



WINTER 2019

True Natural Health

The Magazine of the Natural Health Society of Australia

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Plant-based eating for vibrant health

Brussels halts 5G rollout
Electric cars emit EMR
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Plant-based eating – the way to go



A New Zealand natural medicine journal published a seemingly scientific article denouncing vegetarian and vegan diets because they “can easily ruin your body”. This was red rag to this bull and triggered a solid rebuttal by me, presenting irrefutable evidence that plant-based eating is superb for our bodies. See the leading article with back-up from Dr Michael Greger and Robyn Chuter.

For readers who are lucky enough to frequent the centre and inner suburbs of Sydney, totally plant-based take-away meals are available from Iku Wholefoods, a chain of nine eateries. We have sampled their meals, found them wonderful, and are very happy to promote Iku on page 5.

At the extreme other end of ethics, a major world bank has declared to investors that finding a cure for cancer and other nasty illnesses won't yield the greatest return to investors, so don't invest in efforts to find

cures. They recommend that a disease with no cure is better for sustained cash flow. How could any human beings come up with this! – see page 7.

Another happening that will make many of us angry is the rolling out of 5G transmitters around the world to make electronic communications even faster. After identifying adverse health effects, Brussels in Belgium has banned the roll-out in that city. The heads of this super-profitable industry have admitted to the US Senate that they haven't done any safety studies, and they don't plan to. Such dangerous vested interest warrants an angry response (see page 18).

Still on electromagnetic radiation, it turns out that, unfortunately, electric cars can have substantial EMR problems for their occupants. We can't win!

On a lighter note, we present the delightful news that among women dog owners, 55 percent sleep better with their dog in their bed! (page 8). And to be happy, we can read and put into practice Dr Mercola's 'Traits that happy people have in common' (page 16).

And for a laugh, we throw in some dry – literally dry – humour from the Aussie drought-struck bush (page 27).

May you enjoy the information and entertainment in this issue.

Roger French,
Health Director
and Editor



About Natural Health Society

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

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

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

Subscribers to the Society receive:

- * 4 issues a year of our vital magazine, *True Natural Health*;
- * The option of online subscription;

- * Discounts on selected books, juicers and other health products;
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Is plant-based eating the key to vibrant health?

By Roger French, Health Director

An article published in *The NZ Journal of Natural Medicine*, February-May 2019, has set the cat among the pigeons with us in the Natural Health Society.

The title presents a challenge – ‘A comprehensive list of reasons why vegan and vegetarian diets can easily ruin your body’. It is written by health and body-building coach, Alex Fergus. I see the article as an example of how it is possible to present a host of detail and come to certain conclusions – but conclusions that don’t necessarily match results that we see in the real world.

Alex Fergus’s Eight reasons why vegan and vegetarian diets may end in disaster

Alex Fergus lists eight reasons for problems with vegan and/or vegetarian diets:

- Reason 1: It’s hard to get enough protein.
- Reason 2: These diets have lower protein quality.
- Reason 3: These diets lack specific amino acids.
- Reason 4: It’s hard to consume enough quality fats.
- Reason 5: These diets lack essential minerals.
- Reason 6: They lack absorbable vitamins.
- Reason 7: They do not contain creatine, choline, carnitine and carnosine.
- Reason 8: Vegan diets might make you feel good, but only initially.

The fact is it’s easy to get enough protein and fat

A prime example of biased figures is protein. Alex Fergus says that steak or fish contain 20 – 30% protein, whereas beans, soy, tempeh and rice contain 5 – 20% protein. For a start, rice is not eaten

as a protein source in a balanced diet, it is a starchy carbohydrate.

Let’s look at the official figures from the Commonwealth government’s publication, ‘Australia New Zealand Food Authority’. Protein contents are as follows:

Animal foods: Red meat 20 – 23%; fish (salmon) 22%; chicken 21%; whole egg 13%; unprocessed cheddar cheese 25%.

Plant foods: Legumes: Soya beans 31% (dry weight; the richest of all foods in protein); peanuts 25%; lentils 24%; lima beans 21%; kidney beans 22%; chickpeas 16%; mung beans 24%.

Nuts: almonds 20%; cashews 17%; Brazil nuts 14%; Hazelnuts 15%; walnuts 14%; pecans 10%; Macadamias 8%; Pistachios 20%; pine nuts 13%.

Seeds: sunflower seeds 23%; sesame seeds 22%; pepitas 27%; flax seeds 18%.

As we can see, there is plenty of protein in plant foods, provided we eat the right foods. What’s more, we don’t want to eat too much protein – this can damage our livers and kidneys.

What about fat? Nuts and seeds contain far more fat/oil than any animal products. Note that oil is simply liquid fat. Again, using the ANZFA figures:

Nuts: almonds 55%; cashews 49%; Brazil nuts 68%; Hazelnuts 61%; walnuts 69%; pecans 72%; Macadamias 76%; pistachios 51%; pine nuts 70%.

Seeds: sunflower seeds 51%; sesame seeds 56%; pepitas 47%; flax seeds 34%.

Legumes: Soya beans 20%; peanuts 47%; lentils 2%; lima beans 2%; kidney beans 2%; chickpeas 5%; mung beans insignificant.

Compare these levels of fat with the levels in **animal foods:** red meat 20 – 23%; salmon 10%; chicken low levels in the breast and around 23% in the leg; whole egg 10%; unprocessed cheddar cheese 34%; cottage cheese 9% and ricotta 11%.

There is plenty of fat/oil in plant foods,

and what’s more, the fat in most of them is unsaturated, which when consumed in the whole food – rather than extracted and prone to rancidity – is good nutrition. For example, research has found that when nuts are eaten for protein regularly, they significantly reduce the risk of heart disease.

Alex Fergus’s claims of harm from lower protein quality, lack of amino acids and insufficient fats are disproved by the large number of populations and individuals who have thrived on vegetarian or vegan diets – which I come to shortly.

But, yes, a plant-based diet can ruin your health if you replace meat with white flour, white sugar products and other junk foods. Some younger people do this when the only basis for their way of eating is animal welfare. It is a self-destructive way to eat.

Minerals, vitamins and minor nutrients

Coming to Alex’s reasons 5, 6 and 7, his statement that vegan and vegetarian diets lack essential minerals and absorbable vitamins does not stand up when we look at individuals who have thrived on vegan diets.

Similarly, the statement that they do not contain creatine, choline, carnitine and carnosine is demonstrated to be either not the case or not a problem.

Vitamin B₁₂. This vitamin is an exceptional case. It is manufactured in our intestines by our friendly gut bacteria, so in ideal conditions would be adequately supplied whether we are eating vegan or vegetarian or not. But most people have taken antibiotics at some time in their lives, and antibiotics kill bacteria, hence these diets do create a risk of deficiency for most people. It is vitally important to have blood tests for indicators for B₁₂ levels, and if deficient take supplements, which are normally quite effective.

People eating animal products should also have B₁₂ tests, because if they lack the *intrinsic factor* in their stomachs, they cannot absorb their dietary B₁₂ anyway.

Real people in the real world

Here is a sample of the numerous populations and individuals who have thrived or are thriving on vegetarian or vegan diets.

The Hunzas. This primitive population, first studied by a British medical doctor in the early 1920s, ate a vegetarian diet with meat only on ceremonial occasions. The doctor, Sir Robert McCarrison, conducted research on rats to verify the Hunza diet. He wrote, "I know of nothing so potent in producing ill-health as improperly constituted food. It may therefore be taken ... that the greatest single factor in the acquisition of health is perfectly constituted food. Given the will, we have the power to build in every nation a people more fit, more vigorous and competent, a people with longer and more productive lives, and with more physical and mental stamina than the world has ever known."

The Brokpa Tribal People of Ladakh, India. The little-known Brokpa people claim to have eaten vegan for thousands of years. Living at around 5,000 metres above sea level, they are healthy, active and able to trek long distances, even into their 90s. Visitors have marvelled at their flawless skins. Their staple foods are barley, baked roti, roasted potato, lettuce, spring onions, boiled cauliflower, wild mint, apricots, almonds and walnuts plus black tea.

The Hopewood Children. These World War 2 'war babies' were raised on a lacto-ovo-vegetarian diet. They had very little illness and achieved a world record for dental health. (See *How a Man Lived in Three Centuries* by Roger French, Chapter 1.)

Eric Storm, the 'man' of *How a Man Lived in Three Centuries*, ate a diet of plant foods plus small quantities of eggs and cheese. After a massive heart attack at age 34, he changed to this vegetarian diet and lived disease-free to age 104. (For details, see Chapter 1.)

At Hopewood Health Retreat, which operated from 1960 to 2015 in Wallacia, NSW, guests recovered from a wide range of illnesses on 100% plant foods. After their recoveries, some were given small amounts of cottage cheese.

Murray Rose, of Double Bay in Sydney, won gold medals in swimming in the 1956 and 1960 Olympic Games and broke numerous records on a 100% plant-food diet, which included wheatgerm and seaweed.

Jimmy Carruthers, a Sydney boxer in the 1950s, ate meat like a lion to make himself strong, but was losing fights. After

changing to a vegetarian diet, he began winning and achieved world champion in bantam-weight. He set up a couple of vegetarian eateries in Sydney.

T. Colin Campbell in *The China Study* investigated rural Chinese with very little disease and reported that in rat studies the development of cancer depended entirely on, and in proportion to, the amount of protein consumed above what was required (10% of calories). When he replaced animal protein with plant protein food, cancer did not develop even when the plant protein was at a very high level.

Kaiser-Permanente Health Maintenance in the USA. Dr Tuso, the National Clinical Head for Total Health with the Care Management Institute of Kaiser Permanente, the largest HMO in the United States, has declared:

"Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products and eggs as well as all refined and processed foods.

"Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease or obesity."

Kaiser-Permanente has 15,000 doctors on its books and insures nine million Americans.

The UK Dept. of Health is studying these recommendations.

Janette Murray-Wakelin and Alan Murray. This wife-and-husband couple achieved a world record in 2013 for the greatest number of marathons run consecutively – 366 in 366 days. They

did this on a diet of 100% plant foods, which, remarkably, contained hardly any protein-rich plant foods. Years later, they conducted more feats which depended on great endurance. (See *TNH*, Winter 2014, pages 2 and 3).

Gorillas, horses, cattle, sheep and many other animals have anatomies broadly similar to ours and are strict vegans. Some of them, most notably gorillas, horses and cattle, have formidable strength.

Friends and acquaintances who are among us today and who are thriving on vegan eating or very close to it include:

Marilyn and Cecil Bodnar, long-time members of the Society, aged 62 and 70 respectively;

Doug and Morna Evans. Doug, a former Hopewood practitioner, has eaten vegan for decades;

Greg and Dawn Fitzgerald (you will find a column by Greg in every issue of *TNH*) have raised a healthy vegetarian family;

Richard Stepniewski, a Past-President of the Society and his wife Margaret;

Robyn Chuter, who writes regularly in this magazine, has raised a healthy family on a 100% plant diet;

Dr Marilyn Golden, GP of Chatswood, who is in her 60s, eats vegan and wins kayak races against competitors half her age.

Continued next page



Human anatomy ain't carnivorous!

Carnivores

Most have retractable claws and long teeth for holding and killing prey.

Very short bowels for rapid expulsion of putrefactive bacteria associated with decomposing flesh.

Jaws open only in an up-and-down motion.

Do not sweat through the skin, but control body heat by rapid breathing and extruding the tongue.

Their saliva lacks the enzyme, ptyalin, so they cannot predigest starches.

Secrete hydrochloric acid that is up to 10 times stronger than that of plant eaters, sufficient to dissolve bones.

Lap water like a cat.

Plant Eaters

Don't have claws; have grinding teeth for crushing plant foods.

Very long bowels for supporting the fermentative bacteria involved in the digestion of plant foods, especially their fibre.

Jaws can move sideways for chewing and grinding fibrous foods.

Have sweat pores for heat control and the elimination of toxins.

Have ptyalin in their saliva for predigestion of starches in plant foods.

Have less acid and cannot digest bones.

Drink by suction.

Roger and Elizabeth French.

I have eaten vegetarian (approx. 97% plant foods) for 51 years, and Elizabeth for 50 years. I was born in 1940, first learned about Natural Health at Hopewood in 1968 and have run in the 14 kilometre City2Surf almost every year since 1971. When I turned 70, the cardiologist was astonished with the flexibility of my arteries, exclaiming, "These results are ridiculous for a 70-year-old. I only see results this good once in a year." So much for my diet ruining my body!

In conclusion

It's obvious that all essential major and minor nutrients, including those which Alex Fergus says are lacking or of poor quality, are adequately supplied or in some cases not required in properly balanced vegetarian and vegan diets.

Alex Fergus's final reason that vegan diets might make you feel good, but only initially, is contradicted by the large number of people who have thrived or are thriving on them long term. As a touch of perspective, research has found

that researchers often get the results that support their personal preferences, rather than objective results. Perhaps this is the case here.

About Alex Fergus

Alex Fergus is a health and body-building coach. He grew up in New Zealand and represented his country in rowing, won national body-building titles and broke power-lifting records. He researches and writes articles, while living by the beach in NZ, fishing, farming, training and walking around barefoot.

Vegetarians and vegans can get plenty of protein

Extracted from an newsletter by Dr Michael Greger, 6th April 2019

The largest study in history of those eating plant-based diets recently compared the nutrient profiles of about 30,000 non-vegetarians to 20,000 vegetarians, and about 5,000 vegans, flexitarians, and no-meat-except-fish eaters, allowing us to finally put to rest the perennial question, "Do vegetarians get enough protein?" The average human requirement is 42 grams of protein a day. Non-vegetarians can get way more than they need, and so does everyone else. On average, vegetarians and vegans get 70% more protein than they need every day.

Less than 3% of adults in America [and no doubt similarly in Australia] don't make the cut – presumably they are people on extreme calorie-restricted diets who just aren't eating enough food.

There is a nutrient, though, for which 97% of the population is deficient. It's fibre. So, the question is not "Where do you get your protein?" but "Where do you get your fibre?" We only average about 15 grams a day, whereas the minimum daily requirement is 32 grams. In fact, the percentage of men between ages 14 and 50 getting the minimum adequate intake may be close to zero.

By definition, fibre is only found in plants. There is none in meat, dairy or eggs, and little or none in junk food. So the problem is not protein, it's fibre.

And, the more whole plant foods, the better. If you compare the nutritional quality of the various diets – vegan, vegetarian, semi-vegetarian, pesco-vegetarian and omnivorous – dietary guidelines consistently indicate that the most plant-based diet is the most healthy one.

You're never too old to go plant-based

Extracted from an newsletter by Robyn Chuter, Empowered, 4th March 2019

Concerns have been raised from some quarters about whether a vegan diet is healthy for older adults, such as Pope Francis, who is currently 82, and was invited to go vegan under the Million Dollar Vegan campaign.

While uninformed opinions on this issue abound in the blogosphere, as always, it's best to look to the published science to answer this question.

The Academy of Nutrition and Dietetics is the professional body representing registered dietitians and other food and nutrition professionals. In its position statement on vegetarian diets, which draws on almost 120 references from the scientific literature, the Academy clearly states that:

"Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. These diets are appropriate for all stages of life, including pregnancy, lactation, infancy, childhood, adolescence and older adulthood, and also for athletes.

"Nutrient intakes of older vegetarians appear to be similar to or better than those of older non-vegetarians."

So, according to the most up-to-date nutritional science, not only does a well-constructed vegan diet provide all the nutrients that older people need – including protein, calcium, iron and zinc – it also helps to prevent and treat chronic diseases that we become more prone to as we get older, particularly obesity, cardiovascular disease, high blood pressure, type 2 diabetes and cancer of the colon and prostate.

Vegans have the lowest risk of cancer overall, while eating a vegan diet slashes the risk of developing prostate cancer by 35% in white men.

The ability to absorb vitamin B₁₂ declines with age, consequently the US Institute of Medicine recommends that everyone over age 50 should take a vitamin B₁₂ supplement. Vitamin B₁₂ supplementation is a must-do for everyone eating a vegan diet, and elderly people may require a higher dose than younger people.

A sudden increase in fibre from unprocessed plant foods may cause bloating and abdominal discomfort, especially in those who've been eating a low fibre diet for decades. Gradually ramping up intake of high fibre foods will prevent this.

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NO MORE PLASTIC WATER BOTTLES

TURN BACK TIME – choose NO PLASTIC BOTTLES filled with water

By Karen Rivers of Cleanwater kits

During my childhood we always took a thermos and cups whenever we ventured out. I remember the fun of unwrapping a chequered cloth to reveal our yummy treats. We kept a basket for produce in the car; we had fun mending, patching and revamping clothes and grew lots of our food.

Some of the slow, gentle lifestyle choices and crafts are back in fashion, which is fantastic.

Life is busy, and convenience – the fashion for the past many years – has become the norm, but at such a devastating cost to the environment.

Water is the biggest question for many people. Now you have the perfect choices – which could be a filter system at home and a very light-weight portable kit for holidays and moving around.

Cleanwater filters use Doulton components, which have been manufactured in Britain since 1835 when Queen Victoria employed Mr Doulton to create a water filter system for the Royal Family. They still manufacture to perfection in Britain today, removing 99.99% of pathogenic bacteria, giardia, cryptosporidium and particles.

The kit costs \$99 and would enable continuous daily use for 12 months. It

has a cleaning/scouring pad to extend longevity. The kit is *perfect* for holidays as you dry it out and store it away until your next adventure. So many years of holiday health insurance!

Wherever you are at the time, you fill up your Cleanwater kit with water from the tap, tank, freshwater or whatever and filter to perfection, leaving all the goodness in and a beautiful taste.

This is the best way to live day by day – at the top of the waste hierarchy practising *avoidance*, which equates to zero landfill. Landfill is at the bottom of the hierarchy.

It is a misnomer that plastic bottles can be recycled, as this happens only to a very small proportion and is only possible for certain types of plastic anyway. The rest all become landfill. Recycle and reuse are old practices – old words. The new way forward is *avoidance*.

I ask the question: why will one in three people in Australia get cancer? Why do the British Royal Family *not* get cancer and live long healthy lives – could it be *partly* due to the quality of their water?

There is also a new system for the home which removes chemicals, pesticides, bacteria, heavy metals, radiation and sediment down to 0.5 microns. These new

Aragon cartridges would be especially suitable for regional areas.

Children and young adults are the next generation and can change *now* to develop good habits for their future. If we were to completely stop, step by step, plastic bottles filled with water being sold, a huge change could be achieved in the overall environmental effort with long-term health benefits for both individuals and our planet.

Look at this site: www.storyofstuff.org/movies-all/story-of-bottled-water/

At Bicentennial Park in Sydney, 14 million + tons of waste plastic bottles are collected annually. How many waste plastic bottles are collected from your local parks?

Our future is in our own hands. It takes only one month to change a paradigm through conscious thought and positive affirmations.

Choose a lovely stainless steel or glass bottle as a gift to yourself, and then buy a Cleanwater kit or home filter from Karen.

Treat the Earth well. We do not inherit the Earth from our ancestors; we borrow it from our children. (This is a First Nations Native American saying.)

Karen Rivers owns Cleanwater kits – pure simplicity – the clean water solution.
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- 1 cleanwater kit + your own stainless steel or glass bottle = zero carbon footprint.



HOW COULD HUMAN BEINGS ACTUALLY THINK THIS WAY!

