



AUTUMN 2019

True Natural Health

The Magazine of the Natural Health Society of Australia

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Vegetables are heart protecting foods

Ideas to reduce stress

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Recipes for prune dishes

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– Sarah Innes

Encouraging news on high blood pressure and cholesterol

Editorial



For those of us with high blood pressure, medical advice reported by Robyn Chuter is great news. Unless the readings are at or above 160/100, blood pressure drugs are likely to do more harm than good (page 2).

Also related to heart disease is the challenging question of whether high cholesterol causing heart attacks is a myth. The pros and cons are discussed in depth by your Editor, based on medical evidence (pages 28 – 31).

An aspect of the other leading dreaded disease, cancer, is presented in a most revealing way by Dr Greg Fitzgerald in his regular column (page 18). He outlines a medical doctor's discoveries in relation to so-called 'spontaneous remissions' from cancer. The doctor's findings make enlightening – and potentially valuable – reading.

We publish a lot about electromagnetic radiation in this magazine for the very good reason that when present it is a silent danger. In an interview I recently conducted with Patrick of Geovital, he covers the subject more or less from A to Z. This, too, is really valuable information (pages 24 – 26). Geovital adverts can be found regularly on the outer back cover of this magazine.

On a lighter note, the benefits of proper chewing are described in 'Your Questions Answered' (page 10), while the non-benefits of canola oil follow soon after (page 12).

Many of us are concerned about our children being glued to screens for hours every day, and no doubt wonder what it might be doing to their minds and bodies. The highly esteemed Dr Mercola answers this very simply (page 16).

If you like prunes, the recipes are likely to appeal. Provided by the Australian Prune Industry Association, they include a good range of dishes (pages 22 & 23).

We hope you enjoy all this entertaining and worthwhile 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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Contents

- [02] High blood pressure drugs can do more harm than good
- [03] Blood pressure remedies
- [04] Ideas to reduce stress
- [06] Loneliness in Australia
- [07] How dogs communicate
- [08] I don't donate for cancer
- [09] Hopewood, move with seasons
- [10] Your Questions Answered
- [14] NHS Notices and Events
- [16] Screen time and kid's brains
- [17] Letter to Editor
- [18] Greg Fitz. Cancer remission
- [19] State of the climate, 2018
- [20] Nitric oxide
- [22] Recipes – prunes
- [24] Geovital interviewed by Roger
- [27] 5G irradiates everyone
- [28] Cholesterol, fact, myth or both?
- [31] Statins linked to dementia
- [32] Michael Gregor – gladiators
- [33] Bio Needs – Part 10
- [34] Lyn Craven – Adrenal fatigue
- [36] News from WDDTY
- [38] News from Dr Mercola
- [40] News from Natural News
- [41] Classifieds
- [42] NHS health products
- [43] NHS Order form
- [44] Kindred organisations



High blood pressure: when drugs do more harm than good

By Robyn Chuter, Naturopath and Counsellor

Having high blood pressure is a big deal. According to the massive, long-running and ongoing Global Burden of Disease study, *hypertension* – the medical term for elevated blood pressure – is the leading risk factor contributing to the burden of disease in the world, across both developed and developing countries.

High blood pressure also kills: it's the leading cause of death in the world.

The definition of 'high blood pressure' might surprise you: your risk of cardiovascular disease starts rising once your *systolic* pressure gets above 115 mm Hg [mercury], or your *diastolic* above 75 mm Hg.

So it's no surprise that blood pressure-lowering medications, or *anti-hypertensives*, are one of the most commonly-prescribed drugs in Australia, and indeed in most Westernised countries, and that doctors are quick to prescribe them when they identify high blood pressure.

But a study published in *JAMA Internal Medicine*, October 2018, confirms previous research that informs clinical practice guidelines in the UK: people with mild hypertension (untreated blood pressure of 140/90 – 159/99 mm Hg) who don't have other risk factors for cardiovascular disease, do not benefit by taking blood pressure-lowering medication, and are at risk of being harmed by it. [JAMA is *Journal of the American Medical Association*.]

The study followed over 19,000 people with mild hypertension (Stage 1) and no history of cardiovascular disease (CVD) or CVD risk factors for an average of 5.8 years. The researchers did not find any evidence that blood pressure-lowering medications reduced the risk of developing cardiovascular disease or of dying.

On the other hand, the drugs resulted in a range of adverse reactions ('side effects') including excessively low blood pressure (*hypotension*), syncope (fainting, which can lead to head injury and bone fractures), electrolyte abnormalities and acute kidney injury.

The researchers calculated the risk of suffering these side effects through an extremely useful measure called 'number needed to harm', or NNH. NNH essentially describes how many people have to take the drug for one person

to suffer the specified side effect. For example, an NNH of 100 means that for every 100 people taking the drug, one will experience the adverse reaction.

NNHs at 10 years for antihypertensive drugs in this low-risk group of mild hypertensives were:

- Hypotension – 41
- Syncope – 35
- Electrolyte abnormalities – 111
- Acute kidney injury – 91.

That's a *lot* of people suffering dizziness, fainting, messed-up blood chemistry and kidney damage, for no good reason.

The study describes just one type of harm – an increased risk of adverse reaction. Borrowing from Catholic theology, I call this a 'sin of commission' – an action taken by a medical profession that causes harm to the patient.

However, there is a second type of harm which results from prescribing drugs for a condition that is mostly caused by lifestyle factors – a 'sin of omission' in which the professional fails to disclose vital information to the patient.

A bit of background. I come from a family of hypertensives. Both my late father and my mother (now 86) were on blood pressure-lowering medications from quite early ages; my mother in her late 30s and my father in his 40s.

Over the years, I watched both my parents' various and sundry doctors fiddle with their medications – adding additional drugs, increasing dosages, swapping one drug for another – without ever bringing the blood pressure of either one into a normal, healthy range.

What was the outcome of this intensive drugging? My father developed type 2 diabetes – a condition which two of the blood pressure drugs that he took, thiazide diuretics and beta blockers, are suspected to raise its risk – and died of a heart attack. My mother's blood pressure averages an eye-popping 180/100, despite her religiously taking three antihypertensive medications daily.

But in the nearly five decades since my mother was first prescribed blood pressure-lowering medications, and in the three decades that my father lived after his first antihypertensive prescription, not a single doctor ever sat either of them down and explained the real causes of high blood pressure and what they could do about them.

My parents were never told that their Western-style diet, high in animal flesh and dairy products, was impairing their endothelial function and hence raising their blood pressure and cardiovascular risk [endothelium is the lining of an artery].

Although my mother was counselled to lower her salt intake, she wasn't told that 80% of the sodium consumed by Australians is contained in processed foods, rather than being added during cooking or at the dinner table. So she wrongly believed that throwing away the salt shaker would protect her from excess sodium.

Neither of my parents was told about the benefits of exercise or mindfulness/meditation practices for lowering blood pressure.

My mother, a chronic insomniac, was never told just how badly sleep deprivation impacts on blood pressure, nor was she given effective advice on improving her sleep quality.

Instead of accurate and empowering information about their condition and the daily lifestyle choices they could have made to ameliorate it, they were given the usual explanations for their condition, which in my opinion are simply excuses:

High blood pressure is genetic (but twin studies show that only 30 – 50% of the variance in blood pressure readings is related to our genetic inheritance, with environmental factors – chiefly lifestyle choices – accounting for the remainder);

It's normal for blood pressure to go up with age (It's not – in cultures in which salt intake is low, such as Papuan highlanders and Yanomamo Indians, hypertension is non-existent and the blood pressure of elders is the same as in the young).

And, of course, my parents were told that they would have to take their blood pressure drugs for the rest of their lives.

This kind of prescribing amounts to writing a permission slip – a free pass for sick people to continue the diet and lifestyle habits that made them sick in the first place. At the same time, it perpetuates the myth that artificially lowering blood pressure, using drugs that interfere with various regulatory mechanisms in the body, provides the same protection against cardiovascular disease that people with naturally low blood pressure enjoy.



The study in *JAMA Internal Medicine* clearly demonstrates that people with blood pressure up to 160/100, but without other cardiovascular risk factors, do *not* benefit from being on blood pressure medication. While those with severe hypertension (160/100 or above) do experience some reduction in cardiovascular disease and overall mortality risk, they would obviously benefit even more from a comprehensive Lifestyle Medicine approach incorporating diet, exercise, sleep and mindfulness practices.

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

If you have high blood pressure or are worried that you might be taking drugs that incur more risks than benefits, you can apply to Robyn for a 'Roadmap to Optimal Health' consultation, and have her guidance to take the pressure down.



Two types blood pressure drugs increase diabetes

Two groups of drugs designed to lower blood pressure have been found to increase the risk of diabetes. They are *beta blockers* and *diuretics*.

It's been suspected for nearly 50 years that antihypertensives lower a person's glucose tolerance levels, and this was confirmed in 2007 by researchers at Rush Medical College in Chicago.

On the other hand, two other types of blood pressure drugs – *ACE inhibitors* and *angiotensin-receptor blockers* – are known to reduce the risk.

(Source: *The Lancet*, 2007; 369: 201-7).

Home Remedies That May Help Treat High Blood Pressure

By Dr Joseph Mercola

Lifestyle changes and anti-hypertensive drugs are not our only means of normalising high blood pressure. A variety of natural remedies can help manage hypertension safely.

ALL-NATURAL HOME REMEDIES

Some of the most common natural remedies that may be useful for managing high blood pressure include:

Basil – contains the chemical *eugenol*, which may prevent certain substances from tightening the blood vessels. However, its anti-hypertensive effect is only brief.

Garlic – has long been used for cardiovascular conditions. A 2008 study published in the *Annals of Pharmacotherapy* shows that garlic may help reduce systolic and diastolic blood pressure by up to 16.3 mm Hg and 9.3 mm Hg, respectively.

Ginger – Research shows that the crude extract of ginger may help lower blood pressures by blocking certain calcium channels.

Flax seeds – Research suggests that consuming 30 to 50 grams of whole flax seeds every day for more than 12 weeks may help reduce blood pressure levels, especially diastolic blood pressure.

Flax seeds also help reduce the risk for atherosclerosis by increasing glucose tolerance and acting as an antioxidant.

Hawthorn – Has a long history as a remedy for high blood pressure in traditional Chinese medicine. Its beneficial effects are said to be due to its oligomeric proanthocyanidins, which provide potent antioxidant effects.



Cardamom – A 2009 study published in the *Indian Journal of Biochemistry and Biophysics*, found that three grams of cardamom powder given for 12 weeks significantly decreased systolic and diastolic pressures, without any side effects.

Celery seed – is also used in traditional Chinese medicine for hypertension. It may help reduce both systolic and diastolic blood pressure.

Cat's Claw – also long been used in traditional Chinese medicine to help lower blood pressure by blocking calcium channels.

French lavender – The extract may help lower blood pressure by blocking calcium channels.

Other natural remedies that may help control hypertension include radish, sesame, pomegranate, kudzu, tomato, black plum and *Camellia sinensis* tea.

CONSULT A PRACTITIONER

Before using these natural remedies, be sure to consult a practitioner. It's possible for some of them to interfere with medications you may be taking, or they might cause undesirable side effects if consumed in large amounts.

REFERENCES

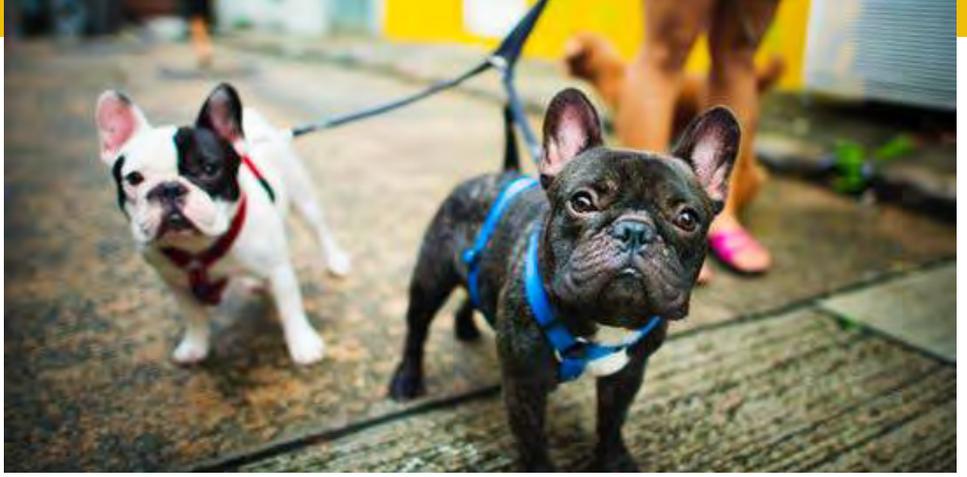
Detailed references are given by Dr Mercola. They are available from the Natural Health Society on request.

ACKNOWLEDGEMENT

Abridged from an newsletter by Dr Mercola, 16th December 2018, entitled, 'High Blood Pressure Remedies', articles.mercola.com/high-blood-pressure/remedies.aspx



Nine suggestions for reducing stress in our lives



By Ellaine Castillo of Natural News

If you've been getting sick for no apparent reason, you may be suffering from chronic stress.

Most people are so used to being stressed that they don't think about doing anything to address it. Failing to achieve low stress levels can interfere with the different functions of the body and increase the risk of problems such as insomnia, depression, eating disorders, colds and heart conditions.

Here are some ideas for reducing the stress in your life.

Share your feelings. Instead of keeping your feelings bottled up, share them with at least one person whom you trust, whether it be a friend, family member or therapist. They might be able to come up with solutions to your problems so that you feel less stressed. Even if they don't, simply having someone listen to your worries can lift a huge burden off your chest [this is what counsellors do].

Keep eating healthily. Many people tend to eat their way through stress, and often opt for processed foods that are rich in sugar, calories and other unhealthy ingredients, and, worse, deep-fried. Foods like fruit, vegetables and nuts can help ease stress levels.

Ensure adequate sleep. To feel more relaxed, people need to have seven to nine hours of sleep a night. Reduce the time you waste trying to get to sleep by following a bedtime routine, lowering the temperature of the bedroom or your body, blocking out light and/or drinking a cup of chamomile tea in the evening.

Relax and recharge. If work or school has been too stressful, try to get away for a break before the stress begins to affect your health. It doesn't need to be a long and expensive vacation – just put some distance between you and your sources of stress. As the saying goes, 'out of sight and out of mind'.

Exercise. Physical activity triggers the release of feel-good hormones including endorphins that can do wonders to alleviate the stress you're feeling. Take a walk past nice scenery so that you can think about something else or do challenging workouts so that your mind will be fully occupied with the effort.

Take up a hobby. Gardening, playing musical instruments, making a scrapbook and painting are great for keeping your mind off things. Hobbies also give you a sense of accomplishment that can motivate you to face your challenges.

Meditate. With everything going on around you, it might be a bit difficult to be relaxed. Meditating will help you ground

yourself and focus on the present moment so that you don't become overwhelmed with whatever worries you may have. If you don't have much time to spare for a full-blown meditation session, you could go for just five minutes of the '4-7-8' breathing practice, in which you inhale for four counts, hold for seven and exhale for eight.

Read books. Instead of checking social media or playing smart phone games, which can only stress you further, read a good book. This can help you relax and keep your mind off other things.

Acquire a pet. Pets are great companions. By just petting or walking a pet or two, you reduce your stress levels. If you don't want to commit to a pet, you can volunteer at a local animal welfare organisation or go to parks where you may be able to play with other people's pets.

Sources include:

Arthritis-Health.com
PsychologyToday.com
EatingWell.com

Abridged and edited from a Natural News newsletter, 18th December 2018. Published under Mike Adams generous policy for not-for-profit organisations.

Exercise as good as drugs for lowering blood pressure

By Bryan Hubbard, WDDTY journalist

Regular exercise can be as effective as medications for lowering high blood pressure.

Researchers found that different types of structured exercise – ranging from endurance to resistance activities – were as powerful as drugs for lowering blood pressure, and they became even more effective for people who had the highest levels, which was anything above systolic

140 mm Hg, the marker for the start of hypertension.

Exercise targets systolic pressure (the first number) which records the highest pressure in the arteries.

It's an important discovery because anti-hypertensive prescriptions have increased by 50 percent in the past decade, and this is likely to escalate further since the threshold for hypertension has recently been lowered to 130 mm Hg systolic.

Researchers at the London School of Economics and Political Science looked at structured exercise and its impact on high blood pressure.

All the structured exercise plans were as effective as drugs for lowering high blood

pressure, and the evidence was especially "compelling" for exercise that combined endurance – such as walking, jogging or cycling – with dynamic resistance training, which includes strength training with dumb-bells or kettle bells.

The researchers warn against abandoning anti-hypertensives for exercise just yet, especially because people are notoriously bad at adhering to exercise programs or going to the gym.

(Source: *British Journal of Sports Medicine*, 2018; doi: 10.1136/bjsports-2018-099921)

Abridged from an item written by Bryan Hubbard and published in an newsletter from What Doctors Don't Tell You, 8th January 2019

THE 'POWER OF EIGHT'

Intention Masterclass 2019

By Lynne McTaggart of WDDTY, 8th December 2018



I needed scientific proof of the power of group healing ... and I got more than I bargained for.

As you know, Bryan and I are hard-nosed journalists, who take nothing at face value. In WDDTY, before writing about any alternative or conventional treatment, we want to see the proof.

That's why I set up the 'Intention Experiment' in 2007 – to test the power of thoughts, with a group of scientists from prestigious universities like Princeton and Penn State and thousands of readers around the globe as the intenders.

In the 33 experiments I've run, 29 have shown positive, mostly significant results – for everything from making seeds grow faster, to lowering violence in a war-torn area to healing someone of PTSD.

But the biggest surprise was to come in 2008, when I started creating Power of Eight groups in my workshops.

I was shocked when people with long-standing conditions reported instant, near-miraculous healings.

I've recorded hundreds, if not thousands, of these instantaneous 'miracles'. Participants have healed long-standing serious health conditions. They've mended estranged relationships. They've cast off workaday jobs in favour of careers that were more adventurous or fulfilling.

There are major brain changes during group intention

And now, there's a scientific reason why. Neuroscientists at Life University in Atlanta, USA, the world's largest and most prestigious chiropractic university, who are carrying out ongoing studies of the groups, concluded:

Power of Eight techniques in a group create major brain changes in participants – a sense of oneness, bliss and contentment – leading the way for a profound life-long transformation.

So now's your chance to experience these life-long transformations for yourself.

Just once a year, I offer intensive teaching on the keys to successful intention and the Power of Eight during a single, year-long Power of Eight Masterclass.

It's a six-week webinar course, after which I place all the masterclass members in Power of Eight groups to meet for an entire year under my ongoing supervision.

You meet with your 'intention family' regularly via Skype or Zoom and watch the miracles unfold.

When we've monitored Masterclass members who attend these sessions religiously, close to 100 per cent get positive results: physical healings, dream jobs, financial windfalls, healed lives.

I've amassed solid evidence of the power you hold inside you to heal and be healed. Now all you need to do is to learn how to unleash it for yourself!

Website: www.wddty.com. Subscriptions are available.

Enewsletter: inquiries.news@common.wddtyvip.com

[Lynne's Masterclasses commenced in February 2019, so by the time this magazine is released, it will be too late to join a 2019 class. However, readers could inquire about later courses – Editor]

**Natural Iodine is Rare In Nature
Most Australians are Deficient**

**Brown Seaweed
Extract with Iodine,
Micro Minerals &
Fucoidan. Harvested
from the Clean
Waters of Patagonia.
Available in Vegan
Capsules or Powder**

Ultra Life 1000
Natural Dietary Supplement
Marine Plant Extract
90 Capsules
Includes Daily Dose Of Fucoidan*

Health Kitchen
Nature Based Anti-Ageing Supplements
Microbiome Workshops

healthkitchen.com.au

One in four Australians are lonely

– which affects their physical and mental health

By Michelle H. Lim, Clinical Psychologist



One in four Australians are lonely, our new report has found, and it's not just a problem among older Australians – it affects both genders and almost all age groups.

The 'Australian Loneliness Report', released today by my colleagues and I at the Australian Psychological Society and Swinburne University, found that one in two (50.5%) Australians feel lonely for at least one day in a week, while more than one in four (27.6%) feel lonely for three or more days.

Our results come from a survey of 1,678 Australians across the nation. We used a comprehensive measure of loneliness to assess how it relates to mental health and physical health outcomes.

We found that nearly 55% of the population feel they lack companionship at least sometimes. Perhaps unsurprisingly, Australians who are married or in a de-facto relationship are the least lonely.

While Australians in general are reasonably connected to their friends and families, they don't have the same relationships with their neighbours. Almost half Australians (47%) reported not having neighbours to call on for help, which suggests many of us feel disengaged in our neighbourhoods.

