differently, however, having a more sensitive CFF of 80 Hz, which is why most dogs usually busy themselves with something else rather than plopping down in front of the TV.

Things we can do to reduce the electronic pollution in the home include:

- Switch off devices at the plug or unplug them;
- Dedicate one room as a 'quiet room', with no electronics, wireless routers or LED lights;
- Place home media equipment in a closet or garage to isolate ultrasound and whining and buzzing noises;
- Shop for LED lights with low flicker ratings.



WHY DO MOST CAPTIVE GREAT APES HAVE HEART DISEASE?



Abridged and edited from an enews item, dated 17th July 2018, by Dr Karen Shaw Becker, integrative wellness veterinarian of Chicago USA. Email drkarenbecker@mercola.com

About 70 percent of captive adult male gorillas in North America suffer heart disease; it's the leading cause of death among these gorillas. But in gorillas living in the wild, heart disease is virtually non-existent

In addition, other great apes, including orangutans, chimpanzees and bonobos, also suffer high rates of heart disease when in captivity. The problem has been known for decades, but zoo keepers haven't known what to do about it.

When the first gorilla was brought to the Bronx Zoo in New York in 1911, she was fed meat, but, being primarily a herbivore, she refused it and died as a result within just two weeks.

"The invention of processed, calorically dense 'biscuits' packed with vitamins and nutrients and supplemented with a few fruits and vegetables eventually helped standardise gorilla diets," *The Atlantic* newspaper reported, "as well as lengthen the lifespans of captive gorillas." But, much like standardised kibbles for cats and dogs, the biscuits still leave much to be desired compared to a wild gorilla's diet, consisting of stems, bamboo shoots, fruits and the occasional termite nest.

Changes in gut bacteria have been noted in humans with heart disease, and suggests this may be the case in gorillas as well. After researchers analysed faeces from captive gorillas, they found significant differences in the bacterial composition between gorillas with and without heart disease.

Changes in these bacteria are associated with a variety of metabolic and autoimmune diseases in humans, so it stands to reason that this could occur in apes as well. One study on non-human primates revealed that captivity and loss of dietary fibre led to a loss of native gut microbiota and instead colonisation with bacteria common in the modern human gut microbiome.

These results demonstrate that captivity and lifestyle disruption cause primates to lose native microbiota, which would at least partly explain, as with humans, their development of heart disease.

Perhaps the stress of captivity would have a lot to do with it as well.

EIGHT POTENT NUTRIENTS THAT CAN KILL CANCER CELLS WITHOUT SIDE EFFECTS

By Vicki Batts, writer for NaturalNews.com; 27th June 2018

[Note: comments in square brackets are those of the TNH Editor.]

Can you prevent cancer with diet and lifestyle changes? For the overwhelming majority of people, the answer is an emphatic 'Yes'. Despite what the cancer industry would like us to believe, food is medicine. And eating the right foods can help ward off cancer. Studies have shown that upwards of 90 percent of all cancers can be traced back to dietary, lifestyle and environmental factors – which means that very few cancers are just a case of bad luck or genetic lottery.

The links between lifestyle, diet and cancer have been well-established. A 2008 study led by scientists at the University of Texas in Houston found that "Cancer is a preventable disease that requires major lifestyle changes".

A more recent study in 2016 by researchers at Harvard University concluded, "A substantial cancer burden may be prevented through lifestyle modification".

While you can't go wrong with a plant-based diet, there are some fruits, vegetables and herbs that have exceptional anti-cancer effects. These amazing benefits are derived from a number of plant nutrients, including the following.

1. Gingerols

Gingerols are found in the ginger root – and they pack quite an anti-cancer punch. Gingerols and other cancer-fighting compounds in ginger root, include *zingiberone*, *paradol*s and *6-shogaol*.

A 2016 study at the Centre for Plant Biotechnology and Molecular Biology in India declared 6-gingerol to be the most potent anti-cancer compound in the ginger root. Other studies have shown compounds in ginger are able to suppress the growth and spread of cancer cells in breast and colorectal cancers.

2. Sulphoraphane

Sulphoraphane is a compound found in Cruciferous vegetables which include broccoli, Brussels sprouts, kale, mustard greens and cabbage. An organo-sulphate compound, sulphoraphane has been extensively studied for its host of health benefits.

As *Natural Health 365* reports: "This amazing phytochemical destroys cancer cells, reduces inflam-



mation that contributes to cancer, helps to prevent DNA changes that can lead to cancer, and even helps neutralise an enzyme that converts pro-carcinogens into active carcinogens. These are pretty impressive benefits to be gained from a daily helping of the likes of humble Brussels sprouts."

3. Vitamin C

Vitamin C is known for many things, among them immune system support, wound healing and being a powerful antioxidant. But this essential nutrient also fights cancer. Studies show that vitamin C can reduce inflammation, fight free radicals and, in the right dose, even kill off cancer cells.

[Vitamin C is found in virtually all fresh fruits and vegetables. Particularly rich foods are capsicum, broccoli, Brussels sprouts, parsley, cauliflower, cabbage, kiwi fruit, pawpaw, oranges, grapefruit. Some wholistic doctors administer vitamin C intravenously.]

4. Quercetin

Quercetin is found in abundance in apples, grapes, red onions and tomatoes. Studies show that a diet high in this plant nutrient can reduce cancer risk by up to 50 percent.

This antioxidant can help protect cells and DNA from the damage caused by free radicals. Studies have shown that quercetin can kill off cancer cells before they have a chance to spread.

5. Vitamin D

Vitamin D is an essential nutrient, known for its benefits for bone health and depression, but it also helps prevent cancer. Studies have shown that it reduces cancer risk right across the board, but is especially beneficial for warding off prostate, colorectal and liver cancers.

[The best source is vitamin D is direct sunlight, but only in brief, correctly understood doses.]

6. Curcumin

Curcumin is the active compound in turmeric. Study after study has shown that this powerhouse nutrient can fight cancer at almost every turn.

Earlier this year, it was revealed that a person had cured their stage-3 myeloma (bone cancer) with turmeric and no other remedy – a feat so momentous that it was published in the *British Medical Journal*. Even proponents of the corrupt parts of the cancer industry couldn't ignore that.

7. Proanthocyanidins

Found in grape seed extract and many other foods, proanthocyanidins are known to cut the risk of cancer by a substantial margin – and, more importantly, these potent antioxidants are capable of slowing cancer growth and killing off cancer cells. Proanthocyanidins have also been shown to help prevent liver damage caused by chemotherapy.

[*Proanthocyanidins* and *anthocyanidins* are powerful antioxidants, which give many plants, especially fruit and flowers, their red, blue or purple colours. Anthocyanidins belong to a group of compounds called *polyphenols*.

Food sources include red and purple grapes, grape seeds, red wine, red cabbage, red apples, blueberries and all other blue, purple and red berries including strawberries, and also pine bark.]

[Closely related to proanthocyanidins are *anthocyanins*, which also provide blue-violet to bright red-orange colours.

Anthocyanins are most abundant in berries, red and purple grapes, red wine, sweet cherries, black plums, blood oranges, eggplants and red cabbage.]

8. Oleocanthal

We all know olive oil is relatively good for us, at least compared to many other oils, but just how good is it? Oleocanthal is a nutrient found in [unrefined, that is, extra-virgin] olive oil, which has the power to rupture cancer cell walls, leaving them to be destroyed by their own enzymes.

Other cancer-protective foods

There are many other remarkable foods with an array of health benefits that can help keep cancer at bay.

Sources include: NaturalHealth365.com; NCBI.NLM.NIH.gov; JAMANetwork.com

This item abstracted from Natural News under Mike Adams generous policy for not-for-profit organisations.



FIVE THINGS WHICH IMPAIR DIGESTION

Abridged and modified from an item by Derek Henry, writer for NaturalNews.com; 12th June 2018

Unfortunately, if our digestion goes downhill, so too do most organs including the brain. Like a stack of dominoes, once one falls, they all fall.

Knowing what compromises our digestive health is a good place to start. Although this list is long, focusing on eliminating the following five culprits can make a big difference.

Heavy metal accumulation

The most common sources of mercury are seafood and dental amalgams, the latter being the more dangerous. During chewing, mercury is released from amalgam fillings, mixed with food and swallowed into the digestive tract.

In the stomach mercury combines with hydrochloric acid to produce mercuric chloride, which can damage the stomach lining and create ulcers. And once mercury comes into contact with our friendly bacteria, it can kill them.

The first preventative measure is to have all dental amalgams replaced with non-mercury materials. Secondly, give seafoods the flick.

Using prescription medications

As people are beginning to figure out, medications are causing perhaps as many if not more problems than they solve.

Not only do antibiotics kill bad bacteria in our body, they also destroy the good bacteria and leave a chemical residue that decimates the gut microbiome and taxes the liver.

The answer – where possible, use self-healing instead of drugs.

Biological infections

Many health conditions start from a biological (bacterium, virus, fungus, parasite) infection that was not treated appropriately. [However, for infection to turn into disease, the body has to be in a state of physiological stress – Editor.] Two very common infections that can have tell-tale signs are parasites and *Candida albicans*.

Detoxing is the natural way to render disease microorganisms impotent in the body.

Eating dead food

'Dead' food would be any food processed, microwaved, pasteurised, irradiated or cooked at high temperatures. Heating destroys delicate nutrients, most notably enzymes. Since enzymes are critical to the digestive process, any shortage immediately creates deficiencies and toxicities inside the body.

So, eat raw plant foods entirely or mostly. And top up the body's digestive enzymes with high-quality enzyme supplements

[Your Editor has experienced considerable personal benefit here, thanks to the brand promoted below.]

Alcohol

Excessive alcohol consumption can devastate our digestive system. Some drinks are worse than others, such as beer made from the glutinous grains or wines with preservatives. All alcohol disrupts the microbiota balance and increases gut permeability.

Dare we suggest it – consume no or very little alcohol.

Sources include: NaturalNews.com; HealingTheBody.ca; HealingTheBody.ca



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Inspiring achievements that prove the 'Impossible is Possible'

By Clare Mann, Vegan Psychologist

Think about the last day of your life. It may be today or tomorrow or a long time ahead. As you face your death, would you be satisfied with what you've done, who you are and what you've been – or will you go to your grave with a song in your heart that you never got to sing? In short, how would you answer these questions:

**Did I live?
Did I love?
Did I matter?**

On that last day, you're likely to be faced with two things:

- You'll be more upset by what you didn't do than what you did. Think about it. Will you wish you had spent more time in the office or will you lament the mountains you didn't climb, the conversations you didn't have or the causes you didn't start?
- Of the things you set out to achieve and did achieve, you might ask, "Why did I aspire to do so little and why didn't I find a way to collaborate with others to make that bigger dream possible?"

What do you truly want your life to be about?

- It may be grandiose on the world stage – maybe ending world hunger, creating a new invention that improves the quality of people's lives, or eliminating the industrialised abuse of animals.
- Maybe you want to change your family's dynamics so that your children don't continue the legacy of the problems you inherited.
- Or, like the Australian marathon runner, Janette Murray-Wakelin, you search for a cure for the cancer you've been diagnosed with because you've made a promise to your grandson that you would always be there for him.

The Privilege of Being a Psychologist

I find myself in a privileged position. As a psychologist, I've heard the personal stories of thousands of people around the globe who struggle to make sense of what this world is really about for them. They all want their lives, their work and relationships to mean something, and all of them want to truly live, truly love and truly matter.

On 11th March 2017, I was the keynote speaker at the Sydney Gala Premier of *Raw: The Documentary*, and this current article arose from the speech I gave that night. The many guests at that event were tremendously inspired by the world record set by two extraordinary Australians, both of them in their sixties, Janette Murray-Wakelin and Alan Murray.

In my speech, I implored the audience to look at their own lives and remain open-minded enough to consider the implications of the marathon runners' achievement in the context of their own lives and ask, "What else is possible?" This article outlines some of the challenges I presented to those people at that Gala Premier event.

Singing Your Own Song

Why do so many of us go to our graves with songs in our hearts which we never get to sing? I believe it's because we buy on purpose into the personal, familial, social, religious and cultural myths and limitations that keep us from living life to the full. Instead, we live very conformist lives or, as the philosopher and writer, Thoreau, once said, we live "lives of quiet desperation". When those myths and unquestioned assumptions of what is possible are challenged, each of us is faced with two broad choices. We can either:

- **Make excuses for why we can't achieve things.** You can lament that your own circumstances are different, saying, "I am not rich enough or young enough or educated enough or connected enough". You can say that you left it too late or didn't have a good start in life, so you continue through life making the excuse that you're not good enough. OR:
- **Embrace record-breaking achievements as inspiration to act.** You can become excited by new evidence that someone out there has broken all records and demonstrated that it's possible to achieve outcomes that others believe aren't possible. You can say to yourself and the world, "I *will* make my dream possible and do whatever it takes to break records".

Evidence that the Impossible is Possible

Let me give you some inspiring examples of where the impossible was embraced and outcomes were achieved that people previously believed were impossible.

- **Breaking the world record for distance running.** The 4-minute mile for distance running was once thought impossible, but in 1954 it became a reality. Not only was it broken, but subsequently so many people achieved it that it has become the standard for male professional middle-distance runners. What was deemed 'impossible' is now a 'standard expectation'.
- **Achievements that medical science deemed impossible.** The Dutchman, Wim Hof, nicknamed 'The Ice Man', holds 26 world records, including the world record for the longest ice bath. Wim Hoff sat for 1 hour and 12 minutes in a bath of ice without his core body temperature falling. This defied all medical science, yet he had proved that it could be done.

▪ **Record number of marathons run consecutively in one year.**

In 2009, the world record for the greatest number of full marathons run consecutively in one year was fifty-two. The number rose steadily over several years, and then in 2013, a staggering figure was reached. Three hundred and sixty-six full consecutive marathons were run by Jeanette Murray-Wakelin and Alan Murray, a couple from Melbourne, Australia, and now Ravenshoe in Qld.

The film, **Raw: The Documentary**, which I refer to above, charted their journey around Australia and celebrates this phenomenal world first.

In my keynote speech at that event, I asked the audience to consider what this achievement meant for them in relation to their own lives. I implore you to do the same as you consider what this Australian couple did.

An Existential Imperative

Janette and Alan's achievement is so mind-blowing that it's almost impossible to digest, and yet you, like the audience on the night, have a choice in how to respond.

I have chosen to believe, without a shadow of a doubt, that we can create a more compassionate world, not only for people, but also for animals and the environment we share with them.

This is my personal dream that some would say is impossible. I refuse to believe that. Every day I act to manifest a more compassionate reality and I have chosen to do this in a number of ways:

- Create a context for the integration of ethical leadership principles into business practices, so that principles come before profits.
- Teach people to have the conversations that matter (with themselves and others). Together with the mindset to reach for the impossible, people can learn to truly create lives that matter and which, in turn, positively impact others.
- My personal 'big impossible' vision is to become part of a rising tide of social awareness that there is a better way to treat animals, particularly those caught in the abusive process of industrial production. Few people are aware that every year a mere seven billion of us humans on the planet incarcerate, abuse, torture, rape, kill and tantalise one hundred and fifty billion animals. The vast majority of abuse takes place in an industrial system in which intensive factory farming and commercialisation

of animals occurs. It is horrendously miserable for animals, but people and the planet also suffer in the process. All of it is totally unnecessary and it's causing the destruction of our moral fibre – and of our planet

It's stories like those portrayed in *RAW – The Documentary* that inspire me to ensure I stay on track with my dreams, so that at the end of my life I can turn within and say, "I truly lived, I truly loved, I truly mattered, and I made a positive difference beyond my own existence".

I invite you, the reader, to do the same.

If you feel there are reasons that you can't achieve what you truly desire, you might start by examining the extent to which societal myths and unquestioned assumptions limit you from expanding your mind to seek ways to achieve it.

Download your free digital copy of **The Myths of Life and the Choices We Have** by clicking on: lifemyths.com to further explore the unquestioned social, personal and cultural assumptions that keep you trapped in the 'shoulds', 'oughts' and 'musts' of life.

By identifying the myths against which you make choices, you will expand your options and take the steps to improve your life.

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. Her latest book is **Vystopia: The Anguish of Being Vegan in a Non-Vegan World**.

Clare is an ethical vegan who believes we have the power to create a kinder and more compassionate world when we live our lives in ways that respect animals, people and the environment.

veganpsychologist.com

communicate31.com; vystopia.com

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"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.

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 HEMP SEED NUTRITIONAL VALUE: What is the nutritional value of hemp seed and are there any negative aspects of these seeds?

– J. W., Manly NSW

A Hemp is a most useful species of the plant kingdom, which is why it has been used by humans for millennia. Its botanical name is *Cannabis sativa*.

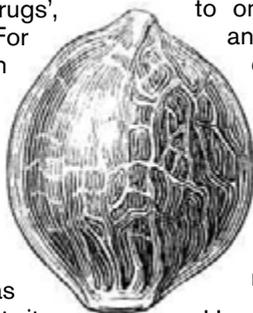
Usually, the most immediate response to an image of the hemp leaf is 'drugs', but this connotation is false. For some time now it has been legal in Australia to grow hemp containing low levels of THC (*tetra-hydro-cannabinol*). Although hemp is a variety of *Cannabis sativa*, it is not the same plant, and is grown only for industrial and household uses. Our farmed hemp has such low levels of THC that it doesn't provide any 'high' if smoked or consumed.

Super Nutrition

Technically, the hemp seed is classified as a nut. It has an outer sheath, a shell and an inner kernel.

There is no THC in the seed itself. However, trace amounts of THC may be found in hempseed oil when plant matter adheres to the surfaces of the seeds. Unfortunately, urine drug screening methods are extremely sensitive to minute traces of THC, so using hemp-seed products could jeopardise an employee's drug-free status.

Hemp seeds are highly nutritious, containing antioxidants, protein, carotenes, phytosterols and phospholipids (such as lecithin) as well as the minerals calcium, magnesium, sulphur, potassium, iron, zinc and phosphorus. They also contain vitamins B₁, B₂, B₃, B₆, C and E. The green colour in hemp oil is due to a high level of chlorophyll in the seeds.



Protein content. Containing between 25% and 30% complete protein (including all nine essential amino acids), hemp seeds contain much more protein than most meat products. And it is one of the easiest seed proteins to digest.

Oil content. According to *Fats That Heal, Fats That Kill* by Udo Erasmus, the world renowned researcher of oils, hemp seed is 35% oil, comprising omega-3 20%, omega-6 (GLA) 58% and omega-9 2%. This is 80% unsaturated fatty acids. Hemp oil is one of the most balanced oils for human nutrition, the ratio of omega-6 to omega-3 being between 2.5:1 and 3:1. One tablespoon of the oil provides a significant portion of our daily requirements for essential fatty acids (EFAs)

The oil has a pleasant nutty flavor. It is extracted from non-drug varieties of *Cannabis sativa* that contain no significant amounts of THC.

Hempseed oil can be frozen for storage.

Heating can oxidise (turn rancid) the EFAs, which is why unsaturated fats (oils) should not be heated, especially omega-3s. Food oils should be cold-pressed and kept away from heat, air and light. According to Udo Erasmus, light is many times more destructive to EFAs than oxygen. It's best to be sure to purchase oil in a brown or green glass bottle or a can.

Fibre content. Total fibre in the seed is very high at 28%, comprising digestible fibre 6% and non-digestible fibre 22%.

Hulled seeds vs seeds with hulls. Hulled hemp seed is the whole seed with the crunchy outer shell removed. The main detriment in removing the hull is the loss of an excellent source of minerals, as well as the insoluble fibre, something that is generally lacking in processed foods.

Non-GM. Hemp has not been genetically modified, and the seeds are produced without the need for pesticides or herbicides, so generally they are as close to organic as is possible.

Wide range of food products

In Europe and North America the foods which have been created from hemp seeds included hemp flour, hemp milk, hemp butter, hemp burgers, pasta, pancakes, cookies, cakes, icecream, hummus, hemp paste, bread, toasted seeds and plain raw hulled seeds.

Other uses of hemp

Strong fibre. The bark of hemp has the longest and strongest fibre of all plants. Hemp can be made into any building material, including fibreboard, roofing, flooring, wallboard, caulking, cement, paint, panelling, particleboard, plaster, plywood, insulation, 'concrete' pipes, bricks and biodegradable plastic composites which are as tough as steel.

In its growing, hemp plants soak up enormous amounts of carbon dioxide from the atmosphere. For example, 200,000 hectares of hemp would remove 3.6 million tonnes of CO₂.

Cosmetics. Hemp seed oil is antimicrobial, anti-inflammatory and anti-ageing, balances skin pH and moisture levels and has antioxidant properties. The oil is super emollient and readily absorbed into skin pores to feed cells topically.

