



SPRING 2019

True Natural Health

The Magazine of the Natural Health Society of Australia

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Papaya & pineapple goodness

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There are endless threats to natural therapies, despite the fact that around half of our population visit a natural therapist at some time or other. Now the Federal government, through the Medical Board of Australia, is considering banning medical doctors from using natural therapies with their patients. The issue is explained by Canberra scientist, Murray May, on page 4 and followed by my assertive submission to the Board.

And, by the way, it is too late for other submissions.

We need natural therapies because a lot of orthodox medicine doesn't work or does more harm than good. A classic case is spelled out on page 16 with quotes from a medical doctor who details the evidence for statin drugs being ineffective at preventing heart attack and often creating new diseases.

Another example of this is told superbly by Dr Greg Fitzgerald in his regular column on page 32. Medical treatment of flu killed the US President George Washington, providing stark contrast to a doctor using natural methods who had 100 percent success in bringing rapid recovery.

That's enough about negative issues – there are plenty of positives in this mag.

On pages 8 and 9, we have accounts of the wonderful nutritional merits of payayas and pineapples, followed by recipes in the centrefold using these excellent fruits.

Two case stories of our members are a delight to read. First-hand accounts of their health and vitality achievements are given by Merylin Ellsworth and John Andrew on pages 26 and 27.

Having introduced the Iku Wholefood chain of nine plant-based eateries in the Winter issue, we now have a double-page spread trumpeting the merits of their ethical and tasty take-away meals – pages 20 and 21.

If we knew of similar quality vegan take-aways in other cities, we would be happy to announce those too.

And for a laugh, on page 37 we have some cheeky bush humour.

Roger French,
Health Director
and Editor



About Natural Health Society

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

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

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

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Contents

- [02] Power of the food industry
- [03] Diet we are designed to eat
- [04] Threat to natural therapies
- [05] Submission to Medical Board
- [07] Indigestion pills killing 4%
- [08] Pineapples – natural immunity
- [09] Papaya – Health benefits
- [10] Your Questions Answered
- [14] NHS Notices and Events
- [16] Statin nation, millions damaged
- [18] An egg a day, no stroke risk
- [19] Not 10,000 steps a day, 4,400
- [20] Iku Wholefood eateries
- [22] Recipes – Papaya
- [23] Recipes – Pineapple
- [24] Hopewood – Fasting for spring
- [25] Hopewood – Mushroom recipe
- [26] Case Story – Merylin Ellsworth
- [27] Case Story – John Andrew News Bites
- [28] Power electric vehicles w. solar
- [29] Longer life from walking
- [30] A doggy page – Dr Becker
- [31] Tracey Morrison – pet health
- [32] Greg Fitzgerald – Lessons from history
- [34] Lyn Craven – Parathyroids
- [36] Bio Needs Part 12 – Humour
- [37] A bit of bush humour
- [38] News from WDDTY
- [40] News from Dr Mercola
- [41] Classifieds
- [42] NHS health products
- [43] NHS Order form
- [44] Kindred organisations

A Lesson on the Power of the Food Industry



Michael Greger, MD, FACLM, 8th July 2019 Volume 47

The amazing story about what lobbying \$millions can do to shut down efforts to protect children.

There have been calls to ban the advertising of sugary cereals to children for nearly a half century, a product that Harvard nutrition professor, Jean Mayer, referred to as “sugar-coated nothings.” In a US Senate hearing on nutrition education, he said, “Properly speaking, they ought to be called cereal-flavoured candy, rather than sugar-covered cereals.”

The Senate committee “invited the major manufacturers of children’s cereals” to testify. And they initially said yes – until they heard what kinds of questions they were going to be asked. “One cereal industry representative candidly admitted” why they decided to boycott the hearing: they simply didn’t “have persuasive answers” for why they’re trying to sell kids breakfast candy.

In the Mad Men age, before the consumer movement was in bloom, ad “company executives were more willing to talk frankly about the purposes of their ads and how they felt about aiming the ads at the ‘child market.’” A quote from an executive director of Kellogg’s ad firm was: “Our primary goal is to sell products to children, not educate them. When you sell a woman a product and she goes into the store and finds your brand isn’t in stock, she will probably forget about it. But when you sell a kid on your product, if he can’t get it, he will throw himself on the floor, stamp his feet and cry. You can’t get a reaction like that out of an adult.”

Sugary cereals are the number one food advertised to kids. But not to worry, the industry will just self-regulate. The Children’s Food and Beverage Advertising Initiative was launched, in which all the big cereal companies pledged they would only market “healthier dietary choices” to kids. The candy industry signed on, too. How did that go? They pledge not to advertise to kids, yet after the initiative went into effect, kids actually saw *more* candy ads. Take Hershey, for example – they doubled their advertising to children, while pledging not to.

The cereal companies had to decide for themselves “their own definitions of ‘healthier dietary choices.’” So, that should give us a sense of how serious they are at protecting children. They chose Froot Loops or Reese’s Peanut Butter Puffs, consisting of up to 44 percent sugar by weight – these are what they classified as “healthier dietary choices.” What are their *unhealthy* choices? It turns out what they did was basically just set the limit based more on what they were already selling, rather than what might be best for children.

They’ve since revised that down to allow only cereals that are 38 percent sugar by weight. But, even if they were only one third sugar, that means kids are effectively eating “one spoonful of sugar in every three spoons of cereal” – not exactly a healthier dietary choice.

The US Federal Trade Commission tried stepping in back in 1978, but the industry poured in so many \$millions of lobbying might that Congress basically threatened to yank the entire agency’s funding should it mess with Big Cereal, demonstrating just “how powerful market forces are compared to those that can be mobilised on behalf of children.”

The political “‘post-traumatic stress’ induced by the aggressive attacks on the FTC led to a 25-year hiatus in federal efforts to rein in food marketing aimed at children.”

But, finally, enter the Inter-Agency Working Group, presenting “voluntary principles ... designed to encourage stronger and more meaningful self-regulation,” as proposed by the Federal Trade Commission, the Centers for Disease Control, Food & Drug Administration, and US Dept. Agriculture, with the *radical* suggestion of not marketing cereals for children that are over 26 percent refined sugar.

Not a single one of the top ten breakfast cereals marketed to children would meet that standard. General Mills shot back that such proposed nutrition standards were “arbitrary, capricious and fundamentally flawed.” No surprise, since every single cereal they market wouldn’t make the cut.

They suggested that voluntary standards would ‘unconstitutionally’ violate their right to free speech under the First Amendment – to which the FTC basically replied: ‘Let me get you a dictionary’. *Voluntary!* How could suggesting voluntary guidelines violate the constitution? That’s how freaked out the industry is at even the *notion* of meaningful guidelines. One grocers’ trade association called the proposed nutrition principles the “most bizarre and unconscionable” they had ever seen.

So, what happened? Again, the agency’s funding was jeopardised; and so the FTC called off the interagency proposal.

“At every level of government, the food and beverage industries have won fight after fight,” never losing “a significant political battle” in the United States. “We just got beaten,” one of the child advocacy organisations said. “Money wins.”

And it took lots of money – \$175 million of Big Food lobbying – but apparently enough to buy the White House’s silence as the interagency proposal got killed off. As one Obama advisor put it, “You can tell someone to eat less fat, consume more fibre, more fruits and vegetables and less sugar. But if you start naming foods, you cross the line.”

“I’m upset with the White House,” the chair of the Senate Health Committee said. “They went wobbly in the knees, but when it comes to kids’ health, they shouldn’t go wobbly in the knees.”

SOURCES

For sources, see page <https://nutritionfacts.org/video/a-political-lesson-on-the-power-of-the-food-industry/>

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The Diet We Were Designed to Eat

Michael Greger, MD, FACLM, 13th June 2019

There are three broad theories about evolution and food. One is that humans have become adapted to grains and other products of the agricultural revolution over the last 10,000 years.

The second is the paleo view “that 10,000 years is a blink of an evolutionary eye, and that humans are adapted to Paleolithic diets with a lot of lean meat.” But why stop at 10,000 years?

The third theory is that the last 200,000 years “is a minute of the evolutionary year” when we were mostly Stone Age humans and represents just the last one percent of the roughly 20 million years we humans have been evolving since our common great ape ancestor.

So what is the ‘natural’ human diet?

During our truly formative years, which one might say were the first 90 percent of our existence, our nutritional requirements reflected an ancestral past in which we ate mostly leaves, flowers and fruits, with some bugs thrown in, thanks to wormy apples, to get our vitamin B₁₂.

For this reason, another approach that might improve our understanding of the best dietary practices for modern humans is to focus attention not on the past, but rather on the here and now. That is, focus on study of the foods eaten by the closest living relatives of modern humans, given the lack of evidence supporting any notable diet-related changes in human nutrient requirements, metabolism or digestive physiology compared to our fellow great apes.

This could explain why fruits and vegetables are not only good for us, but are vital to our survival. Indeed, we’re one of the few species so adapted to a plant-based diet that we can actually die from *not* eating fruits and vegetables, from the vitamin C-deficiency disease, scurvy. Most other animals make their own vitamin C, but why would our body waste all that effort when we evolved hanging out in the trees eating fruits and veggies rich in vitamin C all day long?

Presumably, it’s not a coincidence that the few other mammals unable to synthesise their own vitamin C – including guinea pigs, some bunny rabbits and fruit bats – are all, like us great apes, strongly herbivorous. Even during the Stone Age, data from rehydrated human fossilised faeces tell us we may have been consuming up to ten times more vitamin C and ten times more dietary fibre than we are today.

The question is: Are these incredibly high-nutrient intakes simply an unavoidable by-product of eating whole, plant foods all the time, or might they actually be serving some important function, like antioxidant defences?

Plants create antioxidants to defend their own structures against free radicals. The human body must defend itself against the same kinds of damaging pro-oxidants, so we too have evolved an array of amazing antioxidant enzymes, which are effective but not infallible. Free radicals can breach our defences and cause damage that accumulates with age, leading to a variety of diseases and ultimately fatal changes.

This is where plants can come in. Plant-based, antioxidant-rich foods have traditionally formed the major part of the human diet, so we haven’t had to evolve a particularly great antioxidant system. We could just let the plants in our diet pull some of the weight, like giving us vitamin C so we don’t have to be bothered making it ourselves.

Using plants as a crutch may well have relieved the pressure for further evolutionary development of our own defences. That is, we’ve become dependent on getting lots of plant foods in our diet, and when we don’t, we may suffer adverse consequences.

Even during the Stone Age, this may not have been a problem. Only in recent history did we start giving up on whole plant foods. Even modern-day paleo and low-carb followers may still be eating more vegetables than those on standard

Western diets. There’s a perception that low-carbers are hoeing into the three B’s – beef, bacon and butter – but that’s only a small minority.

What they are eating more of is vegetable salads. Indeed, according to an online low-carb community, the number one thing they said they are eating more of is vegetables. Great! The problem isn’t people wanting to cut their carb intake by swapping junk food for vegetables. The problem is the shift to animal-sourced foods. Greater adherence to a low-carb diet high in animal sources of fat and protein is associated with higher all-cause (including cardiovascular) mortality, meaning they cut their lives short.

If there’s one takeaway message from our studies of ancestral diets, it’s that diets based largely on plant foods promote health and longevity.

Michael Greger is a physician, New York Times best-selling author and internationally recognised professional speaker on a number of important public health issues.

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Major threat to doctors' use of natural therapies

THE MEDICAL BOARD'S CONSULTATION

By Murray May

Earlier in 2019 the Medical Board of Australia sought submissions as part of a public consultation on 'Clearer regulation of medical practitioners who provide complementary and unconventional medicine and emerging treatments'.

Two options were offered: Option 1 to retain the status quo of providing general guidance; Option 2, which would strengthen current guidelines for medical practitioners who practise in these areas. The Medical Board favours option 2.

Professional groups, including the Australasian Integrative Medicine Association (AIMA) and the Australasian College of Nutritional and Environmental Medicine (ACNEM) representing medical practitioners, dentists, complementary practitioners and allied health professionals, have raised strong concerns about the Medical Board's proposal. A central concern is the bundling of complementary medicine and integrative medicine together with emerging and unconventional treatments (for example, stem cell treatments) in one unclear definition, implying that integrative medicine is 'fringe', rather than based on evidence.

The above groups, as well as various consumer groups, favour option 1, such that all doctors should follow one code of conduct and one set of guidelines for good medical practice, rather than attempting to create a two tiered system.

WHO REPORT ON COMPLEMENTARY MEDICINE: WHAT'S HAPPENING IN AUSTRALIA?

This assessment is consistent with a 2019 report from the World Health Organisation (WHO) entitled *WHO Global Report on Traditional and Complementary Medicine 2019*. In the foreword to the Report WHO Director-General, Dr Tedros Adhanom Ghebreyesus, acknowledges the importance of integrating T&CM in healthcare: "Traditional and Complementary Medicine (T&CM) is an important and often underestimated health resource with many applications, especially in the prevention and management of lifestyle-related chronic diseases, and in meeting the health needs of ageing populations.

"Many countries are seeking to expand coverage of essential health services at a time when consumer expectations for care are rising, costs are soaring and

most budgets are either stagnant or being reduced. Given the unique health challenges of the 21st century, interest in T&CM is undergoing a revival".

Ironically, Australia has in recent times limited rather than expanded access to traditional and complementary medicine services and made them less affordable. Clearly a paradigm shift is underway, with resistance from those subscribing to a model now under challenge. Prof. Kerry Phelps in her book, *Ultimate Wellness*, lists a range of positions held by GPs and specialists with respect to complementary medicine options, ranging from openly hostile, through interested but uninformed, to informed and encouraging safe use based on evidence.

A group generally hostile to complementary medicine is Friends of Science in Medicine (FSM), which lobbies regulators, including the Australian Health Practitioner Regulation Agency (AHPRA) and the National Boards. For example, FSM has previously sought to expand the Chief Medical Officer's study of acupuncture, and attacks health approaches that are incompatible with established scientific principles. Traditional Chinese Medicine (TCM) is thus questionable because of its reliance on "mysterious, undefinable, undetectable 'energy'", as described by past president John Dwyer on FSM's website. This mechanistic approach misunderstands TCM and ignores, for example, peer-reviewed studies showing the benefits of acupuncture for managing chronic pain.

INTEGRATIVE MEDICINE AND RISK MANAGEMENT

US pioneer of integrative medicine, Dr Andrew Weil (a professor at the University of Arizona Centre for Integrative Medicine), says "conventional medicine" has typically been associated with the use of synthetic drugs and surgery. Often both expensive and invasive, it is very good at some things, for example, handling emergency conditions such as massive injury or a life-threatening stroke. But more suited to the treatment of chronic disease and to prevention is integrative medicine, which seeks to draw on the best of both worlds, by using mainstream and complementary therapies for which there is some high-quality scientific evidence of safety and effectiveness.

If the Medical Board is truly objective in its re-evaluation of good medical practice, it

should address a question put in ACNEM's submission, namely: "What are the relative risks of all approaches (conventional, unconventional, complementary and emerging therapies) in medical practice ... to best protect patients and minimise harm, and give the patient the best possible evidence-based treatment?"

With respect to pharmaceutical drugs, the Pharmaceutical Society of Australia's 2019 report, *Medicine Safety: Take Care*, states, for example, that 250,000 hospital admissions annually are a result of medication-related problems with an annual cost \$1.4 billion.

There are also quite a number of surgical myths. For example, peer-reviewed double-blinded trials show that knee arthroscopy is no better for degenerative meniscal tears than placebo surgery. Hundreds of women have complained of adverse outcomes from transvaginal mesh implants.

Some conventional medicine is scientifically validated and some is not. A similar situation applies to complementary therapies. An example of documented evidence in the area of botanical medicine is Braun and Cohen's book, *Herbs and Natural Supplements: An Evidence-based Guide*, which also lists contraindications and precautions, adverse reactions and significant interactions with pharmaceutical drugs.

A PROGRESSIVE FUTURE?

The University of Arizona Centre for Integrative Medicine has an expanding program of education for medical professionals, with growth in locations and specialties, and encompassing research and clinical care. Typical curricula include topics such as mind-body medicine, complementary medicine, nutrition, physical wellbeing and environmental health. Likewise, ACNEM in Australia is educating medical practitioners to bring nutrition education and lifestyle modifications to patients. These are currently not taught at medical undergraduate level, yet are critical for future healthcare.

Will the Medical Board of Australia retreat into a conservative medical culture or adapt and foster a more progressive model of holistic healthcare?

Murray May, BSc (Hons), PhD, has worked long term on health and environmental issues, previously in the federal public service and at UNSW Canberra.



Doctors using natural therapies SUBMISSION TO THE AUSTRALIAN MEDICAL BOARD

By Roger French, Natural Health Society of Australia

I am a health educator and I strongly support patient access to integrative and complementary medicine because I have seen health benefits in myself and hundreds of other people.

Benefits for me and my wife

In my own case, a prominent cardiologist assessed my arteries just after I turned 70 in 2010. He commented, "These results are ridiculous for a 70-year-old. I would only see results this good once in a year". By then I had been practising a healthy lifestyle, especially a balanced diet of unprocessed foods, for 42 years, and had been topping up the key minerals and vitamins with supplements for about 30 years.

My wife and I are both prone to leg cramps. With guidance from our GP, we take supplements of magnesium, which we find prevent the cramps. Magnesium is known to have a wide range of health benefits, which are spelled out in a book by Dr Sandra Cabot (GP) entitled, *Magnesium the Miracle Mineral*.

About 15 years ago, my vitamin B₁₂ levels were found to be low. On the recommendation of a wholistic GP, I commenced taking daily supplements of the B-complex and my B₁₂ levels were soon much improved. This is hugely important to me because it is well known that deficiency of vitamin B₁₂ can lead to brain damage.

Vitamin D is another nutrient that definitely requires supplementation if the person is unable to obtain it through sunshine exposure.

I have also occasionally taken herbs under the guidance of trained herbalists or an informed GP. The effectiveness of herbal remedies is backed by many hundreds of years of use. Traditional Chinese Medicine has been using herbs for centuries – and we know the Chinese are not stupid.

Our health problems are diseases of civilisation

The critical role of lifestyle in disease cause and prevention was affirmed approximately 40 years ago when Australian 'medical ecologists' concluded that virtually all the health problems in Australia, with very few

exceptions, are diseases of civilisation, which means diseases of lifestyle.

The standard tools of modern medicine, namely medical drugs, mostly do not treat underlying causes of diseases, rather they treat mainly the symptoms while the underlying causes continue unabated. Worse, they often create new health problems – side effects – which can continue to a number of levels. In contrast, natural therapies, correctly administered, rarely have side effects.

Is it natural therapies or orthodox medicine that are unproven?

The charge that natural therapies are scientifically unproven with the implication that orthodox medicine methods are all proven misconstrues the facts. There are hundreds of thousands of published studies on nutrition, including minerals, vitamins and other nutrients in relation to building health and disease prevention.