IMPACT ON MENTAL AND PHYSICAL HEALTH

Lonely Australians, when compared with their less lonely counterparts, reported higher social anxiety and depression, poorer psychological health and quality of life, and fewer meaningful relationships and social interactions.

Loneliness increases a person's likelihood of experiencing depression by 15% and the likelihood of social anxiety by 13%. People who are lonelier also report being more socially anxious during social interactions.

This fits with previous research, including a study of more than 1,000 Americans which found that lonelier people reported more severe social anxiety, depression and paranoia when followed up after three months.

Interestingly, Australians over 65 were less lonely, less socially anxious and less depressed than younger Australians.

This is consistent with previous studies that show that older people fare better

on particular mental health and wellbeing indicators.

(Though it's unclear whether this is the case for adults over 75, as few participants in our study were aged in the late 70s and over).

Younger adults, on the other hand, reported significantly more social anxiety than older Australians.

The evidence outlining the negative effects of loneliness on physical health is also growing. Past research has found loneliness increases the likelihood of an earlier death by 26% and has negative consequences on the health of your heart, your sleep and levels of inflammation.

Our study adds to this body of research, finding people with higher rates of loneliness are more likely to have more headaches, stomach problems and physical pain. This is not surprising as loneliness is associated with increased inflammatory responses.

WHAT CAN WE DO ABOUT IT?

Researchers are just beginning to understand the detrimental effects of loneliness on our health, social lives and communities, but many people – including service providers – remain unaware. There are no guidelines or training for service providers.

So, even caring and highly trained staff at emergency departments may trivialise the needs of lonely people who present repeatedly and direct them to resources that aren't right for them.

Increasing awareness, formalised training and policies are all steps in the right direction to reduce this poor care.

For some people, simple solutions such as joining shared interest groups (such as book clubs) or shared experienced groups (such as bereavement or carers groups) may help alleviate their loneliness.

But for others, there are more barriers to overcome, such as stigma, discrimination and poverty.

Many community programs and social services focus on improving wellbeing and quality of life for lonely people. By tackling loneliness, they may also improve the health of Australians. But without rigorous evaluation of these health outcomes, it's difficult to determine their impact.

We know that predictors of loneliness can include genetics, brain functioning, mental health, physical health, community, work and social factors. And we know predictors can differ between groups – for example, young versus old.

THERE ARE SOME THINGS WE CAN DO IN THE MEANTIME.

We need a campaign to end loneliness for all Australians. Campaigns can raise awareness, reduce stigma and empower not just the lonely person but also those around them.

Loneliness campaigns have been successfully piloted in the UK and Denmark. These campaigns don't just raise awareness of loneliness; they also empower lonely and un-lonely people to change their social behaviours.

A great example of action arising from increased awareness comes from the Royal College of General Practitioners, which developed action plans to assist lonely patients presenting in primary care. The College encouraged GPs to tackle loneliness with more than just medicine; it prompted them to ask 'What matters to the lonely person?' rather than 'What is the matter with the lonely person?'

Australia lags behind other countries, but loneliness is on the agenda. Multiple Australian organisations have come together after identifying a need to generate Australian-specific data and increase advocacy and to develop an awareness campaign. But only significant, sustained government investment and bipartisan support will ensure this promising work results in better outcomes for lonely Australians.

Michelle H Lim is Senior Lecturer and Clinical Psychologist, Swinburne University of Technology, which is a member of The Conversation AU.

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The Conversation is an antidote to alternative facts, bringing you analysis and research from real experts. We are a not-for-profit charity that relies on the support of our readers.

How dogs understand our communication

By Dr Karen Shaw Becker



SUMMARY

A new study of how dogs interpret human words suggests they're able to make connections between objects and the words we call them.

Past studies show dogs listen not only to what we say, but how we say it – our tone of voice.

While words are the preferred form of communication for humans, our dogs may pay more attention to our posture, gestures and eye contact – perhaps because they often use body language to communicate with us.

The never-ending quest to learn what makes canine companions tick has produced a new study of dogs' understanding of human words, or, more specifically, the connections they make between objects and the words we assign to them.¹ Let's say your dog's favourite toy is a small stuffed bunny. Whenever you ask, "Where's bunny?" your dog cocks her head and moves in the direction of her toy basket.

What, exactly, is he/she responding to? Is your tone of voice telling her something good might be about to happen? Or does she actually form a mental image of her fuzzy pink bunny? This is the kind of question researchers at Emory University set out to answer.

Despite the fervent belief of many dog parents that their pet knows the meaning of certain words, there's no real science to confirm it. According to Dr Gregory Berns, senior author of the study and a dog lover:

"We know that dogs have the capacity to process at least some aspects of human language, since they can learn to follow verbal commands. Previous research, however, suggests dogs may rely on many other cues to follow a verbal command, such as gaze, gestures and even emotional expressions from their owners."²

DOGS' BRAINS APPEAR TO HAVE A REPRESENTATION FOR THE WORDS THEY HAVE BEEN TAUGHT

"Dogs may have varying capacity and motivation for learning and understanding human words," Berns says, "but they appear to have a [brain cell] representation for the meaning of words they have been taught, beyond just a low-level Pavlovian response."

Roughly translated, this means: This study shows that dogs do indeed seem able to form mental pictures that correspond to words they've been taught. So the dog in my earlier example, when asked about her bunny, actually sees her toy in her head when she hears the word "bunny".

DOGS LISTEN NOT ONLY TO WHAT WE SAY, BUT HOW WE SAY IT

A 2016 study concluded that our four-legged friends are listening not only to what we say, but also how we say it.³ When you praise your dog, her brain's reward centre perks up if your words match your tone of voice. These findings suggest the ability to process words evolved much earlier than was originally thought.

According to Phys.org:

"It shows that if an environment is rich in speech, as is the case of family dogs, word meaning representations can arise in the brain, even in a non-primate mammal that is not able to speak."⁴

DOGS ALSO TUNE IN TO OUR POSTURE, GESTURES AND EYE CONTACT

Despite your dog's ability to understand some of the words you say, there may be more effective ways to communicate with him/her, such as visually. Your posture, gestures and eye contact can speak volumes, and your dog may pay attention to these cues closely. In fact, dogs can follow our gaze much like a 6-month-old

infant, but only if we convey the intention of communication, which suggests they're quite tuned in to our communicative signals.⁵

How dogs have developed such strong responsiveness to human gestures could be simply that they spend a lot of time around humans, or that they have quickly learned that paying close attention might get them rewards (like food).

HOW DOES YOUR DOG COMMUNICATE WITH YOU?

While we humans use speech as a primary form of communicating, your dog may 'talk' to you using different forms of communication, including tail movements. Dogs display submission by tucking in their tails and lying on their backs. They display dominance by staring, raising their fur and baring their teeth.

Further, dogs tend to wag their tails to the right side when they encounter something pleasant (like their owners). When they see something threatening, for example a strange dog exhibiting dominant behaviours, they wag more to the left side.⁶

Certain species of canines also use their eyes to communicate, and the fact that your dog will make direct eye contact may be one important feature that distinguishes him/her from wild dogs or wolves.⁷

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Abridged and edited from an enews item, dated 16th January 2019, by Dr Karen Shaw Becker, integrative wellness veterinarian of Chicago USA. Email drkarenbecker@mercola.com



Why I don't donate to cancer charities

A blog by Lynne McTaggart of WDDTY

I won't be participating in a Moonwalk for breast cancer. Across the world people are lining up to do the Walk the Walk Moonwalk – in May in the UK and in November in New York. The adverts have been making the battle cry, firing up the pink army troops: "For together, we *will* beat breast cancer."

During these events, hundreds of thousands of women will be showing up in parks across America and Britain on a Saturday at midnight in their pink bras, and marching, arms linked, in the moonlight in the great conviction that they are doing something meaningful and important in the fight against this great woman killer.

We too would very much like to support the sisterhood and beat breast cancer. One in eight women gets breast cancer, which translates into nearly a quarter of a million cases this year in the US alone. One in six women who has breast cancer dies from it.

The thing is, I won't be out there in my pink bra for one simple reason: the main 'charities' that benefit from the Moonwalk funds are part of the reason we're not beating breast cancer.

The American Cancer Society and Cancer Research UK receive a good deal of their funds from the pharmaceutical industry – and the pharmaceutical industry is mainly interested, not in vanquishing cancer, but in selling ever more expensive types of chemotherapy. They, the Food and Drug Administration (populated with ex-Big Pharma employees) and the government together form an effective blockade against any promising new cancer treatments.

Ask Frank Wiewal about moonwalks. Frank started People Against Cancer to help people find promising alternative treatments after his father-in-law died from cancer – not because he wasn't successfully beating his disease, but because the US government outlawed the promising treatment that was working for him. As a result, the father-in-law died.

Or ask my husband, Bryan Hubbard. An alternative cancer specialist in the UK successfully reversed his mother's end-stage breast cancer, and she lived on for many more years. The doctor had successfully treated thousands of others, and offered to show the medical authorities his treatment protocols. The response was not just silence – but threats to shut him down.

Most alternative cancer specialists have been harassed by the UK General Medical Council or forcibly retired. In the United

States they've been put in jail or forced to practise overseas.

Here's what I propose as an alternative to a Moonwalk:

A midnight boycott march against prescribed female hormones of every variety. One major reason that breast cancer is so common is The Pill and HRT. Just say no to them until the government finally tells the whole truth about these drugs: besides giving you cancer, they make many women fat and depressed. There are plenty of safer alternatives to birth control or hormone regulation.

A boycott on breast implants. They're still lying about the dangers of silicone, which has finally been shown to migrate throughout the body.

Donate your charity money to alternative cancer organisations like People Against Cancer (peopleagainstcancer.com) or Cancer Active (www.canceractive.com). Both provide exhaustive information about alternatives with solid evidence that they work.

Boycott processed foods, including 'free-from' foods and so-called 'natural' flavours. Most of these foods are high in chemicals and omega-6 fatty acids, which can cause inflammation and eventually cancer.

Eat organic. In terms of cancer treatments, many simple plant foods leave chemotherapy and other 'heroic' drug-based treatments in the dust.

Talk up alternative medicine as a campaign issue. Exhort governments to stop demonising homeopathy and other alternative treatments as 'unscientific.' Even the National Cancer Institute labelled a study of homeopathic treatments for cancer used in India as "promising".

Demand that the good ol' boys from Big Pharma and Big Food that populate the FDA and the Centers for Disease Control be fired and replaced by truly independent bodies which will watch the public's back when it comes to drugs. Those two agencies probably kill more people than ISIS ever will.

It's time to realise that despite all the good intentions and rationales and prettily turned phrases, the current blasting-burning paradigm for treating cancer just doesn't work. And once we all admit that, we can all start walking forward.

Abridged from a blog by the natural health-oriented Lyn McTaggart of WDDTY, posted 19th January 2019

WHY THERE'S NO SUCH THING AS A SAFE DRUG

By Bryan Hubbard, journalist with WDDTY, 23rd August 2018

There's no such thing as a safe drug as researchers have discovered after uncovering 'hundreds' of unexpected side effects to most pharmaceutical drugs on the market today.

For example, the anti-epilepsy drug, *carbamazepine* (Tegretol), almost doubles the risk for coronary artery disease, something that wasn't known until researchers from the Brigham and Women's Hospital in Boston, USA, used computer modelling to discover side effects to 900 drugs passed as safe and effective by the US drug regulator, the Food and Drug Administration (FDA).

The modelling exposed the flaw in the 'one-disease, one-target approach' to drug development and use.

Most drugs bind to a diseased protein target, but they can also interfere with unintended targets and biological processes. "The great majority of drugs are not unique to the single target for which they've been developed. They may have many off-target effects – some potentially beneficial and some adverse," said lead researcher, Joseph Loscalzo.

To discover the drugs' side effects, the researchers built a 'human protein map' based on data from 220 million patients and the impact they had specifically on coronary artery disease.

These unexpected side effects can explain why new drugs that show promise in animal studies fail when tested on people, the researchers say.

(Source: *Nature Communications*, 2018; 9: 2691; doi: 10.1038/s41467-018-05116-5)



Moving with the seasons



Vegetable Lo Mein

serves 6 - 8



As the temperature begins to drop, so can our motivation to keep active. It's important to keep momentum going during the cooler months or it will be harder to get back on track come spring! Follow these three simple autumn tricks from Hopewood lifestyle to stay motivated and achieve your goals!

Mindfulness – A change of season is a good time to regroup, refocus and set some new goals. Recognise, reflect and appreciate what you have achieved (or perhaps didn't quite get around to achieving during the summer months) and aim to kick new goals this autumn.

Accept and adapt – The harsh reality is that after autumn, comes winter. It's important to accept the colder months and shorter days and adapt your

routine accordingly. Embrace the fresh air and work outside whenever you can – but accept the fact that some workouts may need to be indoors or perhaps it's time to join a new gym!

Early bird gets the worm –

Incorporating an exercise routine is key when transitioning from warmer to colder months. As the days get shorter, and it becomes darker in the early evening, don't leave your exercise until later in the day and risk feeling demotivated. Get up early and workout.

A healthy diet is also essential to good digestion and keeping fit, and maintaining energy levels is just as important when the weather is becoming cooler. Here's a vibrant, quick and easy recipe to get you started!

Ingredients

- 500 gm Asian noodles (vermicelli)
- 2 cups broccoli florets
- 2 cups carrots, sliced into matchsticks
- 1 cup zucchini, sliced into 1 cm pieces
- 2 cups mushrooms, sliced
- 2 cups cabbage, coarsely chopped
- 3 garlic cloves, crushed
- 4 – 5 shallots, cut into diagonals
- 1 tbsp miso paste
- 1 – 2 cups vegetable paste
- 4 tbsp tamari

Method

- Boil plenty of water for the noodles.
- Stir-fry broccoli, carrots and zucchini in small amount of stock or water – until tender, but still crisp.
- Remove from pan.
- Repeat process with mushrooms and cabbage.
- Add to broccoli, carrots and zucchini – keep warm.
- Stir-fry garlic and shallots in the remaining water.
- Mix together miso paste, stock and tamari.
- Put noodles in boiling water to cook (only for a couple of minutes).
- Add garlic and shallots to the mix and heat until boiling.
- Stir all vegetables through and re-heat.
- Strain noodles and combine all ingredients.
- Serve immediately.

Hopewood's industry-leading natural health wisdom and fabulous vegetarian cuisine is available in ***lifestyle – Hopewood's recipe for wellbeing***. This beautiful 'coffee table' styled 270+ page book will help kick-start your health journey this year and keep you on track.

Lifestyle includes over 100 mouth-wateringly delicious, incredibly healthy and easy-to-prepare vegetarian recipes accompanied with wonderful photography, inspirational ideas and lifestyle wisdom. Topics include eating for preventive health, stress and weight management, nurturing your body and connecting with nature.

You can purchase the book directly at www.hopewoodlifestyle.com.au



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 CHEWING OF FOOD:

How important is chewing in the process of digestion and in our getting full nutrition from our food? – R. B., Warrimoo NSW

A There is an adage: 'Grandma said that we need to chew every mouthful 26 times'. Obviously not literal advice, but it is expressing a concept – a concept that is right on.

Animal foods and plant foods have different chewing requirements. Have you ever noticed how a dog can gulp down large chunks of meat without chewing – whereas, a cow chews and chews and chews and then follows with regurgitating and even more chewing.

Both of these are doing as nature intended.

Meat, cheese and eggs don't contain indigestible cell walls (fibre), so the digestive juices are able to 'attack' large chunks of these foods relatively easily.

But plant foods contain indigestible cell walls (we have no digestive enzymes for fibre), so this creates a completely different chewing requirement. We humans, being designed as plant eaters, need to break up large chunks of plant foods almost to a puree so that the friendly gut bacteria can get at them. These bacteria – *Lactobacillus*, *Bifidobacterium* and many others – digest the cell walls in order to release the nutrients contained within them. Very thorough chewing will even break open numerous cells. Either way, we gain the nutrition which, without adequate chewing, would remain locked up inside the plant cells – and end up in the toilet.

The two chews and a swallow habit doesn't work.

Back to animal foods, which are mostly protein and fat. The acid needed for the digestion of protein is about 10 times weaker in we humans than in dogs and other carnivores, which means that, while they can digest large chunks, we can't. If we do eat meat, cheese or eggs, we still need to chew sufficiently enough to break the food into small pieces.

One of the qualities of being a plant eater,

is that our intestines are relatively long in relation to body size. A carnivore has a relatively short intestine so that when the animal protein is digested, the residue is expelled before it has time to putrefy. In our long intestine, the digested animal protein has a long way to travel before it is expelled from the rectum, which allows time for putrefaction to occur. Unless the flesh food is balanced by a large lot of vegetables, the result may eventually be the all too common colitis, ulcerative colitis and/or bowel cancer.

Putrefaction can lead in the short term to gas, bloating, diarrhoea, constipation, abdominal pain, cramping and other digestive problems.

Saliva contains the digestive enzyme for starch, *ptyalin*, so the longer you chew, the more time these enzymes have to start breaking down the starch in grains, beans and nuts.

Lubricated with saliva, small bits of food move easily down the throat and digestive tract. The smaller the bits, the more effectively our enzymes can digest them and the more nutrients our small intestine can absorb from them. If there is any doubt about adequate enzymes, it is worth trying taking an enzyme supplement (this does wonders for me).

If we don't chew our food thoroughly, some may remain undigested, possibly leading to gas and bloating or, much

worse, some entering the bloodstream if there is 'leaky gut'. This can be a major problem and can lead to bothersome illnesses.

Chewing benefits weight loss. The longer we chew, the longer it will take us to finish a meal, and, as research shows, the less we will eat.

So grandma was right – we need to chew our food thoroughly, especially our plant foods. Further, we do far better if we stick to the plant-based foods for which our bodies are designed, rather than trying to emulate carnivorous animals.

Q ARSENIC IN RICE:

I have discovered that there is arsenic in rice. I feel alarmed and hope that you can discover the facts. – J. McK., email

A Studies have found significant levels of arsenic in rice, whether white, brown, wild or organic. Some types of rice have more arsenic than others and there are steps we can take to protect ourselves and our families from harm. A key recommendation is to have a wide variety of foods, including a wide variety of grains, not just rice.

Helpful information is available from the Food Revolution Network (<https://foodrevolution.org/blog/arsenic-in-rice/>)



What is arsenic?

Arsenic is naturally present in the Earth's crust and is found in soil, water, plants and animals. In countries like America, humans have added more arsenic to the soil via pesticides and fertilisers.

Arsenic exists in two forms: *organic* and *inorganic*. Arsenic which is or was part of living tissue, and is therefore combined with carbon, is organic, while all other forms, with no carbon, are inorganic. Inorganic arsenic is generally more toxic than organic arsenic.

Arsenic is found in a variety of foods, but one of the most common food sources of inorganic arsenic is rice.

How harmful is arsenic?

Arsenic compounds have no smell or taste, and most of what we ingest will be eliminated in a few days, except that some of the inorganic arsenic can remain in the body for months or longer – according to the US Centers for Disease Control.

Frequent exposure to inorganic arsenic, even in low doses, can cause stomach-aches, headaches, drowsiness, abdominal pain, diarrhoea and confusion. Long-term exposure has been linked to skin pigmentation, dementia, type 2 diabetes, high blood pressure, heart disease, neurological problems and other ailments.

There is a particular concern for pregnant women and children. If pregnant women are exposed to arsenic, their unborn babies may be at risk of having compromised immune systems in early life. If exposed to high levels of inorganic arsenic, the child's development can be impaired.

Is the arsenic in rice a concern?

In the US, Consumer Reports tested 223 samples of rice products and found significant levels of arsenic in almost all of them, including white, brown, parboiled, jasmine, basmati and other types. Arsenic was found in rice whether it was organic or conventional – and from all regions of the world.

Brown rice is generally healthier than white rice, but Consumer Reports found 80% more arsenic in brown rice than in white – due to the fact that arsenic tends to collect in the rice bran.

Organically-farmed rice may contain fewer pesticides, but all rice soaks up arsenic from the soil, so organic rice will be likely to have similar levels.

How Does Arsenic Get Into Rice?

Because rice is grown in flooded bays, it tends to absorb more arsenic than other food crops. This is because in anaerobic conditions arsenic becomes more soluble.

In the US, arsenic-based pesticides were heavily used for decades, before being banned. Because inorganic arsenic can persist in the soil indefinitely, American-grown rice may be higher in arsenic.

Does Australian rice contain much arsenic?

Compared to rice worldwide, arsenic is minimal in much of the Aussie crop. An agronomist with the advisory body, Rice Extension, explains that most rice is now planted in dry soil and irrigated like other crops. Flooding is used only for the later 70 days of growing until two to three weeks before harvesting.

Herbicide is applied only at sowing, and for rice grown in southern Australia – 99.9 percent of the Aussie crop – most brands, including Sunrice, use no fungicide at all. Fungicide is used only in tropical north Queensland.