Q BODY ODOUR – BOTHERSOME:

After many distressing years of unpleasant body odour, I have concluded that it must be food or chemical related. It can wax and wane, but my clothes are permeated with it.

My diet is natural foods where possible, and one of my supplements is 2,500 mg of ascorbic acid powder. I wonder if stress contributes as I am often the recipient of rudeness. Regarding medications, I take these for blood pressure and an over-active thyroid and have hormone replacement therapy. I have suffered chronic fatigue syndrome for a number of years. Can you suggest what I can do? – J. R., Grafton NSW

A Way back, when an advertisement for deodorants came up with the slogan, "Even your best friend won't tell you", they did a perfect job of making everybody paranoid about body odour. However, in your case it's obviously a very genuine problem.

Body odour has two main sources. The first is sweaty clothing. If clothing is not changed for a few days, the sweat it has absorbed can begin to smell. Obviously this will happen much more rapidly in hot weather than in cold. It is easily prevented by washing clothing as required.

The other main source of body odour is more difficult to deal with. It is odour being released from the skin more or less continuously. Because the skin is an organ of elimination and sweat is an elimination vehicle (it's like extremely dilute urine), if the liver and kidneys cannot cope with the body's eliminative load, some of it is likely to be shed through the skin. This is the basis of most skin diseases and also persistent body odour – the kind of body odour that is as bad a few hours after showering as it was before. It is to prevent this form of body odour that many people take deodorants and antiperspirants.

In your case there is probably a high level of toxic wastes in your system from both food and chemicals. The medications are all chemicals of one form or another. Excessive waste products from food can

occur even with a good diet if there is enough stress. Stress can interfere with digestion, assimilation and elimination of metabolic waste products, so your stress could be contributing to a build-up of this 'toxaemia'.

Virtually all of us in Western society have toxaemia to a lesser or greater degree – but the fact that you have suffered chronic fatigue syndrome indicates that your body could do with a good detox.

Along with whatever you can do to reduce the above causes (easier said than done, of course), your body needs a substantial detox.

For how to detox, look at Chapter 15 in *How a Man Lived in Three Centuries*. The amount of detoxing that you can do at home without professional supervision is relatively limited. A substantial detoxification in safety requires professional supervision. Since the closure of Hopewood Health Retreat, the best retreat we know of for detoxing is Misty Mountain Health Retreat inland from Kempsey NSW (see contact details inside front cover of this magazine).

The great advantage of a thorough detox – as I know first-hand from years ago – is that the inner spring-clean not only deals with your immediate problem, but can also revitalise every system in your body.

Q THE MTHFR GENE & ITS MUTATIONS:

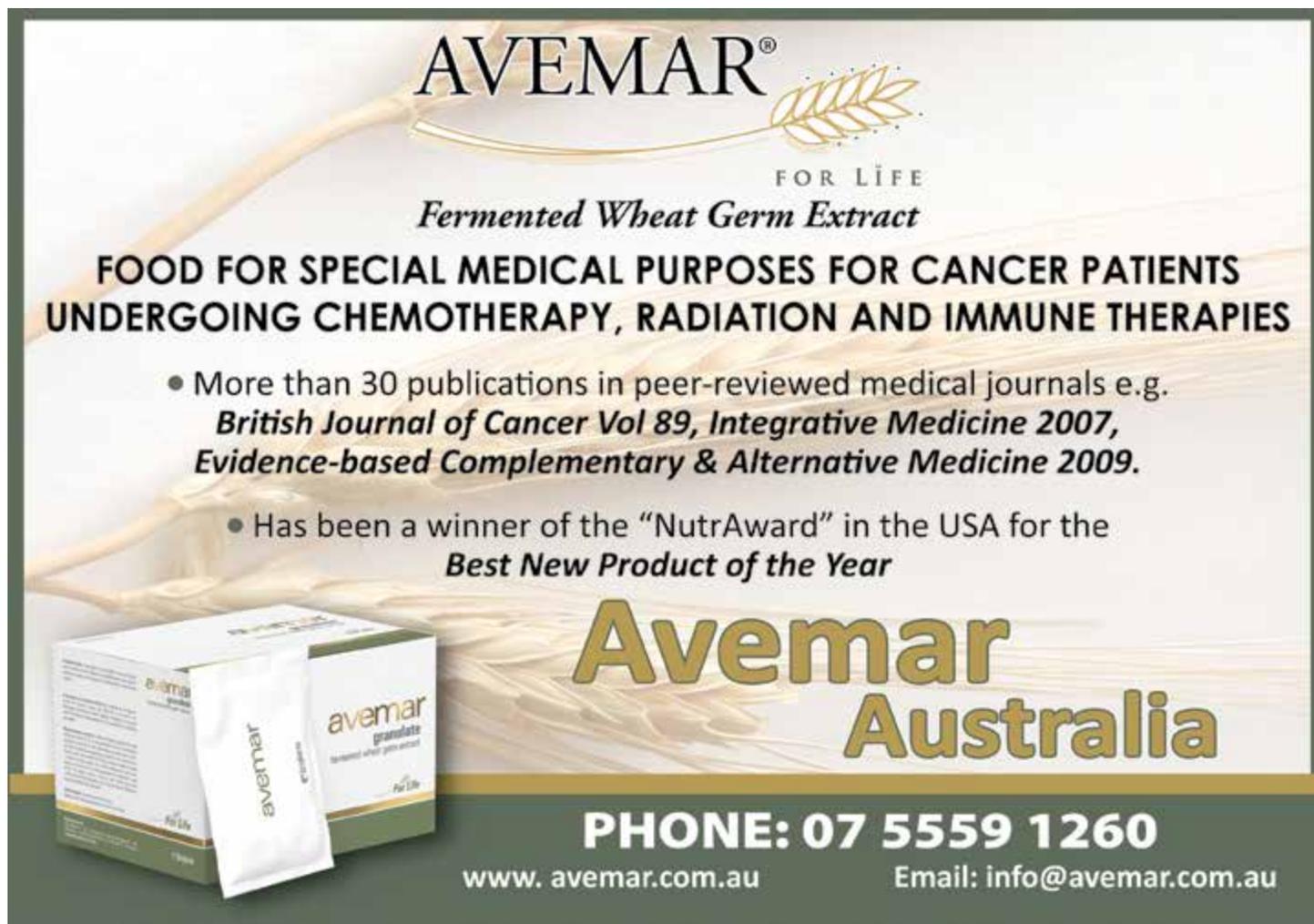
What causes this gene to mutate? I have found that I have the mutation.

– J. D., Morphett Vale SA

A MTHFR has been explained in depth by naturopath, Ben Lynch, who runs a website www.mthfr.net and has published a book on the subject (2014). The following is based on an interview by Mary Shomon (updated 25th February 2018) (www.verywell-health.com/the-link-between-mthfr-gene-mutations-and-disease)

MTHFR – methylene-tetra-hydro-folate reductase – is a gene that is responsible for producing an enzyme of the same name, which converts folic acid to *methylfolate*, a bioavailable form of vitamin B₉. Folic acid itself is useless to the body until it is converted to *methylfolate*. [Hyphens are not normally used in these names.]

Without *methylfolate*, the body is unable to convert the amino acid, *homocysteine*, back to the original essential amino acid, *methionine*, so homocysteine can build up to harmful levels, and methionine can be deficient, leaving us more at risk of certain physical and mental illnesses and mood disorders.



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This conversion requires vitamins B₆, B₁₂ and folate, so their deficiencies increase levels of *homocysteine*, which causes inflammation, including inflammation of arteries. Homocysteine is a major new risk factor for cardiovascular disease.

The ability of this gene to turn this switch on or off is also crucial for the production of *glutathione*, the body's most important antioxidant.

Glutathione plays a major role in the body's detoxification of disease-causing toxins. When the body's ability to produce glutathione is decreased, there is a build-up of toxicity in the body.

Methylfolate performs critical tasks

Firstly, methylfolate helps make neurotransmitters (nerve connections) in the brain. When these are deficient, the brain cannot function properly and the result can be conditions such as addictive behaviour, depression, anxiety, ADHD, mania, irritability, insomnia and learning disorders.

Secondly, methylfolate allows our bodies to manufacture a compound called *s-adenosyl-methionine* – or *SAMe* – which is critical for the regulation of more than 200 enzymes in the body. If *SAMe* levels are low, we are at greater risk of cancer, infertility, miscarriage, autism, Down's syndrome, thrombosis, high blood pressure, speaking problems and other conditions.

When the MTHFR gene is defective

The MTHFR gene does not function properly in about half of the population who have a *polymorphism* of the gene – a form of mutation. ('Poly' means 'many' and 'morphic' means 'shape'.) The MTHFR polymorphism produces its enzyme with an altered shape and consequently impaired ability to function. This results in less neurotransmitters and less *SAMe*.

MTHFR mutations are linked to disorders which include autism, ADHD, autoimmune diseases, multiple sclerosis, fibromyalgia, heart disease, addiction and miscarriage.

Deficiency of folic acid due to MTHFR mutation can cause a growing foetus to develop devastating neural tube defects like *spina bifida* or *anencephaly*.

So what does 'methylation' mean? It is simply the act of attaching a methyl group to a compound or enzyme in the body, which is then able to perform its proper functions. (For the technically minded, a *methyl group* is one carbon atom and three hydrogen atoms).

The function of *SAMe* is to attach methyl groups to over 200 enzymes. Some of the results of this methylation are: To

protect our DNA from genetic damage; to reduce histamine levels (high histamine for people with allergies causes the nose to run and eyes to itch); and to produce a key component for cell membranes called *phosphatidyl-choline*. Without enough of this compound, cell membranes become impaired and the cells may die, leading to conditions such as multiple sclerosis and cancer.

Counteracting the mutation

MTHFR polymorphisms are damaging to millions and millions of people, but it is possible for people with them to live healthy lives – provided they know that they have this mutation and want to do something about it. If a person wants to reduce their risk of disease, they would be very wise to be tested. This particularly applies if a family is plagued by heart disease, cancer, hypothyroidism, depression or autism, etc.

If you ask a doctor to screen you for MTHFR polymorphism, either the doctor won't know what it is and may say that it is nothing to worry about – or an up-to-date doctor will readily test you.

MTHFR polymorphisms are occurring at an increasing rate due to poor food choices, polluted environment, fast-paced lifestyle, symptom-based medicine and supplementation with straight folic acid.

A person with MTHFR polymorphism needs to follow a very healthy lifestyle as follows:

- Eat whole, organic, non-GMO, natural foods;
- Cease taking synthetic folic acid supplements and folic acid-enriched foods, and take only *folinic acid* and/or *methylfolate*;
- Eat foods containing natural folates, including uncooked leafy greens in large salads daily;
- Drink filtered tap water – avoid water in plastic that contains BPA;
- Avoid gluten and dairy products;
- Limit exposure to toxic environmental chemicals;
- Positive thinking and lots of laughter;

- Get out into nature;
- Take vacations periodically;
- Exercise – enjoyably, not excessively;
- Have saunas regularly if available;
- Consult progressive, forward-thinking health professionals.

What causes mutations

Compounds and influences which cause mutations are called *mutagens*. The following is a list of common mutagens. (Source: Sheri Marino MA, CCC-SLP, www.focusforhealth.org/mthfr-mutations)

Physical mutagens: Ionising radiation including X-rays and gamma rays; ultraviolet radiation.

Chemicals: Many chemicals interact directly with DNA; many others are metabolised inside cells to produce mutagens. Chemical mutagens include:

Benzo[a]pyrene from tobacco smoke;

Free radicals (reactive oxygen species); many mutagens may in turn generate these;

Polycyclic aromatic hydrocarbons (PAHs) from the burning of coal and wood, and from tobacco smoke and second-hand smoke;

Alkylating agents: nitrosamines found in tobacco and formed in meats and fish cured with sodium nitrite; mustard gas and vinyl chloride;

Aromatic amines may be found in cooked meat; alkaloids in some plants; bromine; sodium azide; psoralens when combined with ultraviolet radiation;

Benzene, an industrial solvent and precursor in the production of drugs, plastics, synthetic rubber and dyes.

Metals and their compounds which may be mutagenic: arsenic, cadmium, chromium, cobalt, iron (excess generates free radicals), nickel;

Biological agents: some virus DNA may be inserted into the genome; some bacteria, such as *Helicobacter pylori*, cause inflammation and free radicals.



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For easier menopause, eat plant foods!

By Robyn Chuter, Naturopath and Counsellor

A recently-published study confirms what plant-based practitioners have observed in clinical practice over many years: women who eat plant-based diets have an easier transition through menopause. The title of the study gives away the punch line: 'Vegans report less bothersome vasomotor and physical menopausal symptoms than do omnivores'.

The authors surveyed female vegans, vegetarians and omnivores aged 45 – 80. Participants filled in a detailed questionnaire assessing their diet and exercise patterns and listing their vasomotor and physical symptoms of menopause.

Vasomotor symptoms include hot flushes and night sweats, while physical symptoms include muscle and joint aches, fatigue, sleep difficulties, neck, head and back aches, reduced strength/stamina, lethargy, skin changes, weight gain, facial hair, bloating, frequent or involuntary urination and flatulence.

The researchers found that the more vegetables, fruit, soya products and high omega-3 plant foods the women ate, the less vasomotor and physical symptoms they reported. Vegetables (especially leafy greens) and berries were the most protective foods against menopausal

misery. Moderate physical exercise was also associated with less severe physical symptoms.

On the other hand, the higher their body mass index (BMI) and the more flesh food, dairy products and high omega-3 fish they ate, the worse their vasomotor and physical symptoms were. Also, the more sweets eaten, the more severe the physical symptoms.

Overall, women who ate an entirely plant-based diet reported significantly less bothersome symptoms than omnivores.

One of the most interesting aspects of the study was the differential effect of omega-3 fat intake from animal-sources versus plant-sources. Marketers' enthusiasm for fish oil supplementation and promotion of oily fish has not waned, despite mounting evidence of lack of benefit. The authors speculate that the reason why animal sources of omega-3 fats, such as salmon, were associated with more bothersome symptoms, might be because the long-chain omega-3 fats (DHA, EPA and DPA) from animal products are more susceptible to oxidation than the short-chain omega-3s found in plant foods such as linseed/flaxseed.

As well as reducing the severity of menopausal symptoms, the authors

point out that more plant-based diets are protective against the diseases that women become more susceptible to as they age, including cardiovascular disease and breast cancer. Furthermore, whole-food plant-based diets help prevent the weight gain that is the bane of many women's lives as they transition out of their reproductive years.

The bottom line: get more plants on your plate and skip the animal products!

Need help with navigating perimenopause? You can apply for a Roadmap to Optimal Health Consultation with Robyn today.

Robyn Chuter BHSc(Hons), ND, GDCouns is an ASLM-certified Lifestyle Medicine Practitioner, naturopath, nutritionist, counsellor and EFT therapist practising in southern Sydney. She offers in-person, online and telephone consultations. For more information, visit Robyn's website: www.empowertotalhealth.com.au, call Robyn on 02 8521 7374 or email robyn@empowertotalhealth.com.au.

Reproduced with permission from Robyn's newsletter, *Empowered*, 16th July 2018



NHS NOTICES

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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 embraces whole foods that give health in body, mind and spirit.

The classes are vegan and showcase raw delights.

Venue: Loving Hut, Cabramatta

Dates: First Saturdays: 1st Sept., 6th Oct., 3rd Nov. and 1st Dec. 2018

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

Website: healthandhappyheart.com

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Barbara's specialty is to take the complex principles of healing and break them down into simple commonsense and easy-to-understand language for the lay person.

Her style of lecturing is easy to listen to and thoroughly inspiring. You will not be disappointed.

'Finding Brave – Heather Swan's Story and Philosophy for Health, Happiness and Achievement'

**Heather Swan, multi-
world-record holding
extreme-sport athlete**



As the World's most experienced woman wingsuit pilot, Heather also has many world-firsts to her credit, including flights high in the Himalayas.

Heather, who is a wife, mother and grandmother, attributes her success to training and her plant-based eating – a simple, yet powerful approach that anyone can use to be healthier, happier and more effective in life and business.

Heather has the rare talent of being a natural story teller.

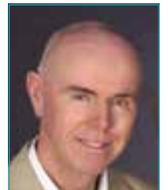
NHS Detox information half-day

Date: Sunday 21st October 2018

VENUE: Kingsgrove Community Hall,
31 Morgan St, Kingsgrove (a south-
eastern suburb of Sydney)

'Your Health Is An Orchestra – Are You Playing All The Instruments?'

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



Health is the result of a number of factors, but many people think they can become healthy by focussing on one aspect of their lives.

We require *all* the biological needs of life, in balance, while avoiding the causes of disease.

Health is like an orchestra, where lovely music occurs *only* when the orchestra plays as one. Are you playing all the instruments?

'How To Use The Power Of The Mind To Encourage Healthy Eating And Living'

**Dr Tracie O'Keefe is
a Registered Clinical
Hypnotherapist, Psycho-
therapist, Counsellor and
Naturopath**



It's possible to change your brain and replace old, destructive patterns with new ways of thinking that help you be motivated to eat and live well.

Dr Tracie will provide simple techniques to use the power of your mind to *want* to make healthier choices.

'You're So Vein: The Story of the Bodybuilder who Conquered High Blood Pressure'

**Ben Saravia,
plant-based body
builder and coach**



After hitting the gym for nearly 10 years, you'd think he'd be in peak physical form, but his arteries were saying something else.

Ben will be sharing with us his top vegan health guidelines that everyone can use for a happy circulatory system.

& 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.

What a great night it was!

The NHS tribute dinner and life membership for Roger's 50 years of service

By Susan Roberts, NHS Vice-President

Held on Sunday 1st July in Orchard Hills near Penrith, the tribute dinner for Health Director Roger French's 50 years of dedication to the Society attracted 68 members and friends. The dinner was a very fitting way to say a huge 'thank you' for the professional and ongoing persistence and passion Roger has had and continues to have for the Natural Health Society.

praised Roger for his work.

Elizabeth French, NHS President and Roger's wife, was able to present some extra interesting tales. When they heard about the tribute dinner, some people offered their condolences over Roger's death! Coincidentally, Roger was doing a plumbing repair job at home involving digging a trench which looked exactly like a grave! Happily Roger is still fighting fit, backed by the fact that he is

The meal was prepared by the Society's favourite chef, Colin Butcher, whose dessert was a large, splendid cake, cut by Roger.

The success of this night has reignited our desire to expand the Society forwards for many years to come. You, our members, can play a vital role in helping the Committee achieve an increase in membership and a greater awareness of our Society by the population at large. Have a look at our suggestions below.



Follow Natural Health Society of Australia on Facebook



Jan Thorpe and Roger



Cindy Handley



Roger cutting the cake

With introductions by our very capable MC, Richard Stepniewski, a number of speakers gave us a great insight into the history and happenings of Roger's life with the Society over the past 50 years. Jan Thorpe reminisced about his earliest days with the Society's youth club, Hopewood Youth Development Association, affectionately known as HYDA. Cindy Handley, reflecting on her first visit to Hopewood in 1992, gave a colourful account of Roger arriving in his 1962 Hillman car and setting up for one of his many evening talks. Osteopath and friend, Peter Ray, having a dig at Roger's posture, said that when he is expecting Roger, his head and briefcase arrive first and his body follows!

A very long-time neighbour and friend, Jeff Daniel, shared some tales about Roger's life away from the office, mentioning, among many stories, Roger's erstwhile annoying crowing rooster, his treasured chooks, and Jeff and Roger training together to walk the Kokoda Track in 2005.

Former Hopewood Osteopath, Doug Evans, who is now practising privately,

well into training for his 44th run in the 14-km City2Surf on 12th August.

Elizabeth acknowledged Roger's role as a husband, a dad, a grandad and a driving force behind the Society, and capped off her tribute by presenting him with Life Membership.

The tributes from the speakers and many other people brought home to Roger the realisation that he has touched so many people's lives.

First-class entertainment spiced up the evening. Two of Roger and Elizabeth's granddaughters, Stella and Millie Vardanega, performed a variety of dances with the skill of professionals. A quartet from Elizabeth's chorus sang songs adapted for Roger from the Wizard of Oz. There was a raffle offering around 20 prizes, for which we thank Michael O'Neill of Misty Mountain, Theo Theodorou of Priceline Pharmacy Penrith, Jolan Tassone of Om Yoga Emu Plains, Osteopath Greg Fitzgerald, Osteopath Doug Evans, Remedial Therapist Julie Ray, Melinda Blundell of Emu Wellness and The Healthy Choice Café in Penrith.

We need your help

We need the assistance of all members and other readers of this magazine to promote membership of the Society.

Put into the hands of a potentially interested friend or relative a copy of our brochure and/or a copy of our magazine. Any recent issue will tell enough about the benefits of Natural Health.