In my 37 years as a health educator I estimate that I have read the abstracts of something like 30,000 of them, and the critical role of sound nutrition, including adequate minerals, vitamins and other nutrients, is unmistakable. A diet high in processed foods is deficient in many of these.

On the other hand, orthodox medical treatments are not entirely scientifically proven. Here is a list of examples from among the hundreds of such reports that I have read:

How drug companies deceive us

"It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of Medicine*." – Marcia Angell, *The Truth About the Drug Companies – How They Deceive Us and What to do About It*, Scribe Publications 2005.

No more than 15% of medical interventions are scientific

In 1978, a report by the US Congressional Office of Technology Assessment concluded, "No more than fifteen percent of medical interventions are supported by reliable scientific evidence." (Office of Technology Assessment, Congress of the United States, Publication NTIS/PB-286929 (1978): 7).

Only one percent of articles in medical journals are scientifically sound

Thirteen years later, in 1991, Richard Smith, editor of the prestigious *British Medical Journal*, came to the same conclusion. He went on to comment that "Only one percent of the articles in medical journals are scientifically sound, partly because many treatments have not been assessed at all." (Richard Smith, 'Where Is the Wisdom? The Poverty of Medical Evidence', *British Medical Journal* 303 (1991): 798–99.)

Medical error third most common cause of death in the US

A 2004 report of inpatient deaths in the US Medicare population estimated that 195,000 deaths a year were caused by medical error between 2000 and 2002.

The US Department of Health and Human Services reported 180,000 deaths in hospital inpatients in 2008 due to medical error among Medicare beneficiaries alone. If this rate is applied to all registered US hospital admissions in 2013 it translates to over 400,000 deaths a year.

The *BMJ* authors conclude that: "Comparing our estimate to CDC rankings suggests that medical error is the third most common cause of death in the US." (Extracted and abridged from the *British Medical Journal*, 3rd May 2016. (Reference BMJ 2016;353:i2139)).

I understand that modern medicine is also the third leading cause of death in Australia.



Deaths from pre- scription drugs 500,000; deaths from supplements zero.

Nearly 500,000 Americans died after taking a prescription drug in 2015. By comparison, no deaths were recorded for vitamins, minerals or nutritional supplements.

In total, 443,900 deaths from prescription medication were reported to one of the US poison centres, according to the US National Poison Data System. Analgesics were the deadliest poison, responsible for 11 percent of all reported deaths.

Sedatives and antidepressants were the fifth and sixth major killers respectively.

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

There were no deaths recorded from anyone taking a mineral supplement, such as calcium, magnesium, zinc or iron, or an amino acid or herbal, such as blue cohosh, Echinacea, ginkgo biloba, kava kava, valerian or St John's wort.

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

Heart attack victims more likely to survive if cardiologist away

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

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

Overall, 15.3 per cent of patients who were admitted when the [cardiologist was away] died within 30 days, compared with 16.7 per cent of patients who were admitted and treated by the cardiologist.

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

Indigestion pills increase stomach cancer risk eight-fold

Acid-lowering proton pump inhibitors (PPIs) such as Prilosec and Nexium are definitely to blame for a raised risk of stomach cancer, scientists have confirmed.

The risk of developing stomach cancer rises the longer people use the drugs. The risk doubles among those who've taken the drugs for less than a year, but people who have regularly taken a PPI for more than a year have a five-fold increased risk, and it rises to eight times for those who've been taking a PPI for two years or more.

The increased risk was only among the PPI users, the scientists discovered. It adds to the drugs' list of risks, which already include pneumonia, heart attack and fractures.

(Source: *Gut*, 2017; gutjnl-2017-314605)

One in three people taking drugs that cause depression and suicide risk

More than 200 of the most commonly prescribed drugs – ranging from heart medications, painkillers and indigestion pills – are linked to depression and suicidal ideation as side effects, say researchers from the University of Illinois.

The risk could be greater still as many older people are taking more than one of the drugs at the same time. Depression has affected around 15 percent of people who were taking three or more of the drugs, 9 per cent of those taking two drugs, and 7 per cent of those taking just one of the drugs.

A similar pattern was seen in the rates of suicide in people taking one or more of the drugs, the researchers discovered in 2014.

Even over-the-counter medications – such as common painkillers or indigestion aids – can increase the risk of suicide and depression, the researchers warn.

(Source: *JAMA*, 2018; 319: 2289)

Aspirin and other painkillers kill 20,000 Americans every year

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

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

bleeding, stomach perforations and ulcers.

More than 14 million Americans regularly take a NSAID for their arthritis pain alone, and around 60 per cent of these will suffer gastro-intestinal side effects – and will probably never blame the drug, researchers from the Eastern Virginia Medical School estimate.

“This reflects a common misperception that these medications are insignificant or benign, when actually they chronic use, particularly among the elderly and those with conditions such as arthritis, is linked to serious and potentially fatal GI injury and bleeding,” said Dr David Johnson, one of the researchers.

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

ADHD drugs triple risk of diabetes in children

Four 'atypical' antipsychotic drugs triple the risk of a child developing type 2 diabetes. The drugs, Risperdal (risperidone), Seroquel (quetiapine), Abilify (aripiprazole) and Zyprexa (olanzapine), are routinely prescribed for children with ADHD.

The drugs triple the risk in the first year, and the risk increases the longer they are taken or the dosage is increased, say researchers from the Vanderbilt University Medical Centre. The children at highest risk were also overweight.

(Source: *JAMA Psychiatry*, 2013; doi: 10.1001/jamapsychiatry.2013.2053.)

Conclusion

If the MBA imposes restrictions on integrative practitioners, this will deny me, my wife, other family members and many other acquaintances who use natural therapies the right to have the professional guidance of a medical scientist in the use of mineral and vitamin supplements, herbs and other natural remedies.

This kind of crushing of our rights to choose the treatments that we want is what I would expect in a communist country where the choices and needs of the population are irrelevant.

It would be a savage restriction on our needs to maintain health and wellbeing through the methods which we know to be well tested by experience, safe and free of side effects.

This move just might be a reflection of the power of drug manufacturers to eliminate competition.

I implore the Board to do the right democratic thing and maintain the status quo.



Indigestion pills killing 4 percent of users

By Bryan Hubbard, 17th June 2019

Indigestion pills, known as antacids or proton pump inhibitors (PPIs), are killing 4 percent of people who regularly take them.

PPIs – which include Prilosec (omeprazole) and Prevacid (lansoprazole) – cause health problems such as circulation disorders and infectious and parasitic diseases that can eventually kill. PPIs are causing 45.2 'excess deaths' in every 1,000 people who take them, researchers estimate.

Earlier research has found that PPIs also cause cardiovascular disease, acute kidney injury, dementia, gastric cancer, *C. difficile* infections and osteoporosis.

Researchers from Washington University School of Medicine in St Louis analysed a database of US veterans for their use of PPIs. In a two-year period, more than 405,000 veterans were prescribed the drug for the first time, and more than 177,000 of these had been prescribed

a 90-day supply. By comparison, around 56,000 had been prescribed an H2 blocker, another type of indigestion drug.

Over the next 10 years, more than 80,000 of the veterans died – and there were more deaths among the PPI users than in those taking H2 blockers.

The most common causes of death among the PPI group were circulatory problems, responsible for 38 percent of deaths, and cancers, which caused 29 percent of deaths.

PPIs are handed out indiscriminately and for far longer periods than necessary, the researchers say – and doctors don't realise just how dangerous the drugs are.

(Source: *BMJ*, 2019; 365: l1580)

ACKNOWLEDGEMENT

Reproduced from *What Doctors Don't Tell You* newsletter, 18th June 2019

[A better suggestion: take digestive enzymes instead of indigestion pills; I personally find enzymes very beneficial – Editor]



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Pineapples, Nature's Immunity Booster

Information supplied by Pure Gold Pineapples

KEY POINTS

- Eight in every 10 Aussies have never heard of the anti-inflammatory enzyme, bromelain.
- Only six percent of people class pineapples as nutrient-rich, favouring blueberries and acai berries instead.
- Bromelain is significant in boosting immunity and lowering inflammation in the body.

Australia's awareness of natural immunity-boosting whole foods is low, particularly when it comes to fighting colds and flu, according to new research from Pure Gold Pineapples.

A national survey of over 1000 adults^[1] found that just 20% reported having heard of the enzyme, *bromelain* – a nutrient-rich, immunity-boosting enzyme only available in pineapples.

Bromelain promotes a healthy digestive system by working to break down proteins. It also provides an anti-inflammatory benefit, which aids in reducing inflammation – and has been shown to relieve symptoms of arthritis, sinusitis and sore throats.^[1,2]

The survey also found that only six percent viewed pineapples as nutrient-rich, instead turning to go-to leafy greens (42 percent) and coined 'superfoods' like blueberries (22.5 percent), goji berries (14.5 percent) and acai berries (12 percent).

Nutritionist and dietitian, Joanna Shinewell, said the key to keeping a strong immune system, particularly during the cooler months, is through vitamin C, dietary bromelain and antioxidants.

"To encourage a healthy immune system, the body needs a daily intake of vitamins, minerals and other nutrients. While to many it is surprising that pineapples could be a hidden gem, they are truly the golden fruit that protects you from the harshness of winter (or spring) from the inside out," said Joanna.

Also investigated was how Aussies choose to protect their immunity during winter, with the majority citing taking natural supplements, including vitamin C, olive leaf and Echinacea (29 percent), followed closely by the intake of garlic, ginger and onions (18 percent), getting more sleep (16 percent), eating fresh oranges (16 percent) – or signing up for the flu jab (approx. 10 percent). Only two percent of those polled cited eating fresh pineapples.

When it comes to nourishing themselves post-exercise, Australians overwhelmingly opt for fluids as their go-to, noting water, hydration supplements or a protein drink (72 percent). About 10 percent listed post-workout smoothies or freshly cut fruit.

The report also went on to reveal that of Australia's iconic sports – AFL, rugby, netball and cricket – more than 70 percent of respondents cited oranges as being synonymous with the outdoor games. A further 15 percent listed bananas, with only three percent recognising pineapples.

"Half-time fruit goes hand-in-hand with Australian sport, no matter whether professional or in a backyard cricket match. Nutritionally speaking, it's a sporting tradition that stems from providing vitality for the remainder of the game – but while pineapples aren't the most popular, they certainly are the better fatigue fighter.

"Pineapples boast the energy-boosting nutrients manganese, vitamins and sugars – all of which claim back vitality and produce a long and slow energy release. On top of this, one serve of pineapple^[2,3] also contains your (official) daily intake of vitamin C," said Joanna.

Furthermore, when asked in which months pineapples were consumed most during the year, 50 percent of Aussies responded only the summer months (Dec – Feb), 28 percent all-year-round, and only three percent said during winter (Jun – Aug).

Pure Gold Pineapples are based in Central and Southern Queensland – and grow fresh, sweet and nutritious pineapples all year round. Pure Gold Pineapples are available in Australian food retailers and fruit shops nationally.^[3]

Pure Gold Pineapples are 100% Australian grown and are grown 52 weeks a year. This grower's body has over 20 growers – and is the largest supplier of pineapples in Australia, packing more than 12 million pineapples each year.

For more information visit puregoldpineapples.com.au. To follow on social, visit Instagram, Twitter or Facebook.

REFERENCES

^[1] Pure Profile, Pure Gold Pineapple Research, May 2019

^[2] Nutritional Fact Sheet, May 2019

^[3] One serve of pineapple = 100 grams

About Nutritionist Joanna Shinewell

Joanna Shinewell is an Australian nutritionist and dietician. Joanna is passionately devoted to wholistic nourishment, which encompasses everything from the micronutrient levels of a diet to a person's relationship with food.

Contact for Pure Gold Pineapples

Phone (61) 07 4939 0200

Central Qld: 32 Pineapple Drive,
Yeppoon Qld 4703

Southern Qld: 205 Burys Rd,
Beerwah QLD 4519

For pineapple recipes, see page 23

[Your *True Natural Health* Editor relishes the succulent sweetness and excellent nutrition of papaya and is pleased to promote this fruit here.]



THE HEALTH BENEFITS OF PAPAYA

By Paul Fagg, Business Development Manager, Skybury

In April 2018, Papaya Australia⁽¹⁾ published a report which highlighted what many of us already suspected – papaya is a highly nutritious tropical fruit, which has a range of health benefits. Papaya⁽²⁾ also has the added bonus of being available 52 weeks a year, meaning it can become a staple element of a healthy dietary program.

Papaya production is concentrated in the tropical areas of northern Queensland, with smaller production areas in the NT and WA. For the year ending 2018, Australia produced over 16,000 tons of Papaya.⁽³⁾ Nearly all production is sold in the domestic market.

Let's explore the nutritional information and health benefits identified in the *Papaya Australia Nutrition Review* in more detail.

At a basic level, Papaya contains a range of antioxidants, including vitamin C and carotenoids, which help to support the body's immune system. A 150 gm serve of papaya will provide more than twice the recommended daily intake of vitamin C and nearly a third of vitamin A equivalent and more than a quarter of folate needs. The carotenoids found in papaya include beta-carotene [abundant in carrots], cryptoxanthin, lycopene, lutein and zeaxanthin.

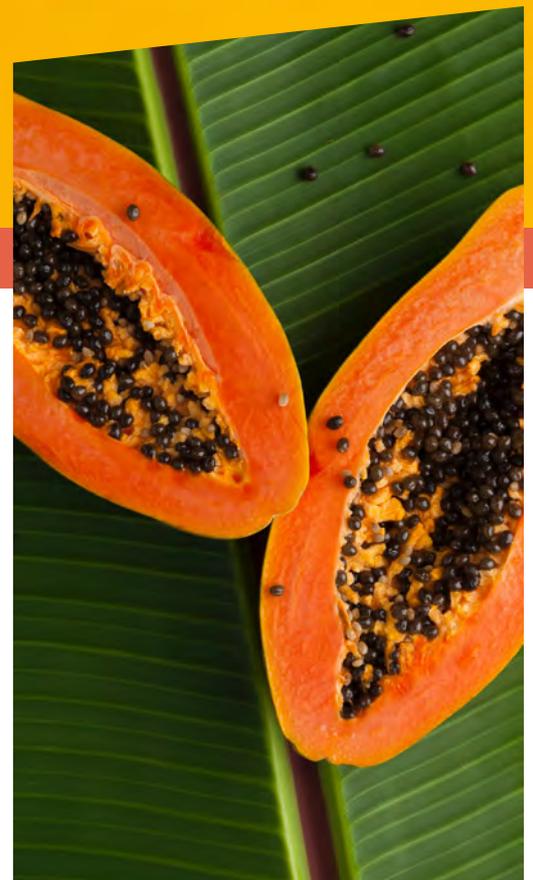
Together, they protect the body from damaging free radicals and increase bioavailability. The body converts these carotenoids into vitamin A, and, along with vitamin C, potassium and a range of other elements, supports immune function, eye health, skin colour and gut health.

Papaya Nutrient Information

However, the science is all well and good but the latest research⁽⁴⁾ indicates that only 10% of Australian Households purchase papaya. With high nutritional value, but low household penetration, the industry is working hard to highlight the benefits of the fruit and address historic peaks and troughs in production. Significant new areas of plantings have been established in a bid to ensure a reliable supply throughout the year. In addition, the introduction of new varieties, particularly a move towards sweeter red varieties, has significantly improved eating quality.

In summary, the nutritional and health benefits are now becoming more widely understood in the Australian market. Papaya deserves to be part of any healthy and balanced diet. Improved varieties have significantly enhanced eating quality, and growers are investing heavily in addressing historic supply issues. In addition, papaya is a versatile fruit, which can be eaten fresh or incorporated into a variety of dishes.

In global terms, Papaya production is now ranked third in tropical fruit production⁽⁵⁾. In the historic heartlands of papaya production and consumption, namely Brazil, Mexico, India, Indonesia, Malaysia and the Philippines, as well as key export markets in Europe and the United States, the fruit is an important part of the daily diet of millions of people. Perhaps it is time Australia embraced this wonderful tropical fruit.



REFERENCES

(1) Papaya Australia. *Australian Papaya: 2018 Nutrition Review*. March 2018.

(2) In this article, papaya and pawpaw is referred to as 'papaya' throughout.

(3) Hort Innovation Australia. *2017/18 Australian Horticulture Statistics Handbook*. March 2019.

(4) Source: Nielsen Housescan for the 52 weeks ending 23/03/2019 for the Australian market.

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(5) Edward A. Evans and Fredy H. Ballen. *An Overview of Global Papaya Production, Trade, and Consumption*. September 2018

For papaya recipes, see page 22

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.

DUPUYTREN'S CONTRACTURE OF FINGERS:

For the past few years I've had Dupuytren's contracture in both hands. I have three nodes in each palm, and it won't be long before they join up and begin bending my fingers down.

I've read on the Internet that these nodes are made of collagen, which I thought was essential for health. What the doctors want to do is operate, which would be quite painful and inconvenient. I've just turned 70.

I eat hardly any processed food and do eat a lot of lentils, chickpeas and steamed veggies. I eat some beef and chicken and drink a beer daily, but am not on any pills.

Do you think Dupuytren's can be reversed?

There are treatments which appear to be considerably better than surgery – simpler, safer, less painful and with, it seems, much less side effects. So yes, fingers can be straightened.

What is Dupuytren's contracture?

Pronounced 'du-pwe-trans', Dupuytren's contracture is a hand deformity that usually develops over years. The condition affects a layer of tissue that lies under the skin of the palm. Knots of tissue form under the skin, eventually creating a thick cord. As these cords tighten, the fingers are pulled toward the palm, sometimes severely.

The affected fingers cannot be straightened completely, which can complicate

everyday activities such as placing hands in pockets, putting on gloves, preparing food, writing or shaking hands.

The two fingers farthest from the thumb are most commonly affected, though the middle finger also can be involved. The condition occurs most often in older men of Northern European descent.

Normally, the palmar fascia consists of collagen type I, but in Dupuytren's sufferers, the collagen changes to type III, which is significantly thicker than type I.

Dupuytren's is named after Guillaume Dupuytren, who first described the underlying mechanism in 1833. The other common name is 'Viking disease'.

Causes and risk factors

Orthodox doctors don't know what causes Dupuytren's contracture, just as they don't know the causes of most degenerative conditions.

A number of factors increase the risk of developing this condition, including:

- Age. Occurs most commonly after age 50.
- Sex. Men are more likely to develop it than are women.
- Ancestry. People of Northern European descent are at higher risk.
- Family history. It often runs in families.
- Smoking. Increases risk, perhaps because it causes microscopic changes within blood vessels.
- Alcohol intake – the more, the greater the risk.
- Diabetes.
- Thyroid problems.
- Liver disease.
- Epilepsy.

Injuries to the hands or repetitive movements may increase the risk. Anything that increases inflammation can contribute to damaged or diseased fascia in the hands.

Treatment

Initial medical treatment is typically steroid injections into the affected area and physical therapy. In more severe cases, surgery may be tried. These treatments are only temporarily helpful and occasionally make the condition progress more quickly.

