

SUMMER 2018/19

True Natural Health

The Magazine of the Natural Health Society of Australia

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Eight pillars of healing

Pets – 10 lessons for kids

Skin care oils

Recipes – from Spring Seminar

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Plastics – re-use, recycle and avoid



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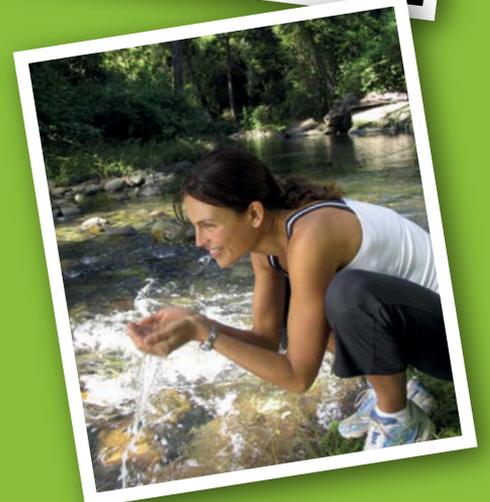
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A vegan body-builder and vegan recipes from our Spring Seminar

Editorial



The body-builder, Ben Saravia, featured on the front cover of this issue, overcame high blood pressure by adopting a plant-based diet. He presented his highly entertaining story at the Society's Spring 2018 Seminar in September, and this story is published on page 2 in this issue.

For readers Australia-wide, we publish condensed versions of the presentations of three of the five speakers at the Seminar – Ben's story, Greg Fitzgerald's 'Your Health is an Orchestra – Are you playing all the instruments?' and 'Fantastic Health Made Simple' by Barbara O'Neill, owner of Misty Mountain Health Retreat (see promotion inside front cover).

The lunch served at the Seminar was a hit and many of those who attended requested the recipes. Thanks to the good graces of chef, Taryn McWilliam, we are pleased to present all the recipes in the centrefold (pages 22 and 23).

In line with the current interest, world-wide, in reducing plastic pollution, a really good summary of how to recycle, re-use and avoid plastic has been written by the highly-esteemed Dr Joseph Mercola. We are very pleased to present it on page 6.

We write a lot in this magazine about the health benefits that having a pet can bring us. On page 16, the good American wholistic vet, Dr Becker, outlines just how effective and wide-reaching these benefits can be.

The 'disease' topic covered in this issue is heart disease. We have not offered a comprehensive account of preventing and reversing this number one killer for many years, so it is long overdue. Written by myself, it is on pages 28 to 31.

Other conditions covered are men's prostate cancer by Jo Thompson (page 33) and women's menorrhagia by Lyn Craven (page 34).

We hope you enjoy all this entertaining and/or valuable information.

Roger French,
Health Director
and Editor



About Natural Health Society

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

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

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

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You're So Vein

By Ben Saravia,
plant-based body-builder
and coach who overcame
high blood pressure

Ben Saravia gave an impressive presentation at the Natural Health Society's Spring 2018 Seminar on 23rd September. Here he repeats his story.



Over the last few years, I've been thinking a lot about what it means to be truly 'healthy' – does it mean looking good? Feeling good? Being happy? Running a marathon?

Here's my story.

Fourteen years ago, I went to university in Wales, where I studied for a degree in biotechnology. I was 20 years old, and all new students were required to have a health check-up.

So, my new friends and I trotted off to the GP, and everything was fine, except that it turned out that I had mildly high blood pressure.

"Not to worry," I was told, but the GP did ask if there was anything that might have been concerning me. I confessed that I had been a little nervous – only because my friends who had gone in before me said that they had been subjected to a testicular examination, which I later realised was – please excuse the pun – a load of bollocks.

"That was probably it", the GP said. We laughed and forgot about it. After all, I was young and skinny, so I really didn't have much to worry about.

Despite drinking too much, I also played a lot of sports – squash, rowing, running – and had the occasional cigarette.

Years passed, and somehow I survived university and moved to London to seek my fortune. Sure enough, I landed myself a highly-paid corporate job. This was pre-GFC (Global Financial Crisis) where salary was not in any way related to one's skill or usefulness.

The economy was booming, parties at work were frequent, we attended big conferences with extensive catering, and had working lunches (aka working drinks)

– it was the 'good life'. Eventually, after a few years of this, I started to tire of it and moved to the countryside where I settled in with some friends.

Shocked at how skinny I was, my friends decided to take me to the gym.

Sure enough, as part of my pre-activity screening process, the personal trainer took my blood pressure. "Hey," she said, "Do you know that you have elevated blood pressure?" But I was just there because I was tired of looking so skeletal, so was not concerned about inner-health or blood pressure.

Furthermore, the trainer told me that it wasn't anything to worry about – "After all," she said, "You are not overweight – and you are young, so I can't see any reason why this would be."

So, what did I do at this point? Nothing!

I may well have had coffee that morning – and the point was that I didn't really care. I was there to lift weights so I wouldn't look skinny anymore.

Now for the body-building

And boy! did we get on with it! I threw myself into the body-building world.

Of course, having recently completed a biotechnology degree, I read peer-reviewed literature and the latest papers on nutrients, muscle gain and overall health to give myself the best chance? Of course I didn't!

I relied on an ancient discipline of 'bro-science', the basic tenets of which are:

1. The bigger the person, the more his opinion matters!
2. Eat 6 – 26 meals per day.

3. Consume predominantly protein – and some carbs.

4. The more protein you eat, the faster and bigger your muscles will grow.

5. Milk is good. See how fast a calf grows? Drink milk, but make sure it's skimmed.

6. Cardio is forbidden unless you are running to catch a train. After all, look at marathon runners. You do not want to look like that.

7. The only good sources of protein are chicken, red meat, eggs and fish.

8. Fat is bad.

9. There is no fat in chicken, eggs or tuna.

So, on this went for a few years – in fact almost ten. I had been living in Australia since 2009.

In the meantime, my father had a stroke. He is from Argentina – not exactly the birthplace of the vegan movement! Furthermore, my father had been a professional polo player, and had been active all his life.

Then only two years ago, I went to see my mum and stepfather, George, in Spain. I later said to my mum, "My stepfather looks like he's about to have a heart attack." Two weeks later, he had a heart attack.

After that serious health-scare, which included surgery and a couple of stents, we visited George in the ICU, where the cardiac surgeon's advice was: "He needs to rest, and, oh, eat more fruit and vegetables and less meat."

A few weeks later, I returned to Australia (where heart disease is the leading cause of death) and I embarked on a clean eating spree – didn't I? Of course not! I

carried on doing what I had always done. Eat, lift weights, and repeat.

Some weeks later, I was teaching newly qualified personal trainers how to use a blood-pressure monitor. We tested each other for practice, and eventually they tested me. I scored 159/90. Not good at all!

We tested again, and again. Naturally, the question followed: "If you're so fit, how come you have high blood pressure?"

This was the final straw. It was time to act. I began to test my blood pressure regularly, only to find the same results repeating. So I paid a visit to my GP, who confirmed that it was indeed still high. He sent away blood samples and the results showed that HDL was low, LDL (the 'bad' kind) was high, and the ratio was bad. In short, high cholesterol and high blood pressure.

The advice? Cut down on eggs, eat more fish, and *don't worry* – "It's probably just 'white-coat' stress", the GP said.

But I knew the truth, given that I was a personal trainer and was having more than an average amount of exercise. Indeed, I was preparing to compete in The Australasian Natural Body Building South Coast Championships. I was eating lean meats and vegetables, so something had to give. I felt as though I was like a sports car with a rusty engine. High blood pressure means your heart is having to work harder to push blood around your body.

I knew that it was not due to white coat stress – and that no amount of cod liver oil was going to help me. It was time to do what I had long known was ethically the right thing to do anyway.

So, at the beginning of this year – 2018 – I began to follow a 100% plant-based diet. I even told my doctor, who immediately became so concerned at this dietary change that he invited me to have regular blood tests for my B₁₂ levels, so I wouldn't perish from the much-feared Sudden Vegan Death Syndrome.

Further to this, I finally decided to pro-actively research how to combat high blood pressure.

What can we do to change our vein health and blood pressure?

We all know we need to eat fruits and vegetables – right? But I believe it's not just this, it's also the absence of saturated fats, particularly animal fats, which help to lower your blood pressure for good.

Plant phytonutrients and sterols have

been shown, time and time again, to reduce arterial plaque build-up. For example, soya milk contains these, and so the simple act of replacing your dairy milk with soy milk means that in one glass you're both removing hormones and all sorts of other nasties that contribute to arterial plaque, and are replacing them with something that actively combats this.

Phytosterols, antioxidants, flavonoids and plant-based enzymes all increase and restore plasticity and flexibility to our cardiovascular network – in its entirety. This network of veins, arteries and capillaries, if stretched out, would go to over 160,000 kilometres!

Back to the motoring analogy. By eating more whole plant foods, we are actively clearing debris off the road ahead. With the road clear, your highway of blood flows more freely. By not consuming animal products, we are not dumping any debris on this hypothetical highway.

Do you know that the National Health Service in the UK recommends consuming fresh beetroot juice to combat high blood pressure, finding that a daily glass can be just as effective as some anti-blood-pressure medications?

Celery and beetroot increase your nitrate levels, and along with leafy greens, cause your arteries and veins to dilate, reducing the pressure. These vegetables contain plant sterols, which help to dissolve fat and arterial plaque, creating more space, and they also reduce inflammation. Blood vessels that are inflamed are constricted, and are more 'sticky', which allows cholesterol to more easily bind to the vessel wall.

So what's the take-away message here? Drinking a glass of beetroot juice a day would immediately lead to reduced blood pressure.

Now, consider adopting some simple, proven, non-pharmaceutical additions.

Walking reduces blood pressure, improves heart function and lowers stress hormones.

Beans, beans are good for the heart ... is absolutely true. Beans and other foods rich in potassium, such as bananas, lower blood pressure by balancing out the negative effects of salt. The kidneys help to regulate blood pressure by controlling the amount of fluid stored in your body. The more fluid, the higher your blood pressure.

Drink tea – without milk! The different properties of different teas are extensive. For example, green tea contains caffeine and could therefore cause a short-term increase in blood pressure by increasing heart rate. However, its flavonoids have

a vasodilator effect, so with long-term consumption, it is associated with lower blood pressure. Herbal teas, including rose hip and teas with a high hibiscus content, work to reduce blood pressure immediately by causing vasodilation. I combined green tea and hibiscus-rich tea bags in the same drink for a double whammy. Teas are also anti-inflammatory, thereby reducing build-up as mentioned earlier.

I began eating more turmeric, an ancient ingredient which is all the rage now. In certain parts of India, the astoundingly low incidence of dementia in older peoples compared to us in the Western World is attributed partly to regular turmeric consumption. A component of turmeric, curcumin, has been shown to improve vascular endothelial function in healthy middle-aged and older adults. It does this by increasing nitric oxide bioavailability and reducing oxidative stress.

Exercise. All exercise will reduce blood pressure in the long term. However, for me the easiest was walking every day for at least 30 minutes. If you can walk, then you *should* walk.

The final result

So what was the end result?

Fifteen years after my first high blood pressure reading, I now have a low resting heart rate, low blood pressure and very low cholesterol.

And how did the only vegan competing in the South Coast Championships go? Well, I won!

Ben Saravia is the X-rated vegan with serious muscle and is a gold-medalist fitness model. He is also an unlikely vegan.

For enquiries or more information, visit: www.thexratedvegan.com



Why modern medicine is a major threat to public health

By Dr Aseem Malhotra

Most patients will derive no health improvement from medication. We should tackle the root causes of disease instead.

When former airline pilot Tony Royle came to see me last year to seek reassurance that it was OK to participate in an Ironman event, having stopped all his medications 18 months after suffering a heart attack, I was initially a little alarmed.

But after talking to him, I realised he had made an informed decision to stop the medication after suffering side effects, and instead had opted for a diet and lifestyle approach to manage his heart disease.

His case is a great example of how evidence-based medicine should be practised. This is the integration of clinical expertise, the best available evidence and – most importantly – taking patients' preferences and values into consideration.

But our healthcare system has failed to keep to this gold standard of clinical practice for the most important goal of improving patients' health.

The consequences have been devastating. Modern medicine, through over prescription, represents a major threat to public health. Peter Gøtzsche, co-founder of the reputed Cochrane Collaboration, estimates that prescribed medication is the third most common cause of death globally after heart disease and cancer.

In the UK, the use of prescription drugs is at an all-time high, with almost half of adults on at least one drug and a quarter on at least three – an increase of 47% in the past decade. It's instructive to note that life expectancy in the UK has stalled since 2010, the slowdown being one of the most significant in the world's leading economies.

Contrary to popular belief, the cost of an ageing population in itself is not a threat to the welfare system – but an unhealthy

ageing population is. A *Lancet* analysis revealed that if rising life expectancy means years in good health, then health expenditure is expected to increase by only 0.7% of GDP by 2060.

The greatest stress on the National Health Service (NHS) comes from managing almost entirely preventable chronic conditions, including heart disease, high blood pressure and type 2 diabetes. Type 2 diabetes alone (demonstrated to be reversible in up to 60% of patients) takes up approximately 10% of the NHS budget. A disturbing report from the British Heart Foundation suggests that heart attacks and strokes are set to "surge" in England over the next 20 years as the prevalence of diabetes continues to increase [similarly in Australia – Editor].

Yet rather than address the root cause of these conditions through lifestyle changes, we prioritise drugs that give – at best – only a marginal chance of long-term benefit for individuals, most of whom will derive no health improvement.

The reality is that lifestyle changes not only reduce the risk of future disease, their positive effects on quality of life happen within days to weeks. However, those patients unlucky enough to suffer side effects from prescribed medicines may find their quality of life will deteriorate in order to enjoy small longer-term benefits from the medication.

Of course, patients may need to use both, but what's important is that information is presented in a transparent way to encourage shared decision making. The Academy of Medical Royal Colleges' Choosing Wisely campaign encourages patients to ask their doctor whether they really need a medication, test or procedure.

Prof. Luis Correia, director of the Centre of Evidence Based Medicine in Brazil, says that if a clinical decision is not in keeping with the patient's individual preferences and values, "it will not work".

A report commissioned by think-tank, The King's Fund, in 2012 recommended putting patient preferences at the heart of decision making in medicine, suggesting it would not just be a victory for ethics and policy, but for finance, too, as the data shows that patients who are given all the information choose fewer treatments. But more than saving money, it will be about redistributing resources within the system to where they are needed most – in acute and social care.

This solution to the NHS financial crisis and giving patients the very best chance of improving their health will require a national public health campaign to reduce the amount of medications the population takes, improving lifestyle and adhering to the true principles of evidence-based medicine that make shared decision making the priority in clinical practice.

Back to Tony. A few weeks ago, four years after his heart attack and two years after coming off all medications and dramatically changing his diet, Tony completed his first Ironman at the age of 58, revealing that it's never too late to overcome illness and improve fitness. But the most important message remains clear: you can't drug people into being healthier.

Dr Aseem Malhotra is an NHS consultant cardiologist and visiting professor of evidence-based medicine, at the Bahiana School of Medicine and Public Health, Brazil

This article was first published in The Guardian and reproduced by the Australian Society of Lifestyle Medicine in their newsletter of 1st October 2018.

We commend The Guardian for supplying valuable information with remarkable insight.



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A Plastic Future - Recycle, Reuse and Avoid

By Dr Joseph Mercola

The plastic we have seen piling up on the shores of Bali and in the Philippines is disturbing. All that plastic comes from around the globe, in the form of plastic bags, bottles, utensils, straws, microfibrils and more, which make up both large debris and an estimated 15 trillion tons of tiny microplastic particles floating in the ocean.¹

We've seen the tragic photos of sea turtles and other marine life entwined in plastic bags or six-pack rings, but some of the most pernicious plastics may be those that aren't so readily visible or can't even be seen with the naked eye.

Ranging in size from 5 millimetres to microscopic lengths, microplastics are being ingested by fish, plankton and other marine life, as well as the creatures on land that consume them (including humans).

Ingested Microplastics May Damage Organs, Leach Poisonous Chemicals

It's estimated that close to 300 million tons of plastic are produced every year, more than half of which are for single-use products. Those discarded plastic bottles, bags, straws and other plastic waste end up largely in our oceans, to the tune of more than 8 million tons a year.² Carried along with the ocean's currents, 'plastic smog'³ now covers about 40 percent of the world's ocean surfaces.⁴

In 2008, researchers from the University of New South Wales in Sydney showed that tiny plastic particles don't simply pass through sea creatures unnoticed. They found that ingested microplastics first accumulate in the gut, but within three days travel to the circulatory system where they remain for more than 48 days.⁵

Microplastics moving throughout the bloodstream and organs cause physical damage like inflammation, and may also leach poisonous chemicals, including both those added to the plastic and those picked up from the surrounding water.

Microbeads, for instance, once widely used in personal care products, may concentrate toxins at levels 100,000 to one million times higher than the levels found in seawater.⁶

"Overall, these results indicate that plankton recovery from chronic exposure to microplastics may take several generations, and that the continuous exposure over generations may cause population extinction," the researchers explained.⁷

Microplastics May Be Collecting in Food & Drinking Water

One set of researchers are looking into how polyester microfibrils may be affecting microorganisms in the soil.⁸ They found that microplastics do lead to changes in the soil, including altering the bulk density, water-holding capacity and microbial activity.

"Based on consumer guidelines, our results indicate the average person ingests over 5,800 particles of synthetic debris from these three sources annually, with the largest contribution coming from tap water (88 percent)," according to researchers in PLOS One.¹³

Plastic Attacks Take Off

Even though most plastic water bottles and soft drink bottles are made from highly recyclable polyethylene terephthalate (PET), most such bottles end up littering oceans and landfills.

However, a growing 'plastic attack' movement is taking off in the USA, UK, Australia, Hong Kong, South Korea and Canada.

While plastic manufacturers tout the merits of plastics in helping food to stay fresh longer, travel longer distances and avoid contamination, those involved in the plastic attacks movement say people should buy local, purchase sensible amounts of food that don't go to waste and use reusable containers in home fridges to avoid disposable plastics.¹⁹

Many grocery stores, however, have collection bins for plastic bags to be recycled. But better is to use reusable bags and ditch the plastic ones entirely.

Common Items That Can't Be Recycled

In addition to plastic grocery bags, the following items also typically *cannot* be recycled:

Anything smaller than a Post-it Note, as it's too small to be sorted properly, including plastic bottle caps. Be sure to empty all liquid first, or the bottle will be discarded;

- Bubble-padded envelopes;
- Baby nappies;
- Paper cups with shiny coatings, such as coffee cups;
- Foil potato chip bags;
- Foil lids from yogurt containers (however, foil food trays and pie tins may be accepted as long as you remove as much food as possible);
- Soft plastic that does not hold a shape;
- Wax paper and wax paper liners (such as those in pizza boxes);
- Electronic gadgets;
- Paper food bowls with plastic lining
- Greasy pizza boxes (if you rip off the unsoiled cardboard lid, that can be recycled).

What we Can Do to Cut Down on Plastic Waste

Use reusable shopping bags for groceries;

Bring your own mug for coffee, and bring drinking water from home in a glass water bottle instead of buying bottled water;

Take your own leftovers container ('doggy bag') to restaurants;

Request no plastic wrap on your newspaper and dry cleaning;

Store foods in glass containers or earthenware jars rather than plastic containers;

Avoid disposable utensils and straws and buy foods in bulk when you can;

Opt for non-disposable razors, washable feminine hygiene products, cloth nappies, handkerchiefs and infant toys made of wood rather than plastic;

Avoid processed foods (which are stored in plastic bags with chemicals). Buy fresh produce instead.

Dr Joseph Mercola is an osteopathic physician in Illinois USA. The above article is abridged from his newsletter, dated 18th September 2018, and published under his generous not-for-profit policy. Website www.Mercola.com

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"Ric has been amazing. He helped me gain skills so my life can move forward. He helped me with difficult thoughts and emotions whilst being very professional, approachable and honest. A great support which will be with me and my family for the rest of my life. The team at Living Valley have been incredible." Alex Massouras

"I gained a new perspective on the issues that I face. I've been to many psychologists and through a number of programs. Both Ric & Toby's approach to mental and physical health have been fresh and inspiring. No punches pulled and honesty that is backed with science and compassion. I felt comfortable and developed a good synergy very quickly, helping me to target issues and move forward." Jimmy Harmsworth

"Educated for the first time about "Why" and "How" my mental health condition occurred and what to do next. I have seen in excess of 20 doctors and psychologists. At Living Valley, for once I felt safe, supported and cared for. I also had a truly beautiful experience through the Mental Wellness Essential Oils Workshop. I have never been so re-energized and will be forever grateful for your passion and your prayers." Amy Moss

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HAM, BACON & PORK — PIGS SUFFER HORRIBLY IN FACTORY FARMS

By S. D. Wells, 25th September 2018



There are several reasons why people eating vegetarian and vegan don't eat slaughtered animals. One of these for many of them is the fact that animals have parents, eyes, feelings, emotions and, yes, intelligence. In fact, pigs are smarter than your pet dog or cat, and outperform them on cognitive ability tests, coming close to the intelligence of dolphins and chimpanzees.

