

# True Natural Health

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*The Magazine of the Natural Health Society of Australia*

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# Welcome to your new magazine!

## Editorial

- ... a new name
- ... a new logo
- ... a new editorial team
- ... the same in-depth Natural Health articles
- ... the same highly ethical standards for articles and advertisements

There have been some major changes in the Natural Health Society as we strive to keep up with technology and the competition from all the glossy health-related magazines on sale in newsagents.

In place of *Natural Health and Vegetarian Life*, our new magazine, *True Natural Health*, is prepared exclusively for members and is not on sale in newsagents.

Copies are still available to members of the Vegetarian Societies and we certainly welcome their interest in Natural Health issues. Although the content will have less focus on vegetarian and vegan lifestyles, we will continue – as we have done for 50 years – to advocate plant-based eating with limited additions of dairy products and eggs. Above all, the lifestyle issues we will be addressing can be of benefit to every individual who wants to be well enough to be able to enjoy life more.

Our requests for additional support from members over recent months have met with many generous responses, for which we say a big 'thank you' to those concerned. For our part, restructuring has led to changes, particularly more work being done by volunteers.

Most importantly, the Society wants to hear from you – what you want from your membership, more stories about your successes as well as difficulties in relation to your health. We will be publishing a selection of members' stories and offering a free one-year subscription to those selected. In this issue, we commence with a fascinating account of the recovery from diabetes by Claire Penley of Murray Bridge, SA.

### The new editorial team

Roger French, Health Director and Editor for 28 years and author of *How a Man Lived in Three Centuries*.

Margaret Stepniewski, Managing Editor of several local community newspapers in Penrith and the Blue Mountains.

Vanessa Zamprogno, a marketing profes-

sional who is expecting her third child and very keen to see more emphasis on family health and nutrition.

Jasmine Wilson, library technician

### Volunteers wanted

Roger and Tracey in the office in Penrith would be glad of some extra administrative assistance at times. Please contact Tracey.

We are looking for a volunteer to manage the Natural Health Society's website and keep it updated. Please contact Roger.

We would be pleased to hear from members who might be interested in bringing new management and financial skills to the NHS Committee. Meetings are held monthly, usually by teleconference. Please contact Roger.

Roger French,  
Editor and Health Director



## About Natural Health Society



lifestyle. Because lifestyle can be changed, the choice is ours to prevent and possibly reverse many kinds of health problems. And it can be done without fanaticism.

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

### Subscribers to the Society receive:

- \* 4 issues a year of our vital magazine, *True Natural Health*;
- \* Discounts on selected books, juicers and other health products;
- \* Discounts on environmentally-friendly household cleaning and personal-care products;
- \* Discounts at our seminars.

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The Natural Health Society is Australia's longest established organisation 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.

Most of our illnesses today are 'diseases of civilisation', which means diseases associated with

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# Happiness

## Is it beyond our control?

**Some background thoughts from psychologist Hugh Mackay – including edited extracts from several of his newspaper columns and his book, *Right & Wrong: How to decide for yourself*.**

### **A WORD FROM OUR SPONSOR (AND OUR SPONSOR IS SADNESS)**

Without sadness, we would never know what happiness is. Yet we live in a society that has become scared of sadness, and obsessive in its pursuit of the positive. 'Every night, write down three good things that happened to you today,' some of the merchants of happiness urge us. Why? Happiness is just one among the many emotional states – some pleasant, some unpleasant – that we must learn to recognise and embrace as signs of our humanity. If I were to urge you to write down three things at night, I'd be suggesting you go for the contrasts: what different emotions did you experience today; where did they spring from; what did they teach you about what it means to be you?

**To be fully human – to be 'normal' – is to be occasionally engulfed by waves of grief or sadness, ... Without all that, we'll never know what happiness is.**

These days, sadness, however justified it might be by circumstances or natural mood swings, is too often and too quickly put under the microscope in case it turns out to be 'clinical depression'. Some forms of depression are serious illnesses requiring specialised treatment – no doubt about that – but the boundaries of its diagnosis seem to have become elastic.

To be fully human – to be 'normal' – is to be occasionally engulfed by waves of grief or sadness, and stymied by feelings of despair, doubt or disappointment. Without all that, we'll never know what happiness is (even assuming we know what we're looking for).

It's easy to be sceptical about the pursuit of happiness, partly because happiness – at least as that term is commonly used in the modern world – is one of the most passive, elusive and unpredictable of emotions, but also because many people report that their most significant personal growth and development has come from pain, not pleasure.

(And there is a kind of 'sweetness' about some form of pain and sadness, isn't there?)

Of course, most of us enjoy feeling happy, and when we're miserable (as we inevitably are, from time to time) we feel that life is being unkind or unfair to us. So it's easy to see why we might think of 'being happy' as a suitable goal for our lives or even the natural state to be in. But that overlooks an important truth about the experience of being human: sadness is as authentic an emotion as happiness. The fleeting moments of bliss and joy, and even the deeper sense of contentment that occasionally envelopes us, only make sense because they represent such a contrast with the experience of pain, trauma or sadness, or even with those times when we feel ourselves trapped in a tedious, dreary routine.

Dreary routine? In fact, the emotional flatline we associate with the routines of daily life is not as flat as we sometimes imagine it to be. We might scarcely notice the moments of up-ness and down-ness, but they punctuate our days – prompted by events, encounters, shadows, patches of sunlight, memory. Pin-pricks of sadness; bursts of bliss; attacks of angst; surging waves of joy that recede, like any waves, as quickly as they build ... and all those more muted sensations of light and shade that pop in and out of our psyche are all reminders that the emotional spectrum is broad and that to miss any of it – yes, even the disappointments, the failures and the daily grind – would be to miss out on the spectacular experience of wholeness.

"Be happy" strikes me as an odd thing to say to anyone – just as odd as to say, for example, "Be sad". I'd never want to wish a 'positive' emotional state on anyone, particularly if they are wrestling with some difficulty or dealing with tragedy. I'm with Marcel Proust on this: "We are healed of a suffering only by experiencing it to the full."

If I had to wish them something, it might be this: "Be whole", since wholeness strikes me as a far healthier and more realistic goal than happiness.

In any case, ancient wisdom suggests that the pursuit of personal happiness is actually counter-productive: the more you seek it, the less likely you are to find it. That reflects an incontrovertible truth about human experience: self-absorption – like puffed-up self-esteem – is rarely the

pathway to fulfilment, let alone enlightenment. 'How can I become happier?' is a classic sign that we've missed the point. ('How can I be more useful?' might be getting warm.)

The critical question, of course, is what do we mean by 'happiness'? The Greek philosopher, Aristotle, taught that the ideal life was the life of *eudaimonia* – a word usually translated as 'happiness'. But Aristotle was certainly not talking about a life of sensory pleasure or even a life so disengaged from the real world as to create the illusion that things are better than they really are. His brand of happiness involved the idea of living in accordance with reason, fulfilling one's sense of purpose, doing one's civic duty, living virtuously, being fully engaged with the world and, in particular, experiencing the richness of human love and friendship – in other words, something that comes closer to our current word 'wholeness', rather than 'happiness'.

**... ancient wisdom suggests that the pursuit of personal happiness is actually counter-productive: the more you seek it, the less likely you are to find it.**

### **RAPID SOCIAL CHANGE RAISES ANXIETY LEVELS AND LEADS TO A CULTURE OF CONTROL**

Everywhere we look, change is in the air, and much of it is happening too quickly for comfort or on too grand a scale to be easily absorbed. When individuals experience sudden and dramatic change in their lives – such as divorce, bereavement, retrenchment, life-threatening illness – their anxiety levels rise and they typically report feelings of stress. When the changes are society-wide, we get epidemics of anxiety, and a generalised sense of insecurity.

In the past 30 years or so, Australians have reinvented the institution of marriage (and abandoned it in droves), transformed the nature of family life (almost 25 percent of Australian families with dependent children are now single-parent families), sent the birth-rate tumbling to an all-time low, shrunk our households, felt the tremors of a restructured economy, widened the gulf between wealth and poverty, and rewritten our labour market statistics (especially those involving female participation and part-time work).

We have re-defined the very meaning of 'Australian' in the context of new regional alliances, and the emergence of a truly multicultural society with greater ethnic diversity than any society in human history. Like ▶

every other Western society, Australia has also been swept up in the information and communication technology revolution that has transformed the way we live and work and redefined notions of privacy and identity (especially among young people).

Did we imagine that such a period of sustained social, cultural and economic dislocation would not take its toll? Rising levels of anxiety and a worrying sense of 'loss of control' are the inevitable consequences of such a period of upheaval. No wonder people take refuge in a pro-regulation mentality, or in the comfort of black-and-white fundamentalism (religious and otherwise), or in a retreat to the domestic sphere and a pre-occupation with a small, personal agenda that can be controlled: 'Let's have our breasts or our backyards sculpted!'

Given our turbulent circumstances, might we only exacerbate the problem by putting too much emphasis on 'positive outcomes' and not enough on the process of living courageously, kindly and even nobly?

Thinking positively is all very well – better than thinking negatively, no doubt. But thinking realistically has even more to commend it. To be realistic is to acknowledge that the richness of life lies in its contrasts, its light and shade, and in our capacity to experience and deal with the full spectrum of human emotions and responses.