Doctors used to recommend 'watchful waiting' before undergoing surgery, so that the number of repeat treatments was kept to a minimum. The major downside of surgery is that recovery can involve discomfort and can be prolonged. People may have bandages on for weeks and splints for months.

The US Food and Drug Administration has recently approved injections of an enzyme, *clostridial collagenase*, for Dupuytren's. This enzyme softens and weakens the taut cord in the palm of the hand (its trade name is Xiaflex).

The tissue that forms the contractures is made of collagen. Collagenase destroys collagen, and has been regularly used since 2010 for Dupuytren's contracture. Collagenase is extracted from a bacterium. It is injected directly into a cord of Dupuytren's tissue and then allowed to break it down. The person usually returns to the doctor's office the following day, and the doctor will manipulate the finger forcefully to fully break the contracted tissue.

There are some doctors who now recommend early treatment. By not waiting, the likelihood of fully correcting contractures is much better. The downside is that collagenase treatment is not effective for everyone with Dupuytren's.

Another minimally invasive procedure is *needle aponeurotomy*. Instead of removing the contracted tissue, the point of a needle is used to sever the cords and relieve the contractures. The doctor makes small punctures in the skin, and by manipulating the tip of the needle cuts



through the contracted tissue in several locations. The benefits of needle therapy is that it is very safe, inexpensive and easy to perform.

A Dr Viktor Rokotov, MD, provides a short list of natural ingredients and supplements that have shown benefit for Dupuytren's disease in its early stages:

- Vitamin E
- MSM (DSMO)
- Magnesium supplements
- Collagen
- Omega-3 fatty acids

Dr Rokotov's website is www.dupuytrensmid.com/dupuytren-disease-treatment/

Another group, PeaceHealth, suggests taking vitamin E at doses of 200 to 1,000 IU a day for several months to help Dupuytren's. Website www.peacehealth.org/medical-topics/id/hn-1205001

Q PYRROLE DISORDER:

My 16-year-old twin grandsons have both been diagnosed with pyrrole disorder by an integrative medical doctor. They had originally sought help for anxiety-related problems.

They have been put on a diet with no carbs, including no sugar (which eliminated fruit and many vegetables), no grains, no yoghurt and no almond or rice milk. Their main meals consist of large amounts of meat, eggs and animal fats and some steamed vegetables. This diet goes against everything that I have learned from the Natural Health Society.

Would you advise what you know of this disorder and what you think of this diet. – C. C., Noosaville Qld

A Pyrrole disorder is typically related to deficiencies of vitamin B₆ and zinc, which gives the clue as to dietary treatment. Re the above diet, I think that it would be disastrous.

Otherwise known as *pyroluria* or *kryptopyrrole*, this is a common malfunction in metabolism caused by environmental pollutants, stress, leaky gut syndrome and/or extensive use of antibiotics. The condition is facilitated by a genetic predisposition to it. About 11% of people have pyroluria.

The person produces excessive amounts of chemicals called *pyrroles* which are normal by-products of the production of the red blood pigment, haemoglobin. The excess spills over into the urine and is known as 'urinary pyrrole' which can be measured in the urine.

Why pyroluria is a problem

The excess pyrroles create deficiencies of vitamin B₆ and zinc because these nutrients are bound to pyrroles, rendering them unavailable for normal functions. Also rendered less available are biotin and the omega-6 fatty acid, GLA.

Further, high levels of pyrroles may affect the production of haeme, the carrier of iron in red blood cells. This compromises energy production and increases oxidative damage to the cells, as the body will not have enough antioxidants to counter them.

Deficiencies of vitamin B₆ and zinc may significantly contribute to depression and mental illness. Symptoms are induced by stress and usually decline when the stress is eased.

A practitioner with extensive experience in the field of mind problems is Dr Carl C. Pfeiffer, a US pharmacologist and orthomolecular psychiatrist. Dr Pfeiffer lists the likely effects of pyroluria as slow learning, mental retardation, autism, delayed puberty, amnesia, schizophrenia, teenage depression or delinquency and allergic symptoms. In adults also are stillbirths

and miscarriage of male children leading to all-girl families.

Dr Pfeiffer says that children labelled as mentally retarded, minimal brain dysfunction or learning disabled who have high levels of pyrroles in the urine should be suspected of suffering pyroluria.

Many famous people, including Emily Dickinson and Charles Darwin, may have had pyroluria.

Pyrrole disorder treatment

Treatment is often more complex than just supplementing with vitamin B₆ and zinc. The correct doses are important and there are also other factors to consider, including emotional and physical stress.

Leaky gut and impaired friendly gut bacteria (the microbiome) can increase circulating levels of pyrroles. Along with the fact that zinc is important for intestinal integrity, it can also be necessary to improve gut health and support the microbiome.

Still another consequence of poor vitamin B₆ and zinc status is compromised methylation processes in the body. Among other things, this can prevent the necessary methylation of folate to methylfolate, which is the form that the body requires for this vitally important vitamin.

There is no one treatment plan that fits all sufferers of pyrrole disorder. It really requires a wholistic practitioner to investigate thoroughly.

The website for Brisbane-based 'My Holistic Nurse', www.myholisticnurse.org, states: "Of course, adding plenty of whole foods including fresh vegetables and omega fatty acids into your diet will also be of great benefit. In particular, dark green leafy vegetables and coconut oil."

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Dr Carl C. Pfeiffer is a pharmacologist and biochemist who practised orthomolecular psychiatry and directed the Bio Center in New Jersey USA. Much relevant information is given in his book, *Nutrition and Mental Health*.

Dr Pfeiffer says that in over 1,000 pyroluric patients under his care, most have responded well to vitamin B₆ and zinc therapy.

The adult dose of elemental zinc, he states, is 30 mg (equivalent to 300 mg zinc gluconate) taken morning and afternoon, and enough vitamin B₆ should be given to produce normal dream recall, but taking no more than 500 mg daily without professional supervision.

Dr Pfeiffer reports that one patient who was delusional, hallucinating and had attempted to jump through a window, became quiet in two days after high zinc and B₆ treatment. Within one month she was emotionally normal.

Because protein often increases mental symptoms, Dr Pfeiffer explains that many sufferers, especially teenagers, do better on a plant-based diet.

Q ALL-RAW DIET TOO EXTREME?:

Is raw food diet as good as they say it is? I cringe when I see women (and it always seems to be women) walking down the street snacking on raw carrot sticks. Only recently I found out they were doing themselves a disservice, as they are getting only three percent of the nutrients from raw carrots. Probably the cellulose getting in the way of proper digestion. But whatever the reason, when they are cooked, carrots will yield 39 percent of their nutrients.

So while I'm all for less processing, I think an all-raw diet might be taking it too far. – A. T., email

There are 700,000 species of animals on Earth, yet humans are the only species that cooks its food. We have not adapted to eating cooked foods as it takes between 50,000 and 500,000 years for an evolutionary change to occur in mammals. Although it is still possible to sustain ourselves on cooked food, we risk degenerative illnesses.

Effects of cooking on health

Cooked foods cause enlargement of the pancreas and damage to most other organs. Cancer, heart disease and diabetes are all promoted by cooked foods.

As if to prove that the body is designed for its food to be raw, cooked food causes

a phenomenon called *digestive leukocytosis*. Our immune system reacts to cooked food in the same way as it does to bacteria and viruses. The body sends an army of white blood cells to attack the food particles in the digestive tract, leaving the rest of the body less protected by the immune system.

Effects of cooking on nutrients

Cooked proteins. Proteins are denatured by heat and are not the quality that our bodies require. A good example is the cooking of egg white. The clear protein gel shrinks, toughens and becomes less digestible.

Protein which does digest forms toxic compounds which can lead to colorectal cancer. The 'friendly' probiotics become outnumbered by putrefactive bacteria, called *dysbiosis*, resulting in an array of adverse effects. It is the friendly bacteria which digest the fibrous walls of plant cells, releasing nutrients that would otherwise go into the toilet.

Cooked carbohydrates. If starchy carbohydrates are heated to a brown stage, such as burned toast, this is carcinogenic.

Cooked fats. Fats are very prone to turning rancid on exposure to oxygen, light and especially heat. The more unsaturated the fat, the more readily it oxidises, so plant oils are most at risk. Highly unsaturated omega-3 oils are so prone to rancidity that flax oil, for example, should never be heated. Rancid fats are very toxic and are major causes of artery disease and cancer.

Effects of cooking on minerals. Minerals need to be consumed in a naturally chelated form, as is found in raw fruits and vegetables. Heat returns minerals to an inorganic, ash-like form, which makes them less bio-available.

Effects of Cooking on Enzymes. Enzymes are biological catalysts responsible for initiating every single chemical change that occurs in living things, including every one of the million or so chemical reactions in our bodies every second – the chemistry of life. The enzymes in raw foods, which are released when the food is chewed, contribute to the digestion of that food, saving our body from dipping into its own enzyme supply.

But when food is cooked, the enzymes are completely destroyed and digestion is totally dependent on the body's own enzymes. This leads to a large amount of energy being wasted digesting food and squandering the body's enzyme potential.

Living creatures are born with a fixed *enzyme potential*. This potential can be conserved with raw food or squandered on cooked food, resulting in reduced vitality, reduced longevity and reduced resistance to stress.

Dr Francis Pottenger's cats

Dr Francis Pottenger examined the relative effects of raw and cooked foods on cats. Two groups of cats were raised under identical conditions except that one group was fed cooked food and the other raw food.

The raw-food group thrived healthily, breeding for generations, until the experiment was stopped. The group fed cooked food became sicker with each generation, not even attempting to breed after three generations, and eventually died out. If that wasn't enough evidence for the superiority of raw food – the grass under the raw cats' cage grew lush and green, while the faeces of the cooked-food cats destroyed the grass under their cage entirely.

Real life evidence

A husband and wife couple has demonstrated beyond doubt that raw foods can support exceptional health and fitness. In 2013 Janette Murray-Wakelin and Alan Murray, both in their 60s, achieved a world record for running the greatest number of marathons on consecutive days. They ran around Australia, doing a marathon every day for 366 days, on a diet of entirely raw fruit and vegetables. (The year is chronicled in the film, *Raw the Documentary*, available from the Society.)

ACKNOWLEDGEMENT

Much of the above is based on the writings of Sandra Tuszyńska, who has a Bachelor of Science in Agriculture and a PhD in cell biology.



Q HOW TO TAKE FLAX OIL:

What is the benefit of mixing fruit juice with flax oil? – G. T., Hamlyn Terrace NSW

A It appears that there is nothing more to this than the fruit juice masking the strong taste of the flax oil.

While on the subject of flax oil, I have found a good account of the various ways to increase the intake of flax oil. It is from a website, www.wikihow.com/Flax-Oil, and is co-authored by one Claudia Carberry, RD, and updated 9th May 2019. (Note: I don't normally depend on 'wiki...' info too much, but in this case I recognise useful guidance.)

Flaxseed oil is taken primarily for its content of omega-3 fatty acids, being the richest source after chia seeds and much richer than salmon. Flax oil also contains some omega-6. Both of these – in the right proportions – are valuable for health because they are polyunsaturated fatty acids (PUFAs).

Omega-3 fatty acids are known to reduce inflammation and help prevent chronic diseases, including cardiovascular disease, stroke, diabetes and arthritis.

There are different ways to increase intake of flaxseed oil, namely, taking capsules, drinking the oil or adding ground flaxseeds to food.

Taking flax oil

1. Firstly, check with your practitioner before taking flaxseed oil. If you happen to be taking certain medications, flax oil may interact with them, especially blood thinners, cholesterol-lowering statins and diabetes medications.

2. Follow the instructions on the package. It should include instructions about when to take the oil and how much.

A common dosage is one dessert spoon of oil taken up to three times daily, but play safe and be guided by the manufacturer's instructions.

If you take too much flax oil, it can result in oily skin, breakouts and possibly oily stools.

3. To counter the strong flavour, take the oil with juice, water or tea. If you are happy with the taste, that's fine, but if not, you could try mixing it with herb tea or fruit juice. Oil and water don't mix well, but the mixture may still ease the taste.

Otherwise try having the oil with a meal to disguise the taste.

4. Taking flax oil capsules avoids the taste entirely. Follow the manufacturer's instructions and wash down the capsule with water.

5. Store flax oil and capsules cold. Keep in the fridge in an airtight glass container. If the oil is allowed to remain warm or be exposed to the air, it can become rancid and therefore toxic.

6. If eating the oil with cooked food, add it to the food after it is cooked. Flax oil should never be heated, because it turns rancid readily. So cook the meal first, then drizzle the oil over the top.

7. Reduce intake if you begin to experience adverse effects. Excessive intake of the oil may cause wind, diarrhoea and/or bloating, especially at first. It is quite likely that the wind and/or bloating will cease after a week or two of use.

Consuming the seeds

1. Buy high quality flaxseeds. The amount of nutrients in brown and golden varieties of flaxseeds is about the same.

2. Grind flaxseeds with a coffee grinder or food processor. Because whole flaxseeds tend to be expelled from the body still intact, they need to be consumed ground up – using a coffee grinder. This enables the digestive system to extract and absorb the nutrients.

3. Add ground flaxseeds to food. You can add up to one tablespoon a day of ground flaxseed to your food. You can take the tablespoon all at once or in several doses. Perhaps use the ground flaxseed as topping for cereals, soups, salads, vegetables and stews.

Tips

Store flax oil in the refrigerator to keep it fresh and prevent it from turning rancid.

Taking flax oil is a great alternative for people on vegetarian diets who don't get omega-3 fatty acids from fish or fish oil supplements.

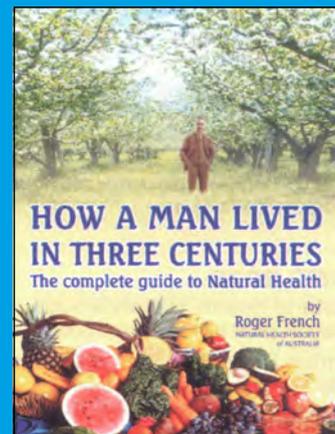


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NHS NOTICES

MEMBERS SUPPORTING THE NHS

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

Shamis Issa, Peter Kell, Cynthia Handley & Barry Hastie, Maureen Cane, Li Siew Cheng, Neville Ross, Karen Millgate, Lynette Allott, Gary Scott, Aurelia Gallardo, Jeanne Silverson, Katie Deverell, Richard & Philomena Watkins, Lynn Emma, Pam Robinson, Susan Besant, Gary Owens and John Andrew

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.]

Wellness at Wallacia evenings

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

Dates: Last Saturday each month at 6.30pm – Saturdays 28th September, 26th October, 30th November

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

BOOKING: Essential. Phone office on 4721 5068

NEXT GATHERING SATURDAY 28TH SEPT 2019

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.

New Society Branch In Brisbane

A Society member is keen to open a branch of the Society in Brisbane, Qld

The Committee and staff are enthusiastic about this proposal and will support him fully.

We will keep Qld and Northern NSW members informed of developments.

NATURAL HEALTH SOCIETY committee re-elected

At the 2019 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. held on 26th July in the Society's office, the Committee members were all re-elected for the following year.

The National Committee members are:

President: Elizabeth French

Vice-President: Susan Roberts

Treasurer: Amalia Pezzutto

Immediate Past President: Richard Stepniewski

Cecil Bodnar

Jan Thorpe

Ling Halbert

Congratulations to each member and our thanks for being willing to continue to manage the Society for another year.

Vegan food tours

With Ling Halbert, Founder of Health and Happy Heart

Happy Heart vegan food tours:

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

\$15 will be donated to the Natural Health Society for any tour of your choice.

Ling's Health and Happy Heart tours

Osteopath, Doug Evans, practising in Penrith & Bundeena

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

Dr Doug Evans, DO, formerly senior practitioner at the now-closed Hopewood Health Retreat, is now practising in Penrith and Bundeena.

Penrith. Saturdays in the office of the Natural Health Society, upstairs, Skipton's Arcade, 541 High St, Penrith.

Bundeena. Doug is currently completing the building of accommodation at his home to enable one or two people to carry out fasting under his supervision. Part of the accommodation is now complete, and Doug is able to take clients.

For bookings, phone Doug on **0416 254 409** or **9544 3328 (h)**

Next Sydney Seminar NHS Autumn 2020 Seminar

This is due to be held as usual on a Sunday in late March or early April. The venue will be, tentatively, our regular location, the North Ryde Golf Club in Sydney.



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are a journey of vegan food, rich cultural experience and laughter.

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

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

& EVENTS

PENRITH OFFICE HOURS

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

ROGER FRENCH POUNDED CITY2SURF

Roger was interviewed by Carol Cave, Natural Health Society Project Manager, just prior to Roger's running in the 2019 City2Surf

Since 1983 Roger has been the Health Director of the Natural Health Society of Australia. He joined the youth group of the Society, Hopewood Youth Development Association (HYDA), in January 1968 and joined the Society itself a few years later. In 1975 Roger was invited to manage Hopewood Health Retreat at Wallacia NSW. He has been co-editor and editor of the Society's magazine for 36 years and has authored a book, *How a Man Lived in Three Centuries*. In January this year Roger celebrated 51 years of service to Natural Health.

Did you suffer any health problems growing up?

In my twenties I was sick and tired of being tired and sick. I had poor stamina, frequent colds and flu, regular headaches, constipation and blood poisoning. At age 27 when I showed a doctor my hot, red, angry-looking forearm, he exclaimed, 'You've got blood poisoning! This only happens to old people – what's wrong with you!'

At what point did you turn to a Natural Health lifestyle?

I was raised from infancy with a healthy lifestyle because my mother always went to a naturopath. It was when I left home and started working as a jackaroo that I had an unhealthy diet leading to the above problems. At age 28 I went to Hopewood to do a 5-day water fast. My mind cleared. I had no foggy brain. All my problems went away. I immediately joined HYDA and it was fantastic to find a group of young people who were living a Natural Health lifestyle.

One year later I spent my entire annual leave at Hopewood and undertook a 15-day water fast which produced marvellous results, and the benefits are still with me today.

I now began running regularly.

When and why did you decide to run the City2Surf?

In 1971 I was running with a group of office workers across the Sydney Harbour Bridge. We heard about the first City2Surf that year and all decided to go in it. Some HYDA members joined me, and I have continued to run ever since, except for missing four events.

How do you prepare for the City2Surf?

Because running can damage our joints and back, I normally walk in the morning for about an hour. It's not until three months prior to the City2Surf that I commence running. I start with about four km for a couple of weeks then progressively build up to 12 km.

At age 79 do you think your Natural Health lifestyle has helped you run the City2Surf all these years?

I had rheumatism as a schoolboy, and it's quite possible that by now I would be in a wheelchair with arthritis or have suffered a heart attack. There is not a chance in the world that I would have been able to run the City2Surf all these years or that I would still be able to do it if I hadn't been living the Natural Health lifestyle.

What inspired you to write your book, 'How a Man Lived in Three Centuries'?