Some assertive marketing would be welcome! Ask your natural therapist or doctor if you could leave brochures and/or magazines in their waiting rooms. Ditto health food stores, vegetarian cafes, libraries, etc.

To obtain mags and brochures, just ask us in the office and we will send them to you – free, no charge!

Phone 02 4721 5068 or email admin@health.org.au and tell us how many brochures and/or mags you want.



Skin care

Part 3, Beauty secrets of the ancients – oils

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

Skin care can be traced back to before 3000 BC when the ancient Egyptians used all the gifts of nature to protect and nourish their skins and enhance their appearance.

According to author, Judith Illes, who has done extensive research on ancient Egypt, Egyptians had access to and used, more or less, 21 different vegetable oils for a range of beauty purposes. Both men and women applied oil to their bodies regularly.

Wealthy Egyptians would use skin care products made with olive, sesame, moringa and castor oils to moisturise skin and reduce wrinkles. Ostrich eggs, dough, milk and essential oils from plants were also used.

Protecting skin against the harsh desert climate and hot sun was necessary, and a mix of oil and sand or aloe vera and sand were used.

Body oils were developed to protect against the dry climate and to help prevent and treat stretch marks in women. Aloe vera, sodium bicarbonate, frankincense and myrrh were natural ingredients that were highly prized. Make-up, along with skin care, was very important in daily life, but also the afterlife. Archaeologists have excavated make-up containers and remnants of body oils from Egyptian tombs.

For centuries Japanese and Geisha girls were well renowned – and still are – for their flawless beautiful skin. This is partly due to the traditional healthy diet of vegetables, seaweed, rice, fish and green tea, but also to the beauty benefits of the natural plants and oils available to them.

Their flawless, smooth skin and dark lustrous hair is nourished and protected by camellia oil, which is widely used across Asia.

Withstanding the test of time in Japan are rice and sea salt for exfoliation. Rice has been valued over centuries for its toning effect on skin, due to the boost of collagen production induced by a powerful antioxidant component, *gamma-oryzanol*.

Rice bran oil has been used since ancient times throughout Asia, and is still an anti-ageing secret in Japan. The natural vitamin E, vitamin B's, squalene and essential fatty acids help firm and tighten skin, maintaining hydration, which helps to reduce the appearance of fine lines and wrinkles.

Both honey and olive oil were used in many ancient cosmetic and anti-ageing preparations. Greek women anointed themselves in olive oil to protect their skin from environmental stressors, and it was used in facial masks to promote a clear complexion. Honey was also mixed with olive oil to help lighten the appearance of skin.

Smooth, white skin was very important for Roman women. They used olive oil and at night a mask with olive oil and other oils, which they would remove the next day with milk. They exfoliated their bodies with olive oil and applied calcium carbonate or pumice stones. Then they rinsed the mixture with scented oils (cedar, myrrh, pine, lily, saffron, quince, violet or rose). Women in the aristocracy also took milk baths.

Australian Aboriginals have used the oil from the seeds of the sandalwood tree for millennia to care for their skin. The seed has long been part of their traditional diets. It contains one of the rarest essential fatty acids in the plant kingdom called *ximenynic acid*, which is a potent anti-inflammatory oil and has a long list of benefits for skin, as identified by researchers. These days it commands a huge price and is highly sought after in France and Europe by skincare companies.

The people of the South Pacific have, for hundreds of years, used coconut oil to care for their skins and hair. Vanuatu now produces tamanu, nangai, noni, sandalwood and coconut oils commercially to sell.

In the early 19th Century, mineral oil (liquid paraffin), which is a distillate of petroleum, first became available in skin care. According to the US Environmental Working Group, mineral oil may be contaminated with cancer-causing polycyclic aromatic hydrocarbons (PAHs). This oil aggravates acne, negatively impacts skin function, causing it to age prematurely and seals off your skin, inhibiting it from breathing. It is a common ingredient in anything that requires a smooth gliding action.



The demand for natural skin care is increasing significantly as consumers are learning about the effects of toxic chemicals on their health. Consumers are now more discerning and refuse to put blind trust in cosmetic companies, instead educating themselves through Google on what they are putting on their skin.

In a recent new book, Professor Bruce Blumberg, PhD, professor of developmental and cell biology, pharmaceutical sciences at University of California, compares our environment to a chemical soup and says these chemicals act in many ways to promote obesity. He recommends not using personal care products or make-up if they contain chemicals that can be absorbed through the skin into the bloodstream. In particular, Prof. Blumberg warns against *triclosan*, *triclocarban*, *phthalates* and *parabens*.

Fortunately, we have the option of following the beauty rituals of our ancestors. The modern world of beauty is now changing to the ancient rituals of skin care.

With environment pollution, environmental stressors and adverse lifestyle factors affecting the health of our skin and wellbeing, we are certainly going to need them!

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 (**Jojoba**)
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 (**Seabuckthorn**)



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!

See customer feedback on the shopping site - www.womanoil8.com.au

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.

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We look forward to helping you transform your skin into the very best you could ever have...

For more information and Online Shop:

www.womanoil8.com.au



Raw Spinach-Avocado Soup

Ingredients

- 2 cups spinach
- 1 avocado
- 2 tsp lemon juice
- ½ tsp sea kelp
- ½ cup water
- 1 clove garlic (optional)
- 1 tsp cumin

Method

Place all ingredients in blender, and blend till smooth. Adjust quantities of ingredients to taste. To make a thinner soup, add more water. For winter use warm, not boiling, water (up to about 42°C) to make a warm soup.



Rainbow Salad

Ingredients

- Mixed green leaves
- 1 carrot
- 1 orange
- 1 beetroot
- 1 apple
- 1 punnet of blueberries
- 2 sticks of celery, chopped
- 2 ripe tomatoes
- 1 yellow capsicum

Method

Arrange leaves around edge of a large platter.

Chop carrot into chunks. Slice orange into six wedges, then cut flesh off skin with a sharp knife. Add carrots and orange to food processor and pulse for a few seconds to the desired consistency – you don't want mush!

Peel apple, cut into quarters and remove core. Peel beetroot and cut into chunks. Place apple and beetroot in food processor and pulse until desired consistency.

Slice capsicum into thin strips.

Arrange the vegetables in strips on the platter in the order of the colours of the rainbow – tomato, carrot, capsicum, green leaves, celery, blueberries, beetroot.



Raw Chickpea-free hummus

Ingredients

- 1 cup chopped zucchini
- ⅓ cup tahini
- 1 Tbsp lemon juice
- 1 clove garlic
- ¼ tsp sea kelp or salt-free seasoning

Method

Blend until smooth. Adjust ingredients to taste.

Zucchini Noodles with Basil Walnut Pesto

Ingredients for pesto

- 2 cups fresh basil leaves
- 2 cloves garlic
- ⅓ cup extra-virgin olive oil
- 2 tsp fresh lemon juice
- 2 Tbsp nutritional yeast
- ½ cup walnuts
- Sea kelp to taste

Method

Noodles

4 – 5 zucchinis put through spiraliser to turn into noodles.

Pesto

Blend pesto ingredients, adjust to taste.

Mix through zucchini noodles and serve.



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.

This is a selection of the recipes from July 2018.

Sweet Potato Pie

Ingredients

Pie Crust

250 gm minced dates

125 gm minced sprouted sunflower seeds

¼ cup shredded coconut

Mix thoroughly in food processor and press into pie plate

Filling

3 cups grated sweet potato

1 Tbsp honey or pure maple syrup

1 Tbsp lemon juice

1 tsp cinnamon

½ cup fresh chopped dates

Mix all ingredients together and pile into pie crust.



Pie Topping

1 cup pine nuts

1 cup macadamia nuts

honey to taste

Place all in blender and add about 1 cup water, and blend till smooth. If necessary, add more water to make for easy spreading, but not a runny consistency.

Spread on top of filling and refrigerate until ready to serve.

Vietnamese Coleslaw

Ingredients

1 small carrot

½ cup shredded green cabbage

½ cup shredded red cabbage

½ small capsicum, sliced thinly

½ cup bean sprouts

2 green onions, sliced thinly

¼ cup loosely packed fresh coriander leaves

Method

Use vegetable peeler to slice carrot into ribbons. Place in bowl with other ingredients and toss gently to combine.

Lime and Garlic Dressing

¼ cup fresh lime juice

1 clove garlic, crushed

Place in screw-top jar, shake well.

Pour over salad ingredients before serving.



Apple Pie

Pie Crust

250 gm minced dates

125 gm minced sprouted sunflower seeds

¼ cup shredded coconut

Mix thoroughly in food processor and press into pie plate

Filling

8 peeled and grated Granny Smith apples

2 Tbsp chopped walnuts

1 Tbsp honey

1 Tbsp cinnamon

1 lemon, sliced

2 Tbsp sultanas or raisins

Mix all ingredients and spread on prepared crust.

Sprinkle shredded coconut on top.

Refrigerate until ready to serve.

Orange, Fennel and Almond Salad

Ingredients

1 baby fennel bulb

1 large orange, segmented

50 gm baby spinach leaves

¼ cup flaked almonds

Method

Reserve tips from fennel, slice bulb thinly.

Place fennel in bowl with orange, spinach and nuts. Toss gently to combine.

Serve sprinkled with fennel tips.



Spring-clean your mind with meditation



Spring brings a natural desire to clean and declutter our living spaces, but what about our mind? Meditating has loads of benefits. It can help clear and calm our busy minds, reduce stress, increase our concentration skills and help us sleep better.

The Hopewood lifestyle takes a wholistic approach to natural health and wellbeing and advocates regular meditation to help balance, calm and focus our whole being. Spring is a wonderful season to revisit the practice or learn to meditate for the first time.

It's important to find a style of meditation to suit you. Here is a simple introduction to various meditation methods which might help.

Mindfulness

Mindfulness meditation involves being fully present in our body, mind and world without being overwhelmed, reactive or judgemental. This means focusing on living in the present, not dwelling on the past or worrying about the future. You don't have to be a guru to practise mindfulness – you can develop mindfulness during regular activities such as walking, driving or even brushing your teeth. Focusing on small things such as your breathing, how you are feeling or details in your surroundings has the power to create moments of peace which really positively impact both your mental health and physical health.

Qigong

Qigong (pronounced 'chee-gong') has its roots in traditional Chinese medicine and is similar to Tai Chi. Also based on gentle movements, meditation and breathing, Qigong has wide-ranging health benefits. Its movements are simple and repetitive,

cultivating *qi* or *chi* energy. It can ease stress and emotional imbalance, loosen muscles, strengthen the nervous system, improve vascular function, strengthen organs, lower resting heart rate and respiratory rate, increase leg strength and improve balance. It is easy to learn from a video or you can also join a class to get started.

Heart Rhythm Meditation

Meditating this way involves coordinating the body, mind and spirit by breathing rhythmically to the beating of your heart. Practising this can help you to become more connected to yourself, others and the universe. It is a more emotional type of meditation.

Transcendental Meditation

This traditional style involves sitting in the lotus position and repeating a *mantra* – or special word – to promote harmony and self-realisation. To begin with, this method is easier to learn with a qualified instructor who will help you choose a mantra and guide you through your first few sessions.

Guided Visualisation

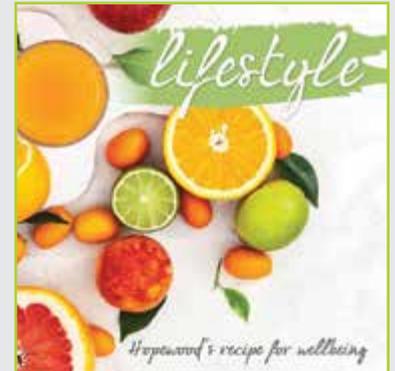
Guided visualisation involves a person acting as a guide, telling you to relax, imagine scenes and/or sequences and even repeat affirmations. It is a popular method for athletes to rehearse a physical sequence leading into a competition, although anyone could benefit by this.

For more information about ways to live a naturally healthy life or to purchase *lifestyle: Hopewood's recipe for wellbeing*, visit: hopewoodlifestyle.com.au



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lifestyle – Hopewood's recipe for wellbeing will inspire you to kick-start and maintain your wellness journey.



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Hopewood Lifestyle Recipe Spring Juice

Ingredients

- 1 bunch celery
- 4 – 5 kale leaves
- 1 green apple
- 1 big handful flat-leaf parsley leaves
- 1 lime
- 1 lemon
- 1 inch [2 – 3 cm] fresh ginger

Method

Juice ingredients and serve.



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ADDICTION TO SUFFERING, STRUGGLE etc.	The rehab process	16/17	Summer	14
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AMERICAN CANCER SOCIETY	Prevention guidelines now similar to Gerson	16/17	Summer	2
ANIMAL PRODUCTS/PROTEIN	Accelerate ageing - why	2018	Autumn	19
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ENERGY MANAGEMENT IS HEALTH MGT	An intensive life stops an extensive life	2018	Autumn	17
ENERGY, NERVOUS	Conserve it; changes as we age	2016	Spring	26–27
ENVIRONMENTAL NEWS, GOOD	Ozone healing; carbon-neutral fuel; solar	17/18	Summer	19
ENZYMES NEED GOOD GENES	Epigenetics proves lifestyle over genes	2017	Winter	2
EPIGENETICS – NEW AREA OF RESEARCH	Lifestyle: overwhelming influence on genes	2017	Winter	2–3
EXERCISE, CORRECTIVE	For Asymmetry Deformity, Part 2	2016	Spring	34–35
EXERCISE FOR WEIGHT LOSS?	Regain energy B4 starting exercise program	2017	Winter	16
EXERCISE NO HELP FOR BAD DIET, WEIGHT	But reg. exercise increases metabolic rate	2016	Spring	3
EXERCISE – WHEN IT'S HARMFUL	Regain energy B4 starting exercise program	17/18	Summer	28–29
FAT METAB. & CHOLESTEROL REGULATION	Genetic testing	2017	Spring	29
FATS AND OILS – USE SPARINGLY	Accelerate ageing, promote inflammation	2018	Autumn	19
FEMALE BLADDER & UTERINE PROLAPSE	Causes, symptoms, diagnosis, treatment	2016	Spring	32–33
FERMENTED FOODS – WHAT'S THE BUZZ?	Benefits; conditions helped; how to start	17/18	Summer	16
FIBRE BENEFITS; FLATULENCE	Friendly bacteria; resistant starch	2016	Spring	14
FINGERS, FORKS AND FEET	Can heal or harm; smoking/diet/activity	16/17	Summer	28–29
FINNISH TOWN – DIET & EXERCISE PROG.	Sensational results in North Karelia, Finland	16/17	Summer	29
FINNISH TOWN GOES PLANT-BASED	Great drop in heart disease and cancer	2018	Autumn	20
FLATULENCE CAN BE A GOOD THING	Benefits of fibre and resistant starch	2016	Spring	14
FLUID WITH MEALS, AVOID	Dilutes stomach acid, flushes enzymes (YQA)	2018	Autumn	10–11
FLUORIDATION INEFFECTIVE & HARMFUL	2017 Chilean review	17/18	Summer	26
FOOD CLASSIFICATION AND QUANTITIES	Natural Health Dietary Guidelines in brief	16/17	Summer	21
FOOD COMBINING	Natural Health Dietary Guidelines in brief	16/17	Summer	19
FRENCH, ROGER, Health Director & Editor	50-year NHA membership; NH career	2018	Autumn	1 & 13
FRUIT BREAKFAST	Natural Health Dietary Guidelines in brief	16/17	Summer	19
FRUIT BREAKFAST	Why; metabolic cycle; other advice	2017	Winter	24–25
FRUIT & VEG: MORE = FAR LESS DISEASE	Study by Imperial College London	2018	Autumn	3
FUNGAL TOENAILS	Natural, pharma and laser treatments (YQA)	16/17	Summer	7–8
GANGLIONS – hands/wrists/ankles/feet	Causes; medical and self-treatments (YQA)	2018	Autumn	11
GARLIC BREATH	Raw lettuce counters	16/17	Summer	29
G-BOMBS – Dr J. Fuhrman – 6 FOOD GROUPS	That turn bad genes off, good genes on	2017	Winter	2
GENES	Turning on and off with food	2017	Winter	2
GENES ARE NOT YOUR DESTINY	Switches controlled by lifestyle; testing kits	2017	Spring	28–29
GENES: DIET/LIFESTYLE SWITCH ON/OFF	Reversing your biological age	2018	Autumn	18
GENES & FOOD; NUTRIGENOMICS; GERSON	How your food interacts with your genes	17/18	Summer	20
GENETIC ERRORS	The body's compensatory mechanisms	2017	Winter	3
GENETIC TESTING KITS AND REPORTS	Personalising your health plan; Gerson	2017	Spring	28–29
GERSON – HOW TO ELIM. INFLAMMATION	Acute and chronic symptoms; treatment	2018	Autumn	34
GERSON PRINCIPLES	And the choice to be healthy; cases in brief	2017	Autumn	17
GERSON PROGRAM AND MICROBIOME	Healthy gut, healthy you; prebiotic foods	16/17	Summer	31
GERSON PROGRAM'S GUIDELINES	American Cancer Society's now similar	16/17	Summer	2
GERSON THERAPY	How it all began; changes/improvements	2016	Spring	20
GERSON THERAPY	Takes the guesswork out of healing	2017	Winter	18
GLAUCOMA – NATURAL THERAPIES	Types; what increases/reduces pressure	17/18	Summer	32–33
GM COTTONSEED TRACES IN DAIRY?	Industry & independent studies say no (YQA)	2017	Winter	10
GRAINS AND BEANS TOXIC?	Wholesome; moderation; lectins (YQA)	2018	Autumn	10
GRANULOMA – WHAT IS IT?	Different types and sites in the body (YQA)	2018	Winter	12
GROWING ORGANIC FOOD AT HOME	Principles, advantages; 10 steps	2017	Autumn	16
HEALING ABILITIES OF BODY AND MIND	Pretend young, get younger; placebos etc.	2018	Winter	20–21
HEALING BROKEN HEARTS – H. DISEASE	Social factors; love; depression	2018	Winter	24–25
HEALTH RECOVERY MISTAKES, Common 2	Eating to keep weight on/strength up – no!	2018	Winter	26
HEALTH RETREATS: Misty Mtn & Gwinganna	Members' reports; Your Say	2017	Autumn	24
HEALTHY COUNTRIES AND DIETS	Compared to unhealthy countries and diets	2018	Autumn	18
HEALTHY GUT MEANS HEALTHY YOU	Microbiome; prebiotic foods; Gerson	16/17	Summer	31
HEALTHY PEOPLE ON BAD DIETS – HOW?	Several reasons (YQA)	2017	Spring	8–9
HEARING LOSS, AGE-RELATED	Causes/prev'n/restoring/diet/supplements	2016	Spring	16–17
HEART ATTACK – AHA PRESIDENT, AT 52	Most likely followed its flawed advice	2018	Autumn	24
HEART DISEASE AND SATURATED FAT	Whole plant fats better	2016	Spring	2–3
HEART DISEASE BIGGEST KILLER IN CHINA	Diet & obesity blamed for sudden increase	16/17	Summer	29
HEART DISEASE CAUSE – DR J. MERCOLA	Inflammation, not cholesterol; reducing	17/18	Summer	6–7
HEART DISEASE: HEALING BROKEN HEARTS	Social factors; love; depression	2018	Winter	24–25
HEART HAS A BRAIN OF ITS OWN	And other remarkable facts about the heart	2018	Winter	25
HIGH SATURATED FAT DIET	New British push – but we beg to differ	2016	Spring	2–3
HOMOCYSTEINE METABOLISM	And methylation; genetic testing	2017	Spring	29
HOPWOOD HEALTH Advice/Book/Recipes	Short articles; 'Lifestyle–Recipe for Wellbeing'	ALL	ALL	
HPV SCAM – Gardasil & Cervarix vaccines	Trials flawed; serious effects and deaths	16/17	Summer	41
HUGS, HOW THEY HEAL – Dr J. Mercola	Touch; oxytocin; cortisol; depression	2017	Spring	2–3
HYDROLYSED VEGETABLE PROTEIN (HVP)	Different from TVP?; contains MSG (YQA)	2018	Winter	10–11
INDEX, TRUE NATURAL HEALTH MAGAZINE	Spring 2014 to Winter 2016	2016	Spring	21–24
INFLAMMATION	Genetic testing shows regulatory capacity	2017	Spring	28
INFLAMMATION, HOW TO ELIM. NATURALLY	Acute/chronic symptoms; treatment; Gerson	2018	Autumn	34
INFLAMMATION, NOT CHOLESTEROL	Is the problem with heart disease; reducing	17/18	Summer	6–7
INSECT BITES AND STINGS, TREATMENT	Diff. types; prevention; safe repellants (YQA)	17/18	Summer	9–10
INSECT BITES – TICKS: Treatment/removal	Correction of earlier advice (YQA)	2018	Autumn	8
INSOMNIA	A different, drug-free approach	17/18	Summer	29
INTENSIVE LIFE STOPS EXTENSIVE LIFE	Health management is energy management	2018	Autumn	17
IRIDOLOGY, THE ART OF IRIS ANALYSIS	Reveals genetics, constitution & personality	17/18	Summer	24–26