Goldman Sachs: Curing cancer is 'not a sustainable business model'

By Daisy Magnum, woked.co,
2nd May 2018

One of the largest banks in the world, Goldman Sachs, has declared that curing patients of cancer and other terminal illnesses is not a "sustainable business model".

The world's fifth largest bank also urged investors to resist financing pioneering 'gene therapy' treatments, because developing cures is bad for business "in the long-term."

Goldman Sachs sent the "advice" to their clients and investors in a 10th April 2018 report, entitled *The Genome Revolution*. It asks, "Is curing patients a sustainable business model?"

Analyst, Salveen Richter, wrote in the note that long-term treatments garner far more revenue than "one-shot cures," saying:

"The potential to deliver 'one-shot cures' is one of the most attractive aspects of

Treating sick people is far more profitable than curing them, according to Goldman Sachs.

gene therapy, genetically-engineered cell therapy and gene editing. However, such treatments offer a very different outlook with regard to recurring revenue versus chronic therapies.

"While this proposition carries tremendous value for patients and society, it could represent a challenge for genome medicine developers looking for sustained cash flow."

According to CNBC, Richter cited Gilead Sciences' treatments for hepatitis C, which achieved cure rates of more than 90 percent. The company's US sales for these hepatitis C treatments peaked at \$12.5 billion in 2015, but have been falling ever since. Goldman Sachs estimates the

US sales for these treatments will be less than \$4 billion this year.

"GILD is a case in point, where the success of its hepatitis C franchise has gradually exhausted the available pool of treatable patients," the analyst wrote.

"In the case of infectious diseases such as hepatitis C, curing existing patients also decreases the number of carriers able to transmit the virus to new patients, thus the incident pool also declines..."

"Where an incident pool remains stable (for example, in cancer) the potential for a cure poses less risk to the sustainability of a franchise."

Long-term treatments equate to long-term profits

Woked gathers cool stuff from around the internet and presents it in a collection of informative posts.

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Why does your dog follow you around?

Written by Dr Karen Shaw Becker

Extracted from Dr Becker's newsletter of 21st February 2019

Women sleep better with a dog in their bed

Written by
Dr Karen Shaw Becker

Extracted from Dr Becker's newsletter of 28th February 2019

Pet owners commonly share their sleeping spaces with their dogs, and, as is the case with human sleeping partners, this can have both positives and negatives for your sleep.

A study which surveyed nearly 1,000 US women about pet ownership and sleep found that 55 percent of the respondents shared their bed with at least one dog (and 31 percent did so with at least one cat). That's almost the same number who shared their bed with a human (57 percent).

Women who shared their beds with their dogs found that their pets were better bed partners than their human companions, with researchers noting, "Compared with human bed partners, dogs who slept in the owner's bed were perceived to disturb sleep less and were associated with stronger feelings of comfort and security."

It's long been assumed that having a dog in your bed is disruptive to sleep. Some dogs are, in fact, notorious for hogging the covers, taking up more than their fair share of space and barking at invisible intruders just as you're about to nod off.

Yet, when researchers outfitted dogs with Fitbark, an activity- and sleep-monitoring device, and fitted the owners with Actiwatch 2, a similar device, they found both dogs and their owners slept soundly. A sleep efficiency score of 80 percent or higher is considered to be indicative of a good night's rest, and both owners and their dogs had high marks – 81 percent for owners and 85 percent for dogs.

The study was observational in nature, so further research is needed to determine if the participants' perceptions of better sleep can be confirmed via objective measures of sleep quality.

There's the obvious reason

Your dog may follow you around for the simple reason that you've reinforced this behaviour by giving him/her food, water, treats and belly rubs. All these good things happen when she's around you, thus reinforcing her decision to spend time by your side. The more positive things that happen to your dog when she's in your presence, the more likely she is to want to be with you.

If your dog is part of the working or herding groups, such as border collies, kelpies or Australian shepherds, she was bred to work alongside humans.

Dogs are pack animals

Further, even if your dog isn't a working breed, dogs are pack animals, which means that in your home you're part of the pack, and your dog wants to be close to her pack. If you've had your dog since she was a puppy, it's also possible that she is imprinted on you.

Dogs are often thoroughly bonded with their human owners and likely to enjoy the companionship they get when they're with you, just as you enjoy theirs.

They can be like children

Research shows the bond between a person and a dog is similar to the bond experienced between an infant and his parents. Dogs are masters at reading human faces and body postures, and are also capable of understanding what the expression means, emotionally.

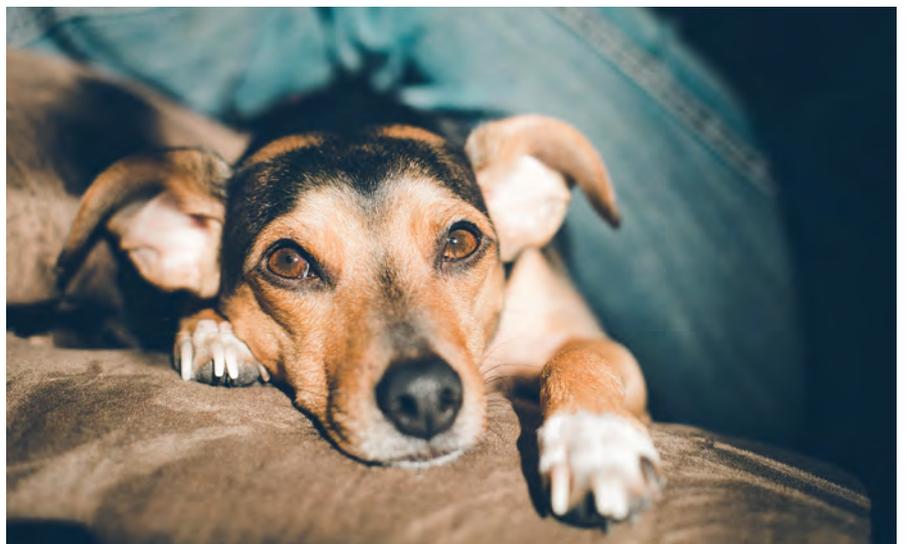
Often a dog may become fixated on one person in particular – typically whoever gives him the most attention or other benefits. This could be feeding him, taking him for walks or engaging him with play sessions.

Do you have a 'Velcro' dog?

While it's normal for your dog to want to spend more time with you than without, some dogs may be attached to you like glue, signalling a problem. Such 'Velcro' dogs, as they're known, could be struggling with separation anxiety that makes being apart from you a frightening prospect.

She may also be unhealthily attached to only one person, perhaps because she wasn't properly socialised as a puppy, and could be at risk of developing fear-based aggression or other problem behaviours when exposed to strangers.

If you suspect your dog is abnormally clingy, I recommend talking with your veterinarian, a positive dog trainer or a specialist in canine behaviour. In most cases, however, your dog's desire to be with you is just another perk of pet ownership.





Essential oils and our pets

Safe use, cautions and benefits



By Tracey Morrison, Homeopath and Animal Health Practitioner

What are Essential Oils?

Essential oils are naturally occurring, aromatic compounds that are found in living plants. These compounds aid in protecting the plant by helping to fend off pests and assisting in attracting pollinators. Through steam distillation or by cold pressing, these compounds can be extracted, turning them into 'essential oils'.

A very large amount of plant matter will yield only a very small amount of oil, so the oil is highly regarded in these small quantities and is powerfully concentrated.

Only use high quality essential oils

It is extremely important that you choose high quality, 'therapeutic' grade essential oils to use on your pet (meaning that they are biologically active), as opposed to just synthetically produced oils made to resemble the aroma of the botanical (plant essence) with no real medicinal benefits for your pet's health.

Research shows that using (high quality) essential oils can be very safe and effective for pets. For this reason, ensure that you thoroughly research the product you are purchasing.

Safe use of essential oils with pets

Essential oils can be used for a wide range of physical and emotional wellness applications, such as anxiety and excitability, pain management, repelling insects and even to promote healthy skin and coat.

Dogs, cats and birds have far superior senses of smell compared to humans, and may be much more sensitive to aromas, so always dilute any oil, whether diffusing or applying topically.

Caution: Do not use essential oils on puppies or kittens less than 12 weeks old.

Cats are particularly sensitive to essential oils that contain *polyphenolic* compounds as these can interfere with their liver detoxification processes. Examples of some oils that contain these are citrus oils, for example, orange, lemon, green mandarin, etc, and also citrus blends, as well as melaleuca (or tea tree) oil, all of which should be used with caution.

Three ways to use essential oils with your pets

Aromatic – Diffuse oils for mood management, air purifying and help to open airways.

Topically – Applied to the skin (in diluted form). The oil can have a systemic effect on the local area. Massaging the area with the diluted oil can give immediate comfort and aid in helping the immune system.

Internally – Use caution when applying by mouth. Oils can act quickly in the mouth and be absorbed by the mucous membranes, effectively entering the red blood cells and acting extremely rapidly. Constituents of essential oils have the potential to affect every cell in the body within 20 minutes!

Always use care and commonsense

Whether using essential oils for your companion animal or just for yourself, always exercise care and responsible management. Use the oils in an appropriate way, being aware of your pet's health to begin with and using commonsense when it comes to dosage, dilution and their surrounding environment. If in doubt, seek professional advice.

The health benefits of using essential oils will speak for themselves!

Tracey Morrison is a Homeopath, Animal Health Practitioner, Remedial Massage Therapist and writer. She is passionate about providing natural alternatives for optimum health and wellbeing. Tracey operates her private practice 'Proactive Pets' in both Western Sydney (based near the beautiful Blue Mountains) and on the Lower North Shore.

Contact Tracey: 0419 813 620, Tracey@proactivepets.com.au or proactivepets.com.au

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Your Questions Answered

By Roger French

Send questions to Natural Health Society 28/541 High St, Penrith 2750 or rfrench@health.org.au.

We regret that it is not possible to answer questions personally, nor can all questions be answered. Some may be answered in later issues.

WHY ARE SOME VEGETABLES TOXIC?

The following vegetables are supposed to be very good for you, but not according to Dr Michael Colgan, who says:

- potatoes, tomatoes, capsicum and eggplant contain solanine which can cause aches and arthritis and should therefore be avoided;
- spinach, rhubarb, broccoli and asparagus interfere with calcium absorption and can therefore cause osteoporosis;
- cabbage, turnips and watercress contain chemicals which impair thyroid function, and should only be eaten cooked, because cooking destroys the toxins;
- parsnips contain psoralens which cause cancer.

Should all these be avoided, or does the Natural Health Society have other information? – C. M., Abbotsford NSW

All plant foods contain 'poisons', or to use the correct word, *toxic* substances. These are there for good reason; they are nature's pesticides, protecting the plants from insect pests. About 99% of the toxic chemicals we consume are not man-made pesticides, but natural pesticides.

Nature knows all about natural toxins and has adapted our bodies perfectly to cope with them by giving us large livers with the capacity to degrade significant amounts of toxic substances and render them non-toxic. The key point is that in most of the vegetables we eat, the natural pesticides are at extremely low levels and well within the capacities of

our livers to deal with them without any harm to ourselves.

Consider the above groups of foods.

Potatoes, tomatoes, etc., are members of the *Solanum* family (nightshade family) and contain the toxic compound *solanine*. Tomatoes and capsicum are excellent vegetables and potatoes are one of the best starchy foods. The solanine is not normally a problem unless a person already has arthritis, in which case, if symptoms are aggravated, it would be appropriate to avoid this family of foods.

Ripeness is very important. Tomatoes should be eaten only when dead ripe and preferably ripened on the bush. When capsicum ripens, it turns from green to red, and this is how it is best eaten. Potatoes are a very good food, but if stored exposed to light, the level of solanine in the skin increases rapidly, turning the potato green, and it is then toxic. Green potatoes may cause nausea, diarrhoea and vomiting, and in extreme cases miscarriage.

Spinach and rhubarb contain *oxalic acid* which binds iron, calcium and other minerals, making a portion of them unavailable to the body. I doubt whether broccoli contains significant oxalic acid. In Australia, what we call 'spinach' is actually silverbeet, which also contains significant levels of both oxalic acid and iron. If the leaves are bitter, the oxalic acid level will be high and the silverbeet is better avoided. In the case of rhubarb, the leaves are so high in oxalic acid that they should not be eaten at all. There are lower levels in the stems which are still very sour, and which I would also not eat.

Cabbage, broccoli, cauliflower and watercress are members of the *Brassica* family and contain *indoles*, which are anti-cancer, and also *goitrins*, which are the compounds that Michael Colgan refers to. Goitrins interfere with the thyroid gland and can exacerbate goitre.

However, this is usually only a problem in areas of long-term iodine deficiency and if large quantities of Brassica vegetables are eaten.

If parsnips, which are members of the carrot family, do contain psoralens, the levels must be so

low as to be harmless, because parsnips have been happily eaten by Greeks and Romans for thousands of years.

If the toxins in these vegetables mean that they shouldn't be eaten, then we are in big trouble because these are among our best foods. Study after study has shown that people who eat high levels of green, yellow and red vegetables and fruits have much lower levels of cancer. The reason is well known – fresh vegetables and fruits are our only substantial natural sources of vitamin C and our major sources of carotenes (or carotenoids), both of which are powerful antioxidants. In addition, there are masses of other antioxidants in vegetables and fruits, along with vital alkaline minerals.

A specific example is tomato, which is so high in the carotenoid, *lycopene*, that eating tomatoes is known to substantially reduce the risk of prostate cancer, and no doubt other cancers as well. Watercress and silverbeet are also particularly high in carotenes, as are many other vegetables, especially carrots and parsley. Red capsicum is the richest common food in vitamin C, containing about four times the amount in oranges, while broccoli contains about three times as much and cabbage similar amounts to oranges.

So, unless the vegetable is rhubarb or bitter spinach, or there are individual sensitivity problems, enjoy and take advantage of these and other green, yellow and red vegetables, because they are the very best foods we can eat.



Q NUTRITION FOR NIGHT-SHIFT WORK:

I have a friend doing night shifts seven days a week and we are wondering if Natural Health Dietary Guidelines still apply, in particular, eating only fruit before noon and then two main meals between noon and 8pm. – K. P., Werrington NSW

Successfully managing shift work begins with understanding the circadian rhythm. This is centred around light and the hormones, melatonin and cortisol, which promote sleep or being wide awake.

At night we need a falling body temperature to enable us to get to sleep. This is brought about by darkness stimulating the brain to release melatonin, which causes body temperature to fall a little and also has a slightly hypnotic effect.

When daylight arrives in the morning, the light resets our body clock by suppressing melatonin production, which in turn causes an increase in the hormone cortisol. This wakes us up and stimulates us to become active during the hours of daylight.

When night arrives, the pineal gland is stimulated by darkness to release melatonin which again lulls us off to sleep.

Normally, cortisol levels rise during the early morning hours and are highest around 7am. They drop to very low levels in the evening and during the early phase of sleep. However, for night shift workers, this pattern may be reversed.

Cortisol is an essential hormone with many functions, one of which is to regulate car-

bohydrate metabolism, but its levels are affected by many things, including stress. High levels are undesirable because they indicate physical or emotional stress.

How is the circadian rhythm affected by working night shifts? A doctor at the Sleep Disorders Clinic of the RPA Hospital in Sydney explained that the key point is that the circadian rhythm will stay the same for about 10 weeks. In other words, it requires something of the order of 70 nights of shift work consecutively to change the circadian rhythm to a true nocturnal pattern. Very few people do such long stretches of shift work, and those who do tend to become most active at night, whether working or not.

For the typical 7- to 14-day night shift pattern, circadian rhythm doesn't change, and it is necessary to prevent or minimise the rise in body temperature that would be stimulated by morning light after a shift.

So if driving home during daylight, wear sunglasses (provided it's safe) and keep them on until you go to bed. Go straight to bed while your body is still in darkness mode. Don't do the shopping or play with the children until you have had your day's sleep, even if the sleep is short. The bedroom needs to be very dark and as cool as is still comfortable.

Aim to sleep for as long as possible – 8 hours would be ideal – don't laugh! At least try to ensure a minimum of 6 hours or preferably 7 hours sleep a day. If the first sleep in the morning is short, make an effort to have more sleep in the cooler late afternoon.

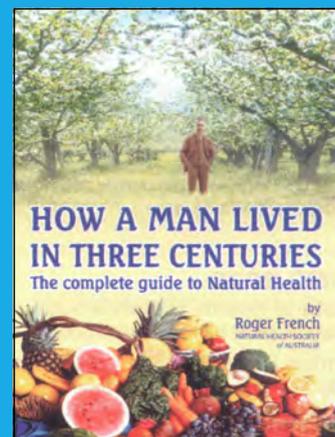
Before heading off to work at night, have the home as bright as possible to keep you wide awake. On the job, don't eat

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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high-fat, sugar-laden or salty foods, which some people believe stimulate them to stay awake. Rather, stimulate wakefulness by having protein-type foods during the first half of the shift. In the second half, have small portions of carbohydrate foods, which will tend to promote sleep later when you get home.

The first meal, which might typically be around midnight, could be a fruit or vegetable salad plus a protein food – nuts, legumes, seeds, eggs, cheese [or fish]. The last meal during the shift could be fruit or salad plus a small portion of grain food such as a sandwich or wholemeal muesli slice.

Don't eat when you get home in the morning. When you wake up, hopefully well after midday, have a light meal of fruit or salad or steamed veggies plus some grain such as rye crispbread. In the evening, have a normal meal with the family.

These four meals per day are more than we suggest in Natural Health under normal conditions, which is two main meals plus a fruit-only meal. Therefore, keep the meals small, so that total intake of fat, protein and carbohydrate – and therefore calories – is not excessive.

In the modern world, a new influence comes into the lives of most of us – electromagnetic radiation. This raises the question, does it affect sleep during periods of shift work.

A study found that EMR has no effect on the typical daily (diurnal) pattern of melatonin. Regarding the stress hormones, cortisol, adrenaline and noradrenaline, their levels also did not change significantly under low-level exposure to EMR. But with high-level exposure they did rise significantly, indicating increased stress. (*Rev Environ Health*. 2005 Apr-Jun;20(2):151-61)

In another study, a night-shift group exposed to EMR experienced more problems with their work, including greater risk of accidents, health complaints and levels of fatigue. The most common health complaints were mental and physical exhaustion after work, headaches, pains in the chest, joint and muscle complaints and apathy. (K. Vangelova and D. Velkova, National Center of Public Health and Analyses, 2014)

Q NIACIN, NICOTINIC ACID, VITAMIN B₃:

I have heard of nicotinic acid being used as a supplement. What is it used for and how does it work? – Andrew Toth, Waterloo NSW

A Nicotinic acid or niacin is vitamin B₃, one of the water-soluble B-complex vitamins. There is also

a different form of B₃, *niacinamide* (or *nicotinamide*), which possesses similar function as a vitamin but does not reduce lipids.

Niacin (vitamin B₃) is often part of a daily multivitamin, but many people get enough niacin from the food they eat. Plant foods rich in niacin include peanuts, sunflower seeds, tahini, sesame seeds, wheatgerm, wholemeal flour, brown rice, pine nuts, almonds, mushrooms, kidney beans, soya beans.

The recommended daily intake for adult males is 16 milligrams (mg) a day and for adult women who aren't pregnant, 14 mg a day.

Nicotinic acid is readily absorbed from the gastrointestinal tract following oral administration. It is metabolised in the liver to nicotinamide when taken in normal doses.

Uses

The normal role of nicotinic acid is as a component of co-enzymes which are essential for tissue respiration.