For many years, I knew Eric Storm who was on the Board of the Aust. Youth and Health Foundation, which founded Hopewood and the Society. When Mr Storm turned 100, it fell to me to write a book about his achievement. The first edition was released in 2002 and a fully revised edition in 2010.

Has there been an inspirational person in your life?

More than one. The first was my mother, who raised me on natural health principles and battled against doctors' advice. The second was Madge Cockburn,



Chairwoman of the Aust. Youth and Health Foundation, who invited me to manage Hopewood and later become the Society's first Health Director. Madge was a popular and capable leader and was awarded the British Empire Medal for her services to the community.

What philosophy do you live by today?

I live by the principles and practices of Natural Health, but without rigidity. I follow the 5% rule, which I adopted 51 years ago: 'It's not what you do 5% of the time that governs your health, it's what you do 95% of the time that counts.'

STOP PRESS, Monday 12th August 2019

Roger finished the City2Surf yesterday in 102 minutes and 3 seconds. After running all the way, including up the dreaded 'Heartbreak Hill', he was still upright, breathing (normally) and able to walk free of stiffness.

Vice-President Susan Roberts, who also participated, completed the 14 km in 119 minutes in spite of having not trained for it – a remarkable achievement.



STATIN NATIONS – HOW MILLIONS ARE DAMAGED

THE MOST PROFITABLE PILL IN MEDICAL HISTORY IS BASED ON FLAWED SCIENCE

Abridged from Dr Joseph Mercola

SUMMARY

A Statin Nation: Damaging Millions in a Brave New Post-Health World, written by Dr Malcolm Kendrick, addresses the challenges with the conventional approach of using statins for the prevention of heart disease.

The difference between relative and absolute risk is an important yet poorly understood concept that helps clarify the actual benefit of any given drug or treatment. These hazard ratios also need to be compared against the overall mortality rate to get a clearer view of a drug's benefit.

'Repatha' is a new lipid-lowering medication said to reduce the rate of heart disease death and myocardial infarction by 20%, yet in a study the overall mortality rate in the Repatha group was higher than in the placebo group.

Cholesterol is found in every cell in our body, where it helps to produce cell membranes, hormones (including the sex hormones testosterone, progesterone and oestrogen) and bile acids that help us digest fat.

Cholesterol is important for the production of vitamin D, which is vital for optimal health.

Dr Malcolm Kendrick, a general practitioner in Cheshire, England, is the author of three books, including *Doctoring Data: How to Sort Out Medical Advice From Medical Nonsense* and his latest work, *A Statin Nation: Damaging Millions in a Brave New Post-Health World*, which addresses the challenges with this conventional approach to heart disease prevention. Here we essentially discuss this later book.

A number of new cholesterol-lowering agents have been brought to market that drive low-density lipoprotein (LDL) even lower than previously. Sadly, there's still a lot of industry-backed propaganda about heart disease and statins going on. As noted by Kendrick:

"There's a group in the UK called the 'Cholesterol Treatment Trialists' (CTT) Collaboration. They hold all the data ... from the statin trials. They won't let anyone else look at the data. They keep producing these meta-analyses showing how wonderful statins are and that they don't have adverse effects, and we're supposed to believe them.

"Although they run a clinical trials unit, the last time I looked, they received well over \$400 million in funding from pharmaceutical companies – almost entirely from companies that produce cholesterol-lowering agents.

"... We have a completely biased organisation paid hundreds of millions of dollars to hold all the data, and then tell us, 'No one else can look at it. By the way, you should believe everything we say.'

"... How on Earth can this be allowed to happen? ... This is ridiculous."

The Most Profitable Drugs In Medical History

In *A Statin Nation*, Kendrick points out that statins are the most profitable drugs ever created, grossing more than \$1 trillion – that's \$1,000 billion.

"I'm not entirely sure that my trillion figure is exactly right, but it's not far off," says Kendrick. "We know that Lipitor ... at its max. was making about \$35 billion a year. That's just one statin drug in one year ... Almost all of these drugs have made billions each year"

"When you look at those amounts of money, they really fund an awful lot of marketing. A lot of people can be paid very large sums of money to attend meetings and run guidelines.

"When I last looked at the guidelines of the National Cholesterol Education Panel – when they came out with the latest guidelines saying [the safe upper limit of] cholesterol should be lowered even more – out of nine members of the committee, there were 124 conflicts of interest with companies making statins or other cholesterol-lowering agents. It's not surprising that we get the answers that we do."

Relative Versus Absolute Risk

It may be helpful here to review a central concept addressed in Kendrick's earlier book, namely the difference between relative and absolute risk. This is an important yet poorly understood concept that helps clarify the actual benefit of any given drug or treatment. Kendrick says:

"I've asked about 50 medical colleagues this question: 'What's the difference between absolute and relative risk?' None of them has given me the correct answer. That's ... worrying ... When people go to their doctor, they expect their doctor to tell them what the benefits are, yet the

doctors don't understand the benefits themselves ...

"I've tried to explain this as simply as possible. Someone said, 'The difference between absolute and relative risk is the difference between multiplication and addition.'"

Here's a simplified example: Let's say you start 100 people on a medication and 100 people on a placebo. At the end of the trial, you find that one person died in the treatment arm and two people died in the placebo arm.

The *relative risk* is the difference in the number of deaths between the two treatment groups. In this case, it's the difference between one death and two deaths. In the treatment group, the death rate was half of that in the placebo group, hence the relative risk is 50%.

The *absolute risk* is calculated by looking at how many are still alive. In the drug treatment group, 99 are still alive and in the placebo group, 98 people are alive. The difference between these two groups is now 1%. So, while the relative risk is 50%, the absolute risk is a minuscule 1%.

Relative Risk Without Overall Mortality Does Not Tell True Story

Kendrick further explains:

"... If you run an experiment with 1,000 people instead of 100 people, and at the end of the trial you get the same result ... one person died in the treatment arm and two people died in the placebo arm – then there's still a relative difference of one and two, which is 50%.

"But the absolute difference is between 999 and 998. That is 0.1%. If you keep running these figures, the relative risks can look incredibly impressive – there can be a 50% relative reduction in something – but the absolute reduction could be 0.0000001 or 0.0000002.

"I'll use the example of when you push people off cliffs – 100% of them will *avoid* dying from heart disease. You could say, 'I could reduce the risk of dying of heart disease to 0 percent by pushing people off cliffs.' You may not think it's a good intervention, but the overall mortality is the important thing, because [when people take statins] they die more of liver cancer or kidney failure or muscle breakdown rather than heart disease.

"We see this happening when people discuss the new medications. 'Repatha'

is a new lipid-lowering medication. It was presented as being absolutely fantastic in reducing the rate of heart disease death and myocardial infarction by 20% [relative hazard ratio, when taken combined with a statin].^(1,2)

“But when you look at the absolute figures for death, more people died on Repatha than on the placebo. More people died, and more people died of heart disease as well. This was presented as if the drug was a fantastic success.

“We have a drug that is enormously expensive, and more people will be dead if they take it than if they don't take it. Yet, the pharmaceutical industry manages to present this as a resounding success. It's quite extraordinary.”

Kendrick also points out that unless an observational study produces a hazard ratio (relative risk ratio) of at least 200%, it's essentially worthless. This figure of 200% was identified as a cut-off for relevancy by Richard Doll and Bradford Hill, two researchers looking at the effects of tobacco smoking.

Next-Gen Cholesterol Drugs Just as Dangerous as Statins

While some of the dangers of statins are becoming more widely recognised, the dangers of cholesterol-lowering drugs in general are still being swept under the rug as newer drugs are being released. A new class of cholesterol-lowering drugs is the *proprotein convertase subtilisin/kexin type 9 (PCSK9)* category.

Just as there are many different statin drugs, there are many in the PCSK9 category, including Repatha. These drugs tend to be far more expensive than statins. The cost of Repatha, for example, was about \$14,000 per year, more than \$1,000 a month, until October 2018, when Repatha's manufacturer, Amgen, announced they were lowering the price to \$5,850 a year in response to competitors lowering their prices.⁽³⁾

Regardless of the reduced price, research still shows more people died on Repatha than in the placebo group, and I believe we'll end up finding the entire PCSK9 class of drugs will increase mortality.

Low-End Cholesterol Limit Has Been Eliminated

Over the years, cholesterol limits have been made lower and lower, without any significant evidence proving that lowering cholesterol or LDL cholesterol will improve health and lower mortality. There's also no normal or average level of cholesterol.

“There used to be, but there isn't anymore,” Kendrick says. “There's optimal, but there's no lower limit. It's gone. We've reached a point whereby any

level of cholesterol is now considered to be too high and any level can benefit from being lower, which is completely bonkers.”

Indeed, it's tragic, since low cholesterol can have far-ranging consequences for our health. Cholesterol is found in every cell in our body, where it helps to produce cell membranes, hormones (including the sex hormones testosterone, progesterone and oestrogen) and bile acids that help us digest fat.

Cholesterol is also important for the production of vitamin D, which is vital for optimal health. When sunlight strikes our bare skin, the cholesterol in our skin is converted into vitamin D. Cholesterol also serves as insulation for our nerve cells, and is important for general brain health and cognition.

Low levels of high-density lipoprotein (HDL) cholesterol have been linked to memory loss and Alzheimer's disease, and may also increase the risk of depression, stroke, violent behaviour and suicide.

Why Dr Kendrick Doesn't Worry About 'High' Cholesterol

Kendrick does not worry about high cholesterol. His own level is 300 [7.8 mmol/l], and he says he'd actually like it a bit higher. He explains why:

“I wrote a paper with a few other doctors where we looked at the cholesterol levels and death rates in populations. What we found is that once you reach the age of 55 to 60-ish, those with higher cholesterol levels live longer than those with lower cholesterol levels. It's not a huge difference, but it exists.

... “That's true even in people who have familial hypercholesterolaemia [inherited high cholesterol]. There's a small sub-group of people with familial hypercholesterolemia who will die young. We wrote a paper on that demonstrating that it has nothing to do with the cholesterol or LDL level. It has to do with blood-clotting factors.

“You can have siblings, one of whom has hypercholesterolemia, the other does not ... They both have the clotting factor, and ... they have the same risk of dying of heart disease because the LDL receptor itself, the thing that takes LDL out of the system, also takes Factor VIII out of the system as well ...

“The thing that is probably damaging in familial hypercholesterolemia in some people is not the high cholesterol level,



it's the fact that the clotting factors are not being taken out by the receptors ...

“I know of more than 50 people who have cholesterol levels that are three to four times normal. Their LDL levels can be five to six times normal with no discernible heart disease ... When people say to me raised cholesterol causes heart disease, I counter by saying the evidence just doesn't show this.”

It's also worth pointing out that only 20 percent of the cholesterol in our bloodstream comes from dietary sources; the remaining 80 percent is made by our own body⁽⁴⁾ and, as noted by Kendrick, our body is designed to deal with wide variations in dietary cholesterol intake.

“What happens if you eat more cholesterol? Your body produces less cholesterol because it doesn't need so much anymore. Perhaps you can overwhelm it. But once your cholesterol levels are full and you don't need any more, your body doesn't absorb cholesterol anymore. It just shuttles it back out again. It goes straight through you and out the other end. Your body can control these things.

“The idea that some minute amount of added [dietary] cholesterol is going to overwhelm your control systems, goes against all known human physiology. It's ... complete nonsense.”

Statins Are Associated With Serious Adverse Effects

Statins are associated with a range of serious side effects, including muscle aches and muscle damage. They also inhibit not only the production of cholesterol, but Coenzyme Q10 (CoQ10), required by our mitochondria for the creation of cellular energy in the form of adenosine triphosphate (ATP). Without sufficient ATP production, we die.

According to Kendrick, drug companies have known from the start that statins reduce CoQ10 by 40 to 50%, but they didn't follow through on plans to require statins to be prescribed with CoQ10 as this might tip people off to the fact that statins might not be so beneficial after all.

“One of the most worrying things,” says Kendrick, “is that the statistics for heart failure have begun to rise and go through the roof ... yet people are not looking at this in association with statins. But your heart is a muscle and needs CoQ10. People are getting heart failure. Why is this not being picked up?”

“Another really adverse effect that has been picked up – WHO first noted this – was an association with *amyotrophic lateral sclerosis*, which is, in America, known as Lou Gehrig’s disease ... It’s a really horrible motor neuron disease. More recently it was found that taking statins was associated with a 20,000% [200 times] increase in the risk of Lou Gehrig’s.”

Our bodies need cholesterol. Our neurons [nerve cells] need cholesterol. Our brain synthesises cholesterol in specific cells. Cholesterol is put in the myelin sheaths ... that protect the neurons.

There’s definitely an increase in Parkinson’s disease and other neurological conditions. That’s been shown in several studies. It’s been dismissed ... This is where I’m really worried ... People are getting serious neurological problems from statins, and it’s just being dismissed.

Benefit Of Statins Can Be Achieved Without Their Risk

As for the benefits sometimes seen in studies, Kendrick is convinced these benefits are not due to the drug’s ability to lower cholesterol, but rather its ability to increase nitric oxide synthesis in our endothelial cells,^(5,6) which has an anticoagulant effect and causes dilation of blood vessels. Nitric oxide also stimulates the production of new endothelial cells in bone marrow.

“I think that this, on its own, could explain any benefits you see from statins,” he says, “because when you look at the clinical trials ... the benefits of statins are seen almost immediately, like after a week or two ... And then it plateaus out. If it were to do with lowering cholesterol and stopping plaques from forming, it should surely take years to see any benefit.”

The bottom line is that there may be other benefits from taking statins unrelated to lowering cholesterol. However, it’s an expensive and dangerous way to get that benefit when boosting nitric oxide can easily, inexpensively and safely be done through exercise and dietary means.

[For an explanation of nitric oxide and its food sources, see *TNH, Autumn 2019 issue, pages 20 & 21 – Editor*]

Sources and References

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Acknowledgement

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No, an egg a day doesn’t increase stroke risk

By Bryan Hubbard, 3rd June 2019

Just in case you are in any doubt, cholesterol in your diet doesn’t increase your chances of heart disease and stroke. Eating an egg a day carries no risk – even in people who carry a hereditary gene that supposedly makes them vulnerable, a new study has confirmed.

Although eggs are high in cholesterol, they don’t increase the risk of stroke, even if you eat one every day for 21 years, say researchers who tracked the diets of 1,950 healthy men for that length of time.

What was surprising was that the eggs didn’t even increase the risk of stroke in people carrying the APOE4 gene – common in Finland where the study took place – which changes the way that dietary cholesterol is processed. Carriers of the gene have been advised to eat low-fat foods because fatty foods pose a much higher risk of stroke for them.

During the 21 years of the study, 217 men suffered a stroke – but there was no correlation between the stroke and the number of eggs they ate, say researchers from the University of Eastern Finland.

Although a standard egg contains 200 mg of cholesterol [which is a lot], it didn’t affect cardiovascular health, although the researchers say they don’t know for sure what effects, if any, eating more than one egg a day would have.

(Source: *American Journal of Clinical Nutrition*, 2019; doi.org/10.1093/ajcn/nqz066)

[For a detailed investigation of cholesterol in relation to heart disease, see *TNH, Autumn 2019, pages 28 – 31.*]

ACKNOWLEDGEMENT

Reproduced from *What Doctors Don’t Tell You* newsletter, 3rd June 2019



FORGET 10,000 STEPS A DAY, JUST 4,400 ARE ENOUGH TO HELP US LIVE LONGER

By Bryan Hubbard

Forget the 10,000 steps dictum – around 4,400 steps a day are enough to help us live longer and give us most of the health benefits of walking further.

Yes, we will get more benefit by walking a little further – to around 7,700 steps a day – but after that we are just walking for walking's sake, say

Researchers from Harvard Medical School looked at the walking habits of 16,741 women, with an average age of 72, who agreed to wear a tracking device that counted their steps. During the four years of the study, 504 of the women died – and they were the ones who moved the least, often averaging fewer than 2,700 steps a day. As the number of steps walked increased, the mortality level dropped until it plateaued at 7,700 steps.

“We were quite surprised that such a relatively small number of steps would be associated with such a substantial reduction in mortality,” said researcher I-Min Lee.

The speed of walking didn't seem to be so significant. Many of the women strolled, and still saw the same health benefits as the few who walked more speedily.

The findings question the idea of walking 10,000 steps a day, which seems to have come from a Japanese clock maker who made an early pedometer and whose name translates as '10,000 steps'.

(Source: *JAMA Internal Medicine*, 2019; doi: 10.1001/jamainternmed.2019.0899)



ACKNOWLEDGEMENT

Reproduced from *What Doctors Don't Tell You* newsletter, 24th June 2019

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Iku Wholefood

Pure Plant-Based Goodness



By Roger French, Health Director

IKU WHOLEFOOD is a chain of plant-based take-away eateries located in Sydney City and inner suburbs.

Iku, meaning 'to go' in Japanese, first opened its doors at Glebe in Sydney on 17th September 1985.

The philosophy of Iku is to prepare food in as close as possible to its natural state, using nutritious ingredients with all their goodness intact. They use plant-based (vegan) and high-quality local wholefood ingredients.

The owner and staff clearly have an undeniable passion for the food they offer. It is food that is authentic, freshly prepared and tasty. Food was created perfect in the first place, they say, so why change it!

They believe in food with purpose ... food that heals.

Iku uses organic ingredients whenever possible.

Iku management says that today it is proven beyond doubt that a predominantly plant-based diet is not only the healthiest option, but is globally more sustainable.

IKU FOODS ARE FREE FROM ...

Over the years they have seen more and more people with food allergies and intolerances. For this reason, they have always had foods available that are wheat-free and gluten-free.

All foods are vegan, dairy-free, additive-free, preservative-free, animal-free and free from genetic modification.

Iku uses only environmentally sound cleaning products and they ensure that all the water used is naturally filtered.

VEGAN, THE POWER OF VEGETABLES

Iku knows that vegetables, grains and legumes are true super foods. Rich in micronutrients, these foods are packed with a host of antioxidants that fight disease and slow the ageing process. They also contain considerable amounts of fibre which helps keep our digestive system healthy, slows blood sugar responses and keeps cholesterol levels in check.

In 2014, Iku was the winner of the Green Lifestyle awards.

THE MENU

On the menu are breakfasts, casseroles, curries, laksa, lasagne, macroburgers, pies, wraps, minestrone and miso soups, salads, snacks and treats.

LOCATIONS OF THE EATERIES

For the locations of the eateries, see the facing page.



Papaya with Chilli, Salt & Lime

Ingredients

- 1 ripe papaya
- Lime wedges
- 2 tsp sea salt
- 2 tsp hot paprika or chilli powder

Method

Combine sea salt and paprika in a small jar.

Cut papaya in half, peel and remove seeds. Cut papaya flesh into wedges and arrange on a plate.

Serve papaya with a squeeze of lime and a pinch of paprika/chilli salt.