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TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
IRON – GET THE FACTS	Vegans no more anaemic than omnivores	2018	Winter	27
IRRITABLE BOWEL SYNDROME (IBS)	Salicylates/amines/glutamates (YQA)	16/17	Summer	6–7
KATZ, DR DAVID – LIFESTYLE MEDICINE	Smoking/fat/cholesterol/sugar/meat	16/17	Summer	28–29
KINDRED Organisations: NH/Vegtn/Vegan	News, events and short articles	ALL	ALL	
KNOWING THIS CAN SAVE YOUR LIFE	Natural Health & Natural Hygiene; 'Dr You'	2016	Spring	26–27
LEARNING FROM A GROUP OF 11 YR OLDS	Us vs them & pulling together experiments	16/17	Summer	3
LIVING BEYOND EXPECTATIONS	Cancer; peace and healing; Petrea King	2018	Winter	13
LOSING WEIGHT WITHOUT LOSING SANITY	10 major recommendations and other tips	2017	Winter	16–17
MAGNESIUM	Substantial role in reducing inflammation	17/18	Summer	7
MARGARINE	Heart disease, cancer, higher death risk	2016	Spring	3
MEAT IS A GLOBAL WARMING FOOD	Meat/eggs/dairy – greatest enviro impact	2018	Autumn	28
MEDIA WATCH – ARTHRITIS & NUTRITION	Perpetuates no help myth; NHTA response	16/17	Summer	16–17
MEDICAL ERRORS 3RD CAUSE U.S. DEATHS	Reports from BMJ and Dr Joseph Mercola	2016	Spring	14
MEDICINE, MODERN – TREATS SYMPTOMS	While ignoring underlying causes	16/17	Summer	2
MEDICINE, TOO MUCH HARMS – BMJ	Educ. public to ask for simpler/safer options	2016	Spring	3
MEDITATION IN THETA	Ultimate game changer; how to	2017	Autumn	18–19
MELATONIN AND SLEEP	Vital for health and healing; EMR	2016	Spring	28
MELATONIN SUPPLEMENTATION	Long-term use could be unwise; EMR	2016	Spring	28
MENOPAUSE, STAYING HEALTHY AFTER	Stay active; diet; treatments/remedies	2017	Winter	28–29
MERCURY PROJECT, WORLD	Child vaccine safety; Robert F. Kennedy, Jr	2018	Winter	35
METABOLIC RATE	Will increase with regular exercise	2016	Spring	3
METHYLATION & HOMOCYSTEINE METAB.	Genetic testing	2017	Spring	29
MIND AND SPIRIT – BEING PRESENT	Dispels limiting beliefs and anxiety	17/18	Summer	4
MIND, POWER OF: where real health starts	Pretend young, get younger; placebos etc.	2018	Winter	20–21
MISTAKES, Common 2 in Health Recovery	Eating to keep weight on/strength up – no!	2018	Winter	26
MISTY MOUNTAIN HEALTH RETREAT	NHTA member reports on her stay; Your Say	16/17	Summer	4
MOBILE PHONES AND WIFI	ABC's Catalyst presenter suspended	2016	Spring	33
MOTIVATION TO EAT WELL AND EXERCISE	How much exercise; when/what to eat (YQA)	2017	Winter	11
MOULD	Types; health effects; sinusitis	2017	Autumn	28
MSM FOR JOINTS AND ARTHRITIS	Other benefits; why it works; sulphur (YQA)	2017	Spring	9–10
MUSCLE CRAMPS CAN BE EXCRUCIATING	Types; causes; treatment; prevention	2018	Winter	28–29
NARCOLEPSY – FALLING ASLEEP FREQ.	What it is; causes; treatments (YQA)	17/18	Summer	11
NATURAL HEALTH AND NATURAL HYGIENE	Can save your life; 'Dr You'	2016	Spring	26–27
NATURAL HEALTH DIETARY GUIDELINES	In brief: foundation, categories, meal plan	16/17	Summer	18–21
NATURAL HEALTH SOCIETY (S.A.)	South Australian member org'n could close	2018	Winter	44
NATURAL HEALTH SOCIETY OF AUSTRALIA	Events/news; book/product reviews; shop	ALL	ALL	
NATURAL HEALTH SOCIETY OF AUSTRALIA	No vested interests – editorial	2017	Spring	1
NATURAL MEDICINE – VICTORY IN AUST.	Complementary med. – new govt guidelines	2018	Winter	8–9
NATURAL PAIN RELIEF	Turmeric, curcumin and boswellia (YQA)	2018	Winter	12
NERVOUS ENERGY	Conserve it; changes as we age	2016	Spring	26–27
NEWS ITEMS COMPILED BY NHTA	From Australia and around the world	ALL	ALL	
NEWS OR ARTICLES – other organisations	Mercola, Natural News, WDDTY	ALL	ALL	
NUTRIENT DENSITY	Highest to lowest in foods	2018	Autumn	18
NUTRIENTS AND SUPPLEMENTS	To help with EMR protection	2016	Spring	28–29
NUTRIGENOMICS; GENES & FOOD; GERSON	How your food interacts with your genes	17/18	Summer	20
NUTRITIONAL MISTAKES, TOP FIVE	Better health requires a better game-plan	16/17	Summer	26–27
OBESITY FORUM, BRITISH NATIONAL	NHTA critique of recommendations	2016	Spring	2–3
OBESITY – LOSING THE BATTLE	Better to address ill-health; Prof. G. Egger	16/17	Summer	28
OILS, EXTRACTED AND INDUSTRIAL	Heart disease, cancer, higher death risk	2016	Spring	3
OMEGA-6 OILS, EXTRACTED VS WHOLE	Rancidity; heart disease, cancer, stroke	2016	Spring	2–3
ORNISH, D./ESSELSTYN C. rev. heart dis.	Separate studies; also Ornish & prostate c.	2018	Autumn	20
ORNISH, DR DEAN – prostate cancer study	Diet & lifestyle turn good genes on, bad off	16/17	Summer	29
ORNISH, DR DEAN: studies/program/genes	Heart disease reversed; prostate cancer	2017	Spring	5
OSTEOPOROSIS AND BONE STRENGTH	Building; preventing/reversing osteoporosis	2017	Spring	16–18
OSTEOPOROSIS AND REBOUNDING	May help but seek professional opinion (YQA)	2016	Spring	6
OXYTOCIN TRIGGERED BY DOG GAZES	Oxytocin reduces stress, increases relax'n	2016	Spring	31
OZONE LAYER GRADUALLY HEALING	Good environmental news	17/18	Summer	19
PEANUT ALLERGY CURE WITH PROBIOTICS	High success rate from clinical trial	17/18	Summer	3
PERIPHERAL VASCULAR DISEASE (PVD)	Causes; symptoms; med. & nat'l treatment	2018	Winter	30–31
PET CANCER – DOGS AND CATS	Vaccine induced; treatments; diet	2018	Winter	34
PET NUTRITION	Benefits of coconut oil for dogs and cats	2016	Spring	30
PET NUTRITION – DOGS	Itchy skin and the immune system	16/17	Summer	30
PET NUTRITION – DOGS	The benefits of feeding your dog turmeric	2017	Autumn	34
PETS, DOGS/CATS – Grounding & Grieving	Help with grounding (earthing) and loss	2018	Autumn	7
PETS – DOGS HAVE FEELINGS	And help us live longer – why	2018	Autumn	6
PETS – HUMAN FOOD WARNINGS	Six potentially fatal foods	2017	Winter	33
PETS – NATURAL THERAPIES	Homeopathy; first-aid kit	2017	Winter	30
PETS – WEIGHT	Healthy tips for dogs and cats in winter	2017	Spring	26
PETS – WEIGHT LOSS	Tips for dogs and cats	17/18	Summer	34
PLANTAR WARTS	Medical treatments & home remedies (YQA)	2017	Autumn	8
PLANT-BASED DIET BEST for optimal health	VegSA news report on research	2017	Winter	44
PLANT-BASED EATING – WHY	Natural Health Dietary Guidelines in brief	16/17	Summer	20
PLANTS, unprocessed, for health/longevity	Get most of your calories from these	2018	Autumn	19
POLLUTION AND DETOXIFICATION	Of rivers/lakes & our bodies – all reversible	2017	Spring	30–31
POST-HERPETIC NEURALGIA / SHINGLES	Many natural therapies including mind	16/17	Summer	9–10
POTSDAM (GERMANY) STUDY	Lifestyle greatly reduces risk of chronic dis.	16/17	Summer	28–29
PRACTITIONER CONTRIBUTORS, Australian	Chuter/Craven/Evans/Fitzgerald/Thompson	MANY/MOST/ALL		
PRESCRIPTION MEDICINES	Third leading cause of death globally	2016	Spring	3
PRESENCE, NURTURING THE SEED	Dispels limiting beliefs and anxiety	17/18	Summer	4
PROBIOTICS – PEANUT ALLERGY CURE	High success rate from clinical trial	17/18	Summer	3
PROSTATE CANCER, ADVANCED	Treating with diet – Dr Michael Greger	17/18	Summer	18
PROSTATE PROBLEM AND JOINT PAIN	Case story of vast improvement	2017	Spring	31
PRUNES, AUSTRALIAN – SUPERSTAR FOOD	Health and nutrition benefits; how to use	2017	Winter	31
PSYCHIATRIC DRUGS	Link to U.S. school shootings	2018	Winter	7

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PTSD (Post Traumatic Stress Disorder)	Multi-disciplinary approach; NJF Wellness	2017	Spring	31
PULSE GLUTEN-FREE biscuits, low starch	Tastes of the Valley brand; no rancid fats	2016	Spring	13
RAW AUSSIE ATHLETE, GRANT CAMPBELL	From asthma/allergies to vegan marathoner	2017	Autumn	2
RAW FOOD IS BETTER	Natural Health Dietary Guidelines in brief	16/17	Summer	19
RAW VEGAN MARATHON RUNNERS	Janette&Alan on the move again; 'Raw' doco	2017	Autumn	3
REBOUNDING FOR OSTEOPOROSIS	May help but seek professional opinion (YQA)	2016	Spring	6
RECIPES	From Misty Mountain Health Retreat	2016	Spring	18-19
RECIPES	From Misty Mountain Health Retreat	16/17	Summer	22-23
RECIPES, RAW VEGAN	From Marilyn Bodnar	2017	Autumn	22-23
RECIPES	To warm you in winter	2017	Winter	22-23
RECIPES, VEGAN	From Marilyn Bodnar	2017	Spring	22-23
RECIPES	From three contributors	17/18	Summer	22-23
RECIPES FROM NHSA SPRING '17 SEMINAR	Supplied by the caterer, CB's Café	2018	Autumn	22-23
RECIPES	From Wellness at Wallacia gatherings	2018	Winter	22-23
RESISTANT STARCH	Benefits; fibre; friendly bacteria	2016	Spring	14
RESTAURANT REVIEW	'Native Feel Real', Manly (Sydney)	2017	Winter	41
REVERSING YOUR BIOLOGICAL AGE	Diet and lifestyle turn genes on or off	2018	Autumn	18-21
ROOIBOS TEA	Beneficial effects & negative aspects (YQA)	2017	Spring	10-11
SALICYLATES, AMINES AND GLUTAMATES	Irritable bowel syndrome; list of foods (YQA)	16/17	Summer	6-7
SALT AND HIGH BLOOD PRESSURE	What's 'normal'?; Dr Michael Greger	17/18	Summer	2-3
SATURATED FATS	Studies promoting are flawed, say experts	2018	Autumn	19
SAUERKRAUT, SALT AND HIGH BP	Buy low salt/make without; potassium (YQA)	2018	Autumn	9-10
SCHOOL SHOOTINGS IN U.S.	Link to psychiatric drugs	2018	Winter	7
SCIENTIFIC RESEARCH AND LITERATURE	Bad and often untrue, say doctors & editors	2018	Winter	8-9
SCREENS IN SCHOOLS	Not as useful as first thought; \$50B hoax	2017	Autumn	7
SEAWEED TO NOURISH GARDEN	Benefits; harvesting; mulch; seaweed tea	2018	Autumn	32
SEVENTH DAY ADVENTISTS of Loma Linda	Lifestyle/diet; one of longest living peoples	16/17	Summer	29
SHINGLES / POST-HERPETIC NEURALGIA	Many natural therapies including mind	16/17	Summer	9-10
SINUSITIS, CHRONIC – RESOLVING	Causes; tests; avoid list; natural therapies	2017	Autumn	28-29
SJOGREN'S SYNDROME	Causes, symptoms and treatment (YQA)	2017	Autumn	11-12
SKIN CARE – NATURAL OILS VS SYNTHETIC	WomanOil8; ingredients and oils to avoid	2017	Spring	14
SKIN CARE, Part 1: What Our Skins Like	100% nat'l; Gorgeous Woman/WomanOil8	2018	Autumn	14
SKIN CARE, Part 2: The Role of Oils	100% nat'l; Gorgeous Woman/WomanOil8	2018	Winter	18
SLEEP APNOEA	Types, causes, treatment, dangers (YQA)	2016	Spring	7-8
SLEEP, CHRONIC LACK CATASTROPHIC	Dangerous outcomes; how much we need	2018	Autumn	28
SLEEP, SPLENDID SLEEP	How much; insomnia; pills; aids; relax'n	2017	Autumn	26-27
SLEEP AND HEALTH	Health tips; digital devices and blue light	2017	Winter	5
SLEEP AND MELATONIN	Vital for health and healing; EMR	2016	Spring	28
SMART METERS	Not as big a problem as first thought? (YQA)	2018	Autumn	8-9
SMART METERS – PROBLEMS, PROBLEMS	High bills; health; env.; prev'n; protection	2018	Winter	2-4
SNACKING WILL MAKE YOU FAT	Impedes digestion and weight loss	2016	Spring	3
SNORING, PREVENTING	Causes and treatment; sleep apnoea (YQA)	2016	Spring	6-7
SOCIAL MEDIA RIPPING SOCIETY APART	Strong views of former Facebook executive	2018	Autumn	33
SOLAR POWER PLANT FOR PORT AUGUSTA	Could reduce CO ₂ by five million tonnes	17/18	Summer	19
SOLAR THERMAL POWER	Global warming solution; Port Augusta S.A.	2018	Autumn	26-27
SPINE – TREATING NATURALLY	Anatomy, disorders, self-help, therapies	16/17	Summer	34-35
STATIN DRUGS – BE CAREFUL	LDL 'bad' cholesterol protects in over 60s	2018	Autumn	24
SUFFERING AND STRUGGLE	Are you addicted?; rehabilitation	16/17	Summer	14
SUGAR – HOSPITAL BANS SOFT DRINKS	No more in Westmead Hosp. machines/cafés	2017	Winter	33
SUGAR – HOW WORLD BECAME ADDICTED	Dr J. Mercola: history; 'science'; tobacco	2017	Autumn	41
SUGAR – NO NUTRITIONAL VALUE	Diabetes, high BP, cardiovascular disease	2016	Spring	3
SUGAR TAX	Australian Medical Association push	2018	Autumn	2
SUPPLEMENTS – FOUR GOOD REASONS	To take, as long as good quality	2018	Autumn	4
TACHYCARDIA – RACING PULSE	Types, treatments and prevention (YQA)	2017	Autumn	9-11
TELOMERES TELL US ABOUT OUR HEALTH	Extenders; reducers/degenerators	2017	Spring	4-5
TENNIS ELBOW, GOLF ELBOW	And cubital tunnel syndrome; treatment	2018	Autumn	30-31
TERRORISM AND RADICALISATION	Human need for belonging; solutions	2017	Spring	5
TEXTURED VEGETABLE PROTEIN (TVP)	Healthy?; heated/denat. vs natural soy (YQA)	2018	Winter	10
THEOBROMINE IN CHOCOLATE	Health benefits; safety and toxicity (YQA)	2018	Winter	11-12
TICKS – TREATMENT AND REMOVAL	Correction of earlier advice (YQA)	2018	Autumn	8
TONGUE AND NAIL ANALYSIS	Clues to inner workings of the body	2017	Winter	14-15
TRI NATURE non-toxic, eco-resp. products	Available direct from Aust. manufacturer	16-18	SOME	
TURMERIC, BIO-FERMENTED PROBIOTIC	Benefits of Sanita brand	2017	Spring	27
TURMERIC, CURCUMIN AND BOSWELLIA	Natural pain relief (YQA)	2018	Winter	12
UTERINE/BLADDER PROLAPSE IN WOMEN	Causes, symptoms, diagnosis, treatment	2016	Spring	32-33
VACCINATION INFORMATION	Gentle detox; international Gardasil scandal	2016	Spring	41
VACCINATION ISSUES: aluminium; allergies	Brain/nerves; peanuts etc.; HPV scam	16/17	Summer	41
VACCINE, HEPATITIS B – MORATORIUM	Called for by private U.S. physician group	2017	Winter	35
VACCINE SAFETY FOR CHILDREN	World Mercury Project; R. F. Kennedy, Jr	2018	Winter	35
VACCINES – ISSUES RE ADDITIVES	Mercury, aluminium, formaldehyde; autism	2017	Autumn	40
VACCINES: Prof. P. Doshi, It's time to listen	To patient concerns; big gaps in safety evid.	2017	Winter	34
VEG & FRUIT: MORE = FAR LESS DISEASE	Study by Imperial College London	2018	Autumn	3
VEGAN FRIDGE & PANTRY, HOW TO STOCK	Extensive lists: foods, appliances & gadgets	2017	Autumn	4
VEGANS AND IRON	No more anaemic than omnivorous eaters	2018	Winter	27
VEGEMITE AND SIMILAR PRODUCTS	Brands and ingredients; moderation	2017	Autumn	20-21
VEGEMITE – MORE SIMILAR PRODUCTS	Adding to previous list, plus homemade	2017	Winter	20
VEGETARIANS – THE BEATLES	All of the Beatles became vegetarians	2017	Autumn	32
VIDEO GAMES AND VIOLENCE	Evidence for harmful effects	2016	Spring	30
VITAMIN D RECEPTORS	Genetic testing	2017	Spring	29
WEIGHT LOSS – DOES EXERCISE HELP?	Not directly; does incr. metabolic rate if reg.	2016	Spring	3
WOMANOILS (Gorgeous Woman) / ManOil8	100% natural blend for healthy, supple skin	16/17	Summer	4
WORM FARM – SHOULD YOU INVEST?	Soil building; how to start & feed; worm tea	17/18	Summer	35
YOUR QUESTIONS ANSWERED (YQA)	Roger French, Editor and Health Director	ALL	ALL	
YOUR SAY	Readers' comments, tips and successes	SOME	SOME	

Fruit and veg five serves a day? No, make it ten

Compiled by Roger French

Researchers are saying that even one third of the Australian recommended intake of fruit and vegetables daily can reduce the risk of heart disease, stroke, cancer and premature death, but if we make it ten portions, the benefit is much greater.

Increasing the consumption of fruit and veg to 10 serves a day might save 7.8 million premature deaths worldwide on an annual basis, they say.

These findings of a study conducted at the Imperial College of London show that as little as 200 grams daily is associated with a reduced risk of heart disease by 16%, of stroke by 18%, of cardiovascular disease by 13%, of cancer by 4% and of premature death by 15%.

The lead author of the research, Dr Dagfinn Aune, explained, "We wanted to investigate how much fruit and vegetables you need to eat to gain the maximum protection against disease and premature death. Our results suggest that although five portions of fruit and vegetables is good, 10 a day is even better."

Consuming 10 serves a day of fruit and vegetables, that is, 800 grams – which is one-and-a-half times the recommended quantity in Australia – was associated with considerably greater reductions in the risks in these diseases, namely heart disease by 24%, stroke by 33%, cardiovascular disease by 28%, total cancer by 13% and premature deaths by 31%.

The benefits of some fruits and vegetables were found to be outstanding. Those which are superior at preventing heart disease and stroke are apples and pears, citrus fruits, salads which include green leafy vegetables such as spinach, lettuce and chicory, and the cruciferous vegetables broccoli, cabbage and cauliflower.

The vegetables most effective for reducing the risk of cancer are green vegetables, the yellow and orange vegetables capsicum and carrots, and cruciferous vegetables.