Niacin is used to prevent and treat niacin deficiency, which may result from certain medical conditions (such as alcohol abuse, malabsorption syndrome, Hartnup disease), poor diet or long-term use of certain medications (such as isoniazid).

Prescription niacin is used to increase high-density lipoprotein (HDL) cholesterol that helps remove low-density lipoprotein (LDL), the 'bad' cholesterol, from your bloodstream (this assumes that there is benefit in doing this – see *THN* Autumn 2019 issue, page 28). Not surprisingly, despite niacin's ability to raise HDL, niacin therapy isn't linked to lower rates of death, heart attack or stroke.

If people do want to lower their cholesterol and aren't able to take statins, prescription niacin might do the job.

Oral therapy reduces triglyceride (blood fat) concentrations within several hours, but the fats can remain in the liver, so this is not so good.

Deficiency

Niacin deficiency disease is called *pellagra*, which is not common in Australia.

Niacin deficiency can cause the 'three D's' – diarrhoea, dermatitis and dementia. There can be tongue redness and swelling and peeling red skin, along with weakness, gastric ulcers and ulcerative colitis.

Safety and side effects

When taken orally in appropriate amounts, niacin appears to be safe.

High doses via prescription can cause:

- Severe skin flushing and dizziness

- Rapid heartbeat
- Itching
- Nausea and vomiting
- Abdominal pain
- Diarrhoea
- Gout
- Liver damage
- Diabetes

Serious side effects are most likely if you take between 2,000 and 6,000 mg of niacin a day – which is a huge amount.

If you have liver disease, a peptic ulcer or severe low blood pressure (hypotension), don't take large amounts of niacin. The supplement can cause liver damage and low blood pressure and might stir up a stomach ulcer. Niacin in large doses reduces blood pressure because it has a vasodilation effect, identified by flushing of the skin

Supplemental niacin might also worsen allergies, gallbladder disease and symptoms of certain thyroid disorders. If you have diabetes, niacin can interfere with blood glucose control.

If you have arthritic gout, niacin can cause an excess of uric acid in the blood (hyperuricemia) and worsen the gout.

Niacin has been reported to stimulate histamine release, resulting in increased stomach activity and acid production, which could stir up a peptic ulcer.

A pregnant woman should not take prescription niacin – unless needed to prevent or treat niacin deficiency. However, when used in recommended amounts, niacin is believed to be safe to take during pregnancy and also during breastfeeding.

Interactions

Alcohol. Taking niacin with alcohol might increase the risk of liver damage and worsen niacin side effects.

Allopurinol (Zyloprim). Taking niacin with this might exacerbate the gout symptoms.

Anticoagulant and anti-platelet drugs, herbs and supplements. These reduce blood clotting and so does niacin, so taking them together might increase your risk of bleeding.

Blood pressure drugs, herbs and supplements. Niacin also lowers blood pressure, so the combination could cause low blood pressure (hypotension).

Chromium. Taking niacin with chromium might lower blood sugar too much. If you have diabetes and take niacin and chromium, watch your blood sugar levels.

Diabetes drugs. If you have diabetes, niacin can interfere with blood glucose control.

Liver-toxic drugs, herbs and supplements. Taking niacin with these can exacerbate liver damage.

Statins. Taking niacin with these might increase the risk of side effects.

Zinc. Taking zinc with niacin might worsen niacin side effects.

Supplement constituents

If you have allergies, it is wise to check the inactive ingredients. For example, the brand, Alphapharm Nicotinic Acid, contains lactose, starch from wheat, povidone, talc and magnesium stearate.

Sources

www.mayoclinic.org/drugs-supplements-niacin/art-20364984

www.healthdirect.gov.au/medicines/brand/amt,53144011000036105/nicotinic-acid-alphapharm

www.webmd.com/drugs/2/drug-6142/nicotinic-acid-oral/details

Q HIGH-ARGININE FOODS:

I would like to know if raw, unprocessed fruits and vegetables contain arginine. If not, which plant foods do? My understanding is that arginine is used by the endothelial cells lining artery walls to produce nitric oxide which causes arteries to open up, facilitating blood flow and easing cardiovascular problems, including blood pressure. – M. T., Goolwa SA

A Your understanding about the role of arginine is correct. It does produce nitric oxide and thereby help to reduce high blood pressure.

Arginine, or L-arginine, is an *amino acid*, a building block of protein, which the body can make from the essential amino acids and is therefore labelled as 'non-essential'. In the case of children, who need it for growth, some must be consumed in the diet, so for children it is an 'essential' amino acid. Its overall label is thus 'semi-essential'.

What does arginine do in the body?

Its primary function is, in effect, helping to reduce high blood pressure and the risk of heart disease. It does this by promoting the creation of nitric oxide, which widens and relaxes arteries and veins, thereby improving blood flow and reducing the pressure (for a detailed explanation of nitric oxide, see *TNH*, Autumn 2019 issue, pages 20 and 21).

In addition to helping high blood pressure, arginine may also: help the kidneys work more efficiently; promote wound healing; boost the immune system; balance hormones and help erectile dysfunction in men.

High arginine foods

This protein building block is present at significant levels in most protein-rich foods. Because fruits and vegetables are relatively low in protein, they are low in arginine, if any. The protein-rich foods include various meats (beef, chicken, turkey, pork), dairy products, legumes, nuts and seeds. Of course, we are only interested in the plant sources.

Plant foods rich in arginine include:

- 1. Nuts and seeds** – these are significant sources, some being high in it. In order of content:
 - Pumpkin seeds have one of the highest levels.
 - Watermelon seeds also contain high levels.
 - Sesame seeds are also a good source.
 - Then come walnuts, almonds and pine nuts.

Roasted, salted nuts contain slightly less arginine, but raw, unsalted nuts are much healthier anyway.

- 2. Legumes** – dried beans and peas (and fresh green peas at lower levels) are also abundant sources of arginine.

Soybeans are a rich source followed by peanuts and chickpeas (or garbanzos), and no doubt other dried beans and peas (I don't have figures for the others).

- 3. Seaweed** – contains high levels of arginine.

Spirulina is a blue-green algae that grows in both salt water and fresh water. It may be one of the most nutrient-dense foods on earth. Because spirulina is extremely high in protein, it is also rich in arginine. Anyone who needs to increase their arginine intake could consider taking spirulina.

- 4. Other foods** – garlic, ginseng, raisins, chocolate, whole wheat

Arginine supplements

Adults tend to need only what their body produces. However, some adults produce insufficient amounts of arginine, and if it is not adequate in their diet, they can develop deficiency.

Arginine supplements can be beneficial in various ways. The improved blood flow can help diabetes, may reduce the severity of cardiovascular conditions, including coronary artery disease and angina, and help erectile dysfunction. However, arginine should not be taken soon after a heart attack.

Risks of supplements

There can be side effects from supplemental arginine, such as upset stomach and diarrhoea. Larger doses may also interfere with medications or exacerbate certain illnesses.

High levels of arginine may indirectly cause cold sores. This is because the herpes virus needs arginine to multiply, and because high levels compete with the absorption of an essential amino acid, lysine, which tends to prevent cold sores. That is, lack of lysine can encourage the development of cold sores.

People with low blood pressure or liver cirrhosis should not take arginine supplements, nor, as stated above, should anyone who has recently had a heart attack.

Before using arginine supplements, it would be wise to speak to a healthcare professional.

The bottom line is that getting arginine from protein-rich foods is safe and healthy.





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:

Peter Kell, John Wood, Andreas Gwozdz, Geraldine Callaghan, Larissa Bergmann, Barbara Holmes, Christina Kirkpatrick, George Carter, Len Barone, Norma Steele, Maury Taylor, Ronald Jenkins, Paula Kontomina, Rosemary Croghan, Colin Papworth and Ruth Hargrave.

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.]

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Creating the Future of the Society

FOLLOWING the Extraordinary General Meeting of the Society on Saturday 13th April in Sydney City, we say a big 'thank you' to the 23 people who attended, and also thanks to others who wrote in or phoned in their suggestions.

Some great suggestions were made, however, we still have a lack of manpower (or womanpower!) to proceed with the best ideas.

One thing clear from members' feedback is that there is a strong preference for us to continue producing *True Natural Health* in the current form of printed paper copies.

As a result of the meeting, we have formed a voluntary Action Group Sub-Committee, which is still open for others to join – especially if you have talents to contribute like fundraising, membership expansion, marketing our book, *How a Man Lived in Three Centuries*, event management, manning stalls or an IT person who could upload articles onto the Society's website and also use social media.

STOP PRESS. Fundraising through City2Surf, 11th August

You can sponsor a Society member who is in the event to raise funds for the Society. So far, Roger French and Vice-President, Susan Roberts, are registered to participate. We ask others to consider joining us to run or walk the 14 km and help raise funds for the Society. Otherwise, sponsoring one of us would be a wonderful gesture.

For guidance on how to register, please contact the Society's office on 02 4721 5068 or email admin@health.org.au

Vegan food tours

With Ling Halbert, Founder of Health and Happy Heart

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NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2019 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Friday 26th July at 10am**, at the Society's office, **Suite 28, Skipton's Arcade, 541 High St, Penrith NSW**

Business

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

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

Members please notify the office if planning to attend – phone 4721 5068.

Wellness at Wallacia evenings

A whole-foods, plant-based meal followed by an informal talk and discussion on a relevant topic of Natural Health.

Dates: Last Saturday each month at 6.30pm – Saturdays 29th June, 27th July, 31st August

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

BOOKING: Essential. Phone office on 4721 5068

NEXT GATHERING SATURDAY 29TH JUNE 2019

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".

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& EVENTS

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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.

Our nutrition and lifestyle interview on the internet

In February this year, NHS Health Director, Roger French, interviewed Patrick van der Burght of Geovital, who has written a number of articles for this magazine and has specialist knowledge of electromagnetic radiation and earth radiation. A notice about Geovital is to be found on the outer back cover.

The first interview was on 'Electromagnetic Radiation and Geopathic Stress' – what it is and what we can do about it. A transcript is published in full in the Autumn 2019 issue of *TNH*, pages 24 – 26.

In the second interview Patrick interviewed Roger about Natural Health nutrition and lifestyle; it is full of practical tips and is available on YouTube and Podcast channels.

Find 'Health Stronghold' on iTunes, Stitcher.com and Spotify and select the Roger French Practical Nutrition episode. If you think it valuable, please share it.

<https://youtu.be/9kTlyTDFbk>

iTunes: <https://podcasts.apple.com/au/podcast/practical-nutrition-tips-for-health-vitality-roger/id1454332358?i=1000436975506>

Stitcher: www.stitcher.com/podcast/patrick-van-der-burght/health-stronghold

Twitter: Must hear practical nutrition tips in this NEW video interview with Roger French <https://bit.ly/2VIEjey>

Facebook: A life time of experience with diet and healthier living enables Roger French to give you the practical nutrition tips you've been waiting for. A must-see interview from the Health Stronghold podcast channel. Watch it now <https://bit.ly/2VIEjey>

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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.

NHS Autumn 2019 Seminar was entertaining and informative

Held on Sunday, 31st March at our regular venue, the North Ryde Golf Club in Sydney, the day was informative and also a great social occasion, with the 73 participants chatting and networking during the extensive breaks.

The program opened with **'How have the healthiest peoples in the world nourished themselves over the centuries?'**, presented by Roger French. His talk is published in full in this magazine, pages 2 – 4.

The second presenter was Laurence Macia of the Faculty of Medicine, University of Sydney, speaking on the topic, **'Friendly Fibre, Friendly Gut Bacteria & a Friendly Immune System'**.

The aim of her research, she said, is to understand the link between nutrition, the gut microbiome and the immune system.

She has found that the gut 'friendly bacteria' affect the brain and other organs, and may never fully recover from antibiotics. A typical Western diet promotes the wrong kind of bacteria, whereas a fibre-rich diet promotes the best bacteria. Numbering trillions, these bacteria change with different foods.

'True Grit & Clever Goal Setting Conquered Antarctica'

The 'conqueror', Lisa Blair, is the first woman ever to sail solo around Antarctica, and after that Australia. On the Antarctica voyage, she was totally alone for almost six months, survived huge storms and had to cope with a damaged, dismasted yacht. She told a spellbound audience how she survived, and being passionate about eating vegan, she ate this way for the entire voyage.

Consistent with travelling by sail rather than a fossil-fuel-powered motor, Lisa is a fierce warrior for climate action.

'Exciting New Discoveries from the International Hotbed of Nutrition'

Robyn Chuter, Naturopath, presented a number of compelling news items from her attendance at the International Plant-Based Nutrition Healthcare Conference in San Diego, USA.

For obese people, a low-fat, whole-food, plant-based diet is the way to lose weight.

Re arthritis, a doctor adopted a whole-food plant-based diet and his symptoms vanished in a short time.



Re multiple sclerosis, a medical specialist with MS changed to a whole-food, plant-based diet and eventually ran a marathon.

Re diabetes type 2, this disease is 100 percent preventable, provided action is taken before the pancreas is burned out.

'A Gift from the Sun – Priceless Vitamin D'

The speaker, Kevin Coleman, a former GP, explained that having adequate vitamin D is preventive to rickets, osteoporosis, some cancers, heart attack, stroke, diabetes, muscular problems, some infectious illnesses like tuberculosis, and also other conditions.

The fear of melanoma has driven avoidance of sunlight that has resulted in global vitamin D deficiency, with 23 percent of Australians having some degree of deficiency.

The best source of this vitamin is the sun, and if supplements are taken they must be in high doses.

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 carry out fasting under his supervision. The almost completed accommodation is now available to take guests in comfort.

TOP TRAITS HAPPY PEOPLE HAVE IN COMMON

By Dr Joseph Mercola

Extracted from Dr Mercola's newsletter of 7th March 2019

A 2010 study found a strong link between less small talk and more substantive conversations and increased happiness.

The happiest people had one-third as much small talk and twice as many substantive conversations

In the study, small talk was defined as "uninvolved conversation of a banal nature," in which only trivial information was exchanged. A substantive conversation was defined as one in which "meaningful information was exchanged".

A follow-up study revealed moderate associations between life satisfaction and the amount of alone time, conversation time and substantive conversations.

It turned out that less alone time and more time talking with others was linked to higher wellbeing. But happiness levels rose even higher when there was less small talk and more meaningful conversation. Compared to the unhappiest participants, the happiest participants spent 25 percent less time alone and 70 percent more time talking.

Meaningful conversation increased life satisfaction in virtually every group the researchers studied, but small talk was less impactful, showing little effect one way or the other.

While small talk wasn't beneficial, it wasn't decidedly negative either. The researchers suggested it may have a place in leading to more meaningful conversations.

Nor did personality type dictate the results. Both introverts and extroverts stand to benefit from meaningful talks.

Along with regular, deep talks with friends and family, previous research has identified the four following personality traits as being associated with happiness:

- Extraversion
- Locus of control
- Self-esteem
- Optimism

Researchers reporting in Europe's *Journal of Psychology* concluded that people with these four personality traits are happier because they use positive humour in their daily lives.

"The happiness of 'happy people' does not depend on life circumstances. Rather, happy people seem to have personalities that allow them to find happiness even in the midst of adversity and challenging life conditions," the study noted. And humour, it turns out, makes an effective adaptive strategy to maintain happiness.

However, not just any type of humour was beneficial. Self-defeating and aggressive

humour styles were linked to less happiness, while positive, self-enhancing and affiliative humour did the opposite by helping people cope with difficult circumstances.

Aggressive humour is used as a means of teasing, criticising or manipulating others, and may be used as a way to demonstrate superiority over others.

Self-defeating humour may be used to avoid confronting problems or dealing with negative feelings, and may make fun of your own weaknesses.

Self-enhancing humour is used to maintain positive psychological wellbeing by means of distancing yourself from adversity

Affiliative humour is used to entertain others, which helps enrich the quality of social relationships.

There's also a close relationship between being kind and being happy. Happiness levels increase when people count their own acts of kindness over a period.

Giving to others is also linked to happiness – generosity is certainly one form of kindness. People who agreed to spend money on others made more generous choices as well as having stronger increases in self-reported happiness compared to those who agreed to spend money on themselves.

MINDFULNESS AND MEDITATION NOW TAUGHT IN 370 ENGLISH SCHOOLS

Most of the time, when children act up by kicking and screaming expletives, it is because they do not understand what they are going through, and cannot find a better way to release their feelings. When a child acts up, we know that it is most likely because they are struggling to understand complex emotions that they are feeling for the first time in their lives.

Schools in England have begun to tackle this problem in a new way, which is by teaching mindfulness and meditation in the classroom to improve the youths' overall mental health. In 370 schools across the country, children will be taught how to meditate, techniques for muscle relaxation and breathing exercises for mindfulness.

The secondary school students will also get a more hands-on education to learn about awareness and how to increase this in their everyday lives. The program is being conducted under the mental health study that the British government is running until 2021.

Apart from the increasing number of young children that are showing signs of early onset depression and anxiety, the British National Health Service reports have also shown that one in eight British children has mental disorders. Despite these facts, many children with mental issues are unable to get access to treatment.

England isn't the only country that has added mindfulness as a subject among

schools. In 2016, a school in Baltimore, USA, decided to replace detention with an area where the children could go and practise some breathing and stretching exercises instead. The idea was to keep the students calmer in order to increase their focus within the classroom.

One student who was sent to the 'mindful moment room' for pushing and name-calling a fellow classmate describes it to CNN as, "I did some deep breathing, had a little snack, and I got myself together. Then I apologised to my class".

Read More: www.trueactivist.com/mindfulness-and-meditation-will-now-be-part-of-the-curriculum-in-370-schools-in-england-t1

Extracted from a blog by True Activist, posted on 29th March 2019 and published in the website of True Activist: trueactivist.com

Five herbs to help with stress and sleeplessness

By Dr Elizabeth Steels,
Clinical Biochemist and
Nutritionist, 25/03/2019



In our 24/7 society we often spend long hours at work, squeeze in as many activities as we can, and then compromise on the time we need to mentally and physically recharge. In Australia, stress levels are at an all-time high, with almost two thirds of people reporting that stress negatively impacts their mental wellbeing.

Sleep is necessary for our body to repair, recharge and de-stress, but for many, our busy minds aren't always so willing to rest, and so the vicious cycle of stress and sleeplessness can begin.

Herbal support can help to naturally break the cycle. Here are five herbs that can help nourish your nervous system and support better sleep.

Lavender

Lavandula, commonly referred to as lavender, has been traditionally used in Western herbal medicine to help relieve restlessness and nervous unrest.

Lavender essential oil is one of the most studied essential oils in terms of its relaxing effects. One study found that lavender oil aromatherapy calmed the nervous system – lowering blood pressure, heart rate and skin temperature, as well as influencing brain waves to a more relaxed state.

Lavender oil can be inhaled or applied to the skin. Lavender extract is often a key ingredient in herbal medicines that help relieve symptoms of nervous tension and stress.

Kava

Kava is used traditionally as a ceremonial beverage and to support muscle and mind relaxation in the Pacific Islands, and to help relieve sleeplessness. It is the *kavalactones* present in the root of Kava that are recognised as being responsible for its relaxing and calming effects.

Research has shown that Kava, or *Piper methysticum*, may be beneficial to health by reducing reactivity during stressful events, as well as helping with sleeplessness.

In Australia, kava is available as a supplement and is standardised to contain the active ingredient kavalactones.

To ensure you are getting the highest quality kava and correct dose, it is recommended that it be used under the guidance of your healthcare practitioner.