I fear that happiness may be taking on a rather narrow meaning in response to our increasingly obsessive desire for control – itself a response to our sense of powerlessness in the face of rapid social change. We're in danger of concluding that happiness means you're 'in control' and that this is to be contrasted with sadness, which presumably means you're not in control – as if you can choose to be either happy or sad.

When I hear parents say they only want their children to be happy, I'm tempted to ask: "What, exactly, do you mean by 'happy'?" If, as I suspect, they are thinking of the current, absence-of-sadness variety, rather than the richer and deeper idea of living virtuous, dutiful and fully engaged lives, I'd then want to ask: "Is that all you want for them? Do you really want them to be as emotionally deprived as that? Don't you want them to learn how to cope with disappointment, failure and even unfairness? Don't you want them to be whole?" P6 ▶

# Happiness over loneliness

By Roger French

"People who need people are the luckiest people in the world," sang Barbra Streisand in 'People'. Let's slightly rephrase that and we have an almost universal truth: 'People who have people (in their lives) are the happiest people in the world'. So say numerous studies, new and old.

What Makes Us Happy, a study conducted by Deakin University in Canberra in 2010 found that the happiest groups are married people, women, rich people (so money can buy happiness!), elderly people and residents of country towns.

The happiest Australians, the study found, live with a partner and have an income of around \$150,000 pa. People in their 70s with good incomes are also reasonably content.

At the other end of the happiness scale are carers, people living alone (about 1.8 million) and unemployed people. The common factors here are no doubt, loneliness and/or poverty.

What Makes Us Happy found that over 30 percent of people experience loneliness on a significant level.

Strangely, though, during times of disaster, mental wellbeing increases. Examples were the September 11, 2001, US Trade Centre attacks, the Victorian bushfires and undoubtedly the January 2011 floods which affected vast chunks of Queensland and Victoria and also cyclone Yasi. The reason given in the report is that these events "brought people together as a community" – and we have certainly seen this in the Queensland floods and other disasters.

In contrast, in Sydney with its 4.5 million people, social isolation is on the rise – the classic case of being alone in a big city with people all around.

After family and friends, neighbours are a good source of social contact. Yet, a survey published in *That's Life!* magazine, December 2010, found that 60 percent of Aussies don't talk to their neighbours and almost 40 percent don't even know their neighbours.

Potent causes of people isolating themselves from the community are stress, anxiety and depression. People who have busy, pressured lives and a lot of stress into the bargain are much more likely to refrain from personal involvement with social groups.

Physical contributors to social isolation are sprawling suburbs, poor public transport and lack of people-friendly parks. The result of all this is that about a quarter of us Aussies are socially isolated and undoubtedly lonely.

The Australian National University's National Centre for Epidemiology and Population Health interviewed 13,000 people in 2006-7 and concluded, "We are first and foremost social creatures who need to belong to groups and be connected to other human beings."

The ANU Centre found that the groups who feel socially isolated include many sole parents on welfare, Aboriginal people, elderly single people, immigrants from non-English speaking countries, and people with physical or intellectual disabilities.

In contrast, the happiest and healthiest people are fully engaged in life. The happiest five to 10 percent are happy with their partners, feel part of the community and believe that most people can be trusted.

Simply sitting at the dining table with the family can be a good start towards achieving happiness and mental wellbeing. Besides socialising with family members, other ingredients for happiness are socialising with extended family, with friends and with neighbours, taking interest in current affairs, being a member of a community organisation, and participating in community worship.

A 2010 study at Brigham Young University in Utah, which analysed studies of 300,000 people, concluded that strong relationships with family, friends and work colleagues can cut our risk of death through ill health by half. Also astonishing is their finding that low social interaction is just as harmful to health as smoking 15 cigarettes a day or being an alcoholic, and also twice as harmful as being obese.

None of this is new. About 30 years ago, a study of 10,000 people aged 40-plus that was published in the prestigious medical journal, *The Lancet*, found that the single most important factor protecting us against death and illness is the number of people who we live with under the one roof. The second most important factor is the amount of social contact we have outside the home. In other words, the number of people in our lives is likely to be the most important factor in our survival.

So, dear reader, when next in the shower, please sing, "People who have people are the happiest people in the world."



# Plant-Based Diets and Type 2 Diabetes

By Dr Kate Marsh

Diabetes is one of the fastest growing diseases in the world. Almost 250 million people worldwide are affected and this is expected to increase to 380 million by the year 2025. In Australia it is estimated that one in four adults have either diabetes or pre-diabetes, yet half of them are undiagnosed.

## WHAT IS DIABETES?

Diabetes is a condition where there is too much glucose (sugar) in the blood. Glucose is our body's main energy source and comes from the food we eat, particularly carbohydrate foods including breads, cereals, rice, pasta, grains, fruit, starchy vegetables and some dairy products (milk, yoghurt, custard and ice-cream).

When we eat these foods, the body breaks down the carbohydrates to glucose which enters the blood stream. But the glucose then needs to enter our cells to be used for energy, and we need a hormone called *insulin* to do this. In people with diabetes, the body either doesn't make insulin or the insulin that is does make doesn't work properly. As a result the glucose stays in the bloodstream, causing the blood glucose levels to rise too high.

There are two main types of diabetes – *type 1 diabetes* (also referred to as *juvenile-onset* or *insulin dependent diabetes*) and *type 2 diabetes* (also referred to as *mature-onset* or *non-insulin dependent diabetes*).

Type 1 diabetes makes up only about 10 – 15% of cases and is an autoimmune condition, where the body destroys its own insulin-producing cells, with the result that insulin is no longer produced by the body. It is treated with insulin injections, regular monitoring of blood glucose levels and balancing food intake and activity levels with insulin doses. Type 1 diabetes is one of the most common chronic diseases of childhood in developed

countries. The exact cause of the condition is unknown but is a combination of genetic and environmental factors.

At this stage little can be done to prevent type 1 diabetes although breastfeeding has been shown to reduce the risk and some studies have found that early exposure to cow's milk (eg, a cow's milk-based formula) may increase the risk in those who are at higher genetic risk of the condition. A number of ongoing studies are looking at exposure to different environmental factors including viruses, particular foods and their time of introduction, stress and allergies to determine which might trigger the autoimmune process in those at risk.

Type 1 diabetes is usually diagnosed in children and adolescents, but can occur at any age. The onset is usually abrupt, and typical symptoms include excessive thirst, frequent urination, unexplained weight loss and fatigue.

Type 2 diabetes is by far the most common, making up 85 – 90% of cases. In type 2 diabetes the body still produces insulin but it doesn't work effectively, and in some cases not enough insulin is produced to control blood glucose levels. A poor diet, inactivity and carrying excess weight can all contribute to the body's insulin not working properly, so diet, exercise and weight management are an important part of the management of this condition. Many people with type 2 diabetes will also need medication to control blood glucose levels, and, over time, some people will progress to needing insulin injections.

Type 2 diabetes is usually diagnosed in adults, but with increasing rates of obesity and inactivity, we are unfortunately seeing an increasing number of children and adolescents developing this type of diabetes. Because it develops more slowly, the symptoms often go unnoticed, but as blood glucose

levels increase, symptoms may include thirst, frequent urination, blurred vision, slow wound healing and tingling or numbness in the feet.

## TYPE 2 DIABETES – REDUCING YOUR RISK

While you can't do anything about your genetics, there are a number of things you can do to reduce your risk of developing type 2 diabetes. These include:

- › Eating a healthy diet which is low in saturated fat and high in fibre from vegetables, fruits, wholegrains and legumes;
- › Exercising regularly;
- › Keeping your weight in the healthy weight range;
- › Not smoking.

Research has shown that lifestyle changes including eating a healthy diet, exercising for at least 30 minutes, five times per week, and losing 5 – 7% of your weight if you are overweight can reduce the risk of developing diabetes by almost 60%.

## PLANT-BASED DIETS AND TYPE 2 DIABETES

Readers of this magazine would know that there are plenty of reasons to consider changing to a plant-based diet, with research showing many health benefits of vegetarian and plant-based diets, including reduced risks of obesity, diabetes, heart disease and some types of cancer, as well as increased longevity.<sup>(1, 2)</sup>

Vegetarian diets are typically lower in fat, particularly saturated fat, and higher in dietary fibre. They are also likely to include more wholegrains, legumes, nuts and soy protein, and together with the absence of red meat, this type of eating plan may provide many benefits for people with diabetes and those at risk. We now have research to show that a vegetarian or vegan diet

can not only reduce the risk of developing type 2 diabetes, but can assist in its management and may help to reduce the risk of diabetes-related complications in those with both type 1 and type 2 diabetes.

## REDUCING DIABETES RISK

The Adventist Health Study 2 of more than 60,000 men and women, found that those following a vegan diet had a diabetes prevalence approximately one-third that of those on non-vegetarian diets (2.9% versus 7.6%), while those on lacto-ovo vegetarian diets (ate eggs and dairy products but no animal flesh), those on pesco-vegetarian diets (also ate fish) and those on semi-vegetarian diets (ate meat, poultry or fish less than once/week) had an intermediate diabetes prevalence of 3.2%, 4.8% and 6.1% respectively.<sup>(3)</sup>

When they adjusted for confounding factors including age, sex, ethnicity, education, income, physical activity, TV watching, sleep habits, alcohol use and BMI, those following a vegan diet had almost a 50% reduction in the risk of developing type 2 diabetes compared to those on non-vegetarian diets.<sup>(3)</sup> The risk reduction became incrementally smaller as more animal products were consumed – lacto-ovo vegetarians had a 46% reduction in risk, pesco-vegetarians a 30% reduction in risk and semi-vegetarians a 24% reduction in risk. BMI also increased incrementally from the vegans (mean BMI 23.6) to the non-vegetarians (mean BMI 28.8). However, the reduction in diabetes risk was apparent after adjustment for BMI, suggesting that the beneficial effects of the diet are independent of weight.