Red Papaya Salad with Pan Fried Haloumi

Ingredients

- 1 medium red papaya – peeled, de-seeded, cut into chunks

Dressing

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp lemon juice
- 1 tsp seeded mustard

Salad

- 2 Tbsp vegetable oil
- 250 gm haloumi cheese, thickly sliced
- 1 small butter lettuce, washed
- 1 Lebanese cucumber
- 1 cup bean shoots
- 1/3 cup mint leaves
- 1/4 cup slivered almonds, toasted
- Cracked pepper to season

Method

Blend 1/2 cup papaya with all dressing ingredients to form a smooth dressing.

Heat oil in a non-stick frypan over a medium heat, cook haloumi for 2 minutes on either side, or until golden. Drain on kitchen paper.

Arrange lettuce on four plates, top with haloumi, cucumber, bean sprouts, mint and remaining papaya chunks. Sprinkle with almonds and drizzle with dressing before serving. Season with cracked black pepper.



Recipes provided by Tropical Fruit Direct of Queensland



Red Papaya Lassi

Ingredients

- 1 medium red papaya
- 1/2 cup natural yoghurt or coconut yoghurt
- 250 ml iced water
- Dash of rosewater
- 1/4 cup fresh mint leaves
- 1 tsp honey or maple syrup, if desired

Method

Peel and de-seed red papaya. Cut into chunks.

Place fruit and all other ingredients in a blender or food processor, blend until well combined and frothy.

Taste to determine if honey is required for extra sweetening. If so, add and re-blend.

Pour into glasses and serve.

Papaya Frozen Yoghurt Bark

Ingredients

- 2 cups natural yoghurt or coconut yoghurt
- 1/2 tsp vanilla paste or extract
- 1 – 2 Tbsp honey or maple syrup
- 300 gm peeled papaya
- 1 cup frozen raspberries (130 gm)
- 1/4 cup chopped pistachios (35 gm)

Tip

For a thicker yoghurt bark use a smaller pan.

Method

Line an oven tray with baking paper (not for baking, though).

Dice the papaya – chop half finely (1 cm pieces) and the other half roughly (2 – 3 cm pieces); about 2 cups in total.

Combine yoghurt and vanilla in a bowl. Add syrup or honey to taste, then stir through half the finely chopped papaya.

Spread papaya yoghurt mixture over the prepared pan in an even layer. Top with raspberries, pistachios and remaining papaya.

Freeze 2 – 4 hours until firm. Cut or break yoghurt bark into bite-sized pieces and serve immediately, or store in a freezer bag for a later quick treat.



Classic Aussie Fruit Salad

Ingredients

one pineapple (4 cups or 400 gm), peeled, cored and diced
 2 bananas, chopped
 1 250 gm punnet strawberries, hulled and quartered
 2 cups (220 gm) table grapes, cut into halves
 1 mango, diced
 3 passionfruit, pulped

Method

Place all prepared ingredients in a large glass bowl and toss to coat in passionfruit pulp. Serve chilled.

Tropical Pine-Lime Ice Blocks

Ingredients

half pineapple (2 cups or 200 gm), peeled, cored and juiced
 half cup unrefined sugar syrup (half cup evaporated cane juice and half cup water), chilled
 2 limes, juiced
 half cup pineapple, finely diced

Method

For sugar syrup: dissolve evaporated cane juice in equal part water and simmer in saucepan over medium heat for 5 minutes. Allow to cool then chill in fridge.

For juice: blend fruit (apart from lime) in a blender or food processor until smooth.

For ice blocks: mix pineapple juice, lime juice and sugar syrup in a mixing bowl or jug.

Pour into moulds, adding finely-diced pineapple before closing. Freeze at least 5 hours.

For simple ice blocks: just pour juice into moulds.



Grilled Pineapple With Glaze

Ingredients

half cup evaporated cane juice or black sugar (firmly packed)
 1 tsp vanilla extract
 quarter tsp cinnamon powder
 half pineapple (4 cups or 400 gm), peeled, cored, cut into 3 cm pieces
 4 bamboo skewers, soaked in water 15 minutes and drained

Method

In small saucepan over medium heat simmer sugar, vanilla and cinnamon until sugar dissolves. Set aside.

Thread pineapple pieces onto 4 skewers, dividing equally. Heat BBQ, grill or fry pan to high. Grill pineapple until brown, basting with cinnamon glaze and turning occasionally, about 6 – 8 minutes. Remove pineapple from skewers. Serve hot or warm.



Piña Colada

Ingredients

1/3 cup (90 ml) pineapple juice, freshly juiced
 3 tablespoons (60 ml) coconut milk ice
 desiccated coconut, maraschino cherry and fresh pineapple wedge, to garnish

Method

Garnish rim of wine or cocktail glasses by sprinkling desiccated coconut in a small dish. Rub a piece of fresh pineapple on glass rim, then gently press rim in dish. Add pineapple wedge and maraschino cherry to glass rim.

Shake pineapple juice and coconut milk in a cocktail shaker with ice. Strain into ice-filled glass.



Recipes provided by
**Pure Gold Pineapples
 of Queensland**

Pineapple Rings With Cinnamon Mint

Ingredients

1 tsp cinnamon powder
 4 pineapple circles (2 cm thick), peeled and cored quarter cup (25 g)
 fresh mint, finely chopped, to serve
 Dairy-free ice cream, to serve

Method

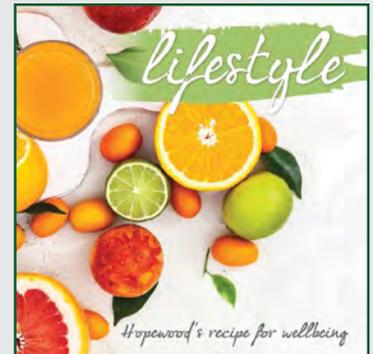
Spread cinnamon powder on a small dinner plate. Gently place pineapple rings on it and coat evenly on both sides.

Serve on a small plate and sprinkle with finely chopped mint and a scoop of the ice cream.



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Fasting: a spring clean for your gut



The human body has an incredible capacity to heal itself. A natural detoxification through fasting can help you to regain optimal health and wellbeing, prevent diseases and rid the body of accumulated toxins and harmful chemicals, whether they be enterotoxins (internal, that is, food and beverages) or exotoxins (external, that is, environmental toxins).

As we roll into spring, a time that often represents new beginnings and abundance, we are exploring ways in which we can give back to our health, cleanse, heal and spring-clean our bodies, so that we are stronger, healthier and happier.

When the body is exhausted, continually digesting food or overrun with emotion and stress, we are more vulnerable to toxic substances clogging our system. Toxins ultimately decrease the flow of vital nutrients causing irritation and damage to cells, fatigue, inflammation and potentially chronic pain and disease.

Simply put, fasting helps cleanse the body, while enabling our digestion to take some much-needed 'time out' from the hard work of processing a normal diet. It gives our internal organs a chance to rest. Juice

or water fasting, also called 'cleansing' or 'detoxing', is the best way to kick-start our body's natural healing ability.

As well as helping to improve health conditions, fasting boosts the nervous system. It cleanses the liver, which in turn cleans the blood and can slow down, or possibly reverse, the progress of ageing by reducing free radical damage.

A fresh-juice diet promotes clearing of metabolic waste products and accelerates healing. It's similar to what occurs during water fasting, but to a lesser extent. Juices provide nutrient support, being rich in easily absorbed and assimilated minerals, vitamins, antioxidants and other phytonutrients.

Our Tip: If you want to undertake a fast or other form of cleanse, you should consult a naturopath, who can support you during the entire detox process. You should *always* have someone to care for you during a fast.

For more information and a simple, how-to guide, visit:

hopewoodlifestyle.com.au/2019/05/does-your-body-need-a-detox/

RECIPE Apple, Pear and Ginger Juice

This juice promotes good digestion, is a natural body mineraliser, is a fantastic cleanser for the colon, and is a great source of potassium, which regulates bodily fluids and nerve function. It is helpful for peripheral circulation, increasing oxygen and nourishing the cells. This easy, three-ingredient juice also boasts powerful anti-inflammatory functions.

Ingredients

- 1 green apple
- 1 pear
- 1 teaspoon freshly grated ginger

Method

- Wash fruit thoroughly, do not peel
- Cut apple and pear into chunks
- Using a juicer, juice the apple and pear
- Once blended, stir in ginger well.



Functional fungi

Reproduced with permission from Hopewood newsletter, 27th June 2019

Fungi may just be the next superfood. While the concept of using varieties of mushrooms, like *chaga*, *reishi* and *cordycens*, to boost health isn't new, the global mushroom market is tipped to reach \$83 billion in the next two years, with Australia riding the 'shroom boom too.

So why are they so good for us, and how do we get more fungi fun into our diet? We share some of the top reasons for including mushrooms in our diet and how to do it:

1. Immune boosting – Clinical studies have found that eating shiitake mushrooms daily improves immunity – in ways not available from pharmaceutical drugs. Studies also found that common white button mushrooms may also have anti-inflammatory power.

2. Improving digestion. Mushrooms are prebiotic, which means they nourish the good bacteria and help balance the microbiome, resulting in better digestion and potentially encouraging weight loss.

3. Disease prevention. Mushrooms contain a class of proteins called *lectins*, which are able to bind to abnormal cells and cancer cells and label them for destruction by our immune system. According to one Australian study, women who consumed at least a third of an ounce [10 grams] of fresh mushrooms every day were 64% less likely to develop breast cancer.

4. Bone health. Mushrooms are high in vitamin D. In fact, mushrooms are the only vegetarian source of ergosterol, which is a precursor to vitamin D. Vitamin D is an essential nutrient for bone health because it helps the body absorb calcium, so these little superfood super-stars can help keep your bones strong.

5. Heart health. The fibre, potassium and vitamin C content in mushrooms all contribute to cardiovascular health. Potassium and sodium work together in the body to help regulate blood pressure.

There are many ways to include more fungi fun into your diet, from fresh raw buttons in a salad to mushroom powder in smoothies or even a mushroom latte. Why not try the following delicious, nutritious and easy mushroom recipes

Mushroom nut loaf

Serves 4 – 6; Includes eggs and dairy; Prep time 25 mins

INGREDIENTS

- 300g sliced mushrooms (including stalks)
- 200g ground almonds
- 200g ground cashew nuts
- 1 cup shredded parmesan cheese
- 1 whole onion (diced)
- ½ cup chopped chives
- 4 x 50g eggs or 2 x 70 gram eggs
- 4 chopped cloves of garlic

Yoghurt dressing ingredients

- 2 cups low-fat probiotic yogurt
- 25g each of the following: chopped garlic, grated chimeric and grated ginger

METHOD

- Add onions to pan (add a splash of water).
- Dry fry onions until brown/soften.
- Add mushrooms (add a splash of water)
- Add garlic.
- Chase ingredients around the pan.
- Once mushrooms have softened, place all ingredients in a bowl.
- Add almonds, cashew nuts, parmesan cheese and chives to bowl.
- Mix ingredients together.
- Bind using eggs, then stir.
- Once combined place ingredients in a lined (greaseproof paper) bread baking tin.
- Pack ingredients down – and then make sure you also cover the mixture completely with greaseproof paper.
- Bake for 25 minutes at 180 degrees.
- Peel back greaseproof paper from the top of the loaf for last 5 mins to brown top
- Once baked, rest the loaf for 5 minutes before slicing it into portions.

Yoghurt dressing method

- Combine all ingredients in a bowl.
- Add organic sweet chilli sauce or freshly chopped chilli (2 tablespoons).
- Stir dressing and pour over the nut loaf.



For more delicious mushroom recipes, visit hopewoodlifestyle.com.au or purchase your copy of hopewood's recipe for wellbeing

— CASE STORY — MERYLIN ELSWORTH



6th July 2019

Merylin Elsworth, Healesville Vic

I have always loved the member stories in this magazine, and have cut them out and put them into my health book for ongoing inspiration when needed. They show us that healing is possible and give us hope.

I have learnt so much from the *True Natural Health* magazine and love it and look forward to receiving my next issue.

What a world we live in and all the changes we have seen! When did human beings become so self-centred, especially in the love of money, instead of taking care of each other. If food was grown correctly, everyone would be fed. Grand designs promote huge wealthy homes, and all those cooking shows teach incorrect eating habits that cause disease. The government is slowly taking away our personal freedom and choices, and treating us like children.

Anyway, on to my story.

My journey in health awareness began back in my late teens when someone gave me a little book called *The Magic of Honey*. But it's taken me such a long time to really understand health. We are lucky to have so much knowledge available, so we can learn about health and healing nowadays.

I did study naturopathy at The Australian College of Natural Medicine while I was working at the Ian Gawler Foundation for healing cancer and MS. I learned so much there, and saw proof that the vegetarian diet was enabling self-healing with cancer and many other illnesses. Wow I was fascinated!

Then I found the *True Natural Health* magazine at the library and joined.

Next I achieved a Certificate of Permaculture and learned that the nutrients need to be in the microbiome of the soil to be able to grow healthy plants, which then nourish and create a healthy microbiome in us. So now I am studying for a Diploma of Organic Farming in Soil Biology to learn more.

The last time I went to the doctor, a couple of years ago, he sent me home saying he could not find anything wrong with me. Doctors seem amazed that I am not on any kind of drug. After all, don't drugs damage organs and lead to taking more drugs? And wouldn't it be better to find out what is causing people's health problems and make changes to activate our immune systems to heal us? I have heard that some doctors are beginning to look at the immune system instead of drugs – hooray!

This year I have commenced eating an almost all-plant diet and the results just amaze me. I am now bursting with so much energy, and having cut salt almost completely out of my diet, I've got rid of those nasty cramps. My sleep has improved and sinus attacks seem to have gone – and I used to get plenty of them, even on a healthy diet. But it's the plant-based diet that has made the difference.

And did I mention that I am 72 years old?

My diet in the morning begins with a glass of water with lemon juice.

Breakfast. I have a green smoothie with greens from the garden, berries, nuts, seeds, fruit, honey and kelp powder for thyroid health.

Between meals, if hungry, I have fruit.

Lunch. A giant salad with nuts, dried fruit, seeds, fruit, greens from our garden, olive or flax oil and apple cider vinegar.

Any drinks would be herbal teas or freshly squeezed juices or freshly made carrot, apple, ginger and turmeric juices.

Dinner. Lots of steamed vegetables or home-made vegetable soup with vegetarian shepherd's pie or veggie burgers plus roast vegetables which I find delicious.

There is so much good food to choose from, and you will feel wonderful, look wonderful and be free of illness. Isn't it worth it?

After the first week of eating plant-based, you begin to look forward to all this refreshing, wonderful-tasting food and stop craving salt and sugar and grains. You find that your taste buds improve and sharpen.

Occasionally, I have home-made muffins and sourdough bread. We mill our own organic grains and roll our own organic oat groats with a hand Skippy mill, which is good exercise for the arms.

– CASE STORY – John Andrew

An account of one ‘River Boy’, born at Echuca on the Murray River in April 1930.

I lived close to the water, which was like a magnet to me and my friends.

So in between catching black Murray River crayfish (to sell) and making rowing boats out of second-hand corrugated iron and blocks of tar, I spent a fair bit of time quite wet in both winter and summer.

My mother attributed the copious amounts of mucus pouring from my nose to my many dips in the river.

After leaving school, I became an apprentice to a builder and my nasal problems worsened due to sawdust and cement dust as we mixed our own concrete.

After a visit to the local doctor, I was told that, because my tonsils were covered in mucus, they were obviously infected and would have to be removed.

That was a disaster as nothing changed in my health. Ironically the doctor who took them out died of bowel cancer about five years later.

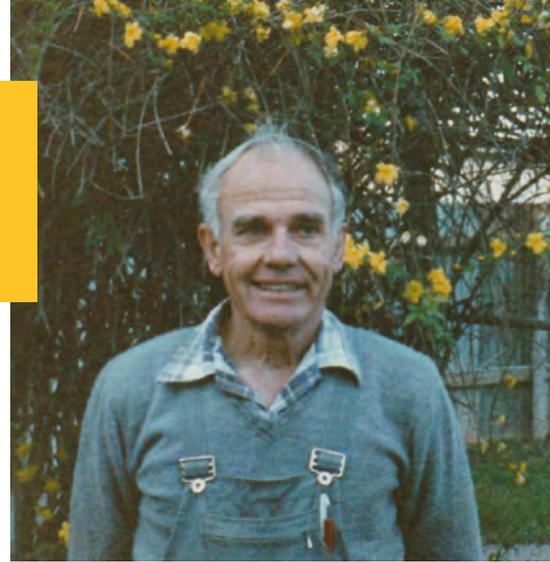
At the age of 32, desperation drove me to go to a naturopath, who told me to give up all dairy products. I refused at first, but decided to give it a go and after 10 days off dairy, the mucus dried up and I was able to work in the building trade until I was into my late seventies.

So from early 1962, my whole life changed for the better, and six months after ceasing dairy products, I gave up all meat, which ended my problems with varicose veins in my legs.

My wife and I have three children – a girl and two boys who have never had meat or dairy products, and nor have their children either.

In the early years, to obtain our soy milk we had to use soy powder and mix it with water, as the soy milk that we know today was not available.

I am not on medication of any kind.



Because beef is so cheap in Queensland, there is an epidemic of bowel cancer appearing all year round. Survival rates are very low, as the patient starves to death.

So what can I say other than – Go veg and live!!

**John Andrew, Toowoomba Qld
26th July 2019**

NEWS Bites

A healthy dose of nature is two hours a week

Spending at least two hours a week in nature may be a crucial threshold for promoting health and wellbeing, according to a new large-scale study.

Research led by the University of Exeter, UK, found that people who spend at least two hours a week in nature are significantly more likely to report good health and higher psychological wellbeing than those who don't visit nature at all during an average week.

Natural settings include town parks, woodlands, country parks and beaches.

There is growing evidence that merely living in a greener neighbourhood can be good for health.

Source: *ScienceDaily*, 13 June 2019. [sciencedaily.com/releases/2019/06/190613095227.htm](https://www.sciencedaily.com/releases/2019/06/190613095227.htm).

Reproduced by ASLM, 13th June 2019

Congratulations to the Fluoride Action Network, USA

The Fluoride Action Network in the United States has reached its fundraising target to fund the TSCA Fluoride Lawsuit. They are going to trial in early 2020 to challenge the safety of water fluoridation.

They say that the response in support of the Fluoride Lawsuit has been overwhelming. They raised \$100,549 from 400 donors in less than two months, reaching their goal before the 15th July deadline to receive a \$100,000 matching grant – which brings their total raised to \$200,549.

These funds will ensure that they have a strong team of experts to provide testimony at the trial.

Report from the US Fluoride Action Network, 16th July 2019

Poland's PM opposed to 5G network

Abridged from a report by Bryan Hubbard of WDDTY, 28th June 2019

Poland's prime minister, Mateusz Morawiecki, is backing a move to stop the roll-out of the new 5G.

He is a signatory to the Global Appeal to Ban 5G, which has been mounted by a group of doctors, scientists and environmental activists who argue that radio frequency radiation has never been tested for its impact on human health, and especially at the intensity it will be generated by the new 5G network.