Basmati rice is not grown in Australia. The best countries for low arsenic, according to Consumer Reports, are California, India or Pakistan.

How to reduce arsenic in rice

To some extent, arsenic can be washed off because it is water soluble.

Studies have found that cooking rice in excess water (from six to 10 parts water to one part rice) and draining off the excess water can reduce 40 – 60% of the inorganic arsenic content, depending on the type of rice.

To reduce the arsenic content:

1. Choose organic basmati rice;
2. Rinse rice thoroughly or, even better, soak it for 48 hours before cooking; every 8 to 12 hours pour off the water and rinse it (like soaking beans);
3. Cook rice in six to 10 parts water to one part rice;
4. When the rice is cooked, drain off the extra water.

Above all, remember that 'variety is the spice of good nutrition' so vary your grain intake widely.

Further, consuming a high proportion of vegetables and fruits in your diet will provide abundant antioxidants and other nutrients, which will give the body an increased capacity to detoxify and eliminate toxic substances.

Rice recommendations for parents

The US Food and Drug Administration recommends that parents do not feed their infants rice and rice cereals as primary foods due to the arsenic.

In 2016, the FDA showed that half the infant rice cereals on the US market were

above the level for inorganic arsenic set by the European Union for infants and children.

In the US just one serving of rice cereal or rice pasta could put kids over the maximum amount of rice recommended for a week. Other rice products, including rice milk, will also contain significant arsenic.

Gluten-free can create an arsenic problem

Many food items marketed as 'gluten-free' contain rice, so people on gluten-free diets may have higher arsenic exposure. According to the journal, *Epidemiology* in 2017, people on gluten-free diets had, on average, almost twice the amount of arsenic in their bodies as other people.

Do other grains contain arsenic?

Consumer Reports also investigated other grains and found that amaranth, buckwheat, millet and polenta have negligible levels of inorganic arsenic. Bulgur, barley and farro had very little arsenic. And quinoa had much lower levels than any of the rice they tested.

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.

The bottom line

Eating healthy foods can help protect us from the arsenic in rice. Specifically, the cruciferous veggies, which include broccoli, cabbage, cauliflower, kale and rocket, can help a lot. They contain *sulphoraphane*, which can assist with protection from and the elimination of arsenic.

It is best to rotate rice with other grains, and aim for a healthy, balanced diet to help the body defend itself against any build-up of toxic substances.

Q CANOLA OIL – GOOD, BAD OR INDIFFERENT?:

I know a therapist who dismisses canola oil as being too close to an industrial lubricant that insects won't touch, and which was never meant for human consumption. Yet, because it's cheap, it's in so many foods including soya milks, soft spreads and so on. Might it damage my health in some way in the long term? – J. B., Woronora NSW.

A A good question! The nutritional merits of canola oil are indeed controversial.

The attractiveness of canola oil is that it is high in beneficial monounsaturated fatty acids – for which olive oil is highly valued – and it is much cheaper than olive oil and most other oils.

Canola oil was developed in Canada after the second world war from the rape plant. The oil of rape seed, used as an industrial lubricant, is unsuitable for human consumption because of a high 5% content of toxic *erucic acid*, a 22-carbon monounsaturated fatty acid, as well as compounds called *glucosinolates*. Through traditional plant breeding, the erucic acid content has been reduced to less than 2% of the oil, making it edible



and *safer* to consume. For an oil to be labeled 'canola' it must contain less than 2% erucic acid.

The newly developed plant was renamed 'canola' – a combination of 'Canadian' and 'oil' (or *ola*, meaning oil).

Canola plants belong to the Brassica – cabbage or mustard – family. The flowers are characteristically bright yellow.

According to *So Natural Foods*, canola oil in Australia is not of Canadian origin and was bred in the 1970s without genetic modification – GM hadn't been invented then. Nevertheless, trials of GM canola in Tasmania have led to the GM crops contaminating neighbouring crops, so the potential for the GM plants to spread far and wide into non-GM crops is now a problem.

Canola oil contains on average 62% monounsaturated fatty acids, mainly oleic acid, 30% polyunsaturated fatty acids of which 10% is the omega-3 alpha-linolenic acid, and around 6% saturated fatty acids. These figures are comparable with olive oil: 77% monounsaturated; 10% omega-3 and 13% saturated fatty acids.

Canola oil is condemned by a number of professional groups including the Rocky Mountain Herbal Institute, as expressed in their website www.rmhiherbal.org. The Institute says that linking canola oil to the benefits of the olive oil in Mediterranean diets is not valid because canola oil has never been part of the Mediterranean diet.

Concerns about canola arise from:

- The presence of erucic acid;
- The high temperature needed to refine canola oil, which can generate harmful trans fatty acids.

The Institute says that erucic acid is especially irritating to mucous membranes and that canola oil has been associated with lesions in the heart, nerve degeneration, lung cancer and other problems. Such problems could arise from rancidity caused by the high temperature used in refining.

Although the plant has been bred to reduce the erucic acid content, there is still a significant amount present, says the Institute.

In opposition to the above, the Canola Council of Canada says that canola oil is safe for animals and humans: "Before being approved for food use, canola oil was required to go through stringent animal feeding trials to ensure that it is a safe edible oil." (www.canola-council.org/thetruth.htm)

In view of this confusing controversy, I would give the last word to the Rocky Mountain Herbal Institute – "Avoid canola oil; there is too much doubt about its safety ... of all the vegetable oils, olive oil

is probably the safest and best for health reasons."

After all, olive oil has been used in various cultures for thousands of years – it's tried and true.

Q SHORT-CHAIN FATTY ACIDS – AND LONG-CHAIN:

What is meant by short-chain fatty acids, and what are their functions in our bodies? – D. F., Goulburn NSW

A Short-chain fatty acids (SCFAs), also referred to as *volatile fatty acids*, are fatty acids with one to five carbon atoms. Note that carbon atoms form the backbone of most organic compounds, including all fatty acids. The correct name for a fat is a *triglyceride*, which is composed of three fatty acids.

The names of the SCFAs are:

- Formic acid or formate (the acid produced by ants)
- Acetic acid or acetate (in vinegar and soured wine)
- Propionic acid or propionate
- Butyric acid or butyrate (small amount in butter)
- Isobutyric acid or isobutyrate
- Pentanoic acid or pentanoate
- Methylbutanoic acid or methylbutanoate

About 95% of the short-chain fatty acids in our bodies are acetic acid, propionic acid and butyric acid.

Production

Short-chain fatty acids are produced by the friendly bacteria in our colon by fermenting dietary fibre.

Many factors affect the amount of SCFAs in our colon, including the species and amounts of microflora present.

Functions

SCFAs have diverse roles in bodily functions.

They are the main source of nutrition for the cells in the colon, and play an important role in health and disease. They are believed to reduce the risk of inflammatory diseases, type 2 diabetes, obesity, heart disease and other conditions.

Butyric acid is the major energy source for colon cells. Propionic acid is largely taken up by the liver for the production of glucose. Acetic acid enters the peripheral circulation to be used by peripheral tissues.

Excess short-chain fatty acids are used for other functions, including providing roughly 10% of our daily calorie needs.

Food Sources of SCFAs

Eating a lot of fibre-rich foods, particularly fruits, vegetables and legumes, is linked to an increase in short-chain fatty acids.

The amount and type of fibre we eat affects the composition of bacteria in the gut, which affects which SCFAs are produced.

Higher levels of SCFAs have been found in people on vegan and vegetarian diets and those following Mediterranean diets, which are characterised by high intakes of fruit, vegetables, legumes, nuts and cereals.

The following types of fibre are best for the production of short-chain fatty acids in the colon:

Inulin: abundant in artichokes, garlic, leeks, onions, wheat, rye and asparagus.

Fructo-oligo-saccharides: in various fruits and vegetables, including bananas, onions, garlic and asparagus.

Resistant starch: in grains including barley and rice, beans, and in legumes and potatoes.

Pectin: in apples, apricots, carrots, oranges and other fruits and vegetables.

Arabinoxylan: in cereal grains; in wheat bran it is about 70% of the total fibre.

Guar gum: in guar beans, which are legumes.

The bottom line is that high-fibre foods, particularly fruits, veggies, legumes and whole grains, encourage the production of short-chain fatty acids.

Another benefit of vegetarian and vegan diets

A compound that has been linked to cardiovascular disease has been found to be at lower levels (that is, less harmful levels) in people on vegetarian and vegan diets than in omnivores. The compound, *trimethylamine oxide* (TMAO) is linked to the prevalence of microbes associated with the intake of animal proteins and fat.

Eggs, beef, pork and fish are the primary sources of carnitine and choline, which are converted by gut microbes into trimethylamine, which is then processed by the liver and released into the circulation as harmful TMAO.

What about long-chain fatty acids?

Long-chain fatty acids contain long 'skeletons' of 20 or more carbon atoms. Long-chain *omega-3s* are the well-known EPA (*eicosapentaenoic acid*) and DHA (*docosahexaenoic acid*), containing 20 and 22 carbon atoms respectively. The main food source of these acids is seafood, including salmon, mackerel, sardines, crustaceans, molluscs and squid. However, humans can make them from the alpha-linolenic acid in plant foods – as we do in vegetarian and vegan diets.

Long-chain *polyunsaturated* fatty acids include the omega-6 *arachidonic acid*. Most adults and children get them primarily from seafood and eggs.

Long-chain *saturated* fatty acids, which are solid at room temperature, are found mostly in animal fats – beef, pork, lamb, cheese and dairy products – and in the plant oils palm oil and coconut oil.



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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: *John Andrew, Peter Kell, Olga Zlatar, Melva Fleming, Cynthia Handley & Barry Hastie, Barbara Holmes, John Smith, Betty Winnel, Vera McLean, Valerie Luscombe, Stuart & Heather Carter, Joseph Monage, Bob Swainson, Robina Drysdale, May Port, James & Elizabeth Lanham, Jonathon Wansbrough, Shirley West, Carl Cooper, Dzintars Dinga,*

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.]

Planning for the Future of the Society

The Society's Committee is inviting members to join with it in considering the future direction of the Society and finding ways to fortify it for well into the future.

The contributions of ideas from many interested people, who feel passionately about the organisation, can open up new and worthwhile possibilities for planning for the future.

DATE: Saturday 13th April

VENUE: Yet to be decided, but most likely a hall in Sydney City

FINAL DETAILS: Will be emailed out during late March

Or contact the Society to inquire – 02 4721 5068 or email admin@health.org.au

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 – **but no gathering 30th March as Autumn Seminar is next day**

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

BOOKING: Essential. Phone office on 4721 5068

Next gathering Saturday 27th April

Vegan food tours

With Ling Halbert, Founder of Health and Happy Heart
Health and happy heart vegan food tours:



Zen Oasis at Berrima (\$108), Cabramatta (\$88), Nan Tien Temple (\$108).

Buy 1 tour, and bring a friend free.

Ling's Health and Happy Heart tours are a journey of vegan food, rich cultural experience and laughter.

As Cherie said of her tour experience, "Wow, Ling, what an amazing experience today was for me. It taught me to step out of my comfort zone, and I'm glad I did. I enjoyed every part of the day, most of all the lunch and the beautiful temple and your beautiful smiling face and happy energy".

Information and bookings with
Ling: 0410 688 499;
ling300ppm@gmail.com;
healthandhappyheart.com.

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 (h)**.

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.

Give a gift of health a gift subscription

Standard single \$40; family \$48; Concession (pensioners and students) single \$35; family \$43; Practitioner 2-for-1 \$48; Online \$30.
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& 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.

Natural Health Society Autumn 2019 Seminar

'Is plant food the key to vibrant health'

True Grit And Clever Goal Setting Conquered Antarctica

Lisa Blair, World Record Holding Solo Sailor



Lisa has recently returned from a record-breaking solo circumnavigation of Australia, and before that Antarctica! The first woman ever to do so. On the voyage, she survived huge storms and a damaged yacht.

She's an amazing young woman whose passion, commitment and determination will amaze and inspire. If you've ever wondered how to stick to your goals or how to keep going through the tough times, then you'll love Lisa's presentation. This passionate vegetarian is also a fierce warrior for climate action.

'Exciting New Discoveries from the International Hotbed of Nutrition'

Robyn Chuter, ASLM-Certified Lifestyle Medicine Practitioner, Naturopath, Nutritionist, Counsellor and founder of Empower Total Health



Robyn has compelling news from her attendance at the world premier event for food as medicine, the International Plant-Based Nutrition Healthcare Conference in San Diego, USA.

Renowned researchers and practitioners revealed the astonishing power of wholefood, plant-based eating for conditions ranging from diabetes to MS to heart disease and other dreaded conditions.

But why do plant foods work so well for so many different illnesses? Robyn, with personal and professional experience in applying 'food as medicine', will detail how plant foods can achieve so much.

'A Gift From The Sun – Priceless Vitamin D'

Kevin Coleman, former GP, independent researcher and educator



Vitamin D deficiency is a common medical condition worldwide; it affects up to 23 percent of Australians overall, including 43 percent of young women.

There is evidence that deficiency of sunlight can be as harmful as excessive sunlight. It's a matter of assessing the biological variability of the individual.

Deficiency of vitamin D can adversely affect every cell in the body, whereas excessive sun exposure can cause skin cancer. It's a question of finding balance.

Kevin will provide a platform for people to seek guidance from their healthcare practitioner.

'Friendly Fibre, Friendly Gut Bacteria And A Friendly Immune System'

Laurence Macia, Associate Professor and Group Leader in Faculty of Medicine, University of Sydney



The aim of Laurence's research is to understand the link between nutrition, the gut microbiome and the immune system.

The trillions of bacteria that inhabit our gut are directly affected by what we eat. An unhealthy diet promotes 'bad' bacteria, whereas good bacteria send signals to our immune cells that will promote their development and good system of defence to fight diseases.

Her work has focused on dietary fibre, its beneficial effect on the gut bacteria and how a high-fibre diet can protect us from disease.

How Have the Healthiest Peoples Nourished Themselves

Roger French, Health Director and Editor, Natural Health Society of Australia, and Nutritionist

We are made of what we eat, or rather, what we digest and assimilate from what we eat. If this nutrition is what our bodies are designed for, they function virtually

DATE: Sunday, 31st March 2019, 9.30am to 4.00pm
VENUE: North Ryde Golf Club, North Ryde, Sydney
Our seminars are great social occasions, packed with valuable information.
We have an exciting program of topics and speakers

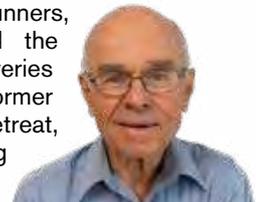
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SEMINAR PROGRAM AND BOOKING FORM are presented in the leaflet accompanying this magazine for New South Wales members.

perfectly. If it's flawed, they function very imperfectly – and sooner or later we suffer. A mountain of evidence provides an unmistakable guide. This includes perhaps a million studies on nutrition, the phenomenal health of primitive peoples (non-Westernised), world record marathon runners, human anatomy and the astonishing recoveries from illness at the former Hopewood Health Retreat, using the same eating principles.





HEAVY SCREEN TIME CHANGES CHILDREN'S BRAINS

By Dr Joseph Mercola, 27th December 2018

Children aged 9 to 10 who use electronic devices for seven hours or more per day exhibit premature thinning of the brain cortex, the outer brain layer that processes information from the five physical senses.

As little as two hours of screen time per day may impact cognition, resulting in lower scores on thinking and language tests.

Infants under the age of two do not effectively learn language from videos; they need live interaction.

Babies do not transfer what they learn from the iPad to the real world. For example, the ability to play with virtual Legos does not transfer into the skill of manipulating real Lego blocks.

Apps and social media are designed to be addictive, and young children are far more susceptible to addiction than adults.

[It is up to us adults to protect infants and children from themselves. – Editor]

ARE SMARTPHONES DESTROYING A GENERATION?

By Dr Joseph Mercola, 20th November 2018

Kids spend an inordinate amount of time on their smartphones, communicating with friends (and possibly strangers) via text, Twitter and Facebook, and they work to keep up their Snapstreaks on Snapchat.

Abrupt changes in teen behaviour and psychological health emerged around 2012. Post-millennials spend more time alone, engaged in online socialisation rather than face-to-face contacts. They drive less, date less, have less sex and have poorer social and work skills than previous generations.

Rates of teen depression and suicide have dramatically risen since 2011, and data suggest spending three hours or more each day on electronic devices raises a teen's suicide risk by 35 percent.

Between 2007 and 2015, the suicide rate for 12- to 14-year-old girls rose threefold; the suicide rate among boys doubled in the same time.

Data reveal that the more time teens spend online, the unhappier they are. Those who spend more time than average on activities that do not involve their smartphone are far more likely to report being "happy".

Acknowledgement

The above two items, which are summaries of articles, are published under Dr Mercola's generous not-for-profit policy. Dr Mercola issues regular free newsletters. His website is www.Mercola.com.

NEW ZEALAND SETTING A GREAT EXAMPLE

JUNK FOODS TO BE EXCLUDED AT CHRISTCHURCH COUNCIL EVENTS

By Tina Law, 13th December 2018

Fatty foods and sugary drinks are soon to be phased out from Christchurch City Council-run events and facilities.

Hot chips, battered hot dogs and sugar-laden drinks will soon be 'outlawed' in areas under the control of Christchurch City Council.

The Council in December decided to phase out fatty foods and sugary drinks from being sold at its events and through its cafes at recreation facilities and libraries.

The Council's new healthy food and drinks policy stops short of banning foods high in saturated fat, added sugar, salt and energy, and instead aims to phase them out and make healthy food options more readily available.

The policy encourages vendors and lessees to sell more vegetables, fruits and foods that are high in fibre, minerals and vitamins and low in saturated fats.

The aim is to work toward eliminating foods of poor nutritional value.

[Well done, Christchurch City Council! We commend your responsible initiative – Editor]

Reproduced, with editing, from a newsletter of the Australasian Society of Lifestyle Medicine, dated 19th December 2018

Letter to the Editor

Your book, *How a Man Lived in Three Centuries* is the first book that I have read for 30 years, and it changed our lives as soon as we began reading it about six months ago.

We have just had blood tests and everything is almost perfect. The cholesterol level of my wife, Selina, is a little high at 6.5, but it was previously 9.8.

My HbA1c is 6.6, which is below the recommended upper limit of 7.0, so I am chuffed - it's the best measurement I have ever had. And all that we have done is follow the guidelines given in the book. All other tests were within Western medicine's normal ranges.

We commenced having fruit-only breakfasts as soon as we read the book, and we have been doing it ever since. We are both in awe of how tasty is fresh fruit. We have it at around 7.30am and cannot believe how full it keeps us feeling until lunchtime. Even more surprising is that with me being diabetic, I am supposed to be hungry all the time.

Interestingly, you say in the book that people often get worse before they get better. Well, about three weeks after adopting this lifestyle, I scratched my back on a post (we live on a small farm) and there was a sore spot there. Selina looked at it and said that it was like a kind of boil. Much later it began discharging and has been doing this for three to four weeks, but is now almost gone.

Knowing how the book explains this, and understanding what was happening, I think this is fantastic. It was apparently getting rid of rubbish which had been stored in my body for a long time.

I love the fact that this is a no-BS book! Previously, we had explored many expensive supposed avenues to better health, and then along came this simple book, which for us has provided all the answers that we have been looking for.

Since Salina and I have been following the book, I have 'released' seven kilos in six months and Salina has released four kilos in the same time.

If we had to make a choice between this way of eating and the old way, there is just no choice because this way is so much tastier, and it's a 'clean' way of eating. These days we never get that bloated feeling after a meal.

I am 62 years old and this is the best I have ever felt in my life. And it's exactly the same for Salina at age 76.

As the author of the book, you will have our gratitude for the rest of our (now long) lives.

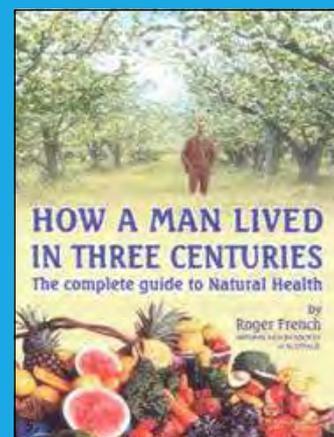
- Tony Gerzina,
Wilberforce NSW
6th December 2018

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



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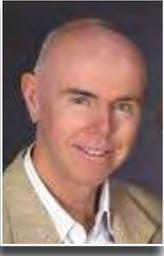
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Special offer to practitioners and business owners

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.



Nine Factors for Radical Cancer Remission



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

Modern medicine's overall score card in its fight against cancer is a capital 'F' for fail! When the United States' President Nixon declared 'war on cancer' in 1971, he promised to find the cure within 10 years, providing researchers almost unlimited money to develop better radiation, surgery and chemotherapy. The 'war' was declared, and is ongoing, with American Vice-President Jo Biden's Moonshot Project commencing in 2015. Tragically, more blanks than bullets have been fired!