The original Adventist Health Study also found a significantly lower risk of type 2 diabetes in those on vegetarian diets compared to non-vegetarian ▶

diets, and an association with red meat intake and diabetes prevalence.<sup>(4)</sup> A number of other studies have now linked red meat and processed meat consumption with an increased risk of type 2 diabetes and gestational diabetes.<sup>(5)</sup>

### IMPROVING DIABETES CONTROL AND REDUCING MEDICATION USE

A 2006 study published in 2006 compared a low-fat vegan diet (high in fruits, vegetables and wholegrains with 75% of energy from carbohydrates and 15% from protein) with a diet based on the American Diabetes Association (ADA) guidelines, and found that the vegan diet reduced HbA1c levels significantly more than the ADA diet (1.23 versus 0.38 percentage points in those who didn't change medication).<sup>(6)</sup> [HbA1c is a measure of average blood glucose control over the previous two to three months]

The vegan diet group also lost twice as much weight, reduced their LDL cholesterol twice as much, and had a 50% greater reduction in urinary albumin levels (a sign of diabetic kidney problems). Compared to 26% of the ADA group, 43% of subjects on the vegan diet were able to reduce their medication.

Earlier studies of low-fat vegan diets in patients with type 2 diabetes have also demonstrated significant improvements in blood glucose control and blood fats, as well as considerable reductions in medication use, although some of these studies were not controlled.

### PREVENTING AND REDUCING THE PROGRESSION OF COMPLICATIONS

**Kidney disease.** High intakes of animal protein may increase the progression of kidney disease, which affects around 30% of people with diabetes. A number of studies have now found that reducing animal protein intake and replacing it with soy or plant-based protein can benefit those with kidney disease. In people with type 2 diabetes and macroalbuminuria (a sign of kidney disease), eliminating red meat from the diet and replacing it with chicken or following a lac-

to-vegetarian, low-protein diet was found to improve kidney function and reduce blood fats.<sup>(7)</sup> In patients with type 1 diabetes improved kidney function was seen when animal protein in the diet was replaced with vegetable protein or soy protein.<sup>(8)</sup> One study in patients with type 2 diabetes and diabetic kidney disease found that replacing 35% of animal protein intake with soy protein significantly reduced protein loss and creatinine levels in the urine, suggesting improved kidney function.<sup>(9)</sup>

**Heart disease.** Vegetarian diets are associated with a reduced risk of cardiovascular disease, the major killer of people with diabetes. A number of large studies have shown people on vegetarian diets to be at lower risk of coronary disease than non-vegetarians, and a combined analysis of these studies concluded that vegetarians are 35% less likely to die of coronary heart disease compared to non-vegetarians.<sup>(10)</sup> A higher intake of plant foods including fruit, vegetables, legumes and nuts have all been linked with a lower risk of heart disease in people with diabetes.<sup>(11,12)</sup>

**Eye disease.** Diabetic retinopathy affects approximately 25% of people with diabetes, and the risk increases with duration of diabetes. While good control of blood glucose levels is believed to provide the greatest protection against the development and progression of retinopathy, diet may also play a role. Research from the Diabetes Control and Complications Trial (DCCT) found that eating a diet higher in fat and low in fibre can increase the risk and rate of progression of retinopathy, suggesting that a vegetarian diet may help to protect against diabetic eye disease.<sup>(13)</sup>

**Nerve disease.** An uncontrolled study of 21 subjects with type 2 diabetes and painful diabetic neuropathy, found that a low-fat, high-fibre vegan diet plus 30 minutes of daily walking led to a significant improvement in pain and numbness. 17 of the subjects became pain-free within 4 – 16 days, while 4 had partial improvement.<sup>(14)</sup> Seventeen of the participants were followed for 1 – 4 years and 71% remained on the diet

and exercise program – of these, all but one had continued pain relief or further improvement.

### VEGETARIAN DIETS NUTRITIOUS AND WELL ACCEPTED

Common concerns about adopting a vegetarian diet are that it will be difficult to make the change, and may be harder to meet nutritional requirements. But research has not found this to be the case.

The study of people with diabetes on low-fat vegan diets found that a vegan diet was equally as acceptable as the more conventional ADA diet among study participants.<sup>(15)</sup> In fact, after 22 weeks, two-thirds of the vegan diet group had adhered to their dietary recommendations compared to less than half of those following the ADA guidelines.

The researchers also found that the members of the vegan diet group reduced their fat and cholesterol intakes to a greater extent, and increased their intake of fibre and many vitamins and minerals compared to the ADA dieters.<sup>(15)</sup> In addition, the vegan diet group had a significant increase in their Alternate Healthy Eating Index (AHEI) score while the ADA diet group did not. The AHEI is a tool used to rate foods and nutrients related to chronic disease risk, and previous research has linked a higher AHEI score with a lower risk of type 2 diabetes and cardiovascular disease.

### CAUTION WITH VITAMIN B<sub>12</sub>

One potential concern with a vegetarian diet is vitamin B<sub>12</sub> deficiency, and this is particularly important in people with diabetes as the most common medication used for type 2 diabetes, metformin (brand name Diabex or Diaformin), can interfere with vitamin B<sub>12</sub> absorption.

Vitamin B<sub>12</sub> is found only in animal foods, so anyone following a vegan diet will need to take a vitamin B<sub>12</sub> supplement or consume B<sub>12</sub>-fortified foods. While those following a lacto-ovo-vegetarian diets can obtain adequate vitamin B<sub>12</sub> if they are eating sufficient quantities of eggs and dairy products, relatively large amounts are

needed (for example, an adult would need to consume, 1 glass of milk, 1 egg, 200 gm yoghurt and 30 gm cheese daily to meet the recommended dietary intake) so if these foods are not eaten regularly a supplement may still be required.) [These quantities are, of course, well above Natural Health guidelines.] Studies have shown that vitamin B<sub>12</sub> levels are generally lower in vegetarians than in meat eaters, with the lowest levels found in vegans. Anyone following a vegetarian diet should therefore have their vitamin B<sub>12</sub> levels monitored regularly.

### DIABETES – ARE YOU AT RISK?

If you answer 'yes' to one or more of the following questions, you are at a higher risk of developing type-2 diabetes, so it is important to discuss this with your doctor:

- ) Do you have a family history of type-2 diabetes?
- ) Do you have high blood pressure?
- ) Do you have heart disease?
- ) Are you overweight?
- ) Are you over 55?
- ) Are you of Chinese, Indian or Pacific Islander heritage?
- ) Are you an Aboriginal or Torres Strait Islander?
- ) Do you have Polycystic Ovarian Syndrome (PCOS)?
- ) Did you have diabetes in pregnancy?

**Dr Kate Marsh, PhD, BSc, M Nutr Diet, Grad Cert Diab Edn & Mgt.**

**Advanced Accredited Practising Dietitian and Diabetes Educator, Northside Nutrition & Dietetics, [www.nnd.com.au](http://www.nnd.com.au)**

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# Type-2 Diabetes Now History

Migraine headaches, high blood pressure and diabetes have reared their ugly heads at different times in my life. I am now 72, and my husband, Neil, is 73.

In my 20s I suffered terribly with migraine headaches, which the doctor said was associated with high blood pressure. For the blood pressure, I was put on 14 tablets daily.

Neil and I began regular walking and improved our eating so that I would lose weight. This worked and the blood pressure gradually improved.

Then ten years ago I was diagnosed with type-2 diabetes. The dismay at this news caused us to make some major improvements in our lifestyle.

Here is what we do now. Every day we exercise for one-and-a-half to two hours, and we have an infra-red sauna that we use twice a week.

Our daily meals begin with a green smoothie for breakfast and the same again for lunch. The evening meal is a big fresh, raw vegetable salad accompanied by a plant-based protein dish. This is either a home-made four-bean mix, a curried chick pea and kidney bean dish, vegetarian minestrone or a 'waffle'. The waffle is home-made from five seeds – pumpkin, sesame, sunflower, almonds and flaxseeds – plus soya flour and egg for binding. This is cooked in a waffle iron and topped with pesto made from Brazil nuts and coriander.

The result for me is that my blood pressure is now normal, although I still take one-and-a-half tablets daily only because the doctor said I should. The diabetes is now fully under control with blood sugar level being 5.8 or below. ['Normal' is fasting blood sugar level below 6.]

Our only regular 'vice' is two cups a day of coffee made with home-ground beans. Occasionally we eat out and have pizza and also have the occasional couple of squares of dark chocolate.

Neil and I both like gardening and grow a lot of our own organic veges.

For vitamin D, etc, we go into the sunshine for about 20 minutes each sunny day.

Friends think we are silly and can't understand why we keep going with our healthy diet. However, we seem to be 'younger' than most of our friends of the same age and we have much more energy. So we know who the silly ones are!