Pigs not only have long-term memories and are quite clever, but they feel empathy and react to sadness, just like 'man's best friend' – the domesticated dog.

Pigs live social lives and experience emotions

Just because pigs wallow around in mud, doesn't mean they're dumb or 'dirty' animals. They do that to stay cool because they don't have sweat glands. In contrast to popular belief, pigs may just be the cleanest of all domestic animals alive.

As far as being intelligent, research back in the 1990s studied pigs trained to use their snouts to manipulate a cursor on a video screen to distinguish between known scribbles and new ones. They performed this task just as fast as chimpanzees. Further, pigs have been known to outperform three-year-old children on cognition tests and are also more trainable than dogs.

When pigs are loaded up with artificial hormones and unnatural animal feed, their bodies and minds are harmed, weakened and their meat is toxic. The chemicals rush through their blood and into their tissues when they see and hear their fellow beings being tortured and slaughtered around them.

There's no way to cook out these carcinogens, no matter how long you fry that bacon or spin that hog on the rotisserie. In fact, overcooking meat adds to the toxicity, as well as when meat processing plants add cancer-causing and migraine-headache-causing nitrites and monosodium glutamate (MSG).

Millions of animals drowned in factory farms during Hurricane Florence

Thanks to a massive storm, almost a week-long, enormous lagoons are now filled with infected, bacteria-laden pig manure (and rotting animal corpses), and are overflowing into nearby watersheds.

Normally, many confined animal feeding operations (CAFO's) in the United States are so filthy, nasty and inhumane, that if the most avid meat lovers visited them, they would probably never eat meat again.

Welcome to the United States of America, where the spread of food-borne illnesses has run rampant, affecting millions of consumers every year. Nearly every factory farm in this country fuels the fast food industry, the restaurant chains and the corporate-owned-and-run grocery stores and supermarkets.

Excessive consumption of factory farm meat and dairy products fuels pandemic-style diseases and disorders that barely existed in that country a century ago, including heart disease, cancer, diabetes, obesity, respiratory diseases and infections fed by parasites and pathogens.

Humans who work in CAFO's commonly suffer from respiratory diseases and outbreaks of E. coli and Salmonella poisoning. That's why most conventional meat gets treated with bleach and ammonia at processing plants, before artificial flavours and colouring are added.

Three million people in the USA get sick from CAFO infections

every year. The US Centers for Disease Control estimates that three million people get sick and 1,000 die from CAFO meat and poultry-related infections every year.

Animals that are trapped in cramped-up quarters, caked with their own faeces, and suffering from digestive disorders and parasitic infections never heal. Animal waste is the main source of the spreading of Salmonella and E. coli bacteria. In addition, most CAFO animals (and their babies and chicken eggs) are exposed to pesticides regularly, adding to the contamination of the meat.

Some Americans [and Australians] don't consider it a meal if there's no meat on their plate. So, if your friends or relatives have 'just gotta have that meat', suggest that they stay with grass-fed beef or lamb or wild-caught fish, but, please, don't support the CAFO cruelty, because that's just flirting with disaster, while saying yes to animal abuse.

Sources for this article include:

WideOpenPets.com, OrganicConsumers.org, CafoTheBook.org
NBCnews.com, WideOpenPets.com, NaturalNews.com Health.news

Abridged from Natural News, 26th September 2018, and published under Mike Adams' generous not-for-profit policy. Website: www.NaturalNews.com

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Located in the heart of Parramatta CBD, close to Parramatta station and bus interchange.
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Business highlights:

- Turnover of \$130K+
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Nothing fishy about **GreenOMEGA 3**... the vegan alternative to fish oil



Did you know... that fish get their Omega 3 fatty acids from the natural marine microalgae they eat?

Just like the fish, we humans must get Omega 3 fatty acids from the food we eat to maintain good health.

GreenOMEGA 3 goes to the same source the fish do to get these essential fatty acids so vegans, vegetarians and those of us who want to save our oceans from over-fishing can now get a daily

Omega 3 rich supplement... *without the fish!*

GreenOMEGA 3 is derived from clean, green marine *microalgae Schizochytrium sp.* sustainably cultivated in technologically-advanced "Enclosed-System" phyto-bioreactors in the USA.

Each **GreenOMEGA 3** vegan capsule contains 850mg of Life'sOMEGA3™ marine microalgae oil that **delivers 255mg DHA and 127mg EPA.**

Help save our precious Oceans

Over 700,000 tonnes* of fish are now taken annually from our oceans for fish oil with over 21%* of that going into fish oil supplements.

If this continues, experts say we will soon lose many fish species and marine ecosystems in just one generation. That's bad news for the marine environment, but the good news is ... there is no longer need to harvest fish for their oil because we can now get the Omega 3's from the same marine microalgae the fish do.

GreenOMEGA 3 from renewable marine algal source is a vegan alternative to fish oil for essential DHA and EPA and does not contribute to the destruction of our ravaged oceans.

Choose **GreenOMEGA 3** as your daily source of vegan DHA and EPA ... and save the fish!



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* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016

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 BLOATING IN THE STOMACH:

I eat a lot of bread and some other grain foods because I like them and bread is a convenient food. Recently I increased my bread consumption and now bloating is a problem. What causes bloating? – H. F., Taree NSW

A This accumulation of gas in the intestines has numerous possible causes.

If carbohydrates, including bread, breakfast cereal or pasta, are fermenting, or if proteins are putrefying, this will produce gas. Fermentation or putrefaction can result from consuming too much of a particular food or not chewing food properly or poor combinations of foods in the one meal, such as large amounts of carbohydrates and proteins together – for example, bread or bun with cheese or meat or legumes (as in a hamburger or veggie burger). Reducing food quantities and practising proper food combining may solve the problem. (Food combining is explained in the Autumn 2013 issue of *TNH* and *How a Man Lived in Three Centuries*, page 104)

Rushing meals, so common in our rat-race society, can lead to indigestion and bloating. A really effective way of relaxing before meals – especially for busy people – is to take two or three slow, deep breaths immediately before

commencing eating. Expel each breath all the way out and feel the energy going down to the stomach.

Eating late in the evening when digestion is starting to close down can result in poor digestion and bloating. Eating after 8.00 pm, especially as late as 10.00 pm, could be too late. Ideally aim to finish the evening meal by two to three hours before retiring to bed, the aim being to go to sleep on an empty stomach – and sleep will be better.

Yeast infection in the form of *Candida albicans* is a well-known major cause of bloating. Other forms of yeast or mould can also cause it. In the case of *Candida* especially, the fungus feeds on sugar and the body has usually become very sensitive to yeast. The commonly prescribed answer – easier said than done, of course – is to avoid all sugary foods (including dried fruit) and avoid all foods containing yeast or moulds, including cheese, beer, wine, leavened bread, sprouts, peanuts, vinegar and the three fruits that often contain mould – melons, grapes and oranges.

Soya milk or other soya products sometimes cause bloating because their enzyme inhibitors inhibit our digestive enzymes. All seeds contain enzyme inhibitors, with soya beans being at the top of the list and peanuts a close second. Cooking destroys most of the enzyme inhibitors, but some may remain and cause problems in sensitive people.

Eating a lot of fibre (or roughage) is good for us, but if not properly chewed or too much is eaten (as in a lot of grain-based foods) it may ferment and cause bloating.

A traditional remedy for bloating that often works promptly is to take charcoal tablets, charcoal having an enormous capacity to absorb gasses. This is, of course, treating the symptom, not the cause.

Digestive enzymes purchased from health shops can be taken with meals. (These include the Lifestyle Enzymes which we promote in this magazine, see adjacent page) To optimise digestion and absorption of nutrients, it is suggested, in the case of the Lifestyle Enzymes, to take 1 – 2 capsules at the start of each meal. Research shows that the pancreas adjusts constantly, and in general the body will adapt within 3 – 7 days after introducing enzymes. Taking enzymes regularly takes the stress off the pancreas, which can be very beneficial if the pancreas happens to be tired, overworked or stressed. In any case, supplementing enzymes can increase our enzyme potential, which is a significant factor in longevity.

Also, it is possible to stimulate our digestion with foods or herbs, including chilli, garlic, ginger or bitter green vegetables like rocket or endive. Of course, for the pancreas to be capable of being stimulated, it must be functioning well and not fatigued.

If bloating doesn't respond to simple remedies, such as eating less of the offending food/s, eating more slowly or chewing more thoroughly, the full-on approach is to adhere closely to Natural Health Dietary Guidelines and apply food combining, which is built into these guidelines anyway. Perhaps try digestive enzyme supplements as well.

In the Guidelines, protein foods and carbohydrate foods are eaten at separate meals and kept to modest quantities that are adequate but not excessive, namely around 100 to 150 grams of protein-rich foods daily and approximately 120 grams of starchy foods daily – the equivalent of about three to four slices of bread in total.

The guidelines are presented in the Summer 2016/17 issue of *TNH* and in the Society's book, *How a Man Lived in Three Centuries*, Chapter 7.



Q TAKING FLUIDS WITH MEALS:

This is the first time I have heard the advice that you best “avoid taking fluids with meals unless very thirsty”, which I read in an earlier issue of your magazine. It went on to say, “Consume liquids at least half an hour before meals or more than two hours after meals.” A lot of people do drink at meal times. Could you explain the reasons behind this advice?
– M. H., Adelaide SA

A There are at least two reasons why it is better to avoid drinking fluids with meals.

Firstly, fluids taken with meals dilute the digestive juices, changing their acidity and concentration from what the stomach requires, thereby preventing digestion from proceeding normally.

Secondly, it is believed that the stomach is able to pass the fluid on to the duodenum so that it can continue digesting the solid food. However, the digestive enzymes are carried away with the fluid, so the stomach has to secrete another batch of enzymes, which is squandering our enzyme supply. If drinks are taken routinely with meals year in, year out, this can take quite a toll on our enzyme potential.

If a person is determined to drink with meals, taking an enzyme supplement with the meal might ‘soften the blow’.

So that the fluid will have left the stomach well before the meal commences, the suggestion is to take drinks at least an hour before meals or as an absolute minimum half an hour. After the meal, avoid drinking until digestion is largely complete, which means two to three hours afterwards.

Soup is a special case. Very thick soup is more like solid food and can be consumed with a meal.

Thin soup is in the same category as drinks and is best consumed an hour before the main course. This may or may not be practical, but it is something to aim for if you have a choice.

I have often wondered – and there is no hard evidence for this – whether drinking with meals might contribute in more than one way to a ‘beer gut’. Although drinking a lot of alcohol obviously provides the large number of calories that could convert to the fat in a beer gut, the impaired digestion caused by the fluid might exacerbate the process.



EAT RIGHT. DIGEST WELL.



One or more of the following may result in **INCOMPLETE DIGESTION**:

- Eating cooked and processed foods
- Inadequate chewing of food
- Eating on the run
- Ageing
- Stress

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- ✓ Helps maintain healthy digestive functions ✓ Suitable for all ages

Q CAN'T SLEEP ON HOT SUMMER NIGHTS:

Even when I am very tired, I find it difficult to get to sleep on hot nights. Is there a particular reason for this and a remedy? – A.N., Warren, NSW.

A Yes, there is a simple explanation, according to the Centre for Respiratory Failure and Sleep Disorders run by Sydney University and the RPA Hospital.

On a hot summer night, sleep requires the brain to cool down, however slightly. So we won't get to sleep unless there is some degree of cooling. If the night is very hot and the bedroom is also hot, the body is unable to cool down and the brain is too hot to sleep.

To drop off, we must cool off. The fall in temperature that is necessary to bring on sleep may be only half a degree or less. One of the standard treatments for insomnia is a *mildly warm* bath, but not a hot bath. The mildly warm bath cools the core body temperature, which cools the brain slightly and enables sleep.

When older people are having difficulty sleeping on hot nights, it may be because they are less able to reduce their core body heat, due to the fact that reduced circulation slows the rate at which heat is carried to the skin for cooling. Younger people's bodies are able to adjust their internal temperature relatively easily, at least when the air temperature of the bedroom is in the range of 18 to 30 degrees.



Q PH OF SALIVA AND URINE:

On the pH scale of the EASYpH Test Kits that you sell, where should the saliva and urine values be on the pH scale ideally, and when is the best time to do the tests? Please explain the difference between the results for saliva and urine. – A. T., Waterloo NSW

A In Natural Health nutrition, we stress that the foundation is to maintain a balance in our daily meals between alkali-forming foods and acid-forming foods.

The alkali-forming foods, broadly speaking, are all the fresh vegetables and fresh, ripe fruits, while the acid-forming foods are almost all the rest.

If the bodily fluids are in an acidic state – which is almost universal in Australia – this sets the stage for diseases, ranging from infectious to degenerative. If the body is in an extremely acidic state, this opens up a virtual Pandora's Box of possible illnesses.

The only way – other than via expensive laboratory tests – for the lay person to gain an idea of their body's acid-alkali condition is by testing the saliva and urine. The pH Test Kits make this low cost and dead easy.

Saliva essentially indicates the acidity of the tissue fluids, and urine indicates essentially kidney function.

Fairly consistent guidance for ideal pH levels is given in the booklet included with the EASYpH Test Kit as well as a well-known book, *The pH MIRACLE* by Dr Robert O. Young. The following is a combination of their key recommendations. (Note that pH 7.0 is neutral)

Saliva. We should aim for a reading in the range of pH 7.0 to 7.5 or ideally between 7.2 and 7.4. If it is much below 7.0, your body is in an acidic state.

Because the Australian culture of eating is significantly acid-forming, most people would test between 5.5 and 6.5, which is quite acidic.

Urine. The ideal is considered to be between pH 6.7 and 7.0 according to one source, and between pH 6.8 and 7.2 according to another. Either way, the urine would be close to neutral. If the urine pH is below 6.7, your body is deficient in alkaline minerals and in an acidic state – *acidosis*. Most people are in the range of 4.5 to 6.0 as the body attempts to eliminate via the urine as much acidic waste as it is can.

Urine acid-alkali levels vary during the day. First thing in the morning, before consuming any food or drink or even brushing teeth, the level should be between 6.8 and 7.2. If it is slightly acidic, this is because the body is eliminating acid residues from the day before.

The pH scale. This is the standard measure of the acid-alkali level of a fluid.

On the scale, pure acid is pH = 0, neutral is pH = 7.0 and pure alkali is pH = 14.0.

Note that each whole digit is 10 times stronger than the preceding one – or 10 times weaker.

For example, pH 5 is ten times stronger acid than pH 6. Another example: the acidity of the human stomach after a protein-rich meal could be as strong as pH 2.0, which is not strong enough to digest bones. But a carnivorous animal can get down to pH around 1.0 which is 10 times stronger and acidic enough to digest animal bones. We humans are clearly designed to be plant-based eaters.

[For technically-minded readers, 'pH' stands for 'potential of Hydrogen' in a substance, hydrogen being the acidic component of a chemical.]

To reduce the acidity of a body which is too acidic, it is necessary to 'flood' the body with alkaline minerals. This is done by 'detoxing', which is explained in *How a Man Lived in Three Centuries*, Chapter 15.

An effective way to top-up with alkaline minerals is by consuming the tried-and-true *carrot and chlorophyll juice*, consisting of about one-third glass of carrot and beetroot juices and two-thirds glass the juices of any or all of spinach, silverbeet, celery, cabbage, cucumber and small portions of parsley and dandelion and perhaps comfrey. As part of a normal daily diet, carrot-and-chlorophyll juice is an excellent accompaniment.

FEELING GENEROUS RE YOUR WILL?

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

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

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

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

Q HEMP SIDE EFFECTS WARNING:

With regard to your article on hemp seed in the Spring 2018 issue of *TNH*, page 10, I find it very disturbing that, after contacting several sources, no one is acknowledging that hemp seed can cause severe allergic reactions in some people as it did with me. The inside of my mouth (cheeks and tongue) swelled terrifyingly.

Will you look into this and help to encourage suppliers to label packaging honestly. – H. T., email

After considerable investigation, I find that hemp seeds can cause side effects, including allergic reactions to their protein content. Reactions generally occur only in sensitive people and/or when the seeds are consumed in very large quantities. Helen, you appear to be one of the few unlucky ones.

Hemp seeds are produced by the hemp plant, *Cannabis sativa L.* Although hemp belongs to the same family as marijuana, the two plants are quite different. Most notably, the level of the psychoactive THC (*delta-9-tetrahydrocannabinol*) in hemp seed is less than 1% – close to zero – whereas in marijuana it is approximately 20%.

People with certain medical conditions and those taking specific prescription medications need to be aware of the risk of side effects, and the possible need to avoid hemp.

Allergy to hemp seed

Hemp seed is rich in protein. Allergy culprits can be amino acids from the protein, particularly arginine, valine and glutamic acid.

Some consumers experience a dry mouth due to lack of saliva, also known as *hyposalivation* or *cotton mouth*; it is a known side effect of cannabis. Cotton mouth may be alleviated by a large glass of water. In extreme cases dry mouth can cause coughing and internal bleeding in the windpipe, and, again, drinking more water may help.

Large intakes of hemp seeds can also cause obscured vision, headaches, sweating, nausea, tachycardia and possibly dizziness and fainting. In the case of a very large overdose, a person struggles to speak and has impaired coordination.

The above side effects are likely to occur only with extremely high doses or in extremely sensitive people – which applies to most foods anyway.

If hemp seed and oil are to be used therapeutically, it would be wise to test for allergy.

A firm named Superfoodly has a staff member who has experienced mild hemp allergy for *as long as he can remember*. A specific area in his throat would become itchy and also trigger symptoms of asthma, which he suffered anyway. (<https://www.superfoodly.com/hemp-seed-allergy>)

An allergy manifests itself differently in different people. Symptoms may be one or more of the following:

- **asthma**
- **allergic rhinitis** – nasal congestion, runny nose, sneezing
- **eye irritation** – itchiness, swelling, puffiness
- **conjunctivitis** – pink eye, bloodshot eyes
- **hives** – skin rash, pale red bumps or plaques
- **anaphylaxis** – a severe, life-threatening allergic reaction

How common is allergy to hemp? Not common currently, but considering the increasing use of both marijuana and hemp, it may in the not-too-distant future become a major food cause of allergy.

Sensitive reaction to hemp oil

Hemp seeds are rather high in fat/oil, one tablespoon containing three to four grams, mainly omega-3 and omega-6 fatty acids (PUFA). Allergy to the extracted oil is unlikely because oil is not allergenic.

Sensitive people or people eating too much oil may experience digestive problems, mild diarrhoea and painful cramping when beginning to consume the shelled seeds. In this case, start with small amounts and slowly work up to no more than two tablespoons in a day, and not every day.

Excessively *large* amounts of PUFA can lead to heart conditions, bacterial infections and other complications. It is advised to avoid hemp oil if suffering stomach and bowel disorders. Excessive amounts can also increase the risk of prostate cancer. A man with a risk of prostate cancer should avoid hemp oil.

Other possible adverse effects of large doses of hemp oil include an increase in the symptoms of Parkinson's disease, a rapid drop in blood pressure and light-headedness and interference with any hepatic drugs being taken – important to discuss with a doctor.

Large doses of hemp oil can make some people very drowsy.

Anticoagulant drugs and bleeding

Hemp seed or oil can inhibit platelets and may pose a risk of bleeding. If there are blood clotting deficiencies, don't use hemp oil.

People who are on anticoagulant drugs need to be especially cautious regarding the risk of bleeding.

Medication interactions

Hemp seeds are not known to interact with any common medications, other than anticoagulant drugs.

Unsuitable for pregnant women

Consuming hemp seed oil during pregnancy can have adverse effects. A woman who is pregnant or breast-feeding should avoid hemp oil.

Feeling high!