Fast-track 48 years from 1971 to 2019, and despite limited success in less common cancers like lymphoma and some childhood cancers like leukaemia, cancer still cuts a swathe through the population, and now ranks ahead of heart disease as the number one killer in many countries.

While research has been focussed on stronger and more targeted treatments, little medical research has ever been conducted on those who do survive and thrive against terminal cancer, despite a 'terminal' prognosis.

In Australia, two of the most well-known survivors of terminal cancer are Dr Ian Gawler and Petrea King. As with other 'radical remissions', the medical fraternity has not been particularly interested in the modus operandi of their recoveries. Their personal lifestyles and behaviours have been of little interest to the medical community.

This prompted Dr Kelly Turner, a graduate of Harvard University, Boston, to write: "I was surprised how little research was being done by the medical community on long-term cancer survivors".

Dr Turner spent a year travelling through 10 countries interviewing many wholistic therapists and studying over 1,000 cancer survivors who defied the odds and survived a terminal prognosis. She uses the term 'radical remissions', not 'spontaneous remissions', to describe such exceptional patients. This culminated in her book: *Radical Remission: Surviving Cancer Against All Odds*.

Her study involved people with cancer who either had shunned conventional treatment altogether (chemo, radiation and surgery) or who had tried conven-

tional treatment, but had decided to stop, either because they were told nothing more could be done, or they became disillusioned with certain aspects of it, especially side effects.

During her research, she identified 76 different healing factors that patients used to help themselves heal. These were outside conventional cancer treatments. Of these, nine stood out as common denominators among all survivors. Dr Turner states: "Many of these patients had healed without Western medical treatment or, following its failure, they used other therapies to extend their survival".

The Nine Factors

The patients all adopted radical dietary changes. Many adopted vegan or vegetarian diets. All increased plant-based foods, most eschewed alcohol and all ceased smoking. Almost all made the decision to omit meat, wheat, sweets and dairy. They all dramatically increased their intake of fresh vegetables and fruit.

This is in stark contrast to the orthodox dietary recommendations given to cancer patients, who are encouraged to eat high calorie foods, including rich desserts and ice cream, milk shakes, cream, chocolate and biscuits in order to gain weight.

The patients took more control of their health than ever before, and became strong activists in their choices of food, treatments and behaviours.

All followed their intuition more closely than ever. Intuition is the 'tuition within' and is not encouraged medically, as it is deemed 'not science-based'. All the people studied said they had re-learned to trust themselves, and then take responsibility for the consequences of that trust and intuition.

Almost all took some form of nutritional supplementation. This ranged from pro- and pre-biotics, vitamins, minerals, herbs and food extracts to various food concentrates like fresh raw juices and greens. Each person had a unique approach, which was most often guided by a health-care practitioner conversant with nutrition. There was no one thing that was taken by all patients in the group. Their

supplements varied widely. Most of them did not take nutritional advice from their oncologists or regular doctors.

All gave attention to releasing suppressed emotions. They adopted the attitude, 'It's free to be me', and worked at not suppressing any emotions. Again, the methods used varied widely. Between them, they resorted to any of hypnotherapy, counselling, psychotherapy, group meetings, workshops, courses and, of course, reading relevant books.

Without exception they all made a conscious effort to increase positive emotions. This does not say these people had no negative emotions, on the contrary. However, they were all mindful that their responses to certain events or situations were their choice, and they consciously sought to increase positive emotions like love, laughter, warmth, forgiveness, joy, appreciation, gratitude and compassion.

Every 'radical remission' was achieved in the context of much social support. Social support was stated to play a leading role in their recoveries, being provided by loved ones who included immediate and extended family, friends and colleagues, support groups and professionals. This was one of the most heavily emphasised points made by all interviewees.

Without fail, the survivors were all engaged in deepening their spiritual connections. How they did it also varied widely. Commonly it involved meditation and prayer. Often it involved a deeper connection to nature, and a greater and deeper appreciation of the natural world. Whether the person followed a conventional religion, or simply felt a resurgent connection to nature, it did not matter. All felt a connection to something more powerful than themselves. This connection was viewed to be just as important as any other key factor they engaged in.

Everyone had a strong reason to live – a purpose. This transcended a mere personal desire to keep going. Again, reasons and purpose were uniquely individual. This backed up Dr Viktor Frankl in his iconic book, *Man's Search for Meaning*, in which he stated that, as a captive during WW2, he noticed that prisoners in Auschwitz concentration camp died quickly if they

STATE OF THE CLIMATE 2018:

SHOWS CONTINUED WARMING OF CLIMATE AND OCEANS

More frequent extreme heat events and marine heatwaves, an increase in extreme fire weather, and declining rainfall in the south-east and south-west of the continent are some of the key observations showing Australia's changing climate. The changes were detailed in the latest *State of the Climate* report, released 20th December 2018, by the CSIRO and the Bureau of Meteorology.

Since 1910, Australia's climate has warmed by just over 1°C, and sea surface temperatures surrounding Australia have also increased by around 1°C.

"In line with global trends, our data show that Australia's climate is continuing to warm, with eight of the 10 warmest years on record occurring since 2005," said Dr Helen Cleugh, Director of CSIRO's Climate Science Centre.

"This warming is caused by increased greenhouse gases, including carbon dioxide, in the atmosphere.

"Measurements taken over the past 40 years at Tasmania's Cape Grim Baseline Air Pollution Station show that carbon dioxide levels in the atmosphere have been steadily increasing since 2016, with levels now consistently above 400 parts per million.

"Globally, carbon dioxide levels have increased 46 percent since pre-industrial times (around 1750), and are likely to be the highest they've been in at least the past two million years.

"The main contributor to this observed growth in atmospheric carbon dioxide is the continued increase in emissions from burning fossil fuels."

The Bureau of Meteorology's Manager of Climate Monitoring, Dr Karl Braganza, said the warming trend in Australia was contributing to increases in extreme fire weather and the length of the fire season.

"There has been an increase in the frequency and severity of fire weather in recent decades.

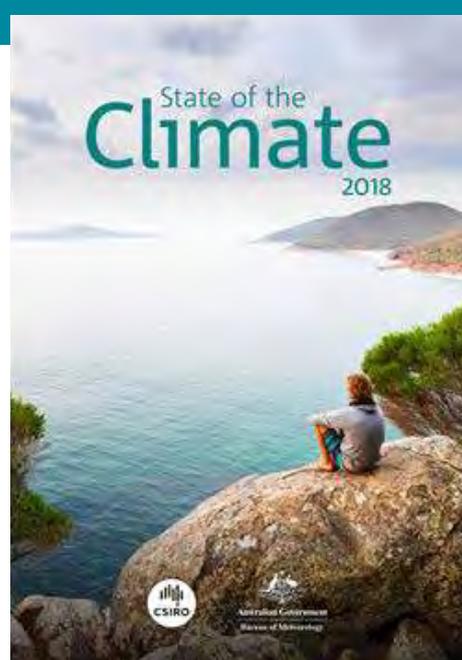
"This trend in fire weather is particularly noticeable through southern and eastern parts of Australia."

Dr Braganza said declining rainfall in the south-west and south-east of the continent was another key change in Australia's climate over recent decades.

"While Australia's rainfall is highly variable and influenced by major climate drivers, such as El Niño and La Niña, there has been a noticeable regular decline in rainfall between April and October through southern parts of the country," he said.

"In 17 of the past 20 years, April to October rainfall in southern Australia has been below average."

The report also provides projections for Australia's future climate. These include:



- Further increases in sea and air temperatures, with more hot days and marine heatwaves, and fewer cool extremes.
- Further sea level rise and ocean acidification.
- Decreases in rainfall across southern Australia, with more time in drought, but an increase in intense heavy rainfall throughout Australia.

State of the Climate 2018 is the fifth report in a series published biennially by CSIRO and the Bureau of Meteorology, which together play an integral role in monitoring, measuring and reporting on weather and climate.

lost their meaning for life. It did not matter what that meaning was, but the survivors, like him, all had strong reasons to wake up each day. He often quoted Friedrich Nietzsche: "He who has a why to live can bear almost any how".

The Term Itself

Dr Turner used the term, 'radical remission' instead of the medically-used term 'spontaneous remission', because the latter term implies the healing was instant, like a miracle that just happened without reason. It implies luck or chance, whereas radical remission was not instant, but a process involving conscious change over time. It involved a central focus to live differently from previously – for the survivors to actively engage in their own healing – physically, emotionally, spiritually and mentally. The radical remission was preceded by radical change!

After personally interviewing over 200 radical remission cases and studying over 1,000, Dr Turner stated that for every one published radical remission case (published in medical journals), there

were over 100 unpublished cases, which no-one ever gets to hear about.

Conventional Disinterest

Dr Turner heard repeatedly from the people interviewed that this was the first time any medical person had shown the slightest interest in what they had done personally to defy the odds and survive 'terminal' cancer. No doctors, oncologists or dietitians inquired about what they had done that could have led to such remarkable remissions.

This did not surprise her, as it was the main reason that she commenced studying this issue in the first place – wouldn't everyone be better off if clues could be picked up as to why such people recovered, in order to inform other patients in future?

Having said that, Dr Turner emphasises that her study does not mean that these nine factors will cure cancer or that people should reject conventional treatment. She makes the point strongly that each case is unique and that there is no "cookie-cut"

approach to manifesting radical remission. There are indeed no guarantees, something all the survivors appreciated.

A Wider Relevance:

The original study was confined to recovery from terminal cancer, but over time it became obvious to Dr Turner that the nine factors could be extrapolated to include recovery from any disease, and, in fact, benefit otherwise healthy people with no diagnosed disease.

The nine factors are indeed relevant to all people, because they provide the conditions for health. Individually and collectively, the nine factors improve general health, and therefore improve the chances of improvement or recovery in all illnesses.

And wonderfully, there are no adverse effects.

References

- Dr Kelly Turner, *Radical Remission: Surviving Cancer Against All Odds* 2014;
- Paul Kraus Editor, *Surviving Cancer: Inspiring Stories of Hope and Healing from the Gawler Foundation* 2008

Nitric oxide

Optimise production to increase energy and reduce blood pressure

Lightly edited and condensed from an article by Dr Mercola in Mercola.com, 14/01/2019



STORY AT-A-GLANCE

In the modern diet, nitrates can be found both in nitrate-rich plant foods and in processed meats. However, while nitrates from plant foods promote nitric oxide production, processed meats trigger conversion of nitrates into cancer-causing N-nitroso compounds.

Nitrites from plants turn into beneficial nitric oxide due to the presence of antioxidants including vitamin C and polyphenols.

Nitric oxide is a soluble gas, and while it's a free radical, it's also an important biological signalling molecule that supports normal function of the endothelium [lining of blood vessels], lowers blood pressure, protects your mitochondria and more.

Plant foods high in nitrates include arugula [rocket], rhubarb, coriander, butter leaf lettuce, spring greens, basil, beetroot greens, oak leaf lettuce, Swiss chard and red beetroot, especially fermented beetroot.

To further augment nitric oxide production, combine nitrate-rich plant food with probiotics.

If you struggle with high blood pressure and/or less than ideal heart health, you'd be wise to tweak your diet to include more nitrate-rich foods. The devil's in the details, though; it's important to remember that not all dietary nitrates have the same beneficial influence. In fact, nitrates from the wrong source will do far more harm than good.

Dietary nitrates are found both in plant foods, such as beets and rocket, and in processed meats. But while plant-based nitrates confer a number of health benefits, meat-based nitrates are known to be carcinogenic.^{1,2,3,4,5}

The reason for this differentiation has to do with how nitrates are processed in your body, based on cofactors found in their source.⁶

Plant-Based And Animal-Based Nitrates Affect Our Health In Different Ways

Dietary nitrates are converted into nitrites by oral bacteria during chewing. Once the nitrites are swallowed and come into contact with stomach acid, they can be converted into one of two things:

Beneficial nitric oxide OR carcinogenic N-nitroso compounds particularly *nitrosamines*.

Several factors can influence this conversion:

- Whether or not the nitrites are found in combination with protein and heme (an iron-containing compound that makes up part of haemoglobin in blood). This is what makes processed meats so detrimental to our health.⁷
- Processed meat is actually classified as a Group 1 carcinogen.^{8,9} According to a review of more than 7,000 clinical studies, the World Cancer Research Fund concluded there's no safe lower limit for processed meats¹⁰ and that they should be avoided altogether to minimise your cancer risk.
- Dietary nitrates are also more prone to converting into carcinogenic nitrosamines when heated, which is what happens during the cooking and processing of meat. Most plant foods are typically not cooked or fried at high temperatures, which minimises the chances that harmful substances will be produced.
- Plants contain antioxidants (including vitamin C and polyphenols) that impede the formation of harmful nitrosamines.¹¹ The presence of these compounds helps to ensure that the nitrites are converted into beneficial nitric oxide once they reach the stomach rather than harmful N-nitroso compounds.¹²
- The composition of our gut bacteria may also play a role. Research suggests that beneficial bacteria help break down nitrosamines, while bad gut bacteria increase nitrosamine production.¹³

Why Boosting Nitric Oxide Is Important

Nitric oxide (NO) is a soluble gas continually produced from the amino acid, L-arginine, inside our cells. Although nitric oxide is a free radical, it's also an important biological signalling molecule that supports normal endothelial function and protects our mitochondria – the little 'power stations' inside our cells that produce the majority of our energy.

NO potently dilates blood vessels, so helping to relax and widen the diameters of blood vessels. Healthy blood flow allows for efficient oxygenation of tissues and organs, and aids in the removal of waste and carbon dioxide. Importantly,

nitric oxide infuses into areas that are in need of oxygen, and both our heart and brain^{14,15} are heavy oxygen users.

Nitric oxide also:

1. Boosts immune function.¹⁶
2. Has powerful antibacterial potential.¹⁷ *Mycobacterium tuberculosis*, Salmonella and Shigella are particularly susceptible to nitric oxide.
3. Helps maintain physiological homeostasis. For example, in our gut, NO regulates mucosal blood flow,¹⁸ intestinal motility and the thickness of mucus.
4. Plays an important role in the homeostasis of free radicals, which can have a significant impact on metabolic pathways.¹⁹
5. Helps suppress inflammation.²⁰
6. Promotes angiogenesis, which is the formation of healthy new blood vessels.²¹
7. Helps improve our physical fitness. For example, raw beets have been shown to boost stamina during exercise by as much as 16 percent²² due to the increase in nitric oxide production.
8. Improves brain neuroplasticity by improving oxygenation of an area of the brain that is often affected in the early stages of dementia.^{23,24}
9. Helps reverse metabolic syndrome²⁵ and has anti-diabetic effects.^{26,27}

Nitrate-Rich Foods Help with Blood Pressure & Preventing Heart Attacks

Research²⁸ confirms that we can boost our body's nitric oxide production by eating nitrate-rich plant foods, thereby lowering blood pressure and safeguarding against heart attacks. As noted by cardiologist, Dr Stephen Sinatra:²⁹

"Adequate nitric oxide production is the first step in a chain reaction that promotes healthy cardiovascular function – while insufficient nitric oxide triggers a cascade of destruction that eventually results in heart disease ... Plus, NO prevents red blood cells from sticking together to create dangerous clots and blockages."

Nitrates are actually used in conventional medicine to treat angina and congestive heart failure. However, you don't necessarily need a nitrate drug to get the job done. Research shows a glass of beetroot juice can lower blood pressure

as well as or better than prescription medication.^{30,31,32,33} Raw beets have been shown to lower blood pressure by an average of four to five points within a few hours.³⁴

In one study,³⁵ drinking 220 ml of beetroot juice per day lowered blood pressure by an average of nearly eight points after the first week, which is more than is achieved by most blood pressure medications. As noted in a systematic review assessing the value of nitrate salts and beetroot supplementation for high blood pressure (hypertension):³⁶

“Diets including food products rich in inorganic nitrate are associated with lower blood pressure ... Inorganic nitrate and beetroot juice consumption were associated with greater changes in systolic BP [– 4.4 mm Hg ...] than diastolic BP [– 1.1 mm Hg ...] ...”

The daily amount of nitrate in the beetroot juice consumed varied between 5.1 and 45 mmol/dose (321 to 2,790 mg). The volume of the beetroot juice drinks ranged from 140 to 500 mL/d and the beetroot juice was given as a concentrated solution in two studies ...”

Beetroot and rocket, Two Nitric Oxide-Boosting Powerhouses

While raw beetroot and beetroot greens do an excellent job of raising nitric oxide production, they do contain significant natural sugars, which is why I recommend them in fermented form. During fermentation, the beneficial bacteria consume most of the naturally occurring sugars.

Raw beetroot is actually not the most nitrate-rich of plant foods. Topping the list is rocket, which typically averages 480 mg of nitrates per 100 gm. Compare that to raw red beets, which average only 110 mg of nitrates per 100 gm, and beet greens, averaging about 177 mg per 100 gm. On the other hand, fermented beetroot contains 2,000 to 3,000 mg per 100 gm, making it an ideal source.

As for rocket, it also contains potassium, calcium and magnesium,³⁷ all of which are important for healthy blood pressure. These nutrients also help decrease our risk of stroke and heart attack, while folate assists in optimal amino acid metabolism. Insufficient folate can promote unwanted homocysteine levels in our blood, which elevates the risk of heart disease.

As a cruciferous vegetable, rocket also helps protect against cancer, courtesy of its sulphur-containing *glucosinolate* compounds. Some small studies have shown that its abundant chlorophyll may help detoxify heavy metals in the body,

particularly in the liver.³⁸

Other nitrate-rich plant foods you may want to consider growing and eating include:³⁹

Rhubarb, 281 mg
Coriander (cilantro), 247 mg
Butter leaf lettuce, 200 mg
Spring greens like mescaline mix, 188 mg
Basil, 183 mg
Oak leaf lettuce, 155 mg
Swiss chard, 151 mg

Probiotics Augment Conversion of Nitrates to Nitric Oxide

While eating nitrate-rich plant foods is a simple way to boost your nitric oxide production, you can augment this beneficial effect even further by combining these foods with probiotics,⁴⁰ the beneficial bacteria found in traditionally fermented foods and probiotic supplements.

The reason for this is that there is an intimate relationship between dietary nitrates and various gut bacteria. The conversion of nitrate to nitric oxide commences with probiotic bacteria, such as *Lactobacillus*, reducing nitrate to nitrite, followed by a variety of processes which convert this to nitric oxide.

On the other hand, during fermentation outside the body, the probiotics first reduce nitrate to nitrite, and then generate nitric oxide through the lactic acid produced by the fermentation process.

The take-home message in all of this is: If you want to support your nitric oxide pathway and boost nitric oxide production, combining probiotics with nitrate-rich plant food is likely the best way to do it, while supplements that combine both are likely to be more effective.

Nourish and Protect Your Health With Nitrate-Rich Foods

Your body loses about 10 percent of its ability to produce nitric oxide for every decade of life, which is why it's important to take steps to increase your nitric oxide production, especially as you age.

One way to do this is by eating nitrate-rich plant foods such as arugula and fermented beets, as the plant-based nitrates are converted into nitric oxide in your body. Adding probiotics into the mix may optimize the effect even further.

Beyond diet, two other strategies that will increase nitric oxide production are high-intensity exercises and getting

sensible sun exposure on large portions of your body. Nitric oxide is released into the bloodstream when UVA from sunlight touches the skin.^{41,42}

Together, these lifestyle strategies can go a long way toward protecting our cardiovascular health as we age, and supporting overall good health. They are especially important if you struggle with high blood pressure.

Sources and References

- 1 World Cancer Research Fund: Food Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective November 2007 (PDF)
- 2 American Institute for Cancer Research, Processed Meat Brochure (PDF)
- 3, 8 *Scientific American* October 26, 2015
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Bircher Muesli with Seeds, Nuts and Prunes

Ingredients

2 cups rolled oats
 1 cup apple juice
 1 medium sized green apple, grated
 1 cup regular-fat natural yoghurt
 1 tsp cinnamon
 1 tsp apple cider vinegar
 70 gm Australian prunes (approx. 10 prunes), pitted and chopped

To serve

1 tbsp honey
 1 tbsp chopped mixed nuts
 1 tbsp mixed seeds

Method

Put all ingredients into a bowl (oats, juice, apple, yoghurt, cinnamon, apple cider vinegar, prunes), stir well to combine, cover and refrigerate overnight.

In the morning, stir through a little non-dairy milk to soften the muesli and top with honey or agave nectar, nuts and seeds to serve.

To make this recipe dairy-free, you can use coconut yoghurt and coconut or almond milk to serve.