*[Congratulations to you, Claire and Neil, for your wonderful achievements and your determination to persevere with your 'winning' lifestyle – Editor.]*

*Diabeties References continued from P5*

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## IS HAPPINESS BEYOND OUR CONTROL?

I hope so. I'd be worried if I thought it was something we could summon up more or less at will. If ancient wisdom teaches us anything, it's that the deepest forms of happiness – satisfaction, contentment, peace of mind – have almost nothing to do with pleasure and don't come to those who desire and pursue them. Indeed, most of the mystics tell us that contentment is all about the quenching of desire – even the desire for happiness.

A life nobly lived is probably the ideal of everyone. But every life – examined or unex-

amined, reckless or responsible, sacrificial or self-centred – has value, if only because every life expresses something about what it really means to be human.

My personal test of a life well lived? To me, the answer lies in the quality of our personal relationships and the care we devote to them. Everything else is peripheral, and mostly trivial. Our personal relationships – the test bed of our sensitivity, our moral courage and our capacity for love – are not only the source of life's richest meanings, but as we struggle to establish them, nurture them and sometimes forsake them, they teach us that notions like happiness or

sadness are mere accidents of our fluctuating emotional state, and are incidental to the great realisation that it is in loving that we are made whole.

### THE AUTHOR

*Hugh Mackay is a psychologist, social researcher and author. He is the author of twelve books, including Right & Wrong: How to decide for yourself, and Advance Australia ... Where? He was a newspaper columnist for more than 25 years and is a frequent guest on ABC radio. He has been awarded honorary doctorates by Macquarie, Charles Sturt and NSW universities. ■*

# YOUR QUESTIONS ANSWERED



By  
**Roger  
French**

Send your questions to Your Questions Answered, Natural Health Society, 28/541 High St, Penrith NSW 2750.

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

## Q LEMONS – WHY SO GOOD

What is it about lemons with their strong acid content that makes them so popular with health advocates? Isn't that acid too strong for our bodies? – A. N., Leeton NSW.

**A** Lemons are a truly wonderful fruit, provided they are used correctly. 'Used correctly' means that when consumed as a drink, the juice need to be *greatly diluted with water* – and preferably hot water which makes it easier for the stomach to tolerate the acid and also helps prevent constipation. If lemon juice is consumed neat, the acid may eventually etch the enamel of teeth and also irritate the stomach. As we all know so well, the lemon is sour and pungent and also astringent.

The most effective use for lemon juice is to take it, well diluted, first thing in the morning on an empty stomach (as do my wife and I). A small amount of honey can be added if necessary. This 'tonic' is cleansing to the palate, stimulates the system to get going for the day and gives the body an alkali-forming 'hit' which is exactly what most of our bodies need.

The first thing to understand about the lemon is that its very high citric acid content (between five and seven percent) does not make the body more acidic, but the opposite. As with all acidic fruits, the body 'burns' the acid for energy to yield carbonic acid (carbon dioxide in water). We breathe out the CO<sub>2</sub> and are left with a residue of the alkaline minerals, potassium and lesser amounts of calcium and magnesium. So even though lemon juice is possibly the most acidic of all foods (think of a drop getting into your eye or a wound!), after metabolism is complete, it leaves us more alkaline.

### The actions of lemon are:

It cleanses the mouth;

It is a liver tonic and checks the excessive flow of bile;

It dislodges phlegm, which is then coughed up;

Its acid facilitates the digestion of protein;

It makes conditions unpleasant for intestinal worms;

It helps prevent rheumatism and arthritis;

The diluted juice is useful for quenching the thirst of diabetes sufferers;

It is powerfully anti-bacterial. In the laboratory, the neat juice destroys the micro-organisms of malaria, cholera, diphtheria, typhoid and other diseases.

Lemon juice is used in many recipes and can usually be used as a substitute for vinegar.

Although containing numerous minerals and vitamins, the lemon is especially high in potassium and vitamin C, the latter being made more effective by a high content of the bioflavonoid, rutin, which also strengthens blood vessels. The lemon has been made legendry by the scurvy suffered by early sailors. When Vasco da Gama made his voyage around the Cape of Good Hope, nearly two-thirds of his crew died of scurvy. But when the ship's doctors or captains later discovered lemons, this skin disease was largely wiped out.

Here are some tips for uses of lemon juice provided by Elinor Dunstone of the Natural Health Society of South Australia:

Coughs and colds are helped by diluted lemon juice, especially if a squeeze of garlic juice and a little pineapple juice are added, plus a little honey if desired.

Sore throat. Gargle lemon juice, honey and a little warm water.

Indigestion and bad breath may be relieved by diluted lemon each day.

Acne and blackheads. Rub the juice directly onto them, morning and night.

Wounds and animal bites. The juice is naturally antiseptic. But what about the sting! They say it will ease promptly, but go gently.

The hands can be made soft and supple by rubbing fresh lemon juice into the skin daily.

Wrinkles and lines under the eyes. Mix lemon juice and almond oil and gently massage diagonally into the skin around the eyes.

Feet and other joints. These are kept pliant for dancing and other movement by rubbing in equal parts of lemon juice and olive oil. (This is also an excellent salad dressing.)

Skin diseases. These can yield well to lemon juice compresses. Eczema may be helped by the antiseptic and healing qualities of lemon juice. Mix the juice with almond or olive oil and apply topically (but be sure to test on a small area first).

## Q HIMALAYAN ROCK SALT AND CRYSTAL LAMPS

I have noticed Himalayan Crystal Salt Lamps popping up in stores over the past months. Do you know if using these lamps is beneficial to our health? I have found lots of positive feedback on the internet, but I would like your opinion if you know of this therapy. Also, is this salt beneficial to consume? – M. C., Forster NSW.

**A** It is claimed that Himalayan crystal rock salt is the cleanest salt available anywhere on the planet – which seems reasonable. The salt was sun-dried from oceans millions of years ago, and then under tremendous pressure and heat, the translucent salt crystals were produced. The salt is pristine, unrefined and clean. It is believed to be the most complete salt available, containing all the minerals found in the human body.

The salt range is located at the foothills of the Himalayan Mountains in Pakistan. All mining is done by hand, and is slow and expensive. Dynamite is strictly prohibited as it would destroy the crystal structure.

Himalayan salt has two main uses – as table salt to season food and as lamps that emit beneficial negative ions. ▶

## Table salt

Today's refined table salt contains only sodium and chlorine, its chemical name being sodium chloride. Such a grossly unbalanced substance is unhealthy and a 'poison' to the body, its harmful effects including high blood pressure, fluid retention, hardened arteries, kidney damage and arthritis.

Himalayan rock salt is reported to contain 84 of the 92 trace minerals known to man, and it contains these in the same proportions as in the human body. The Himalayan salt replenishes the body's electrolytes, balances the body's pH and is believed to increase the cellular absorption of minerals.

The sources say that a gram a day – or the amount that can fit onto a five cent coin – can help the body's metabolic processes and help to reduce any deposits that have built up in the arteries. The salt can be sprinkled on food or dissolved in water.

You can also use the salt in a bowl of hot water to help with sinus congestion (by drawing it carefully into the nose), as a warm compress for pain or injuries, as a mineral salt, as an eyebath, for gargling, to heal cuts, and even as a skin scrub.

## Himalayan Salt Crystal Lamp

Himalayan salt crystal lamps are used to improve the quality of indoor air, balance electromagnetic radiation, and to energise and nourish the mind with their colour and ambience.

A salt lamp releases healthy negative ions from its surface as the lit bulb warms up the salt lamp. The ions cleanse and improve the quality and freshness of the air we breathe, and the beautiful glow creates an atmosphere of tranquillity.

The lamps vary in colour, weight and shape. The colours range from light apricot to dark orange, with every shade of pink and peach in between. This colour is due to minerals; for example, the redder the salt, the higher the iron content. Lamps that are deep red or almost brown can be a little difficult to light up. Salt lamps over the years don't reduce in size, colour or shape, and will not lose weight or their ionizing effect.

A particular value of the negative ions is that they tend to neutralise the positive ions emitted by electrical appliances that include computers, TV sets, photocopiers, printers, microwave ovens, air conditioners and heaters. Unbalanced positive ions can cause mental and physical tiredness or even exhaustion.

Salt Lamps are becoming popular, but be aware that quality can vary from supplier to supplier. Check for colour, clarity and the skill that has gone into the carving. Prices will vary accordingly – no doubt you get what you pay for.

Sources [www.naturaltherapypages.com.au](http://www.naturaltherapypages.com.au)  
[www.springmountainnaturals.com/salt-lamp.htm](http://www.springmountainnaturals.com/salt-lamp.htm)

## Q FATTY ACIDS IN NUTS AND SEEDS:

We hear a lot about the different kinds of fatty acids, especially omega-3, but what are they and where are they found? – A. M., Turrumurra NSW

**A** There are two essential fatty acids – *linoleic acid* and *alpha-linolenic acid*. With a high meat diet in which linoleic acid is low, as I understand it, another fatty acid becomes essential – *arachidonic acid*. In a plant-based diet, only the first two are essential.

Linoleic acid is classed as 'omega-6' and is two times unsaturated. Alpha-linolenic acid (ALA) is classed as 'omega-3' and is three times unsaturated. Arachidonic acid is an omega-6 and is four times unsaturated.