In rare cases, extra-sensitive individuals may experience the feeling of being high – euphoria or hallucinations – while using hemp products, which contain very small traces of THC. Although hemp seeds are devoid of THC, they could have come in contact with THC-covered plants and picked up a residue. This effect is quite rare and does not last long.

Beware! Although highly unlikely, it is possible to show a positive drug test after consuming large amounts of shelled seeds.

Never heat hemp oil

Since PUFAs can quickly turn rancid and develop toxic free radicals, they are best kept cold – or at least below 50°C – and used promptly. If to be eaten with cooked foods, add the hemp seeds after cooking.

In the case of high heating, peroxides are mildly explosive and can catch fire.

So do the benefits outweigh the side effects?

According to the firm, Healthy Hemp Oil (<https://healthyhempoil.com>), the abundance of well-documented benefits of hemp seeds outshine the few possible side effects.



NHS NOTICES

Members Supporting The NHS

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

Jeanne Silverson, Gary Owens, Gudrun and Doris Ockerlander, Ruth Rinot, Vivien Leisemann, Catherine Harris, Lani Imhof and Gina Bruno

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

Wallacia NSW

Wellness at wallacia evenings

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

Dates: Last Saturday each month at 6.30pm – next gathering Saturday 23rd February 2019

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

BOOKING: Essential. Phone office on 4721 5068

Next gathering Saturday 23rd February 2018

Cabramatta NSW

With Ling Halbert, Founder of Health and Happy Heart

Ling teaches food preparation as mindful to heartfull.

Her practice is infusing food preparation and presentation with love and creativity.

The classes are raw, plant-based and vegetarian.

Ling embraces whole foods that are healthful to body and mind.

Ling offers Tai Chi classes and tours to Nantien Temple and Cabramatta.

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

Website: healthandhappyheart.com

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Concession (pensioners and students)
single \$30 (normally \$35); family \$38
(normally \$43);

Practitioner 2-for-1 \$43 (normally
\$48); Online \$25 (normally \$30).

Overseas postage rates to be added
are NZ and Asia \$20, elsewhere \$30.

Macarthur area NSW

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

Osteopath, Doug Evans, practising in Penrith and Bundeena

Osteopathy can help lack of vitality, headaches, hip and back pain, joint pains and postural and mobility problems.

Penrith. Dr Doug Evans, DO, formerly senior practitioner at the now-closed Hopewood Health Retreat has commenced practising **Saturdays** in the office of the Natural Health Society, upstairs, Skipton's Arcade, 541 High St, Penrith.

For bookings, phone Doug on **0416 254 409** or **9544 3328**.

Bundeena. Doug is currently building accommodation at his home to enable one or two people to carry out fasting under Doug's supervision. When the accommodation is completed, we will announce it in this magazine.

Natural Health Society AUTUMN 2019 Seminar

**DATE: Sunday 31st
March 2019**

**VENUE: North Ryde Golf
Club, Twin Rd, North Ryde
NSW**

**SPEAKERS and PROGRAM
to be announced in the
Autumn issue of this
magazine.**

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

*See full details in Autumn
issue of True Natural Health.*

Australasian Nutrition in Healthcare Conference

Presented by Doctors for Nutrition and announced in the October newsletter of Plant Based Health Australia

A conference for all people who have an interest in nutrition and healthy lifestyles.

Doctors for Nutrition are hoping to also attract healthcare professionals who would like to learn about the science and clinical practice of plant-based nutrition.

▪ Venue: **Central Pier**, 161 Harbour Esplanade, **Docklands**, Victoria.

▪ Dates: **Friday 15th and Saturday 16th February 2019**

▪ International speakers: **Dr Neal Barnard and Dr Scott Stoll**

▪ Register your interest here: www.doctorsfornutrition.org/nihc and they will email you once tickets go on sale.

& 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.

Spring 2018 Seminar enthused the audience

The five speakers at Mortdale (near Hurstville in Sydney) on Sunday 23rd September did an excellent job of informing, inspiring and entertaining the 72 people who attended.

Heather Swan had people breathless with her tales and video of wingsuit 'flying' from the highest mountains, including the Himalayas, and even over Sydney Harbour. When she ventured into bungy-jumping, she met with a nasty accident, from which she has fully recovered. Heather's story of her world records and achievements was fascinating.

Barbara O'Neill, Naturopath and Health Director of Misty Mountain Health Retreat, gave a compact account of what is meant by living a healthy lifestyle. Her talk is abstracted in this issue, page 20.

Ben Saravia, sporting a splendidly-built body, told his health story in which

he recovered from high blood pressure by changing – uncharacteristically for a body-builder – to an all-plant diet. His story can be read in this issue, page 2.

Dr Tracie O'Keefe, registered clinical hypnotherapist and naturopath, provided simple techniques to use the power of your mind to *want* to make healthier choices. Tracie explained that it's possible to change your brain and replace old, destructive patterns with new ways of thinking that help you to be motivated and excited about healthy eating and living.

Her presentation is available to watch on YouTube at: youtu.be/RWroOI-hnBM

Dr Greg Fitzgerald closed the day with words of wisdom of the kind that we have come to know to be his trademark. His topic, 'Your Health is an Orchestra – are you playing all the instruments?', is presented in this issue, page 26.



The Society's Half-Day Detox Afternoon went superbly

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

It was held on Sunday 21st October in the Kingsgrove Community Hall (near Hurstville)

After an introduction to detoxing by Roger French, the key speakers, Dr Greg Fitzgerald (allied health) and Dr Doug Evans (allied health), showed themselves to be masters of the art of detoxing, including water fasting.

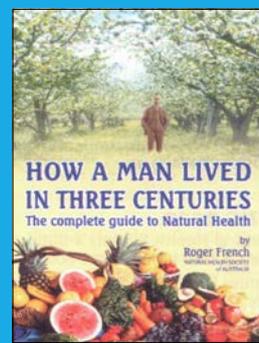


Greg and Doug have both had decades of experience as practitioners at health retreats, and both told of inspiring case stories with remarkable recoveries – often from medically-incurable illnesses – under their care.



Follow Natural Health Society of Australia on Facebook

Do you have a copy of the Society's book? How a Man Lived in Three Centuries The complete guide to Natural Health By Roger French



The REPRINT of the fully revised and updated Second Edition.

The ideal book or gift for anyone interested in Natural Health or in improving their health.

Price options:
single copy \$27 incl. postage.

Or purchase three copies \$55 or five copies \$75 and add postage NSW and ACT \$9, elsewhere \$11.

To order, contact the NHS

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admin@health.org.au,
www.health.org.au

Special offer to practitioners and business owners

You may like to consider selling copies of *How a Man Lived in Three Centuries* to your clients. Produced by the Natural Health Society, the book covers the essence of all aspects of day-to-day lifestyle for how to be free from illness and early ageing.

When clients understand the basics of health, this can save the practitioner a lot of time (and frustration) having to repeat the same basic information over and over again.

We offer practitioners a special wholesale price and suggest an RRP of \$20. We offer copies on consignment.

10 Life Lessons a Pet Can Provide for your child

Kids and pets just seem to go together, don't they? Dogs and cats offer children companionship, affection and unconditional love. They are also great teaching tools. In fact, your child can learn much from caring for a pet, including the following 10 valuable life lessons.

1. Responsibility. Caring for a pet requires daily feeding, exercise and playtime, as well as grooming and potty walks. Older children learn what it means to care for another living creature, while younger children can help with feeding and playtime.

2. Trust. It's easy to confide in a pet who offers unconditional support in return. Pets make wonderful trusted companions for children and can be a first step in helping your child build trust in other relationships too.

3. Compassion. Caring for a pet requires compassion, understanding and empathy. Kids learn to be kind and to take care of others' basic needs.

4. Bereavement. When a beloved pet dies, your child will inevitably feel the pain of the loss, but he/she will also learn how to cope with sadness and grief.

5. Respect. Caring for a pet teaches kids respect for others. For example, they learn the proper way to approach, touch and hold their pet and tend to his needs, and not to disturb him when he's eating or sleeping.

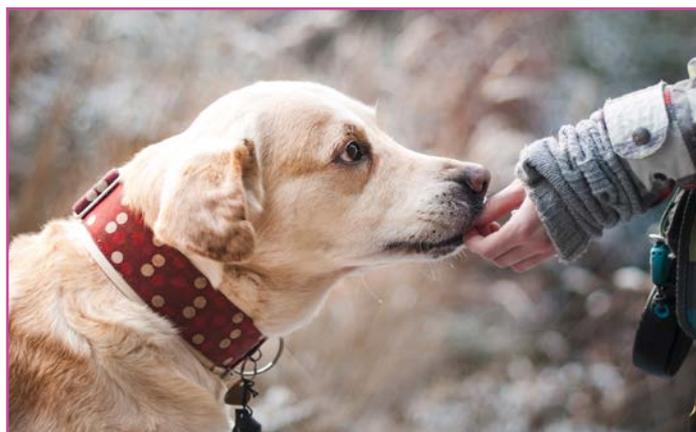
6. Self-Esteem. Pets show unconditional love, which can be a great boost to a child's self-esteem. So, too, can the satisfaction that comes from having responsibility and a furry friend who relies on you.

7. Loyalty. A pet's loyalty toward her human is unmatched. In turn, children learn the importance of showing loyalty to their devoted animal companion.

8. Physical activity. Children with dogs learn how much fun physical activity can be while they play tug-of-war, fetch or go for walks with their pet. Children with dogs spend more time being physically active than children without dogs.

9. Patience. Bonding with a new pet often takes time. Your child will learn patience while the pet becomes comfortable with the child and being in a new home.

10. Social skills. Dogs make wonderful ice-breakers for both kids and adults. Taking your dog for walks as a family can improve your child's social skills as he/she interacts with others. Pets may also help children with autism develop social skills such as sharing.



Adopting a pet may help with depression

People with depression may benefit from adopting a pet, even in cases of treatment-resistant depression where prior treatments have failed. Treatment-resistant depression, as its name implies, is depression that hasn't responded to two or more prior treatments, including medications or psychological interventions like cognitive behavioural therapy.

Often, when medication fails patients begin looking for alternative approaches to get better, and animal therapy has previously been shown to be beneficial for people facing various mental conditions. Researchers from Portugal set out to determine whether adopting a pet could make a difference and were met with some exciting results.

Pets Relieves Depressive Symptoms

The study involved 80 patients with treatment-resistant major depressive disorder. Researchers suggested they adopt a pet, and 33 of them did (18 adopted one dog, seven adopted two dogs and seven adopted one cat).⁽¹⁾ All the patients continued to take medication and their symptoms of depression were measured and compared with those of a non-pet control group.

Those who adopted pets made major strides in their mental health, showing significant improvements in depressive symptoms compared to the beginning of the study and compared to the non-pet group.⁽²⁾

In fact, symptoms began to lessen within one month and became significantly less after two months. The benefit of pet adoption is so strong that one-third of the new pet owners no longer met the criteria for depression by the end of the study.

On the other hand, among the non-pet group, none of the patients responded or experienced disease remission. "Therefore, pets can be used as an effective adjuvant to pharmacotherapy," the researchers concluded.⁽³⁾



Pets Provide Significant Benefits for Mental Health Conditions

Pets were able to provide their owners with a consistent source of calming and companionship. The owners felt their pets intuitively understood when support was needed and could "act accordingly, providing a depth of connection that was considered particularly useful in time of crisis."

They were useful, too, in providing a distraction from symptoms, as owners had to keep to their pet's routine, and helped owners develop a positive identity and sense of self, not only because their pets accepted them without judgment, but also because they took pride in caring for their pets.

In choosing a pet, the bond between the owner and the pet is more important than the kind of animal. While benefits are most often attributed to owning a dog, mental health benefits can be felt from owning pets of a variety of species, ranging from fish and hamsters to cats, horses and even llamas.

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SYNTHETIC VITAMINS CAN DAMAGE CHILDREN'S HORMONES & DEVELOPMENT

By Jessica Dolores, Natural News, 20th September 2018



Dosing children with synthetic vitamins early in life may be doing them more harm than good, according to a study published in the journal *Physiology International*. The study, conducted in Hungary, revealed that exposure to synthetic lipid-soluble vitamins could adversely affect multiple organ systems later in life.

Lipid-soluble vitamins – or fat-soluble vitamins – include vitamins A, D, E and K. Other vitamins are soluble in water, including vitamin C and the B-vitamins. Water-soluble vitamins are not stored in the body, but fat-soluble vitamins are, which can lead to the danger of a toxic build-up.

All vitamins help the body, provided they are taken in appropriate amounts. The danger lies when people consume massive amounts of fat-soluble vitamins, which can be toxic and result in health problems. They may also interfere with vitamin absorption, leading to nutrient deficiency.

Synthetic vitamins are especially risky

for newborn children, as exposing them to synthetic fat-soluble vitamins can lead to lifelong complications, marked by altered sexuality, changes in brain function and development, impaired immunity and impaired bone development, with a higher risk of fractures.

Hormonal damage is not limited to one lifetime: The consequences of one-time exposure to fat-soluble vitamins are passed on from one generation to the next. However, the effect varies with the different vitamins.

Foods provide natural sources of vitamins. Here are some common sources of the fat-soluble ones:

- **Vitamin A** is found in eggs and dairy, while the carotenoids from which our bodies make vitamin A, occur in orange, yellow and green fruits and vegetables.
- **Vitamin D**, the 'sunshine vitamin' is manufactured in the skin during

exposure to sunlight. When enough is produced, manufacture ceases.

- **Vitamin E**, which protects fats and cholesterol from oxidation, is found in unrefined oils, avocados, nuts, peanuts, millet and brown rice.
- **Vitamin K**, which helps in blood clotting, is found in leafy greens and wholegrain cereals.

Sources include: Science.news; Akademiai.com; Highlands.edu; Extension.ColoState.edu; NetDoctor.co.UK

Abridged and modified from Natural News, 21st September 2018, and published under Mike Adams' generous not-for-profit policy. Website: www.NaturalNews.com

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Skincare

Part 4 – Plant oils: ancient, unique and huge variety

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

Hundreds of different plant oils have been used for thousands of years on every corner of the planet for skincare and environmental skin protection. Each country and regional area produces their own unique oils which all have differing omega fatty acids, vitamins and antioxidants.

In Australia we are very blessed to have a huge variety of high quality oils ranging from carrier, essential, CO₂ extraction, organic, cold-pressed and extra-virgin.

Sweet Orange Essential Oil

The humble orange in Australia produces the delightful Sweet Orange Essential Oil from Navel oranges. It takes approximately 500 kg of fruit to produce 1 kg of essential oil from the peel. Sweet Orange Essential oil is often incorporated into face cleansers, as it is known for reducing redness, oily skin and acne and balances skin. It is also a very popular ingredient in body oils as it can improve muscle tone and the appearance of healthy skin, as well as promoting a feeling of joy in your mood.

Australian Jojoba Carrier Oil

Australian Jojoba Carrier Oil is actually a liquid ester wax with powerful hydrating properties and is high in vitamins E and C. It is very similar in composition to sebum, the skin's natural oil and is easily absorbed by the skin. It can help to reduce fine lines and wrinkles and regenerate skin cells. Due to its anti-bacterial properties, it is ideally suited for acne and oily skin types and will balance and protect all skin types.

Macadamia Oil

Macadamia nuts are indigenous to Australia along the east coast of the Great Dividing Range. However, it was in the rich volcanic soils of Hawaii where the first commercial plantations were established from North Queensland seedlings.

Cold-press extraction is used to produce the thick, golden oil, high in palmitoleic and monounsaturated fatty acids. Providing deep hydration and moisturising properties, the oil is excellent for mature, dry skin. The soothing, anti-inflammatory and healing properties benefit scar tissue and sunburn and leave skin smooth, supple and rejuvenated.

Carrot Seed Oil

Carrot Seed Oil is derived by steam distillation of the wild carrot plant and produces a rich orange coloured oil, which has a fresh carrot fragrance. The oil is diluted into a carrier oil and has fabulous anti-ageing properties, due to the rich antioxidants, carotol and carotenoids, which protect against free radical damage.

This revitalising oil has become highly prized in skincare. It diminishes fine lines and wrinkles and helps to regulate production of sebum and balance skin.

Hemp Seed Oil

Australia produces beautiful organic, extra-virgin Hemp Seed Oil that is said to be 'the perfect balanced seed oil'. It contains all the 21 known amino acids and offers the perfect 3:1 ratio of omega-6 (linoleic) to omega-3 (alpha-linolenic) essential fatty acids, which is the optimum requirement for a healthy skin. Hemp Seed Oil is cold-pressed from hemp seed. It is dark to clear, and light green due to the large amounts of chlorophyll in the hemp plant. The plants used for the extractions are specifically cultivated to have near zero amounts of the psychoactive THC, associated with Cannabis.

Hemp oil plumps and rejuvenates tired, dry skin, provides deep hydration and acts as a long-lasting moisturiser. This is the perfect moisturiser for oily skin, as it doesn't clog pores and will balance the skin.

Argan Oil

Argan Oil is extracted from the kernels of the unique Argan tree, found only in Morocco. Highly prized within the skincare and cosmetic industry, it is a light, fast-absorbing, nourishing oil packed full of vitamins A and E and sterolins which promote healthy cell metabolism. Containing 80% fatty acids, it is extremely anti-ageing and prevents free-radical damage. It's also extremely popular in hair oils as it smooths and revitalises all types of hair.

Patchouli Oil

The name, Patchouli, is derived from the Tamil words for 'green leaf', as the beautiful fragrant plant produces lush green foliage. It has been used throughout Asia over centuries and has many purposes in skincare and health care.

It contains anti-inflammatory and febrifuge properties which soothe and calm red, irritated, angry skin. This essential oil can be added to body oils and lotions, and is used in anti-ageing skincare as it reduces fine lines and wrinkles and encourages cell regeneration.

This oil has a strong base-note perfume that blends particularly well with many other essential oils. However, on its own it can be rather overpowering for many people. Patchouli Oil is an essential oil that actually improves with time as it ages.



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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**)



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The 8 Foundational Pillars for Healing

By Barbara O'Neill, Health Director and owner, Misty Mountain Health Retreat

Florence Nightingale called them the 'Laws of Nursing'. Dr Jackson of New York, who owned and ran a health retreat in the late 1800's, called them the 'Laws of Life'.

Let us take a closer look at these eight laws, the basic formulae for health and healing.

1 PURE AIR

Oxygen is the most vital element needed for life. Cancer cannot live in the presence of oxygen. The energy cycles in our cells can give us 18 times more energy when they have the required oxygen.

The leaves of trees purify the air and give us this valuable element. Country air is higher in oxygen than city air. Car exhaust, factory emissions, cigarette smoke and thousands of people packed into a small space all contribute to the air in towns being considerably lower in oxygen.

To ensure that we have access to this most valuable commodity, it is important to carefully analyse the air we are breathing at home, at work and anywhere else where we spend a lot of our time.

We spend a third of our life in bed, so that is a good place to begin the investigation. Assess the pillows, bedding and mattress and the availability of fresh air while sleeping.

2 SUNSHINE

The sun is *not* the enemy in the sky, but the doctor in the sky, and you can over-visit your doctor! Six to seven sunburns in your life can double the risk of skin cancer.

Vitamin D deficiency can also increase your risk.

For 300 years, children suffered and died from rickets, a bone disease which was finally, in 1920, acknowledged to be a vitamin D deficiency.

Vitamin D is developed under the skin when the ultraviolet rays from the sun hit the skin to form it. Vitamin D is essential in the assimilation and utilisation of calcium in the body.

The sun's rays go through the eyes into neurochemical pathways that stimulate different parts of the brain. These parts include the pituitary gland to help regulate hormones and the pineal gland to help you sleep better at night and boost your mood.

The amount of sun needed depends on the colour of your skin and the time of year. Dark-skinned people need far more exposure than do light-skinned people.

3 TEMPERANCE

The dictionary definition for temperance is not taking anything harmful into the body and taking in moderation the good things.

All beneficial things should be done in moderation – you can even overdo nourishing, organic food!

Sugar

Whereas, there are some substances that should not enter the body if you are looking for optimum performance.

Refined sugar is toxic to the body, being purely acid-forming. Dr John Yudkin, in his acclaimed book, *Pure, White and Deadly*, declares it should be banned it is so toxic!

There is nothing wrong with sugarcane; it is the extracted pure sucrose which is the problem.

The brain suffers as it can only hold a two-minute supply of glucose, and the highs and lows that are the body's response in trying to adjust to this fuel disrupter have a disastrous effect on brain function.