The researchers found equal protection from cooked and raw fruit and vegetables.

"Fruit and vegetables have been shown to reduce cholesterol levels and blood pressure, and to boost the health of our blood vessels and immune systems," said Dr Aune. "This may be due to the complex network of nutrients they hold. For instance they contain many antioxidants, which may reduce DNA damage and lead to a reduction in cancer risk."

Compounds in cruciferous vegetables called *glucosinolates* convert in our bodies to *sulphoraphane*, which is known to prevent cancer and destroy cancer cells. The fibre in fruits and vegetables is well known to nourish our friendly gut bacteria.

Dr Aune declared that it is not possible to put all the benefits of fruit and vegetables in a pill, because "it is most likely that the whole package of beneficial nutrients you obtain by eating fruits and vegetables is crucial to health. This is why it is important to eat whole plant foods".

He continued, "It is clear from this work that a high intake of fruit and vegetables holds tremendous health benefits, and we should try to increase their intake in our diet".

Sarah Toule, of the World Cancer Research Fund, supported Dr Aune's findings:

"People should aim to eat at least five portions of vegetables and fruit a day, but the more the better. If people find this difficult, why not start by adding an extra portion of fruit or veg a day to your lunch or try swapping one of your naughty snacks for a piece of fruit?"

Most facts and figures based on an article by Sarah Boseley, Health editor of *The Guardian*, Australian Edition, 23rd February 2017

Nutrition in Healthcare Conference, Melbourne

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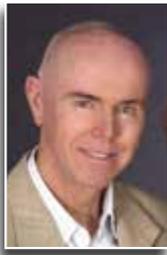
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The Conference is run by a group called Doctors for Nutrition

DATES: Friday 15th & Saturday 16th February 2019

VENUE & FEES Yet to be advised

Keynote speaker: Dr Neil Barnard of the USA, a plant-based wholistic medical practitioner who founded Physicians for Responsible Medicine, a group of wholistic doctors in the USA
For more information, go to doctorsfornutrition.org



Why The Official 'War On Cancer' Will Never Be Won



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

In 1971 US President Richard Nixon declared 'war' on cancer when he stated: "The time has come when the same kind of concentrated effort that split the atom and took man to the moon should be turned toward conquering this dread disease".

Fast track 47 years and this 'war' has been a tragic failure. In that time over \$200 billion has gone into researching the elusive cancer cure, and if this was economics instead of medicine, the economists would be calling this a 'black hole' investment.

The only successes are testicular cancer, some childhood leukemias and some lymphomas, which occupy only a very small percentage of overall cancers. In fact, childhood cancers account for only 1% of total cancers. The main cancers which have caused carnage in western society, namely, breast, colon, prostate and lung, account for more than 50% of cancer deaths and are still causing carnage, despite receiving unlimited public money in search of the mythical cure.

Many Doctors Are Now Speaking Out About This Failure

This is not just my opinion. Many doctors from within the medical profession have been stating this for years.

The short video link below by Dr Michael Greger confirms this and is worth listening to: nutritionfacts.org/video/how-to-win-the-war-on-cancer/

This 'war on cancer' is waged using only three 'weapons': chemotherapy, radiation and surgery. These have become central to medicine's Holy War against cancer. No-one apart from medical doctors is allowed to treat the disease and it has become an industry unto itself. It has been said that more people make a living from cancer than die from it! Both chemotherapy and radiation were derived from WW2 technologies and the cancer industry has continued the military metaphors with words like *battle, war, invade, volunteers, deadly, weapons, defeat, enemy* and so on which are now integral to the cancer lexicon.

The public is continually being *conscripted* to donate more and more money to drug research while being drip-fed the continued hope (*propaganda*) that the cure is "just around the corner". The government and mainstream media have been complicit in and very willing to continue this narrative.

The book by Clifton Leaf titled, *The Truth in Small Doses: Why We Are Losing the War on Cancer* explains this in great detail.

Other very eminent doctors who have bemoaned the lack of success in cancer (and other medical treatments) include Dr George Lundberg, who was editor of the *Journal of The American Medical Association (JAMA)* for 17 years and Dr Gilbert Welch, author of the best-selling books *Over-diagnosed* and *Less Medicine, More Health*. Dr Welch can be heard in this short video: drmcDougall.com/health/education/videos/advanced-study-weekend-experts/dr-h-gilbert-welch-less-medicine-more-health

Dr Seymour Bremner, a radiation cancer specialist (oncologist) in New York, made a major public statement when he said: "I've been doing this for 39 years, seeing 100 – 150 cancer patients a day. My great frustration is that in these 39 years, I have seen no significant progress".⁽¹⁾

Even the Professor of Medicine in New Jersey, Reynold Spector, who headed Merck's drug development for 12 years, wrote an article titled 'Why Has the War on Cancer Failed?'. He stated:

"The war on cancer after 40 years must be deemed a failure. In my view the principle problem is that we just don't understand the causes of most cancers. We don't even know if the problem is genetic or epigenetic [the factors or environment surrounding our genes – my explanatory brackets] or something totally unknown".⁽²⁾

In the prestigious medical journal *Cell*, Robert Weinberg, renowned molecular biologist and luminary in the world of cancer, lamented the misdirected emphasis on wayward genes as the cause of cancer from about 1980:

"Things went downhill from there for the

next 30 years... I came to appreciate that the strongly held opinions of widely respected professors should be taken with large grains of salt. ... We have come full circle to our current dilemma".⁽³⁾

Professor Linus Pauling, two-time Nobel Laureate, went further: "The American people have been betrayed by the cancer establishment, the medical profession and the government. Everyone should know that the 'war on cancer' is largely a fraud, and that the National Cancer Institute and the American Cancer Society are derelict in their duties to the people who support them".⁽⁴⁾

Why is the War on Cancer Failing?

In the late 1950's and 1960's, at the time when cigarette smoking was endorsed on television, radio and newspapers by doctors ("More doctors smoke Camel cigarettes than any other brand"), cancer was viewed as one basic disease process underpinned by simple principles, driven by viruses.

This was proven wrong in the 1980's when an understanding that viruses were not the prime drivers and that wayward genes (mutant genes) or oncogenes were primarily to blame.

The focus on genetics leading to the cure for cancer has, as Robert Weinberg states, led us to where we are now. It too has failed. A new game-plan is desperately needed.

The current focus on cancer treatment (chemo, radiation and surgery) views cancer as a cellular disease only. The treatments target the cancer at the cellular level. Cancer cells are killed, along with healthy cells, and this proceeds without any real understanding as to the causes of cancer.

It is akin to continually killing terrorists without knowing why they become terrorists in the first place. The war against terrorism then becomes ultimately unwinnable, despite some successes in minor skirmishes, just like the war on cancer.

However, there is great hope.

Two Big Clues Provide Hope

1) Smoking Cessation: In 1964 the Surgeon General of the USA confirmed the association between tobacco smoking and cancer. Until then, smoking was not thought to be harmful and was often medically recommended to calm nerves and overcome stress. (Natural Health practitioners were however, speaking out against the habit for over 100 years prior to modern medicine waking up.) Once this association was medically accepted, campaigns were launched to dissuade people from smoking, and they have been successful. Smoking cessation has been the main reason why lung cancer has declined, and one reason why breast cancer deaths have also fallen.

Tobacco smoke contains carcinogens – chemicals known to cause cancer. These carcinogens enter the bloodstream and are transported to every part of the body, causing free-radical damage. Passive smoking was later recognised to cause similar damage.

In the past few years, it has been proven that smoking is a cause of not only lung cancer, but many other diseases, including osteoporosis, Alzheimer's disease, strokes, heart disease and even gum disease. No part of the body is not harmed by tobacco.

2) Hormone Replacement Therapy (HRT) Decline: In 2004 there was recognition that HRT caused major health problems and its medical prescription was discouraged barring exceptional circumstances. This led to HRT use falling precipitously. The Cancer Council of Australia has acknowledged that this decline was one of the main reasons, along with smoking cessation and oestrogen-inhibitors, for the decline in breast cancer mortality since 2004.

Here we have proof that substantial improvements in some cancers result from what people limit their exposure to. This is called environmental modification and is done by the individual of their own volition.

These improvements did *not* come from chemotherapy, radiation treatment or surgery. They came about from people saying 'no' to certain environmental behaviours.

And herein lies the key to why the war has failed.

If changes such as not smoking and not taking HRT can decrease cancer incidence, both previously thought to have nothing to do with cancer by the medical profession, what would the 'war on cancer' look like *if* the association with other lifestyle behaviours was standard advice in the medical approach? These behaviours would include whole-food, plant-based nutrition, alcohol avoidance, caffeine avoidance, fasting when sick, appropriate exercise, meditation, moderate sun

exposure, sleep improvement techniques, stress management and judicious supplementation.

We would be winning the war on cancer instead of losing it.

Don't wait for the medical profession or the government to routinely and strongly advocate these lifestyle changes as part of their 'war on cancer'. You might be waiting a very long time.

However, you can learn about and implement these nutritional and lifestyle improvements *now*.

A Tragic, But Common Scenario

I see countless patients with cancer. Most of them have the sense to realise that their medical treatment is insufficient by itself to free them of their disease. Surgery might 'get it all', but the spectre of recurrence haunts them. Chemo and radiation might shrink the tumour(s) but these therapies are themselves carcinogenic (cancer-causing). They often cause later-stage cancers and other serious illness, and this is acknowledged in medical text books.

When these people make positive changes to their daily behaviours, they all improve their health, even those who, sadly, are terminal. Time and time again we see this.

And here is the kicker (in the guts): Most people diagnosed with cancer rely entirely on the medical profession to 'cure' them of their disease, changing nothing of their diet and lifestyle. They never consult any practitioner who educates them about their daily habits, and who encourages them to make positive lifestyle changes, which are of inestimable value in helping them achieve post-cancer wellness. I am not talking about smoking cessation, which is now standard advice, thankfully.

I have yet to see one patient with cancer who has been strongly and passionately encouraged to change their lifestyle by their oncologist. Not one.

UNTIL THAT HAPPENS, THE WAR ON CANCER WILL NEVER BE WON!

Take charge of your own health and go beyond standard cancer treatment. It could save your life!

References:

- 1: *The Cancer Chronicles*: 1990, p 1;
- 2: *Skeptical Inquirer*: Vol 34; 1 Jan/Feb, 2010;
- 3: *Cell*: Vol 157, 27th March, 2014;
- 4: *The Cancer Syndrome* by Ralph Moss, 1980 (cover quote).

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WHY WE NEED LESS RESEARCH NOW MORE THAN EVER

Based on an item by 'Skeptical Scalpel', published in Medical Observer, 11th July 2018

OPINION

"We need less research, better research and research done for the right reasons. Abandoning using the number of publications as a measure of ability would be a start."

This statement was written by the late Douglas Altman, a well-known statistician and researcher.

Back in a 1994 *British Medical Journal* article, entitled 'The scandal of poor medical research', Altman made that statement. Yet, it is now 24 years later and nothing has changed. In fact, due to the nature of modern predatory journals, this scenario is much worse.

Altman highlighted flaws in research including, "The use of inappropriate designs, unrepresentative samples, small samples, incorrect methods of analysis and faulty interpretation". He believed that many defective studies were caused by pressure to have studies published.

The question is often raised as to whether every medical scientist should carry out some research.

Altman commented: A common argument in favour of every doctor doing some research is that it provides useful experience and may help doctors to interpret the published research of others. Carrying out a sensible study, even on a small scale, is indeed useful, but carrying out an ill-designed study in ignorance of scientific principles and getting it published surely teaches several undesirable lessons."

In 2005, a reputable statistician named John Ioannidis declared that *90% of all medical research is flawed*. In a recent interview, he stated that he had not changed his mind.

Another well-known statistician, Edward Tufte, recently tweeted that every study involving data analysis should come with a warning "Similar to that accompanying every prescription drug", because mistakes in statistics can shorten thousands of lives.

'Skeptical Scalpel' is an anonymous blogger and prolific tweeter and former chairman of surgery and residency program director.

HIGH BLOOD PRESSURE

– how to bring it down without drugs

By Roger French, Health Director

Some time ago, I met a middle-aged man from Canberra – I'll call him David – who had been to Hopewood Health Retreat for assistance with high blood pressure. His blood pressure had been 170/110 a year previously, which is very high, and his doctor put him on drugs to bring it down. The drugs reduced the pressure to 140/95, but this was still too high. David's weight was 83 kg and his height was average.

After 10 days at Hopewood – sadly closed in June 2015 – this businessman's blood pressure had dropped to 115/79, which was virtually ideal, and his weight had dropped to 76 kg. David was delighted to be off the drugs.

David's program at Hopewood had been a diet of fresh fruit and vegetable juices and one meal a day of fresh vegetable salad and fruit. The entire 10 days were very relaxing, David exercised lightly under supervision and sunbathed for short periods when the winter sun was low-ish in the sky.

David's blood pressure had fallen from a risky level with medication to a safe level without medication. His case is not rare. I have seen high blood pressure normalise consistently when these natural methods are employed.

We are told that blood pressure should be 'one hundred plus your age', but this is not the way it goes in 'primitive' peoples who don't have our Western way of living. In the indigenous people of New Guinea who still live in their traditional way, blood pressure remains typically at 120/80, and if it does change with age, it declines slightly as the heart weakens. There are many people following Natural Health lifestyles whose blood pressure remains normal all their lives.

In 2014/15, close to 6 million Australians (34%) aged 18 years and over had high blood pressure according to the National Heart Foundation. Of these, more than two thirds (68%) had uncontrolled or unmanaged high blood pressure (not taking medication), representing 4 million adult Australians.

'Blood pressure' is the pressure in the blood in arteries produced by the pumping of the heart. As the heart pumps and relaxes, the pressure rises and falls. This pumping is aided by the arteries which have muscular walls that contract and relax

in unison with the heart, producing what we call our 'pulse'.

The highest pressure in arterial blood is called the *systolic* pressure and the lowest is the *diastolic* pressure. Blood pressure is always given as the systolic pressure followed by the diastolic pressure, and is written, for example, as 120/80.

Normal blood pressure for an adult is in the range 110/70 and 120/80. The upper figure varies readily with physical and mental conditions at the time – physical activity, emotions, stimulants, allergies and so on. The diastolic pressure is relatively stable and is dependent more on the condition of the heart and arteries.

HIGH BLOOD PRESSURE

In the normal case, readings of 140/90 and above are considered to be high blood pressure, technically *hypertension*. Mild hypertension, called 'Stage 1' is when readings are systolic 130 – 139 and diastolic 80 – 90.

However, the Australian Heart Foundation has produced charts giving a wide range of upper safe limits which vary depending on age, total cholesterol level, whether diabetes or not and whether a smoker or not. And there are separate charts for men and women. So in the medical view, there is not one answer, but a very wide range. The figures given in the previous paragraph are very rough guides.

Conditions or habits which are of particular concern with high blood pressure are smoking, diabetes, obesity, and sleep apnoea.

Consistently high pressure causes the heart to work extra hard and can damage the coronary arteries that supply the heart itself, the brain, the kidneys and the eyes. Hypertension is a major cause of stroke.

Primary or *essential hypertension* is to do with lifestyle and accounts for 90 – 95 percent of cases, while *secondary hypertension* is connected to an existing medical condition, such as heart failure or kidney disease, and accounts for the remainder of cases. *Pregnancy-induced hypertension* can occur after about the 20th week of pregnancy and is more likely in women who are overweight or obese.

CAUSES OF HIGH BLOOD PRESSURE

Atherosclerosis

This is artery disease in which artery walls are swollen with plaque and the space in which blood flows is reduced. Plaque is a mixture of fat, cholesterol, protein, other substances and calcium at a later stage. The artery walls change from being Teflon smooth to being rough. Against this resistance, the heart has to pump harder to maintain flow and this means increased pressure in the arteries.

It works like this. If a cell, typically in the periphery of the body – feet, hands, skin, etc – is not getting enough oxygen, it asks the brain to arrange for it to receive more blood. The brain sends a message to the heart to pump harder, which it does, increasing the pressure in the system. But nothing else has changed, and after a year or two or three, the cell contacts the brain again asking for more oxygen. The brain directs the heart to pump harder still, and the situation is again temporarily resolved. But this time it doesn't last as long, and after say six months, the cell is short of oxygen again. Now the heart cannot pump any harder because if it does, it will damage itself. Eventually there will be chest pains called *angina*, for which a doctor would prescribe drugs. Meanwhile the cell just has to get along the best it can, and may eventually suffer, leading to some form of malfunction in the relevant tissues.

Most people in Western society have atherosclerosis to some degree. For hypertension to result, the blockage usually needs to be quite advanced.

Arteriosclerosis

This is hardening of the arteries, meaning that they lose their flexibility and cannot assist the heart in pumping blood. The heart has to pump harder, pushing up blood pressure.

Arteriosclerosis is often said to be an inevitable part of the ageing process, yet people in countries like rural China, Africa, Brazil, Panama, the Solomon Islands and New Guinea don't suffer increased blood pressure as they get older. In fact, hypertension seems to be virtually absent from such societies unless they are supplied with processed Western foods.

The major contributors to arteriosclerosis are smoking, high fat intake, high protein consumption and too much salt, along with the accompanying deficiencies of minerals and vitamins and oxidation of fat and cholesterol by toxic chemicals and radiation.

Excessive dietary fat

The high content of fat in the typical Australian diet causes blood corpuscles and platelets to stick together, increasing the viscosity of the blood and blocking the finest capillaries. The heart has to work harder against this resistance, raising blood pressure and straining itself in the process. It has been shown that blood pressure is directly related to blood viscosity.

High salt consumption

Because our kidneys are designed to recycle sodium, excessive sodium intake in the form of salt (sodium chloride) results in a build-up in the bloodstream. The blood has to retain more water to dilute the extra sodium, so there is an increase in blood volume, and the heart has to work harder to pump it around.

About 50 percent of the population are 'sodium sensitive', meaning that they appear to be unable to excrete excessive salt via the kidneys easily. Obese people and elderly people are more likely to be sodium sensitive.

The people of rural Kenya consuming their traditional diet were found by Dr Dennis Burkitt (the researcher who showed the world the importance of dietary fibre) to be free of hypertension. Their diet contained about one to three grams of sodium per day compared to 10 to 15 grams in the typical Western diet. A key mineral that balances sodium is potassium, of which the Kenyans consumed five to eight grams compared to the typical intake by Westerners of one to two grams.

In other words, in the rural Kenyans the very important ratio of sodium-to-potassium was around 1:3, while for Westerners it was around 6:1, representing 18 times the reverse of the Kenyan ratio. Dr Burkitt found that if he changed the ratio in the Western diet to that of the Kenyans, hypertension in the Westerners disappeared.

As if any further evidence is necessary, a study of chimpanzees found that blood pressure could be elevated or normalised at will simply by feeding or withholding salt.

Emotional stress

High levels of stress lead to increased secretion of the hormone *aldosterone*, which retains sodium, leading to increased blood pressure in the same way as does excessive salt. Classic examples are ongoing anxiety or frequent anger.

Obesity

Each extra kilo of fatty tissue contains approximately three or more kilometres of blood capillaries, all of which have to be

supplied with blood. The heart has to pump harder to push blood through all these extra blood vessels, raising blood pressure.

Allergies and sensitivities

Allergies and sensitivities can stimulate the heart, increasing blood pressure. In fact, one of the indications of allergy or sensitivity to a particular food or other substance is increased heart rate soon after ingestion. Allergy is a reaction to protein by the immune system, while sensitivity refers to all other abnormal reactions to foods or other substances. Many food additives can cause problems in this way.

Stimulants

Caffeine, alcohol and smoking are all associated with hypertension. Caffeine and nicotine can directly stimulate the heart rate. If the intake of caffeine or nicotine is virtually continuous, as in the case of chain smoking or regular coffee drinking, blood pressure can be constantly elevated.

Alcohol, which is a mind depressant and a stimulant for elimination, thickens the blood by causing red corpuscles to clump together and by elevating blood fats. Alcoholism accounts for about five percent of hypertension overall, and the proportion of alcoholics with blood pressure is between 30 and 60 percent. Women are more prone than men to alcohol-induced hypertension.

Medical drugs

Numerous medications, both prescription and over-the-counter, are capable of causing hypertension. Common examples are medications for pain and inflammation, including non-steroidal anti-inflammatory drugs (NSAIDs) and COX-2 inhibitors (includes Celebrax, Bextra and the banned Vioxx). Also the oral contraceptive pill.

When drugs have the side effect of hypertension, they are often overlooked as the cause. What is required is very careful diagnosis by the practitioner.

Medical drug interactions

When combined, certain drugs, medications, substances or toxins may react causing hypertension. The list of possible interactions is very long, and even then there are still other unknown possibilities.