The saturated fats – which are not essential – are usually solid at room temperature and are found mainly in animal foods and in just a few plant foods, namely, coconuts, palm kernels and cocoa beans.

All other plant foods contain unsaturated fats, which are liquid at room temperature and are either monounsaturated (mainly oleic acid) or polyunsaturated. The latter includes omega-6 and omega-3 fats. Among the omega-3s, alpha-linolenic acid has a short-chain molecule, while the EPA and DHA found in fish and other seafood, are long chain. Our bodies can convert alpha-linolenic acid to EPA and DHA, provided we don't consume too much saturated fat or trans fats.

The following table lists the predominant fat types in some common plant foods.

*Grams fat per 100 gm food*

food	Total Fat	Total Sat'd Fats	Oleic Acid	Linoleic Acid	Alpha-linolenic Acid
Almonds	54	4	36	11	0.4
Brazil nuts	67	13	32	17	NA
Cashews	46	8	32	3	NA
Hazel nuts	62	3	34	10	NA
Pecan nuts	71	5	45	14	0.7
Pistachio nuts	54	3	35	10	NA
Walnuts	64	4	10	40	7
Sunflower seeds	47	6	9	30	NA
Sesame seeds	53	7	20	22	NA
Pepitas	47	8	17	20	NA
Chick peas	5	Trace	2	2	0.1
Soya beans	18	3	4	9	1.5
Peanuts	47	10	20	14	Trace
Avocados	16	3	7	2	0.1
Coconut (fresh flesh)	35	30	2	Trace	NA
Olive oil	100	11	76	7	NA

For these foods, I have only figures for their contents of ALA: Flaxseeds 18 to 22 gm; Chia seeds 3.9 gm; Lima beans 0.2 gm; oat germ 1.4 gm; wheat germ 0.7 gm; spinach, lettuce, strawberries all 0.1 gm. (All figures are, again, per 100 gm of the food.)

For comparison, the omega-3 contents of the richest fish are (all are baked): Salmon 2.1 gm; Herring 2.0 gm; Mackerel 1.8 gm; Trout 0.9 gm; Swordfish 0.8 gm; Flounder 0.5 gm; Oyster 0.4 gm; Tuna 0.3 gm (but beware the possible mercury contamination of tuna).

For more information on essential fatty acids, refer to 'Boosting Essential Fatty Acid Intake' by Kate Marsh and Carol Zeuschner, *NVNH* Autumn 2006, pages 28 – 31. ▶

## Q MRSA HOSPITAL INFECTION:

My aunt has been battling the hospital bug MRSA for the past 6 weeks or so. She went into hospital to have her lungs drained of fluid, and in the course of this treatment she picked up the MRSA (Golden Staph). The symptoms of the MRSA started in her knee, then went to her shoulder, and now it appears that the MRSA bug is attacking her spinal system. She is 82 and has had good health all her life. Her doctors are giving her little hope. The medications she is on are having minimal effect.

I would like to be able to refer my Aunty to someone who is a general practitioner and naturopath. Can you advise/refer in this regard? – M. B., email

**A** There are reports of an extraordinary solution to MRSA – manuka honey, which we covered in detail in the Autumn 2010 issue of our magazine, pages 36-37 (back-copies available). The antibiotic properties of manuka honey with a high UMF rating appear to be astonishing. I suggest that you get hold of this article and see for yourself what might be achieved.

You might be able to find a holistic doctor yourself. The organisation that trains GPs up to holistic practice is the Aust. College of Nutritional and Environmental Medicine – ACNEM. You can phone ACNEM to find a doctor trained by them located near your aunt – phone 03 9597 0363 or go to [www.acnem.org.au](http://www.acnem.org.au). ■

## Available from the Society

### EASY PH TEST KITS

Price including postage \$22

These are designed to test if the body is acidic. We know of no other easy way to do this. The kit contains enough test paper for around 90 tests.

Most Australians consume nowhere near enough alkali-forming vegetables and fruits, with the result that bodily fluids become much too acidic.

pH testing is the most practical way to gain an indication. Urine is a good measure of kidney excretion capability, and saliva a good indicator of tissue acidity/alkalinity.



### WISE FEET FOOT PATCHES

Box of 30 patches \$65, members \$59.50  
Box 90 patches \$145, members \$131.50

These patches act like old-fashioned poultices, drawing out toxins; they are literally detoxification while you sleep. The draining of toxins out of the system overnight often results in improvement in symptoms. The true test of the benefits is how much better people feel.

The pads are placed on the soles of the feet - and held on by adhesive tape (provided) - because toxins settle down to the feet which become 'storage pits', particularly for heavy metals and environmental toxins.

Wise Feet Foot Patches are impregnated with a synergistic mix of Chinese herbs and minerals.

# DOES YOUR MULTIVITAMIN FIT YOUR UNIQUE DIETARY NEEDS?

INTRODUCING

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SPECIFICALLY FORMULATED FOR VEGETARIANS & VEGANS

May assist:

- ✓ Energy,
- ✓ Skin, Hair, Nails,
- ✓ Cardiovascular system,
- ✓ Eye health,
- ✓ Immune system,
- ✓ Nervous system,
- ✓ Brain Function,
- ✓ Reproductive health.

**A vegetarian diet** has many health benefits however; a poorly planned vegetarian diet may result in some nutritional gaps. Iron, Calcium, Zinc, and Vitamin B12 are some essential dietary requirements that may be missing. Pretorius Vegetarian Multi is a specialised multi-nutrient and herbal complex specifically formulated for Vegetarians and Vegans.

**CONTAINS NO ADDED** • Seafood • Animal products  
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CHC41176-11/09

# My Retreat to Health

An interview with Elizabeth Miles.

When Elizabeth Miles arrived at Hopewood Health Retreat last August she required 110 units of insulin a day, she was overweight and unhappy. Diabetes was winning the battle and Elizabeth needed help. Four weeks later she walked away healthier, happier and 10 kilos lighter.

## Why did you decide to go to a health retreat?

I went to Hopewood for two reasons, to reduce my insulin dependency and lose some weight. My doctor suggested it, but to be honest I didn't want to go. I just didn't want to do anything. My brother who is both very supportive and persuasive convinced me I needed help.

**"I felt terrible. I was overweight and I was tired."**

## What package did you do?

I booked on a Health & Vitality package, which is especially designed for people with health problems. In my initial consultation a naturopath took me through my individual diet plan, and explained how to balance my diet with exercise. From then on I saw a naturopath regularly to discuss my progress. My package included several gorgeous treatments from the Day Spa. The staff really went out of their way to make sure my package was perfect for me.

## What did your diet consist of?

All the food was vegetarian, and was absolutely delicious. I enjoyed a range of salads, fruits and a mixture of protein and starch rich foods. My diet was flexible and I was given the opportunity to try new things while not being pressured to eat anything I didn't like. Everything I ate was selected by the naturopath to allow my body to function at its optimum level.

I was on a prescribed diet until the last five days when I could select from the vegetarian smorgasbord available. The great thing

about this was

it helped me to ease into a healthy eating pattern before returning home. I even bought a copy of Hopewood's recipe book *'Hopewood @ home'* to make some of the dishes myself. The family enjoyed some great salads at Christmas time!



## What type of exercise did you do?

At Hopewood I had access to a wide range of exercise classes. I could go to the gym, learn yoga, join in meditation, try aqua aerobics, or book a session with a personal trainer. There is something for everyone. I really enjoyed taking nice long walks. As the weeks went by, I found walking became easier and easier.

## How did you get through the tougher moments?

The staff at Hopewood were incredible. Some of them I remembered from my first visit nearly nine years ago, which was very comforting. I felt extremely supported during my stay. The naturopaths and Health 'N' Wellbeing support staff who looked after me were friendly, supportive and enthusiastic. When I was feeling low, or beating myself up they were just wonderful and their support really helped me, opening my eyes to many new things.

I also had my two brothers visit, which was great. They enjoyed the smorgasbord lunch and I enjoyed showing them around.

Try one of Elizabeth's favourite Hopewood recipes!

### Mint, pea and avocado salad

Starch | Serves 4-6

- Ingredients**
- ◆ 500g fresh peas, cooked and cooled
  - ◆ 3 avocados, peeled and cubed
  - ◆ 2 bunches of fresh asparagus, washed and trimmed (steam for 1 minute optional)
  - ◆ 3 fresh mint leaves, chopped
  - ◆ 2 tablespoons apple cider vinegar
  - ◆ 1 tablespoon sweet chilli sauce
  - ◆ 1 tablespoon of honey

**Method** Toss all prepared ingredients together and serve.

### What was one of the highlights of your stay?

I met lots of interesting people. Hopewood can be a very social place, if you want it to be. I met two lovely women one was a nurse, and the other was a teacher. Every year they go to Hopewood to spend a week together. It's a special time, away from their husbands and children, where their meals are prepared and they can just relax. The treatments at the Day Spa were also a highlight. The foot massage therapy was outstanding.

### What was your favourite activity?

Because I was at Hopewood in the colder months, I loved sitting by the open fire place in the sitting room. It had a fabulous atmosphere. It feels like you're in a lovely big old house, and you can just curl up and read a good book.

### How did you feel after four weeks at Hopewood?

I went from 110 units to 25 units of insulin a day, a massive reduction. I also lost just over 10 kilos! When I returned home I began to watch my diet, went on regular walks and even got a personal trainer.