The pancreas is the other organ that suffers as it constantly attempts to maintain a steady fuel supply to the cells, despite the drastic highs and lows that refined sugar causes.

Caffeine

Loved by so many, yet causing a multitude of problems. The Italians have mastered the art of making coffee in such a way as to bring the caffeine content to a bare minimum – which also removes the bitterness. Unfortunately Italian coffee is a rare find in Australia today.

Not only does caffeine cause a rise in blood pressure, but it also has a disastrous effect on the neurotransmitters in the brain, resulting in chemical imbalance.

In his book, *Caffeine Blues*, the author compares having a cup of coffee to meeting a tiger on the path! Crisis! The resulting brain spark and energy boost is used as an excuse by many people as to why they need it. But eventually caffeine takes its toll and is contributing to several forms of mental illness.

Alcohol

No safe dose of this stuff. Well documented is the fact that it can kill brain cells – those invaluable little grey

cells that we depend on for clarity of mind and effective decision making.

Tobacco

The pictures on the cigarette packet tell it all. The 4,000 chemicals in cigarette smoke make it not only the number one cause of lung cancer, but also contributing to damage in the endothelial cells that line our arteries.

Heart disease is the number one killer in the developed countries today, and even orthodox medicine acknowledges that cigarette smoking is a major contributing factor.

Chemicals

Environmental chemicals are among the most common poisons that we are exposed to today. They are in our food, toothpaste, shampoos, cleaning products, laundry detergents, etc., in fact they are everywhere. We best become knowledgeable on the ingredients in these articles and take steps to reduce our exposure.

Electromagnetic Fields (in excess)

We are in a technological age. We love it, it is so handy, but we need to be mindful of the dangers and limit our exposure to EMFs.

Many people use their iPhone for their alarm; just ensure that it is at least 60 centimetres (two feet) away from you during your sleep. This will reduce your exposure by two thirds.

The worst place to put your laptop is on your lap. Protect your reproductive organs by putting it on the desk or the arm of your chair.

Ladies, keep your phone out of your bra and jeans pockets. Guys, keep it out of your trouser pockets.

4 EXERCISE

The body was designed to be in daily activity, and in that activity is its preserving power. Exercise is the single most powerful way to oxygenate the body. Strength comes by exercise, there is no other way. It is a matter of finding out what works for you.

High Intensity Interval Training has been shown to be the most effective exercise for increasing muscle strength and endurance. As the name implies, it is repeated intervals of high intensity and recovery – 30 seconds high intensity with 90 seconds recovery, with a cycle of six being the ideal.

The high intensity segment is anything that increases the heart rate and respiration.

Most of the research has been done on the exercise bike, which is helpful if there is a balance problem or the knees and ankles aren't working well.

The rebounder is another easy way to achieve this.

5 REST

Our daily performance of mental, emotional, spiritual and physical activities is largely dependant on our nightly sleep.

Light and dark signals are sent through the eyes along the optic nerve to the *suprachiasmatic nucleus* (our body clock), which communicates with the pineal gland causing the hormone, melatonin, to be released while we sleep.

This explains why sunshine during the day and sleeping in the dark are so important.

Between the hours of 9pm and 2am, (or 10pm and 3am daylight-saving time), the releases of the rest and rejuvenation hormones are the most intense.

Two things can totally shut down these hormones and prevent sleep. Worry and getting annoyed is one and the other is the blue light from screens when viewed during the above hours.

To maintain optimum health, and to heal, we need to be sleeping in those hours and more.

6 PROPER DIET

So many theories abound as to the correct diet. History shows that a diet high in plant foods contains all the nutrients necessary for the body to perform all its functions.

Science confirms this. The three essential food groups are protein, fats and fibre.

The fibre-containing foods are plant foods, excellent sources being vegetables and fruits.

50% of the membrane around every cell is protein. The cleanest burning fuel regarding protein is plant protein. This includes legumes, nuts, seeds and whole grains.

The other 50% of the cell membrane is fat. The best fats are those found in nuts and seeds. The two oils extracted from the *flesh* of plants are coconut and olive. These oils have been used for centuries.

Vegetables and fruits contain the plant chemicals, vitamins and minerals that are vital for life.

7 USE OF WATER

Water, and water alone, can cleanse every tissue in the body. Disease thrives in a body with filthy corners in it. Just as our outside body needs a daily wash to cleanse us from the waste that is thrown off via our skin, so the inside of our body needs a cleanse.

Two-and-a-half litres, on average, is lost from our body over 24 hours. Two litres



of pure water must be replaced, the other half litre can be supplied by fruits, vegetables and herb teas.

The body can better utilise the water if it is taken in little by little over the day.

A crystal – just one – of Celtic salt, with its 82 minerals, can be placed on the tongue before every glass of water. This will ensure that the water is taken inside the cells.

8 TRUST IN DIVINE POWER

This law covers the spiritual, emotional and mental aspects of health and sickness.

“A merry heart does good like a medicine, but a broken spirit dries up the bones” – Proverbs 17:22. We need to laugh more, it will help much in the trials and tribulations we daily face.

“In everything give thanks, for this is the will of Christ Jesus concerning you” – 1 Thessalonians 5:18. This is also called ‘the attitude of gratitude’. Being thankful for everything that happens to us changes our mindset and frees up the positive emotions, while shutting out the negative and damaging emotions.

A last word

Enjoy implementing these simple, yet powerful, eight foundational pillars to experience the optimal health that we can all have the opportunity to enjoy.

Life should be great!

The author's retreat, Misty Mountain Health Retreat, is located inland from Kempsey on the NSW Mid-North Coast. We are pleased to include a promotion inside the front cover of this magazine.

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Waldorf Salad

Ingredients

1 baby cos lettuce, chopped
1 cup sliced apple
½ cup sliced celery
½ cup red grapes
½ cup walnuts
½ cup raisins

Dressing

1 tsp Dijon mustard
1 Tbsp lemon juice
1 tsp honey
1 cup almond milk
Blend all together and slowly add olive oil till thick enough to coat

Potato and cauliflower curry

Ingredients

½ head cauliflower
3 large potatoes (could replace with sweet potatoes)
1 can coconut cream

Curry paste

1 long red chilli
2 cloves garlic
1 tsp grated ginger
1 tsp palm sugar
1 tsp curry powder
1 tsp lemongrass
½ an onion, chopped small

Method

Fry all ingredients in a pan for about 15 minutes on a medium heat. Add coconut cream and let it simmer



Cut cauliflower into small bite-size pieces. Cook cauliflower in a hot oven on high, just to get some nice char. Cut potatoes same size as cauliflower and boil till just soft. Add both to curry sauce and cook for another 10 minutes. Serve with fresh greens or rice.



Raw Vegetable Salad

No need for a recipe; just put together all your favourite raw salad vegetables.

Dressing

2 limes (juice and zest)
1 tsp honey
1 small chilli (seeds removed)
1 Tbsp vinegar
1 Tbsp palm sugar
1 tsp grated ginger
1 tsp crushed garlic
Olive oil to taste
Blend all ingredients to make dressing
I served a Thai-style dressing, but you can use any dressing you prefer.



Roast Brussel sprouts and tofu

This is an easy recipe to make

Ingredients

1 kg Brussel sprouts
500 gm firm tofu
Balsamic reduction
Olive oil
Sea salt and pepper to taste

Method

In oven on high, roast Brussel sprouts with oil, salt and pepper to get a little char on them. Cut tofu into small cubes, about the same size as the Brussel sprouts. Pan-fry the tofu for a nice brown outside. Place all on a plate with some fresh raw baby spinach and drizzle over balsamic reduction.



Designed and prepared
by Taryn McWilliam

Mixed bean salad



Ingredients

2 cans mixed beans (or beans you prefer)
½ cup chopped shallots
1 cup diced tomato
3 cups raw baby spinach
Sea salt and black pepper (to taste)

Dressing

1 Tbsp lemon juice
½ tsp whole-grain mustard
1 tsp of honey
Blend in a blender and add olive oil till thick enough to coat.

Asian Noodle Salad

Ingredients

1 packet rice noodles
1 cup shredded cabbage
½ cup grated carrot
½ cup sliced red capsicum
½ cup sliced shallots
Black sesame seeds

Dressing

1 tsp sesame oil
1 garlic clove, crushed
2 Tbsp hoisin sauce
2 Tbsp tamari
1 tsp Chinese cooking wine



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The festive season often challenges our health goals and habits. Christmas parties, too much rich food, too many late nights and very hot weather can make it difficult to focus on our wellbeing during the summer holidays. Not only is this the time many of us are likely to get off track with healthy eating and exercise, it's also when there's an increased risk of becoming unwell.

To stay healthy during the festive summer holiday season, follow these tips!

Stay hydrated

Staying hydrated with plenty of water will strengthen your immune system, increase your energy levels and help you feel satisfied. Starting and ending your day with a big glass of water is a great tip. Carry a drink bottle with you wherever you go and try to fill it up at least twice. You'll be helping the environment as well as your body.

Eat the right food

You can reduce the impact of hot weather on your body by eating cooling foods. Watermelon, cucumber, celery, mint and green leafy vegetables (served raw or only slightly cooked) are highly recommended. They will also help to keep your body hydrated.

Balance exercise with rest

Many of us pack our summer holidays with multiple activities – family celebrations, travel, beach days, surfing, boating, swimming, tennis, camping, bushwalking, and so much more. We're probably getting more exercise than normal which is wonderful – but it can also be exhausting.

To stay healthy this summer – it's just as important to have regular relaxation and quality sleep. The summer holidays are the perfect time to try some yoga or meditation classes and have a massage. You should also aim for at least eight hours sleep every day.

Avoid alcohol

The festive summer season can be a difficult time to say 'no' to alcohol, especially when family and friends urge you to accept their offers of fancy cocktails. However, just because you want to stay healthy does not mean you need

to forego celebratory drinks! Here's a list of our favourite non-alcoholic beverages which are perfect for your summer parties and family gatherings.

Pink Lemonade

This is very refreshing and works just as well with flat or bubbly water.

Freeze some raspberries, sliced strawberries and chopped mint. Once frozen, place in a jug and add the juice from a freshly squeezed lemon or lime. Fill the jug with water or soda water and serve.

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Cranberry, Cinnamon and Ginger Juice

Juices are a fantastic alternative to alcohol. If you're looking for a festive flavour, a Cranberry, Cinnamon and Ginger Juice will go down a treat! You can either simmer the ingredients in a saucepan and chill before serving or, if you're in a hurry, simply combine the ingredients in a juicer with some soda water and ice.

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Pink Pomegranate and Grapefruit 'Margarita'

Take one cup of freshly squeezed grapefruit juice and half a cup of ice and blend together until smooth. Add half a cup of fresh pomegranate seeds and stir vigorously before serving.

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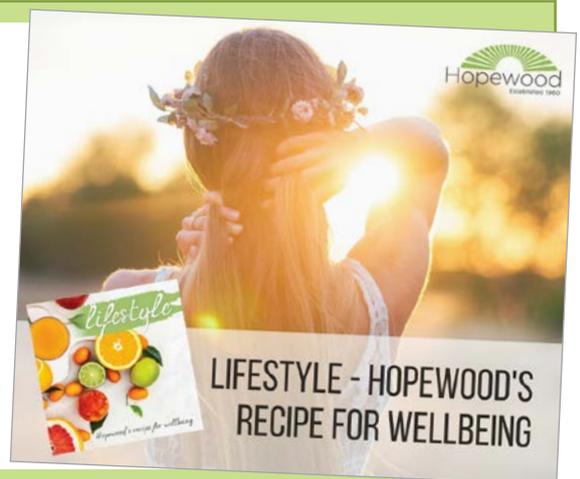


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Now is the perfect time to feel great by adopting and maintaining a healthy lifestyle. This stunning book is packed with delicious recipes and tips to help you achieve optimum health this summer!





Pregnancy – eating for 2 ... or 200 trillion?

By Robyn Chuter



Our diets and medication usage profoundly affect the composition and diversity of the teeming microbial communities that inhabit our gastrointestinal tract, which in turn profoundly affects our physical and psychological health.

But if you're a woman who is pregnant, or planning to become a mother, you need to be aware that the diet you eat before and during conception also has a profound and long-lasting impact on the gut microbiome of your baby.

In particular, women who eat a high-fat diet before and during pregnancy may be causing alterations in their developing babies' microbiome that predispose their infants to diabetes and obesity, regardless of whether they themselves become overweight on this diet.

Until relatively recently, it was believed that babies were born sterile – in other words, that their first contact with bacteria was at birth. However, research in the last few years has established that the placenta has its own microbiome (the placenta develops in a woman's uterus during pregnancy, and 'houses' the baby throughout pregnancy).

Researchers believe that the placental microbiome 'seeds' the developing foetus with its first microbes, preparing it for the more intensive colonisation that occurs during birth and breastfeeding.

Although the placental microbiome is unique, it bears the greatest resemblance to the mother's oral microbiome – the colonies of bacteria that inhabit the mouth and throat. It has somewhat less in common with the mother's gut microbiome, and is very distinct from her vaginal microbiome.

How do bacteria from the woman's mouth and gut set up shop in the placenta? Oral bacteria can enter the bloodstream, especially if the gums are inflamed (as is common during pregnancy due to hormonal and vascular changes), and travel to the placenta to colonise it. The gut membrane is also 'leakier' during pregnancy, allowing migration of bacteria from the gut into the bloodstream.

In addition, specialised white blood cells known as *mononuclear cells* have been found to transport gut bacteria to the mother's mesenteric lymph nodes and breasts in late pregnancy and during lactation in mice, and almost certainly in

humans too. So bacteria may travel to the placenta under their own system, or be intentionally delivered there by the mother's immune system.

The placental microbiome changes throughout the stages of pregnancy. It becomes less diverse but more unique to each individual, suggesting that a pregnant woman's diet, lifestyle and other environmental factors may shape the bacterial ecosystem within her placenta – with profound implications for her developing foetus.

For example, there are significant differences in the placental microbiome of women who develop gestational diabetes mellitus (GDM). GDM is a type of diabetes resulting from severe insulin resistance that begins during pregnancy and resolves as soon as the woman gives birth, but leaves both her and her baby at increased risk of developing type 2 diabetes later in life.

Another example is that women who gain excess weight during pregnancy – regardless of whether they begin or end their pregnancy obese – have been found to have an altered placental microbiome, which correlates with an increased risk of premature birth.

How might weight gain affect the placental microbiome? Whereas oral and gut microbes primarily use carbohydrates and amino acids as their fuel source, placental bacteria specialise in using fats.

An increased efficiency at extracting energy from fat and delivering it to the foetus is highly adaptive for pregnant women faced with food shortage. Unfortunately, in the modern environment, dietary fat is all too easy to obtain.

The gut microbiota of mice fed a high-fat diet before and during pregnancy became significantly more efficient at harvesting energy from food, which bodes ill for both the mother and baby mice.

These changes are all the more concerning in view of the fact that the calorie intakes of mice fed high-fat and low-fat diets were roughly the same, and the high-fat fed mice were not statistically heavier than the low-fat fed mice – a take-home point for women tempted to use a ketogenic diet to lose weight prior to becoming pregnant.

Similarly worrying outcomes were observed in macaques, primates whose normal gut microbiota is similar to that of

humans. Female macaques who were fed a high-fat diet (36% fat from animal fat, fish oil and corn oil) for at least three years before becoming pregnant developed dramatic shifts in their gut microbiome, which were 'inherited' by their offspring. Even when the baby macaques were switched to a low-fat diet after weaning, the maternal high-fat-diet-induced dysbiosis was not fully corrected.

Animals which were fed the low-fat diet (13% fat from soy bean oil, but the same number of calories as the high-fat diet) all tended to remain lean, whereas roughly two thirds of the macaques fed the high-fat diet became obese and insulin resistant, and the remaining one third stayed lean and insulin sensitive.

However, all macaques fed a high-fat diet showed similar changes in their gut microbiome, regardless of whether they were obese or lean, and all high-fat-fed macaque mothers 'passed on' their dysbiotic gut microbiome to their infants.

In summary, it's the mother's diet that shapes her offspring's gut microbiota and stacks the odds in favour of the offspring remaining lean or becoming obese, rather than whether the mother herself is lean or obese. Again, this implies that the use of a high-fat ketogenic diet to achieve weight loss before or during pregnancy – even if successful – will increase the baby's risk of becoming obese.

What does all this mean for human mothers, or intending mothers? If you want to doom your child to a lifetime of metabolic dysfunction and obesity, eat a high-fat diet before and during pregnancy.

If, on the other hand, you would like to gift your child with a health-promoting gut microbiome that will make weight management easy, and protect him or her from metabolic syndrome and type 2 diabetes, choose a diet rich in unrefined carbohydrates and relatively low in fat – that is, a whole-food, plant-based diet.

If you would like help to plan a preconception and pregnancy diet that is not only good for you, but sets your baby up for good health, contact Robyn Chuter at robyn@empowertotalhealth.com.au to make an appointment.



Your health is an orchestra – Are you playing all the instruments?

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

Rampant Reductionism

Modern medicine and dietetics are both based on reductionism. This is where we look for answers to our health problems in a simple one-cause, one-effect model.

If only it was that simple.

Both health and disease are multi-factorial processes. In other words, many factors, not just one (reductionism) go into producing conditions of health and disease. A baby grows in-utero when it is provided with all the conditions of life, which are the same conditions of health – air, water, food, sleep, rest, activity and sunlight (for vitamin D). All conditions are needed, not just one or a few.

As adults, we need to provide ourselves with all these conditions, which I liken to the four sections of an orchestra. Great music and excellent health both need all sections working well.

Great Health and Music are Not Reductionistic

Health is built, never bought, although the pharmaceutical companies would have you believe otherwise.

Health is life expressing itself in favourable conditions!

Disease is life expressing itself in unfavourable conditions!

It is up to us to supply all the conditions of health to the best of our abilities our entire lives.

Orchestras, and Your Health, Have Four Sections

String Section = Nutrition

By nutrition, I do not just mean food. It includes everything that is eaten and drunk.

Food confusion is widespread: Paleo, Atkins, Keto, South Beach, North Beach, Scarsdale, CSIRO Total Wellbeing, Vegan, Vegetarian, Whole-Foods-Plant-Based, Fruitarian, Breatharian, Gluten-Free, Glutton-Free, eat six times a day, no, eat three, grains are evil, sugar is the devil incarnate, raw food diet ... you name it, have we got someone waiting to sign you up!

I have found the recommendations of the Natural Hygiene movement the most effective eating pattern to build health and avoid disease: eat predominantly whole foods, plant-based. As author of *In Defence of Food*, Michael Pollan says, "Eat food! Not too much! Mostly plants!"

This means procuring the vast proportion of your diet from raw and cooked vegetables, fruits, raw nuts and seeds, legumes and whole grains. *Very small, infrequent* additions of animal-based foods if desired have not been proven to cause health problems, although please don't take this to be a recommendation.

This nutritional program discourages alcohol and caffeine (that's right, green tea with its caffeine is *not* a healthy beverage) as they are health thieves.

Too often I see excellent diets (and health) ruined by alcohol and coffee/tea habits. These are social drugs and best avoided.

The Keys to Nutrition

This is not only knowing **WHAT** to eat, but **WHEN** to eat.

As Hans Selye stated, "For the full enjoyment of food, the best cook is hunger!"

More details on the art and science of excellent nutrition will be covered in a future article

Percussion Section = Physical Activity

Without the percussion section, the orchestra misses beat, rhythm and momentum. Without appropriate activity

we also miss supplying our bodies and minds with one of the principal conditions of health.

Get active outdoors in nature as often as possible. Walking is the best foundational activity. This one activity also enables you to breathe fresher air and procure some vitamin D from sunlight. Aim for at least 5 – 6 sessions a week for between 30 and 60 minutes. Other activities will complement the walking, so all parts of the body are benefited by both aerobic and anaerobic exercise.

Keep in mind that regular activity does not just benefit the cardio and musculo-skeletal systems, but has been found to also increase the diversity of gut bacteria (the microbiome) and promote brain health, giving more reasons to move!

The key to exercise is NOT exercising to GET energy, but exercising when you HAVE energy.

Brass Section = Sleep and Rest

Rest and sleep are the two most neglected areas of health, and their deficiency is the silent cause of incalculable suffering.

Most people today are rest-deficient, and many are also sleep-deprived.

Without adequate sleep and rest, our nervous systems are never able to fully restore their functional vigour. We run ourselves down, and then soldier-on, despite feeling tired or low in energy. We become enervated, which means lowered nerve force. Enervation leads to toxemia, which then manifests as disease.