The appeal argues that 5G is “an experiment on humanity and the environment that is defined as a crime under international law.”

(Source: www.activepost.com/2019/06/prime-minister-of-poland-signs-global-appeal-to-stop-5g.html)

Want to power your electric vehicle with solar?

Posted by Alex Georgiou,
co-founder of ShineHub,
7th May 2019

This blog explains how
many extra panels and
batteries you need to
do this.

What exactly is feasible when it comes to charging an electric vehicle (EV) with household solar?

Your solar system can be used to charge an EV to some extent (enough to cover most daily commutes), but it's very unlikely that you will be able to be 100% self-sufficient if you need to charge your car battery up in full every day.

Below we break down how much you can expect to charge from your solar – including how many panels and/or batteries are required to do so with different vehicles, as well as how the grid might allow you to charge your car at cheaper rates in the future.

Before we get to the detail, let's start with the moral of the story

It is possible to get extra panels and batteries to cover most ordinary commutes, but you shouldn't expect to be able to charge your EV in full using your household solar system.

There are two important points to consider here:

- (a) It is unlikely that a household solar system would be large enough to power a home as well as *fully* charge an EV.
- (b) Depending on how much you drive each day, you will most likely be able to cover most of your daily commutes using your solar power.

Now, let's break down the details

Solar for your home

A typical home uses around 20 kWh of electricity per day. (A kWh is a unit of electricity, much like petrol is measured in litres)

A standard solar panel system to cover that usage is 5kW (16 panels) and generates an average of 20 kWh of electricity daily. If you want to use some of that electricity at night you can get a battery ranging from 5 kWh to 15 kWh to store between 25% and 75% of that electricity, respectively.

How much extra solar would I need for a full EV charge?

Electric vehicle batteries range from 30 kWh to 100+ kWh in size. For example:

Nissan Leaf if fitted with a 40 kWh battery pack has a range of around 270 km.

Tesla's sports cars house 100+ kWh battery packs and have a range of around 540 km (or more if you get a battery size upgrade)

In order to fully charge even the Nissan Leaf (one of the smallest EV batteries) during the day using solar power, households would need to add an additional 10kW (32 panels) to their solar system. That will produce an additional 40 kWh/day which is the same amount of power required for a full car charge.

NOTE: In some locations the grid may prevent you from installing more than 6 kW of solar panels, which would prevent you from being able to add extra panels to take care of an electric vehicle.

If you want to be able to charge your EV at night, you would also need to add batteries, so that you can store your solar power for the evening. To provide a full charge, you would need 40 kWh of battery storage as well.

If you are looking at one of the EVs on the upper end of the spectrum, like Tesla, and if you want to charge it at night, you'll need 100 kWh or more of extra solar electricity, which would be equal to an additional 25 kW solar system (80 panels), and 100 kWh of battery storage.

NOTE: It is very rare that the grid will allow any home to install more than 15

kW of solar panels. If you get an EV with a big battery like the Tesla sportscar, you will not be able to provide a full charge from solar because of this limitation.

While it may be possible to get enough solar to charge a smaller EV like the Nissan Leaf in full each day, it is unlikely that you will completely drain your EV every day anyway.

Instead of aiming to recharge a completely flat battery, you should endeavour to recharge your car from a typical day of driving around your community. This is much more achievable and won't break the bank.

How much solar do I need to cover my daily driving needs?

Most people don't drive 270 km on a daily basis (the range of a Nissan Leaf), much less 540 km (Tesla range) which means you will only need to recharge a portion of your EV battery each day. Based on Aussie statistics, most people commute between 10 km/day and 60 km/day.

If you drive 40 km/day, then you'd only be using around 15% of the battery of a Nissan Leaf or around 8% of a Tesla sportscar battery.

In terms of kWh of electricity, you'd only need to have solar supply 6 kWh/day for the Nissan Leaf, or 8 kWh/day for the Tesla sportscar in order to recharge your EV for that 40 km/day.

If your goal is to cover your daily EV driving with solar, then you can use the following guide for how many panels you would need:

How much you drive	Additional Panels (Daytime charging)	Additional Battery (Nighttime charging)
1 - 20km per day	 +1kW	 +4kWh
21 - 40km per day	 +2kW	 +8kWh
41 - 60km per day	 +3kW	 +12kWh
61 - 80km per day	 +4kW	 +16kWh
81 - 100km per day	 +5kW	 +20kWh

If you drive between 1 km/day & 20 km/day, add 1 kW of panels for daytime charging + 4 kWh of battery storage if you want to charge your car at night.

If you drive between 21 km/day & 40 km/day, add 2kW of panels for daytime charging + 8 kWh of battery storage if you want to charge your car at night.

If you drive between 41 km/day & 60 km/day, add 3 kW of panels for daytime charging + 12 kWh of battery storage if you want to charge your car at night.

If you drive between 61 km/day & 80 km/day, add 4 kW of panels for daytime charging + 16 kWh of battery storage if you want to charge your car at night.

If you drive between 81 km/day & 100 km/day, add 5 kW of panels for daytime charging + 20 kWh of battery storage if you want to charge your car at night.

NOTE: If you're unsure how many km/day you drive, simply write down the km on your car's odometer now then check it again in 7 days to find the difference, then divide that by 7 to get your average daily km driven.

Renewable energy is never a 'one size fits all' approach. We're moving towards a future where EV charging stations will be common fixtures in our communities – they will be found at our workplaces, our shopping centres, along our highways and, of course, within our homes, potentially as part of community virtual power plants.

So, if you're considering solar with an EV future in mind, make sure you consider the bigger picture, and plan for the future.

IF YOU ARE INTERESTED in finding out more, visit the website to book a free consultation with one of our solar experts.

Impact of petrol cars vs. electric vehicles

A few people have asked us about the lifetime carbon impact of petrol cars vs. electric vehicles, so we did a bit of research and the results are clear – electric vehicles are significantly better for the environment than petrol cars with less than half of the overall carbon impact. That includes consideration for the impact of building the cars and the fuel source to run them.

About the Author

Alex Georgiou is a home energy expert with experience across virtually every area of the industry, ranging from energy efficiency and smart home gear to the latest solar and battery technologies. As co-founder of ShineHub, he is responsible for delivering the best digital experience in the industry for customers as well as managing customer-facing communications.

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Longer Life Within Walking Distance

Michael Greger, MD, FACLM, newsletter 6th July 2019

Researchers find exercise often works just as well as drugs for the treatment of heart disease and stroke, and the prevention of diabetes. Exercise is medicine.

Physical inactivity has been called the biggest public health problem of the 21st century. But, in fact, physical inactivity ranks down at no. 5 in terms of risk factors for death, and no. 6 in terms of risk factors for disability. Modern diet is by far our greatest killer, followed by smoking.

But still, there is irrefutable evidence of the effectiveness of regular physical activity in the prevention of several chronic diseases (cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) as well as preventing premature death – helping to 'add years to our life', and, above all, 'life to our years'. It truly may be the survival of the fittest.

How much do we need to exercise? In general, the answer is the more the better. Currently, most health and fitness organisations advocate a minimum of enough exercise to burned 1,000 calories per week, which is like walking an hour a day, five days a week.

Seven days a week may be even better in terms of extending lifespan. Moderate intensity can be defined by the 'Talk but not sing test', where you can still carry on a conversation, but would feel breathless if you were singing.

Exercise is so important that *not* walking an hour a day is considered a high-risk behaviour, alongside smoking, excess drinking and being obese. Having any one of these effectively ages us three to five years in terms of risk of dying prematurely – though, interestingly, those people who ate green vegetables on a daily basis did not appear to have that same bump in risk.

But, even if broccoli-eating couch potatoes do live as long as walkers, there are a multitude of ancillary health benefits to physical activity – so much so, that doctors are encouraged to prescribe it, to signal to the patient that exercise is medicine. In fact, powerful medicine.

Researchers at the London School, Harvard and Stanford compared exercise to drug interventions, and found that exercise often worked just as well as drugs for the treatment of heart disease and stroke, and the prevention of diabetes.

ACKNOWLEDGEMENT

This item is abridged from Dr Greger's newsletter under his generous copyright policy.

HOW ALZHEIMER'S PATIENTS RESPOND TO THERAPY DOGS

A study in 2006 showed that animal-assisted therapy improves the quality of life for people with dementia by increasing their socialisation and decreasing agitated behaviours.

Friendly, non-threatening pets can help dementia patients be more interactive, even when they're unable to in social settings with other adults.

There's something about the adoring gaze of a sweet little dog – or a big one – that makes people feel calm, content and comforted.

Often when the patients are with the dogs, it's just smiles, joy and laughter. They become almost transformed.

Just like anyone who gets to pet or cuddle a dog, people with dementia are eager for the chance to give and receive unconditional love.

In choosing which dogs meet the qualifications, experts screen the animals for their behaviour with people and other animals and look for their ability to follow basic commands and use good social skills.

Therapy dogs also need to be able to calmly handle unexpected situations, such as interacting with large groups of people or being handled in ways they may not be used to.

HELP YOUR DOG LEARN TO LOVE CAR RIDES

For some dogs, a car ride is one of the most exciting prospects in a day, but for others, it can be a stressful, overwhelming and downright frightening experience.

Taking lots of brief car rides when your dog is a puppy is ideal for helping him/her to learn that car rides can be fun.

Make a point of taking car rides to places your dog enjoys – like a park or the bush for a walk, or grandma and grandpa's house or the pet shop to find a new toy.

Many dogs love to hang their head out of the car window to take in all the passing smells, but it's not a safe way for a dog to travel.

A dog which is fearful of the car will do better in a safe space in the vehicle, normally in a crate, which is probably the safest place for a dog in a moving vehicle anyway.

If your dog fears the car, try to figure out why. Has he been in a car accident, or had a long, unpleasant journey in the past, or does he have pain in his hips when he climbs into the vehicle?

Desensitisation and counterconditioning can be used to help your dog overcome a car phobia. Begin the training in the house, progress to walking near the car, then making contact with the car, then opening the car door for him to find treats you placed just inside. Eventually the dog enters the car and you can turn on the ignition. In time, he/she will learn to stay calm even when the car is moving. But don't hurry the dog; progress slowly.

HOW LOST DOGS MYSTERIOUSLY FIND THEIR WAY HOME

There are incredible stories about dogs which have travelled even hundreds of kilometres to reunite with their owners.

Dogs' amazing sniffers help them find their way home. They have up to 300 million olfactory receptors in their noses compared to about six million in human noses. They are uniquely positioned to use scents to find their way – especially the scents of their familiar humans. Dogs' brains light up when they smell the scent of a familiar person.

Landmarks like fire hydrants and trees are aromatic bulletin boards carrying messages of who's been past. Dogs can use these landmarks as odour guideposts to track their owner over the course of kilometres.

Dogs are also sensitive to Earth's magnetic fields, and have a light-sensitive compound called *cryptochrome-1* in their retinas, similar to the one used as a magnetic compass by migrating birds. Researchers suspect that this may be used in the perception of magnetic fields.

While dogs do have a sometimes-uncanny ability to find their way home, it's important to remember that dogs often get lost, too.

According to a survey of dog owners, the most common method that led to their dog's safe return was searching the neighbourhood.

Prevention, of course, is always best, so take care to keep your dog securely in a fenced backyard. And teach him/her to come to you when you give the 'come here' command, so that if he does get loose, he'll come back when you call.





How do we know that our pet's food contains enough nutrients?

By Tracey Morrison, Homeopath and Animal Health Practitioner

In the beginning

Myths and misconceptions regarding how we feed our dogs and cats and their basic dietary requirements have appeared to change and develop over time. Back in earlier years, people's ideas of how they should feed their pets was more basic and less complicated, with less or no influence from external sources, such as the media, to show them differently.

Prior to commercial pet food being widely introduced into Australia in the 60's, there was very little variety available to consumers in the way of processed pet food, thus it makes sense that our pets would have been fed a much simpler, unrefined and unprocessed diet, consisting of a range of table scraps, left-overs, offal, meat, bones and offcuts from the local butcher.

The Evolution of Processed Pet Food

As time evolved advertising came onto the scene. TV was a major contributor, with its main support arising from paid advertising and sponsorships. People began to become aware of the growing number of choices that were now readily available, and the commercial pet food industry was growing.

Pet owners were also influenced by the confidence the pet food companies appeared to have in the way of 'nutritional knowledge' in their advertising. This was a subject that most people knew little about, so they began to question what they were feeding their dogs and cats.

It also appeared that this commercially processed food was a quick, easy way to feed your pet – simple and convenient.

Now with an increasing number of the population being enticed by the pet food industry's range of processed foods, more and more people began to change the way that they fed their dogs and cats.

A vast number of people were now using commercially prepared food as the main source of nutrition, and unnecessary health problems gradually began to emerge in their pets. Symptoms such as skin problems, allergies, teeth and gum issues, inflammation and, of course, degenerative diseases were on the rise.

The Importance of Raw Food

Correct nutrient levels are an important part of a balanced diet. Too few nutrients (or excessive added nutrients), or poor quality ingredients may not be sufficient to sustain pet health in the long term.

Only raw foods contain enzymes, which are an invaluable part of your pets' diet. Processed pet food is heat treated or cooked, which destroys most or all of the enzymes. The main function of enzymes is to keep our internal systems working. Enzymes are normally used up or lost through sickness, pregnancy, stress, the effects of extreme weather conditions, urine and faeces. Unless they are replaced, your pet's immune system can become compromised. Raw meat and bones are great sources of enzymes.

Dr Edward Howell, as early as 1920, discovered the association between enzyme intake and health. He theorised that:

"Normally, the enzymes which are present in a food are used for the digestion of that



food. If they are not present, then the body's store of enzymes must be diverted for digestion, leaving fewer enzymes to fight disease and perform essential bodily functions.

"Research indicates that most animals, including canines and birds, have distinct organs that allow the food enzymes time to act before initiating the body's own digestive process. This pre-digestion is important to the body's absorption of nutrients. If it is not present, the food may pass through the system without the benefit of vitamins and proteins. Your pets may live as long, but their quality of life suffers."

If you are interested in any further advice on nutritional raw diets for your pet, please contact me to see how I may best help you.

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. Tracey can be contacted on 0419 813 620, by email Tracey@proactivepets.com.au or visit us at www.proactivepets.com.au





Lessons From History: George Washington, Dr Trall and Present-Day 'Flu Deaths

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

In Australia, we have recently been made aware of a number of tragic deaths related to influenza. In fact, every week we see in the papers or hear in the news heart-breaking stories of hitherto healthy people succumbing to what the media calls "the killer flu".

Most people are aware of the headlines: "Healthy 30 year-old dies within a week from killer flu!"

Is this the full story? Are we to believe that one's life hangs by a thread, at the whim and mercy of the flu virus which randomly attacks us, sometimes fatally? Are our bodies so defenceless that we all must live in constant fear of the myriad microbes that co-populate the earth and our bodies, with us, including the flu virus?

I contend there is much more to the story. Moreover, what we hear is the tip of the iceberg. What lies beneath is shockingly simple, but huge in its ramifications and implications. And if those reading this are open to new ideas, open to having their pre-conceived ideas and indoctrination challenged, open to learning from intellectual giants whose teachings lie buried with them in history, the lessons learned can be literally life-saving.

Lessons from Dr Russell Trall

Dr Russell Trall practised medicine in the USA during the mid-19th century, a time when diseases like cholera, typhoid, typhus, measles, smallpox, scarlet fever, pneumonia and dysentery were epidemic. He practised conventional medicine until 1840, at which point he rebelled against the drugging and suppressive treatments because of their consistently high fatality rate.

From 1846-1862 Trall treated many hundreds of sick patients with not one drug or suppressive measure. Many were severely ill suffering from these 'killer diseases'. Trall used Natural Hygiene/Natural Health measures only. These consisted of water-only fasting, no drugs whatsoever, fresh air, complete bed rest and quiet.

He lost *not one* patient in those 16 years. *They all recovered.* His success led Trall to give a talk to hundreds of his medical

colleagues at The Smithsonian Institute in Washington, DC in 1862, in which he explained the rationale of his extraordinary success. A transcript of the talk was made into a book which I have read many times, called *The True Healing Art*. It is without doubt one of the greatest books on the nature of health and disease ever written.

Trall believed that the human body was capable of recovery in the vast majority of cases provided it was NOT interfered with: no food, no drugs, no heat or hydropathic (water) treatments, no excitement, no exercise. Let the fevers run their course, watch the vomiting or diarrhoea expel the noxious toxic load, and allow the skin to eliminate the internal putrescence, were Trall's directives. Then slowly re-feed the patient on a vegetarian diet back to robust health.

Trall started his own school where such Hygienic principles were taught to other doctors, all of whom went out into their communities and experienced similar success.

Trall stated: "The effect of drugging is to lock up the causes of disease within the system, and to induce chronic and worse diseases. The remedial struggle – the disease – should be aided so that it may successfully accomplish its work of purification, not subdued or thwarted with poisons which create new drug diseases, and thus embarrass and complicate the vital struggle".⁽¹⁾

He became one of the Founding Fathers of the Natural Hygiene movement, an intellectual giant, upon whose shoulders stood other great thinkers like Drs John Tilden, Herbert Shelton and William Esser, amongst others.

It is an absolute tragedy that his name is never mentioned, or heard of, in any medical school today, anywhere! Nor, I might add sadly, even in naturopathic, osteopathic or chiropractic schools.

Lessons From George Washington

George Washington was the first President of the USA. He was a much revered, healthy and fit 67 year-old two years into retirement when he shockingly

died. Reports state that pneumonia or acute epiglottitis killed him.

I don't think so. Washington had for 48 hours been feeling unwell after spending two days out in the freezing cold and snow, riding around his property in drenched clothes. Feeling unwell, he bled himself of 14 ounces of blood and soldiered-on. Getting worse the third day, his doctors were called, who bled him three more times in 12 hours (that was, in total, 40% of his blood drained).

The doctors also administered emetics and enemas, forcing him to vomit and have violent diarrhoea, blistered his throat, arms and legs, and gave him calomel (mercury) and other stimulants. He was fed butter, vinegar and molasses. At 10.30pm on Saturday the 14th December 1799 George Washington's body gave up. This link from a medical historian details his medical treatment:

www.bing.com/videos/search?q=george+washington%27s+death&view=detail&mid=FEA1A1DAB5AB9E080434FEA1A1DAB5AB9E080434&FORM=VIRE

How Dr Trall would have managed President Washington

Trall would have put him to bed, opened the windows slightly (it was snowing) to allow in some fresh air, and asked him to be rested, warm and quiet. No food or any drugs whatsoever would have been given, and only tepid water allowed to be sipped. Of course, there would be no bleedings or throat blisterings.

I contend Trall would have nursed Washington back to vigorous health and the great man would have been back on his horse working his farm within seven to 10 days.

Such symptoms, which were and still are reparatory and defensive measures the body employs to cure itself, were never allowed to do their job. The President's fever was suppressed, he was bled, purged and blistered, fed soup and other slop and administered stimulants.