Passionflower

Passionflower is a climbing vine that is native to the south-eastern United States and Central and South America. Some studies suggest that certain species of passionflower may have medicinal benefits. For example, *Passiflora incarnata* may help treat anxiety and sleeplessness.

Passionflower appears to increase *gamma-aminobutyric acid* (GABA) levels in the brain – a neurotransmitter that may either lift mood, or have a soothing effect on the nervous system, which may, ultimately, help one to unwind and sleep better.

Siberian ginseng

The use of Siberian ginseng may date back over 2,000 years in China.

Although Siberian ginseng is not related to true ginseng (*Panax ginseng*), the name 'Siberian ginseng' gained popularity because both plants have similar properties.

Siberian ginseng has traditionally been used as an 'adaptogen' – a compound which increases one's capability of adapting to environmental factors, which can include physical and emotional stress. It is also believed to assist adrenal gland function when the body encounters stress.

Siberian ginseng, part of the *Eleutherococcus senticosus* species, has also demonstrated an improvement in mental sharpness and physical endurance without the burnout effect often associated with caffeinated products.

Lemon Balm

Lemon balm, or *Melissa officinalis*, is part of the mint family and can be found in a number of countries worldwide.

This aromatic herb has, interestingly, been used to help decrease stress and improve sleep since the Middle Ages. Research suggests that, like passionflower, it may increase GABA levels in the brain.

PROFESSIONAL GUIDANCE

It is advised that natural herbs are used under the guidance of a healthcare practitioner, particularly if you are pregnant or breastfeeding or take medications.

Sleep disturbances may be caused by serious medical conditions, so you should consult your healthcare practitioner to discuss your particular needs to optimise your health.

To find a healthcare practitioner (all kinds, Australia-wide), please visit: eaglenaturalhealth.com.au/findapractitioner



Brussels first major city to halt 5G due to health effects

By Josh del Sol Beaulieu,
2nd April 2019



Great news! A Belgian government minister has announced that Brussels is halting its 5G plans due to adverse health effects.

The statement was made by Céline Fremault, the Minister of the Government of the Brussels-Capital Region, responsible for Housing, Quality of Life, Environment and Energy. From an interview Friday 29th March 2019, with *L'Echo*:

"I cannot welcome such technology if the radiation standards, which must protect the citizens, are not respected, 5G or not. The people of Brussels are not guinea pigs whose health I can sell at a profit. We cannot leave anything to doubt."

Quality of Life, Environment and Energy

Ms Fremault accurately identified that a 5G pilot project is not compatible with Belgian radiation safety standards (9 V/m, or 95 mW/m² according to this online converter), and stated that she does not intend to make an exception.

(In the Building Biology guidelines, the threshold for extreme concern is 1 mW/m². However, many government agencies still only consider thermal effects, instead of the cumulative body of thousands of peer-reviewed scientific studies of other effects.)

Perhaps with Brussels heading up the European Union, and with one of the two major 5G appeals being addressed to the EU, officials there are better informed and motivated to protect themselves.

2-MINUTE ACTION: To send a brief note of support to Ms Fremault and Brussels city councillors, go to be/city-councillors. Emphasise to them the importance of keeping this ban permanent, despite industry's impending pressure.

The 5G Situation in Summary

There is almost no question that a 5G-world would place us all under an unprecedented level of surveillance and control, granting unheard-of powers to soulless corporations.

The talking heads of the wireless industry even brashly admit – when forced to do

so in a US senate hearing – that they have not done any safety studies ... and they don't plan to.

The fact is, hundreds of scientists are trying everything they can to sound the alarm.

One such voice, Dr Martin Pall, the WSU Professor Emeritus whose research lays out the mechanism for how wireless radiation harms our cells, calls 5G "The stupidest idea in the history of the world."

However, within the corporatised halls of government, there is a well-worn pattern of the voices of reason being drowned out by the technocratic corporations, who envisage 5G as an unprecedented economic opportunity for the full-on commercial exploitation of reality.

But the 5G pushback is beginning to go viral. The compilation of truth assembled in videos about 5G provides a much-needed reality-check on the greed and depravation among the agenda-pushers in our world.

While it may sound stark, after observing this for a long while, it now appears to me that those pushing this agenda are so frenzied with dollar signs and 'us-versus-them' progress-obsessions that they are incapable of seeing where all of this is obviously heading – for them and their kids, too.

When the industry sheep are being presented with an avalanche of scientific evidence for a catastrophe-in-the-making, they refuse to listen and instead continue to tow the profit-pushing line. Perhaps it's a global, unconscious 'death wish' that is at the core of the 5G push.

Where You Live: The Pushback Against 5G is Going Viral

While Brussels has become the first major international city to block 5G, dozens of local governments have passed legislation to prevent or restrict 5G rollouts due to health effects. Environmental Health Trust lists legislation from 21 local governments in the USA alone.

Websites such as *EMF Safety Network*, *Whats5G.info* and *My Street, My Choice* provide guidelines for how to put the brakes on 5G where you live.

Below is a partial list of resources where



Céline Fremault, Minister of the Government (Brussels-Capital Region), responsible for Quality of Life and Environment

you can learn more and get involved. We applaud every individual who takes the reins and leads from their heart.

Resources

The Brussels story – sources

- Brussels Times
- L'echo
- Bruzz.be

Scientific Evidence on 5G Harm

- EHTrust: Scientific Research on 5G, Small Cells and Health
- Dr Martin Pall's free e-book: '5G: Compelling Evidence for Eight Distinct Types of Great Harm Caused by Electromagnetic Field (EMF) Exposures and the Mechanism that Causes Them' (PDF, 90 pages)
- Dr Joel Moskowitz: '5G Wireless Technology: Cutting Through the Hype'
- Electric Sense: '5G Radiation Dangers – 11 Reasons To Be Concerned'
- Health resources summary from Whats5G.info
- Health resources summary from TelecomPowerGrab.com
- EMF interview by Luke Storey: Dr Jack Kruse
- SaferEMR: Summary of 400 new EMF scientific studies, Aug 2016, to present EMF in general
- Research from Magda Havas
- News from Clear Light Ventures
- Articles from BN Frank at ActivistPost

Hybrid and electric cars – how safe are they?



By Murray May

There is increasing awareness about the adverse health effects of electromagnetic radiation, for example, with the moves to introduce 5G on a widespread basis and efforts to have people use smart meters (re the latter, see *TNH* Winter 2018).

As the urgency surrounding climate change gathers pace, there seems little doubt that fossil-fuel-powered cars, trucks and buses will increasingly be replaced by hybrid versions and fully electric versions. Norway announced its proposed ban on fossil-fuel cars in 2016, planning to prohibit the sale of all petrol and diesel vehicles by 2025. An expanding number of countries have similarly proposed such a ban, typically from 2030 onwards.

Hybrid and electric cars may be green, but how safe are they? In recent years, studies on electromagnetic radiation (EMR) emitted from some models found radiation at excessive levels. EMR expert, Alasdair Philips from Powerwatch (www.powerwatch.org.uk), reports that in 2010, the Israeli government cancelled an order of 200 hybrid Toyotas for their police after measuring high levels of electromagnetic radiation from the batteries and electronic systems. The Israeli government said that any more than four hours a day in the car would constitute a health risk. Toyota apparently took legal steps to stop the Israeli government from releasing the radiation measurements.

Many hybrid cars can produce high levels of magnetic fields, and electric vehicles can also produce high magnetic fields when compared with conventional vehicles. The level of exposure depends on the position within the vehicle and can vary with different operating conditions, as changes in engine load can induce magnetic fields through changes in electric currents. Children are smaller and their heads are generally closer to the car floor where the magnetic field strength has been reported to be higher due to tyre magnetisation and the operation of the underfloor electrical systems.

In addition, electronic dash panels and electronics in modern cars will also produce radiofrequency fields, such as continuously active Bluetooth systems to enable mobile phone communications.

The health risks increase with the duration of exposure, that is, the amount of travel time. The risks associated with EMR exposure include various types of cancers, sleep disorders and memory problems. More common problems reported by some drivers include headaches, concentration problems, 'grogginess' and atypical fatigue.

Design guidelines have been produced that can reduce the magnetic fields in electric vehicles, and all vehicle manufacturers should follow these guidelines to ensure their customers' safety. Magnetic

fields in electric cars should be measured and published.

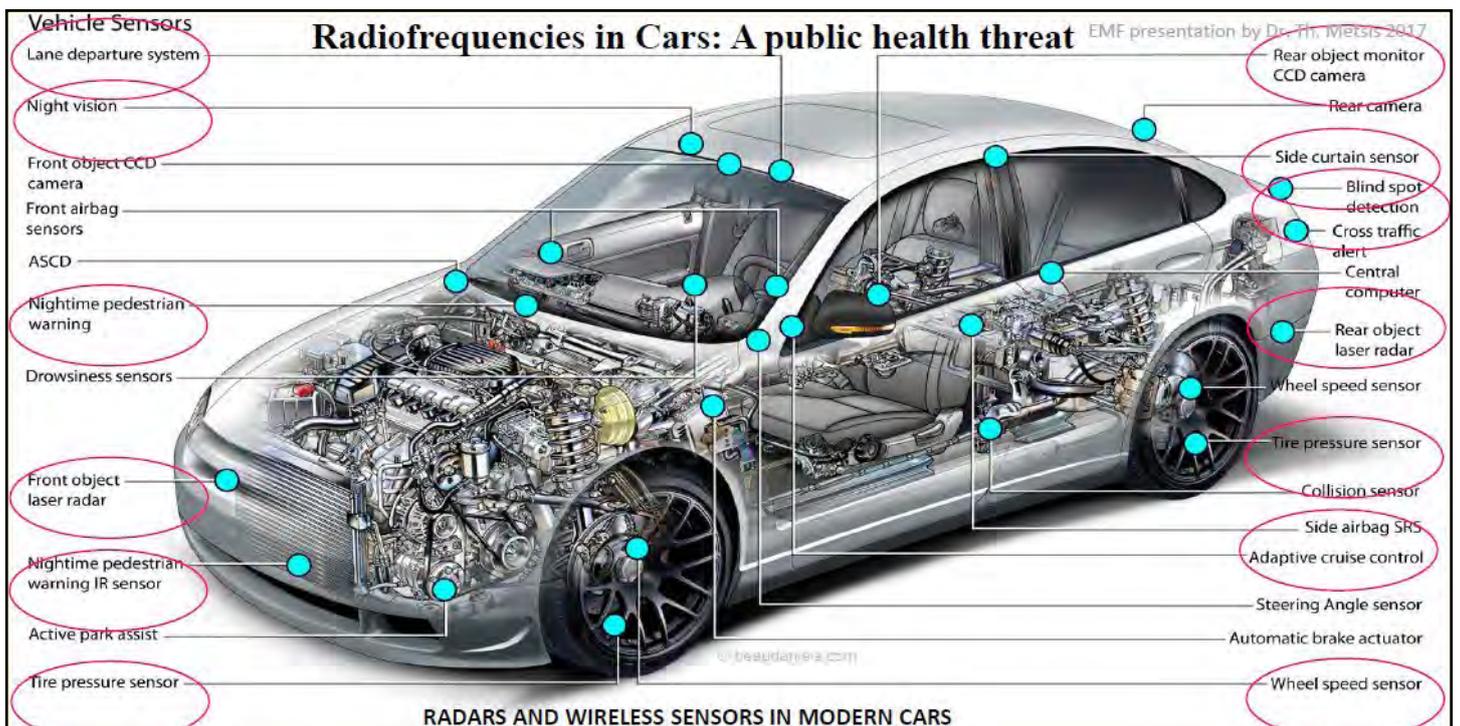
Unfortunately, much of the research conducted on these issues has been industry-funded by companies with vested interests and it is therefore difficult to know which studies are trustworthy. Joel M. Moskowitz, PhD, School of Public Health, University of California, Berkeley, provides an overview of some research at the following link:

www.saferemr.com/2014/07/shouldnt-hybrid-and-electric-cars-be-re.html

With more consumers likely to seek environmentally friendly vehicles, those concerned about EMR exposure can seek an accredited building biologist to assist with measurements and evaluation. For assistance, contact the Australasian Society of Building Biologists at <http://asbb.org.au/>.

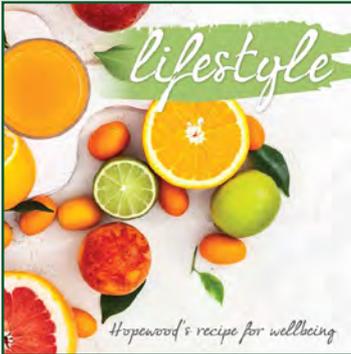
You will find differences between vehicles regarding the amount of shielding, the ability to disable Bluetooth and so on for a range of issues.

The author, Murray May, BSc (Hons) PhD, has worked long-term on health and environmental issues and provides technical writer support for the Oceania Radiofrequency Scientific Advisory Association, www.orsaa.org.



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Beat your winter blues!



Exercising in winter is a great way to keep a positive attitude in the colder months! Jump on track and stay there this winter with these easy to follow exercises. They’re for any skill level and you won’t need any special equipment. If you keep fit, eat well, drink lots of water and breathe in that crisp cooler air, you’re sure to give your day a natural boost!

Russian twists. Sit on the floor, knees bent with a towel or yoga mat underneath you. Lean back at approximately a 45-degree angle and lift your arms to shoulder height. Maintain a straight-back posture and twist your arms from left to right, allowing your upper body to follow your arms. Repeat this motion for 30 seconds, rest for 10 second and then repeat three times.

If this becomes too easy and you would like a bit more of a challenge, you can repeat the

exercise while holding a litre water bottle or a bag of rice.

Sit-ups. Find a clear space on a soft surface like a mat or carpet and lie on your back. Reach forward with straight arms towards your toes for 5 seconds, lay down again and repeat ten times, rest for 10 seconds and repeat. Keep your core engaged, your glutes firm and make controlled movements – resist the urge to throw yourself forward.

Wall sits. Lean your back against a wall with your thighs and knees at 90-degree angles. Hold this squat position for 30 seconds, then rest for 10 seconds and repeat 3 times.

If this gets too easy and you would like a bit more of a challenge, you can repeat the exercise in a slightly lower squat.

Cauliflower and Parmesan Cheese Rosti

Ingredients

- 1 large head of cauliflower (about 600 gm)
- 1 small onion, finely chopped
- 4 large free-range eggs
- 2 Tbsp parmesan cheese, grated
- 2 Tbsp parsley, finely chopped
- 2 Tbsp coconut flour
- ¼ tsp pepper
- 2 Tbsp coconut oil
- ½ avocado, mashed
- Natural yoghurt

- Meanwhile, bring a large frypan to a medium heat and add a little of the coconut oil. When the pan is hot enough place one third of the mixture into the pan to create your first rosti, then repeat twice more.

- Cook until crispy and slightly browned. Serve hot or cold with a side of avocado and natural yoghurt.

Method

- Process the cauliflower in a food processor until finely shredded. Then add the rest of the ingredients to the cauliflower (except for the coconut oil) and combine well.



Hopewood Lifestyle



Hopewoodlifestyle.com.au is a natural health online resource for people seeking expert knowledge and information about how to achieve and maintain health and wellbeing.

Hopewood provided its natural health and wellbeing guidance and support to thousands of guests at its health retreat in Wallacia, NSW, for over 55 years. Since its closure in 2015, Hopewood has continued its reputable voice in the natural health industry, equipping its readers with the practical advice and inspiration they need to live a happier, healthier life.

The Hopewood lifestyle promotes vegetarianism, plenty of water and freshly prepared juices, food combining, regular exercise and relaxation. It also emphasises the power of fresh air and spending time in our natural environment. Living the Hopewood lifestyle is achievable and sustainable. It

helps people feel more energetic, reach and maintain a healthy weight, manage stress and get more out of life.

The Hopewood philosophy ripples across each page of the lifestyle website, helping people understand and maximise their unique, inner potential for good health and wellbeing, while supporting them to achieve it. The free online destination offers articles, tips, advice and information on a variety of subjects including: health and wellbeing, body and skin care, beauty, travel, lifestyle, food and of course, many delicious, nutritious free recipes to enjoy.

We hope to welcome you to the Hopewood community soon!

Have a look at www.hopewoodlifestyle.com.au

Recipes extract from *lifestyle – Hopewood's recipe for wellbeing*

Hopewood lifestyle book

A brilliant way to kickstart and maintain your wellness journey, lifestyle – Hopewood's recipe for wellbeing is packed with the tips and tools you need to lead a natural, healthy and happy life. Inside, you'll find 250 pages of 100 mouth-wateringly delicious, incredibly healthy and easy-to-prepare vegetarian recipes, accompanied by wonderful photography, inspirational ideas and lifestyle wisdom. Topics include eating for preventative health, stress and weight management, nurturing your body and

connecting with nature. With its holistic approach, the book focuses on your lifestyle as a whole, rather than a specific health problem or part of your body. This focus supports better long-term wellbeing and proactively encourages mind, body and spirit wellness.

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



Beet Borsch

Ingredients

- 3 beetroot
- 3 carrots
- 1 cucumber
- 1 small onion
- 1 cup diluted beetroot juice or vegetable stock
- 1 tablespoon lemon juice
- ½ cup celery juice
- 1 teaspoon honey

Garnish

- dill
- cucumber, sliced
- yoghurt

Method

- Peel raw vegetables, cut into chunks and place in food processor.
- Add all other ingredients and blend, adding more liquid if necessary.
- Refrigerate for at least 30 minutes before serving.
- Garnish with sliced cucumber and a spoonful of yoghurt, sprinkled with dill.



Basil Walnut Pesto with Zucchini Noodles

Ingredients

2 cups fresh basil leaves
 2 cloves garlic
 1/3 cup extra-virgin olive oil
 2 tsp fresh lemon juice
 2 Tbsp nutritional yeast
 1/2 cup raw fresh walnuts
 Vegetable salt to taste
 Zucchini Noodles – 4 to 5 zucchinis cut into noodles with spiraliser

Method

Combine ingredients except noodles in food processor. Toss through zucchini noodles and serve.



Ruby Red Salad

Ingredients

3 cups grated carrot
 2 cups grated beetroot
 1 cup chopped fresh parsley
 1/2 cup coarsely chopped raw walnuts
 2 Tbsp fresh chives
 1/2 cup dried cranberries (soaked)

Method

Toss all ingredients and add dressing



Citrus Dressing

1/4 cup fresh orange juice
 2 Tbsp extra-virgin olive oil
 1 tsp minced fresh ginger
 1 tsp vegetable salt

Waldorf Salad

Ingredients

3 – 4 crisp apples
 2 cups seedless grapes, halved
 1 cup chopped celery
 1 cup chopped walnuts
 Just before serving, mix mayonnaise and add walnuts

Almond Mayonnaise

Juice 1 large or two small lemons
 1/2 cup extra-virgin olive oil
 1/2 cup soaked raw almonds. Drained
 1/2 tsp yellow mustard powder
 2 – 3 teas raw honey or agave nectar
 1/2 tsp veggie salt to taste



Method

Blend half almonds with other ingredients.

Add more almonds for thickness and water if necessary to blend.

Spicy Mexican Salad

Ingredients

3 chopped tomatoes
 2 ripe avocados, finely diced
 2 cups fresh or frozen corn kernels
 2 stalks celery, diced
 1 large red, yellow or orange capsicum cut into matchsticks
 1 cup sprouted red lentils
 1 cup finely chopped coriander
 3 spring onions

Spicy Mexican Dressing

Ingredients

1/4 cup freshly squeezed lime juice
 2 Tbsp extra-virgin olive oil
 2 Tbsp low-salt, wheat-free shoyu or tamari (pure soya sauce)
 1 Tbsp maple syrup
 1 tsp minced or green chilli
 1/2 tsp ground cumin

Method

Blend all ingredients. Pour over salad just before serving



NOTE: Each recipe is designed to feed about 4 people.