**"My stay at Hopewood made me feel healthy, fantastic and alive."**

For more information on Hopewood Health Retreat visit [www.hopewood.com.au](http://www.hopewood.com.au) or call 02 4773 8401

## Hopewood's Health & Vitality Package!

Hopewood's Health & Vitality Package is designed to help guests regain their natural health and wellbeing. Guests consult with one of Hopewood's qualified naturopaths to discuss health concerns and plan an individual nutritional program. Guests receive ongoing guidance, care and support throughout their stay.



### Special inclusions:

- ◆ Naturopathic consultation with follow up support and supervision
- ◆ Dietary and lifestyle program
- ◆ Nutritional and lifestyle notes
- ◆ Detox program or juice therapy\*
- ◆ Regular monitoring of detox progress
- ◆ Individually prepared meals\*
- ◆ Blood pressure check
- ◆ Prescribed hydrotherapy
- ◆ Blood sugar level check\*
- ◆ Swedish Massage OR Hopewood Facial
- ◆ Spa Manicure OR Pedicure OR Reflexology OR Reiki

\*if recommended by a Naturopath

As with all of Hopewood's accommodation packages guests enjoy fully-serviced balcony rooms with ensuite, delicious gourmet vegetarian meals and fresh fruit, healthy lifestyle learning opportunities and are invited to participate in Hopewood's daily activities program which can include tai chi, yoga, low impact exercise classes, guided walks, food demonstrations and more. Guests have use of all facilities including outdoor heated pool, tennis court, bicycles, fitness room and art room.

## 50 PRIZES in 50 weeks!

Enter today at [www.hopewood.com.au](http://www.hopewood.com.au)

You could win ... recipe books, beauty and massage treatments, day visit vouchers, weekend escapes or a seven night pamper package!



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H O P E W O O D H E A L T H R E T R E A T



# NHS NOTICES



## NHS SHOP CLEARANCE

### Save up to 50% on overstocked lines

The Natural Health Society is continuing the book clearance sale that we announced in the Summer 2010-11 issue of *Natural Health and Vegetarian Life*. The sale will continue until stocks are sold.

For details, see page 29 or phone the Society on 02 4721 5016 or email [admin@health.org.au](mailto:admin@health.org.au)

## MEMBERS SUPPORTING THE NHS

Many members of the Natural Health Society have made generous donations to Society funds. Acknowledgements were made in the Spring and Summer 2010 issues of *Natural Health and Vegetarian Life*.

Further donations have been received, and we acknowledge and say a big 'thank you' to the following people:

M. Mohlenkamp, J. Glachan, M. Contardo, M. Bowman, J. Stuart-Watt, M. Gemmell, B. Garlick, V. Rogers, J. Duniam, R. Norman, L. Johnson, V. McLean, J. Biega, K. Bottomley, E. McDonald, K. Dennis, N. Meynink, D. Adamthwaite, B. Wilson, S. West, K. Wunsch, R. Hargrave, H. Carter, L. Leishman, V. Raymer, L. Bergmann, C. Harris, K. Barnes, J. McDonald, N. Steele, N. Illiffe, M. Port, L. Butler, S & D Norman, S. Mandalinic, J. Lanham, U. Hapke.

If other members would like to add their support – no matter how great or small – we would be very grateful. Simply call our office on 02 4721 5068 or send a cheque to the Natural Health Society, 28/541 High Street, Penrith NSW 2750 or go to our website at [www.health.org.au](http://www.health.org.au) and click on the 'Donate' link

Please Note: The Natural Health Society is not-for-profit, but is not a registered charity, therefore donations are not tax deductible.

## ILLAWARRA BRANCH, NHS

Meets 3rd Saturday each month, February to November, commencing 2.00pm.

Next meeting: Saturday 19th March 2011. Speaker Victoria Kleeburg: 'Better Health Naturally'

Venue: Wollongong Library Theatre, Burelli St, Wollongong.

Door charge \$5; members \$3.

Inquiries: Shirley phone 4295 4255 or Terry phone 4271 3007 (after hours)

## LOCAL NETWORKING GATHERINGS

For members and friends. These gatherings provide opportunities to meet with others interested in a healthy lifestyle while enjoying nutritious foods and informal discussions.

## PENRITH DINNERS

Next dinner Friday 6th May at 7.00pm.

Venue: CB's Café, 'At Home' Centre, Jamisontown, ground-floor Domayne building

Cost: \$28 per head

Bookings & payment by Tuesday 26th April: NHS head office, phone 4721 5068 or email [admin@health.org.au](mailto:admin@health.org.au)

## LEPPINGTON NSW

### WELLNESS SUPPORT GROUPS

Conducted by Marilyn Bodnar (naturopath) and Cecil Bodnar, long-time members of the Natural Health Society.

Saturday 2nd April, commences 5.00pm.

Food preparation and demonstration of vegetarian/vegan meals, recipes provided. Enjoy a buffet meal of organic natural foods.

Talk 7.00pm

Topic 'How a Man Lived in Three Centuries' – Power Point presentation by Roger French.

Cost – Adults \$30; children over 12 and students \$15; children 12 and under free.

Bookings essential – 3 days or more in advance.

Contact – Marilyn on 9606 2203 or 0410 627 556

## MACARTHUR AREA NSW

Vegetarian group meets monthly, usually Sunday lunchtime, at each other's homes. Based in Campbelltown, includes people from the Southern Highlands to Liverpool. 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 4625 8480

## CANBERRA

Anna Anderson of Inspired Connections ([www.inspired-connections.com.au](http://www.inspired-connections.com.au)) would love to get together with members and friends for a network group. We will publish the details in the website and in the next issue of this magazine.

Please contact Anna, 6255 0176 or email [anna@inspired-connections.com.au](mailto:anna@inspired-connections.com.au)

## WINGHAM - TAREE

Jill is interested in running gatherings in this area. Phone her on 6555 3494

## OTHER AREAS

It would be great to see groups of people interested in Natural Health getting together in other areas. If interested in organising a date and venue or just joining in, please contact Roger French during business hours, 02 4721 5014.

We will publish the details in the website and in the next issue of this magazine. ▶

*NHS NOTICES continued*

**REAL WHOLEMEAL BREADMAKING**

**Do-it-yourself hands-on workshop**

Presenter Marilyn Bodnar

Learn how to prepare nutritious, organic whole-grain bread, wholemeal cakes, biscuits and pastries.

**This workshop will cover:**

Disadvantages of no-knead bread and sprouted bread.

Dangers of breads made without yeast.

Most suitable grains for those gluten- or wheat-intolerant.

Vegetarian dips, pesto, spreads and sandwich fillings.

DATE: Saturday, 12th March, 2010, 10am – 3pm

VENUE: 187 Bringelly Road, Leppington.

COST: \$100 includes meals and 10-page recipes samples.

**ENQUIRIES and BOOKINGS:** 9606 2203; 0410 627 556; email: marilyn@healthandvitalitycentre.com

MARILYN BODNAR – Food Preparation Instructor, Nutritionist, Nature Cure Naturopath, Bowen/Emmett Practitioner, Trained Nurse, Midwife.

**Special Offer re the Society's book**

**How a Man Lived in Three Centuries  
The complete guide to Natural Health**

The fully revised and updated **Second Edition** by **Roger French**. **Single copy price \$37.00 including postage.**

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

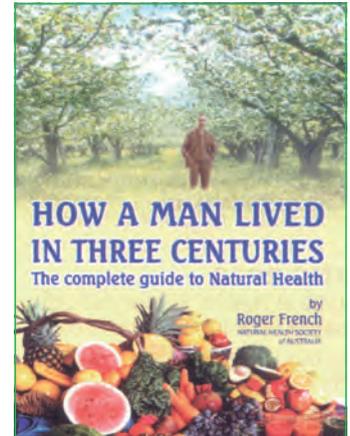
As a special offer – and also a fund raiser – we are offering you these options in which you could make some cash for yourself:

**Option 1.** Buy your first copy full price (\$30), and you can have 2 more copies at \$18 each (total \$66). Add postage and handling costs of NSW and ACT \$9.00 or elsewhere \$11.00. You can use them as gifts or sell them for \$30.

**Option 2.** Buy 5 copies at \$18 each (total \$90). If you wish, for an extra \$10 we'll include a 160 mm x 160 mm perspex display stand that holds 4 books (total \$100). Add postage and handling Sydney Metro area \$10.00, elsewhere \$12.00. You can use them as gifts or sell them for \$30.

Some members have set up the display at their workplace and generated quite a few sales. Put the books on a counter at work or anywhere where people are passing.