When consulting a practitioner, always advise the practitioner of any medications or other treatments being used, including prescription or over-the-counter drugs and supplements, herbs or other natural remedies.

Illnesses that can result in high blood pressure

Many illnesses have raised blood pressure as an associated condition. Here are some of the more common ones:

- Diabetes
- Kidney diseases – renal tumours and cysts, glomerulonephritis, chronic pyelonephritis, polycystic kidney, hypoplastic kidney, renal tuberculosis

- Adrenal gland tumours
- Hypothyroidism
- Hyperthyroidism
- Cushing's disease and syndrome
- Polycystic ovarian syndrome (PCOS)
- Acromegaly
- Ischaemia
- Myxoedema
- Eclampsia
- Scleroderma
- Systemic lupus erythematosus (SLE)
- Sleep apnoea
- Toxaemia of pregnancy
- Brain stem encephalitis
- Heavy metal poisoning, especially with lead and cadmium

Hypertension due to kidney disease deserves special mention because of its prominence. A common effect of kidney disease is retention of sodium which can raise blood pressure in the same way as salt. Another important cause is narrowing of the renal arteries supplying the kidneys, due typically to *fibromuscular hyperplasia* in younger adults or *atherosclerosis* in older adults. Reduced circulation causes the kidneys to secrete hormones and the adrenal glands to secrete aldosterone that constrict peripheral arteries, leading to high blood pressure.

Heredity

High blood pressure is *not inherited*. Rather, it is a predisposition that can be inherited. The most significant thing that we can inherit is our parent's lifestyle – which, fortunately, can be changed.

REDUCING HIGH BLOOD PRESSURE WITHOUT DRUGS

The whole aim of Natural Health and natural therapies is to prevent disease in the first place, and, if illness does arise, to remove the causes and facilitate self-healing. With self-healing there can be no help from drugs because only living tissue can heal. The big problem with drugs is that virtually all medications have side effects.

Drugs for hypertension include beta-blockers which slow heart rate and cause dilation of blood vessels, and calcium-channel blockers and ACE inhibitors which also dilate blood vessels. More commonly used today are a second generation of ACEs called A2s. Diuretics are also often employed.

The Natural Health approach involves identifying the causes of hypertension and reducing those causes. In many cases, the causes will be obvious, but in other cases they may be elusive. Either way, it will be wise to consult a naturopath or wholistic medical practitioner.

Once causes are identified, the necessary lifestyle changes may be obvious. The following is a brief account of how to deal with the most likely causes

Atherosclerosis and arteriosclerosis

Essentially the diet needs to:

- be very low in fat (temporarily), with omega-3 fatty acids supplied by flax oil, chia seeds, etc.
- be devoid of rancid fat;
- contain adequate protein – from nuts, legumes and seeds;
- be free of refined carbohydrates and free of concentrated sugars;
- be low-to-moderate in unrefined carbohydrates;
- contain just moderate quantities of fresh fruits;
- contain an abundance of fresh vegetables;
- include garlic and/or appropriate herbs.
- Physical activity – subject to approval by a practitioner – can make a valuable contribution to recovery.

A detailed explanation of how to prevent (and possibly reverse) artery disease is given in *How a Man Lived in Three Centuries*, available from the Natural Health Society.

Excessive dietary fat

By adopting *Natural Health Dietary Guidelines*, fat intake will be at a desirable level in the diet. However, some natural foods will need to be avoided temporarily because they are naturally high in fat – nuts, seeds, eggs and dairy products.

To obtain adequate protein without also getting plenty of fat, there are a few protein-rich foods which are very low in fat – lentils, chick peas, kidney beans and lima beans, and low-fat cottage and ricotta cheeses. Use only small quantities of cheese, if any, and flavour protein dishes with herbs and spices if desired.

High salt consumption

Avoid salt or limit it to very small quantities, especially if sodium sensitive. Besides salt added to food at home, a far greater source is processed foods. If salt must be used, choose Himalayan rock salt or unrefined sea salt.

A balanced natural diet, based on plant foods, supplies an abundance of the mineral, potassium, that balances sodium and plays a critical role in offsetting the pressure-raising tendencies of sodium.

To limit sodium intake:

- Do not use salt in the home;
- Minimise use of processed foods and avoid salty snacks;
- Check food labels for sodium content;
- Limit the use of soya sauce, BBQ sauce and other condiments high in sodium.

Emotional stress

If you have a job that involves a lot of pressure or anxiety, it may be necessary to take a holiday so that you can completely relax and restore your flattened battery.

Energy levels and the ability to face hurdles without becoming stressed can be significantly recovered by a good break.

If anxiety or anger are ongoing, there are ways of dealing with them. A psychologist's approach is detailed in *How a Man Lived in Three Centuries*.

Well recognised techniques for reducing stress include meditation, formal courses, yoga, relaxation audio-tapes, physical exercise and the simple but invaluable philosophy – worry about the things that you can do something about – and do it – and forget all the rest. If you worry about other people's problems all around the world, you won't be helping them a bit, but will be doing yourself a lot of harm.

Obesity

Losing excess weight usually brings a substantial reduction in high blood pressure. Even dropping one kilo normally causes a significant reduction.

Possible causes of obesity are:

- Overeating – though not always;
- Low metabolic rate – remedied by regular physical activity;
- Hypoglycaemia – go for low-GI foods;
- Hypothyroidism – see *True Natural Health*, Winter 2013, page 26;
- High oestrogen levels – particularly due to 'The Pill';
- Diabetes – see *Natural Health and Vegetarian Life*, Summer 2007-08, p. 26;
- Adrenal exhaustion – take that holiday;
- Allergies and sensitivities – see a practitioner for identification of causes;
- Emotional reasons – sometimes people find benefit in being overweight.

Physical activity

Just 30 minutes of brisk walking daily or 20 – 30 minutes vigorous aerobic activity three or more times per week can be expected to lower both systolic and diastolic pressures by six to seven points. Regular exercise also helps obesity and eases stress.

But first check with a practitioner what level of exercise is safe for you.

Allergies and sensitivities

First identify the problem foods or other problem substances by use of a rotation diet or trial-and-error with any substance. It may be necessary to seek the assistance of an experienced practitioner. There are computerised methods of identification available with some practitioners.

Stimulants

If stimulant intake is high, reduce caffeine intake by minimising coffee, cola drinks, black tea, chocolate and any other sources.

If smoking is your habit, seek professional help. The Australian government's Quitline number is 137 848.

Regarding alcohol, decreasing from one

drink per day to one per week typically brings a reduction in systolic pressure by five points and diastolic pressure by three.

Medical drugs

If there is an existing illness, and provided it is safe to do so, use lifestyle modifications instead of drugs. This overcomes the huge problems of misdiagnosis, drug side effects and drugs being ineffective. As we occasionally hear, the drug side effects are sometimes worse than the original disease.

ROUNDING OFF

The orthodox medical treatment of prescribing blood-pressure-lowering medication is akin to 'shooting the messenger' – as naturopath, Robyn Chuter, has stated. The elevated pressure is simply a marker of malfunction in the system, and the medication doesn't address any of the causes.

Studies have shown conclusively that a plant-based, whole-food, high-fibre, low-salt diet, with less than 15 percent of its calories as fat, and naturally high in potassium, is often enough to bring elevated blood pressure back to normal.

A comprehensive lifestyle management approach, incorporating diet, regular moderate physical activity and effective stress management, will usually bring the pressure down to a healthy level and keep it there – while also protecting you against degenerative illnesses in general.

ACKNOWLEDGEMENT

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BIO NEEDS Part 8

By Jim Lanham, long-time
Natural Health Society member

ACTIVITY & WORK

A fair amount of physical activity is, in a word, normality. Limited activity is a fairly modern phenomenon. Contributing factors are: TV, the internet, mobile devices, mass spectatorism, junk food obesity and widespread mechanisation.

An active day seems to enhance sleeping patterns. Physical activity is believed to improve heart and lung efficiency, as well as overall health. Combined with a natural food diet, it helps to normalise narrowing arteries and lower an elevated blood pressure. Exercise and natural foods also result in regular bowel movements.

Exercise gives mental pleasure and contributes to happiness, long after the activity has ended. There is strong support for the idea that exercise helps drug addicts cope with withdrawal. It also helps anyone in times of stress or negativity.

EXERCISE IS WONDERFUL ... BUT...

As important as activity is, I sometimes think that it can be slightly over-rated. Calorie control is also important. I have an acquaintance who is 95 years old yet does little exercise. He is going very well because he eats small amounts of food and is slender.

Calorie control is considered a major influence on longevity. No amount of exercise is likely to compensate for over-nutrition.

Another example of calorie control, compensating for no exercise at all, was Professor Stephen Hawking. He was paralysed for 50 years, but lived to an amazing 76. Of course, he was not the picture of health and had extensive muscle wastage.

As Greg Fitzgerald has told us, the amount of exercise should be tailored to energy levels. There is a time to rest, or reduce activity. Exercise is not a panacea, but is merely one part of a healthy lifestyle. Combined with calorie control, it helps to reduce fat and build muscle. And activity is the *only* pathway to strength, endurance, skill and even flexibility. We need frequent activity (when appropriate), as its benefits quickly fade.

BACK TO WORK

"Work gives you meaning and purpose, and life is empty without it." – Stephen Hawking.

Work, in the broadest sense, is part of a healthy lifestyle. It involves goals and challenges and gives us a sense of achievement, when tasks are completed. To be busy (but not too busy!) enhances happiness for most people.

Work can provide useful activity. However, work today tends to be specialised and we have departed from many natural activities performed in a natural environment. Some modern work can have both positive and negative effects on health. If work includes long periods of sitting, consider a stretching break, every hour or so.

ENDURANCE, STRENGTH, FLEXIBILITY AND SKILL

Endurance is developed by relatively easy work, long continued (as in aerobic activity). Strength is developed by movements against significant resistance (as in weight training). Flexibility is maintained by weight control and by stretching (as in yoga). Skill is developed by activity requiring skill and is refined by repetition. Repetition is an important part of most exercise.

Many of the benefits of exercise are not immediate. They accrue over the next few days, as the body modifies muscles and supporting systems. The body responds well to cautious overload and to progressive overload. It is preparing for the future. This process of change takes place when we sleep or rest. Activity must be combined with adequate rest. The dynamics of rest are hidden internally.

Any continuous physical development will eventually reach a limit. This plateau will be different for each person, depending on age, conformation and lifestyle. The challenge is to maintain activity, somewhere below your limit. Some variety in your activities might also be a good idea.

Strength, endurance, flexibility and skill are progressive and relative. For example, a strength exercise for me might be regarded as an endurance exercise by someone stronger. A skill exercise, for example learning to ride a bike, can become an endurance exercise when cycling a fair distance. This can progress to a strength exercise when riding up steep hills. There is some overlap and the four distinctions are arbitrary, but convenient.

WHY EXERCISE? WHY PAIN?

If we lived natural lives, gathering or growing our food and walking everywhere, then deliberate exercise would not be needed. Our modern lifestyle tends to necessitate some planned exercise.

A bare minimum might be three or four walks a week and two or three stretching routines a week. If you add in some stronger activity, so much the better. Upper body work is a good complement to walking or jogging.

But don't get too serious about exercise. Keep it within enjoyable levels or you'll give up. Think of it as fun rather than a duty. Exercise in sunlight and/or a natural environment is a double bonus.

A little pain is OK and is saying: 'Be careful'. Significant pain is saying: 'Stop!'. There are some exercise enthusiasts who take painkillers to keep going, but injury is the likely outcome. Pain is a language – don't stifle it, don't ignore it, listen to it and respond.

REMEMBER ...

Exercise can be overdone (and often is!) resulting in injury and/or deep fatigue. The obvious remedy is rest or a reduction of activity. However, don't give up on exercise because of a few setbacks. Begin again and work out your own limitations, never forgetting your biological need for movement.

Our heritage, as animals, is to move. But if we persist with long periods of inactivity, then Nature loves to economise. What we don't use, we tend to lose. So in the words of Robyn Chuter, "Any exercise is better than none at all".



Natural Management of Breast Cancer

By Jo Thompson, RN, BN, Health Practitioner

Over a lifetime one in two men and one in three women will develop cancer. Alarming isn't it! Here we are going to look at breast cancer (BC), its risk factors, signs and symptoms, diagnosis and lifestyle interventions.

BREAST CANCER INCIDENCE

- One in eight women will be diagnosed with breast cancer in their lifetime. It is the most common cancer in women and the second leading cause of death from cancer in Australian women.
- 13.2% of all new cancers diagnosed in 2018 (=18,235 cases)
- 6.5% of all deaths in Australia from cancer in 2018
- 90% 5-year survival rate

RISK FACTORS

- BRCA gene mutation (10%) associated with 40 – 85% lifetime risk
- Early menarche (early start of periods)
- Higher BMD (body mass index)
- Use of oral contraceptive pill and hormone replacement therapy
- Alcohol consumption
- Diet: obesity, high starch intake, low fibre, low vegetables
- Sedentary lifestyle, minimal exercise
- Pesticide exposure, PCBs, DDT, dioxins, benzenes
- Cigarette smoke

Source: Peplonska B, et al. *Epidemiology*. 2008 Mar;19(2):226-36. Kvaskoff M et al. *PLoS Med*. 2014;11:e1001660

SIGNS AND SYMPTOMS

- Painful lump in the breast
- Nipple discharge
- Redness of breast
- Dimpling of skin
- Fatigue
- Breast or chest pain

DIAGNOSIS OF BREAST CANCER

There is a protocol medical practitioners are required to follow once a lump in the breast has been discovered. Accurate diagnosis is by:

- 3D digital mammography
- If positive, diagnostic MRI and/or ultrasound
- Diagnostic biopsy – Fine needle (confirms malignancy only) – Core needle (gives pathology)

SUB-TYPES

- Oestrogen-positive cancer – 55% of sufferers will have BC. Best outcomes.
- Her2 – Herceptin-positive accounts for 10% of women.
- Triple-negative cancer accounts for 35%; is the most difficult to treat.

LIFESTYLE INTERVENTIONS FOR PREVENTION OF BC

Diet, Diet and Yes, Diet

Here is a study comparing a Western diet with the Mediterranean diet. The foods consumed really make an impact on your cells, thus overall risk. I suggest to my clients an anti-inflammatory diet is best to remain disease free. That is whole-foods, plant-based diet, or follow the Natural Health Society dietary guidelines.

Mediterranean diet and breast cancer risk study: Comparing 1017 breast cancer cases with 1017 matched controls, the association between diet and breast cancer diagnosis revealed:

- Adherence to a Western dietary pattern associated with 46% increased risk.
- Western pattern: high intakes of high-fat dairy products, processed meats, refined grains, sweets, caloric drinks, convenience foods and low intakes of whole grains.
- Mediterranean diet pattern is associated with a 44% reduced risk of breast cancer.
- The Mediterranean pattern: high in vegetables, legumes, fish, boiled potatoes, fruits, olives and vegetable oil.
- The Mediterranean diet was associated with a 68% reduction in triple-negative tumours.

Source: Castello A, et al. *Br J Cancer*. 2014;111(7):1454-62.

Healthy Weight

Being overweight or obese is responsible for one in six cancer deaths in the United States, with Australia not far behind. Weight gain and obesity account for approximately 20% of all cancer cases. Being overweight

more than doubles the risk of dying from breast cancer. (Wolin et al. *The Oncologist*. 2010;15:556–565 Magheli et al. *Urology*. 2008;72(6):1246-51.)

Decreasing carbohydrate intake may have a protective effect by limiting the availability of glucose as an energy source for cancer cells. Also it reduces circulating insulin which is a *mitogen* (a chemical substances that encourages a cell to commence cell division) for breast cancer – while also reducing levels of systemic inflammation. Normally inflammation defends the body against a dangerous infection or injury, but chronic inflammation with its persistent elevations of *cytokines*, *interleukins* and *prostaglandins* can do just the opposite – it can cause diseases, including cancer.

Exercise

Exercise may result in beneficial changes in circulating insulin levels, insulin-related pathways, inflammation and possibly immunity. Just by taking a brisk 30-minute walk a day, you can reduce your risk of BC.

- Women who engaged in the equivalent of at least two to three hours of brisk walking each week in the year before they were diagnosed with breast cancer were 31% less likely to die of the disease than women who were sedentary before their diagnosis.
- Women who increased physical activity after diagnosis had a 45% lower risk of death when compared with women who were inactive both before and after diagnosis.
- Women who decreased physical activity after diagnosis had a four-fold greater risk of death.

Irwin et al. *J Clin Oncol*. 2008 Aug 20;26(24):3958-64.

NATURAL HEALTH MANAGEMENT

Consuming on a daily basis – organic where possible – the following foods will definitely reduce your risk of BC:

Flavonoids

- Curcumin: the active constituent in turmeric
- EGCG: found in organic green tea
- Spirulina: natural algae
- Resveratrol: found in pistachio nuts, grapes, red wine, blueberries, cranberries and cocoa

- Quercetin: apples, berries (blueberries, blackberries and others), green leafy vegetables, cruciferous vegetables, citrus fruit and tomatoes.

Chocolate!!

Yipee! Dark chocolate is on the safe list. It is a powerful antioxidant. It shares similar flavonoid compounds to those found in green tea. Dark chocolate is much preferable over conventional milk chocolate, since it has more than twice the amount of flavonoids. Dark chocolate as a "snack within a balanced diet can improve DNA resistance to oxidative stress in healthy subjects." However, the benefit wears off within 22 hours, therefore for long-term and ongoing benefit, consume dark chocolate daily! But in small quantities.

Spadafranca, A et al. *Br J Nutr.* 2010 Apr;103(7):1008-14

Reducing Stress

I truly believe this is one of the biggest risk factors for BC. Studies show:

- A two-fold increase in breast cancer risk is evident after disruption of marriage owing to divorce, separation or death of a spouse.

- Cancer risk has been shown to be increased after chronic depression that has lasted for at least six years.
- The combination of extreme stress and low social support was related to a nine-fold increase in incidence.

Introducing stress-reducing activities into your lifestyle is paramount: yoga, meditation, massage, exercise, laughter and social interaction.

Sleep

Lack of good sleep has been suggested to trigger the inflammatory processes, which contributes to the production of reactive oxygen species (free radicals) and oxidative DNA damage. It may also alter immune function. Frequent snoring, as an indicator of possible obstructive sleep apnoea, may also contribute to increased levels of oxidative stress and systemic inflammation stemming from intermittent hypoxia (lack of oxygen).

Introducing good sleep hygiene can accelerate a great night's sleep:

- Two hours prior to bed. Use no computers, phones or Ipad
- Limit stimulants like caffeine, nicotine and alcohol

- Lighten up the evening meal; consume early, for example, 6 – 7pm
- Go to bed when tired and no later than 9.30pm
- Have fresh air and natural light in the bedroom.

FINALLY

There is so much more to cover on how to reduce the risk of BC.

As a summary, the best way forward is eating a 'rainbow' a day of food, consuming mostly plant-based foods rich in flavonoids; maintain a healthy weight through exercise; have good sleep; deal with stress and consume minimal carbohydrate foods.

If you have further questions or concerns, please contact me at the clinic:

Bn2 Health, 02 4384 1501; email jothompson@bigpond.com

You can follow us on Facebook at Bn2 Health or Instagram Bn2 _ health

THE FASTER YOU WALK, THE BETTER FOR LONG-TERM HEALTH – ESPECIALLY AS YOU AGE

By Professor Emmanuel Stamatakis

Some of us like to stroll along and smell the roses, while others march to their destination as quickly as their feet will carry them. A new study has found that people who report faster walking have lower risk of premature death.

We studied just over 50,000 walkers over age 30 who lived in Britain between 1994 and 2008. We found that any pace above slow reduced the risk of dying from cardiovascular disease, including heart disease or stroke. Compared to slow walkers, average-pace walkers had a 20% lower risk of early death from any cause, and a 24% lower risk of death from heart disease or stroke.

Those who reported walking at a brisk or fast pace had a 24% lower risk of early death from any cause and a 21% lower risk of death from cardiovascular causes.

We also found that the beneficial effects of fast walking were more pronounced in older age groups. For example, average-pace walkers aged 60 years or over experienced a 46% reduction in risk of death from cardiovascular causes, and fast walkers experienced a 53% reduction. Compared to slow walkers, brisk or fast walkers aged 45 – 59 had 36% lower risk of early death from any cause.

In these older age groups, we also found

that there was a linearly greater reduction in the risk of early death the higher the pace.

What it all means

Our results suggest that walking at an average, brisk or fast pace is beneficial for long-term health and longevity compared to slow walking, particularly for older people.

To minimise the chances of reverse causality, we excluded all those people who had heart disease, had experienced a stroke or had cancer when the study started, as well as those who died in the first two years of follow up.