All dishes vegan or have vegan options.

Roasted pumpkin and sweet potato



Ingredients

- 1 kg pumpkin and sweet potato
- 2 Tbsp vegetable stock
- 1 tsp chopped fresh rosemary
- 2 tsp chopped fresh parsley
- 1/8 tsp dried sage
- 2 tsp paprika
- 2 tsp freshly ground pepper
- Vegetable oil spray

Method

Peel and chop potatoes and pumpkin to serving size. Toss with remaining ingredients until well coated. Lightly spray baking pan with vegetable oil. Place coated potatoes and pumpkin in a single layer on the pan and bake until soft and lightly browned.

ChickPea Hot Pot

Ingredients

- Onion
- Tomato
- Mixed herbs
- Soaked and cooked chickpeas

Method

Sauté onion, add tomato and herbs. Add chickpeas and heat.



Cool Cucumber Salad

Ingredients

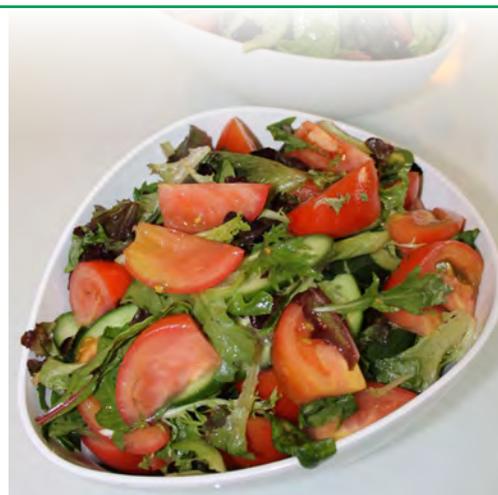
- 6 Lebanese cucumbers
- 4 tomatoes
- 450 gm cooked chick peas
- 1 Spanish onion
- Fresh basil leaves
- Mint leaves

Method

Chop cucumbers and tomatoes. Slice onion finely. Chop basil and mint. Add all ingredients to salad bowl. Add dressing of lemon juice and small amount of veggie salt.

Green Salad

Plate of mixed greens scattered with cherry tomatoes or tomato wedges, cucumber slices and drizzled with lemon juice.



Dessert

Seasonal Fruit



EGO TO ECO

By Flavia Ursino, spiritual advisor and author

Mind, body and soul, a heading frequently captioned in wellbeing magazines, newspapers and electronic media are discussed on a daily basis.

Millions each year flock in reverence to the church as they march their souls towards eternal life. Impressive line-ups of spiritual gurus and psychic mediums who demonstrate impressive abilities to communicate with the deceased grace the screens – such as Oprah and Dr Phil. Arenas are regularly packed to capacity with devotees of the enlightened, such as Caroline Myss and Deepak Chopra, their attendees showing up to quench their souls.

There is a consensus between many people that our existence transcends physical time/space. There are many who, in spite of their claims of non-belief in life beyond, spontaneously drop into prayer in moments of peril or terminal illness.

In our novel, *Monkey Business: A Story of Soulmates and Primates*, co-written by myself and my husband, retired

doctor Kevin Coleman, we give a playful account of how human beings are both physical and abstract as we explore the nature of reality and illusion. Our analogy of time is that of an Olympic pool: though we may swim the length of the pool, the body of water itself is not linear.

LIVING BEYOND THE FIVE SENSES

We explore the notion that our five senses ground us to our physical reality via our bodies, while our sixth sense relates to our abstract reality via mind and soul. Intuitive powers are, I believe possessed by all. We often hear such terms as ‘mother’s intuition’, ‘business hunch’ and ‘gut feeling’. Countless books on the market are said to explore that which is conveyed via our subconscious to us through our dreams. I recently heard a marriage counsellor claim that we marry our subconscious.

When I am addressing audiences, I invite them to close their eyes to an imagined reality devoid of emotion, perception, inspiration, creativity and imagination itself. Upon re-opening their eyes my audience invariably agree that the tangle the world had at that moment ceased to exist. Perhaps the non-tangible world is the engine room of our tangible world that we co-create with others. To quote from our novel:

“With all lights out, Estelle lay awake contemplating her life. She felt solid, grounded, present and eager to re-integrate more fully with normality. It seemed as if all her perceptions, choices and actions thus far had been the artistry of her inner self-expression on a blank canvas. Her internal expression reflected back to her as external manifestations. She felt both powerful and fragile in her newfound awareness of how she could never escape herself. The realisation hit her like a thunderbolt. She alone was entirely responsible for herself. Estelle was fully able to make sense of karma.



“Paradoxically, she also conceded that she was being governed by some greater destiny over which she had little control. Feeling her vulnerability, she resolved to be more fully responsible for those elements which she could control; what she could control were both attitudes and choices, her attitude being the springboard of the sum total of her choices.”

It is estimated that we have 60,000 to 70,000 thoughts a day. If our thoughts shape our reality, it might be said that we live in a constant state of self-hypnosis, a trance-like condition. Our state of mind and being affects not only ourselves but all others, as they do to us – as does the media, marketers, advertisers, governments and corporations.

As we travel through the pages of our novel we ask, “Are you one of the millions of modern-day sleepwalkers treading through life, moving through a fog of other people’s thoughts? What seductive messages are being drip-fed into modern society? By whom, and why? Who is buying your silent obedience? Are you ready to awaken from a drip-fed state of consciousness?”

WE ARE DYING TO FIND OURSELVES

We often hear someone saying that they had a ‘wake-up call’, usually at a critical moment in their lives. Might this suggest that they had been asleep? Often they describe that moment as a moment of liberation from some self-imposed, imprisoned state. Finally they give themselves permission to live more fully and ever present and to embrace their dreams.

A wise man once said, “We are here to be happy, healthy and to give something back.” Over decades I have heard numerous accounts of people claiming that their greatest desire is for happiness and health. For each person, the vision takes on a different form: a loving relationship, bigger house, a long-overdue holiday, etc. The list is as long as is the imagination.

Without health our ability to pursue our heart’s desire is compromised. Health may not be everything, but without health everything is nothing.

Many grip onto life with white knuckles holding on tightly through a roller coaster of cultural stress. The media claims we have a physical and mental health crisis. We hear of rising unemployment and the homeless discarded onto the streets. We have a staggering crime rate, yet our popular shows are saturated with violence and greed. We are fearful of rape, while our billboards are plastered with demeaning sexual imagery and young girls strip down to their bras and undies in order to belt out

tunes for music clips. We seek to defend our sanity through mind-altering drugs, both legal and illegal. We numb our hearts from love. We ignore our broken spirits as we trample each other’s dreams just to stay on top of the game.

Trillions of dollars are spent on psychotropic drugs, blood pressure medication, tranquilisers, cigarettes, alcohol and sleeping pills. Every day we see another advertisement masquerading as news for another magic bullet, miracle breakthrough, surgery or vaccine. We live with dis-ease, suspicious that our loved ones may be the carriers of some deadly infectious disease. We are sold on herd immunity at the cost of herd community. We are as afraid of living as we are of dying.

Has our world been hijacked by corporate narratives and fictitious constructs, seducing us with lures of happiness and health? Are we held hostage to consumeristic images of more wealth, more power and more sex, all flashing like a moving screen before our eyes? If consumerism were to end tomorrow, would we all be displaced and without purpose?

Who is selling us dreams while our dreams are being sold from under us? We live in a man-made complex pyramidal structure held together by the ruthless whip-hand of greed. Through conformity, we follow the prompts of social norms, while we stagger around in a state of mass hypnosis, powerless to examine our decisions. Mostly we make decisions prompted by social proofs as we follow the masses without examination of consequences.

Lured by promises of happiness and health, our heartfelt desires are used by corporations as weapons against us. We trample upon those weaker people below us as those above us trample upon us, all scrambling for a top rung. The mantra is for a ‘growing economy’. Yet I choose to say, NO ECO NO ME. This is the system that both seduces and betrays us in one.

To further quote our novel, “We are brought into the system and bought by the system. Everyone has their price. Those who defect, pay the ultimate price.”

Perhaps the end of this pyramidal structure is our wake-up call!

FINDING OURSELVES BEYOND SEPARATION

To awaken to our soul’s true calling is to awaken to a world beyond and to examine our soul’s true currency, which lies beyond the illusion of the pyramid. Both happiness and health are our birthrights. Beyond the pyramid of Ego lives an Ecology, a circle of life where each unique soul shares equal value, for all life is sacred.

Injury to one is injury to all. Humans are one of millions of species, each interdependent on all life, therefore we must choose to defend all life with our lives. No more is a woman the value of her housekeeping, or a chicken the value of her eggs or a pig the value of a sandwich. Life is of value for life itself.

ALL LIFE HOLDS EQUAL VALUE

As a vegan I choose the path of equality, non-violence and reverence for all. We are neither lesser nor greater than any other life-form. We must step down from our arrogance and belief in our superiority: that we are the chosen ones bestowed to decide who is worthy of life and who should be condemned to die. Each values his or her life equally. Each sentient life form has the capacity to feel contentment, connection, pain and terror.

As other life forms disappear, parts of ourselves also disappear. As they die, so too does a part of ourselves. When we ingest suffering, we too suffer mind, body and soul, with rippling effects throughout our collective consciousness. For all life is held together as One by the delicate tapestry of creation herself. The illusion of separateness is just one grand lie, as is the illusion of separating the ocean or the air that we breathe. There is no money to be made on a dead planet. Yet we are killing her fast.

When we liberate ourselves from such an illusion, we begin to hear the echoes of our tender hearts guiding us to our destiny – the path of giving back to a life that has given us so much. Our emotional responses and what evokes our passions are our greatest clues.

Perhaps we react to the injustice of homelessness, cruelty to animals, those sitting in God’s waiting room alone waiting to die, those without food. If consumerism were to end overnight, what might be our contribution to make our world a better place? Bestowed with gifts from the creator, we are creative by nature in our capacity to give back, only ever limited by our imagination.

When we awaken to our true essence, we can live in harmony: body, mind and soul.

Flavia Ursino, co-author of *Monkey Business: A Story of Soulmates and Primates*, lives with a passion for telling the stories and speaking up for those who cannot speak for themselves. She has worked as a spiritual advisor and speaker for almost 40 years and aims to inspire others to live their authentic lives. She enjoys writing poetry and lives with her husband, retired doctor Kevin Coleman, on the Central Coast.



“You’ll be on these drugs for life!” ... **Well not so fast!**



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

I have lost count of the number of patients I’ve seen who were told by their doctor that their hypertension (high blood pressure) and high cholesterol must be treated by drugs for the rest of their lives.

In fact, my own mother-in-law was told that if she did not take her two medications for life to lower her blood pressure and cholesterol, then she will have to choose to die from either a heart attack or stroke. Seriously. To say the doctor spooked her is an understatement. This stupid statement alone was enough to raise her blood pressure.

Moreover, other health issues are also treated with the same ‘do-or-die’ approach by most doctors, including reflux, thyroid problems, bacterial infections, flu injections, high blood glucose, diabetes and many others.

When you see the medical curriculum as I have done, you understand why the vast majority of doctors believe that the only answer is drugs. Their education on diet and lifestyle is woefully deficient.

There are two mistakes with this do-or-die approach.

The first mistake is to assume that hypertension and high cholesterol can only – and must – be treated by drugs. Elevations of blood pressure and cholesterol have dietary and lifestyle causes, which when corrected, lead to normalisation of their levels, except in very rare cases. I repeat, it’s only in rare cases that drugs are necessary. The vast majority of patients

experiencing these health issues can lower both blood pressure and cholesterol by changing their diet and modifying other lifestyle factors.

This has been shown in my clinic countless times. It has also been seen by many other practitioners over the years, and a quick search of the work of lifestyle doctors will corroborate this. Such doctors include Joel Fuhrman, Dean Ornish, Neal Barnard, Alan Goldhamer, Anthony Lim, Michael Klaper, John McDougall, Pam Popper, Stephen Esser, Frank Sabatino, Asa Frey, Caldwell Esselstyn and many others.

In fact, in the 1960’s and early 1970’s, Nathan Pritikin of ‘The Pritikin Diet’ fame reversed his heart disease by adopting a plant-based diet. He had been told his heart disease was inoperable and to live with it (and die from it). Pritikin refused to believe that and when he committed suicide decades later, the autopsy showed he had the arteries of a teenager. The Pritikin Longevity Centre is still running today in California, and my wife, Dawn, and I had the pleasure of attending there many years ago.

Before that, Natural Hygienist and Natural Health practitioners, including Alec Burton, John Tilden, Russell Trall and Kenneth Jaffrey, to name a few, all had great success in reversing these ‘numbers’ with changes in diet and lifestyle.

The second mistake is to believe that such drugs must be taken for life.

A few years ago a medical doctor seeing me said that he was scared to come off these drugs, because – here we go again – his cardiologist had told him to choose between a heart attack or a stroke if he ever tried to stop them.

After changing to a plant-based diet, the doctor ceased all medications and actually told Dawn and me, “I’ve been teaching the wrong thing to my patients for 25 years!”. He has thrived ever since.

There are reasons why modern medicine is the third leading cause of death in the world. And this myopic approach where illnesses caused by diet and lifestyle are routinely treated by drugs, and the patient is scared half to death, is one of them.

Thankfully, not all doctors are so myopic.

Two years ago I attended a medical conference at Sydney University, where a Professor David le Coutier spoke. His topic and specialty: de-prescribing!

On my questioning him, he stated that before he de-prescribes, he makes sure his patients change their diet and lifestyle.

What a breath of fresh air!

The take-away lesson:

Be careful whose advice you believe!

If you remove the causes, you are on the right path to removing the drugs.

Hallelujah!



Is milk good for our bones?

By Michael Greger, MD, FACLM, 9th March 2019

The galactose in milk may explain why milk consumption is associated with significantly higher risk of hip fractures, cancer and premature death.

Milk is touted to build strong bones, but a compilation of all the best studies found no association between milk consumption and hip fracture risk, so drinking milk as an adult might not help bones. But what about in adolescence? Harvard researchers decided to put it to the test.

Studies have shown that greater milk consumption during childhood and adolescence contributes to peak bone mass, and is therefore expected to help avoid osteoporosis and bone fractures in later life. But that's not what they found. Milk consumption during teenage years was not associated with a lower risk of hip fracture, and, if anything, milk consumption was associated with a borderline increase in fracture risk in men.

It appears that the extra boost in total body bone mineral density you get from getting extra calcium is lost within a few years, even if you keep up the calcium supplementation. It is a long-standing enigma that hip fracture rates are highest in populations with the greatest milk consumption.

This enigma irked a Swedish research team, puzzled because studies again and again had shown a tendency of a higher risk of fracture with a higher intake of milk. There is a rare birth defect called *galactosaemia*, where babies are born without the enzymes needed to detoxify the galactose found in milk, so they end up with elevated levels of galactose in their blood, which can cause bone loss even as kids.

One hundred thousand men and women were followed for up to 20 years. The researchers found that milk-drinking women had higher rates of death, more heart disease and significantly more cancer for each glass of milk. Three glasses a day was associated with nearly twice the risk of death. And they had significantly more bone and hip fractures too.



Men in a separate study also had a higher rate of death with higher milk consumption, but at least they didn't have higher fracture rates. So there is a dose-dependent higher rate of both mortality and fracture in women, and a higher rate of mortality in men with milk intake, but the opposite for other dairy products like soured milk and yoghurt, which would go along with the galactose theory, since bacteria can ferment away some of the lactose.

The above is just an approximation of an audio contributed by Katie Schloer.

Even in this devastating drought, there is bush humour



It's So Dry...

- The trees are chasing the dogs around
- Cows are giving powdered milk
- We have a fish that is 12 months old that hasn't learnt to swim yet
- To save water, they have closed down three lanes of the local swimming pool
- The government has introduced a water pistol buyback scheme
- There is so little feed, even the kangaroos are having to take a cut lunch
- Rob fainted from shock when we had had 7 drops of rain last week and it took 3 buckets of sand to bring him around.

Expelled Peter Gotzsche sets up 'new Cochrane'

By Bryan Hubbard,
January 17th 2019

Once the hallmark of independent medical research, the Cochrane Collaboration has accepted a grant of over £1million from the Bill Gates Foundation and summarily dismissed its most outspoken researcher, Peter C. Gotzsche.

Now Gotzsche is setting up a Cochrane alternative, the Institute for Scientific Freedom, and is looking for crowd-funding to get it going.

Gotzsche, a co-founder of Cochrane, has over the years criticised mammogram screening, the lack of good evidence for the flu vaccine, and the dangers of the HPV vaccine.

But after the Gates' donation, the Collaboration reversed its views about the HPV vaccine and started producing damning reviews on taking supplements. And in a show trial, as Gotzsche described it, he was expelled last September. He may also lose his job at the Rigshospitalet hospital in Denmark, where he works.

But because "scientific freedom, honesty and integrity are constantly under attack" from the drug industry, Gotzsche believes it's vital that a truly independent research voice exists.

He is planning to launch the Institute for Scientific Freedom in March, and is seeking crowd-funding (see: www.gofundme.com/scientific-freedom).



Reproduced with editing from an newsletter by What Doctors Don't Tell You, dated 19th March 2019. Website: www.wddty.com. Enquiries news@common.wddtyvip.com

TWO ARTICLES relating to Peter Gotzsche have been published in TNH, both under the heading, 'Deadly Medicines and Organised Crime'. The first, an interview, was published in the Autumn 2014 issue and the second, a review of his book under the same title, is found in the Winter 2015 issue.



FLUORIDATION

Over-exposure to fluoride dramatically increasing dental fluorosis

By the Fluoride Action Network of the USA

Researchers report a huge increase in dental fluorosis in the USA in a paper just published in the *Journal of Dental Research - Clinical & Translational Research*.

Dental fluorosis is a tooth enamel defect caused by excessive fluoride intake during childhood. It appears as white spots or lines in milder cases and pitted and stained enamel in more severe cases. Analysis of the most recently available government data (NHANES 2011-2012 survey) found that 65% of American children now have some degree of dental fluorosis. [In Australia, with similar fluoridation to the USA, we would expect a similar finding.]

The survey found the objectionable degrees of dental fluorosis, that is termed 'moderate' or 'severe', in 30.4% of children aged 12 - 15. This was an eight-fold increase from the previous national survey in 1999-2004 that found 3.7% affected.

Paul Connett, PhD, director of Fluoride Action Network, noted, "This is compelling evidence that fluoride exposure, already linked to lowered IQ in children, has skyrocketed. Fluorosis is a permanent marker of excessive early-life exposure to fluoride compounds. The US Public Health Service (PHS) has promoted fluoridation since the 1950s, but now must recognise that fluoride exposure is out of control. The emerging evidence of harm to developing brains can no longer be dismissed."

According to lead author, Chris Neurath, "These extremely high rates are unprecedented and far beyond what were considered acceptable when water fluoridation was commenced 75 years ago.

"Although we were not able to determine what specific sources of fluoride caused these large increases in fluorosis, likely contributors include increases in water fluoridation, especially when used for mixing infant formula, and swallowed fluoride toothpaste.