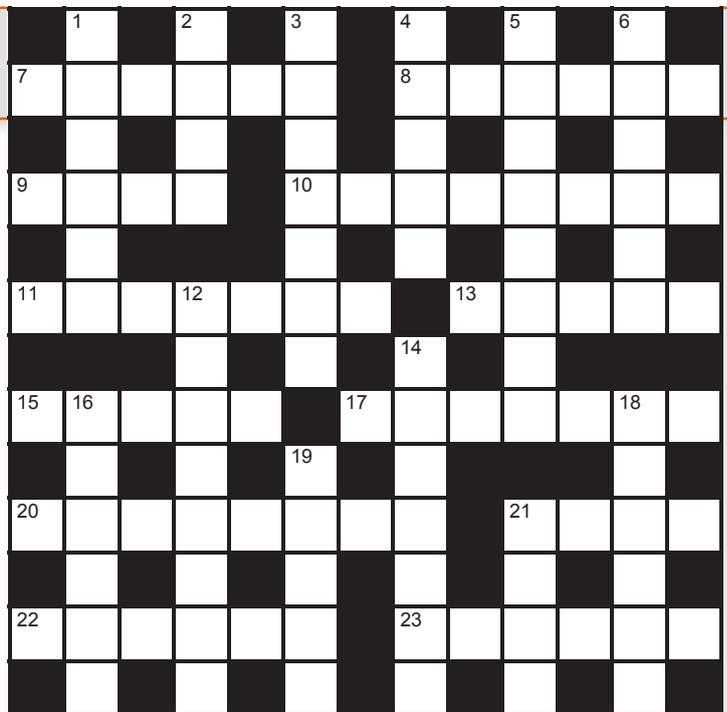
To order, call the NHS office on 02 4721 5068, email admin@health.org.au or go to our website at www.health.org.au



**CROSSWORD**

**Down**

- 1 Edible tuber (6)
- 2 Cabbage like vegetable? (4)
- 3 By a nose...(anag) (7)
- 4 Pungent plant for cooking? (5)
- 5 Also known as courgette... (8)
- 6 Scares vampires away... (6)
- 12 Song cure...(anag) (8)
- 14 Food excellence (7)
- 16 Chewy candy (6)
- 18 Spinach, lettuce, cabbage, etc (6)
- 19 Very overweight (5)
- 21 Opposite to 19 down... (4)



**Across**

- 7 Automaton's fruit? (6)
- 8 Nervous? (6)
- 9 Wise herb... (4)
- 10 Cool crib (anag) (8)
- 11 By the sea... (7)
- 13 Chop finely (5)
- 15 Sleepy annoyance (5)
- 17 Plant leaves... (7)
- 20 Cool fruit? (8)
- 21 Welsh emblem (4)
- 22 Famous Scottish pudding (6)
- 23 A tinge (anag) (6)

# Your SAY

## FLUORIDATION – AN EXPERIENCED DENTIST'S OPINION

As a dentist with 20-plus years of experience in treating children and adults in both fluoridated and non-fluoridated communities, I wish to register my concerns about the fluoridation of Murray Shire's water supply.

**Fluoride damages teeth and health.** Apart from the disturbing fact that children living in fluoridated communities continue to suffer tooth decay, they also now suffer from increasing levels of dental fluorosis. Some children have such severely mottled teeth due to excessive consumption of fluoride chemicals, that they are embarrassed to smile. I have had to veneer or coat damaged teeth in children as young as seven, just to make them look normal. In years to come, these children will require replacement veneers using porcelain, and eventually they will need crowns and possibly root canal treatment.

How ironic that these children will require expensive, ongoing dental treatment because they have ingested fluoride chemicals for the purpose of protecting their teeth. In fact, there is a whole new branch of dental treatment and products which has evolved with the increasing incidence of dental fluorosis.

More importantly, dental fluorosis is not just a cosmetic issue, but a sign of fluoride toxicity. Fluoridation chemicals accumulate in the bones and the pineal gland to cause serious health issues for those affected.

**My point.** Dentists and other health professionals who have been supporting water fluoridation must stop taking their financially biased associations' word on this serious issue and do some research for themselves. It's about time they acknowledged that water fluoridation does not, in fact, benefit teeth, and potentially harms, in particular, children and chemically sensitive and medically compromised people.

The financial and health cost of water fluoridation are huge and unwarranted.

Dr Caree Alexander, BDS (Melb), Port Macquarie NSW

## VEGGIE PHRASES ON IPHONE and ANDROID APP

I'm a long time (14yrs) vegetarian and a bit of a geek. A while ago I decided that I'd like to write an iPhone app, and had the idea to make a vegetarian and vegan phrasebook to help any travelling veggies. The app is based on the IVU's excellent 'Vegetarian Phrases in World Languages' (<http://www.ivu.org/phrases/>), with the permission of the IVU's management,

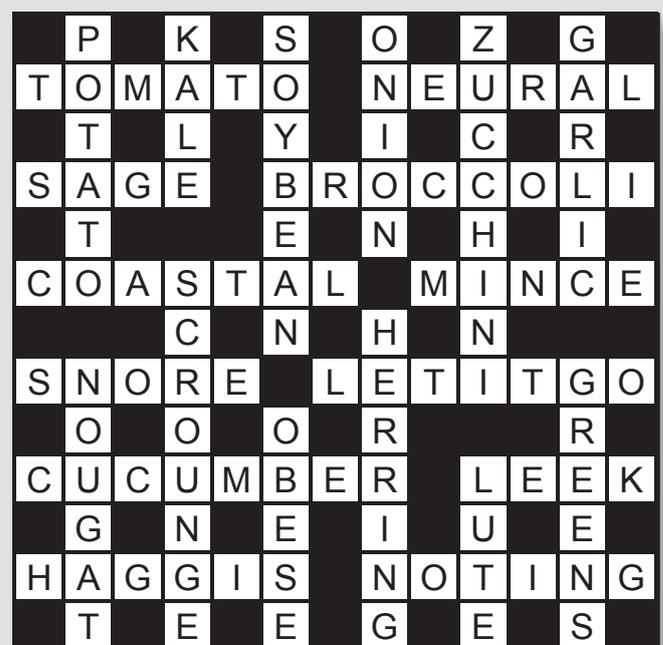
The app has over 500 phrases in 60 languages, and the benefit of having it on your phone is that you can take it with you all over the world and can use it without incurring any roaming or data charges – of course, the application is completely free!

I built it as a learning exercise and to give something back to the veggie community. It is available for the Apple iPhone and in the Android marketplace – free of charge in both cases.

You can see screenshots of the iPhone version at <http://www.bisql.net/apps/veggie-phrases/>, but there's no substitute for downloading it yourself and having a play. Any comments, questions or feedback are welcome.

– Ashley Burton [ash@bisql.net]

## CROSSWORD



## SOLUTION

# Why We Favour the 'Compact' Juicer

## – and stock them in the Natural Health Society shop

More than just a juicer, the Compact is also a multi-purpose food processor capable of numerous operations. This versatile machine is easy to use, very quick and easy to clean and has a remarkably simple design, along with a number of accessories.

Traditional 'centrifugal' juicers use high-speed blades (perhaps 1000 rpm), which can heat the juice enough to destroy some of the enzymes. Most significantly, the spinning sieve produces thousands of droplets of juice, creating a huge surface area that is exposed to the air. This large area enables oxygen to be absorbed, which oxidises some of the nutrients. Even if the juice is consumed immediately it is extracted, the oxidation can continue inside the stomach. Nutrients that are oxidised are no longer nutrients.

In contrast, the 'crushing' juicers like the Compact have a slowly turning auger (80 rpm) that crushes the food into a conical sieve that causes no significant heating, and does not produce droplets, so any oxygenation is minimal.

Although the auger turns slowly, the rate at which juice is produced is quite good.

We are satisfied that using the Compact to juice fruits, vegetables, sprouts and grasses can result in nutrient-rich juice that contains close to the highest possible nutritional content.

The great value in the juices in any of these plant foods – as long as they are not oxidised – is that the minerals, vitamins and thousands of other phytonutrients are almost entirely available for assimilation. This overcomes the waste of nutrients caused by not chewing food to a puree the way Nature intended.

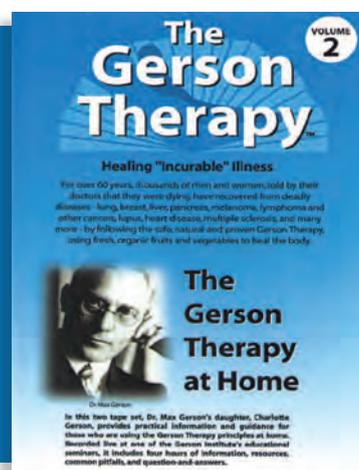
Besides juicing, the Compact includes parts for making purees, dips and salsa, extruding pasta, making frozen fruit sorbet-style desserts and mincing (as seen on MasterChef Season 1!).

Remarkably, there is a lifetime warranty on the motor and gearbox for as long as you own your juicer, a 5-year warranty on other parts, and a 30-day money-back guarantee if you are not completely satisfied.

[See page 32 for prices]



## Gerson DVD Sets Are Back in Stock



The NHS bookshop had run out of stock, but we are restocked. The Gerson way of self-healing for cancer is the best we have seen on the subject.

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

Produced by the not-for-profit Gerson Institute. Full set of 3 volumes **\$105**. Members **\$95**.

In the eyes of the Natural Health Society, Gerson Therapy is the most logical way of enabling the body to

heal itself of cancer – if that is possible. It is also valuable guidance for people who don't want to get cancer in the first place.

The presenter in all four DVDs is Charlotte Gerson, who runs the Gerson Clinic. The set is akin to a complete one-day seminar. All four DVD's need to be viewed in order to understand the principles and practices of the therapy.

### VOLUME 1 – Overview and Patient Testimonials

Elucidates the principles of Gerson Therapy, opening with an account of how Dr Max Gerson discovered these natural, self-healing methods in the first place.

There are testimonials of recoveries from, for example, "hopeless" brain cancer; breast cancer that had metastasised to the liver; malignant melanoma stage 4; cervical cancer that had spread all

around the body (she was later training for Olympic running); lymphoma; melanoma that had metastasised to the lymph glands; and bowel cancer.