Another important point is that the participants self-reported their usual pace, which means the responses were about *perceived* pace. There are no established standards for what 'slow', 'average' or 'brisk' walking means in terms of speed. What is perceived as a 'fast' walking pace by a very sedentary and physically unfit 70-year-old will be very different from that of a sporty and fit 45-year-old.

For this reason, our results could be interpreted as reflecting *relative intensity* of walking, that is relative to one's physical capacity. In other words, the higher the physical exertion while walking, the better the health results.

For the general relatively healthy, middle-aged population, a walking speed between 6 and 7.5 km/h will be fast, and, if sustained, will make most people slightly out of breath. A walking pace of 100 steps per minute is considered roughly equivalent to moderate intensity physical activity.

Our findings suggest that it's a good idea to step up to a pace that will challenge our physiology and may even make walking more of a workout.

Long term-health benefits aside, a faster pace will get us to our destination faster and free-up time for all those other things that can make our daily routines special, such as spending time with loved ones or reading a good book.

The author, Emmanuel Stamatakis, is Professor of Physical Activity, Lifestyle and Population Health, University of Sydney.

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The Conversation is an independent, not-for-profit media outlet that uses content sourced from the academic and research community.



Calf pain including DVT

BY LYN CRAVEN, NATUROPATH & BOWEN THERAPIST

Calf pain can be caused by many things, but you must first rule out DVT (deep vein thrombosis), since this can be fatal.

SYMPTOMS OF DVT

- Extreme pain in that leg when attempting to walk;
- Heat in the leg, especially below the knee;
- Tight rubber-band feeling around middle of calf muscle;
- Extreme tenderness to any slight touch.

If you have these symptoms, go straight to emergency, since medical centres often refuse to scan you.

Doctors will assess your blood pressure and then *The Wells Score* which involves a number of questions such as:

- Any paralysis, paresis (muscular weakness caused by nerve damage) or recent orthopaedic casting of lower extremity?
- Recently been bedridden for more than three days or have you had major surgery in past four weeks?
- Localised tenderness in the deep vein system?
- Calf swelling more than unaffected leg by 3 cm or more? This is measured 10 cm below tibial tuberosity (forward protrusion just below the knee);
- Swelling of entire leg?
- Any pitting oedema (fluid retention) greater in symptomatic leg?
- Collateral non-varicose superficial veins?
- Active cancer or cancer treated in last six months?

There are alternative diagnoses more likely than DVT – including Baker's cyst, cellulitis, muscle damage, superficial venous thrombosis (blood clot), post-phlebitis syndrome, inguinal lymphadenopathy, external venous compression.

They will also ask if you have sudden shortness of breath or pain in the heart area.

They will measure your calf muscle. Your blood pressure may be extremely high; this could be due to anxiety and stress or if DVT is present. If the former, then the pressure should return to your normal readings once the anxiety has ceased.

If the doctor is satisfied with your answers, they will be able to rule out DVT. However, if you do have DVT, this *must* be treated medically. I personally discovered that the emergency department of a hospital was not set up to scan for DVT or muscle tears! I was told to return to the medical centre that originally refused to test me. Finally, with great insistence, I got to see a GP who gave me a referral and organised an emergency DVT blood test. We must obtain a referral for a scan.

I recommend that you ask for this if you are in pain and unable to walk properly. You will obtain your test results direct from the lab. Do obtain the phone number of the lab so you can call later.

If there is no DVT, you must ensure that the referral also authorises a scan for muscle tears. *Do insist* on this as a second option. They can only provide one scan a day under Medicare, so if the GP has requested a DVT scan, you must return the day after for the muscle tear scan. The DVT scan may not be needed if the blood test proved you negative.

If you have even minor tears and continue walking and conducting your usual activities, the tears will become worse and will take much longer to heal, if at all. Some Grade 2 and Grade 3 tears can take up to 6 – 8 months to fully heal, usually with scar tissue!

Grade 3 tears, if really bad, may warrant surgery.

Minor tears, Grade 1, are often referred to on the Internet and by some GP's as just 'sprains'. Tears are literally tears and the

muscle fibres need time to knit together. If you are told you have a strain, but you still have symptoms after a few days, insist on a scan for muscle tears.

Depending on the extent of any muscle tear, there may also be damage to tiny blood vessels, so you may have visible or internal bruising and experience difficulty using the muscles. Internal bruising that is not addressed can on occasions calcify; it can take up to two years to fully resolve this. If you don't have bruising, but still have a small tear, don't become too bold and continue your activities. Give the body a break, otherwise underlying weakness will persist into the future, and you may be unable to resume your usual activities.

I was told by two GP's to carry on doing what I normally do (walking 12 km most days, swimming 50 laps twice a week and social dancing) and when I felt a tug in the muscle or pain, just to stop! This can result in more damage and inflammation – I was surprised they had such a casual attitude.

Muscle tears are the ripping of fibrous tissue in the ligaments, muscles or tendons due to similar activities that cause fibres to over-stretch. Diagnosis can be more demanding, and both muscle and tendon tears can take multiple months to heal. Typically, the worse the tear, the more inflammation and pain a person will experience and the longer it will take to heal.

Tears can also occur when people have a fall, land awkwardly, have tight calf muscles prior to a fall or have inflammation which was not addressed efficiently.

If you ever do have a fall, insist on X-rays to check on joints and bones regardless of a GP saying you need not bother. Also request an ultrasound to check the muscles and tissues. Impact falls trigger muscle jarring, something most medical people don't mention.

You may discover Baker's cysts. These can occur from impact and trauma at the back

of the knee. A Bakers cyst can be treated topically with pure gin, which is made from juniper berries. If you apply it morning and night on the cyst, it will slowly disperse the trapped fluid into the lymph, which is then expelled via the urinary system.

WHAT TO DO NOW?

Sit and rest, outstretch/elevate the leg and walk only on flat surfaces when you do have to walk. Avoid footwear with heels, and use only good quality walking shoes until you are fully healed. Catch lifts, avoid stairs. Have no general exercise other than specific stretches, often for *gastrocnemius* and *soleus* muscles, but could include other muscles of the leg depending on where the ultrasound shows the tears are located.

Depending on the type of work you do, you may have to compromise. Cease carrying heavy boxes or shopping for a while – get help. Don't walk up hills or steep ramps, certainly in the beginning of healing.

If you do have stairs where you live or work, you must do the following:

Go down/up one step at a time. Descend with the 'bad' leg first, then bring the good down to join it. To climb up, move the good leg first, then bring up the 'bad' leg to join it. The good goes to heaven, the bad goes to hell! Do this for 6 – 8 weeks or more, depending on the severity of the tear.

The stricter you are in the beginning, the quicker the tears will heal. The muscle fibres need to 'lay down' and knit together evenly. Muscle begins to heal by regenerating muscle fibres from stem cells that live around the area of injury. Over time, this scar tissue remodels, but the muscle never fully regenerates; some flexibility can be lost unless you employ the following recommendations.

Apply comfrey cream liberally 3 times a day. I also used a Chinese liniment that is great for various injuries, impinged nerves and helping to speed up healing in muscle fibres and bones. For visible bruising, use arnica cream. You must allow 2 hours between applications.

In the morning use a heat pack for 5 minutes. Do insulate it a little if it is too hot. Next do appropriate stretches for 5 minutes, then apply a cold pack (again covered and not directly on skin). Do not use either of these packs for longer than 5 minutes. Repeat this in the evenings. You could stretch every alternate day if you wish, but twice daily is good. Do not use the packs unless you are stretching. Do not overstretch!

Otherwise, instead have a warm Epsom salts bath in the evening for about 10 minutes, then dry off and stretch.

If the problem is in the gastrocnemius muscle and soleus (the most common areas to be affected in the leg), then PNF (proprioceptive neuromuscular facilitation) stretching, which is a form of stretching and contraction of the muscle group in question, aids in more effective rehab; I can show you how to perform this correctly. If you do the stretches wrongly, you can make things worse.

Physiotherapists may offer K Tape for support if it is a large tear. If this is not applied correctly, it can hinder healing. Please don't apply yourself.

OPTIMUM NUTRITION FOR HEALING

Protein: ensure you eat adequate for a healthy and quicker recovery.

Have plenty of spring water and a wide array of plant foods to ensure you have all vital nutrients and antioxidants like green tea.

Collagen is needed in the healing process; perhaps take supplements.

Have eight hours if possible of restful sleep. To support sleep, increase magnesium. Tissue salts (Mag Phos) are good to take at night and can complement any other magnesium supplement you are taking.

Have plenty of patience!

Have some bodywork, but not initially! Weekly massage, though not remedial or sports, but more a cross-fibre stroking

technique. I recommend once during the first week, twice for second week then three times for third week until recovery. You need to be shown how to do this yourself once it is more than twice a week. Short appointments with me can be arranged to facilitate this. Do the massage wrongly and you can make things worse.

Include Bowen Therapy for full-body rebalance – which helped me recover – quickly. Because we compensate with the uninjured side, it's important to work on the pelvis to ensure correct gait. Knees need to be treated too. The healing process must not leave a lumpy feeling with criss-cross fibre knitting – this is a build-up of scar tissue resulting in underlying weakness which may prevent you from doing activities with the usual duration as in the past.

If you or anyone you know needs help with this, or simply wish to create more flexibility in your legs and knees, or wish to free up tense tight muscles and rebalance the body, you are welcome to contact me.

Don't soldier on! I know a man who did, and now he cannot walk even 1km without discomfort.

We must work with the body during healing towards full recovery.

Lyn Craven is a practitioner of naturopathy and Bowen therapy and is an Energy/Reiki therapist, meditation teacher and corporate health presenter with 22 years experience. She is also a health writer and has produced a meditation CD assisting people to manage stress.

Lyn runs a private practice in Sydney and offers skype consultations. She can be contacted on 0403 231 804 or by email lynraven@bigpond.com. Website www.lyncravencorporatehealth-naturopath.com. Join Lyn on Facebook – www.facebook.com/NaturopathandBowenTherapy

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

Careful with those statins – 'bad' cholesterol helps us live longer

28th June 2018

The 'bad' LDL cholesterol – targeted by statin drugs – is good for you as you get older. In fact, higher levels help you live longer once you reach the age of 60, says a group of 17 scientists from a range of medical and academic institutions, including Harvard Medical School.

The over-60s who have the highest levels of LDL cholesterol are less likely to develop fatal diseases, including cancer, respiratory and gastrointestinal problems – and heart disease, the very thing LDL cholesterol is supposed to cause.

Orthodox medicine completely misunderstands the function of LDL (low-density lipoprotein) cholesterol.

The scientists assessed the mortality and LDL cholesterol levels of 68,096 people aged over 60, and discovered that 80 percent of those living the longest also had the highest levels of LDL cholesterol. Conversely, those with the lowest levels were far more likely to die prematurely.

The researchers concede that there is an association between total cholesterol levels and heart disease among younger people, but the balance tilts the other way once someone reaches the age of 60, the very time when public health policy dictates that statins should be taken as a routine 'just-in-case' protection against heart disease.

(Source: *BMJ Open*, 2016; 6: e010401)

Probiotics halve bone loss in elderly people

28th June 2018

Probiotic supplements halve the rate of bone loss, which can lead to osteoporosis and fractures, especially for women after the menopause.

Most women over the age of 80 suffer from osteoporosis, which means that the

slightest fall can cause a fracture.

Researchers at the Gothenburg University in Sweden tested a powdered probiotic on 90 women with an average age of 76, half of whom were given the active version and the rest a placebo powder. After a year, CT scans showed that those taking the probiotic had half the bone loss of those given the placebo.

The probiotics used in the test contained *Lactobacillus reuteri* 6475.

(Source: *Journal of Internal Medicine*, 2018; doi: 10.1111/joim.12805)

Vitamin C does reverse cancer – and could be approved as a chemo alternative

26th June 2018

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

Many researchers have concluded that it was ineffective – but they were giving it orally to patients.

When given intravenously, vitamin C goes directly into the bloodstream, where concentrations can be up to 500 times higher than when it's taken orally – and it targets cancer cells, say researchers at the University of Iowa.

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

A biologist at the university explains that vitamin C generates hydrogen peroxide

that kills cancer cells, but not normal cells.

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

Routine antibiotics for UTIs can be killers

23rd July 2018

A class of antibiotics routinely prescribed to treat respiratory and urinary tract infections (UTIs) can be killers, causing life-threatening damage to the body's main artery, the aorta, researchers have confirmed.

It's already known that *fluoroquinolones*, which include Levaquin, Cipro and Floxin, can cause serious nerve damage, but now researchers have confirmed that they also trigger aortic aneurysms, bulges in the aorta that can rupture, leading to life-threatening internal bleeding.

Researchers from the Karolinska Institute found that the antibiotics increase the risk of an aortic aneurysm by 66 per cent, which represents 82 new cases per million treatment courses.

In 2016, the US Food and Drug Administration issued an alert about the drugs, saying that they should be seen by doctors more as a last-resort therapy than as a routine treatment.

(Source: *BMJ*, 2018; k678; doi: 10.1136/bmj.k678)

Ginger is a natural cancer-killer

22nd June 2018

Natural medicine has known it a long time, and now conventional medicine is starting to agree: ginger kills cancer. A new study has demonstrated its effectiveness against ovarian cancer cells, and earlier research has shown it reverses breast, prostate, cervical, lung and colon cancers.

Researchers have discovered that ginger extract kills ovarian cancer cells over a three-day period. By the end of the third day, the growth of the cancer cells had halved, say scientists at the Iran University of Medical Science.



They tested different levels of ginger extract on cell lines, and perhaps not surprisingly, the largest amount – 80ug/ml – had the most dramatic effect.

The discovery is an important breakthrough because ovarian cancer is so difficult to treat, say the researchers.

(Source: *Advanced Pharmaceutical Bulletin*, 2017; 7: 241-9)

Late-night snacking could lead to breast or prostate cancer

20th July 2018

Eating your last meal of the day earlier – and at least before 9pm – helps lower your risk of breast and prostate cancer. When you eat can have a big impact on your health, say researchers from the Barcelona Institute for Global Health.

People who eat their last meal before 9pm are, on average, 20 percent less likely to develop breast or prostate cancer than people who eat after 10pm.



But how ever late you eat, waiting two hours to fully digest the food before going to bed seems to have a similar protective effect, compared to someone who goes to bed immediately after eating a late meal.

(Source: *International Journal of Cancer*, 2018; doi: doi.org/10.1002/ijc.31649)

Fever is the body's natural defence against cancer

31st May 2018

Raised body temperature naturally protects us against infection and even tumours, new research has found. [This isn't entirely new – the roles of fever were discovered 150 years ago.]

The higher the temperature goes above the 'normal' 37°C (98.6 °F), the more the body speeds up its natural defences against tumours, wounds and infections.

Conversely, a low body temperature of around 34°C – which routinely happens when we sleep – can eventually trigger inflammatory processes such as heart disease, which would explain why shift workers or people who suffer from frequent jet lag or insomnia are more prone to inflammatory diseases. Our bodies can cope with the low temperature when we sleep, but the risk of inflammatory disease and cancer rises when it is low for longer periods.

This could explain why cold and 'flu epidemics are more prevalent in the winter months, say researchers at the Universities of Warwick and Manchester.

(Source: *Proceedings of the National Academy of Sciences*, 2018; 201803609; doi: 10.1073/pnas.1803609115)

Oranges guard against macular degeneration

16th July 2018

Apples are supposed to keep the doctor away – but oranges also have their part to play. Eating an orange a day will help ward off macular degeneration, one of the most common causes of blindness as we get older.

Regular orange eaters are 60 percent less likely to develop the disease 15 years later, a new study has discovered.

People who eat an orange a day are the least likely to suffer from macular degeneration when they're elderly, but even eating an orange once in a while has some protective effect.

It's the flavonoids specifically found in oranges that seem to provide the greatest benefit, say researchers from the University of Sydney.

They tracked the eating habits of more than 2,000 people aged 50 and over for 15 years. Those who regularly ate oranges reduced their chances of macular degeneration compared to those who never ate oranges.

(Source: *American Journal of Clinical Nutrition*, 2018; doi: 10.1093/ajcn/nqy114)

Schoolchildren suffer memory problems from mobile phones

2nd August 2018

The radiation from mobiles could be affecting teenagers' memories and their ability to study at school.

Memory problems are being seen in adolescents after they've been using a mobile phone for just a year, say researchers from the Swiss Tropical and Public Health Institute.

Electromagnetic fields (EMFs) from the phones affect a non-verbal type of memory, which is located more on the right-side of the brain.

Right-handed adolescents who frequently use mobiles to make calls are the most likely to be affected, while those who use them only for texting and posting on social media suffer only a 'marginal' deterioration.

Although we're exposed to much higher levels of EMFs in our environment these days, it's the radiation from mobile phones that can have the most direct impact, especially on a developing brain, the researchers say.

(Source: *Scientific Reports*, 2018; 8: doi: 10.1038/s41598-018-29393-8)

Processed meats could trigger mania and hyperactivity

27th July 2018

The nitrates in processed meats, including ham, salami, sausages and bacon, could trigger bouts of mania and hyperactivity.

The nitrates could be altering the gut bacteria that, in turn, influence bipolar symptoms such as mood swings and mania, say researchers from the Johns Hopkins University School of Medicine. Bipolar sufferers are less likely to need hospital care if they take probiotics, which help re-establish the 'good' bacteria in the gut.

Researchers say that bipolar sufferers are three times more likely to regularly eat processed meats than are non-sufferers.

(Source: *Journal of Affective Disorders*, 2018; 226: 45)



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.

How Negative Emotions Can Affect Our Health

17th May 2018

Every feeling you have affects some part of your body. Whereas positive emotions, such as gratitude, have been scientifically linked to a number of beneficial health effects, negative emotions and stress can wreak havoc.

Certain emotions are known to be associated with pain in certain regions of your body. For example, depressed individuals will often experience chest pains, even when there's nothing physically wrong with their heart.

A biochemical cascade occurs during a bout of anger. Adrenaline and noradrenaline are released, raising your blood pressure, heart rate and breathing rate. Blood is pushed to your extremities, including your face, which may turn red.

To maintain or regain emotional control at this point, you need to engage your prefrontal cortex – the area of your brain that controls complex cognitive behaviour, willpower, decision-making and judgment.

Scientifically proven ways to strengthen your prefrontal cortex and improve your self-control include eating a healthy diet, getting enough quality sleep, exercising regularly and managing daily stress. Brief daily meditation has been shown to increase activity in the prefrontal cortex in as little as eight weeks.

Here's How Alcohol Can Increase Your Risk for Alzheimer's

21st June 2018

Researchers from the University of Illinois in Chicago revealed that alcohol may increase the risk of developing Alzheimer's disease by disrupting the way amyloid beta is cleared.

Amyloid beta is a protein implicated in Alzheimer's disease that can clump together in the brain, building up into groups of clumps or a sticky plaque that may disrupt cell-to-cell signalling.

The study reveals that binge drinking or heavy alcohol consumption may make it more likely that the brain will accumulate these damaging proteins, contributing to the development of Alzheimer's disease.

Infant Formula Alters Gut Microbiome

27th June 2018

The variety and health of our gut bacteria are associated with genetic expression and interaction with the immune system. When unsupported, it may lead to an increased risk of obesity, diabetes and other chronic diseases.

Research links infant formula to a change in gut bacteria with a proliferation of those more commonly found in older children and adults, increasing the infant's risk of obesity.

The Centers for Disease Control and Prevention released data indicating 99 percent of children between ages one and two are eating 7 teaspoons of added sugar a day, even greater than the highest level thought to be safe for adults.

Breastfeeding has benefits for both child and mother, including supporting a child's healthy gut microbiome, reduction in sudden infant death syndrome, improved cognitive development and, for the mother, reduced rates of breast and ovarian cancer, cardiovascular disease and postpartum depression.

Removing Tonsils Is a Bad Idea

20th June 2018

A tonsillectomy (removing the tonsils located on each side of the back of your throat) is one of the more common childhood surgeries. Tonsils were once thought to be redundant tissue, but research demonstrates that they are integral to the development of the immune system.

Risks associated with tonsillectomies and adenoidectomies in childhood include increased risks of asthma, influenza, pneumonia and chronic obstructive pulmonary disease in adulthood.

The surgery is recommended for treatment of recurring, chronic or severe tonsillitis or complications resulting from enlarged tonsils, such as difficulty breathing at night. Removal in adulthood carries an increased risk of bleeding and secondary surgery.

Partial removal – *tonsillotomy* – reduces post-operative bleeding, pain and complications in children and adults. The procedure leaves a portion of the tonsils, which may help prevent chronic respiratory conditions when performed in childhood.

What's Driving the Decline in IQ Scores?