"The PHS in 2015 recommended a reduction in the level of fluoride added to drinking water. This was in response to the increase in fluorosis between 1986/87 and 1999-2004. The much larger increase in the 2011/12 survey was apparently not considered. The reduction by the PHS may not be sufficient to reduce fluorosis to dentally acceptable levels, and it ignores the serious neurotoxic effects that may be occurring."

Neurath also noted, "The rear teeth were usually the most affected, and it was their scores that determined the person's scores. When we only considered the front teeth, the 'moderate' and 'severe' rate was 10% instead of 30%. Many fluoridating countries only consider front teeth in their surveys (Canada, Australia, New Zealand), thereby underestimating the true rates of fluorosis."

Visit FAN's webpage on this study for links to the full paper, the CDC data, our press release, the study abstract, photos, graphs and background information on dental fluorosis: fluoridealert.org/issues/fluorosis/2019-latest-information/

Source: fluoridealert.org, 16th March 2019, the newsletter of the US Fluoride Action Network



Could You Live Without Plastic? How to minimise your consumption

Extracted from Dr Mercola's newsletter of 6th March 2019

Families around the world are now living without plastic, avoiding grocery bags, storage containers, toothbrushes and produce bags. At the same time, challenging, online and brick-and-mortar businesses are available to make your transition easier, if not painless.

It may take up to 1,000 years for plastic to completely degrade. In the meantime, the product breaks down into micro-plastic particles, infiltrating our food and water supply, damaging the environment and placing our health at risk.

Plastic pollution and chemical absorption is associated with numerous forms of cancer, obesity and neurological, reproductive and developmental toxicities, as well as diabetes, organ malfunctions and heart disease.

Plastic is made from a number of different chemicals, some of which are known to act as endocrine disruptors. An endocrine disruptor is similar in nature to a natural sex hormone and interferes with the normal functioning in our body.

While not visible, plastic chemicals can be found in fast-food packaging and processed and boxed foods, including those marketed as organic. Use has skyrocketed from two million tonnes in 1950 to 380 million tonnes in 2015.

This represents an astonishing 18,000 percent increase over 65 years. At this growth rate, the Earth could very well be covered in plastic in another 65 years, demonstrating the power that manufacturers have to destroy life.

Only eight percent of plastic is ever recycled, and even then, some of the items tossed in the recycling bin may never make it to the recycling centre. Some of it ends up contaminating entire loads of recyclables that would otherwise have been re-used.

What You Can Do to Reduce Your Use

The next step after recycling is to reduce your plastic use. It's important to start slowly and build gradually so the changes become habitual and stick. Consider the following:

1. Use re-usable shopping bags for groceries;
2. Take your own left-overs container to restaurants;
3. Bring your own mug for coffee, and bring drinking water from home in glass bottles instead of buying bottled water;
4. Request no plastic wrap on your newspaper and dry cleaning;
5. Store foods in glass or stainless steel containers rather than plastic containers and freezer bags;
6. Avoid disposable utensils and straws and buy foods in bulk whenever you can;
7. Opt for non-disposable razors, washable feminine hygiene products, cloth nappies, handkerchiefs instead of paper tissues, rags in lieu of paper towels and infant toys made of wood rather than plastic;
8. Avoid processed foods stored in plastic bags with chemicals – buy fresh produce instead;
9. Consider switching to bamboo toothbrushes and brushing your teeth with coconut oil and baking soda to avoid plastic toothpaste tubes.

Major Plastic Problems in Oceans from Clothes

Extracted from Dr Mercola's newsletter of 20th February 2019

Following multiple studies and environmental assays, a group of scientists set out to determine the extent of plastic pollution in the world's oceans. They discovered that much of the plastic microfibre results from washing clothes.

Microfibres enter the oceans through sewage systems, presenting a challenge to marine life as the irregular shapes make the plastic more difficult to excrete. This contributes to intestinal blockage and chemical poisoning.

Once in the waterways, the lipophilic (fat-'loving') properties of plastic attract other oil-based chemicals, such as flame retardants, bisphenols and phthalates, and concentrates these contaminants up to 100,000-fold. The plastic then carries the pollutants to the next creature in the food chain, and the next, possibly eventually landing on a human's dinner plate.

Each of us has an opportunity to not contribute to this system by selecting organic fabrics, refusing to participate in 'fast fashion' and only buying clothes that you truly need. The effect of 'retail therapy' may help you feel relaxed for a short time, but the pollution generated lasts a lifetime.

Measles vaccinations

Freedom to choose crushed by draconian legislation in New York

Measles mania seems to have hit New York with a vengeance...and it's causing a major outbreak of rights violations, fear-mongering and government coercion.

Amid dire predictions of a "growing epidemic" in the State, officials first banned unvaccinated people from public places and then ordered a *mandatory vaccination policy*¹ in four Brooklyn zip code areas. Any parent who does not comply with this order faces court charges and a fine of up to \$1,000. In addition to this, the state issued a warning that any school found to have non-vaccinated kids in attendance would be fined and/or shut down.

In response to the draconian actions taken by the State, a lawsuit was filed by families who balked at having their right to personal medical choice taken away, despite the fact that laws in New York still allow for medical and religious exemptions. The suit was quickly dismissed in a state court and crackdowns increased. Every infant, child and adult age 6 months or older must have proof of current measles vaccination, and the state will prosecute anyone who contracts measles if they fail to comply after the mandatory vaccination order.

In addition, state officials plan to trace the path of every individual who contracts the disease ... following where they were and who they had contact with. Anyone who falls ill with measles and has not complied with the vaccination mandate will face misdemeanor charges and be fined. If they find an unvaccinated child among the patient's contacts, they will fine the child's parents.

As of April 18th 2019 more than four schools had been shut down² for being in violation of the new vaccine policy by allowing an unvaccinated child to attend, or by failing to produce vaccination records for every child in attendance. In addition, at least three parents have been charged with misdemeanours and fined.

Measles is not the "dangerous disease" the media is portraying it as; it's a mild disease in most cases that has not caused a death in the United States for over four years³ ... and that death occurred in a woman who was on

immune-suppressant drugs for another underlying condition. The case, which happened in 2015, broke a 12-year streak in which no one – not a single person – died from measles-related complications.

The lack of measles-related deaths is not due to the absence of outbreaks. Over the years there have been similar upticks in cases, for example in 2014 there were 667 cases of measles reported – and no deaths. In countries where people have access to healthy food, good healthcare and simple medications to bring down fever, it's rare to see deaths from measles. In fact, as the chart below shows, the rate of death from measles complications had already plummeted well before the vaccine was created.

Forcing people to undergo a medical procedure against their will and then taking them to court if they refuse to comply is a gross violation of civil liberties. Shutting down schools – most of which are private religious schools – for allowing the attendance of healthy children whose parents choose not to vaccinate is a punitive act that has enormous financial and educational consequences.

Requiring six-month-old infants to receive a vaccine that the Centers for Disease Control itself does not recommend⁴ for anyone under 12 months of age is a reckless action that has strong potential to cause permanent damage and death in far more children than measles ever could.

The only epidemic that is threatening our nation is the virulent surge of unreasonable fearmongering and hype that has frightened people into allowing an unacceptable intrusion of government control. Once a precedent has been set that the government can declare an 'emergency'

and mandate vaccination due to what amounts to a handful of cases of a mild disease (while punishing those who don't comply), there is a huge potential that similar actions will be taken in the future. We must speak up now and protect our nation from the current outbreak of fear and coercion that is threatening our right to make choices for ourselves and our children.

[NOTE. The Natural Health Society does not have a policy on supporting or opposing vaccination. However, we are strongly opposed to denial of freedom of choice in all medical issues and also opposed to the addition of toxic additives to vaccines.]

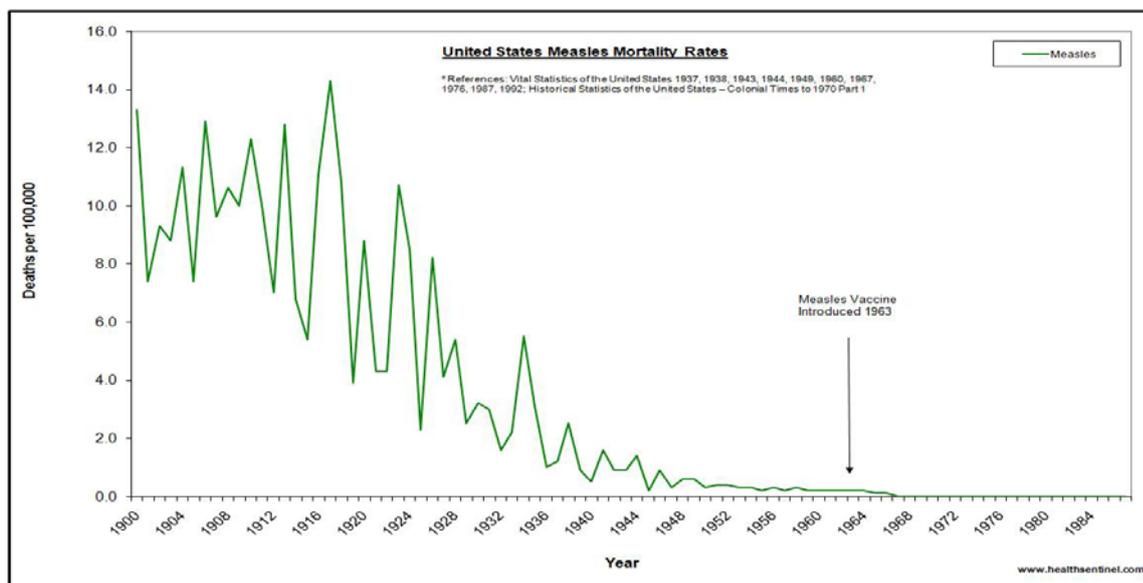
Reprinted from *Vaccines Revealed* newsletter, 26th April 2019

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BIG PHARMA HAS 'BOUGHT' CONGRESS, SAYS FDA CHAIRMAN

By Bryan Hubbard of WDDTY

Presidential election promises of an overhaul of drug policy and pricing will come to nothing – because the US Congress has been 'bought' by Big Pharma, says a leading light at the US Food and Drug Administration (FDA).

Former House speaker, Raul Ryan, received \$222,070 in drug company donations, with most of it being paid by drug giant Merck, and Democrat presidential hopeful Beta O'Rourke was given \$171,255, according to Open Secrets, which has ranked the 20 members of the House and Senate who received the most money from the drug industry during the 2017-18 election cycle. In all, the pharmaceutical industry paid out more than \$100 million to Congress and presidential hopefuls.

These donations mean that Big Pharma won't be reformed, said Dr Raeford Brown, chairman of the FDA's Analgesics and Anaesthetics Committee – and its pricing policy won't be curbed. "Congress is supposed to have oversight for the FDA. If the FDA isn't going to hold pharma accountable, and Congress

is getting paid to not hold pharma accountable, then it really doesn't matter who the president is because it's really about Congress," he said.

Minnesota senator and Democratic presidential candidate, Amy Klobuchar, has stated that she will not be bought by Big Pharma. "In Minnesota and across the country, no place has been immune from the devastating effects of opioid abuse. In my State, deaths from prescription drug abuse now claim the lives of more Minnesotans than homicides or car crashes. We need to continue to work together to tackle the scourge of opioid addiction that continues to take lives each day."

According to Open Secrets, Senator Klobuchar received small donations from drugs firms, including \$8,000 donated by Abbott Laboratories.

Open Secrets is the website of the non-partisan Center for Responsive Politics.

(Sources: *Open Secrets*; *Yahoo Finance*, March 13, 2019)



Reproduced from a newsletter produced by WDDTY, 8th April 2019

BIG PHARMA SUPPRESSES EVIDENCE ON DANGEROUS OR USELESS DRUGS

Abridged from an article written by Brian Hubbard and published in the What Doctors Don't Tell You newsletter, 27th March 2019. Website: www.wddty.com.

Pharmaceutical companies are deliberately misleading health agencies and governments by suppressing research that reveals a drug doesn't work or is dangerous. At least half of all medical trials are never published.

In one example, governments were hoodwinked into stockpiling Tamiflu during the swine flu scare of 2009, but hadn't seen unpublished studies that found it wasn't effective. Around 80 percent of the studies into the drug – those that showed it didn't prevent com-

plications after someone contracted flu – were either never published or hadn't been independently reviewed first.

Instead of scientific evidence, governments were relying on 'marketing spiel' controlled by the drug company, Dr Simon Kolstoe from the University of Portsmouth told the UK's House of Commons Science and Technology Committee.

In another example, evidence about the dangers of the heart drug, *lorcainide*, was kept secret for 10 years – and many people died as a result, the committee heard.

(Source: BBC, October 30, 2018; <https://www.bbc.co.uk/health-46017521>)



How to be Free of Arthritis and Rheumatism

By Roger French, Health Director, Natural Health Society

Arthritis and rheumatism are 'diseases of civilisation', almost unknown in countries that don't consume the typical Western diet.

Just what is the inflammation that the anti-inflammatory drugs suppress? Inflammation is *not* the disease; it is the body's attempt to heal tissue that is being irritated by something. It is this 'something' that is the true underlying cause of the disease. It is utterly irrational to suppress the natural healing process and at the same time completely ignore the underlying causes.

In arthritis and rheumatism, the inflammation is primarily in response to *acidity*, that is, acidic toxic waste products, with the irritation being aggravated by a build-up of toxic man-made chemicals.

If the acidity and chemical build-up are lowered sufficiently, the inflammation is no longer required by the body, and it fades away, along with the swelling and the pain. However, if joints have become calcified, reversal may or may not be possible.

Understanding these causes has been the basis of the methods employed by the big natural health centres around the world over the last century. Their successes have been so consistent that they point clearly to the lifestyle methods required to bring about long-term recovery.

The Causes of Arthritis Are Known

Although we are told by orthodox medicine that diet is not a factor in arthritis, medical research indicates otherwise.

A 2006 review of the causes of rheumatoid arthritis conducted by Manchester University School of Epidemiology found a highlighted a role for diet, with indications that diets high in caffeine, low in antioxidants and high in red meat increase the risk. Among non-dietary causes, cigarette smoking, including passive smoking, is a consistent risk, while the oral contraceptive pill can also contribute to the causes. Genetics have a role in that our genes can increase predisposition.⁽¹⁾

The most thorough study of all was reported in *The Lancet*, 12 October 1991 issue, under the title, 'Controlled Trial of Fasting and One-Year Vegetarian Diet for Rheumatoid Arthritis'.⁽²⁾ In the study, 27 patients were allocated a four-week stay at a residential health centre, and for the first 7 to 10 days were put on a diet of herbal teas, garlic, vegetable broth, decoction of potatoes and parsley, and the juices of carrots, beets and celery. This was followed by an individually adjusted, gluten-free, all-plant diet for three and a half months,

the patients entirely avoiding gluten, meat, fish, eggs, dairy products, refined sugar, citrus fruits, salt, strong spices, preservatives, alcohol, tea and coffee.

After four weeks there was significant improvement in most symptoms and signs, including the number of tender and swollen joints, joint movement, duration of stiffness, the level of pain, grip strength, white blood cell count and general wellbeing. The benefits were still present after one year and the author's summary was, "... evaluation of the whole course showed significant advantages for the diet group in all measured indices."

For any form of arthritis or rheumatism to develop, there must first be a significant degree of *toxaemia* in the body. When arthritis appears to spread from joint to joint, it is simply more joints succumbing to increasing toxaemia, generated mainly by modern diet, stress and man-made chemicals.

Strongly acid-forming are white sugar (with its total absence of alkaline minerals), the grain foods, red and white meats, coffee and chocolate. When these foods form the greater part of the diet, which is the norm in Australia, their acidic waste products are formed faster than they can be eliminated, so they accumulate, setting the stage for a build-up of acidic toxaemia and disease.

Stimulants like coffee, black tea, tobacco, salt, pepper and strong spices speed up the metabolic processes, increasing the toxaemia.

The current orthodox push to eat plenty of grain foods may be producing very painful consequences in a lot of people.

Arthritis is rare in rural Africa, Japan and China, where animal products are seldom eaten and the diet is based on vegetables, roots and unrefined grain foods (or has been until recently).

Emotional stress contributes to toxaemia by causing disruption to digestion, assimilation of nutrients and elimination. Stress occurs particularly with prolonged loneliness and unresolved grief. Negative emotions such as hatred, anger, jealousy, fear, resentment, anxiety and worry squander nerve energy, as do overwork, overeating, insufficient sleep, prolonged exposure to cold and excessive sexual stimulation.

In the absence of regular physical activity, there is poor tone of the digestive organs, sluggish circulation and impaired elimination, all exacerbating toxaemia.

Poor circulation can be a major factor in rheumatoid arthritis and osteoarthritis. One theory is that high fat levels make the blood thicker so that it cannot flow through the finest capillaries. Deprived of oxygen, white blood cells swell and burst and their

destructive juices attack the joints. Hence the description 'autoimmune' disease.

As a consequence of prolonged irritation, the synovial membranes and other tissues in the joint become inflamed (as they attempt to heal themselves), swollen, painful and eventually hardened.

Allergy. Where rheumatoid arthritis is the result of allergy, University of Sydney researchers believe that the most common offenders are milk, milk products, corn and cereals. Further, they confirm that some sufferers may have a 'leaky gut' that allows food allergens to be more easily absorbed.⁽³⁾

Nightshade vegetables. Well known for aggravating arthritis is the deadly nightshade or *Solanaceae* family. These foods, which contain the toxic alkaloid, *solanine*, include potatoes, tomatoes, capsicum, eggplant and chillies. Green potatoes are exceptionally high in solanine, high enough to cause symptoms, even including miscarriage. It is probable that *Solanum* foods do not *cause* arthritis, but in some people aggravate existing symptoms.

Free-radical damage. Lack of oxygen in a joint leads to injury that results in the generation of free radicals. The resulting oxidation induces the production of *rheumatoid factor*, alters immune function and damages lipids and lipoproteins.⁽⁴⁾

Overload of the mineral, *iron*, is a major generator of free radicals. The most common source of excessive iron is a high intake of red meat, from which iron is more readily absorbed than from plant foods. (A blood test for iron status could be very helpful.)

Another contributing cause of free radical damage could be deficiency of *selenium*., a mineral necessary for the manufacture of the enzyme, *glutathione peroxidase*, which stops the chain reaction of free radicals.⁽⁵⁾

Recovery is Possible

With the failure of conventional treatment and the usual advice that there is no cure, it is no wonder that sufferers are easily discouraged about trying another approach.

However, experience has shown that, *provided the tissues of the joint are still intact*, the self-healing power of the body has the potential in most cases to restore the joint partially or wholly to its normal state.

Nutrition is a primary factor in recovery from arthritis. Other possible factors include, stress, ongoing anger, ongoing resentment, deep-seated negative emotions and joint overload.

Getting well from arthritis in its early stages is straightforward – at least in principle. Recovery in advanced stages is slower,

but is still possible in many cases, as long as the tissues of the joint have not been destroyed. Only in the worst cases of joint deformity and destruction need it come to the last resort – joint replacement.

Through detoxifying the system – even by a surprisingly small degree – the ‘attacks’ of rheumatoid arthritis can be expected to diminish.

DIETARY MODIFICATIONS

Californian researchers conducted a study in 1999 and concluded that, “A vegan diet has documented clinical efficacy in rheumatoid arthritis.”⁽⁶⁾

To reduce the acidic toxemia in order to facilitate self-healing, it is necessary to reduce the acid-forming content of the diet. This is done by increasing the amount of alkali-forming foods to between three-quarters and four-fifths of total food intake (by weight), which means for the average-sized adult at least one kilogram daily of green, yellow and red vegetables and fresh fruits.