Another common mistake chronically tired people make is to commence exercising, mistakenly believing that this is needed to get them 'fitter'. This causes many health problems, because you can't spend what you haven't got! This just increases our enervation until a health crisis hits and forces us to rest and slow down.



Woodwind Section = Attitude

Our attitudes are critically important to our health:

**“Two men looked out from the bars,
One saw the mud, the other the stars”.**

The wind section underpins the entire orchestra, just as our attitude underpins our entire health, indeed our entire lives.

Attitude determines altitude. Just as we need to evaluate our physical health, so we need to evaluate our mental and attitudinal health. This is called 'A check-up from the neck up!'.

Don't let stinkin' thinkin' adversely affect your life. When negative thoughts enter (and everyone has them), recognise them, challenge them and evict them, just as you would a bad tenant who does not pay the rent. When they enter, don't entertain them!

It is a known fact that your **psychology** can affect your **biology**!

The Great Conductor!

The conductor brings the orchestra together to produce beautiful music.

Who conducts our lives? Our **BRAIN**!

Our brains allow us to conduct our lives as we see fit.

This ability to think and reason is what has enabled mankind to build bridges, cars and planes, invent useful things from the wheel to reading glasses, discover distant stars, and to be compassionate to all sentient beings.

That same ability enables us to construct the greatest masterpiece – a happy and healthy life. The great conductor allows us to march to the beat of our own drum, if we so choose, and not to the common drum.

As Goethe stated, “If we feel we cannot create anything, then we should start creating ourselves!” This is the most important creation we can make.

As the year winds down and a new year is about to begin, determine that you will play all the sections of your health orchestra as appropriately for your unique needs as possible, to create the best **YOU** possible.

See the stars, not the mud!

By playing all the instruments in your orchestra, both health and happiness are assured.

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Blue light from digital devices can harm our eyes

Edited from an item by Vicki Batts, of Natural News, 18th October 2018

New research has highlighted yet another pitfall of screen technology: it's slowly making us blind. A study just published in *Scientific Reports* has found that constant exposure to blue light from our beloved mobile phones and other devices with screens leads to age-related macular degeneration (AMD), one of the leading causes of blindness in older people.

Researchers at the University of Toledo have discovered how blue light wreaks havoc on eye health. Lead study author, Dr Ajith Karunaratne, assistant professor in the UT Department of Chemistry and Biochemistry, explained that the cornea and lens of the eye are not able to block or reflect blue light.

Blue light is emitted from the sun and also from laptops, mobile phones, tablets and other devices with screens. But with our ever-increasing screen time, it comes as no surprise that blue light is slowly but surely affecting people's vision. Macular degeneration is on the rise, and blue light could be playing a major role in this.

Macular degeneration is caused by the death of photoreceptor cells in the eye. Dr Karunaratne and his team found that “blue light exposure causes retinal to trigger reactions that generate poisonous chemical molecules in photoreceptor cells.” Retinal is a molecule which photoreceptors need to sense light and send signals to the brain.

“You need a continuous supply of retinal molecules. Photoreceptors are useless without retinal, which is produced in the eye,” Dr Karunaratne says.

The researchers explain that when blue light and retinal meet, a toxic reaction occurs. If blue light is shon on retinal, the retinal kills photoreceptor cells. Photoreceptor cells do not regenerate – when they're dead, they're dead for good.

But there is hope – vitamin E can help protect the eyes against the harmful effects of blue light.

The scientists discovered that alpha-tocopherol, a form of vitamin E, is a natural antioxidant which prevents photoreceptor cells from dying, even when they're exposed to blue light. The American Optometric Association confirms that multiple studies have shown vitamin E can help prevent macular degeneration – and even cataract formation.

The study showed that a 400 IU/day supplement of vitamin E, taken with beta-carotene, vitamin C and zinc, slows the progression of AMD by about 25 percent in individuals at high risk for the condition.

Sources for this article include *ScienceDaily.com*; *Healthline.com*

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Heart Attack – Solving this modern tragedy

By Roger French, Health Director

IN stark contrast to the standard dogma, older people with high cholesterol are likely to live longer than older people with low cholesterol. This was the finding of scientists who conducted a study published in the prestigious *British Medical Journal Open* in 2016.⁽¹⁾ They discovered that 80 percent of the participants who lived the longest had the highest levels of the so-called 'bad' LDL cholesterol. Conversely, those with the lowest levels were far more likely to die prematurely.

The heart puzzle runs much deeper. It is one of the great health paradoxes of modern times that half of all people with coronary heart disease don't have any of the major risk factors for heart disease, including high cholesterol. In fact, the known risk factors may explain as little as one-quarter of such cases.⁽²⁾

A similar puzzle is the 'French paradox'. Although French people indulge in a diet high in saturated fat and cholesterol, they have a low incidence of heart deaths compared to other Western nations.⁽²⁾

The cholesterol myth or non-myth is a major subject and will be covered in detail in the Autumn 2019 issue of *TNH*. This current article focusses on the lifestyle causes and prevention of heart attacks.

At the beginning of this century, heart attacks were extremely rare. But in 2015 in Australia, cardiovascular diseases – coronary heart attack, heart failure and stroke – accounted for 29% of all deaths,⁽³⁾ much more than in France or Japan.

These statistics would not be so tragic if we had achieved such longevity that our hearts and brains were simply 'conking out' with age. But unfortunately artery diseases are killing people at younger and younger ages, some even in their 30s.

What is causing all this suffering and the accompanying devastation to family and friends? In spite of 40 years of high-powered medical research, artery disease is continuing to occur. Fortunately, answers

are emerging.

There are now four predominant concepts as to the causes of cardiovascular disease:

1. The classic risk factors which are the standard medical view.
2. The oxidised fat and cholesterol theory.
3. The homocysteine factor, which tends to be ignored by the medical establishment.
4. Inflammation of artery walls – the state-of-the-art explanation put forward by independent medical scientists.

Atherosclerosis in Brief

Atherosclerosis, or swelling and hardening of the arteries, involves plaque developing within the artery wall so that the wall swells and reduces the space inside the artery in which blood can flow. Plaque consists of cholesterol, fat, protein, dead cells and scar tissue, and eventually calcium deposition causing hardening.

The plaque may eventually block the artery completely, producing *ischaemic heart disease*, in which the tissues supplied by that artery are starved of oxygen. Heart muscles are supplied with blood by the coronary artery, and if a branch of this artery is closing up, it first registers as angina pain. When the closure is enough to cause the muscles downstream to die, this is a heart attack.

A blood clot (*thrombosis*) forming at the plaque can be the result of many factors, including roughening of the artery wall – which should be Teflon-smooth – or the surface at the plaque rupturing. The clot may contribute to the blockage or become dislodged and block arteries or capillaries elsewhere (*embolism*).

When the same process occurs in the brain, the result is a stroke. Embolism is a common cause of strokes.

Let us now look at the four concepts of the causes of atherosclerosis.

The Classic Risk Factors

The medical establishment has pinned down a number of factors as being *associated with* heart disease but not necessarily fitting the description of 'causes'. They are labelled 'risk factors', the following being a classic set of eight:

- High cholesterol;
- High triglycerides (blood fats);
- High blood pressure (if related to atherosclerosis, it is the result rather than the cause, but it can put great strain on the heart);
- Tobacco smoking;
- Overweight;
- Lack of exercise;
- Diabetes;
- Family history of atherosclerosis.

The National Heart Foundation⁽⁴⁾ advises that, generally speaking, the lower the level of cholesterol the better. The desirable level is less than 5.5 mmol/l (milli-mole per litre) if there are no other risk factors present; 5.5–6.4 is classified as increased risk; 6.5 or more is classified as high risk.

The National Disease Prevention Alliance, an alliance of four leading health charities, including the National Heart Foundation, presents 'Guidelines for the Management of Absolute Cardiovascular Disease Risk'.⁽⁵⁾

The Guidelines give the following targets for the primary prevention of CVD:

- Total cholesterol less than 4 mmol/L
- LDL cholesterol less than 2 mmol/L
- LDL cholesterol plus VLDL cholesterol less than 2.5
- HDL cholesterol greater than 1 mmol/L
- Triglycerides less than 2 mmol/L

Recent research indicates that lipid levels alone don't give the full picture – that the *condition* of the lipids is a critical factor (lipids are fat and cholesterol). This raises the issue of oxidation of fat and cholesterol.

The Oxidised Fat and Cholesterol Theory

Investigators found many years ago that *oxidised* cholesterol will harden the arteries of rabbits in 45 days, but fresh cholesterol will not. Similarly, rancid oil (that is, oxidised oil) has been found to rapidly cause injury to blood vessels, whereas fresh oil has no such effect.⁽⁶⁾

It is now known that atherosclerosis is initiated by damage to the artery wall, and that this damage can be caused by oxidised fat, oxidised cholesterol and free radicals. Free radicals are very destructive molecules created by pollutants including cigarette smoke, air pollutants, chlorine, benzene, pesticides, other toxic chemicals and radiation. Free radicals can also be generated by excessive iron – yes, too much iron.

The oxidation of fat and cholesterol occurs when *unsaturated* fat and cholesterol are exposed to heat, air, light or free radical attack.

It appears that LDL cholesterol is not so bad for artery walls unless it is oxidised, and then it can be very bad.

In addition to the oxidised lipids that we may consume, the unsaturated fat and cholesterol *inside* our bodies can be oxidised if there are lots of free radicals combined with deficiency of the antioxidant nutrients – mainly vitamins A, C and E, the carotenoids, anthocyanins and the minerals zinc and selenium. If these are plentiful, the lipids should be protected. The body's defences can actually destroy free radicals and repair their damage if antioxidants are abundant.

The view is consolidating that, as far as lipids are concerned, oxidised fats (*rancid* fats) and oxidised cholesterol (*oxycholesterol*) are the real culprits in atherosclerosis, not fresh fats and fresh cholesterol. However, *excess* fresh lipids can cause major problems in other ways, so they are still potentially harmful food constituents that need to be kept to safe levels.

How, then, can we avoid consuming rancid fat and oxidised cholesterol?

Firstly by employing our noses and taste buds. Rancid fat has a distinctly unpleasant smell and flavour, ranging from subtle to quite revolting.

Secondly, by paying attention to how food has been prepared and stored. The worst process of all is where food is cooked soaked in fat, heated to high temperatures and exposed to air – deep-frying.

Here are some examples of foods where we need to watch particularly for rancidity (they are *not necessarily rancid*, but prone to it):

- Deep-fried foods, especially if the oil is at a high temperature, such as 180°C, and is used over and over again;

- Packaged biscuits, cakes and pastries (fat has been mixed with flour and sugar, baked and stored);
- Blue-vein cheese and vintage cheese;
- Peanut butter in jars containing added salt and sugar which disguise any rancid taste;
- Shelled nuts that have yellowed, especially walnuts, pecans, macadamias, Brazil nuts and pine nuts which are all very high in oil;
- Confectionery containing nuts or seeds;
- Wholemeal flour after long storage (however, there is very little fat in flour);
- Cured meats after long storage – ham, bacon, corned beef, frankfurter sausages, salami, smoked fish and so on;
- Foods containing egg powder or full-cream powdered milk after long storage;
- Butter, especially unsalted, after long storage or if allowed to warm up during transport;
- Oil after long storage in clear glass or plastic bottles, typically sitting on shop shelves.

Never reuse oil for frying and never reheat fried foods. Buy oil in small, coloured bottles or cans that will be used quickly, minimising shelf time. Keep the lids on and store in the fridge if possible.

To guard against fat and cholesterol oxidising inside the body, we need to ensure abundant antioxidant protection. This is done by eating the right foods and, if desired, topping up some nutrients with supplements (of natural extraction).

Vitamin C is found in fresh vegetables and fruits. Because modern farming methods tend to reduce levels of vitamins and minerals in foods, there is a good case for routinely taking a supplement of vitamin C.

Carotenoids, which give orange, yellow or red colours to vegetables and fruits. A wide variety of vegetables and fruits should provide most or all of the 600-odd carotenoids.

Vitamin A is made in our bodies from carotenoids, mainly *beta-carotene*. In food, vitamin A occurs only in animal products and colours them yellowish, as in meat fat, butter and cream.

Vitamin E is found wherever there is unsaturated fat in foods. Even so-called 'saturated' fats contain some unsaturated fatty acids. The more unsaturated the fat, the more vitamin E, the richest source being wheat-germ oil. *Fresh* nuts, seeds, legumes and *whole* grains, are good sources of vitamin E. As with vitamin C, a routine supplement is probably a good idea, especially if it's in the form of wheat-germ oil capsules. Vitamin E occurs in eight forms – four *tocopherols* and four *tocotrienols*.

Zinc is found in nuts, seeds, legumes, wholemeal flour and animal products. Because Australian soils are low in

zinc, a supplement may be a good idea. The closest to natural is chelated zinc ('chelated' means attached to protein).

Selenium: Brazil nuts are the richest natural source. Like zinc, selenium is low in our soils, so a supplement (chelated) might be a good idea.

Anthocyanins and proanthocyanidins, extremely powerful antioxidants which colour fruits and vegetables dark red, purple and blue – blueberries (the richest), other berries, dark grapes, cherries, red apples, plums, eggplant (richest of the veggies), purple cabbage, beetroot, purple carrots.

Red wine contains these antioxidants due to the fact that the red/black skins are used in its fermentation. Red wine also contains *resveratrol*, another powerful antioxidant. (This does not mean that red wine is good for us; it means that it's alcohol has some mitigating factors).

Rounding off on oxidation

It now becomes clear that atherosclerosis depends on a combination of factors and that cholesterol level *alone* is an inadequate indicator. Freshness of lipids and antioxidant status are major factors.

This is *not* to say that very high cholesterol can safely be ignored; that could be risky. But, as Dr Robert Buist says in *The Cholesterol Myth*,⁽⁴⁾ "The average person with a moderately high cholesterol level, say 5.5 – 6.5, which seems to resist all attempts at being lowered, should consider improving antioxidant status rather than the more drastic drug interventions."

The Homocysteine Factor

An elevated level of *homocysteine* in the blood is a strong risk factor for atherosclerosis in the heart, brain and limbs. It is also a strong risk factor for blood clots that can travel and become stuck in arteries and veins (*thrombo-embolism*).⁽⁷⁾

Homocysteine is simply an amino acid (a building block of protein) that is manufactured in the body from the essential amino acid, *methionine*.

Studies put the increased risk of heart disease and stroke at two to three times greater with high homocysteine levels. This is as great as the risk associated with smoking.

High homocysteine is also an important risk for deep-vein thrombosis.

Levels of blood homocysteine of 14–30 micromole/litre are considered to be high enough to significantly increase the risk of heart attack and stroke.

High homocysteine depresses cardiac copper levels, the copper tending to protect the heart from oxidative damage. This increases the risk of arteriosclerosis.⁽⁸⁾

The primary causes of excessive homocysteine levels are threefold:

- A greater amount of methionine in the diet;
- Impaired enzyme function as a result of genetic mutation;
- Deficiency of three B-vitamins – B₆, B₉ (folate) and B₁₂. These vitamins enable the body to break down homocysteine. Folate is the most important in this regard.

Younger women have a distinct advantage with homocysteine. Premenopausal women have a unique efficiency in handling methionine, thereby⁽⁹⁾ avoiding elevated homocysteine levels.

A 1998 study found that bread and vegetables brought homocysteine down, while fat and coffee put it up.⁽¹⁰⁾

How to Avoid Excessive Methionine

High levels of methionine – hard cheese, cottage cheese, seeds (sunflower, pumpkin, sesame), fish (eg, salmon, snapper, shark), salami, beef, whole egg, chicken.

Medium levels – nuts (almonds, cashews, hazelnuts) (Brazil nuts are high and are an exception), legumes (soya beans, peanuts, Lima beans), cooked cereal grains, cows' milk both whole and low-fat.

Low levels – vegetables and fresh fruit.

(Source: *Nutrition Almanac*, Third Edition 1990),

It can be seen that a diet based on animal protein foods will supply much more methionine than a diet based on the plant protein foods – legumes, nuts and seeds. Although Brazil nuts and the seeds are high in methionine, if the diet is vegetarian or close to it, the overall methionine intake is likely to be adequate without being excessive. Further, a high consumption of fruit and vegetables will balance methionine-rich foods. On the other hand, methionine intake shouldn't be too low, as it is an essential amino acid with important functions.

The Protective B-Vitamins

The conversion of homocysteine back to methionine (or cysteine) requires folate (especially), vitamin B₁₂ and vitamin B₆. If these are deficient, homocysteine levels in the blood can be expected to rise.

A 1997 study looked at blood levels of folate in lacto-ovo-vegetarians, semi-vegetarians and omnivores.⁽¹¹⁾ Deficiency of folate was found in only 1% of the lacto-ovo-vegetarians, 4% of semi-vegetarians and 23% of the meat-consumers. Note that the synthetic form of folate is folic acid.

Clearly, a plant-based diet (or close to it) produces less homocysteine and more of the B-vitamins that break it down. Note that B₁₂ occurs only in animal products, so a supplement may be necessary.

Fresh vegetables and fruits are good sources of highest-quality folate – as well as supplying vitamin C, carotenoids and many other valuable nutrients and phytochemicals (plant chemicals).

However, for the body to be able to use folate, it must be changed (by *methylation*) to *methylfolate*. This conversion requires the action of a gene called the MTHFR gene (MTHFR = *methylene-tetra-hydro-folate-reductase*). Unfortunately, nearly half the population have a mutation of this gene, making them susceptible to health conditions associated with lack of methylfolate, including the consequences of high homocysteine. These people can still do well provided they adopt a particularly healthy lifestyle⁽¹²⁾ – or take methylfolate supplements.

While emphasising that there is no substitute for whole foods as the source of nutrients, researchers have recently suggested that supplementation with B-vitamins, particularly folate, is an efficient, safe and inexpensive means⁽⁷⁾ of reducing elevated homocysteine levels.

COFFEE AND SMOKING

The Hordaland Homocysteine Study of 16,000 healthy men and women, that was commenced in Norway in 1993, found that people who smoked cigarettes and also consumed a lot of coffee had particularly high levels of homocysteine.⁽¹³⁾

Tea had the opposite effect to coffee.⁽¹⁴⁾ As its consumption rose, homocysteine levels eased. Although tea contains some caffeine, it also contains folate, which apparently predominates.

Inflammation of arteries – the state-of-the-art theory

The critical question is – what causes plaque to build-up in artery walls in the first place? Many cardiologists now accept that the cause is *inflammation* of the walls. The major causes are believed to be:

- Oxidised LDL cholesterol penetrating the artery wall;
- Elevated homocysteine levels;
- Free radicals irritating artery walls chronically;
- Deficiencies of antioxidants, including vitamin C and others;
- Harmful chemicals like nicotine;
- Allergies;
- Viruses and other micro-organisms;
- Wear and tear due to blood flow (unlikely in healthy people).

In the typical Western diet there are numerous triggers that may inflame arteries. If a number of these are acting concurrently, the inflammation can be severe. A common trigger is elevated homocysteine levels.

The theory is that if the causes persist for many years and the inflammation is severe and prolonged, then plaque may form to protect the damaged area. In other words, it is not the case that plaque attacks the arteries, but rather that the body lays it down to facilitate healing of long-term damage.

The state-of-the-art tests for heart risk and their implications

The new knowledge of artery disease means that we can put less emphasis on cholesterol levels and focus on other indicators.

There are six tests that are prominent indicators – *lipoprotein(a)*, *homocysteine*, *C-reactive protein*, *fibrinogen*, *blood pressure* and *resting heart rate*. These have been known about for a long time, but it is only recently that their significance in heart disease and stroke has been realised.

Tests for each of the four compounds can be conducted by a pathology laboratory.

LIPOPROTEIN(A)

There is a strong association between high levels of *lipoprotein(a)* (Lp(a)) and increased risk for coronary heart disease, other artery disease and ischaemic stroke.⁽¹⁵⁾ Lp(a) is composed of LDL cholesterol and a very detrimental compound called *apolipoprotein(a)*.

Lp(a) can be oxidised and cause damage to arteries. It also appears to facilitate the oxidation of LDL cholesterol.

Lp(a) is one of the stickiest particles in the blood, and promotes the formation of blood clots (thrombosis), which can travel in the bloodstream and lodge elsewhere in the body (embolism).

The causes of high levels of Lp(a) include the *trans fatty acids* found in hydrogenated vegetable oils as well as the proteins consumed in *large* amounts of soya products⁽¹⁶⁾ and also insufficient exercise.