Zucchini and Prune Fritters with Quinoa Salad

Ingredients

500 gm zucchini, grated
 ½ cup (100 gm) Australian prunes, pitted
 1 cup green peas
 1 small bunch parsley, finely chopped
 1 small bunch dill, finely chopped
 1 onion, minced
 2 garlic cloves, minced
 3 eggs
 ½ cup plain flour
 3 tbsp grated parmesan
 1 tbsp olive oil
 Salt and pepper to taste

Method

Place grated zucchini in a bowl with a good pinch of Himalayan rock salt and leave to drain for 10 mins. Then squeeze out as much liquid as you can.

Cover prunes in hot water and let soak for 5 mins, then drain.



Process in a blender or food processor until smooth. Mix all ingredients together.

Heat a tbsp of olive oil in a frying pan and place ½-cup size portions in the pan. Cook one side then gently turn and cook the other side.

Prune, Buckwheat and Quinoa Lunchbox Bar

Ingredients

1 cup (200 gm) Australian prunes, pitted
 1 cup hot water
 150 gm unsalted butter or coconut oil
 ⅓ cup golden syrup [or agave nectar]
 1 cup (approx. 180 gm) cooked buckwheat or buckinis
 1 cup quinoa flakes
 ½ cup desiccated coconut
 1 cup rolled oats

Method

Preheat oven to 170°C and grease and line a 20 cm square slice tin with baking paper.

Soak prunes in the hot water for 5 mins, then blitz together (prunes and soaking water) in a blender or food processor. Set aside. In a bowl, mix dry ingredients – buckwheat, quinoa, coconut and oats.



In a small saucepan heat butter and golden syrup over a medium heat until the butter is melted, and the mixture just reaches boiling.

Add the hot butter mix and the prune puree to the dry ingredients and mix together well. Press into prepared pan and bake for 20 mins. Cool in the pan. Turn out and cut into slices or squares.

Visit www.usprunes.org.au for health benefits and recipes.
Recipe developer: Fiona Walmsley;
Styling: Lisa Madigan;
Photography: Lean Timms

Prune Bliss Balls

Ingredients

- 1 cup toasted unsalted cashews
- 1/3 cup cocoa
- 1 tbsp each chia, pepitas and sunflower seeds
- 1 tsp vanilla
- pinch salt
- 1 tbsp maple syrup
- 1 cup (200 gm) Australian prunes, pitted
- 1 tsp of orange zest or 3 drops orange essential oil (optional)
- 1 cup desiccated coconut (for rolling)

Method

Cover the prunes in boiling water for 5 mins, then drain. Blitz all ingredients together in a food processor until smooth. Roll into small golf-ball-size balls with wet hands and roll in desiccated coconut. Store in an airtight container in the refrigerator.



Salad

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 2 shallots, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- Zest 1 lemon
- Salt & pepper to taste

Method

To make the quinoa salad, cook 1 cup of washed quinoa in 1 1/2 cups of water. Cook for approx. 15 mins or until all the liquid is absorbed. To the cooked quinoa add lemon zest and shallots, fresh herbs, salt and pepper

Chia Pudding with Prunes

Ingredients

- 400 gm can coconut milk
- 1/3 cup chia seeds
- 1 tsp vanilla extract
- 2 tsp maple syrup
- 1/4 cup (50 gm) Australian prunes, pitted and finely chopped
- Fresh seasonal berries for serving (optional)



Method

Put prunes in a bowl. Pour boiling water over the prunes to cover for 5 mins. Drain, reserving 2 tsp soaking water. Blitz the prunes with the reserved water in a food processor until smooth.

Stir together the coconut milk, chia, vanilla, maple syrup and prune puree. Cover and refrigerate for at least 5 hours or overnight.

Serve with fresh seasonal berries.



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An interview with Patrick van der Burght of Geovital

Conducted by Roger French, Editor, *True Natural Health*



Roger: Patrick, I know you have had a lot of experience with electromagnetic radiation and other forms of radiation through GEOVITAL INTERNATIONAL for which you are the head of training outside Europe. We regard you and your organisation as undoubtedly the leaders in this field in Australia.

So where does the problem of radiation start? It is a serious problem in Australia and the Western world.

Patrick: When we mention the word 'radiation', people often think of ionising radiation as in X-ray or nuclear power plant, but there is also non-ionising radiation that has worked its way into our life quietly and everywhere.

We have electricity in our houses, we have power lines running along the street, the power comes to our house and there is wiring running through the house, all producing magnetic fields and electric fields. The electric fields extend about two metres from the wires, and at 50 hertz (cycles a second), the field is created and reversed 50 times a second – this is 'alternating' current. But the body doesn't operate with an alternating current, so something completely foreign to the body is surrounding it.

Roger: So in our bodies we only have direct current, which operates our nerves.

Patrick: The day basically has two parts – the time when you are asleep and the time you are awake.

During daytime we wear out tissues, and when we are asleep repair occurs. So during the night we particularly need a good environment in order to function well. But if we have wiring in the walls – with electric fields coming out two metres – and we have parked our bed against the wall, we will be bathed in this radiation all night. Worst still, we usually have an innerspring mattress underneath us, and the metal of the springs makes the problem worse.

Our bodies contain cells that have electrical receptors, and the radiation exposure interferes with these receptors. We cannot expect the body to carry out its repair optimally under those circumstances.

Roger: That makes a lot of sense.

Patrick: The radiation types that we are interested in are *magnetic fields* which are caused by the *flow* of electricity (the current) and *electric fields* which are caused by the *voltage*. If nothing is turned on in the house, there is no current so no magnetic fields, but there will be electric fields everywhere because there is voltage everywhere.

These are the main two problems with power supply.

Roger: What are the other forms of radiation stress in the environment.

Patrick: The other big one – and one that we have less control over – is *radio-frequency radiation*, produced by anything that communicates *wirelessly*. It is associated with your mobile phone, with your cordless phone, with the Wi-Fi in the house, the Wi-Fi coming from your neighbours and your laptop.

On your computer see how many available networks you have; rarely just your own. If you live in an apartment building there could be, say, 40 of them, some with stronger signals than your own router. When we think about a baby monitor, it is terrible to place one so close to our infant.

There are all these sources of non-ionising radiation that the body is constantly exposed to, with a lot of risk to health.

Roger: We are aware of the dangerous radiation from a damaged nuclear power station like Fukushima in Japan, which would be ionising radiation, but now we are talking about non-ionising radiation which is a completely separate issue.

Patrick: One source of non-ionising radiation is the big transmission lines. Many people are aware that we should not live near them, and that fear is absolutely justified as those transmission lines have a lot of voltage and carry a lot of current most of the time.

Roger: 330,000 volts is a lot of volts.

Patrick: Yes, it is, and the field is to some extent predictable. But nobody thinks about the local distribution lines running up and down the street, because they look much smaller, and nobody thinks about the lines running underground because you can't even see them.

All the houses in the street have electrical systems which should run as designed,

but if something was installed incorrectly or if the neutral wire that returns the electricity back to the power pole is weaker or severed, the house will still work, but you will be inundated with magnetic fields because of the current going different ways.

Roger: Is this when the positive and neutral are not balancing each other?

Patrick: That's right yes.

If the current is lost in one house, it still needs to make its way home to the power poles. It can use connections from other homes, such as the earth stake or the water pipe which grounds your system. This means that a house which is functioning the way it was designed is now gaining unbalanced current from somewhere else and picking up its magnetic fields.

Roger: So with the street wiring does it make any difference if the wiring is buried underground as distinct from running along poles overhead; is the EMR just the same?

Patrick: The powerlines underground are better because powerlines produce electric fields and electric fields want to go to ground; if they are underground they are already there.

In the case of the wires above ground, we have electric fields and magnetic fields falling off like a big waterfall. If the cables are underground, you don't have electric fields, but there is still the potential for magnetic fields. The good thing about underground power is that the active and neutral cables are close together.

Roger: So are they neutralising each other to a fair degree?

Patrick: When the active and neutral are close together, the magnetic fields cancel each other out. But if for some reason the currents in the two are *not* equal, the cancelling out affect is compromised and we get the magnetic fields.

Roger: You have explained over the years through this magazine that in our houses if an electrician places the active and neutral wires separately, this can result in big problems, but if they are put together this prevents a lot of radiation trouble.

Patrick: If everything is wired according to code, everything works well. Electric fields to some extent are unavoidable



unless wiring is shielded instead of normal electrical cable, which is something that we do with new houses

There should be no magnetic fields in the house if it is wired correctly. Sometimes handyman Uncle Bob has done a bit of rewiring to avoid the cost of an electrician, but if the repairs are not according to the code, things can go wrong.

Roger: Now what about geopathic stress? When our house was assessed by your consultant, Allen Cheney, that came up. Can you fill us in on geopathic stress, please Patrick?

Patrick: Geopathic stress is excesses of natural radiation. In many cultures people know it is not good to sleep over underground water due to a dynamic in nature that produces areas of increased natural radiation or energy.

Water that has seeped down from rain travels underground; it might be one cm thick or two cm at most, but this water drags trace elements with it. So a little bit of zinc, a little bit of iron or something else bump into each other and create electrolysis. Ions rise up from that area providing a small increase in energy at the surface. If you sleep right on top of that, it influences your sleep and you don't rest and regenerate properly. Underground water is a well-known phenomenon, providing a geopathic stress.

Roger: What other locations are there for geopathic stress besides over water?

Patrick: Another example is a fault line, which would mean a shift in the surface rocks and soil. With mismatching layers, one layer could have, say, predominantly copper and the other layer predominantly zinc, and you get the same kind of electricity effect as if you put a piece of aluminium on your amalgam filling.

Roger: That is an interesting explanation. When our house was assessed, we were looking at lines in the bedroom that might have been three metres apart and were on a grid. What are those lines?

Patrick: Grid lines, named after Dr Hartmann, are lines that have to do with the magnetic field of the planet, which is due to its iron core. The lines are two-and-a-half to four metres apart, with one set running north-south and the other east-west. There are also *curry* grid lines

which are at 45 degrees to the Hartmann lines, so there are two sets of grid lines.

There will be a number of these lines in every room, including your bedroom. It is actually very difficult to put a double bed anywhere without at least clipping one of these lines.

Roger: We found it quite an intricate challenge to avoid these lines in our bedroom. If the bed is directly over grid lines, can they have serious effects on your health?

Patrick: The effects are mostly to do with cancers. How this works is that because cancer cells need seven times more energy than normal cells, if you are sleeping over one of these areas that have a little bit more energy from the grid line – be it a water vein or a fault line – the extra energy is like food for cancer cells.

We are in bed for eight hours out of 24, and our bodies make about 10,000 mutated cells every day. These are potential cancer cells, and we have a killer T-cells of our immune systems designed to destroy them. During the next night's eight hours in bed, this process will be repeated. But in our modern environments, our immune systems can be compromised and there is a chance that some of these mutated cells are not promptly destroyed.

Roger: And if the antioxidants are not adequate?

Patrick: The workload for the immune system increases, more cancer cells slip through the cracks, and this is when cancer can take hold.

Roger: Returning to electro-magnetic radiation, what are the more common consequences of high exposure?

Patrick: There is a lot of research finding adverse health effects at levels far under the exposure limits set by government. Regarding magnetic fields, the government says that 1,000 milligauss of exposure is acceptable, yet multiple studies, including Australian studies, find that levels above four milligauss are linked to increased likelihood of childhood leukaemia.

Roger: Isn't it extraordinary what a dangerous situation the authorities have let us get into!

Patrick: Yes, their standard is based on research that was done many years ago,

which only looked at thermal properties.

Roger: Out-of-date research?

Patrick: Yes. Thermal effects mean that if our tissues start to heat up, it is probably not a good idea, so let's set the exposure levels a bit lower than that. This is ludicrous because a lot more biological changes can happen before that point.

At 4 milligauss, there is risk of leukaemia; at 2 milligauss melatonin is blocked and its anti-cancer action lost; at 1.6 milligauss the chance of sperm abnormalities doubles and between 1 and 2 milligauss children that had leukaemia had 260% higher mortality rate than children exposed to less than 1 milligauss.

Roger: What about childhood leukaemia in relation to transmission lines?

Patrick: I recall a study which found that at distance of zero to 600 metres the number of cases of leukaemia increased 110 to 120%; at 600 to 1200 metres the increase was still about 75%.

Roger: It's alarming that you could be a kilometre away, and the lines could be almost out of sight, yet there is an increase in the risk of poor little kids getting leukaemia.

Patrick: I think it is a combined effect of the local distribution lines in the street and perhaps the transmission lines. It is something that people should be measuring before buying any property.

Roger: So in summarising the effects of the EMR, cancer is always on the top of the list. Can you list the intermediate problems?

Patrick: There is damage to finer tissues, like brain and eyes, and behavioural changes as well. We see this in children, and, for example, a lot of people think that electronic pollution may have a hand in autism.

Roger: Do you think ADHD would come up as well?

Patrick: Yes, problems are extremely wide ranging, but mostly they are systemic.

Roger: What about diabetes?

Patrick: A study compared school children who had a certain amount of radiation from a phone tower with children at another school who had less radiation exposure. The markers for diabetes had



all gone up in the kids with the higher exposure compared to the kids exposed to something like half the amount. So EMR is being linked to diabetes as well.

Roger: The next thing to know is what can be done to prevent the problem and protect us if there is a problem?

Patrick: There are lots of things people can do themselves, and there are inevitably things that you will need to have assistance with. For example, you can distance yourself from your mobile phone by using the speaker function.

Roger: Mobiles are a big one.

Patrick: Wi-Fi is linked to triggering the sympathetic nervous system, which raises your blood pressure, and to digestion. It is a standard recommendation from us to move away from wireless technology altogether.

In homes with Wi-Fi at least turn it off at bedtime.

Roger: What about prevention?

Patrick: If the house meter box is on a bedroom wall, you don't want to be sleeping on the other side of the wall behind the box.

Roger: I know that a brick wall is as transparent to EMR as glass is to light.

Patrick: Be aware of the devices in your house that produce Wi-Fi signals. Many TVs are Wi-Fi enabled, and if you don't turn it off, it will be transmitting signals trying to find a host. And computers have a terrible habit of seeming to be off, but are downloading from your router.

Dimmers can be tricky because they can produce a lot of electronic pollution if you have the wrong type.

Roger: Regardless of how dim it is?

Patrick: In the middle is often the worst. Bright or very dim is not so bad, but in the middle it seems to produce a lot of radiation.

Re energy-saving light bulbs, the fluorescent type produces magnetic fields and dirty electricity; the non-dimmable LEDs are the best light bulbs, because the dimmable ones have other electronics.

People need help with, for example, the radiation from an outside source like a phone tower. This is our expertise – we can come into a house, measure the exposure on the body, and if those levels are too high, we would recommend shielding.

Roger: Can Geovital shield a home against high-tension transmission lines? Can you shield against other EMR in the house? What is the story with shielding?

Patrick: Magnetic fields go through everything, so if the field from a big transmission line reaches your house, there is nothing that can be done about it.

The same applies to the local distribution lines, solar panels, converters, etc. All these things produce magnetic fields, and there is nothing you can do about them – especially with solar you have to be careful getting the right systems.

Electric fields are different. They can be led away by grounded material.

An interesting concept is that plants are grounded and have a water content, so if a house is close to local distribution lines in the street, you can plant ivy on that side of the house and let it grow up the side of the house, and the ivy would lead away the electric fields.

Roger: That's extraordinary, you would never expect that. Is ivy the only kind of plant to do this?

Patrick: Any creeping plant that covers that side of the house with greenery would lead the electric fields away. But don't put the ivy in a pot, because it won't be grounded.

If your house has a metal roof and it is grounded, it will lead electric fields away.

Roger: Grounded simply means a wire from the roof down to a steel stake in the ground doesn't it?

Patrick: Yes.

Back to phone tower radiation. A shielding paint is available that bounces the radiation away. The trick is to turn the entire house or at least the bedrooms into a box protected by this paint. You need protection from all sides and this creates a nice environment inside. The bedrooms are very important but if you do the whole house, it has a calming effect on the entire household.

Roger: With geopathic stress and the Hartmann lines, what is your advice here?

Patrick: We have mats that go under the bed and reflect the radiation away. However, if there is metal directly above these mats, it can interfere with the function, so if you are buying a new mattress, look for one with no metal in it. Also with the bed frame, you want to avoid metal and predominantly have timber,

which is good.

Roger: At our seminar I tried your Geovital mattress, which is, of course, metal free. I saw that it has channels that go right through it from side to side, at an angle, so when you lie on them they squash enough to take the shape of your body.

Patrick: Yes, we call that *the stretch affect*. Your body weight collapses these panels in opposite directions and this creates a gentle traction and takes pressure off the spine.

If people are after a new mattress, it would be lovely if they would consider ours. We have been making mattresses for 25 years and they are unique compared to what you see in bedding stores.

Roger: Regarding the assessment of our house by Allen Cheney, he was very thorough, and it took a few hours.

Patrick: It typically takes 2½ to 3 hours.

Roger: Allen found a high level of EMR from the stove, which an electrician has fixed. We were also able to move our bed a little to fit between the Hartmann lines, and we also now leave the bedlamp unplugged at the wall. Our bedroom is now really clean re EMR.

Patrick: Where there is high EMR in the house, we have *circuit cut-off switches* which cut the power to a circuit when no power is being used and automatically turn it on again when a switch is turned on.

Roger: That sounds like an ingenious device.

All this tells me, Patrick, how thoroughly you have covered the subject of EMR and RF radiation. It justifies your reputation with us that you would be the leading firm in the field of electromagnetic and other kinds of radiation in Australia and the Western World generally.

Through your services, it is possible to assess if there are problems, which is extremely important because EMR is invisible and you can be in a really dangerous situation and have no idea there is a problem until it is too late.

A healthy lifestyle is greatly compromised if we have this invisible 'poison' permeating our body and mind whenever we are at home.

Physicist warns: Newly approved 5G tech could “irradiate everyone”

By Tracey Watson, 14th December 2018



Isn't it amazing to think that just 30 years ago we all got along just fine without the Internet or smart phones? Granted, advances in technology have provided some amazing benefits, including the widespread availability of knowledge. However, it is important to recognise that these advances have come at a price. And the speed at which technology changes and 'improves' means that the price it demands is getting higher all the time.

Multiple studies have already linked mobile phone radiation from second and third generation (2G and 3G) wireless technology to cancer and many other health problems. But the radiation emitted by these devices is almost nothing compared to what we will all have to deal with when fifth generation (5G) technology is rolled out countrywide.

The US Federal Communications Commission (FCC) has approved a national 5G wireless technology system which it calls its "Facilitate America's Superiority in 5G Technology" (FAST) plan. The FCC promises that FAST will lead to "innovations not yet imagined."

What they don't mention, of course, is that it will likely also lead to "health disasters not yet imagined."

What is 5G?

It can be pretty difficult to keep up with all the changes in technology, nevertheless, it is important to stay abreast of these changes as they can have direct effects on our health and wellbeing.

Tech Target explains 5G:

"Fifth-generation wireless, or 5G, is the latest iteration of cellular technology, engineered to greatly increase the speed and responsiveness of wireless networks.

"Wireless networks are composed of cell sites divided into sectors that send data through radio waves. ... Unlike 4G, which requires large, high-powered cell towers to radiate signals over longer distances, 5G wireless signals will be transmitted via large numbers of small cell stations located in places like light poles or building roofs.

"The use of multiple small cells is necessary because the millimetre wave

spectrum – the band of spectrum between 30 GHz and 300 GHz that 5G relies on to generate high speeds – can only travel over short distances and is subject to interference from weather and physical obstacles, like buildings."

It is this necessity for many, many small cell stations located all over the place that makes 5G so dangerous. It means that far higher levels of radiation will be everywhere. Scientists around the world are alarmed by what all this radiation will mean for human beings. Physicist, Ronald M. Powell, PhD, has warned that it will "irradiate everyone," and geneticist, Dr. Mae-Wan Ho, says that the presence of so much radiation can be likened to being immersed in "a sea of microwaves."

How to protect yourself against the effects of 5G

Unfortunately, no matter how many scientists or activists try to raise the alarm, nothing is likely to prevent the national rollout of 5G, which has already made its debut in Sacramento, California.

This begs the question: With all that radiation in the environment, how can we minimise its effects on our own health and that of our loved ones?

Electric Sense makes some practical suggestions, including:

Disable the wireless function on ALL devices: The wireless function on every single computer, tablet, smart phone, printer or other wireless device in the house should be disabled whenever it is not in use.

Switch from wireless to a cable: Wireless devices like your mouse, scanner and printer should be replaced with USB wired versions to prevent the wireless radiation being emitted in the environment.

Change to a JRS Eco-WiFi router: This router was developed by an engineer who was concerned about the amount of radiation children are exposed to in schools. It emits 90 percent less WiFi radiation when on standby, while offering the same level of functionality as 'normal' routers.