Correspondingly reduce the intake of acid-forming foods, which are most other kinds of foods. Aim towards a plant-based diet (which may need careful monitoring for a heavy meat eater of many years), but be sure to maintain a balance of protein, carbohydrate and fat in the normal diet.

There needs to be avoidance of salt and refined sugar, and no alcohol which inhibits circulation.

Arthritis sufferers are often advised by medical practitioners to avoid acid fruits. However, acid fruits don’t increase the body’s acidity. They contain weak organic acids, but leave residues of alkaline minerals after their metabolism is complete – provided the fruit is ripe and the metabolism is functioning normally.

If foods of the *Solanum* family aggravate symptoms, omit them initially.

Naturopaths have found the enzyme, *bromelain*, abundant in pineapples, to be helpful. It is important to select ripe fruit.

These dietary requirements are built into the *Natural Health Dietary Guidelines*, which were spelled out in the Summer 2016/17 issue of *TNH*.

DETOXIFYING DIETS

Great inroads into the level of toxemia may be made by short, well-spaced periods of nutritional detoxification. To some degree, detoxing can be done at home, but experienced supervision is highly desirable.

After the detox diet, remember to have one or two glasses daily of that marvellous, alkalising health ‘cocktail’, carrot-and-chlorophyll juice containing the juices of carrot, beetroot and greens such as celery, silverbeet, spinach, parsley, dandelion, cabbage and so on.

The pain of arthritis is particularly benefitted

by fasting. German researchers stated in 1993 that the effect of complete fasting is “remarkable”.⁽⁷⁾ Other German researchers stated in 2002 that short-term fasting in patients with pain is safe and well tolerated.⁽⁸⁾

One of the major effects when sufferers change from omnivorous to vegan diets is that the intestinal flora (gut bacteria) change to better kinds of bacteria.⁽⁹⁾

Increase the circulation by exercising, dry skin brushing (brush with a natural bristle brush when the skin is dry, not during showering) and/or massage, being sure to keep clear of any painful, inflamed joints.

HYDROTHERAPY FOR PAIN RELIEF

Hydrotherapy is marvellous for drug-free pain relief and for increasing local circulation. If a joint is hot, a *cold pack* (cold moist strips of cotton sheeting completely covered by woollen fabric) is appropriate.

Otherwise apply *hot and cold* by dipping the joint in a bowl or bucket of hot water for three minutes, followed by cold water for one minute, and repeat this process twice more. If the joint cannot be dipped in the water, bathing may suffice. Alternatively, hot-and-cold fomentations may be used in a similar way.

STRESS

Top of the list of techniques for easing stress is meditation, followed by stress management courses, yoga, relaxation tapes and regular physical activity.

A fundamental philosophy is: worry only about those things you can do something about – and do it – and forget all the rest! This is not being callous; it is being realistic. Harming yourself with worry won’t help anyone.

ELIMINATION DIET FOR ALLERGY

An elimination diet can be used to discover if food allergies or sensitivities might be contributing to the arthritis.

For a minimum of one week eat only those foods which are least likely to cause allergy or sensitivity. These include brown rice, sweet potatoes, pumpkin, winter squashes, cooked green and yellow vegetables and stewed fruits other than citrus. Then every two or three days add *one* new food to the basic diet, eating plenty of it. If no reaction occurs during the following two days, it can be assumed that the food is safe. Repeat the process, adding a new food every two or three days.

Antioxidants are critical in protecting the body against free radical damage

(oxidation). The major antioxidants are vitamins C, E and A and the carotene family and the trace minerals selenium, zinc, magnesium, copper, manganese and iron.⁽¹⁰⁾

Fresh vegetables and fruits, along with legumes, nuts, seeds and moderate whole grains, can supply good amounts of these nutrients in virtually complete safety. It could be helpful to top up with modest doses of supplements of these nutrients – with professional supervision.

A particular food with potent antioxidant properties that can help arthritis is *garlic*, which can be taken raw, cooked or as a supplement.⁽¹¹⁾

Chinese herbalism has a rheumatoid arthritis mixture based on the plant, *Trip-terygium wilfordii*, which has been found to be as effective as a standard arthritis drug, but with fewer side effects.⁽¹²⁾

The omega-3 fatty acids in flax oil and chia seeds have significant anti-inflammatory effects.⁽¹³⁾

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BIO NEEDS Part 11

SUNSHINE

By Jim Lanham, long-time Natural Health Society member

Oxygen, water, carbohydrates, fats and proteins are some of the known necessities for our bodies, along with the 'micronutrients'. I think we can safely say that sunshine is akin to a nutrient, because part of it (mainly UV) is absorbed by the skin and used to make vitamin D. As we shall see later, sunshine may also help to manufacture other 'photo products' and to be a catalyst for various internal functions.

The Sun can reasonably be described as the solitary 'engine' of life on Earth. The Latin word for 'sun' is 'solis'. The Latin word for 'alone' is 'solus' or 'soli'. Were the Latins hinting that the Sun alone sustains our planet? No sun ... no fun!

Our convenient distance from the Sun provides liveable temperatures. Without the Sun, there would be no rainfall, no plants and no animal life as we know it. The Earth needs a source of energy and light. Perhaps we can begin to think of sunshine as an essential friend and not as an enemy as some people do.

MAY THE FIERY FORCE BE WITH YOU

The Sun is considered to be an atomic reactor, and sunshine is the radiant energy from this reaction. Perhaps 620 million tonnes of hydrogen are 'fused' within the Sun every second! (according to Google). The Earth receives only the merest fraction of the enormous total energy released ... as sunshine.

'Natural light' can be direct sunshine, but can also be reflected sunshine from the ground, trees, walls, the ocean, clouds, the moon, etc. We think mostly about direct sunshine falling onto the skin. However, the natural light entering the eyes will be reflected sunlight and therefore much less intense. Most of us are fully aware that direct sunshine into the eyes does great harm.

The two best known relationships between sunshine and humans are the production of vitamin D in the skin and the effect of natural light on the pineal gland in the brain, which is monitored by light entering the eyes. There could be many other nuances to the benefits (or dangers) of sunshine.

SEE THE LIGHT

The pineal gland firstly regulates biorhythms. As most of us know, artificial night light can alter these natural biorhythms. The pineal gland has a profuse blood supply which it uses to send hormones throughout the body. In darkness it sends *melatonin* which encourages sleep. In daylight it sends serotonin, which induces alertness and a sense of wellbeing.

The pineal gland stimulates many other glands, and, astonishingly, natural light to the eyes plays a role in body temperature, kidney function, water balance, electrolyte balance, blood chemistry, metabolism of food, blood sugar balance and thyroid function (Laura and Ashton). Natural light to the eyes and sunshine upon the skin are believed to promote all the 'happiness hormones', including serotonin, endorphins, dopamine and oxytocin.

THE SUNSHINE VITAMIN

Vitamin D is critical for the absorption of calcium and bone formation. It is also involved in muscle function and brain health. Adequate vitamin D may help to reduce a range of disorders (see end). Supplementation seems to have a role for some people, but supplementation is relatively ineffective compared to sunshine on the skin.

Vitamin D deficiency is in epidemic proportions, worldwide, because of the common fear of sunshine and because of cultural 'covering up' with clothing. Sunshine need not be feared, but is certainly to be respected, since, improperly used, it can cause burns and skin damage. I can suggest four books which deal with optimal amounts of vitamin D and other aspects of sunshine:

Hidden Hazards by Professor Ron Laura and John Ashton (both Australian), 1991. Refer to Chapter 14 which also mentions the health negatives of artificial light.

How a Man Lived in Three Centuries by Roger French (NHS Health Director), revised 2010; see Chapter 13

The Vitamin D Solution by Michael Holick, PhD, MD, 2010

Vitamin D by Ian Wishart (NZ journalist), 2012

*"Sunshine on my shoulder
makes me happy."*

- John Denver

For an interesting perspective on climate change and fluctuations in solar activity, read also Ian Wishart's earlier book *Air Con*, 2009

LITTLE AND OFTEN

As a personal suggestion, I would say that as little as 20 minutes of sunshine on some of your skin (on a daily basis, if possible) is a kind of minimal goal to consider. When I was an office worker, I used to spend my lunchtimes walking outside. Even exposed hands and face make vitamin D. However, expose as much skin as possible for best results.

Regularity of exposure is considered far better than an extensive exposure occasionally (which may be harmful). Midday is the most 'time effective' way to enjoy sunshine, as long as it is not too intense. The critical requirement is to avoid sunburn. Caution is always required and exposure times need to be increased gradually. If in doubt, start with just a few minutes.

Far from causing cancer (including skin cancer), sunshine is thought to *inhibit* cancer, as long as it is taken regularly and in moderate amounts. (See H. G. Ainsleigh, K. M. Egan, R. Laura, M. Holick, J. Mercola, R. French and others.)

There does seem to be a correlation between cancers and high animal protein consumption, high alcohol consumption, obesity, modern chemicals and other lifestyle factors. It's interesting to note that the highest incidence of skin cancer in Australia has been found with underground miners, who are deprived of natural light for much of the week. (Ron Laura - talk)

The fear of sunshine and the 'slip, slop, slap' mantra is believed, by many, to have caused significant harm to public health. Of course, when you have had enough sun, hat and clothes are preferable to chemicals on the skin. The cancer-inducing effect of many sunscreens is well covered in the first four books mentioned above.



MODERATE SUNSHINE IS NORMALITY

I often think in terms of my connection to the Sun, and this is one reason why I have moved to the tropics (more winter sun). As an aside, I can also say that at 73, I have never owned a pair of sunglasses. Protective goggles are, of course, necessary for the snowfields, for welding or for any other intense light. Caution is necessary for any bright lights, including some LED globes. Always look away from bright light as you would from the Sun.

Sunshine is sometimes regarded as a 'therapy'. Actually it's just a normal part of the natural environment. All good things in moderation, including sunshine. What is health, if not our personal relationship with the Universe?

Sunshine prevention

Dr M. Holick believes that some diseases can generally be prevented or treated by using sunshine as part of a healthy lifestyle. They include heart disease, common cancers, stroke, influenza, tuberculosis, types 1 and 2 diabetes, dementia, depression, insomnia, muscle weakness, joint pain, fibromyalgia, osteoarthritis, rheumatoid arthritis, osteoporosis, psoriasis, multiple sclerosis and elevated blood pressure.

Sunshine is free and many of its benefits could still await discovery.

"Life is a sun-child" – Felix Oswald



Healing the body of inflammation

BY LYN CRAVEN, NATUROPATH & BOWEN THERAPIST

Inflammation can occur when the person has been exposed to long-standing stress, resulting in anxiety, hyperactivity and mal-absorption. It can occur as a result of taking pharmaceutical medications, particularly antibiotics, and also as a result of recreational drugs and excessive alcohol.

Some viruses can trigger inflammatory reactions, the most common being Epstein Barr virus (EBV) and cytomegalovirus (CMV). These appear to have an affinity for several digestive organs including the liver, pancreas and gall bladder, and can extend their effects to other glands, such as kidneys, adrenals and thyroid. They can also affect the central nervous system including the brain in some cases.

The frustrating thing is that most doctors just allow a virus to run its course, since antibiotics don't work on viruses. If there appears to be a bacterium present as well, then a GP may prescribe an antibiotic.

Inflammation can also occur due to bacterial infections, parasite infestation, injuries, surgery and over-use of parts of the body such as tendons, causing tendonitis. Inflammation can follow the eating of certain foods, for example, cereals containing gluten, cows' milk products and corn. These three are often the first allergy triggers.

If inflammation is left untreated, it can weaken any organs that are affected and in some cases interfere with future enzyme or hormonal function. Other glands may develop inadequate function after the virus appears to subside.

When the central nervous system (CNS) is irritated by inflammation, this could generate a wider range of issues, such as migraines, headaches, labyrinthitis, tinnitus, dizzy spells, vision problems and encephalitis (inflammation of the brain). Brain inflammation is often associated with adenovirus, *Herpes simplex*, rubella, measles and enteroviruses including EBV and CMV.

HOW NATURAL THERAPIES CAN HELP

The question is – how can natural therapies help resolve viral attacks and eliminate inflammation?

People who are experienced in fasting may opt to fast for a short period of time, since this has been known to help in many cases. However, it depends on the physical status of the person, and whether they have health problems such as, for

example, diabetes, in which case fasting is contra-indicated. If you contemplate fasting, please consult an experienced therapist.

Natural therapies can help in many ways. The treatment would, of course, aim to target the root cause and be geared for the individual and the symptoms they present, along with consideration of any pre-existing health disorders.

SOME EXAMPLES

Labyrinthitis is inflammation of the labyrinth inside the ear. Left untreated, it can lead to disorientation, dizziness and sometimes tinnitus and hearing problems.

Take a small pipette bottle, put pure olive oil in it and warm it under warm running water. Squeeze a full pipette of olive oil into the ear at bedtime. Then turn the head and do the other ear; don't wipe anything out, leave the oil inside. It may feel strange but the body will absorb the oil while you sleep. In such cases I would also administer herbal extracts, but high-potency herbs can't be obtained from health food stores. These anti-viral, anti-infective, anti-bacterial herbs are taken alternately during the day, every second hour. The kind of herb would vary for each person depending on any other health conditions. There is no standard formula for everyone.

I recall a couple of cases that resolved within five to seven days. One lady, an air hostess, had endured dizzy spells and complete disorientation for over two weeks when I met her. A GP had told her to just leave it until it went away! But she was unable to work and needed to get back to her job. Happily, it did resolve.

Fibromyalgia – muscular pain. A woman had been diagnosed with fibromyalgia and arthritis. She had also experienced four heart seizures, yet doctors found nothing wrong with her heart after conducting tests. Following a thorough case history, it became obvious to me that she had consumed contaminated water/food while travelling, and parasites were triggering an inflammatory reaction in her body, in particular in her heart. Treatment with herbal remedies helped resolve the muscular pain and targeted the parasites. She was finally able to cease painkillers. Her blood pressure remained normal throughout the treatment, which included Bowen therapy (to help with muscular discomfort and free up blocked Chi energy) and herbal

remedies, including boswellia, white willow and cloves. Her level of pain was down from 10-plus to 2 by approximately two-and-a-half months later.

Chronic eczema. Treating such skin conditions requires a thorough assessment, and therapy to target the eliminative organs, particularly kidneys, liver and bowels, all of which must be functioning optimally.

A person in his mid-30s had suffered eczema since early childhood, and was now swinging between this inflammatory skin disorder and asthmatic attacks, the latter fortunately not too severe. This person was on a vegan/vegetarian diet. Herbal remedies, both oral and topical, helped resolve this long-standing case over a four to five month period.

The treatment must cater for the type of eczema, that is, dry, wet or itchy, with some people swinging between all three, while others may experience just one or two reactions. The kidneys must be flushed. Inflammatory responses can be supported with homeopathics and quercetin. If the skin is hot and red/burning, arsenicum in a 30C potency is a brilliant remedy. However, this remedy must not be taken for long as it is a single remedy. People taking it for too long have been known to end up with symptoms worse than those they began with. It is essential to seek professional advice.

INFLAMMATION

Inflammation produces heat, redness and swelling with tenderness or pain. Briefly, inflammation involves *eicosanoids* and *cytokines* being released by injured or infected cells. The common cytokines that regulate inflammatory response include *interleukins*, *chemokines* and *interferons*, the last of these having anti-viral effects.

Some inflammatory cytokines are triggered by oxidative stress and some by food components such as gluten. Note, that oat gluten is *avenins*, and it is often the case that people who cannot tolerate the gluten in wheat, barley and rye are all right with oat gluten because it doesn't trigger an inflammatory reaction. However, caution with hypersensitive and coeliac people is always important.

There are many disorders that affect the gastrointestinal tract, and some cases are so chronic they present with a complexity of symptoms and other health issues. Disorders which result from ongoing inflammation include ulcers (stomach

and duodenal), irritable bowel disorder, colitis, Crohn's disease and oesophageal ulceration.

Oesophageal ulceration can progress to Barrett's disease if left untreated. Barrett's is a serious condition. The tissue that lines the oesophagus changes to resemble the lining of the intestine. This can occur when unresolved gastric acid reflux is triggering constant inflammation in the oesophageal lining. The excessive acid constantly irritates delicate mucous membranes leaving a raw surface in chronic cases.

Inflammation can occur in various organs in the body. The inflammatory conditions include hepatitis (liver), pancreatitis (pancreas), gastritis (stomach), cholecystitis (gall bladder), nephritis (kidneys), adrenalitis (adrenals), thyroiditis (thyroid) such as Hashimoto's, optic neuritis (optic nerve), encephalitis (brain) and splenomegaly (spleen enlarged). Splenomegaly can trigger autoimmune disorders, which in turn trigger further inflammation – *auto-inflammatory disease*. Systemic lupus and rheumatoid arthritis are more examples.

To help combat inflammation, it is so important to support the body with vital nutrients and natural remedies, including rest. Homeopathy can be very helpful here.

Most people with viral infections are quite tired and can still be fatigued once the virus appears to resolve. Herbal remedies such as astragalus can be helpful for some cases. Again, take care with any self-prescribing. Ideally, astragalus should only be taken in the morning, approximately 28 drops in 4 ml of water, depending on each person's make-up.

For a simple kidney virus, herbs such as Echinacea, elder, elecampagne and buchu can be helpful, but again each case requires different remedies.

Inflammation can also affect the reproductive and urinary systems, often due to bacterial pathogens or fungal/parasite infestation resulting in: prostatitis, urethritis, cystitis and pelvic inflammatory disorder (PID). Anti-inflammatory, anti-bacterial and anti-fungal herbs are required along with vitamin C and maybe other nutrients such as cranberries (some people have reactions to cranberries), lemon juice (which normalises pH) and specific probiotics to name a few.

VIRUS IN THE NERVOUS SYSTEM

In this case we target the central nervous system (CNS) with homeopathic nerve tonics, including tissue salts.

In one such case I recall, the virus appeared to have triggered an underlying predisposition to developing rheumatoid arthritis which was common in that family. The CNS was initially affected, but the woman was extremely run down, both mentally and emotionally, which is why she would have succumbed to the virus. Nerve pain resulted, followed by whole-body joint pain. Herbal remedies were used to help with inflammation, including white willow. Withania and other anti-stress herbs supported the adrenals and the immune system. Some improvement occurred, but the lady could not afford ongoing remedies so opted for medical treatment and was given methotrexate, prednisone (toxic to liver) and other medications. Ten years later she is still in pain.

FINALLY

Acupuncture and Bowen therapy are excellent treatments to help with many types of inflammation, reducing swelling and freeing up energy that has become blocked and stagnant and has affected pain receptors.

If you are experiencing any of the above, it is better to seek help as soon as possible so as to avoid the risk of other chronic disorders developing.

Naturopaths and other natural therapists work with the body and the virus, so as to prevent the virus from running rampant, running its course and further weakening the host.

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

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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.

Beetroot juice lowers blood pressure

20th March 2019

It may not be the most delicious tasting drink – but a glass of beetroot juice a day can lower your blood pressure.

People with high blood pressure (hypertension) who drink eight ounces [230 ml] of the juice a day see their heart pressure fall by around 10 mm mercury, say researchers from the London Medical School.

If you can't quite stomach drinking beetroot juice, dark leafy vegetables or even a bowl of lettuce, could have similar effects on blood pressure. All are rich in nitric oxide, which dilates blood vessels and allows the blood to flow more freely.