The acceptable level is less than 10 mg/dL.⁽¹⁷⁾ The well-known Dr Mercola reports that levels of 11 to 24 mg/dL are borderline high and levels above 25 mg/dL are very high.

Lowering elevated Lp(a) levels may not be easy, but some natural therapists have had success with supplements of minerals, vitamins and antioxidants, overcoming insulin resistance and undergoing detoxification.

Specific foods that may help lower Lp(a) levels are coconut oil, walnuts and flaxseeds. Alcohol consumption needs to be low. Specific nutrients are: N-acetylcysteine, lysine, omega-3 fatty acids, carnitine, co-enzyme Q10, the nicotinic acid form of vitamin B₃, vitamin E and vitamin C.⁽¹⁷⁾ Taking high levels of these requires professional supervision.

One study found a large 24% reduction in Lp(a) levels with a diet high in vegetables, fruits and nuts.⁽¹⁸⁾

HOMOCYSTEINE

Homocysteine provides no benefit to health, and levels should be as low as possible. If there is no sign of cardiovascular disease, levels need to be below 9. If there is evidence of artery disease, or there are major risk factors, aim for less than 7.⁽¹⁹⁾

Homocysteine levels can be lowered, the key sources being to reduce the sources of methionine in the diet and to increase the level of the relevant B-vitamins as explained above under 'The Homocysteine Factor'.

C-REACTIVE PROTEIN

In line with the growing consensus that atherosclerosis involves chronic inflammation of arteries, indicators of inflammation have been found to be strong predictors for coronary heart disease and stroke.

A sensitive indicator of inflammation anywhere in the body is a protein called *C-reactive protein*. High CRP levels indicate almost three times the risk of death from heart attack. Produced by the liver, CRP is also an indicator for diabetes, arthritis, Alzheimer's disease, depression, macular degeneration and cancer.

Lowering the level of CRP means reducing inflammation, which is the body's response to irritants, namely, overload of metabolic waste products, toxic chemicals, injury and foreign bacteria and viruses.

The natural way to reduce inflammation is to detoxify the body. If this is followed by a balanced diet of natural, unprocessed foods, the amount of inflammation in the body can be expected to continue to decrease. How to detox is spelled out in *How a Man Lived in Three Centuries*, Chapter 15, and *Natural Health Dietary Guidelines* in Chapter 7. The Guidelines are summarised in *True Natural Health*, Summer 2016/17 issue, page 18.

Ensure a balance of omega-6 and omega-3 fatty acids by avoiding margarines and the *extracted* oils of sunflower, safflower, corn and soya beans, and regularly including omega-3 oils from chia seeds, flax oil and perhaps walnuts [fish oil is the popular source of omega-3].

Supplements that may help reduce the production of CRP include the omega-3 fatty acids, DHA and EPA, vitamin A, DHEA (a hormone), vitamin K and nettle-leaf extract.

FIBRINOGEN

This is a protein dissolved in the blood, which, in case of injury, converts to insoluble *fibrin* which forms a scab to stop bleeding. But if fibrinogen is at abnormally high levels in the blood, clotting can occur too easily, leading to increased risk of thrombosis and embolism and possibly heart attack or stroke. High fibrinogen con-

centrations also make the blood thicker or more 'sticky', restricting blood flow through the finer capillaries.

Like CRP, fibrinogen is produced in the liver. Consequently, reducing levels is somewhat similar to reducing CRP levels. Vitamin A and the carotenoids have been found to be particularly helpful.

While aspirin is well known for thinning the blood, the more natural inhibitors of clotting are ginkgo biloba, garlic, vitamin E and green tea.

BLOOD PRESSURE

Elevated blood pressure (*hypertension*) increases the risk of heart attack and stroke and may be the result of narrowed arteries, high salt intake or other lifestyle factors.

High blood pressure can be expected to normalise if the various aspects of lifestyle described in this article, particularly plant-based nutrition, are followed. (See 'High blood pressure – how to bring it down without drugs', *TNH* Spring 2018, page 28.)

RESTING HEART RATE

This is a strong predictor of heart disease, particularly in men. A pulse below 64 is protective, whereas over 80 may indicate three times the risk of heart disease.

Pulse will normally improve as fitness improves, and this, in turn, depends particularly on nutrition, rest and physical activity.

Summary

While the classic risk factors for atherosclerosis are valid as lifestyle guidelines, they don't explain the majority of heart deaths. Once the condition (the degree of oxidation) of the fat and cholesterol in the body are taken into account, as well as the antioxidant status within the body, the picture becomes clearer.

Another very significant influence is a high blood level of the amino acid, homocysteine. This is showing up to be as great a risk as smoking.

These and other factors like free radicals and nicotine are contributing causes to what is now being recognised as the true underlying cause of artery disease, inflammation.

The safest way to avoid heart disease – as far as nutrition is concerned – is to ensure that:

- The way of eating is plant-based;
- Dietary fat is low-ish, unsaturated and includes omega-3;
- Dietary fat and dietary cholesterol (if any) are fresh;
- Antioxidant intake is high;
- There are adequate B-vitamins to reduce homocysteine to safe levels.

These requirements prescribe an abundance of fresh vegetables and fruits,

with protein obtained from moderate quantities of legumes, nuts and seeds. If desired, eggs could be included at low levels for their vitamin B₁₂ content. Dairy products are kept to very small amounts or avoided altogether.

Alcohol needs to be minimised and coffee kept to a low intake. Smoking is particularly to be avoided.

The bottom line is that heart disease is a lifestyle disease, and because lifestyle can be changed, heart attacks are largely preventable.

Even after an attack has occurred, it is possible to prevent future attacks. This may not be easy, but the steps to take are well enough understood.

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BIO NEEDS Part 9

By Jim Lanham, long-time
Natural Health Society member

BIOLOGICALLY FRIENDLY ENVIRONMENT

“Take me home, country roads, to a place where I belong” – John Denver

All other animals know their place in Nature, but we have tended to alienate ourselves from Nature. If you are living close to a large population centre, or in some other way your environment is not ideal, then you may need to make time for visiting the natural world. The restorative effects of the natural world will extend to your physical health, and also perhaps to your mental wellbeing.

In general terms, our health is a reflection of our environment – especially if we include our close, personal environment and our daily habits. Some undesirable aspects of the global environment may touch us all. However there is so much that can be done at the local level that we are, in very practical terms, still mostly responsible for our own wellbeing. Health is the art of the achievable!

IS IT TIME FOR CHANGE?

My thinking becomes more radical as I get older. Do I need a kitchen or a house or town water or electricity? I don't – and I'm looking to relocate to a much simpler lifestyle in the near future. Some readers may have already done this.

The only solution for planet Earth may be to drastically reduce our so-called 'standard of living' and thereby, our consumption of the dwindling resources. Worldwide population control is also now urgent.

If you are thinking of relocating, I thought I could share a few thoughts. We are naturally attracted to places that are beautiful and rich in plant and animal life. However, our cities have often tended to occupy the best environments. Therefore, one might need to consider slightly less favoured areas, to get away from the undesirable aspects of 'civilisation'.

PROS AND CONS

Proximity to oceans, large rivers or lakes, state forests, national parks or even private grazing land tends to enhance an environment, simply because these areas

have not been exploited to the same degree as most private land. Large-scale cropping such as cotton, grains, sugarcane or any other monoculture may be hazardous, particularly aerial spraying which can drift up to six kilometres or more. Some kinds of mining and industries can pollute nearby environs. High-voltage transmission lines and TV, radio or phone towers might be worth avoiding.

Here are a few other things you might wish to consider.

Rainfall

For many years, I thought that high rainfall was best. We lived in a high rainfall area for 40 years and I've now changed my mind. Firstly, the mosquitoes were bad. Then there are the sodden lawns and gardens for months at a time and also the wear and tear on softened roads. I now like a somewhat drier climate (say around a metre of rain a year). Much better to live in, even if you have to water the garden more often.

Prevailing wind

If you know the direction of the prevailing wind, you can consider windbreaks at your new location. Because wind speeds are often highest over oceans, a little bit inland can help reduce winds, as long as you are not too elevated (where wind speeds increase). If you have a garden, wind can be very destructive and is an important consideration.

I like a low ridge or small hill as a homesite, but surrounded by higher hills or established forests of a higher altitude. An existing all-round windbreak is so much better than trying to plant one.

Temperature

Some people like a cool climate and some a warm one. Think about frost if you want to grow frost-sensitive plants. A northerly or NE slope will be good for many types of gardening and should drain away the cool morning air. Luckily, there are food plants to suit almost any climate.

To my way of thinking, the tropics offer some advantages for self-sufficiency. More bare feet, less clothes, less food

and minimal housing. It's almost only in the tropics that you can grow plants which will fruit 365 days of the year (bananas, papaws, coconuts, etc.). Foods like melons, cucumbers, tomatoes, sweet corn and leaf crops can be grown almost all year. The durian and the breadfruit are strictly tropical.

Soils and slopes

I think almost any soil can be fine for gardening and, if needs be, improved. I prefer a slightly sandy soil as it drains well. Land that is fairly level or slightly sloping is so much easier to use. Steep sites may require retaining walls or suffer erosion.

Neighbours

Firstly, if they are using chemicals, that might concern you. Many people use Round-Up along boundary fences and other products on their property. Try to meet the neighbours before you buy, or commence by renting. Some degree of like-mindedness with neighbours can be helpful.

Pollution and health hazards

This will be the subject of Bio Needs Part 10. As with chemical toxicology, all types of pollution are hazardous. Distance from source is important, as is time spent at a significant distance. For example, driving past a TV tower is probably insignificant, but living under it might be very significant. If pollution is in the air, then prevailing winds are relevant.

HOMING IN

Just as no person is perfect, so no location is likely to be perfect. As with a lot of things in life, it's partly what you make of it and how you overcome the shortcomings. At the same time, it pays to shop around beforehand and do a bit of research.

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”
----- H. D. Thoreau



Natural Health Management of Prostate Cancer

By Jo Thompson, RN, BN, Health Practitioner

Prostate cancer is the most common cancer affecting men. One in six men will be diagnosed in their lifetime. This article will look at diseases affecting the prostate: benign prostatic hyperplasia (BPH) and prostate cancer (CaP).

What and where is the prostate?

It is a small important gland in the male reproductive system, its main role being to make fluid that protects and feeds sperm. The gland makes about one-third of the fluid that is released at orgasm.

The prostate is about the size of a walnut in young men, but becomes larger with age. It sits underneath the bladder, and surrounds the top part of the urethra. Urine passes through the urethra on its way from the bladder to the penis. Hence the symptoms of difficulty urinating, frequency of urinating and inability to empty the bladder effectively are signs of an enlarged prostate.

How does the prostate change with age?

At puberty, testosterone levels in boys start to increase and the prostate increases in size by about eight times. It continues to double in size between the ages of around 21 and 50, and almost doubles again between 50 and 80. The reasons for the growth are not fully understood.

What is Benign Prostatic Hyperplasia (BPH)?

In contrast to prostate cancer, BPH occurs in the transitional zone of the gland, and is the most common prostate disease. BPH is not usually life threatening but symptoms can effect a man's quality of life.

Generally it occurs in men over the age of 50 and only 10% present with symptoms. Inflammatory cytokines underpin BPH. Their origin may be related to:

- Obesity
- Infections
- Prolonged stress
- Oxidants

Symptoms of BPH

- Increased frequency of urinating
- Nocturia (increased urinating at night)
- Urgency to urinate
- Incontinence
- Slow urinary stream
- Split stream dribbling

These symptoms need to be investigated to rule out urethral stricture, bladder

cancer, prostate cancer, urinary calculi (stones) and urinary tract infection.

What is prostate cancer?

CaP is when a tumour forms in the peripheral zone of the prostate gland. As men age, oestrogen increases, which activates androgen receptors and is thought to impact on the development of tumours. CaP often grows very slowly and may not cause any symptoms or even become life threatening. Again, inflammation underpins the development of this disease.

Risk factors include:

- Family history of CaP or breast cancer
- Older age
- A diet high in animal fat
- Caucasian men are more likely to get CaP
- Visceral fat excessive (fat around the abdomen)

Signs and symptoms

Most urinary issues are connected with BPH, but a differential diagnosis does need to be made, so as to rule out prostatitis, urinary tract infection and BPH.

- Asymptomatic
- Nocturia
- Difficulty starting urination
- Painful or burning urination
- Difficulty having an erection
- Painful ejaculation
- Blood in urine or sperm
- Frequent pain in hips, lower back or upper thighs

Diagnosis

- Digital rectal examination to assess prostate size
- Urinalysis (testing the urine to rule out infection)
- BHP symptom score
- PSA (prostate specific antigen blood test)
- Biopsy

Staging of PSA levels

If the PSA level is high, a biopsy is performed. Most men who have a normal prostate and slightly raised PSA level do not have cancer found at the biopsy.

A raised PSA level in the blood simply means that there is something happening to the prostate; it is not a test specifically for cancer. The only way to test for cancer is by a biopsy

“Men with a PSA level less than 10 ng/ml have a 70 – 80% chance of having organ-confined disease [that is, cancer is confined to the prostate]. This compares to 50% for those with PSA levels 10 – 50 ng/ml and only 25% with higher PSA levels.

“Pre-treatment PSA level: men with lower PSA concentrations tend to be cancer-free five years after treatment compared to those with higher PSA levels.

“PSA levels go up with age, therefore a higher PSA level on a younger man is worrisome.”

(Partin, et al. *J Urol*, 1993:110-114).

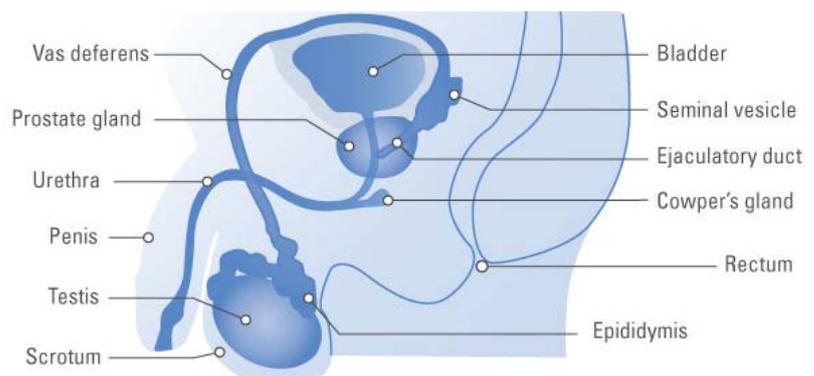
Conventional treatment

- Watch and wait; monitor PSA levels
- Radical prostatectomy (removal of the prostate)
- Radiation therapy
- Cryosurgery/cyber-knife
- Hormonal therapy (for rising PSA levels and advanced CaP)
- Chemotherapy

Natural Management of CaP

Prostate cancer is an inflammatory condition. Strategies to reduce your risk or lower PSA are as follows:

Continued page 35





Menorrhagia - causes and natural therapies

BY LYN CRAVEN, NATUROPATH & BOWEN THERAPIST

The term 'menorrhagia' refers to menstrual heavy bleeding that goes on for longer than the normal five to seven days. Approximately 40 ml of menstrual fluid is passed during the average period with the bleeding stopping when the lining of the uterus (*endometrium*) is shed. Bleeding is often referred to as excessive and heavy when more than 80 ml is lost, including any spotting at other times in the menstrual cycle.

Menorrhagia is more common in women over 40 who are on the verge of peri-menopause or menopause, although it can still affect younger women.

Why does it occur?

Heavy bleeding is one of the signs that menopause is approaching, and the woman's cycles can lengthen or shorten in duration. Sometimes mid-cycle bleeding will occur.

Heavy bleeding can also be an indication of other illness being present, such as endometriosis, uterine cancer or cancer of the cervix. Polyps or fibroids can also be instrumental in causing heavy bleeding, depending on the location and size of the fibroids. Some small fibroids cause no problems, but others may cause pain due to growing in size, and can block the fallopian tubes and interfere with the function of other organs such as the bowel.

Stress can contribute to heavy bleeding by disrupting the endocrine system. Once the pituitary gland is over-stimulated due to excessive stress, an imbalance of hormones results leading to changes to menstrual cycles and functions of the endocrine system.

Heavy bleeding can also be a sign of iron deficiency, so diet needs to be assessed and appropriate changes made or supplements given. Serum iron levels should be tested to ascertain if there is any deficiency in iron stores. Some people may have hereditary problem with absorbing iron from food or supplements.

IUD's (intra-uterine devices) have been known to contribute to heavy bleeding, along with ectopic pregnancy in which the fertilised egg lodges in the fallopian tube instead of on the uterine lining.

Some hormonal contraceptive pills and HRT have been known to instigate heavy bleeding. If this occurs, you really should consult with your prescribing doctor.

Other causes

Other possible causes are: hypothyroidism; polycystic ovarian syndrome (PCOS), Stein-Leventhal syndrome, ovarian tumour, obesity, coagulation disorders (thrombocytopenia, platelet disorders, von Willebrand's disease), leukaemia, ingestion of aspirin or anticoagulants, renal failure/dialysis.

In the majority of cases, the cause of menorrhagia is unknown. Recent research indicates that a particular chemical substance inside the uterus contributes to the process of menstruation. *Endothelin* is a substance that helps to stop the bleeding, but women with menorrhagia have very little endothelin. Suggestions from this research are that excessive bleeding could be curbed with medications that act on endothelin levels. However, any synthetic hormones you take may result in side effects.

Medical Treatments:

Treatment for menorrhagia depends on the cause and can include:

- **Medication** – such as prostaglandin inhibitors, hormone therapy or antibiotics.
- **Dilatation and curettage (D&C)** – the cervix is dilated and the endometrium gently scraped away.
- **Change of contraception** – IUD or hormones may need to be investigated.
- **Surgery** – to remove tumours, polyps or fibroids, or to treat ectopic pregnancy.
- **Treatment of underlying disorder** – hypothyroidism or bleeding disorder.
- **Hysterectomy** – the removal of the entire uterus is a drastic last resort, and usually not considered as for menorrhagia unless serious disease, such as cancer, is also present.

Natural Therapy Treatments

Natural therapists would always take into consideration the functioning of the thyroid and liver, which are a part of the endocrine system and have a direct influence on the menstrual cycle.

- **Ascertain the cause** of the heavy bleeding – obtain blood tests and if necessary functional lab results. Treat with herbs and/or homeopathic remedies and/or supplements.
- **Acupuncture** can help in conjunction with any remedies a naturopath prescribes for balancing chi energy via meridian pathways, using tiny needles

in the application.

- **Bowen Therapy** can establish a balanced flow of chi energy and blood to the uterine area, also alleviating any cramps/pain that could be present and releasing stress. Bowen works along meridian pathways with gentle movements that send neurological messages to the brain.
- **Meditation** to combat stress along with encouraging 7 – 8 hours of unbroken sleep at night. If there is insomnia, then this is treated with the necessary remedies. Lifestyle factors contributing to stress need to be addressed.
- **Sources of vitamin A** are important, since research indicates that deficiency of vitamin A is present in heavy bleeders.
- **Diet** must be addressed. Wholesome healthy diet plays an integral role in your overall health and in maintaining a healthy, balanced hormonal cycle. This means good quality proteins, unrefined complex carbohydrates including whole grains, plenty of dark green leafy vegetables and fresh fruits.
- Some **herbal remedies** that could assist are Shepherds Purse, Vitex Agnus Castus, Greater Periwinkle, Cranesbill, Helonias, Beth Root, Hydrastis and Blue Cohosh.
- **Homeopathic remedies** that could be used to assist heavy bleeding include: Sepia, Caulophyllum, Secale cor, Sabina, Melifolium, Hamamelis,

Trillium pendulum, Cyclamen and others. However, it is important that you don't self-prescribe; in any case, many of these remedies would not be obtainable in health stores.

- I recommend anyone experiencing heavy bleeding has an **ultra-sound and a full blood count** to ascertain any deficiencies. Also have a **full hormonal reading**, including thyroid, then decide if you wish to see a medical doctor or a qualified naturopath or acupuncturist. Leaving this disorder for too long without treatment, perhaps out of fear of what might be wrong, may result in other health issues manifesting, including extreme fatigue and anemia. Hysterectomy is not always necessary if you begin treatment in the very early stages.

Over the years I have met women of varying ages who have suffered heavy bleeding.