28th June 2018

Intelligence quotient (IQ) scores, which had been rising for decades throughout the 20th century, are now on the decline.

A new Norwegian study suggests that declining IQ scores have little to do with genetics and everything to do with the environment.

In the study, brothers born to the same parents often had significantly different IQ scores, suggesting that an environmental factor – not a genetic one – was causing the disparity.

Changes in nutrition and exposure to environmental toxins like fluoride, flame retardants and pesticides could all be playing a role in lowering IQ levels.



Farmed Salmon Contaminated With Toxic Flame Retardants

25th July 2018

Aquaculture promotes itself as a sustainable solution to overfishing, but it actually takes 1.5 kg to 8 kg of wild fish to produce a single kilogram of farmed salmon.

Fish farms pollute the aquatic environment and spread disease to wild fish. Farmed fish are also an inferior food source, partly by providing fewer healthy nutrients and partly by containing more toxins.

Research shows that farmed salmon contain five times more toxins than any other food tested, including higher levels of PCBs and the particularly dangerous dioxin.

Atlantic salmon may contain PBDEs, toxic flame retardant chemicals that have been restricted or banned in the U.S. and many European countries due to their effects on child development.

Spending Time in a Sauna Can Reduce Our Risk of a Stroke

18th May and 30th May 2018

Sweating in a sauna is one of the simplest strategies to reap big health rewards, including releasing heavy metal toxins, urea, bisphenol-A and phthalates, as well as improving blood flow, reducing blood pressure and improving cognition. Saunas also significantly reduce our risk of cardiovascular events and stroke with consistent use.

The skin is a major organ of elimination; sweating is an important way to eliminate toxins and waste products, control body temperature and clean our pores.

Additional benefits from saunas include reduced risk of dementia, pain relief, improved athletic performance, limiting cell damage and facilitating cell recovery.

Sweating is not a fitness end goal; this means that while sweating in a sauna may feel the same as sweating during a workout, it does not translate to the same cardiovascular and muscular fitness benefits.

For Optimal Health, Ensure a Vitamin D Level of 60 ng/mL

4th July 2018

While the American Medical Association considers 20 nanograms of vitamin D per milliliter (ng/mL) sufficient, a compelling body of research suggests 40 ng/mL is the cut-off for sufficiency and that 60 to 80 ng/mL is an ideal level for health and disease prevention.

Seventy-five percent of American adults and teens are deficient in vitamin D [it's similar in Australia], based on a sufficiency level of 30 ng/mL. Since 30 ng/mL is still on the low end, most people are bound to have insufficient levels for optimal health.

Avoiding all sun exposure to lower the risk of skin cancer will raise our risk of internal cancers and many other health problems instead. A vitamin D level of 40 ng/mL lowers our risk of cancer by 67 percent, compared to having a level below 20 ng/mL. A vitamin D level above 60 ng/mL lowers our breast cancer risk by more than 80 percent, and a level of 40 ng/mL lowers the risk of premature birth by 60 percent.

There's also a strong inverse relationship between vitamin D and other cancers, including colorectal cancer, which is the third leading cancer killer in the US.

Update on the Movement Against Water Fluoridation

20th May 2018

Over the past 18 years, the US Fluoride Action Network (FAN) has facilitated the removal of fluoride from the water supplies of hundreds of communities in North America, Canada and Europe.

FAN has filed a historic lawsuit against the Environmental Protection Agency (EPA) under a provision in the Toxic Substances Control Act (TSCA).

Under this TSCA statute, if the judge finds there's an unreasonable risk, he/she has the authority to order the EPA to begin proceedings to eliminate the risk of fluoride in drinking water.

Earlier this year, the EPA tried to limit the scope of what FAN could bring to the court's attention. Its motion was denied and FAN will be able to request internal documents, submit interrogatories to the EPA and depose EPA experts.

4,000 individuals have filed lawsuits against Monsanto over Roundup

3rd July 2018

In 2015, the IARC classified glyphosate as a probable human carcinogen, based on limited evidence showing it can cause Non-Hodgkin lymphoma and lung cancer in humans, and convincing evidence linking it to cancer in animals.

Recent tests by the U.S. National Toxicology Program reveal the Roundup formula is far more toxic than glyphosate alone, and is lethal to human cells.

An estimated 4,000 individuals have filed lawsuits against Monsanto, claiming Roundup caused their Non-Hodgkin lymphoma.

Bayer, which has amalgamated with Monsanto, seems to be betting on its ability to rehabilitate Monsanto's products' reputation simply by ditching the Monsanto name. But worldwide, the fight against Monsanto is now turning towards Bayer as its successor.



NEWS FROM naturalnews.com

Can a mobile phone in flight mode reduce radiation exposure?

11th July 2018; by Ralph Flores

Recognising that a smart phone is a potential cancer risk, last year California's *Department of Public Health* released guidelines for reducing exposure to radio-frequency (RF) energy from mobile phones.

The document suggests putting a mobile phone in flight mode to prevent RF energy emission while it's not in use. Even when not being used, a smart phone emits harmful RF energy.

Putting a phone into flight mode dramatically reduces the amount of radiation it emits, so it's the best way to carry your phone.

For people using a phone regularly, it is suggested to still put it into flight mode until the time comes to make a call.

Sources include: Real.video; PewInternet.org; Wired.com; Cancer.gov; CDPH.ca.gov; Home-Biology.com; ScientificAmerican.com; PreventCancerNow.ca

Seven natural painkillers better than Ibuprofen

2nd July 2018; by Rhonda Johansson

Studies have shown that over-the-counter painkillers actually do more harm than good, with long-term consequences including increased risk of heart attack and decreased fertility.

The good news is that we have compiled a list of natural ways to relieve pain that do not carry any harmful side effects.

- **White willow bark** – The main ingredient of aspirin. White willow bark contains *salicin* that is converted to *salicylic acid* as it enters the stomach. This is a powerful substance that has been studied to lessen inflammation, remedy gastric upset, and treat various forms of pain. Note that it should not be taken by people with blood or kidney disorders, as the herb can exacerbate these conditions.
- **Capsaicin** – Capsaicin, abundant in capsicum, blocks the transmission of pain signals to the brain. There is evidence that it reduces arthritic pain.

- **Cat's claw** – It inhibits the production of prostaglandin, a hormone that contributes to inflammation and pain.

- **Boswellia** – This improves blood flow to the joints while reducing inflammation. Boswellia is typically recommended for knee osteoarthritis.

- **Curcumin** – The active component in turmeric, curcumin is a potent painkiller. Its mechanism is similar to that of capsaicin.

- **Omega-3 fatty acids** – These are hailed as one of the best anti-inflammatory substances, which can ease chronic pain and other inflammatory conditions.

- **Cannabis** – Is arguably the most effective natural painkiller. Dozens of studies have concluded the efficacy of cannabis in treating both chronic and acute types of pain.

- **Acupuncture** – This ancient art is useful for treating various types of pain.

Sources include: BioPrepper.com; Independent.co.uk; Health.Harvard.edu; OrganicFacts.net; ArthritisResearchUK.org; Arthritis.org

Half the women who undergo mastectomies found to have harmless gene variant, NOT cancer

23rd July 2018; by Earl Garcia

Half of American women who undergo bilateral mastectomy after genetic testing for breast cancer do not carry cancer-causing genes, a study has revealed. The number of women undergoing preventive mastectomy reached exponential proportions following Angelina Jolie's highly-publicised removal of both of her breasts in 2013.

A study – published in the *Journal of Clinical Oncology* – by a team of researchers from a number of universities found that only 59 percent of women who underwent genetic testing were at risk of a dangerous mutation in a cancer-associated gene.

Guidelines state that variants of uncertain significance should *not* be considered to confer high cancer risk.

Sources: DailyMail.co.uk; Med.Stanford.edu

Heart protected by blueberries & strawberries

8th July 2018; by Isabelle Z.

Harvard Medical School researchers studied for 18 years 93,000 women, aged 25 to 42, who participated in the famous Nurses' Health Study.

They discovered that the women who ate the fewest blueberries and strawberries had the highest risk of heart attack, while those who ate the most of these berries were 34 percent less likely to have a heart attack. The women with the healthiest hearts tended to eat at least three cups per week of the two fruits combined.

The dynamic effects of the berries comes from their high content of the powerful antioxidants, *anthocyanins*.

Sources include: NaturalHealth365.com; NaturalNews.com

Can death be caused by cancer or chemotherapy?

19th July 2018; by S.D. Wells

On average, chemotherapy fails more than 97 percent of the cancer sufferers who've been treated by it.

And the proportion of physicians and oncologists who refuse chemotherapy for themselves and their loved ones is 75 percent, as they know about the ensuing misery and failure rate.

The worst thing you can possibly do to your body when fighting cancer is to deplete it of oxygen and nutrition, but that's exactly what chemotherapy does.

What's worse, even when it does 'kill' the cancer, it also spreads cancer to new parts of your body later on. And since inflammation is the underlying cause of most disease, why take a chemical medication that severely inflames the body.

There are alternative, natural remedies that have worked for ages without horrific side effects – the ones oncologists and physicians themselves turn to.

Sources: PharmaDeathClock.com; RealFarmacy.com; NaturalNews.com; Cancer.News; TruthWiki.org; TreatingCancer.org; NaturalNews.com

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

Natural News covers wholistic health, 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.

Hemp slows progression of ovarian cancer

11th July 2018; by Vicki Batts

New research has shown that the hemp plant has anti-cancer effects so profound that it can slow down the progression of ovarian cancer – and can also prevent cancer cells from spreading to other parts of the body.

A cousin of the cannabis plant, hemp has been used in a variety of applications for thousands of years. Like marijuana, hemp contains therapeutically valuable components, including *cannabidiol*, *cannabinol*, and *tetrahydrocannabinol*.

Research has shown that hemp decreases the secretion of *interleukin IL-beta*, a pro-inflammatory chemical linked to the progression of cancer.

Source: NaturalHealth365.com

Aluminium adjuvants in vaccines

16th May 2018; by News Editors

[The following information is abridged from an article by Chris Exley, published in Hippocraticpost.com]

We have studied the question – why are aluminium salts effective as adjuvants in vaccines and why do manufacturers use them? The answer is that they are extremely cheap and there are no regulations as to their use in vaccines, either as adjuvants or otherwise.

Adjuvants work by producing toxicity at the vaccine injection site. Aluminium salts are the most widely used adjuvants because their toxicity at the injection site is deemed acceptable.

The cell death which is a consequence of the toxicity results in an inflammatory response and this is the origin of the swollen red tissue at the injection site almost immediately following vaccination. This site toxicity is often experienced as significant muscular pain.

The aluminium salts used include *aluminium hydroxyphosphate* and *aluminium oxyhydroxide*. In Gardasil HPV vaccine the salt is a sulphated version of aluminium hydroxyphosphate.

Unfortunately, Merck, the manufacturer of this adjuvant, has not made it available for any independent analyses or safety testing.

The migratory cells which populate the injection site following vaccination are capable of loading up with particles of aluminium adjuvant and delivering them throughout the body. Hence they can be subsequently found in places like lymph nodes and the brain.

It is undeniable that a small proportion of individuals receiving vaccines which include aluminium adjuvants experience what have been called severe adverse events, and such 'events' include brain encephalopathies [brain damage or malfunction].

Why some individuals are more susceptible to toxicity due to aluminium adjuvants is the subject of ongoing research.

So, how do you express a legitimate concern about aluminium adjuvants in vaccinations without being labelled 'anti-vaccine'? The answer appears to be that you cannot.

Blueberries better at destroying cancer than radiation

17th May 2018; by Tracey Watson

Conventional treatments of cervical cancer include surgery, radiation, chemotherapy or a combination of these, but they don't have a good success rate.

A study by researchers at the University of Missouri-Columbia found that blueberry extract not only enhances the effects of radiation therapy, but is more successful than radiation at destroying cancer cells.

In the study, the group given radiation had an average decrease in cancer cells of only 20 percent; the group given blueberry extract had a 25 percent improvement; and the group given a combination of radiation and blueberry extract had a whopping 70 percent decrease in cancer cell proliferation.

Sources include: NaturalHealth365.com; EurekAlert.org; Cancer.net; NaturalNews.com



Lycopene in tomatoes powerfully anti-cancer

24th May 2018; by Tracey Watson

Lycopene, the carotenoid that gives tomatoes their beautiful red colour, is one of the most potent anti-cancer agents yet discovered by scientists.

Back in the mid-1980s, researchers at Harvard University discovered that the lycopene in tomatoes can greatly reduce the risk of prostate cancer.

Lycopene is a powerful antioxidant that neutralises free radicals, preventing DNA damage and helping cells to function optimally. It has been found to help prevent malignant tumours from spreading to other sites in the body.

This antioxidant is found in tomatoes, capsicum, pink grapefruit, papaya and watermelon.

Lycopene has also been shown to reduce heart disease risk by 50 percent, reduce the risk of atherosclerosis, protect the skin from UV radiation damage and slow ageing.

A recent study published in the *Journal of Cellular Biology* found that when skin cells were exposed to lycopene before being subjected to high levels of UV radiation, the likelihood of developing skin cancer was reduced.

These are good reasons to eat plenty of tomatoes – that is, when in season.

Source: NaturalHealth365.com



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RUN-OUT TITLES

THE VITAMIN CURE SERIES OF BOOKS

This series highlights the safe and clinically effective use of vitamin [and mineral] supplements for a variety of illnesses. Research continues to prove the immense value of vitamins for maintaining health and fighting disease. *THE VITAMIN CURE* books are written by authors who are recognised experts in their fields.

I (*TNH* Editor) cannot be certain that all the following books promote nutrition that is plant-based. However, we feel that the books can be of value for their advice overall, and if flesh foods are listed, the reader can simply substituted nuts, legumes or seeds or small quantities of free-range eggs or unprocessed cheese.

VITAMIN CURE FOR ALLERGIES

By Damien Downing, MD **Special price \$20 [was \$31.25]**

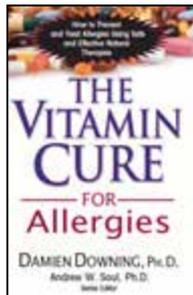
Throughout the developed world, the number of people with allergies to inhalants, foods and chemicals has been rising for the last twenty years. Fortunately, there are commonsense steps that can be taken to relieve and even prevent allergies. The steps are:

Avoid – once you have discovered what sets you off, stay away from it.

Protect – use nutrition, including vitamins C and D, essential fatty acids and magnesium.

Desensitise – involves exposure to a small dose – with professional guidance.

The author claims that many people with allergies have experienced profound improvement by using the recommendations in this book.



VITAMIN CURE FOR DIABETES

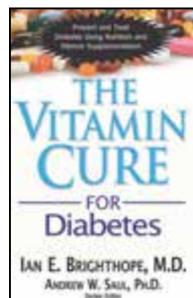
By Ian Brighthope, MD

Special price \$20 [was \$31.25]

The epidemic of diabetes is getting worse. Diabetes mellitus involves high levels of sugar (glucose) in the bloodstream, either because the body does not produce enough insulin or the cells do not respond to it. High levels of blood glucose may result in blindness, kidney failure, brain and nerve damage, heart disease and rapidly developing atherosclerosis.

Dr Brighthope's advice may help diabetes sufferers come off all or most medications by changing their lifestyle, eating a healthier diet, exercising and taking nutraceuticals.

The book provides a complete supplement program (vitamins, minerals and other dietary supplements) that may prevent or delay the onset of diabetes.



YOU CAN CONQUER CANCER

Third revised edition, published 2013

By Dr Ian Gawler

Special price \$26 [was \$38.50]

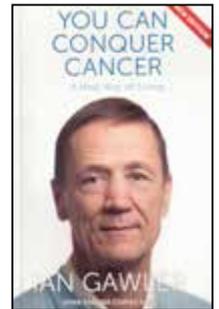
Having sold well over a quarter of a million copies worldwide, this book is a classic in the management of cancer because the author practised what he preaches.

In 1975 as a young veterinarian and decathlon athlete, Ian had his right leg amputated due to bone cancer. Later that year, the cancer returned and in 1976 he was given a matter of weeks to live. Ian discovered meditation – through Dr Ainslie Meares – and nutrition, and against almost impossible odds, he recovered and went on to found the Yarra Valley Living Centre to help people with life-threatening illnesses.

This book elaborates a truly wholistic approach to cancer.

Ian emphasises that there is no magic bullet for cancer, nor guarantee of recovery. It *may* be conquered using a process that takes effort, perseverance and the willingness to make changes.

436 pages in plain language including index.



THE GERSON THERAPY Healing ['Incurable'] Illness A 3-VOLUME SET OF DVDs

Produced by the not-for-profit Gerson Institute

Special price \$85 [was \$95]

Explains how to apply Gerson Therapy at home. In the Natural Health view, Gerson Therapy is the most advanced method of dealing with cancer that exists. We think the approach gives cancer sufferers the best possible chance of recovering through self-healing. It is also invaluable guidance for preventing cancer in the first place.

The set is like a complete one-day seminar, presented by Charlotte Gerson, who runs the Gerson Clinic in Mexico. All three volumes need to be viewed in order to understand the principles and be able to put the therapy into practice.

VOLUME 1 – Overview and Patient Testimonials. The numerous recoveries are extremely encouraging.

VOLUME 2 – The Gerson Therapy at Home. The details of how to apply the therapy at home.

VOLUME 3 – Gerson Therapy Food Preparation. The basic recipes demonstrated.



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!*

VegSA, having commenced its activities in 1952, is the longest standing vegetarian or vegan group in South Australia, although before that there had been a small group allied to the national society based in New South Wales. (We have newsletters from that time in our archives.)

The Vegetarian Society of South Australia, as it was called for many years, held regular get-togethers for its members and guests: dinners or lunches in the cooler months and picnics in summer. As it was set up by a group of people who believed that vegetarianism was a healthy alternative (the word 'vegan' had hardly entered the dictionaries at that time), there was often a speaker on a health topic ranging from meditation to the 'macromolecules system'.

The Vegetarian Society published a small newsletter which went to its members and hundreds of subscribers around Australia. Originally it was a single side of a page and later a small booklet, which, after it was taken over by the New South Wales-based Society, evolved into the magazine *New Vegetarian* (later named *Natural Health and Vegetarian Life*).

The SA Society also worked cooperatively with other groups, namely, the SA section of the well-established Anti-Vivisection Union, the Natural Health Society of SA after its inception in 1962 and, from the 1970s, Animal Liberation SA.

In 2009 the Society changed its name to Vegetarian and Vegan Society (VegSA) Inc, since quite a number of its members were vegan and also wishing to encourage other vegans to join.

In the earlier days, 40 to 60 people would often attend the Society's gatherings. Nowadays, there are quite a number of active animal-rights groups and there are so many vegetarian and vegan meet-up groups that there's

always something happening of interest for such like-minded people. VegSA's social activities are now largely carried out through its three small sub-groups: Northern Star, Southern Social Group and Vegewise, which, unlike the other groups, meets mid-week for lunch.

Every year VegSA is contacted by the Anti-Poverty Week organisers in SA asking what, if anything we are going to do for Anti-Poverty Week. From our observations it is obvious that a plant-based diet is more economical than a meat-based diet (as long as you don't rely on commercial meat substitutes). In 2015 and 2016 VegSA organised its own anti-poverty dinners. Charging \$10 a head, we served up a healthy three-course meal and still made a profit! However, we were largely 'preaching to the converted' – our own members and friends.

So this year, one of our members attended the People's Poverty Summit, organised by the Anti-Poverty Network SA, after which we paired up with Adelaide LETS. LETS is a self-help organisation in which members use their time and skills to exchange goods and services with other members.

While anti-poverty organisations must of necessity work with the Government to make improvements for people living in poverty, LETS, VegSA and other related organisations can work from the grassroots up, sharing and teaching skills (in this case related to food), which can really assist with survival and self-confidence. As most long-time vegetarian people will know, it is what you do for yourself, and in conjunction with like-minded people, that makes a difference.

Vegetarian and Vegan Society (VegSA) Inc
Phone 0466 972 112
www.vegsa.org.au



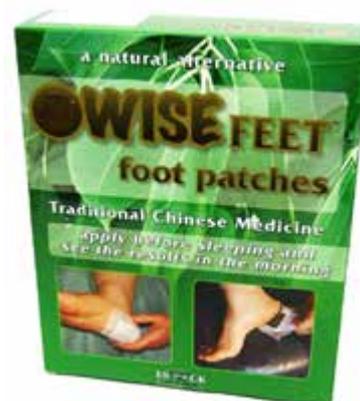
Health Products

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* 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



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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

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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.



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* Adore it or exchange your Theravital or Vitalind mattress purchase within 60 days. Conditions apply, see aus.geovital.com/exchange-it for details.

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