I contend that the treatment killed him.

Lessons From The Spanish Flu

The 1918-19 Spanish Flu pandemic resulted in between 20 million and 100 million deaths worldwide, and to this day is invoked by health officials to instill fear into the community that the killer flu is lethal, has history and we are powerless without drug intervention.

The context of the pandemic is important. It was just after the most deadly war man had engaged in, WW1, with more than four years of intense privations, massive loss of life and terrible socio-economic conditions. The Chinese have a saying: 'After war, comes plague!'

Be that as it may, the commencement of the pandemic got off to a very disadvantageous start. In 1918 President Woodrow Wilson recited a jingle which was widely publicised:

*'I had a little bird,
Its name was Enza,
I opened the window,
And in-flu-enza'.*

Thus commenced an aversion to fresh air right around America, and indeed the world. Fresh air and sunlight were viewed as alien elements. Doors and windows, even keyholes, were blocked and filled, but things only got worse.

Were people really powerless against such a formidable foe?

A close look at history teaches us that the answer is no, and that Trall was correct.

In October, 1918, at the height of the Spanish Flu pandemic, in Brookline, Massachusetts, all hospital beds were occupied and stocks of most drugs had run out. As a stopgap measure, on Corey Hill, tents were erected and the sick people were allowed:

"Sunshine, fresh air and a fruit and water diet, which daily produced miraculous

results. From the beginning, results were startling. Many people were severe pneumonia cases, and for the first time since the epidemic began there was hope that the unknown virus might yet be defeated with nature's own weapons."⁽²⁾

Tragically, the health authorities learned nothing from this and proceeded to place sick people back in hospitals and put them on drugs as soon as beds and drugs became available.

It is not widely known that many drugs were liberally used around the world at this time. Quinine, strychnine, alcohol, aspirin, morphine, phenacetin, phenol and tobacco, plus fumigation, hot/cold bed-sheet wraps and over-crowding, all compounded the problem.

Dr James Herrick of Chicago's Presbyterian Hospital, seeing the adverse consequences of these drugs and treatments, fulminated: "This is poly-pharmacy run riot."⁽³⁾

Rethinking the Management of Flu - and other acute diseases

In every heartbreaking case of flu death I read about, it states that the person died after one or two weeks of increasing sickness. Sometimes the treatments and drugs are mentioned, but most often not. The exact treatment, including food given, would have been very telling. One thing is sure: these tragic cases were never fasted and treated as Trall would have recommended.

For decades now I have seen people recover well from acute illnesses like influenza, bronchitis, pneumonia and others without medication, provided they listen to their bodies and fully rest in bed, fast until symptoms subside, sip water when thirsty or dry, keep warm especially the feet, and secure fresh air and quiet.

No complications ensue when Hygienic measures such as these are adopted – as Dr Trall states in his book repeatedly.

Dr Herbert Shelton wrote an entire article titled 'Influenza' in 1944. He states:

"Physicians and patients rarely realise how much the treatment is responsible for increased and prolonged suffering and death. Physicians are unaware of the fallacy in their advice to 'Eat plenty of nourishing food to keep up your strength'. ... Delirium, spasm, peritonitis, pneumonia, pleurisy, heart trouble, sleeping sickness, etc., are listed among the complications of influenza. These develop in those who are fed and drugged.

"Whether the condition is a severe cold, influenza or pneumonia, the first thing is to stop eating. Absolutely no food, but water should be allowed until the acute symptoms have subsided. No drugs of any kind should be resorted to.

"Go to bed, fast, rest and keep warm. Have plenty of fresh air in your room. Under these conditions you may lie in bed and get well in a short time with no complications and no sequels.

"You don't need treatment. The fever, inflammation, coughing, etc., constitute the healing process. Just get out of their way and permit them to complete their work. Don't try to aid nature – she doesn't need your puny aid. She only asks that you cease interfering".⁽⁴⁾

A Final Message

When implementing Hygienic measures early in an illness, as suggested by Dr Trall and Herbert Shelton, before any severe symptoms have evolved, the illness invariably devolves, that is, it does *not* develop. Recovery is rapid and complete. The longer and more severe the symptoms, the greater the time needed for recovery. This is commonsense, but not commonly understood.

Remember – the power that created you and grew you is the same power that can heal you.

References

- (1) 'The True Healing Art: Hygienic vs Drug Medication: An Address', p 45;
- (2) *The Plague of the Spanish Lady*, Richard Collier; 1974; pp 78-79;
- (3) *Ibid* p 106;
- (4) *Dr Shelton's Hygienic Review* with William Esser and Chris Gian-Cursio; Vol 5, February, 1944.

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Healthy Parathyroid glands

BY LYN CRAVEN, NATUROPATH & BOWEN THERAPIST

This topic is complex, so I offer only a general overview here to enlighten anyone who may have a diagnosis or experience the symptoms described below.

Many people confuse the parathyroid glands with the thyroid gland. They are two completely different organs. There are four tiny parathyroid glands sitting very close to the thyroid gland. The prefix 'para-' means near.

What do they do?

The parathyroid glands produce hormones called *parathyroid hormones* (PTH). The glands are part of the endocrine system in the body, a system of glands that produce relevant hormones.

The PTH helps the body regulate various minerals including calcium, phosphorus, magnesium and vitamin D in our bones and blood. If we have an imbalance of PTH production, this will affect mineral levels.

What is referred to as blood-borne calcium is important for muscle and nerve cell function, and if calcium levels in the blood are too low, the parathyroid glands will release more PTH which draws more calcium from bones and stimulates calcium resorption in the kidneys.

Alternatively, if blood calcium levels are too high, the parathyroid glands will reduce hormone production.

If the parathyroid is under- or over-active, this is when you will experience other symptoms or disorders over time.

Hyper-parathyroid

This involves an over-production of PTH due to over activity of one or more of the parathyroid glands.

High levels of PTH cause serum calcium levels to increase and serum phosphate levels to fall.

Often there is a tumour growing on the parathyroid gland, and the tumour can lose its control mechanism and begins to produce more PTH. These tumours are often benign – also known as *adenoma*. On very rare occasions the tumour is malignant (cancer).

Over-activity could also be caused by an enlarged parathyroid. You could liken this to over-working muscles when exercising regularly for a long time; the muscles become more developed and larger. An over-stimulated gland can do the same.

Secondary hyper-parathyroid is when kidney disease causes levels of vitamin D and calcium to drop. Kidneys convert vitamin D to a biologically active form known as *calcitriol*, so if kidney disease is present this conversion can be affected and levels of calcium will drop. Since the body is very clever and compensates where other issues arise, the parathyroid glands work harder to create balanced levels and so may become enlarged.

When a gland works harder for a long time, it can become depleted, fatigued and underactive, that is, hypo-parathyroid in function. It can also be a result of damage occurring to a parathyroid gland during surgery of the parathyroid or thyroid.

Hyper-parathyroid is far more common than hypo-parathyroid.

Other contributing factors to hyper parathyroid are: a virus inflaming the glands, hormonal changes such as menopause or andropause and stress.

Symptoms of hyper-parathyroid

- Kidney stones
- Excessive urination
- Fractures due to fragile bones
- Bone and joint pain
- Fluctuating moods, especially depression
- Memory problems
- Abdominal discomfort/pain
- Fatigue
- Ongoing illnesses often with no apparent cause

Hypo-parathyroid

When the parathyroid glands are underactive, they fail to produce sufficient PTH, which causes blood calcium levels drop (known as *hypocalcaemia*) and phosphorus levels to increase (*hyper-phosphataseamia*).

Symptoms of hypo-parathyroid

The symptoms would depend on the cause of the hypo state and how quickly it has manifested.

On occasions hypo-parathyroid can occur following surgery to the neck, which can result in tingling sensations in both feet and hands and sometimes around the mouth (known as *paraesthesia*). Radiotherapy for cancer often results in a hypo-parathyroid state.

- Muscle aches and cramps affecting extremities, abdomen or face

- Patchy hair loss and thinning of eyebrows
- Fatigue or weakness
- Twitching or spasms of muscles, especially around the mouth, hands, arms and throat
- Memory problems
- Depression and mood swings
- Dry, coarse skin and brittle nails
- Headaches
- Seizures
- Confusion
- Eyesight problems

Both men and women can be affected. On occasions it could be genetic, develop in adulthood or simply transient due to a stressful period in person's life.

Transient hypo-parathyroid can also occur if a baby is premature. This often resolves, with hormones beginning to be produced and the glands then functioning in a normal balanced state. This can also be the result of a baby born to a diabetic mother.

Complications may arise due to low levels of calcium:

- Kidney stones
- Cataracts
- Disturbed electrical activity to the heart resulting in irregular heart rhythms
- Stunted growth
- Teeth problems – especially in childhood development.

Functional Lab Tests and Medical approach

When people have hair mineral analysis tests and the results indicate hyperthyroid, then often the parathyroids are hypo and vice versa. As with all things, there will be exceptions to the normal. In this instance, I would recommend this test in conjunction with regular blood tests, since the former indicates mineral absorption at tissue/cellular level, whereas the blood test shows the levels of minerals in the blood. You will also need a blood test to ascertain levels of hormones, that is, a PTH test. Ultrasound scans are recommended to check for tumours.

The usual approach to treating hypo-parathyroid is with calcium and vitamin D supplements, which are often taken for lengthy periods of time, along with regular blood tests to ascertain function.

Vitamin D helps to stimulate and regulate calcium levels, including calcium from the bone, as well as helping absorption of calcium from the gut and kidneys.

Some pharmaceutical drugs may hinder this process, so you would need to discuss these natural remedies with your treating doctor. Not all kinds of calcium products work effectively. Formulations containing *hydroxyapatite* are recommended.

Research implies that no matter how high the calcium has become, it simply has nothing to do with the severity of hyper-parathyroidism. It is the duration (in years) that the calcium is high that can contribute to other problems.

Calcium levels can go up and down, so every time you have a blood test you will see a different outcome. Stability is what we are after, but most hyper-parathyroid cases have levels that are always moving up and down.

It appears that some confusion is present with such tests over periods of time. Dr James Norman in the US states that surgery is the only answer to cure hyper-parathyroid. Once the tiny tumour is removed the glands work normally. So, it's important that the technician conducting an ultrasound checks all four parathyroid glands so as to rule out tumours or ascertain if you have more than one tumour.

Many of the common drugs offered to people with hyper-parathyroid conditions are: Fosamax, Actenol, Evista, Boniva – all considered osteoporosis drugs. These drugs do not have any impact on the PTH levels and osteoporosis simply continues to worsen over time.

How can natural remedies help you?

A thorough case history would be required, followed by the relevant lab tests to ascertain hormone levels and any mineral deficiencies. Ultrasounds are used to detect any tumours that may be present or deformities/enlargement of the glands.

Depending on whether a person was hyper or hypo-parathyroid, I would always assess stress levels and adrenal performance. Sufficient unbroken sleep is so important. Meditation would be encouraged on a daily basis.

Being aware of what I have stated above that hyper cases with tumours resolve with surgery, then you can still address other physiological imbalances and take measures to improve if you pursued surgery. There are no guarantees that working solely with natural remedies and change of diet can shrink tumours. However, if they are very small, occasionally they can be stabilised so they do not grow further.

I have also recommended a form of hydrotherapy where cold or very warm/hot flannels are placed over the parathyroid area to help calm or stimulate a hyper/hypo state. This might be done up to three times a day for maybe four days. Then I muscle test to check when to commence again – usually within a week – then repeat the cycle. One cannot rely on this alone, and appropriate remedies must be taken to help the metabolism, that is, either herbal or homeopathic.

Bowen therapy and acupuncture are very good for rebalancing the entire body. Any unresolved stresses, that is, relationship issues, financial problems or work, etc., need to be addressed, and if necessary by counselling. All aspects of the physiology of the body, including the

mind, need to be dealt with and brought back into line. Crystal-light therapy, which I also use, has been helpful at rebalancing various glands.

Liver function is important since one of the liver's many jobs is to conjugate hormones. Any toxicity or issues with the liver's detox pathway would need to be addressed. I used to recommend a Live Blood Analysis (LBA) test, which offers a more in-depth view of how the liver is functioning, but government laws now prevent such tests.

Basically, all eliminatory channels need to be working efficiently.

Any medications that a person may be taking that affect PTH/gut/calcium function in any way may need to be changed, so discussions are desired with the treating doctor in this case.

Healthy diet and lifestyle along with appropriate minerals need to be considered.

It is better to have all lab tests prior to any treatments, so that you have a clearer indication of what is happening. This is also helpful for the practitioner.

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

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BIO NEEDS Part 12

Humour and Laughter

By Jim Lanham, long-time Natural Health Society member

*“A day without laughter
is a day wasted”*
- Anonymous

It turns out that humour is no laughing matter. Humour is seriously good for our health! Some of the TED talks on Google, tell us that many researchers have concluded that laughter increases our ability to think more clearly. It helps to bond people and strengthen friendship. Of course, laughter makes us feel good for some time afterwards, but there also appear to be long-term benefits.

Laughter appears to relieve stress and tension. It appears to strengthen the immune system and lower pain levels (Mayo Clinic). Laughter triggers the release of *endorphins* and *nitric oxide*, which relaxes the arteries, making them more flexible and wider. Blood flows more easily and blood pressure appears to stay lower.

Is there a time to be serious? Of course. But I think it's good for our health to increase our non-serious thinking. We can look for and appreciate the humour in the human condition. The brain is wonderful, but never sees reality in its fullness. We see partly, and, I believe, benefit by laughing at ourselves (not at others, of course). “If you can't laugh at yourself,” said Barry Humphries, “you might be missing the joke of the century.” I like the idea of laughing at my own mistakes. The bigger the mistake, the bigger the sense of fun.

A sense of fun could be the foundation for your health future. From humour flows more creative thinking. We can cultivate a sense of fun, even as we look for answers to serious questions.

Edward de Bono believes that humour is the most significant activity of the human brain. It tends to indicate how all creative thinking works. The ‘punch line’

makes us jump to a new perspective, which changes the patterns of our imagination. The element of surprise makes us laugh. So provocation and a bit of ‘craziness’ can often trigger new ideas.

Most of our biological needs are tangible and almost self evident. Slightly more mysterious are things like beauty, love, empathy and friendship. Humour is another intangible which crosses all language or cultural barriers.

Laughter appears to be an important part of a healthy lifestyle, enhancing both mind and body.

And remember ... a smile always increases your face value!

The End

This concludes my bio needs series.

In review, previous subjects were:
1. Air; 2. Water; 3. Food; 4. Shelter;
5. Rest; 6 Temperature; 7. Thinking;
8. Activity; 9. Environs; 10. Health Hazards; 11. Sunshine.

The series began in the Summer 2016/17 issue of *TNH*.

This is the final article in Jim's series on Bio Needs.

Well done Jim!



A Bit Of Bush Humour

(and very tongue-
in-cheek)



Life in the Australian Army

Text of a letter from a kid in Eromanga to Mum and Dad. (Eromanga is a small town, west of Quilpie in the far south-west of Queensland)

Dear Mum and Dad,

I'm well. Hope youse are too. Tell me big brothers, Doug and Phil, that the army is better than workin' on the farm – tell them to get in bloody quick-smart before the jobs are all gone!

I wuz a bit slow in settling down at first, because ya' don't hafta get outta bed until 6am. But I like sleeping in now, cuz all ya gotta do before brekky is make ya' bed and shine ya' boots and clean ya' uniform. No bloody cows to milk, no calves to feed, no feed to stack – nothin'!! Ya' haz gotta shower though, but it's not so bad, coz there's lotsa hot water and even a light to see what ya' doin'!

At brekky ya' get cereal, fruit and eggs, but there's no steaks or stew like wot Mum makes. Ya' don't get fed again until noon and by that time all the city boys are buggered because we've been on a 'route march' – geez it's only just like walking to the windmill in the back paddock!!

This one will kill me brothers, Doug and Phil, with laughter. I keep gettin' medals for shootin' – dunno why. The bullseye is as big as a bloody possum's bum and it don't move and it's not firing back at ya like the Johnsons did when our big scrubber bull got into their prize cows before the Ekka last year! All ya' gotta do is make yourself comfortable and hit the target – it's a piece of piss!! You don't even load your own cartridges; they comes in a little box.

Sometimes ya' gotta wrestle with the city boys and I gotta be real careful coz they break easy – it's not like wrestling with Doug and Phil and Jack and Boori and Steve and Muzza all at once like we do at home after muster.

Turns out I'm not a bad boxer either and it looks like I'm the best the platoon's got. I've only been beaten by this one bloke from the Engineers – he's 6 foot 5 and 15 stone and

three pick handles across the shoulders, and, as ya know, I'm only 5 foot 7 and eight stone wringin' wet, but I fought him till the other blokes carried me off to the boozer.

I can't complain about the Army – tell the boys to get in quick before word gets around how bloody good it is.

Your loving daughter,

Sheila

One way to make money

Young Paddy bought a donkey from a farmer for \$100. The farmer agreed to deliver the donkey the next day.

The next day the farmer drove up and said, "Sorry son, I have some bad news. The donkey has died."

Paddy replied, "Well then just give me my money back."

The farmer said, "Can't do that – I've already spent it."

"Ok, then," said Paddy, "just bring me the dead donkey."

The farmer asked, "What on Earth are you going to do with him?"

Paddy said, "I'm going to raffle him off."

The farmer said, "You can't raffle a dead donkey!"

Paddy said, "Sure I can. Watch me. I just won't tell anybody he's dead."

A month later, the farmer met up with Paddy and asked, "What happened with that dead donkey?"

Paddy replied, "I raffled him off. I sold 500 tickets at \$2 apiece and made a profit of \$998."

The farmer said, "Didn't anyone complain?"

Paddy said, "Just the guy who won. So I gave him his \$2 back."

Paddy was later appointed General Manager of the local bank.

FEELING GENEROUS RE YOUR WILL?

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

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



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

Antibiotics raise risk heart disease & stroke

16th May 2019

Antibiotics aren't only bringing closer the era of the super-bug, they also increase our chances of heart attack and stroke if we take them long enough.

Older people taking the drugs for two months or longer were 32 percent more likely to develop cardiovascular disease, say researchers who reviewed a study involving 36,500 women.

This means the drugs will cause six more women out of every 1,000 to develop heart disease who otherwise wouldn't have done so.

The drugs also affect middle-aged women, aged 40 to 59, who were 28 percent more likely to suffer heart disease after long-term use. Only younger women weren't affected.

Antibiotics interfere with the gut's microbiome, killing off the good probiotic bacteria, which raises the risk of viral and bacterial infections, say researchers from Tulane University in New Orleans.

(Source: *European Heart Journal*, 2019; doi: 10.1093/eurheartj/ehz231)

How broccoli fights cancer

6th June 2019

Everyone knows that broccoli is one of the 'power vegetables' that prevent cancer, and now scientists have figured out how.

The vegetable contains a compound that nullifies a gene that plays a key role in the growth of most common cancers. The compound, I3C (indole-3-carbinol), is also found in other cruciferous vegetables, including cauliflower, cabbage, collard greens, Brussels sprouts and kale.