(Source: *Hypertension*, 2013; published online: doi: 10.1161/hypertensionaha.111.00933)

Exercise as good as drugs for lowering blood pressure

27th March 2019

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

A study found that different types of structured exercise – 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 pressures, which was anything above 140 mm Hg systolic blood pressure, the marker for the start of hypertension. [Hg = mercury.]

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

Researchers from the London School of Economics concluded that all the structured exercise programs 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 – and dynamic resistance training, which includes strength training with dumbbells or kettle bells.

But they warn against abandoning the anti-hypertensive drugs for exercise just yet. For one thing, people are notoriously bad at sticking to exercise programs.

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

Intensive exercise as effective as chemo against colon cancer

19th March 2019

Chemotherapy and radiotherapy are the standard approaches to slow the growth of colon cancer, but high-intensity exercise can have the same positive effect, a new study has found.

Even a short session of high-intensity interval training (HIIT) can slow the growth of colon cancer cells or even kill them off completely.

These positives were seen after just one exercise session, although the colon cancer patients went on to complete 12 HIIT sessions over a month.

Even after the first session, blood samples from colon cancer patients showed an increase in inflammation, which suggested the cancer cells were being killed off, say researchers at the University of Queensland.

Although earlier studies have shown that intensive exercise can slow the growth of cancer cells, the researchers were surprised to see that it was also reducing the number of cancer cells, suggesting they were being killed off.

(Source: *Journal of Physiology*, 2019; doi: 10.1113/JP277648)

[EDITOR: *This report might seem extreme, but please note the highly reputable journal in which it is published.*]

Measles is a natural cancer killer

15th April 2019

Health authorities may want to think twice about eradicating measles: researchers are discovering that the virus can fight cancer, and in one case dissolved a golf ball-sized tumour in just 36 hours.

The virus makes cancer cells join together and explode, explains Mayo Clinic researcher Dr Angela Dispenzieri. It also stimulates the immune system to detect any recurring cancer cells and ‘mops them up’.

Although it's been recognised for a long time that measles and other viruses are natural cancer fighters – it's known as *virotherapy* – the dose seems to be an important factor. Dispenzieri and her Mayo colleagues engineered, or genetically modified, the measles virus strain and gave it to a woman with end-stage multiple myeloma in a dose strong enough to vaccinate 10 million people.





Virotherapy was a last-resort therapy as the 49-year-old woman had endured every type of chemotherapy as well as two stem cell transplants without success.

The response was immediate. Within five minutes, the doctors say, she developed a splitting headache and a temperature of 105°F [40.5°C], before she started vomiting and shaking. A tumour the size of a golf ball disappeared within 36 hours, and all signs of cancer had disappeared from her body within two weeks.

"I think we succeeded because we pushed the dose higher than others have pushed it," said Mayo researcher Dr Stephen Russell. "The amount of virus that's in the bloodstream really is the driver of how much gets into the tumours."

Researchers at University College London agree that virotherapy could be a promising way forward in the fight against cancer. In a study entitled, 'Measles to the Rescue', the researchers say that "Virotherapeutic agents are likely to become serious contenders in cancer treatment", and that the strain of measles virus used in vaccines holds special hope.

(Sources: *Mayo Clinic Proceedings*, 2014; 789: 926-33; *Viruses*, 2016; 8: 294)

[EDITOR: *This is another report which might seem extreme, but note that the Mayo Clinic is one of the most reputable and respected diagnostic clinics in the USA.*]

Resting heart rate above 75 could be an indicator of an early death

30th April 2019

Scientists have concluded that any pulse above 75 when men are in their fifties is an indicator of an earlier death – and not just due to heart disease.

It's not known if women face similar risks because the researchers from the University of Gothenburg in Sweden only tracked a group of men, all 50 years and older.

Those whose resting heart rate was above 75 when first measured in 1993 were twice as likely to die prematurely compared

to men whose rate was 55 or below.

But, of course, the beats-per-minute score is an indicator of health, and a high score itself doesn't cause disease. The researchers pointed out that the participants with the higher scores in their fifties were also more likely to be smokers and were more stressed than those with lower scores.

(Source: *Open Heart*, 2019; 6: e000856)

[EDITOR: *Regular physical activity has, as one of its many benefits, improvement in heartrate.*]

One drug leads to another, new research confirms

2nd April 2019

It could be called the slippery slope of pharmaceuticals: once you start taking one drug, you'll quickly need another.

Researchers have outlined the familiar pattern by reviewing the drug-taking profile of the typical arthritis sufferer, who takes a NSAID for the inflammation, then a proton pump inhibitor to stop the stomach damage that the NSAID might cause – and the combination of the two harms the small intestine ... and so another drug is needed.

The new study is the first to recognise that the combination of the two drugs causes damage to the small intestine – and this is far more difficult to resolve than any harm the NSAID might cause to the large intestine.

However, say the researchers, probiotics may be a non-drug solution to the problem.

(Source: *Gastroenterology*, 2011; doi: 10.1053/j.gastro.2011.06.075)

'Pharmageddon' – the new epidemic of drug abuse

8th April 2019

Negligent over-prescribing of drugs by doctors is the source of 'Pharmageddon', an epidemic of abuse that is sweeping the US and other countries. Without carrying out a proper medical investigation, doctors are handing out drugs to young

addicts. As a result, many young people have died in what President Obama once described as the fastest-growing drug problem in the US.

Pharmageddon starts at the doctor's surgery. Lynn Kissick's two daughters died after they became addicted to prescription drugs. "There's a lot of doctors who just write out a prescription and say 'Here you go'", she told BBC reporters from her home in East Kentucky, USA.

Dan Smoot, who helps run Unite that is attempting to deal with pharmaceutical addiction, estimates that up to 80 percent of the inmates in the local detention centre are there because of drug addiction.

(Source: BBC website).

Vaccine revenues set to soar after anti-vax clampdown

8th March 2019

The clampdown on 'anti-vaxing' stories on social media is producing one big winner: Big Pharma. Revenues from vaccines will enjoy "an overwhelming hike" in the next few years, say industry watchers.

Market research group, Research & Markets, estimates that revenues for all vaccines will increase to \$57.5bn by 2025, compared to just \$33.7bn last year. Another market research group, Transparency, is forecasting that vaccine sales revenues will reach \$48bn by 2025.

Government initiatives that are promoting vaccines – and silencing the anti-vaxers – is one of the big drivers of the increase.

(Sources: <https://markets.businessinsider.com>; <https://www.prnewswire.com>; <https://investoropinion.co.uk>)





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 Potatoes Healthy?

17th September 2018

The potato, a starchy vegetable, is a member of the *Solanaceae* or nightshade family, which also includes tomatoes, capsicums, eggplants and chillies. It is the world's third largest crop, after rice and wheat.

A medium plain baked potato eaten with its skin provides just 160 calories.

The nutritional benefits of potatoes are:

- Rich in vitamin C;
- An abundance of B-vitamins, including B₆ (pyridoxine), folate (B₉), niacin, pantothenic acid (B₅) and thiamine;
- Rich in minerals including potassium, magnesium, copper, iron and manganese. Potatoes have even more potassium than bananas, and a lot of it is found in the skin. Potassium may help blunt the effects of sodium on blood pressure;
- A good supply of fibre.

Most potatoes contain resistant starch, which act as a prebiotic, feeding our healthy gut bacteria.

To avoid toxic pesticides and heavy metals, it's best to purchase organic potatoes.

The majority of potatoes are served in the form of French fries and potato chips, exposing the eater to *acrylamide*, a nerve-toxic chemical that results when potatoes are heated to very high temperatures to produce browned or charred skins.

While plain baked potatoes can be good for us, potatoes fried in oil, notably French fries, hash browns and potato chips, are decidedly not healthy. If you insist on frying potatoes, use coconut oil because it is stable and resists turning rancid.

Sweet potatoes. These are members of the *Convolvulaceae* family and are free of solanine.

They come in various colours, including cream, pink, purple, orange and yellow. Some nutritionists consider sweet potatoes to be healthier than regular potatoes due to their higher levels of nutrients like beta-carotene and vitamin C. Purple sweet potatoes contain the powerful group of antioxidants, anthocyanins, which oppose harmful free radicals.

The sweetness of sweet potatoes is due to about seven times more sugar content than regular potatoes.

Purple sweet potatoes are effective at lowering blood pressure and the risk of heart disease and stroke, without causing weight gain. On the other hand, regular potatoes in the form of French fries can increase blood pressure.

How Potassium Can Help High Blood Pressure

25th February 2019

Nearly 33 percent of Americans have high blood pressure, and in Australia the incidence is 23 percent of adults, which is 4.3 million of us.

Nearly half of all people who have hypertension do not have it under control, which affects your microvascular system, triggering damage to your eyes, kidneys, heart and sexual performance.

By ensuring you have enough potassium in your daily diet, you may prevent hypertension or reduce your dependence on medication to control it. Potassium tends to counter the amount of salt normally found in a Western diet

Diarrhoea, vomiting, excessive sweating (such as when using a sauna) and some drugs may deplete or disrupt our potassium balance. But, the most common cause is poor diet.

Signs that You Might Be B₁₂ Deficient

25th March 2019

Areas of our body that function optimally when B₁₂ levels are adequate reveal how important this vitamin really is, especially because it's responsible for producing red blood cells and keeping our nervous system, including the brain, healthy.

We may not realise how all-encompassing and debilitating vitamin B₁₂ deficiency can be until symptoms like fatigue, nausea, vision problems and others morph into more serious disorders. Low levels of B₁₂ may also lead to problems with clear thinking, which can later turn into dementia.

Like most vitamins, B₁₂ is not manufactured by our body, so it must come from our friendly gut bacteria or food and/or supplements.

With a shortage of B₁₂, many of our red blood cells are abnormally formed and/or too large, so they can't carry oxygen adequately. Too few red blood cells or an abnormally low amount of haemoglobin causes anaemia, a common sign of deficiency.

Because B₁₂ is important for the maintenance of the central nervous system, including production of the *myelin sheath*, which 'insulates' nerves, nerves can be damaged, leading to 'pins and needles' in hands and feet, then more serious problems.

[EDITOR: The only absorbable dietary sources of vitamin B₁₂ are animal products; however, even meat eaters can be deficient. People on plant-based diets need to depend on supplements.

If you have a minor deficiency, B₁₂ supplements may overcome it, but for more serious deficiency it may be necessary to have daily high-dose B₁₂ supplements or weekly injections of B₁₂.]

Lack of Exercise During Pregnancy Could Predispose Child to Obesity

19th April 2019

Past research supported exercise during pregnancy to reduce risks during delivery and after birth for obese women. More recent data show babies born to mice that exercised during pregnancy also had greater brown fat activity, making them less prone to obesity.

Our bodies have white fat, where energy is stored and hormones secreted, and brown fat, which burns calories. Subcutaneous fat is deposited directly under our skin while visceral fat wraps around our internal organs.

Decades of research have found that exercise during pregnancy is safe for the



mother and baby, helps ease the pain during labour and delivery, and improves a new mother's ability to meet the demands of a growing infant.

A nutritious diet helps feed your growing baby, reduces your potential for gaining too much weight and establishes healthy habits for you and your growing infant.

The Science of Emotional Eating and Food Addiction

7th March 2019

Physically, emotional eating can lead to obesity and related health problems; psychologically, it may delay or prevent us from addressing our emotions and stress.

Three hormones that play important roles in emotional eating and food addiction are *dopamine*, *cortisol* and *serotonin*.

The stress hormone *cortisol* not only regulates our fight-flight-or-freeze response, it also regulates our body's use of carbohydrates, fats and proteins. This is why stress can trigger the compulsion to reach for junk food.

Emotional eating is primarily triggered by stress or boredom. Research shows that high-calorie foods trigger fat accumulation which inhibits our primary stress response system.

Research also shows that people reach for comfort foods when they feel isolated, because the food in question reminds them of a strong emotional relationship they once had. Eating to avoid facing feelings is like putting a 'Band-Aid on a broken arm.'

According to the researchers, eating a lot of comfort food lowers our stress response. Unfortunately, it also leads to unhealthy fat accumulation. Most people don't reach for apples or carrots when stressed. Comfort foods tend to be unhealthy, with cake, cookies, ice cream and chips being among the more common.

Classifieds

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The Effectiveness of Ginger for Nausea and Vomiting

22nd April 2019

Ginger was once considered a luxury, but now is easily found in your local grocery store. Its benefits include relief from pain, nausea and vomiting related to pregnancy and chemotherapy, and protection against DNA damage.

Steep a couple of slices in hot water to make tea or grate it into your dinner dish.

The reduction in pain is believed to be related to *gingerol*, *shogaol* and other structurally-related substances in ginger.

In one study, researchers found ginger extract had anti-fungal properties against opportunistic infections in the oral cavity triggered by *Candida albicans* and *Candida krusei*.

Migraines are the third most common disease worldwide. Evidence now shows that ginger is statistically comparable to the common pharmaceutical treatment for migraines without dangerous side effects.

What Does the 'Best Evidence' Say About Antidepressants?

4th April 2019

Antidepressant drugs – the most widely used therapy for depression – are among the least effective, and often make the situation worse, especially in the long term.

Studies have repeatedly shown that antidepressants work no better than placebos for mild to moderate depression.

A 2017 systematic review of 131 placebo-controlled studies found that "all trials were at high risk of bias" and that clinical significance was questionable.

Antidepressants are neurotoxic and possible side effects include:

- worsening depression, self-harm, violence and suicide;
- increased risk for diabetes, heart disease, heart attack, stroke and dementia;
- depletion of various nutrients (depending on the type of drug taken).

Melanoma Is a Disease of Office Workers

12th December 2018

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

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

Vitamin D deficiency is associated with the 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 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. Ensure you also optimise your intake of vitamin K₂ and magnesium to avoid negative effects.

The Collapse of Insects

26th February 2019

Worldwide, more than 40 percent of insect species are threatened with extinction in the next few decades.

Overall, the total mass of insects is said to be falling by a shocking 2.5 percent a year. If this rate continues unchecked, insects could disappear within 100 years.

Habitat loss due to land converted to intensive agriculture, as well as urbanisation, are the major threats to insects. The next most significant contributor to insect declines is pollution, primarily that from synthetic pesticides and fertilisers.

We are all familiar with insect pests, but there are vast numbers of insects, like bees, which are vital to our food supplies or beneficial in other ways.

The best course of action to reduce the harm industrial agriculture is having on insects is to support organic farms that are not relying on synthetic chemicals and other intensive agriculture practices.

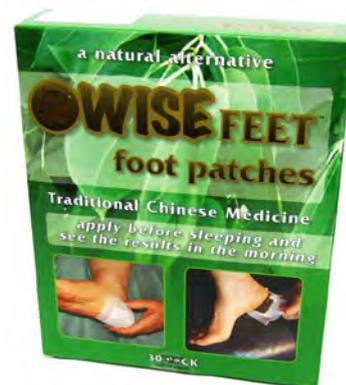
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* NB 'Members' means financial members of the Natural Health Society and the Vegetarian Societies

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- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
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WISE FEET FOOT PATCHES box of 10 (non-members \$27) box of 30 (non-members \$65) box of 90 (non-members \$145)	\$24.00 \$59.50 \$131.50		
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TOTAL \$			

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Kindred Organisations

These not-for-profit societies are closely affiliated with the Natural Health Society



AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc.

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email veg@veg-soc.org.au

Web www.veg-soc.org.au

VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

PO Box 146, Rochedale Qld 4123

Email info@vegsoc.org.au

Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

PO Box 311, Kent Town, SA, 5071

Ph 08 8260 2778. vegsa.org.au

Veg SA News

SA MORATORIUM ON GENETICALLY-ENGINEERED CROPS

South Australia is the only mainland State that has a moratorium against the production of GM crops.

Over the past year there has been discussion over the retention of this moratorium. Before losing office in March 2018, the Labour government extended the moratorium to 2025. However the incoming Liberal government, responding to concerns of some SA businesses, set up a Select Committee to look into the advantages and disadvantages of retaining the moratorium.

The Select Committee, with wide political representation (Liberal, Labour and Greens), solicited submissions to consider a range of opinions. In October 2018 VegSA, along with a number of other organisations and individuals, made a submission and also requested that "In the event that the Selected Committee determines to conduct hearings in public, we request the opportunity to be heard."

The terms of reference for submissions were broad, seeking opinions on the costs and benefits of being GM-free including:

- Economic benefits;
- Differences in yields, chemical use and environmental factors including soil health;
- Risks and management of potential contamination;
- Potential reputational impact, including for SA food and wine producers.

VegSA was fortunate that one of its members, Jim Mitchell, had been involved with other organisations with these issues and was able to prepare the Society's submission. The main points are:

- Non-GM foods are seen as healthier than GM foods that are treated with chemicals. As weeds become resistant, increasing amounts of chemical are needed.

- GMOs are one of the greatest concerns of shoppers: ranked fifth among concerns according to one study.⁽¹⁾
- Only GM cotton and canola crops are allowed in Australia and SA cannot grow cotton. Canola constitutes only 2% of SA crop production, so adding GM canola would not contribute significantly to the State's economy.
- Allowing GM production would risk the 'non-GM' reputation of other SA produce.
- Only a small proportion of growers have asked for the GM ban to be lifted.
- Contamination of non-GM crops by GM crops is almost inevitable. The cost of prevention, including during production, transport and storage, plus insurance would be considerable. Cost of insurance and compensation should be borne by the contaminators, not those whose crops are, or are likely to be, contaminated.

In April 2019 VegSA was invited to give evidence to the Select Committee. While we expected that questions would revolve around food safety and environmental issues, the Committee turned more towards the economic aspect.

The Committee agreed that it is difficult to be sure of the safety or otherwise to humans of GM food as there have been no definitive studies in this area. These would require a large cohort of people eating a controlled quantity of GM foods over an extended period of time. Animal studies are also problematic.

One difficulty is that GMOs are not adequately labelled. VegSA members are (generally) careful readers of labels and would, for the main part, prefer to buy products labelled "GMO Free" and to avoid products where the GMO content is unknown. A possible outcome of the inquiry is that better food labelling

be recommended where GMOs are involved.

Submissions and transcripts of oral evidence can be accessed at: www.parliament.sa.gov.au/Committees/Pages/Committees.aspx?CTid=3&Cid=355

(1) www.foodnavigator-usa.com/Article/2015/08/13/87-of-consumers-globally-think-non-GMO-is-healthier

Readers of *True Natural Health (TNH)* might be interested in an article by Dr Judy Carman entitled 'GM Food – the scientist's view' printed in the Autumn 2008 issue of *Natural Health and Vegetarian Life (TNH's predecessor)*. VegSA suggested to the Select Committee that little research on the subject had been done since that time and the members appeared to agree. Back issues of *Natural Health and Vegetarian Life* are available from the Natural Health Society (see p 43).

Dr Carman made a submission to the Select Committee under the name of Institute of Health and Environmental Research (IHER). Her submission and transcript can be accessed at the web address above.

VegSA AGM: PRESENTATIONS BY ANIMAL SUPPORT ORGANISATIONS

VegSA held its Annual General Meeting in April. At the meeting there were short presentations by several animal support groups: Animal Liberation SA, CATS (Cats Assistance To Sterilise), Animals Australia's SA action group, Animal Activists SA as well as VegSA.

It was salutary to hear of the support that these groups are giving – including financial support – to animal rescue organisations, and for the promotion of a healthy, plant-based diet and lifestyle for humans.

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