In one case the lady had commenced bleeding heavily as she reached peri-menopause (preparing for menopause, where cycles may become erratic) and was recommended to have a radical hysterectomy. Her ovaries were healthy, she had no fibroids and the uterine scan looked normal. However, for many years she had taken 'The Pill', and upon ceasing it in later years, she found her cycles were very heavy.

I made no promises, but treated her with Bowen therapy (a particular sequence for pelvic/gynecological issues), along with some energy and acupressure work, and gave her herbal remedies. Within just 2 –

3 weeks things settled down.

She continued with this regime for a while, experienced no more heavy cycles and had normal cessation of all cycles when menopause came about. I worked on kidney energy and supported her entire endocrine system with homoeopathy, herbal medicine and some vital nutrients that had anti-inflammatory activity.

Treating the body in the right way and supporting the normal rhythm during hormonal changes will allow the body to rebalance naturally, without chemical substances which often create side effects.

Lyn Craven is a practitioner of naturopathy and Bowen therapy and is an Energy/Reiki therapist, meditation teacher and corporate health presenter with many years' experience. She helps people to manage stress and resolve repetitive injuries, back pain, achieving greater balance, more energy and healthier lives. Lyn is a health researcher/writer for health magazines and has produced a meditation CD assisting people to manage stress.

She runs a private practice in Sydney. For an appointment contact Lyn on 0403 231 804 or lyncraven@bigpond.com. Website www.lyncravencorporatehealth-naturopath.com

Natural Health Management of Prostate Cancer continued from P33

Reduce inflammation!

- Maintaining a healthy weight is essential – BMI within normal range (20 – 25)
- Man boobs are a huge risk factor
- Avoid sugary drinks.
- Eat more than 5 serves of non-starchy vegetables daily (starchy vegetables are pumpkin, potato, sweet potato, corn and peas.)
- Limit sodium to less than 2.4 gm per day
- Limit alcohol to less than 2 drinks daily
- Exercise more than 60 minutes moderate or 30 minutes vigorous daily
- Sleep more than 7 hours daily
- Avoid red meat
- Have a plant-based, whole-food diet

Research found that men who ate more than a serving of vegetables a week had half the risk of developing advanced stage cancer compared with their peers who ate these vegetables only once a month. Men

who ate the most vegetables had a 49% lower risk of stage III or IV prostate cancer. Broccoli and cauliflower appeared to have the greatest impact. Men who ate broccoli more than once a week had a 45% lower risk of advanced prostate cancer than those who ate it once a month. Eating cauliflower this often cut the risk by 52%. (Vastag, *B. J. Natl. Cancer Inst.* 2007; 99 (18): 1364-5)

Eating vegetables and lowering animal protein, especially red meat and dairy, is essential. Lifestyle factors are the key to remaining cancer free and living a full and healthy life.

The following herbs are anti-inflammatory and work well on keeping PSA levels within normal limits and decreasing inflammation in the body. I mix this up as a herbal blend, but you could add the fresh herbs into your dishes. If you would like the herb blend dispensed, please contact me and I will post it to you. A 100 ml bottle is \$40 plus postage and handling.

I use the following herbs plus two extra which are practitioner only: Rosemary,

turmeric, ginger, holy basil, green tea extract (drinking 3 – 4 cups of organic green tea lowers your risk), barberry, oregano.

For men with an elevated PSA level or who are post-prostate-cancer treatment, I have put together a Prostate Cancer Protocol, which you can request by email for a free copy.

Prostate cancer is a slow growing cancer and if caught early has a nearly 100% recovery rate. Living a lifestyle based on Natural Health Society principles and implementing the strategies above is your best protection against prostate cancer. Monitor your body and investigate any changes early.

Jo Thompson manages a thriving clinic on the NSW Central Coast. You can contact her on 02 4384 1501. Email at jothompson@bigpond.com. Website www.bn2health.com.au. Or find us on Facebook Bn2 Health and Instagram [bn2_health](https://www.instagram.com/bn2_health)

News from What Doctors Don't Tell You

What Doctors Don't Tell You is a monthly magazine and an e-newsletter which publishes the latest healthcare news and information on complementary therapies. Its philosophy is very similar to that of the Natural Health Society. Principals are best-selling author, Lynne McTaggart, and her husband, former *Financial Times* journalist, Bryan Hubbard. Website: www.wddty.com. Subscriptions are available. E-newsletter inquiries news@common.wddtyvip.com

The following items are abridged from articles written by Brian Hubbard except for a blog by Lyn McTaggart.

'Bad' LDL cholesterol protects against cancer

6th September 2018

LDL cholesterol – the so-called 'bad' variety – protects us against cancer. People with naturally low levels are more likely to develop the disease over their lifetime, new research has suggested.

The discovery, from Tufts Medical Center in the US, adds to the growing list of health benefits of LDL (low-density lipoprotein) cholesterol, which orthodox medicine believes blocks arteries and causes heart disease. It's already known that it protects the brain as we age, and that low levels can escalate problems including dementia and memory loss.

The Tufts researchers compared 201 cancer patients against 402 healthy people; none of the participants was taking a cholesterol-lowering statin. Over nearly 19 years, the cancer patients consistently had lower LDL levels than the healthy group. After taking into account other possible factors, the researchers concluded that LDL cholesterol was the one thing that seemed to influence the development of cancer.

(Source: *American College of Cardiology 61st annual scientific session*, March 25, 2012)

Acts of compassion help cancer patients live longer

4th September 2018

Cancer patients live longer, or even reverse the condition, if their *vagus nerve* is stimulated, which can be done through meditation, yoga, exercise and compassion and gratitude, a new study has concluded.

Survival times are four times greater in people with high *vagus* activity, and the cancer's progress is slowed, especially in the later stages of the disease.

The *vagus nerve*, which runs from the brain stem, through the neck and thorax and ends in the abdomen, lowers heart rate and controls food digestion. And it's involved in the three biological processes the researchers say are linked to cancer: oxidative stress or free radical activity, inflammation and stress.

(Sources: *Journal of Oncology*, 2018; articleID 1236787; doi.org/10.1155/2018/1236787; drdavidhamilton.com/davids-blog)

Antibiotics raise risk of heart disease and cancer

4th October 2018

Although antibiotics can be life-saving, they also raise the risk for a range of other serious chronic conditions, including heart disease and some cancers, new research has found.

This is because antibiotics destroy the 'good' bacteria in the gut that protect against infections and inflammation – and inflammation is the key to many chronic diseases, ranging from arthritis to heart problems and cancer.

Although medicine accepts that over-use of antibiotics leads to resistance and 'super bugs', it can also be the gateway drug to most of our chronic diseases.

Researchers at Case Western Reserve University in Cleveland, USA, analysed the effect that antibiotics have on our oral bacteria, and discovered the drugs stripped out the ones that fight inflammation and fungal infection such as *Candida*.

Antibiotics should be restricted only to life-or-death emergency infections; the body's own natural defence mechanisms can deal with the rest.

(Source: *Frontiers in Microbiology*, 2018; 9: [doi: 10.3389/fmicb.2018.01995](https://doi.org/10.3389/fmicb.2018.01995))

When you say 'no' to your doctor's gloomy prognosis

Lynne McTaggart Blog, 31st August 2018

If you're the victim of a near-fatal car crash, Western medicine, with its array of high-tech gadgetry, is without parallel in its ability to put you back together again. But for anything other than emergency

medicine, or certain forms of surgery like joint replacement, modern medicine doesn't offer much in the way of miracle cures.

When it comes to most chronic degenerative illnesses plaguing society today, stories of complete healing with conventional treatments are especially thin on the ground.

With so few true cures, doctors have learned to view virtually all major degenerative diseases as developing in a simple linear progression – from bad to worse. Arthritis, multiple sclerosis, autoimmune diseases like diabetes, heart disease, Alzheimer's, other forms of dementia, cancer, etc., will leave you ever more debilitated and may even kill you in the end. If you're lucky, the best that most medicine can do is to stave off the inevitable.

As a consequence, medicine as it is practiced today is essentially an exercise in dodging bullets.

If a patient's disease violates that progression and he or she actually undergoes a cure, the situation is characterised as a 'spontaneous remission,' as though at any point, without warning, the disease can mysteriously reappear.

Since 1989, in our publication, *What Doctors Don't Tell You*, we've reported on thousands of such anomalies. We've encountered case after case of people who have defied every medical prediction and overcome the odds.

As we wrote about them, we discovered that these patients had several important characteristics in common: a refusal to accept a prognosis of 'You'll have to learn to live with it,' coupled with a gritty determination to get well.

When their ordinary doctors could not offer them a cure, they began educating themselves about the potential causes of their illnesses and any alternative treatments with evidence of success. *In every single instance, the patient understood that to get well, they needed to take their lives into their own hands.*

There was David Passmore, who beat stage 4 lymphoma with a combination of supplements and positive thinking, and Ivan Misner, who disparaged alternative cancer as 'woo-woo' until he found he had prostate cancer and turned to alternatives to avoid debilitating surgery or radiation.



Professor Luc Montagnier

Elderly with low blood pressure still taking medication

6th July 2018

Most of the older people taking antihypertensive drugs for lowering blood pressure have *hypotension* (low blood pressure) that is dangerously low – which could explain the high rate of falls and dizzy spells suffered by elderly people.

More than 65 percent of patients with hypotension – defined as systolic blood pressure of 100 mm mercury or less – are still taking antihypertensive medication, researchers from the University of Kent have discovered.

Doctors are prescribing the drugs, and then not monitoring blood pressure levels. The team analysed the health of 11,167 hospital patients, of whom 1,900 had low blood pressure. 1,246 (65 percent) of these were still taking an antihypertensive.

(Source: *Age and Ageing*, 2016; doi: 10.1093/ageing/afw120)

Fasting can reverse type 2 diabetes

22nd October 2018

Type 2 diabetes can be reversed with a healthy diet – and also by intermittent fasting, researchers have discovered.

Fasting for 24 hours intermittently – either every other day or for three days straight – can reverse the condition and eliminate the need for drug treatment.

University of Toronto researchers found that diabetics who had been taking insulin and medication for high blood pressure and cholesterol levels were drug-free after 10 months of intermittent fasting.

The patients weren't going entirely without food. During the 24-hour 'fast', they could drink low-calorie beverages such as tea or coffee, water or broth, and were allowed one low-calorie meal in the evening.

(Source: *BMJ Case Reports*, 2018; bcr-2017-221854)

One in three taking drugs that cause depression and risk suicide

18th June 2018

One in three prescription drugs that people take every day can cause depression and increase the risk of suicide – and yet nobody seems to be aware of the dangers, a new study has found.

Researchers at the University of Illinois found that more than 200 of the most commonly prescribed drugs, ranging from heart medications to painkillers and indigestion pills, are linked to depression and suicidal thoughts as side effects.

Even over-the-counter (OTC) medications that don't need a prescription, such as common painkillers or indigestion aids, can increase the risk of suicide and depression, the researchers warn.

Few of the drugs that can cause depression and suicide list the possible side effects, and so neither the prescribing doctor nor the patient is aware of the increased risk.

(Source: *J. Amer. Med. Assoc.*, 2018; 319: 2289)

Nobel scientist discovers scientific basis of homeopathy

16th October 2018

Just after doctors have described homeopathy as 'nonsense on stilts', a Nobel prize-winning scientist has made a discovery about the nature of water that suggests the therapy does have a scientific basis

Professor Luc Montagnier, the French virologist who won the Nobel prize for discovering a link between HIV and AIDS, has shocked fellow Nobel prize-winners by telling them that water has a memory that continues even after many dilutions.

This idea is one of the foundations of homeopathy, which maintains that the potency of a substance is increased with its dilution.

Montagnier has discovered that solutions containing the DNA of viruses and bacteria "could emit low frequency radio waves". These waves influence molecules around them, and turn them into organised

structures. These molecules can in turn emit waves. He has discovered that the waves remain in the water, even after it has been diluted many times.

Montagnier's statement couldn't happen at a worse time for doctors. A week previously, the UK's British Medical Association – the trade union of doctors – passed a resolution to stop homeopathy being made available on the National Health Service. It also wants all homeopathic remedies to be placed in a special area marked 'Placebos' in health shops and pharmacies.

(Sources: *Sunday Times*, July 4, 2010; British Medical Association).

Antioxidant reverses ageing in our blood vessels by 20 years

19th October 2018

A nutritional supplement can reverse the effects of ageing in our blood vessels and make them up to 20 years 'younger', all within six weeks, a major new study has discovered.

It reduces arterial stiffness by around 42 percent, a dramatic improvement that lowers the risk of heart disease by around 13 percent, say researchers from the University of Colorado, Boulder USA.

The antioxidant, MitoQ, targets the mitochondria, the 'powerhouses' of our cells, and changes the lining of blood vessels (endothelium) to improve their ability to dilate, which increases blood flow.

Within just six weeks, the improvements were so great that the blood vessels were performing as though they were 15 to 20 years 'younger', say the researchers, who tested the supplement on 20 healthy men and women aged between 60 and 79.

"This study breathes new life into the theory – previously discredited – that supplementing the diet with antioxidants can improve health," said one of the researchers.

MitoQ has been adapted from the naturally-occurring antioxidant, Coenzyme Q10, to target the mitochondria in cells.

(Source: *Hypertension*, 2018; HYPERTENSIONAHA.117.10787)



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.

Early dinner aids weight loss, lowers cancer risk

3rd September 2018

Eating dinner early, or skipping it altogether, and fasting until the next morning, combats weight gain by reducing hunger, increasing fat burning and improving metabolic flexibility to burn both fat and carbs.

People who eat dinner at least two hours before bedtime have a 20 percent reduction in cancer risk for breast and prostate cancers combined. For these illnesses separately, they have a 26 percent and 16 percent respectively lower risk of prostate and breast cancers, compared to those who eat dinner closer to bedtime.

'Morning people' who have a natural affinity for getting up early in the morning are at particularly high risk for cancer when eating dinner too close to bedtime, compared to 'night owls'.

Avoiding eating at least two or three hours before bedtime will help you optimise your mitochondrial function, which is key for optimal health and chronic disease prevention.

Cholesterol does not cause heart disease

10th October 2018

Cholesterol, long vilified as the cause of cardiovascular disease, is a vital component to nearly every cell in the body for the construction of cell membranes, regulation of cell signalling and neurological health.

A recent review of three large industry-funded studies found it was impossible for cholesterol to be the main cause of heart disease, as people with low levels have

the same degrees of arterial sclerosis as those with high levels.

The same study found that benefits claimed by statin supporters are ineffective and unsafe, as statements are invalid, compromised by misleading statistics and excluding information from unsuccessful trials.

Heart disease is driven by a chronic inflammatory response in our body, which we may stave off through adequate intake of magnesium, reducing insulin secretion, balancing our omega-3 and omega-6 fatty acid ratios and keeping iron levels within safe limits.

Who says coconut oil is pure poison?

10th September 2018

A German lecture in which Harvard professor, Karen Michels, proclaims coconut oil is "pure poison" has been picked up by many English-speaking media outlets.

Michels is a proponent of the American Heart Association's (AHA) advisory against saturated fats, particularly coconut oil. She also has professional ties to Harvard professor Frank Sacks, who was the lead author of the AHA's 2017 advisory on saturated fats.

The AHA's Presidential Advisory against saturated fats specifically identifies coconut oil as a harmful fat, even though coconut oil was not included in any of the studies AHA used to support its claims.

Coconut oil supports thyroid function, normalises insulin and leptin sensitivity, boosts metabolism and provides excellent, readily available fuel for our body in lieu of carbohydrates.

12 Foods to avoid sore muscles

21st September 2018

Delayed-onset muscle soreness is a condition you may face when taking up a new type or intensity of exercise. It is a bodily response that can be addressed through diet.

The best recovery foods to eat after an intense workout are raw, organic whole foods containing healthy amounts of carbs and protein.

Some of the specific foods shown to

soothe muscle soreness include bananas, cacao, eggs, spinach, sweet potatoes and watermelon, as well as spices like cinnamon, ginger and turmeric.

Two substances you should avoid combining with exercise are alcohol and sugar, both of which cause inflammation.

Does exercise lower blood pressure?

2nd November 2018

High-intensity exercises help to normalise blood pressure by triggering the production of nitric oxide in our body.

In Australia, according to the National Heart Foundation, one person in three has high blood pressure (hypertension), meaning that systolic and/or diastolic blood pressure are equal to or greater than 140 mm and/or 90 mm mercury (Hg) respectively or are taking medication for hypertension. Of these, four million adults had uncontrolled or unmanaged high blood pressure (not taking medication).

Inactivity and blood pressure are closely related. Inactive individuals have a 30 to 50 percent greater risk for high blood pressure than their active counterparts.

The key to reducing blood pressure is to do aerobic activity that raises our heart rate, making the heart beat faster and increasing blood flow. Strength training is also effective.

Research suggests that improving handgrip strength may be the most effective of all, even more effective than conventional endurance and strength-training programs.





Artificial sweeteners are toxic to gut bacteria

16th October 2018

Research published in the journal *Molecules* shows that all artificial sweeteners currently approved and deemed safe by the US Food and Drug Administration cause DNA damage to gut bacteria and interfere with their normal and healthy activity.

Saccharin caused the greatest damage, causing toxicity to cells and mutations.

Other recent research shows that artificial sweeteners damage vascular function and cause cellular changes that may be important during the onset and progression of diabetes and obesity.

The artificial sweeteners included in this study included:

- Aspartame, brand names NutraSweet, Spoonful, Canderel, Equal, NatraTaste Blue
- Sucralose, brand names Splenda, Zerocal, Sukrana, SucraPlus, Candys, Cukren and Nevella
- Saccharin, brand names Sweet 'N Low, Sweet Twin, Sugar Twin, Necta Sweet
- Neotame, brand name Newtame
- Advantame (no brand names)
- Acesulfame potassium-k, brand names Sunnette, Sweet One, ACE, ACE K, Sweet 'N Safe

Factory-farmed chicken, farmed salmon & food-borne disease

30th September 2018

The two most harmful foods served in most restaurants are factory-farmed chicken, which is responsible for a majority of food-borne illnesses, and farmed salmon, which almost rates as a toxic food.

Three decades ago, many towns would have local fish markets that sold a wide variety of locally caught fish. Most fish markets have now been replaced by chain stores that use computerised systems to maintain a consistent supply, and this industrialisation has expanded aquaculture.

While most aquafarms are located in open water, land-based operations are becoming more common, especially with the introduction of genetically-engineered salmon, which are not allowed to be raised in open water due to their environmental impact should they escape.

Fennel seeds are a potent booster of nitric oxide

24th September 2018

Nitric oxide is vital to our health because it is produced by nearly every type of cell in our body and is necessary for healthy blood vessels. The body's production of nitric oxide is increased by fennel seeds

Nitric oxide is a vasodilator, which means it causes our blood vessels to dilate, promoting blood flow and lowering blood pressure. It also tends to thin the blood and decreases viscosity, which reduces the risk of a life-threatening blood clot.

Besides acting as a useful post-meal mouth freshener, fennel seeds have the highly significant roles of scavenging free radicals and preventing oxidative DNA damage, which helps protect against degenerative illnesses including Alzheimer's and Parkinson's diseases.

Fennel seeds are a convenient, cheap and portable source of nitrates for almost anyone, including athletes.

If you happen to be sensitive to members of the carrot family, you should avoid fennel seeds. For a number of reasons, fennel is not recommended for children under age 18.

Garlic is a great blood thinner

15th October 2018

Studies indicate that people who eat as little as a quarter-teaspoon of garlic powder per day appear to have less stiffness of the aortic artery, which is good for avoiding cardiovascular problems, including stroke.

One expert notes that the blood thinning activity of garlic – and onions to a lesser degree – goes by the wayside when it's cooked, but there are ways to change that outcome.

Raw garlic appears to be around 13 times more potent as a blood thinner than cooked garlic or raw onions. Crushing garlic and waiting 10 minutes before cooking it activates the enzyme that releases the blood thinning compounds.

High concentrations of sulphur and allicin compounds also impart benefits related to heart health, as well as opposing harmful bacteria, inflammation, intestinal infections, yeast infections and diseases associated with cancer-causing compounds.

A hug a day keeps the doctor away

25th October 2018

A hug can improve our mood by increasing positive feelings and decreasing negative ones.

Relationship conflict is associated with an increase in negative feelings, while the opposite is true for hugs.

On days when study participants were in conflict, but also received a hug, they reported more positive feelings than on days when they did not get a hug – and the positive effect continued on to the next day.

Hugs convey care and empathy, acting as an effective buffer against stressors.