Try to get neighbours to buy in: Visit your neighbours for a friendly chat about the effects of WiFi radiation and try to get them to take the steps outlined above to lower neighbourhood radiation levels.

Switch off ALL devices at night: At night when the family is sleeping and the body is attempting to repair its DNA, it becomes especially important to switch off all the WiFi devices in the home.

Of course, taking these steps can only provide minimal reduction in radiation exposure. Ultimately, if nothing is done, we will be immersed in a sea of radiation from which there is no escape.

Sources include:

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Website www.naturalnews.com



Heart Attack

Cholesterol – fact, myth or both?

By Roger French, Health Director

In stark contrast to the standard dogma about the dangers of high cholesterol, older people with high cholesterol are likely to live longer than older people with low cholesterol. This was the finding of 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.

This puzzle of cholesterol in relation to heart attack is one of the great health paradoxes of modern times.

JUST WHAT IS CHOLESTEROL AND WHAT DOES IT DO?

Is cholesterol a bad substance? No, it is absolutely essential, and in its pure form is a solid, white, waxy lipid. Cholesterol is produced by the liver which typically manufactures approximately three grams daily.

Cholesterol has many functions. Being the foundation for all our steroid compounds, it is required for the production of sex hormones, stress hormones (insulin, adrenalin, cortisol, etc.), the structure and repair of cell walls, the manufacture of vitamin D and the proper functioning of nerve tissue, including the brain. In fact, the brain is approximately 7% cholesterol (on a dry weight basis). Unless it is unnaturally high due to wrong diet, forcing the body’s cholesterol level below its natural level could be an unwise thing to do.

The liver can make all the cholesterol the body needs, and if some is consumed in food (it occurs only in animal products), the liver compensates by eventually making less. But if large amounts of cholesterol, refined sugar or saturated fat are eaten, the balance can be upset.

The transport of cholesterol in the bloodstream is in two forms: *low-density lipoprotein* (LDL) and *high-density lipoprotein* (HDL).

LDL cholesterol travels to the tissues where cholesterol is needed, but may be deposited in the walls of arteries and capillaries to form plaque, hence its reputation as ‘bad’ cholesterol. The so-called ‘good’ HDL cholesterol travels to the liver for breakdown into bile salts and elimination via the bowel, carried by dietary fibre.

Probably of greater significance than cholesterol is the blood level of *triglycerides*, ‘triglyceride’ being simply the technical name for fat. These are carried in the bloodstream in *very-low-density lipoprotein* (VLDL). High triglyceride levels are potentially dangerous because the fat thickens the blood, it may be deposited in plaque, and saturated fat stimulates the liver to make excessive cholesterol.

IS THERE A CONNECTION BETWEEN CHOLESTEROL AND HEART ATTACK?

Numerous recent discoveries have tended to shatter the cholesterol theory.

Lowering cholesterol levels through dietary intervention does not reduce the risk of death from coronary heart disease. This was the finding of the Minnesota Coronary Experiment which was published in the *British Medical Journal* in 2016. The researchers found that for every 0.8-point drop (Australian units) in total cholesterol, there was a 22 percent increase in the risk of death from cardiac disease.⁽²⁾

A classic example is quoted by Beverly Teter, lipid biochemist at the University of Maryland. Her mother had very high cholesterol – between 10 and 10.8 – and lived to age 97.⁽²⁾

Instead of being the cause of atherosclerosis, cholesterol is now being seen as a response mechanism activated by our body when a blood vessel is injured through an inflammatory process. Once the lesion occurs, the body sends cholesterol-based plaque to cover the area and prevent further damage, much like a scab after a cut on our skin. It is inflammation that first triggers injury to our arterial walls. No matter how low cholesterol levels go, the body will still use its cholesterol to repair the arterial wall.⁽²⁾

This view was reinforced in 2009 by Dwight Lundell, MD, former chief heart surgeon at Banner Heart Hospital, Mesa,

Arizona, who had performed over 5,000 open-heart surgeries during his 25 years of experience.⁽³⁾

Dr Lundell says that mainstream medicine made a terrible mistake when it advised people to favour foods high in *extracted* omega-6 fats, including polyunsaturated margarine. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

The discovery that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments need to be treated.

Without inflammation, there is no way that cholesterol-rich plaque would accumulate in the walls of blood vessels and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

The biggest culprits causing chronic inflammation, concludes Dr Lundell, are an overload of highly processed carbohydrates (white sugar, white flour and products made from them) and the excessive consumption of *refined* omega-6 *extracted* vegetable oils, including soya bean, corn, sunflower and safflower oils, that are in many processed foods. These cause repeated injury to blood vessels, creating chronic inflammation leading to obesity, diabetes, heart disease and stroke.

Early studies were first reviewed in *The Cholesterol Myth* written by the Sydney nutritional biochemist, Dr Robert Buist.⁽⁴⁾

A 1989 French study of elderly women found that a woman with a cholesterol level of 4 mmol/l had three times *greater* risk of heart disease compared to a woman with a level of 8 mmol/l – the exact opposite of what would be expected.

The European Working Party On High Blood Pressure In the Elderly reported that in elderly people with high blood pressure and *moderately* high cholesterol levels, ranging from 6.07 to 6.46 mmol/l, the higher the cholesterol level, the lower the death rate. Again, the opposite of what would be expected.

A 1991 Finnish study of business executives that had spanned 15 years found that those on diets carefully controlled to lower cholesterol and triglycerides were more than twice as likely to die of heart disease as those who continued on their normal diets.

Perhaps the most revealing of all such studies reported by Dr Buist was of 194 autopsies where the health data were known before death. Conducted at Providence Medical Center in the USA, it found that:

- Two-thirds of those with severe atherosclerosis had none of the *major* risk factors;
- Of those with moderate to severe atherosclerosis, an extraordinary 72% had cholesterol below the USA recommended 5.2 mmol/l;
- In those who died of severe atherosclerosis, 27% had cholesterol between 5.2 and 6.5, and only 7% were greater than 6.5 mmol/l. In other words, only one third were above 5.2, and only one in 14 were at a so-called 'high-risk' level above 6.5.

In short, the large majority of the people with atherosclerosis did not have high cholesterol.

It is clear that cholesterol and fat are related to artery disease, but the connection is inconsistent. Something is missing in the cholesterol theory.

What is missing is consideration of the *condition* of the cholesterol and fat.

OXIDISED FAT AND CHOLESTEROL

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.

Atherosclerosis can be caused by oxidised fat, oxidised cholesterol and free radicals. Free radicals are very destructive molecules generated by cigarette smoke, air pollutants, chlorine, benzene (especially in petrol), pesticides, other toxic chemicals, radiation, excessive iron and some other factors.

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

In addition, the unsaturated fats and cholesterol *inside* our bodies can be oxidised if there are large numbers of free radicals combined with deficiency of the antioxidant nutrients – mainly vitamins A, C and E, the carotenoids and the minerals zinc and selenium. If these are plentiful, the lipids should be protected.

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

This is why cholesterol is an issue of both myth and fact.

A Sydney businessman, and now winemaker, at the age of 25 had a high level of cholesterol of 13 mmol/L. A cardiologist gave him a 50/50 chance

of reaching 50 years of age. Being a thorough investigator, this former company CEO, Frank Cooper, made a detailed study of cholesterol and heart disease which resulted in his writing a book entitled, *Cholesterol and the French Paradox*.⁽⁵⁾ Frank, who is now over 60, consulted doctors and medical researchers to ensure that the contents of the book are accurate.

The remainder of this section is abridged from Cholesterol and the French Paradox with the generous permission of the author and the publisher.

To his surprise, Frank found that many medical scientists who had done research on cholesterol and were *independent of drug companies* were of the view that cholesterol does *not* cause heart disease.

HOW DID THE CHOLESTEROL MYTH COME ABOUT?

In 1953 when the heart disease epidemic in the Western world was approaching its peak, an American researcher, Ancel Keys, PhD, was convinced that a high consumption of fat and cholesterol resulted in heart disease. He used six leading countries to produce a graph showing that the higher the levels of fat and cholesterol, the higher the rate of heart disease. These findings were widely accepted, right up to the US Congress.

However, it went unnoticed that Keys' charts had ignored 20 other countries that he had assessed because they didn't provide the clear result he wanted. If he had included the other 20 countries, including France, Italy, Spain, Sweden and Holland, his graph would have been all over the place and any link between high-fat/high-cholesterol diets and heart disease would have been much less compelling. It took 25 years before anyone discovered the missing data, but by then the major food conglomerates and pharmaceutical companies were making vast profits selling low-fat/low-cholesterol foods and cholesterol lowering drugs.

One of the most significant recent contributions has come from Dr Uffe Ravnskov, a Swedish medical doctor and researcher, who is an expert on cholesterol [and who addressed a seminar in Sydney, New South Wales, in August 2006].

After reviewing a vast number of cholesterol studies and trials, Dr Ravnskov found flaws and inconsistencies that few medical researchers had ever bothered to look for. He discovered that *people with elevated cholesterol were only slightly more at risk of developing heart disease, and the difference was so slight that it wasn't worth worrying about.*

Dr Ravnskov re-calculated the data from the trials and concluded that:

- Elevated cholesterol does not result in heart disease;
- Lowering your cholesterol will not lengthen your life;
- Older women with high cholesterol live longer than older women with low cholesterol;
- The prudent diet, low in saturated fat and cholesterol, will not lower your cholesterol.

And what about the so-called 'bad' LDL and 'good' HDL forms of cholesterol? Dr Ravnskov found no association between either LDL or HDL cholesterol and heart disease. For 99.5% of the population, cholesterol levels, including LDL and HDL levels, are simply not indicators for heart disease, he concluded.

Dr Ravnskov published his findings in a book entitled, *The Cholesterol Myths*. His website is www.ravnskov.nu/myth1.htm.

Unfortunately, few family doctors or cardiologists get to read about this kind of research because it is simply impossible for a busy doctor to keep up with the mountain of medical research published every day.

Many other medical researchers have come to similar conclusions, and some have banded together to form *The International Network of Cholesterol Sceptics*, which in 2018 had 109 members, including nine heart specialists. Their website, www.thinCs.org, lists their names and is a virtual treasure chest of clinical studies, medical papers and books on cholesterol, all written by doctors.

WHAT LEVEL OF CHOLESTEROL IS NORMAL?

Since French people have low levels of heart disease, it makes sense to use their cholesterol levels as a guide. The

average level for males in the 46 to 64 age group is 6.1 mmol/L. The range would be typically between 5.1 and 7.1, so that anyone within that range could be considered normal.

These levels are about the same for males in the UK. In both countries people consume similar amounts of saturated fats, yet a male in the UK is three times more likely to have a heart attack. This 'French Paradox' is a good example of the evidence that cholesterol and heart disease are not significantly linked.

It needs to be known that cholesterol tests are highly inaccurate. When two British reporters went for cholesterol checks at different clinics over two consecutive days, they were presented with some staggering results. The first reporter had four tests, the readings being 4.77, 5.42, 5.01 and 6.44 mmol/L. The second reporter had three tests, 3.8, 4.1 and 6.1. So if only one test had been conducted, as is usual, and the figure was 3.8, the doctor would have been happy. But if the 6.1 figure had been on the pathology report, cholesterol-lowering drugs would normally have been prescribed.

It also needs to be known that the United States 'magic' safe upper limit of 5.1 mmol/L was set by the Expert Panel for High Blood Cholesterol within the US Department of Health and Human Services. However, most of the doctors on the Panel had links to US pharmaceutical companies. As was stated in the magazine, *USA Today*, 16 October 2004 issue, "When these famous doctors advised the government on new cholesterol guidelines for the public, something they had in common wasn't revealed. Eight of the nine were making money from the very companies whose cholesterol-lowering drugs they were urging upon millions more Americans."

Their report made little mention of the side effects of cholesterol-lowering drugs. And it failed to mention that in France the people have the same average

cholesterol levels as in the US, but much less heart disease.

Also, there was no reference to the 10-year Nurses Study which demonstrated a huge 40% drop in heart disease by consuming 450 grams of raw nuts per week.

The latest thinking is that cholesterol still does have a role in artery disease. If damage to the artery wall has *already* occurred, the body repairs it with a special filler called *plaque*, which is a fatty material composed of fat, cholesterol, protein, lecithin, other compounds and later on calcium.

"The conclusion from all this," states Frank Cooper, "is that cholesterol is a very important substance for your mind and body. If you are eating a healthy diet and your natural cholesterol level is, say, 5 or 7 – or 10 like mine – then accept that as your normal level." [Note that many cardiologists would be shocked at this advice. Clearly there is a need to keep an open mind on this issue.]

CAN HIGH CHOLESTEROL BE INHERITED?

Yes, high cholesterol can be inherited, but this occurs only in a very small percentage of the population. In *familial hypercholesterolaemia*, cholesterol levels are consistently in the range of between 9 and 20 mmol/L. This condition affects less than one person in every 200 of the population or possibly one in every 500.

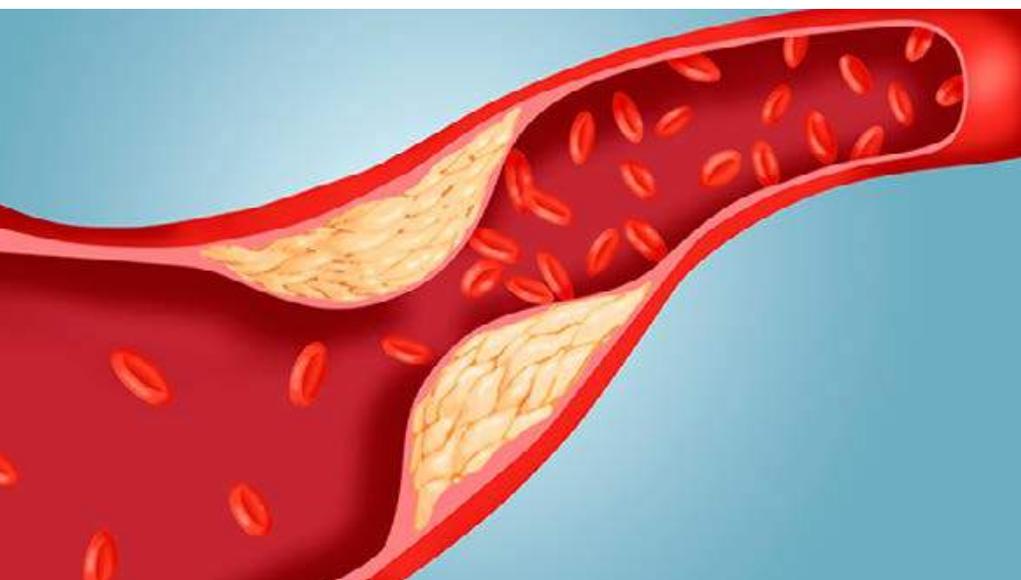
People with inherited high cholesterol should consume minimal or no cholesterol in their diets, because they are unable to absorb cholesterol into bodily cells as readily as the average person.

WOMEN AND CHOLESTEROL

Dr Uffe Ravnskov was unable to find any notable association between cholesterol and heart disease in women, and was surprised to discover that older women with elevated cholesterol live longer.

In fact, research is now showing that cholesterol is of benefit to women, and that women with very low cholesterol may be worse off. But this has not been highlighted by the pharmaceutical companies in the product information given to doctors or to the public.

No study has ever demonstrated that statin drugs extend life for women, says Dr Beatrice Golomb, Assistant Professor of Medicine at the University of California, who has researched cholesterol and statins.



For pregnant women there is a special risk in taking statins. Researchers at the US National Institute of Health found that statin use during the first trimester of pregnancy is associated with severe central nervous system defects and limb deformities in the foetus. Their findings, published in the *New England Journal of Medicine*, 8 April 2004, were that 20 out of 52 babies exposed to statins in the womb were born with malformations.

CHOLESTEROL- LOWERING DRUGS – ARE THEY SAFE?

Cholesterol-lowering drugs – a class called *statins* – all work by blocking the body's production of an enzyme (HMG-CoA) that is a key in the manufacture of cholesterol.

The original statins were naturally derived – *lovastatin* (brand name Mevacor), *pravastatin* (Pravachol) and *simvastatin* (Zocor). To make stronger drugs that could reduce cholesterol even further, in 1994 the industry introduced synthetic statins, among which is the widely used Lipitor (*atorvastatin*).

Statin drugs have side effects which may appear almost immediately or months or years later. The manufacturers describe 'mild' side effects as being fatigue, nausea, diarrhoea, heartburn, indigestion, headaches, trouble sleeping, constipation and muscle aching.

The more severe side effects are:

Muscle damage in the form of inflammation is a common problem for statin users, and a particular problem for older people because it prevents them from exercising to keep fit. In the severe form, there is disintegration of skeletal muscles, a condition known as *rhabdomyolysis*. Because the heart is a big group of muscles, there have been many cases of older patients developing weak hearts from statin use, in some cases leading – ironically – to heart failure.

Kidney damage can be the result of disintegrated muscle tissue clogging of the kidneys and even causing kidney failure. It is characterised by abnormally dark urine.

Nerve damage involves slow, progressive inflammation of nerves. In some cases symptoms do not improve after stopping the drugs. Symptoms may be: pain; a burning sensation; tingling or numbness in arms, hands, legs or feet; facial weakness; difficulty in swallowing; speech impairment; changes in voice.

Loss of memory and thinking ability. The brain needs a lot of cholesterol to function properly (about 7% of its dry weight) and if cholesterol levels are forced down artificially, it can have the

following effects: impairment of thinking ability and cognitive memory; bouts of memory loss; personality changes; depression.

Anyone who *does* take statin drugs needs to be aware that statins also reduce the production of Coenzyme-Q10, which has the role of protecting the energy-producing units in bodily cells. Because Co-Q10 levels will drop, it is important to consider taking a daily supplement.

A NEED FOR PERSPECTIVE

One of the important outcomes of this new knowledge is that it has helped us to ease worrying about cholesterol, and concentrate on eating generous quantities of fresh vegetables and fruits – and, if we wish, a little red wine!

How can it be that the pharmaceutical industry has convinced doctors and the public alike that cholesterol is the major cause of heart disease and stroke, when there is abundant evidence to the contrary?

It boils down to marketing and deception by drug companies. Big Pharma's vested interests in selling their drugs has been written about by many doctors

The classic example is a book written by Marcia Angell, MD, a former Editor-in-Chief of the highly-respected *New England Journal of Medicine* and a member of the Harvard Medical School's Department of Social Medicine. The title of this prominent doctor's book says it all: *The Truth About the Drug Companies – how they deceive us and what to do about it*.

Dr Angell explains how drug manufacturers lobby the US Congress, universities, the American Heart Association and so on with huge financial grants and donations to influence outcomes. Dr Angell highlights how the average person in the street is the victim.

"Once upon a time," wrote Dr Angell, "drug companies promoted drugs to treat disease. Now it is often the opposite. They promote disease to fit their drugs."

The bottom line regarding cholesterol and heart disease is that the issue is both fable and fact. Normally cholesterol at typical levels in the Australian population is not dangerous, so putting the *primary* focus on cholesterol is fable. But if the cholesterol is oxidised, it becomes the opposite – very dangerous – and this is fact.

Over-riding these situations is the fact that if the body has high levels of those factors which oxidise cholesterol, then the more cholesterol, whether fresh or not, the more dangerous.

Prevention of heart attack requires attending to all the factors involved. Then cholesterol, unless exceptionally high, need not be dangerous.

ACKNOWLEDGEMENT

We acknowledge the kind permission of the author, Frank Cooper, and the publisher to allow us to abridge and reproduce various extracts from Frank's book, *Cholesterol and the French Paradox*. The publisher is Zeus Publications, PO Box 2554, Burleigh MDC, Qld 4220, *website* <http://www.zeus-publications.com>.

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Statin use to lower cholesterol linked to dementia

By Dr Joseph Mercola, 20th November 2018

Having lower levels of low-density lipoprotein (LDL) cholesterol is linked to a higher risk of dementia, according to a study of nearly 4,000 people aged 50 and over.

A high level of LDL cholesterol was found to be associated with lower risk of dementia, even after allowing for other factors that might increase risk, including demographic characteristics, health behaviour, mood assessment and medical history.

The association was so strong that researchers concluded that a high level of LDL cholesterol may be considered as a "potential protective factor against cognition decline".

Our brain contains cholesterol, which is an essential component of nerves and necessary to develop and maintain nerve cell plasticity and function.

This research suggests that the fervour to lower cholesterol levels with statin drugs might be increasing the risk of dementia.

REFERENCE

Frontiers in Neurology, 12/11/2018



THE GLADIATOR DIET: How Vegetarian Athletes Stack Up

Based on a video by Dr Michael Greger, MD



Recently, the remains of dozens of Roman gladiators were discovered in a mass grave. The clue to their identities were the rather distinct types of mortal injuries found by archaeologists, such as being speared in the head with a trident.