The cancer process begins when PTEN, a cancer-fighting gene, mutates and allows the disease to take hold. Its mutation begins when it comes up against an enzyme that is produced by a gene called WWP1.

Researchers from the Beth Israel Deaconess Medical Center discovered that the 13C compound inactivated the WWP1 gene, and allowed the PTEN gene to do its cancer-fighting work.

A person who already has cancer would have to eat almost three kilos of the vegetable – and in its raw state – every day to attack the WWP1 gene. Perhaps a juicer would help.

(Source: *Science*, 2019; 364 (6441): eaau0159)

Coconut oil beats DEET against malaria-carrying mosquitoes

13th November 2018

Coconut oil is a more effective insect repellent than DEET, often considered the only 'serious' choice for protection against malaria-carrying mosquitoes in tropical regions.

The oil provides the same level of protection as DEET (diethyl-meta-toluamide), and its protective effects last longer, researchers from the University of Nebraska have discovered.

DEET, launched in 1957, comes with health risks, especially for infants and pregnant women.

It also provides just 10 hours of protection against mosquitoes, whereas coconut oil can protect for up to two weeks. The fatty acids in the oil also provide protection against other blood-sucking insects, including flies, ticks and bed bugs.

The researchers created a concoction of coconut fatty acids mixed with water and starch. It protected against biting flies and bed bugs for two weeks and against ticks for one week. It also protected cattle against biting flies for four days during a very hot summer.

(Source: *Scientific Reports*, 2018; article number 14053)

Healthy gut blocks MS and Parkinson's

30th July 2019

A healthy gut could be an insurance policy against multiple sclerosis (MS) and other chronic nervous system diseases.

Microbes in the gut produce compounds that prime our immune cells to destroy harmful viruses in the brain and nervous system. Viral infections in the brain and spinal cord are thought to be catalysts for MS.

These microbes could also protect against other central nervous system diseases, such as paralysis, Parkinson's disease and stroke.

A poor diet and antibiotics compromise our gut bacteria – the microbiome – making people more susceptible to these diseases.

"Signals from microbes are essential to quickly clear viruses in the central nervous system and prevent MS-like diseases," said June Round, one of the researchers.

After a course of antibiotics, it's important to top-up the good bacteria with probiotics and a healthy diet, she added.

(Source: *eLife*, 2019; 8; doi: 10.7554/eLife.47117)





Grounding eases pain

27th June 2019

A new research study has confirmed that grounding, also known as 'earthing', can help reduce stress, depression and anxiety, and help us manage pain better.

A group of 16 massage therapists – a profession that routinely suffers aches and pains – reported feeling less pain and having better sleep after they had grounded every day for a month.

Researchers at the University of California in San Diego tested the group for six weeks, which included two weeks without grounding. In the four weeks with grounding, they went barefoot throughout the day and slept under a sheet that had a wire connection to the ground outside the bedroom.

Throughout the six weeks their pain, physical function, anxiety, depression, fatigue levels and sleep patterns were assessed, and the therapists reported "significant" improvements in the weeks when they were grounding. Biomarkers of inflammation, blood viscosity and heart rate variability had also improved.

Grounding harmonises the body's systems through direct contact with the earth's electrical energies.

(Source: *Explore*, 2019, in print; online: <https://doi.org/10.1016/j.explore.2018.10.001>)

Raspberries can prevent diabetes, and even reverse it

6th May 2019

Add some raspberries to your breakfast if you want to prevent – or even reverse – type 2 diabetes.

Eating 125 gm (less than one cup) of raspberries every morning can reduce the chances of developing diabetes, even in people who are already at risk. The berries can also lower blood sugar levels in diabetics after they've eaten a meal, a second research paper has established.

Raspberries are rich in polyphenols, antioxidants that also protect against cancers, heart disease and general inflammation.

The first study gave pre-diabetic people either 125 gm or 250 gm of red raspberries for three days, along with a high-carbohydrate breakfast, which usually causes the body to release more insulin to break down the sugars. A control group of healthy people were just given the breakfast without any raspberries.

Both amounts of raspberries "significantly reduced" insulin levels, researchers from the Illinois Institute of Technology concluded.

In a separate trial, the fruit was tested on people who already had diabetes. Their blood glucose was "significantly lower" after they had eaten the raspberries for a month, say researchers from Oklahoma State University.

(Sources: *Obesity*, 2019; 27: 542-550 (pre-diabetes study);

Annals of Nutrition & Metabolism, 2019; 74: 165-174)

How the common cold is beating cancer

18th July 2019

Nobody has found a cure for the common cold, which could be just as well, as scientists are discovering that the cold virus can reverse cancer and could one day even replace chemotherapy.

The research team, at the UK's University of Surrey, sent a strain of the common cold virus, known as *coxsackie virus (CVA21)*, directly into the diseased bladders of 15 cancer patients. After just one week, the cancer cells in the bladders of all 15 patients had been destroyed, and in one case had completely disappeared.

Bladder cancer is difficult to treat because the tumours don't develop immune cells.

But an infusion of the virus inflamed the bladder and caused an immune response, which killed the cancer cells, the researchers explained.

All the healthy cells were still intact, whereas chemotherapy destroys all growing cells, whether cancerous or not.

Lead researcher, Prof. Hardev Pandha, said: "We are very excited ... this therapy had the least toxicity I have seen."

The virus therapy is like a 'universal agent', Prof. Pandha said, and could revolutionise cancer treatment. The researchers reckon the therapy could be generally available within three years.

(Source: *Clinical Cancer Research*, 2019; doi: 10.1158/1078-0432.CCR-18-4022)

For drinkers: Beer before wine, does it make any difference?

12th April 2019

So what is it: wine before beer, or beer before wine? The adage says that drinking beer first reduces your chances of a hangover – but scientists say it really doesn't matter. It's to do with the amount you drink, not the order you drink it in.

Researchers tested the saying on a group of 90 men and women, aged between 19 and 40, and split them into three groups. One group drank beer before wine, the second group drank in the reverse order, and the third group drank only beer or wine.

The next day, each person's 'hangover score' was based on levels of thirst, fatigue, headache, dizziness, nausea, stomachache, increased heart rate and loss of appetite.

It turned out that it didn't matter in what order the volunteers drank – they all felt pretty wretched the next day, said researchers from Witten/Herdecke University.

(Source: *American Journal of Clinical Nutrition*, 2019; doi: 10.1093/ajcn/nqy309)



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.

Gardening Is Good for Health and Happiness

7th June 2019

Research shows that gardening provides a number of valuable health benefits, including stress relief, improved brain health, better nutrition, exercise and weight loss.

Gardening counts as moderate-to-high-intensity exercise for children and adults alike, with digging and similar activities being classified as high-intensity.

People who engage in community gardening projects have considerably lower body mass index than non-gardeners, suggesting an active lifestyle does translate into improved weight management.

Gardening has been shown to decrease depression severity by engaging effortless attention and interrupting rumination. Digging in the soil may affect our mental health by exposing us to beneficial micro-organisms.

Exercise Prevents Tumours

31st May 2019

Recent research shows that people with the best cardio-respiratory fitness have a 77% reduced risk of lung cancer and a 61% decreased risk of colorectal cancer. They also have a reduced risk of death if diagnosed with lung or colorectal cancer.

Factors that may influence colorectal health include frequent use of antibiotics, which increases the inflammatory response and the risk of cancer, and protecting the health of beneficial bacteria

in your gut microbiome that produce propionic acid, which protects the cells lining the gastrointestinal tract.

Other benefits of exercise include improved mood and cognitive function, slowed ageing and reduced risk of chronic illnesses.

Fasting Drastically Reduces Risk of Breast Cancer

11th April 2019

Research suggests that intermittent fasting drastically reduces a woman's risk of breast cancer, in part by lowering insulin.

Intermittent fasting releases ketones into our bloodstream, which help preserve brain function and protect against epileptic seizures, cognitive impairment and other neurodegenerative diseases.

By improving our insulin sensitivity, intermittent fasting can both prevent and reverse type 2 diabetes, which is rooted in insulin resistance.

When fasting, it's critical to avoid processed foods and to focus on vegetables and other wholesome foods.

Why Chemical Safety Studies Can't Be Trusted

29th May 2019

As chemical safety testing is done in isolation – one chemical at a time – it largely ignores the chemical soup, due to synergism, that exists in the water, soil and air, eventually making its way into the human body.

Recognising that chemicals are ingested or absorbed from multiple sources, researchers tested urine and found a mixture of hormone disrupting chemicals, including phthalates, BPA and pesticides. Another team of researchers found that pesticide residue on fruit and vegetables lowered the probability of pregnancy and live birth.

The US Environmental Protection Agency has a list of 85,000 chemicals allowed in manufactured products, but this list does not include chemicals used in the manufacture of cosmetics, food additives, pesticides or tobacco products, and the EPA is unsure how these chemicals are being used.

Ways to reduce our exposure to chemical toxins include eating locally-grown, fresh and ideally organic whole foods, purchasing products in glass and storing leftovers in glass, avoiding plastics and non-stick cookware and filtering tap water for drinking and bathing.

How to Avoid Hormone Disrupting Chemicals

1st May 2019

Hormone disrupting chemicals are similar in structure to natural hormones such as the female sex hormone oestrogen, the male sex hormone androgen, and thyroid hormones

These chemicals interfere with development, reproduction, neurological functioning, metabolism, satiety and our immune system function. For many of these chemicals, there may be no safe level of exposure

12 of the worst and most widely used hormone disrupters are: BPA, dioxin, atrazine, phthalates, perchlorate, fire retardants, lead, mercury, arsenic, PFCs, organophosphate pesticides and glycol ethers

10 common routes of exposure include personal care products, drinking water, canned and packaged foods, conventionally grown produce, factory-farmed meat, poultry and dairy products, high-mercury fish (including tuna), plastic and non-stick kitchenware, cleaning products, household dust, office products and cash register receipts

Sulphoraphane in Broccoli May Benefit Schizophrenia, Autism and Alzheimer's

23rd May 2019

Compounds in broccoli have been shown to benefit our heart and brain by boosting detoxification and helping prevent and/or treat high blood pressure, heart disease, Alzheimer's and even autism. Now, researchers report sulphoraphane may also be helpful in the treatment of schizophrenia.

One study found that 30 mg of sulphoraphane per day for eight weeks improved cognitive function in schizophrenic patients.

A series of studies suggest that sulphoraphane might benefit those with autism, primarily by upregulating genes that protect



against oxidative stress, inflammation and DNA damage, all of which are prominent characteristics of autism.

Sulphoraphane may also be useful in the treatment of Alzheimer's disease, inhibiting the generation of the key protein, amyloid-beta, and alleviating several pathological changes associated with Alzheimer's, including oxidative stress and nerve inflammation.

Vitamin D is Essential for Our Heart

22nd July 2019

Low levels of vitamin D have been associated with high blood pressure in adults, and researchers have now found that low levels in infants and children may increase the risk of high blood pressure in later childhood and teen years.

The combination of vitamin D and oestrogen is linked with a reduced risk of metabolic syndrome in post-menopausal women.

Vitamin D deficiency may affect up to 75% or more of American adults and teens [and significant numbers of Australians]. Vitamin D levels are influenced by lifestyle factors, including pollution and a reduced number of hours in the sun. The only definitive way to know if you're deficient is through a blood test.

If you consider supplementation, remember that D_3 is the desired form and we also need vitamin K_2 in its MK-7 form to prevent arterial calcification.

Low Cholesterol May Raise Our Alzheimer's Risk

9th May 2019

Cholesterol is found in our bloodstream and cells, and is necessary for the production of cell membranes. It also plays an important role in the formation of memories and is vital for healthy neurological function.

Higher cholesterol levels are associated with better brain health; low cholesterol levels have been shown to increase our risk of depression and suicide.

A 2014 study found that higher levels of HDL and lower levels of LDL were associated with a reduced risk for amyloid plaque deposits in the brain, independently of age.

Research published in 2008 found that elderly individuals who were not genetically predisposed to Alzheimer's disease who had the highest levels of cholesterol – including the highest levels of LDL – had the best memory.

Another study published in 2018 came to a similar, although more complex, conclusion. While having higher total cholesterol at midlife was associated with a reduced risk for cognitive decline after the age of 85, those whose cholesterol levels increased between midlife and late life were at increased risk.

The Purple Pigment That Fights Disease

19th November 2018

Anthocyanin, a natural purple pigment found in fruits and vegetables, has been shown to lower our risk of cardiovascular disease and aid in the treatment of certain types of cancer and diabetes.

Fruits high in anthocyanin include acai berries, blackberries, blueberries, raspberries, strawberries, cherries, purple grapes, plums, red apples and red pears.

Vegetables containing anthocyanin include eggplant, red cabbage, red onion and beetroot containing a similar compound.

Past studies have validated anthocyanins for their anti-carcinogenic, anti-inflammatory, anti-microbial and antioxidant properties.

Always choose organic if possible to avoid the toxic pesticides sprayed on thin-skinned fruit.

20th May Was World Bee Day

20th May 2019

May 20 of each year is World Bee Day, which aims to raise awareness about the importance of bees and other pollinating insects.

There are between 25,000 and 30,000 different species of bees. More than 75% of the world's food crops depend on these and other pollinators, as do 90% of wild flowering plants.

The first 'State of the World's Biodiversity for Food and Agriculture' report warns that biodiversity is dwindling across the globe, thereby threatening global food

production and human survival. The U.N. says that it's important to protect biodiversity among bee species to ensure agricultural resilience.

Researchers at the University of New Hampshire warn there's been a dramatic decline in 14 wild bee species needed for pollination of apples, blueberries, cranberries and some other crops.

Researchers warn the pesticide Sivanto (flupyradifurone), which its maker, Bayer CropScience, claims is completely safe for bees, in fact harms foraging bees, triggering abnormal activity, motor coordination deficits and increased death rates.

The Crucial Connection Between Magnesium and Vitamin B₆

10th June 2019

Vitamin B₆ escorts magnesium to the cells that need it most, thus ensuring that the magnesium you're getting, whether from foods or supplements, is being used as efficiently as possible. Vitamin B₆ thus helps augment the many benefits of magnesium.

Research shows that a combination of magnesium and vitamin B₆ can lower perceived stress to a greater degree than magnesium alone in those with severe or extremely severe stress. Those taking the combination also experienced fewer side effects.

Researchers have found that vitamin B₆ and magnesium are most effective for lowering rates of depression, water retention and anxiety in women with PMS.

The recommended dietary allowance for magnesium ranges from 310 mg to 420 mg for adults over the age of 19, depending on age, gender and pregnancy status. The adult RDA for vitamin B₆ is between 1.2 mg and 2 mg per day, depending on age and gender. Both nutrients are abundant in whole plant foods.

Classifieds

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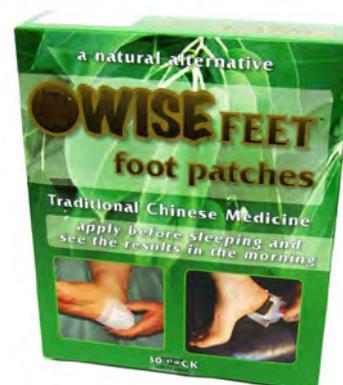
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* NB 'Members' means financial members of the Natural Health Society and the Vegetarian Societies

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- Pads must be in close contact with skin – adhesive tape is provided.



Posted price:

box 10 – members \$24.00; non-members \$27.00
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- Converts ordinary toilet so that you can squat instead of sit
- Prevents injury to pelvic-floor nerves caused by straining while sitting
- Has been found helpful for constipation, incontinence, prostate problems, haemorrhoids, diverticulitis, bed-wetting in children under 10 years
- Extremely strong plastic; white, stylish design
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Phone Natural Health Society for price - or see page 43

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LS-658 PRICE including freight
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EASYpH Test Kit – To Test if body is acidic

- The Natural Health experience is that if our tissue fluids have the correct acid-alkali balance, many diseases are prevented or eased.
- The foundation of sound nutrition is balancing alkali-forming vegetables and fruits with the other foods which are mostly acid-forming.
- The only practicable way to assess our acid-alkali state is pH testing of urine and saliva.
- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
- Kit contains enough test paper for 90 tests, if 5 cm (2 inch) is used each time.



Posted price: members \$22.00;
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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

TREASURES NOT TARGETS

In Adelaide we are just emerging from a cold, wet winter. With signs of spring coming, animal lovers heave sigh of relief as the annual duck shooting season ends! Yes, in South Australia (as in Victoria) there is still an open season to shoot native ducks and quails.

At the end of June a coalition of animal protection groups mounted an exhibition 'Treasures not Targets' showing beautiful photos of native ducks and quails and the damage to them from this open season.

A major issue is that licensed hunters use shot guns which spit out up to two hundred pellets. These cannot be targeted accurately. For every bird that is killed, there is up to an equal number that are hit and die from their injuries and/or starvation, sometimes leaving behind a family of ducklings.

For decades members of these different organisations have been rescuing injured birds, raising orphaned babies and working to end the annual slaughter.

The South Australia Animal Welfare Act (1985) states, "Part 3 (1) If (a) a person illtreats an animal; and (b) the illtreatment causes the death of, or serious harm to, the animal; and (c) the person intends to cause, or is reckless about causing, the death of, or serious harm to, the animal, the person is guilty of an offence." And yet the SA Government annually declares an Open Season to kill ducks and quails. It would only take a small amendment to the act to reverse this situation.

In 2018 less than 2,000 people in SA (equivalent to about 0.11% of the population) held licences to shoot ducks

and quails, yet 83% of people surveyed indicated they were against the licensed killing of native water birds.

There seems to be no economic reason why it should continue. Nature controls the number of birds and, if necessary, farmers already have a legal means to deal with any agricultural problem.

On the other hand activities like this, that were abolished in other states years ago (WA in 1990, NSW in 1995, Qld in 2005) put South Australia in a bad light.

If you are in SA and feel that shooting ducks and quails should end, you might like to contact your local MP and see if she/he agrees with ending it. Many do! For readers in other States, it would be good if you could contact the Premier of SA and say that you would prefer to visit a State that does not allow the shooting of native water birds.

Also see, and possibly 'like', the Facebook page:

[facebook.com/treasuresnottargets](https://www.facebook.com/treasuresnottargets)

To contact the Premier of SA: email premier@sa.gov.au or post a letter to GPO Box 2343 Adelaide 5001

Adelaide's Vegan Festival

On a lighter note, the weekend of October 26th and 27th is Adelaide's Vegan Festival.

See www.veganfestival.info for more information.



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The bedroom is the most important room to keep free of health burdens and sources of irritation for the body because this is where we are supposed to rest and regenerate. In the quest to create the healthiest sleeping environment, Geovital – Academy of Radiation Protection and Environmental Medicine quickly realised mattresses were a big problem. 600 Different types were tested and all failed to meet the Academies criteria. So... we have been making our own patented mattresses since 1984 and at prices anyone can afford.

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