Sit less now or risk not walking later

5th October 2018

Prolonged sitting promotes multiple health conditions, including heart disease, type 2 diabetes, osteoarthritis, lower-back pain and certain cancers.

Recent research demonstrates that watching television for extended periods may increase your risk for reduced mobility as you age.

To counter the effects of sitting, consider the following:

Set up an alarm on your computer to remind you to get up every 15 minutes;

Investigate using a standing desk at work;

Stand while talking on the phone or eating;

Walk after lunch; develop a walking group at work to provide motivation;

Use a fitness tracker to count your steps each day and seek to achieve 10,000 steps;

Watch TV on a Swiss ball and bounce while watching;

Work with an accountability partner with whom you can share your challenges and successes.

NEWS FROM naturalnews.com

All health problems genetic according to US doctors – a big lie

By S.D. Wells, 5th September 2018

Only in America could every disease and disorder be diagnosed by orthodox medical doctors as genetic, meaning inherited from your parents' and grandparents' genes.

Nearly all the most common chronic illnesses, including cancer, diabetes, heart disease, high blood pressure, strokes, arthritis, osteoporosis, Alzheimer's and Parkinson's barely existed just one century ago. So how did human genes change so quickly in just a few generations? They didn't.

It's all a hoax started by the American Medical Association in order to con Americans into believing that the answer to their health problems couldn't possibly be fixed by changing what they eat, drink or put on their skin. Rather, the hoax continues, all of their health ills are now permanently embedded in their DNA, and all that can be done is to use chemical pharmaceuticals and invasive surgeries to remove malfunctioning, non-vital organs.

If you believe every disease is genetic, you'll never change what you eat.

[Over 40 years ago, medical ecologists concluded that virtually all the health problems in modern Australia are 'diseased of civilisation', which means diseased of lifestyle. There are now hundreds of thousands of studies confirming that these medical scientists got it right. It's our lifestyle, not our genes. – Editor]

Sources: TruthWiki.org; NaturalNews.com; NaturalPedia.com; FDA.news; EveryDayHealth.com

The science behind the healing effects of ginger

By R. J. Johnson, 8th Sept 2018

Ginger is one of those plants widely known to have health benefits, but somehow not recognised by conventional medicine because living things cannot be patented. It has been used by different cultures for centuries, both as a spice and herbal remedy.

Nausea is helped by ginger. A trial compared the effects of ginger with that of a placebo on seasick naval cadets,

and found that those who took ginger reported fewer symptoms of seasickness.

Muscle soreness. Ginger has the ability to soothe muscle soreness resulting from unaccustomed activity or eccentric exercise. This is attributed to ginger's ability to prevent inflammation, as well as its analgesic properties.

Heart disease. Ginger helps address many of the factors contributing to the risk of heart disease. It has potent lipid-lowering abilities and can lower blood pressure.

Obesity. Ginger increases the feeling of fullness after a meal, discouraging further food intake.

Cancer. Tests have found that ginger extract can inhibit the growth and proliferation of pancreatic cancer tumours and also cause the death of cancer cells. The compound, *gingerol*, can help kill breast cancer cells.

Dog diseases. A study found that the intravenous administration of ginger can be an effective treatment against heartworm in dogs.

Sources: GreenMedInfo.com; MedicalNewsToday.com; CDN.GreenMedInfo.com; NCBI.NLM.NIH.gov

Pomegranate extracts fights cancer at EVERY turn

By Isabelle Z, 29th September 2018

Pomegranate, with its deep red-purple shade, is one of the healthiest fruits of all, and it's been getting a lot of attention lately for its ability to fight cancer.

Pomegranate extract protects against the DNA mutations that lead to cancer. It releases a protective enzyme, known as *paraoxonase-1*, that blocks inflammation and oxidative stress that can later contribute to DNA mutations.

Even if a DNA mutation occurs, pomegranate causes mutated cells to die, and stops the growth of the blood vessels that nourish tumours. When malignant masses develop, the extract can stop them from metastasising to other parts of the body.

Studies have shown that the extract can reduce the number of lung cancer tumours by up to two thirds, slow the growth of prostate tumours, and inhibit

breast cancer cell growth by more than 80 percent.

Sources: NaturalHealth365.com; NaturalPedia.com

High-dose vitamin C aggressively kills cancer cells

By Isabelle Z, 8th October 2018

Orthodox medicine claims that there is no science to back the claim that high doses of vitamin C can kill cancer. However, new research shows that high doses can indeed fight cancer, underscoring the findings of countless previous studies.

Detractors have conveniently ignored the fact that many studies simply weren't testing large enough doses.

University of Iowa research confirms that large doses of vitamin C do kill cancer cells selectively, without damaging normal cells. They can kill as much as 50 percent of human lymphoma cells.

It is difficult to achieve the necessary high blood concentration by taking vitamin C orally. However, a new form of vitamin C – Liposomal vitamin C – taken orally can create levels in the blood that are 100 to 500 times greater than those normally achieved by oral ingestion. Liposomal vitamin C is encapsulated in lecithin, which shields it from digestive enzymes that would normally break it down.

A blockage against its use is that chemotherapy has been so profitable for the pharmaceutical industry, that it would be difficult to match that profit from something as unpatentable as vitamin C.

Sources: NaturalHealth365.com; NaturalNews.com

High magnesium reduces high blood pressure & heart disease

By Tracey Watson, 25th October 2018

Unfortunately, the combination of our modern diet and mineral-depleted tap water have left the vast majority of us severely depleted of this important mineral. As we age, levels of magnesium decrease even further, leaving us vulnerable to diseases which include stroke and heart disease.

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.

The World Health Organization estimates that at least 60 percent of people are deficient in magnesium.

A 2015 Korean study, published in the journal, *Nutrition, Metabolism and Cardiovascular Diseases*, found a direct link between low serum magnesium and cardiovascular disease. People with lower levels of magnesium were more than twice as likely to have coronary arterial calcification. They also had a 50 percent greater risk of atrial fibrillation, which can lead to a stroke. Further, low magnesium increases the risk of pancreatic cancer by 76 percent.

The good news is that upping the body's magnesium levels can result in dramatic health improvements, particularly in relation to the risk of heart disease and stroke.

In addition to supplementing with (chelated) magnesium, we can increase magnesium-rich foods, including almonds, cashews, oatmeal, kidney beans, peanuts, pumpkin, avocados, raisins, whole-grain breads, dark leafy greens and bananas.

Sources: NaturalHealth365.com; NCBI.NLM.NIH.gov; Heart.org^[PDF]; NaturalNews.com; Livestrong.com; EverydayHealth.com

'Smart' meters wildly inaccurate: can be 581% higher

By Tracey Watson, 19th October 2018

'Smart' meters are actually a really dumb idea, not to mention dangerous.

The electromagnetic fields (EMFs) emitted by these devices have been linked to a variety of health problems, including headaches, fatigue, digestive issues and sleeping problems. There is also evidence that EMFs cause more serious conditions like autoimmune disorders and certain types of cancer. And, as if that wasn't enough reason to refuse to have one, research has found that they aren't even accurate, and may be ripping you off financially.

A study published in the journal, *IEEE Electromagnetic Compatibility Magazine*, found that some smart meters give readings much higher than they should. Five of the nine meters studied gave readings much higher than the actual power consumed – 582 percent higher, 475 percent, 566 percent, 569 percent and 581 percent higher.

Of the remaining four meter types, two were accurate and only two billed less than the actual electricity consumed.

Why the difference? The researchers discovered that there is a design flaw in some meters. Unfortunately, all these types of meters are certified and meet legal requirements, which means you have to know exactly what you're getting if you do decide to ignore the health risks and install a smart meter in your home.

Sources: NaturalHealth365.com; IEEEExplore.IEEE.org

Classifieds

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Alcohol-free days in the week could help drinkers live longer

By Bryan Hubbard, journalist for *What Doctors Don't Tell You* of the UK

Having three or four drink-free days a week could help you live longer. Drinking every day, even if it's just one glass of wine, raises the risk of premature death by 20 percent, and that starts to get significant when you're in your 70s.

Having a glass or two of wine three days a week helps protect against cardiovascular disease, but these benefits are undone if you drink every day, say researchers.

A recent study that grabbed the headlines concluded that any alcohol is bad for you, but that included people who are heavy drinkers. So researchers from Washington University took a closer look at light drinkers – people drinking one or two drinks a day – which included more

than 340,000 people aged between 18 and 85.

Overall, people who drink a little every day raise their risk of premature death by 20 per cent compared to others who drink less frequently, which is no big deal when you're in your 20s, but it starts to become significant by the time you reach your 70s, the researchers say.

Drinking every day raises the risk of cancer, although the risk is still there even if a person abstains on some days in the week.

(Source: *Alcoholism: Clinical & Experimental Research*, 2018; doi: 10.1111/acer.13886)

This article abstracted from *What Doctors Don't Tell You*, newsletter, 12th October 2018

[EDITOR'S NOTE: Many Natural Health people would scoff at the notion that any amount of alcohol can be good for us. Although the liver does have mechanisms for detoxifying very small amounts of alcohol (by the enzyme *alcohol dehydrogenase*), the fact is that our livers are already burdened with toxic man-made chemicals and food waste products. It could therefore be concluded that, in spite of the latest research, the best amount of alcohol for body and mind in the long-long term is probably none.]



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SPECIAL INTEREST TITLES

RAW CAN CURE CANER

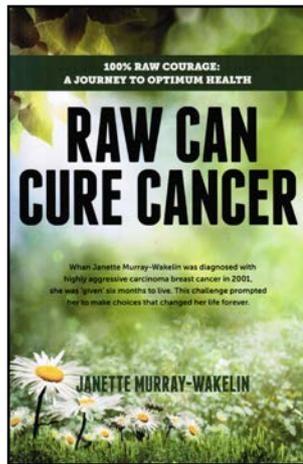
By Janette Murray-Wakelin

\$32.00

In 2001 Janette was diagnosed with highly aggressive breast cancer. She was 52 years old, a mother of two and grandmother of one and was told that she had only six months to live. Driven by a strong desire to stay around for her grandchildren, Janette spurned chemotherapy and radiotherapy and used wholistic therapy and natural foods to fully recover.

Because Janette now had excellent health, and because she and husband, Alan Murray, had been marathon runners, they spent all of 2013 running around Australia and breaking a world record for running 366 consecutive marathons.

How Janette and Alan achieved these astonishing feats is a mind-blowing story! Janette wrote *Raw Can Cure Cancer* ten years after her 'death sentence', and it is her story plus excerpts of similar stories from other women, all based on fact.



RUNNING OUT OF TIME

RUNNING RAW AROUND AUSTRALIA

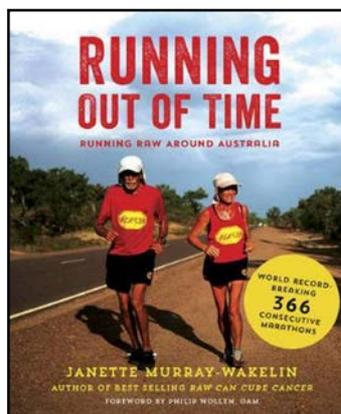
By Janette Murray-Wakelin

\$32.00

This is Janette's second book, written about the world record that she and husband, Alan, set for running the greatest number of consecutive marathons – 366 in 366 days in 2013. They demonstrated that Janette's recovery from breast cancer on exclusively plant-based, raw foods was long-term and complete.

The book is a detailed diary of the run – and it is awesome, more like fiction than facts. It is rounded off with the Facebook comments they received and their 'Recipes from the Road'. There is a collection of colour photos near the centre of the book and also a few black-and-white photos at the back.

Soft cover, 300 pages. *Could be a much appreciated Christmas gift.*



FILM REVIEW: RAW – the Documentary

Produced in Australia by Old School Productions \$33

A cinematically produced feature film based on Janette Murray-Wakelin and Alan Murray's world record Run Around Australia in 2013, described in the above books.

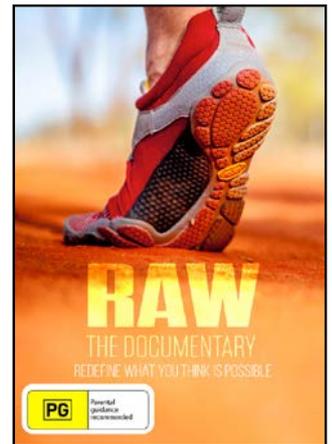
It's an inspirational and heart-warming personal story of the raw courage of a couple, who go from Janette's terminal cancer diagnosis to achieving the unachievable. It's a feel-good story, with a positive message for all.

Janette and Alan made their run around Australia to demonstrate to the world the remarkable healing powers of eating a raw vegan diet and making conscious lifestyle choices.

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

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

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



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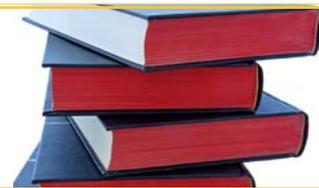
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These not-for-profit societies are closely affiliated with the Natural Health Society



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Phone 02 9698 4339

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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 *Adelaide's Vegan Festival 2018*

World Vegan Day falls on 1st November each year, and in Adelaide the Vegan Festival was held on the last weekend in October at Tarndanyangga (Victoria Square, Adelaide).

Over the years this event has grown from a one-day event in a suburban primary school to a two-day event in the centre of the City. Year by year it has progressed, but generally the formula remains the same: speakers, food and other stalls, activities especially for children and cooking demonstrations. Although central to the main theme is our concern for all animals, the emphasis currently has shifted more to care and concern for the environment and the toll that animal husbandry is having on the planet.

In many ways this is an excellent site. Besides being central, there is a large grassed area surrounded by terraces with power points for the food stalls – and plenty of shade provided, as the Adelaide sun can be pretty fierce.

The Vegan Festival attracts people of all ages and backgrounds and has a sizeable area and activities for children, including the very attractive water fountain (see photo).

Of the 77 stalls, about half were serving food (many were from regular vegetarian and vegan establishments). Other stalls were run by animal rescue groups, five or six from South Australia and others, like Free the Bears, working nationally or internationally. There were stalls offering merchandise, including cosmetics, promotional stationery and recycled products like Waswaste, as well as two political parties (Greens and Animal Justice Party).

VegSA again shared a stall with Animal Liberation SA. While Animal Liberation was selling merchandise like T-shirts with promotional slogans, we mainly handed out literature, including our new economic vegan recipes leaflet. (We also had articles we can email to those

who preferred.) It was noticeable that younger adults often opted to receive email information, while older people took more handouts, many of which related to health topics.

While animal rights and environmental issues were focussed on by a number of other groups, it seemed that few, if any, were emphasising the health aspects of vegan diets. Nevertheless, the talk by Dr Heleen Roex, spelling out the scientific evidence for the health benefits of plant-based eating, was very well attended. This aspect was also emphasised in some of the cooking demonstrators.

VegSA sees one of its roles as helping to spread information on vegetarian and vegan diets, along with knowledge of resources. One of our most popular handouts is *Vegetarian and Vegan Eating Places in South Australia*. This, even with a very small font, scarcely fits onto two sides of an A4 sheet. Compare this with

the early days of our organisation when there was only one vegetarian café (run by the Seventh Day Adventists) in all of Adelaide.

So it seems that veganism and notions of plant-based eating really are taking hold in South Australia.



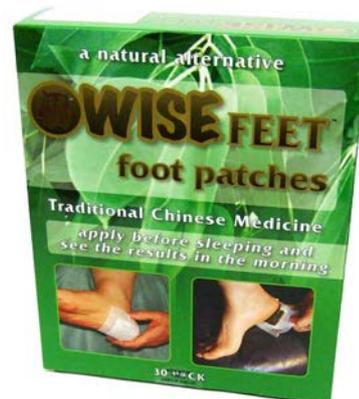
Health Products

Available from the
Natural Health Society
28/541 High Street
Penrith NSW 2750
Phone (02) 4721 5068
admin@health.org.au

* NB 'Members' means financial members of the Natural Health Society and the Vegetarian Societies

Detoxification Foot Patches

- Best placed on soles of feet, in which 60 acupuncture points – or reflexology points – reflect the condition of various organs.
- Pads are impregnated with a dozen ingredients from Traditional Chinese Medicine.
- Pads must be in close contact with skin – adhesive tape is provided.



Posted price: box 30 – members \$59.50; non-members \$65.00
box 90 – members \$131.50; non-members \$145.00

In-Lieu Toilet Converter



- Converts ordinary toilet so that you can squat instead of sit
- Prevents injury to pelvic-floor nerves caused by straining while sitting
- Has been found helpful for constipation, incontinence, prostate problems, haemorrhoids, diverticulitis, bed-wetting in children under 10 years
- Extremely strong plastic; white, stylish design
- A once-in-a-lifetime purchase; an excellent investment

Phone Natural Health Society for price - or see page 43

Ladyship Juicer, Blender

Two models - LS658 and LS588F

Like several machines in one



- Makes juices, smoothies, nut milks and soups
- Blends, grinds seeds and crushes ice
- Works with hot or cold recipes
- Simple to use, easy to clean
- Bonus recipe book and instructional DVD

LS-658 PRICE including freight
Members \$385, Non-Members \$405

LS-588F PRICE including freight
Members \$249, Non-Members \$274

EASYpH Test Kit – To Test if body is acidic

- The Natural Health experience is that if our tissue fluids have the correct acid-alkali balance most diseases are prevented.
- The foundation of sound nutrition is balancing alkali-forming vegetables and fruits with the other foods which are mostly acid-forming.
- The only practicable way to assess our acid-alkali state is pH testing of urine and saliva.
- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
- Kit contains enough test paper for 90 tests, if 5 cm (2 inch) is used each time.



Posted price: members \$22.00;
non-members \$24.00

The Champion Juicer

Superior to the standard centrifugal juicers

- Easy to use and easy to clean
- Produces nutritionally superior fruit and vegetable juices
- Versatile – also makes frozen fruit desserts and nut butters
- Powerful 1/3 horsepower motor (3 year guarantee), designed to last.



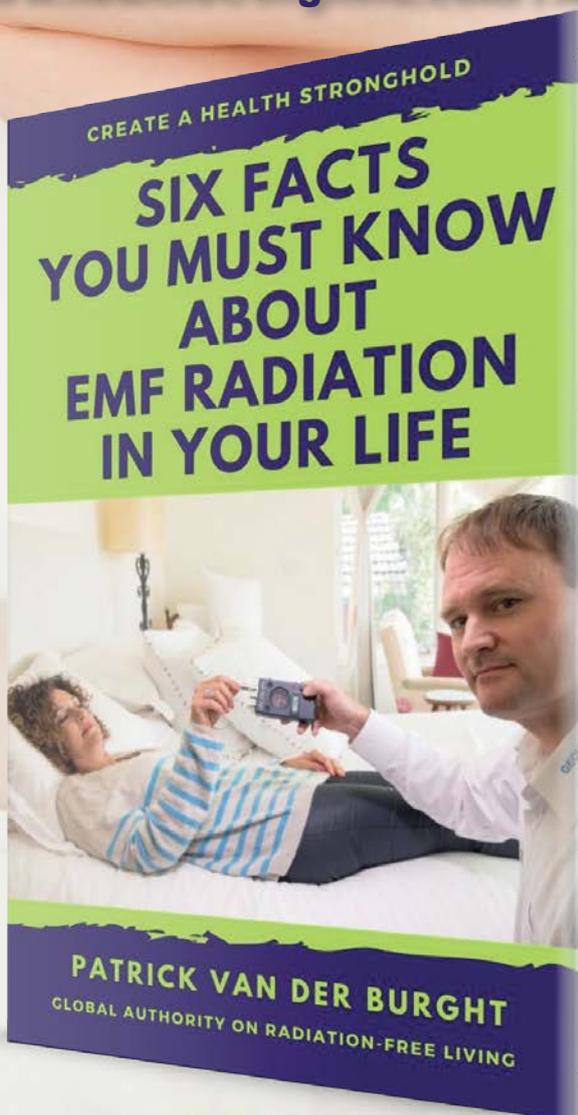
Posted price to members \$495
non-members \$549

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The bedroom is key

Sleep is when the body repairs itself. The average bedroom however, is filled with influences that can burden sleep. In our experience, the worst and most common one, is electronic pollution, also known as EMF or domestic radiation.

Sources of EMF are: internal wiring and electrical systems, simple power lines through the street, phone towers, smart meters and other wireless technology from in or outside the home.

There is lots of small things you can do to reduce your exposure, but to get the bedrooms right you will need some help. This book explains the basics in great detail.

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