Using just their skeletons, they were able to reconstruct the death blows, show just how buff they really were, and even try to reconstruct their 'diet of barley and beans'. Carbon isotopes can show what kinds of plants they ate; nitrogen isotopes reflect any intake of animal protein. Further clues from the amount of sulphur and strontium in their bones have led scientists to submit that the best athletes in ancient Rome ate largely plant-based diets.

Then there were the Legionnaires, the Roman army troopers, famed for their abilities. They also ate a similar kind of diet, suggesting that the best fighters in the ancient world ate essentially vegetarian. So, if the great sports heroes of the day were eating mostly grains and beans, should that tell us something about sports nutrition and the preferred diets for elite athletes?

Since most Greeks and Romans were basically vegetarian, centring their diets around grains, fruit, vegetables and beans, maybe the gladiators' diets weren't that remarkable. Plato, for example, pushed plant foods, preferring them for their health and efficiency.

So yes, the Roman gladiators were known as the 'barley men'. But was that because

barley gives you strength and stamina? Or was it just because it was the basic food of those times, not necessarily for performance, but because it was cheap?

Look at 'the modern Spartans', the Tarahumara Indians – they run races in which they kick a ball for 75 miles [120 km] just for the fun of it, running all day, all night and all the next day. And what does the winner get? A special popularity with the ladies (although how much of a reward that would actually prove to be for a man who had been running for two days straight is questionable).

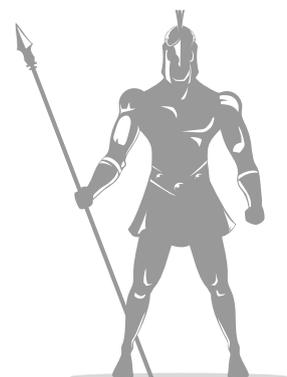
Probably not since the days of the ancient Spartans has a people achieved such a high state of extreme physical conditioning. And what did they eat? The same kind of 75 to 80 percent starch diet, based on beans, corn and squash.

Modern day Olympian runners eat the same kinds of foods. In Kenya they are eating a 99 percent vegetarian diet centred mostly around various starches. But as in all these cases, is their remarkable physical prowess because of their diets, or in spite of their diets, or having nothing to do with their diets? You don't know until you put it to the test.

In spite of well-documented health benefits of plant-based diets, less is known regarding the effects of these diets on athletic performance. So researchers compared elite vegetarian and omnivore endurance athletes for aerobic fitness and strength. In comparing oxygen utilisation on the treadmill and quadriceps

strength, the vegetarians beat their omnivore counterparts for 'cardio-respiratory fitness', but their strength didn't differ. The comparison suggests, in the very least, that vegetarian diets do not compromise athletic performance.

The above item is based on a video by Dr Michael Greger, MD, 4th December 2018, Volume 45. Website <https://nutritionfacts.org>





BIO NEEDS Part 10

By Jim Lanham, long-time
Natural Health Society member

AVOIDING HEALTH HAZARDS



"By reducing calorie intake, particularly reducing calories from proteins and sugars, you can decrease the genes known to accelerate ageing." Valter Longo, PhD

We live in interesting times, perhaps the best of times. But we have, to some extent, turned our backs on Nature. We have embraced a range of technologies, and many of our modern developments and habits are hurting us in subtle ways. Some are major health hazards and some are killing us softly.

It might be chlorine in our water supply. It might be fine particles in the air. It might be contaminants in our food; or it might be the drugs people are taking. It could be electro-magnetic radiation or it could be constant noise or artificial light.

PATHWAYS TO HEALTH

This magazine and other sources (often quoted in this magazine) are priceless guides for natural living. Google is also a great pool of information if you can sort the wheat from the chaff. Enjoy the challenges of the 21st century, without being weighed down by them.

If we ignore accidental injury and the variations of heredity, then the lifestyle factors that incline to old age, must surely be the same as the lifestyle factors that incline to health. What is longevity, if not proof of sustained functional ability?

While every factor of lifestyle is important, it is interesting to wonder if there are a few factors which are more fundamental than the others. The World Health Organisation recently declared that the worst single health hazard, on a global basis, is

air pollution. In the world's largest cities, this is possibly correct.

Studies on longevity, however, consistently report that the major single health hazard – for long life – is obesity. My most recent reminder of this was the above quote by Dr Valter Longo, from his book, *The Longevity Diet*.

YOUR WORST HEALTH HAZARD?

I believe that the most significant single health hazard for modern man or woman is over-nourishment. If you consistently eat too many calories, you will incline to obesity, diabetes, heart disease, cancer and an early death.

I have known several women who lived well beyond 100 and one man aged 95 and still going. All of them ate, or eats, some junk food, but all ate, or eats, their total food consistently in moderation. How much we eat is possibly even more important than what we eat (within reason).

The largest single threat to our health is 100% within our control. Eat high quality food, in moderate amounts, and we have eliminated one of the worst health hazards. A recent *Lancet* study tells us that obesity has long overtaken starvation as the world's overwhelming nutritional problem.

THE AGE OF POLLUTION

Almost all foods contain small amounts of toxins of one kind or another. The body is, however, well organised to excrete these, as long as the total toxic burden is kept reasonably low. Of great concern, these days, is the processing of food and the addition of 'culinary' chemicals (food additives). The best analysis of junk food that I have seen is Dr Joel Fuhrman's latest book, *Fast Food Genocide*. As we would expect of Dr Fuhrman and his co-author, Robert Phillips, this book is extensively researched. I purchased my copy from Book Depository online – www.bookdepository.com.

We live in the age of pollution, so to speak. Become as informed as you can on ways to minimise your exposure. A very good overview of pollution of all kinds is a book, published in 1991, but still speaking to us today – *Hidden Hazards* by Dr Ronald Laura and John Ashton. It covers almost any health hazard you can think of, except some of the modern electro-magnetic pollutants like smart meters and Wi-Fi, which weren't around in the 70s. Your local library could probably get in *Hidden Hazards* for you. Remember that Google is an 'up to the minute' source of information and opinion.

This article has been brief and without detail. To thrive in the future, you will need to become your own expert. You may also benefit by consulting some of our Natural Health professionals. Do enjoy the process!

Your journey towards a long and healthy life will be, perhaps, your greatest and most rewarding adventure.



Resolving Adrenal Fatigue

BY LYN CRAVEN, NATUROPATH & BOWEN THERAPIST

If you've ever lacked motivation and had low energy and no drive to get up and go, there is a good chance that your adrenal energy could be low. Often this can impact on your sleep patterns, moods and blood sugar level, contributing to weight gain, and can also manifest as chronic fatigue.

What are the adrenals?

Your adrenal glands are located adjacent to the kidneys and are responsible for synthesis and secretion of various important hormones, including several involved in the body's reactions to stress.

The outer portion of the adrenal gland, *the adrenal cortex*, secretes steroid hormones including *cortisol*, a hormone that mediates various stress reactions. The inner portion of the adrenal gland, known as the *medulla*, secretes *epinephrine* and *norepinephrine*, the hormones important in the 'fight or flight' reaction to a threat or sudden stress.

When they become exhausted

When your adrenal glands become exhausted, you could experience weight gain, fatigue and low moods. The stressed out adrenals will pass their 'workload' on to the thyroid gland, and then you often experience imbalance of the thyroid gland where it may become over/under active. Weight can increase further or you may lose weight, you could experience headaches and constipation, dry skin, thinning hair and/or fluid retention, etc. It depends how the thyroid is affected.

Ideally, you don't want to push too hard and reach this stage of adrenal exhaustion, so if you feel that you are experiencing this, I suggest that you seek professional naturopathic help to resolve as soon as possible.

Low cortisol levels are often the consequence of adrenal exhaustion or the exhaustion phase of the stress response. High cortisol levels are a response to chronic stress and represent the adaptation phase of the stress response. Blood tests can ascertain how adrenal function is working and the levels of cortisol.

The adrenals pump out *adrenaline*, the hormone that drives the fear, fight and flight mechanism. In the distant past, this was needed by humans for survival, but in

the modern world is not drawn upon as frequently with our more sedate lifestyle and inactivity.

Excess adrenaline balanced by exercise

Daily exercise is very important, since adrenaline is being released each day, and not being used as it once was. Vigorous exercise draws on the stores of adrenaline, which can assist in releasing stress. If excess adrenaline builds up in the body you become irritable, anxious, impatient and perspire more and can be quick to anger due to not releasing the hormone through physical activity.

When your adrenals are balanced, you reap the benefits of abundant energy, drive and motivation. You also fight off or recover from any illness much more quickly than if your adrenals are depleted.

Nutritional supplementation and homeopathic and herbal remedies are valuable in restoring normal cortisol levels and balanced adrenal function. These remedies are available through professional naturopaths and homeopaths, since self-prescribing could create more problems than it solves.

Maintaining healthy adrenal function

Some simple things you can commence doing to maintain healthy adrenal function are:

- Understand your limits – your stress threshold – and stay within these limits; do not over compete!
- Obtain 7 – 8 hours' sleep each night;
- Drink 1.5 – 2 litres of spring/filtered water daily;
- Increase all foods containing vitamin C, including parsley, leafy vegetables, salads and all fresh fruits;
- Meditate daily;
- Practise yoga or tai chi;
- Avoid refined sugar;
- Avoid all caffeine containing beverages – or limit to one cup tea/coffee a day;
- Avoid any recreational substances;
- Avoid cigarettes;
- Avoid alcohol – except the occasional red wine;
- Aim to resolve any external stress factors – whether financial, relationships or work related, etc.

Drained by long working hours

The pressures of modern life and the demands some people experience in the workforce with long hours are taking a huge toll on the physical body, draining it of energy. In some corporate organisations, staff work long 12 – 14 hour days and many have depleted adrenal stores. Weight gain and depression are common issues that I have seen. The result can be insomnia, feeling tired upon waking after restless sleep, blood sugar disorders, high/low blood pressure and generally feeling unwell and jaded.

Many younger people and business executives push themselves constantly, stimulating high activity of the adrenals to the point of exhaustion and complete burnout. These high-achievers will certainly pay the price of adrenal overload. Increased mental activity can deplete your adrenal reserves far more than physical work over the same length of time.

If you find yourself tossing and turning all night due to being hyped up and overactive, you will eventually just flop into non-activity, with no stamina and barely wanting to move. You may experience nervous disorders, shaking, headaches and constipation, since you are more likely to be uptight and tense from the constant overdriven state. Taking remedies to help calm the nerves or to induce sleep is only a Band-Aid, since these are symptoms not the cause.

A common trend, particularly with younger people, is to consume caffeine drinks, enabling them to party for longer hours – often into the next day and evening without any sleep, sometimes even for two days or more. If this becomes habitual, the adrenals and nervous system will be totally depleted and the consequences are not what you would want to experience. Chronic fatigue can result, with lowered immunity and less resilience to viruses and bacteria.

Energy will take a considerable length of time to improve and fatigue is a constant companion. You are far better to take a B-complex, eat fresh healthy food and ensure your iron levels are balanced. If you wish to consume alcohol, then a glass of red wine with dinner is best.

Medical practitioners do not seem to discuss adrenal fatigue with their patients,



so it often goes untreated especially chronic fatigue. The latter can also follow Epstein Bar Virus (EBV) and glandular fever, which are more common in younger people. Total bed rest is needed, otherwise long-term fatigue may occur.

Chronic fatigue the result for a young girl

I once met a young girl, aged 16, who had not fully recovered from EBV but was told she could resume school. When she received a Gardasil vaccine, it pretty much knocked the stuffing out of her, resulting in CFS and muscular pain. Such cases require long-term natural remedies to help them recover. But no promises here!

In later years

Post-menopause and andropause are essential times to commence supporting the adrenals if you have not done so previously. In later years this will help avoid the extra weight around the girth and maintain more zest and vibrancy. As we age (past 50), we may not be able to perform the same activities/duration as we did in our 30's and 40's. Each person will be different. Rest times are important – have one day of stimulating exercise and the next day relax and so on.

Women who have had radical hysterectomies (even in the post-menopause stage) may need constant support here.

Despite research indicating that ovaries cease producing hormones in later years (there is conflict between some US professors on this topic), I would have to dispute this view when it comes to stamina. I believe the ovaries still produce hormones even if at a lower level.

The liver requires support and this is also overlooked by medical practitioners who appear more focused on prescribing HRT.

One of the liver's many jobs is to conjugate hormones. Any sluggishness of the liver may hinder the body's ability to maintain balanced hormones. Women can support their body after hysterectomies with natural remedies, both orally and topically.

I had no symptoms at all while doing this some years ago prior to and after surgery. Formulas differ with each person for good results and may be changed over time.

Supplementation has a role

Each gland in the body requires different nutrition, and I am a firm believer that we need supplementation to help maintain good energy, vigour and youthfulness. This is especially if any malabsorption issues are present. A vitamin-B complex alone is not enough; I find homeopathic remedies are essential here.

Anyone diagnosed with chronic fatigue certainly needs long-term supplementation to restore more balanced function

to the adrenals and possibly the thyroid. If the thyroid is greatly affected, this may require medical medications for life.

If you continually push past your limit and leave it too long, you are likely to encounter many other endocrine problems.

All the natural remedies I prescribe are easy to take, and, depending on chronicity, the duration could be 4 – 6 months, then support ongoing, depending on each individual case.

Bowen therapy to rebalance the body and working with the correct remedies enables me to work on the kidneys. Kidney energy can become depleted or imbalanced, more commonly in women, so herbal medicine is helpful for restoring balance. Because the adrenals are located on top of each kidney, both glands influence each other.

Lyn Craven is a practitioner of Naturopathy, Bowen Therapy and Reiki energy, and is a meditation teacher and corporate health consultant. She is also a health researcher and writer and has produced a meditation CD for stress, anxiety and insomnia.

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News from What Doctors Don't Tell You

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

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

Aspirin kills 20,000 Americans every year

11th December 2018

Common over-the-counter painkillers, such as aspirin, kill around 20,000 Americans every year, and another 100,000 end up in hospital as a result of taking the drug, new research reveals.

Painkillers known as NSAIDs (non-steroidal, anti-inflammatory drugs) are far more dangerous than people have been told, and can cause life-threatening gastrointestinal bleeding, stomach perforations and ulcers.

Most takers of a NSAID will probably never blame the drug, researchers from the Eastern Virginia Medical School estimate.

(Source: *Proceedings of the Annual Scientific Meeting of the American College of Gastroenterology*, October 15, 2007).

Curcumin eyedrops reverse glaucoma

3rd August 2018

Curcumin – the wonder ingredient in turmeric that has anti-cancer and anti-inflammatory properties – could reverse glaucoma, a new study has discovered.

Curcumin eyedrops can stabilise the problem and even reverse it in its early stages, say researchers from Imperial College London.

Glaucoma is an eye problem that destroys retinal cells and can result in blindness. 10 percent of sufferers will eventually lose their sight.

But using curcumin eyedrops twice a day stopped the loss of retinal cells, and this was within three weeks of starting treatment, the researchers found.

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

Diabetes controlled by plant-based diet

4th November 2018

Diabetics could control their condition just by eating a plant-based diet, which has been found to reduce many of the biological markers for type 2 diabetes, without the need for drugs, a major review has concluded.

The diet also improves depression and diabetics lose weight on the diet.

A vegan diet “significantly” reduces the symptoms of type 2 diabetes to the extent that drugs can be stopped, or dosages lowered, the researchers discovered after they took another look at 11 previously-published studies that involved 433 diabetics with an average age of 55.

In fact, the diet was more successful than most of the official guidelines recommended by diabetes help groups around the world, they say.

(Source: *BMJ Open Diabetes Research & Care*, 2018; 6: e000534)

Gluten sensitivity isn't a fad – it's a real problem

25th December 2018

Avoiding wheat products is all the rage, and some sceptics regard it as a fashionable fad. Some doctors and scientists just haven't believed that gluten sensitivity exists – but scientists have discovered that is a very real problem.

Eating wheat products, such as bread or pasta, releases molecules that can pass through the gut lining. The molecules include *exorphins*, which have been found in the spinal fluid of people with schizophrenia and autism. These molecules could have an opioid-drug effect, which would explain the light-headedness that seems to affect some sufferers.

Researchers from Milan University have discovered that eating gluten releases these proteins and molecules.

(Source: *Food Research International*, 2015; 72: 208)

Prostate cancer: hormone therapy makes it life-threatening

8th December 2018

A standard hormone treatment for prostate cancer can sometimes cause the cancer to spread or recur, researchers have found.

Androgen-targeted therapy (ATT) is routinely used in the early stages of the most common type of prostate cancer, *adenocarcinoma*. It targets androgens, the male sex hormones that can stimulate tumour growth – but sometimes the hormones become resistant to ATT and transforms into a more dangerous type of cancer, neuroendocrine cancer cells.

Neuroendocrine is a more aggressive form of prostate cancer, spreads easily and is resistant even to chemotherapy, say researchers from Cedars-Sinai Hospital in Los Angeles.

Prostate cancer patients being treated with ATT should have regular blood tests to monitor whether their cancer is changing to the neuroendocrine type.

(Source: *Journal of Clinical Investigation*, 2018; 128: 4472-84)



Organophosphates cause learning problems

27th November 2018

Health experts are calling for the immediate ban of organophosphate insecticides, because they are causing learning and attention problems in children.

They say there is now 'sufficient evidence' that children exposed to the insecticides while in the womb can have lower IQs and experience learning difficulties when they reach school-age.

Organophosphates were developed as nerve gases for military use, but are now used to control insects on farms, golf courses, open spaces and parks and schools.

These chemicals can be especially dangerous for pregnant women because they impact on the neurological development of their unborn child, say researchers from the University of California's Davis Environmental Health Sciences Centre.

The researchers say that a complete ban is the only safe response.

(Source: *PLOS Medicine*, 2018; 15: e1002671)

More lethal than cancer & heart disease combined

30th November 2018

There's something more lethal even than cancer or heart disease – it's social isolation. Living a lonely life doubles the chances of a premature death, researchers estimate.

It seems to be an unrecognised cause of heart disease, and could also be a trigger for cancer, say researchers from the American Cancer Society.

It can also cause high blood pressure and inflammation, and people who live alone tend to adopt poor lifestyle habits, such as smoking and physical inactivity.

Social isolation is defined as little or no contact with close friends or family, and having little or no social activity, such as

with a local church or community group.

(Source: *American Journal of Epidemiology*, 2018; doi: 10.1093/aje/kwy231)

MMR vaccine not safe for some children, UK government concedes

2nd November 2018

After years of reassuring parents about the safety of the MMR (measles, mumps, rubella) vaccine, the UK government has finally had to concede that it can have serious side effects in some children.

A UK court has ruled that the vaccine caused severe brain damage in a boy, now aged 18, and has ordered the government to pay compensation. The ruling brings to an end a lengthy campaign by the boy's mother, Jackie Fletcher.

Jackie's son, Robert, was just 13 months old when he had the MMR vaccination. From being a healthy baby who was developing normally, he started to suffer epileptic fits and became unresponsive. He is now severely disabled. Jackie and her family have been awarded £91,000 in compensation.

The judgement also sends out hope to the thousands of parents in the UK who are also fighting for compensation after vaccine harm.

[*In Natural Health, we regard brain damage as most likely caused by an aluminium additive. – Editor*]

(Source: *Sunday Times*, August 29, 2010).

Scientists seek funding to research health effects of aluminium in vaccines

7th August 2018

A group of scientists is looking to raise Euro550,000 through crowd-funding to investigate the potential side effects of aluminium salts in vaccines such as DTP (diphtheria-tetanus-pertussis) and HPV.

The scientists say they want to come up with the definitive answer about aluminium's safety, as many parents suspect it is causing serious harm, while drug companies are not properly responding to their fears and carrying out thorough research.

The money will fund five research projects that will be carried out by the Cochrane Reviews team in Copenhagen. Lead researcher Christiaan Gluud said: "It's well known that there is no valid analysis of the aluminium adjuvants used in vaccines, including the HPV".

The leader of Fastcare, the group launching the crowd-funding project, is Mette Kenfelt, whose daughter almost died soon after being given the HPV vaccine. "No scientific research has been done to evaluate the clinical trials of vaccines with the newer aluminium salts. This is incomprehensible when we have spent years being told that vaccines only contain approved and safe elements," she said.

To support the funding, go to: patientdanmark.dk/private-forces-to-raise-funds-research-into-aluminium-in-vaccines.

And to read more about Fastcare, go to: <http://www.fastcare.dk>





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.

Are you surrounded and stressed by clutter?

17th January 2019

Researchers questioned three groups of adults in different stages of their lives to find out the effects of clutter across generations.

A strong association was found between procrastination and clutter problems, and clutter problems also led to a significant decrease in satisfaction with life in general among older adults.

Women living in cluttered homes had increased depressed mood over the course of the day, while the opposite held true for women with uncluttered homes.

When you're in an organised, uncluttered space, your brain has an easier time processing everything that's there, which frees up mind space to focus on other things.

Homeopathy: latest discoveries at science's cutting edge

31st October 2018

A major research conference at London's Royal Society of Medicine confirmed the therapeutic effects of extremely small doses (nanodoses) of homeopathic medicines.

Two Nobel Prize-winning scientists and other esteemed researchers from around the world presented compelling evidence that medicinal agents not only persist in water, but they retain therapeutic effects in these nanodoses.

Our body's hormones and cell-signalling systems also operate at this super small nanodose level.

Professor Vladimir Voeikov asserted that Russian scientists had known for decades that tiny doses of medicines have dramatic effects on biological systems.

Professor Jerry Pollack of the University of Washington, a leading expert on water, reported that his research confirms that water has the capacity to store huge amounts of medicinal information, enabling homeopathic nanodoses to fully impact a person's physiology.

The above is based on a presentation by Cambridge Professor Emeritus Brian Josephson at the conference 'New Horizons in Water Science – the Evidence for Homeopathy' (14 July 2018), with introduction by Lord Kenneth Ward-Atherton.

Can you decrease jet lag with exposure to light?

20th September 2018

Exposure to light leads to advances or delays in your circadian rhythm, known as *phase shifts*, which can cause the symptoms of jet lag to disappear.

Generally, when traveling east, exposure to bright light in the morning and the avoidance of bright light at night, should help to minimise jet lag, while the opposite holds true when traveling west.

You can achieve bright light exposure by going outdoors into the sunlight or by using a light box or a device that offers transcranial bright light (TBL) via your ear canals.

When researchers administered TBL in the seven days following an eastward trans-Atlantic flight, it led to a significant reduction in jet lag symptoms, including sleepiness, fatigue and forgetfulness.

If you need to avoid light exposure in the morning, consider wearing a pair of blue light-blocking glasses with amber lenses, which will help to prevent your melatonin levels from plummeting

UK guidelines recommend honey for coughs, not antibiotics

10th September 2018

With the goal of reducing inappropriate antibiotic use by half by 2021, the UK Department of Health has proposed new guidelines recommending the use of honey as a first line of treatment for coughs.

Antibiotics do little to improve colds and flu or symptoms like coughs and sore throat, because they are not designed to treat viral infections, which typically run their course within a week or two.

The antibacterial, anti-inflammatory and antioxidant properties of honey are well-known, making honey a great alternative to prescription drugs when treating coughs.

Manuka honey, which has a long history of use as a treatment for bacterial infections and wounds, is a most beneficial natural health remedy.

Weightlifting an hour a week reduces risk of stroke and heart attack

30th November 2018

Strength training is foundational for optimal health, especially as we get older. It's not just about strong muscles; resistance training also benefits our heart, metabolism, cognition and mental health.

Recent research shows less than an hour of strength training per week can reduce our risk for heart attack and stroke by anywhere from 40 to 70 percent.

These cardiovascular benefits were independent of aerobic exercises such as walking and running. Strength training alone can lower our risk of heart attack and stroke.

Less than one hour of resistance training per week also lowers our risk of metabolic syndrome by 29 percent, and benefits our brain.





Melanoma is a disease of office workers

12th December 2018

Melanoma, the most aggressive form of skin cancer, is more frequently found in office workers who may burn more easily during outdoor activities on the weekend and are exposed to damaging UVA rays through office windows.

It's becoming clear that regular exposure to full-spectrum light is necessary, and that public health would be best served by helping people to understand the optimal 'dose' needed, rather than telling them to shun all sun exposure.

Vitamin D deficiency is associated with a risk of developing a number of health conditions. Blood serum levels of 60 ng/ml to 80 ng/ml appear optimal for disease prevention, and are best achieved through sensible, safe sun exposure.

If you don't have access to full sun through the winter months, oral supplementation may help you achieve an ideal vitamin D level. Also ensure that you optimise your intakes of vitamin K₂ and magnesium to avoid negative effects.

A vitamin D test more important than a mammogram

15th October 2018

Vitamin D optimisation could potentially eliminate a vast number of breast cancers, yet this key information is completely ignored by conventional breast cancer awareness campaigns

Most cancers occur in people with a vitamin D blood level between 10 and 40 ng/mL, whereas the optimal level for cancer protection has been identified as being between 60 and 80 ng/ml

Research shows that having a level above 60 ng/mL lowers a woman's risk of breast cancer by more than 80 percent, compared to having a level below 20 ng/mL

So get your vitamin D checked by a doctor.



The health risks of excessive earwax

12th September 2018

Earwax, also known as *cerumen*, is produced inside the ear canal to protect your ear and hearing; however, a buildup, especially in the elderly, may trigger serious health conditions, especially hearing loss.

Associated with hearing loss is accelerated cognitive decline, which is particularly burdensome for elderly people. Earwax build-up may also trigger earaches, foul odour, ringing in the ears and discharge from the ear canal.

Some people experience increased earwax production triggered by omega-3 fatty acid deficiency. Insufficient levels are also associated with an increase in cardiovascular disease and increased risk of death from all causes

Cleaning with cotton swabs or other small objects may result in damage to the eardrum. The simplest and safest method is to soften the earwax with coconut or olive oil and then add hydrogen peroxide to lift the wax. But be sure to see a doctor for stubborn problems

Top 6 tips to prevent constipation

23rd January 2019

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

To prevent constipation, make sure you're drinking enough water each day, and increase your fibre intake to 25 to 50 grams per 1,000 calories consumed [which is a lot].

Four foods shown to have a beneficial impact on chronic constipation are fermented vegetables, artichoke, kiwi fruit and kefir

Certain supplements can also help improve your regularity, including magnesium, organic psyllium husk, enzymes and probiotics.

In your bathroom, consider using a foot stool to enhance elimination, and installing a bidet to optimize your hygiene and

avoid the pain of wiping with toilet paper, which can aggravate many bowel-related problems.

[Many Natural Health Society members have purchased an 'In-Lieu' from the Society to enable the squatting position – see inside back cover – Editor]

Rocket helps prevent fatty liver disease

14th January 2019

Green leafy vegetables have been identified as a viable 'new treatment' for fatty liver disease, due to the inorganic nitrate they contain.

Unhealthy eating habits, obesity and other hallmarks of metabolic syndrome are frequently responsible.

Arugula ('rocket') contains cleansing properties that may counteract toxic heavy metals, pesticides and herbicides in our body, particularly in the liver, and help prevent liver disease.

Naturally present in high amounts in rocket, choline is an essential nutrient that's especially important during foetal development, as well as for metabolism function, DNA synthesis and cleansing the liver.



NEWS FROM naturalnews.com

Wi-Fi increases our risk of brain cancer – science is clear

By Isabelle Z, 7th February 2019

Wi-Fi might be a relatively new invention, but it has become something that most people can't imagine living without. It's time to take a look at what all this connectedness could be doing to your health.

Studies have shown Wi-Fi increases your risk of brain cancer and a host of other serious illnesses. The International Agency for Research on Cancer has classified radiofrequency electromagnetic fields (RF/EMF) as possibly carcinogenic.

All this exposure to mobile phones, smart meters, smart devices and other Wi-Fi technologies is even worse for children, according to a study published in the *Journal of Microscopy and Ultrastructure*. Children have smaller bodies than adults and their skulls thinner. Not surprisingly, unborn children are the most vulnerable.

Studies have shown a link between EMF and brain cancer as well as cancer of the salivary glands. Girls who keep their phones in their bras have a higher risk of breast cancer, and exposure has also been linked to problems like miscarriages, low sperm count, anxiety, depression, chronic fatigue, migraines and ADHD.

Another problem is that Wi-Fi continues to get faster, and this tends to make the RF/EMF exposure rates even higher. With 5G poised to take over, we could be facing a whole new slew of health problems.

It is possible to limit exposure. For example, you can disable your wireless connections when you're not using your devices, and keep mobile phone use to a minimum. If your children are phoning, have them use a corded land line.

When you must use your mobile phone, at least use speaker mode and hold the phone as far away from you as you realistically can. Use wired connections wherever possible, including for keyboards, mice and printers. Turn off your router at night.

Keep microwave use to a minimum, refuse smart meters or get a shield, and don't use smart appliances.

Sources for this article include: NaturalHealth365.com; NaturalNews.com

Microwaving food is very damaging to nutrition

By Edsel Cook, 12th December 2018

A *Green Med Info* article has warned that there is no faster way to destroy the nutrients in your food than to pop it into a microwave oven.

The days of cooking fresh, whole foods on the stove or in the oven seem to be long past.

People are told that microwave heating does not damage the nutrients in food. However, new research shows that microwave energy damages the important nutrients in food, making the meals much less nourishing than believed.

A *University of Texas* review in 2008 showed that the minerals found in fresh produce could be depleted by as much as 40 percent and proteins were affected in much the same way.

In 2001 researchers from *Pennsylvania State University* demonstrated that exposing garlic to just one minute of microwave energy disabled almost all of the *allinase* inside it. Without this powerful bioactive compound, this superfood would be unable to restrain the spread of cancer.

And in 2003, Spanish researchers found that microwaved broccoli lost almost all its antioxidants and a lot of its *glucosinolates*, which are anti-cancer. In comparison, steamed broccoli retained up to 89 percent of its antioxidants.

If you put fatty foods into a plastic container and heat them inside a microwave, they will release various toxins that can contaminate food.

Instead of consuming microwaved dinners, you would be much better off cooking food the old-fashioned way. And eat plant products that are fresh, uncooked or only slightly heated.

Sources include: GreenMedInfo.com; NCBI.NLM.NIH.gov

Traditional Chinese medicine has extraordinary anti-cancer activity

By Zoey Sky, 21st January 2019

Researchers are continually looking for natural alternatives to pharmaceutical drugs, which are often linked to negative side effects. According to a study, dry resin from the gamboge (*Garcinia hanburyi*) tree can potentially be used to develop a safe and natural remedy for cancer.

The study, which was published in the *Chinese Journal of Natural Medicines*, was conducted by scientists from Zhongda Hospital at the School of Medicine of Southeast University in China.

Garcinia resin is often used in traditional Chinese medicine due to its many biological functions, including anthelmintic, anti-inflammatory and detoxification activities.

Using information from the preliminary studies, the researchers were able to validate the fact that neogambogic acid can selectively inhibit the growth of various cancer cells.

The researchers are hopeful that neogambogic acid can one day be used to formulate safe and effective cures for cancer and inflammation.

Gamboge is cultivated in Asia for its a gum resin.

Sources include: Science.news; ScienceDirect.com; Tropical.TheFerns.info

Antidepressants a threat to the environment

By Lance D Johnson, 3rd December 2018

One of the greatest threats to the environment and wildlife is the accumulation of pharmaceutical drugs in water and soil. Improperly discarded pharmaceuticals enter the sewage system and pollute the water. Hormone replacement drugs and contraceptives, even at trace levels, are now feminising fish.

Some of the most stable, pervasive and dangerous drugs in the environment are antidepressants, which interfere with the biological functions of marine life.

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.

Professor Alex Ford of Portsmouth's Institute of Marine Biology says that antidepressants and anti-anxiety drugs are found everywhere, "in sewage, surface water, ground water, drinking water and soil and accumulating in wildlife tissues". Their laboratory studies show that these chemicals change the way animals reproduce, grow and mature.

Sources include: Phys.org; Phys.org; NaturalNews.com; Biosludged.com

Everyday habits that may be damaging our eyes

By Ellaine Castillo, 16th December 2018

The eyes are not just the windows to our soul, they are also our windows to the outside world. Without these organs, we wouldn't be able to perceive visual cues such as colour, shape and size, which could greatly affect the quality of our life. Unfortunately, lots of people don't give their eyes the same amount of care as they do other parts of the body. This could increase the risk of different eye conditions like blurred vision, cataracts or blindness.

There are many habits that can cause eye problems and some people might not even know that these actions are harmful. To increase your awareness of how to take proper care of your eyes, here are some examples of habits that can damage your visual organs:

- **Swimming without goggles.** Goggles are a necessity whenever we go swimming to protect the eyes from microorganisms such as *acanthamoeba* that can infect our eyes. People who wear contact lenses are even more vulnerable to these organisms since they can get trapped under the lens. If the pool is chlorinated, this chemical strips away the film that protects the eyes, leaving them exposed to dirt and microorganisms.

- **Using out-of-date eye makeup.** Using old products is not worth the money you'll save, because of the potential damage they can cause. Generally, liquid liners and mascara should only be used for three months. You should also sharpen your eye pencils regularly to prevent bacterial transfer.
- **Not getting your eyes checked.** If you don't get your eyes checked regularly, then you might not know if there's a problem until it's too late. Eye doctors recommend a comprehensive eye test every two years, except that for people over 70 it should be every year.
- **Staring at screens.** Mobile devices, computer screens and TV screens are slowly damaging our eyes due to the blue light they emit. Blue-light filtering glasses can be purchased.
- **Smoking.** Smokers have a higher risk of developing cataracts and macular degeneration.
- **Not wearing sunglasses.** Sunglasses offer protection against harmful ultraviolet (UV) rays from the sun. 80 percent of UV rays can penetrate through clouds.
- **Leaving a fan on as you sleep.** A fan can blow dust or pollen towards your eyes, which can increase the risk of irritation and dry eyes. Either turn the fan off or wear a sleep mask.
- **Overusing eye drops.** Instead of relieving the redness of your eyes, applying too much eye drops will even worsen the condition. This is especially true for eye drops that contain preservatives.

Sources include: Healthista.com; TheEyeDocs.com

300 billion pieces of plastic pollute Arctic Ocean

By Rhonda Johansson, 3rd December 2018

Around 300 billion pieces of plastic (around 150 million tons) pollute the Arctic Ocean, concludes an international team of researchers after assessing the levels of plastic waste found east of Greenland and in the Barents Sea off Norway and Russia. Their report, which appears in *Science Advances*, labels these zones as "polar graveyards". In particular, the toxins in plastic can leak into the water, altering life forms.

The team suggests that it is likely the waste was swept north by ocean currents; the Arctic becoming the "dead end" for waste dumped in the Atlantic Ocean off Europe and the United States.

An article in *One Green Planet* says that around 100 million marine mammals are killed each year from plastic pollution. Animals mistake the debris for food, their digestive systems become blocked and the animals die very slow and painful deaths.

Sperm whales, in particular, are especially vulnerable as plastic debris bears a strong resemblance to their main prey, squid.

Sources include: DailyMail.co.uk; Mirror.co.uk; EllenMacArthurFoundation.org; OceanCrusaders.com; OneGreenPlanet.org; ConserveTurtles.org; TechTimes.com

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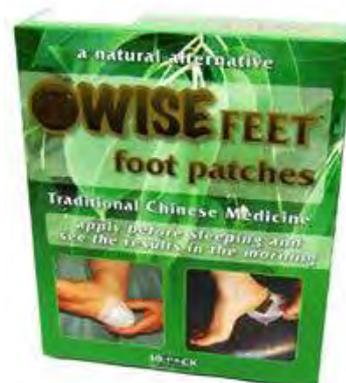
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Veg SA News

VEGAN NUTRITION

There is plenty of evidence that the number of people turning to a plant-based diet is rising substantially, at least in countries like USA, UK, Australia and in Europe. In the UK, for example, it has been predicted that around 12 million people, that is, 22% of the population, will be following a meat-free diet by the end of 2019 and that 2.9 million of these will be vegan. ⁽¹⁾

The reason for this change is not quite clear, but it is likely that social media has made it easier for people to gain information, share ideas and feel encouraged. The health benefits of plant-based eating have been widely recognised, and no doubt an awareness of the role that animal husbandry plays in environmental degradation – occupying 83% of farmland while yielding only 18% of calories⁽²⁾ – is having some impact. Add to this the concern that many people feel for the suffering of the animals, not only in factory farms, but also in the enormous ‘wastage’ of male calves and chicks.

The proliferation of vegan products is making it easier to respond to these concerns, although which is the cart and which is the horse is not quite clear.

While a plant-based diet, or more specifically, a whole-food plant-based diet, has been demonstrated to be optimum in maintaining health and even reversing some chronic conditions,⁽³⁾ there are some issues that people eating vegan would do well to be aware of:

1. Vitamin B₁₂. It seems that every credible authority says that vegans need to be aware of the need for B₁₂. Created by bacteria, the usual source is animal products. (All non-animal sources are suspect B₁₂ analogues, which we humans can't use.) While the body stores B₁₂ for around two to three years, it is as well to have a blood test for B₁₂, as well as a test for homocysteine, which if elevated can be an indication of low B₁₂. The amount of B₁₂ required is extremely low – 2 to 4 micrograms per day. This can be obtained by injections from a GP, from additives in food (not so common in Australia) or from very affordable



supplements. Low levels of B₁₂ can cause extensive problems including, in extreme cases, pernicious anaemia.

2. Omega-3 fatty acids are needed to balance omega-6 fatty acids. The latter can be too high if the diet depends too much on grains and packaged foods. Flaxseed and flaxseed oil, rich in omega-3, can help in this respect.

3. Calories need to be sufficient for the individual's activity levels. Some people new to a vegan diet mention feeling a lack of energy.

4. Calcium. The myth of milk being important for calcium in the diet has long been disproved. Sufficient calcium can be obtained from plant-based sources. Note that plant-based milks are not all created equal – some are higher in protein, some in calories and they have differing mineral and vitamin contents. Choose one to suit your needs.

5. Protein likewise can be adequately obtained from plant sources. An excess of protein makes the system acidic, which is harmful to health. If feeling low on protein, explore a range of nut, bean and lentil dishes.

6. While checking on specific needs (especially points 1. and 2. above), it is still important to adhere to good natural health principles. For information on basic dietary needs, see 'Natural Health Dietary Guidelines in Brief, pages 18 – 21 in this magazine, Summer 2016/17 issue.

Certainly, it is great to have a wide range of vegan products, including meat analogues,

to use as treats or quick meals. However, some could have questionable food value and need to be used in conjunction with a whole-food diet.

In addition to a greater range of products Adelaide also has a growing number of vegetarian/vegan eateries, so as with our other capitals cities, Adelaide is a good place to be for the aspiring vegan.

Contrary to what the above might suggest, veganism is not a chore, it's an adventure.

For an up-to-date list of vegetarian and vegan eateries in SA see VegSA Inc, www.vegsa.org.au, or phone 0466 972 112 for information or a chat. Also look at www.happycow.com

For lunch or dinner, Adelaide Vegans meets every Friday or Saturday. See www.adelaidevegans.org/events or phone Ken on 0415 382 121

For general information, see www.vegan-society.com

For specialised vegan supplies, visit:

The Simple Market, 44 Henley Beach Road, Mile End 5031, phone (08)7080 1047 and

Everything Vegan, 172 Goodwood Road, Goodwood 5034, phone 8373 4679.

References

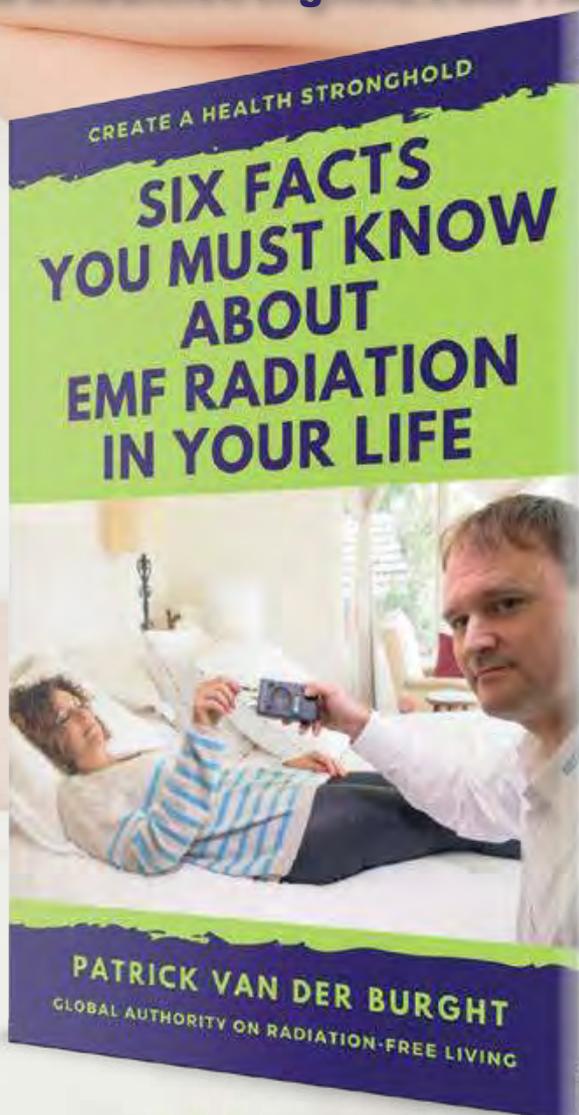
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