### VOLUME 2 – The Gerson Therapy at Home

In the two DVDs in this volume, Charlotte gives all the details that a person needs to know to apply the therapy at home.

### VOLUME 3 – Gerson Therapy Food Preparation

Charlotte shows how to prepare all the basic recipes for the therapy. These recipes are the basic ones, but there are plenty of recipes that are more 'fancy'.

## GERSON BOOKS

### A CANCER THERAPY, RESULTS OF FIFTY CASES

by Dr Max Gerson **\$31.00**

The original book written by Dr Gerson, it is required for the references given by Charlotte Gerson in the DVDs.

### HEALING THE GERSON WAY

by Charlotte Gerson and Beata Bishop **\$52.00**

This monumental work of 448 pages explains what causes cancer and presents 'The Complete Guide to the Practice of the Gerson Therapy'. It also describes the different protocols of the therapy and enables the person with cancer to select which protocol applies for their case. It includes many recipes.

### GERSON THERAPY HANDBOOK

Revised Fifth Edition **\$31.00**

Described as the 'Companion workbook to *A Cancer Therapy: Results of Fifty Cases*', this book gives the hour-by-hour schedule for the therapy, and guides the cancer sufferer in the use of the supplements and foods, how to set up the kitchen, and how to read the blood tests. A good number of recipes is included.

# Recipes Recipes from Hopewood

Try these delicious vegetarian recipes from Hopewood Health Retreat

## SPICY LENTIL SOUP

Serves 8 – 10

### INGREDIENTS

6 carrots, sliced  
2 large onions, chopped  
5 tsp ground cumin  
8 cloves garlic, crushed  
4 tomatoes, chopped  
1½ cup red lentils, washed, soaked and drained  
8 cups vegetables stock  
2 cups of tomato juice  
4 tbsp of tomato paste  
2 tbsp of tamari  
Herbs for garnish (e.g., fresh coriander, Italian parsley)

### METHOD

Using some of the vegetable stock, sauté onion, carrots, cumin, garlic, tomatoes and celery. Cook, stirring occasionally until onion is soft. Stir in lentils, stock and tomato juice. Bring



to boil and simmer for approximately 1 hour. When lentils are soft, stir in tomato paste and tamari. Blend mixture until smooth. Return to same pan, reheat and serve garnished with herbs.



## CHICK PEA AND AVOCADO SALAD

Serves 6 – 8

### INGREDIENTS

2 yellow squash  
1 red capsicum, de-seeded and chopped  
1 onion, finely diced  
2 avocados, peeled and diced  
½ cup olives  
2 cups chick peas, soaked, cooked and chilled

### ORIENTAL DRESSING

2 tbsp tamari  
1 garlic clove  
1 tbsp honey  
1 tsp roasted sesame seeds

### METHOD

Lightly steam squash whole until tender but still quite crisp. Cool, slice and toss with all other vegetables.

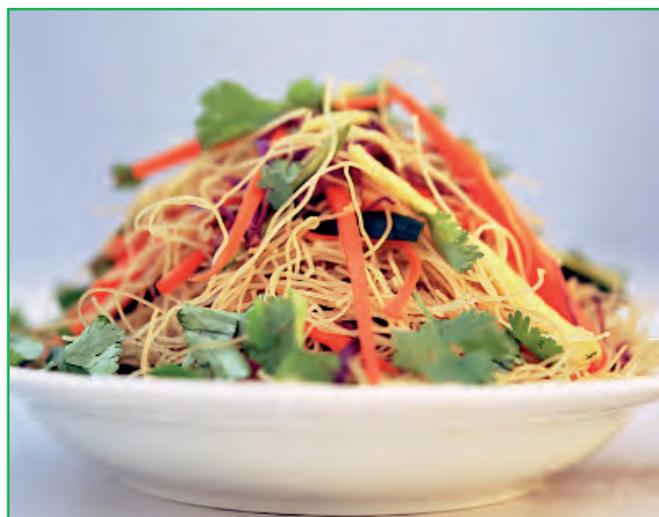
Mix all ingredients together well. Add dressing and serve.

# HOPEWOOD@HOME RECIPE BOOK

All recipes are from Hopewood Health Retreat's own recipe book, hopewood@home.

hopewood@home recipe book is the perfect answer for busy lifestyles. It is packed with healthy and delicious vegetarian recipes, new taste sensations and weekly menu suggestions. Enjoy vegetarian cuisine that tastes great and is quick and easy to prepare.

Order your copy today! Phone 4773 8401 Web [www.hopewood.com.au](http://www.hopewood.com.au)



## VEGETABLE LO MEIN

Serves 6 – 8

### METHOD

Boil plenty of water for the noodles. Stir-fry broccoli, carrots and zucchini in small amount of stock or water until tender but still crisp. Remove from pan. Repeat process with mushrooms and cabbage. Add to broccoli, zucchini and carrots, keep warm. Stir-fry garlic and shallots in remaining water.

Mix together miso paste, stock and tamari. At this point, put pasta in boiling water to cook (it does not take long). Add garlic and shallots to the mix and heat until boiling.

Stir all the vegetables through and reheat. Strain cooked pasta and combine all ingredients. Serve at once.

### INGREDIENTS

500 gm Asian noodles (vermicelli)  
2 cups broccoli florets  
2 cups carrots, sliced into matchsticks

1 cup zucchini, sliced into 1 cm pieces  
2 cups mushrooms, sliced  
2 cups cabbage, coarsely chopped  
3 cloves of garlic, crushed

4 – 5 shallots cut into diagonals; use greens too  
1 tbsp miso paste  
1 – 2 cups vegetable stock  
4 tbsp tamari

## BANANAS WITH HONEY AND CITRUS

Serves 2 – 3

### INGREDIENTS

3 bananas, halved  
2 tablespoons honey  
1 lemon  
1 lime  
1 orange  
Fresh mint, for garnish

### METHOD

Place halved bananas on the plate with flat surface up so the glaze will remain on the fruit more evenly. Zest half lemon, orange and lime, reserving juices.



Combine the citrus juices with honey and mix well until honey thins slightly. Pour over the bananas garnishing with fresh mint, and the zest of the citrus fruits.



# From Dr Mercola

**Dr Joseph Mercola is a licensed osteopathic physician and surgeon in Illinois USA. He is board-certified in family medicine, has been trained in both traditional and natural medicine, and has been practising natural medicine since 1990.**

**He believes that most orthodox medications provide only temporary relief at best, and seeks to treat the whole person, not just the symptoms.**

**Dr Mercola regularly issues an newsletter, available free of charge. His website is [www.Mercola.com](http://www.Mercola.com).**

**The following are summary versions of some items from his recent newsletters.**

## **THE 'SLEEP MISTAKE' WHICH BOOSTS YOUR RISK OF CANCER**

**Posted By Dr. Mercola | 10 January 2011**

There's growing concern among experts that the proliferation of glowing gadgets like computers may fool your brain into thinking that it's still daytime after the sun has gone down. Exposure during the night can disturb sleep patterns and exacerbate insomnia.

Such concerns are not new, but the problem has grown worse in recent times.

For example, if an iPad is used to read at night, the screen shines light directly into your eyes from a relatively close distance. According to CNN, that makes the iPad and laptops more likely to disrupt sleep patterns than a lamp that illuminates a paper book.

Source: CNN 13 May 2010

### **Dr Mercola's Comments**

Glowing gadgets trick our brain into thinking it's still day time, even though it's well past sundown. This can disrupt sleep and make minor insomnia worse. Light at night causes the brain to stop secreting melatonin, which is a potent antioxidant against cancer. Many electronic gadgets emit blue light, which particularly disrupts melatonin production.

Daytime light exposure matters as well – most of us are also under-exposed to light during the day. Most incandescent and fluorescent lights emit very poor quality light. Full spectrum light bulbs in the home and office can help ameliorate a lack of high quality sunlight during the day. For use in the evening, especially in the bedroom and bathroom, we may be able to purchase 'low-blue lights', which emit an amber light.

Disrupting your natural rhythm can also make you more vulnerable to diseases including cancer, stress effects, constipation, stomach ulcers, depression, heart disease and other illnesses.

To help keep your circadian rhythm in its natural cycle:

- ) Use full-spectrum light bulbs in your home and office during daytime hours.
- ) Turn off computers and electronic gadgets as soon after the sun sets as practicable.
- ) Use 'low-blue lights' in areas where you spend most of your time in late evening.
- ) Sleep in total darkness – and try to avoid turning on a light to go to the toilet.
- ) Sleep when it's dark outside and get up when the sun comes up. At minimum, strive to sleep between 10pm and 6am.
- ) Avoid working night shifts if you possibly can. At the very least don't keep to the night shift for longer than a couple of months at a time.

## **THE CASE FOR NON-SYNTHETIC MULTI-VITAMINS**

**Abridged from Dr Mercola, 19th January 2011**

It's very doubtful that any single pill can pack enough vitamins and minerals to truly make any real difference in complementing a healthy diet.

All multivitamins are not created equal. Synthetic isolated vitamins are partial vitamins, combined with other chemicals. Many people take synthetic vitamins, only to develop degenerative diseases.

There are four problems with synthetic vitamins:

1. Nature intended us to consume food in whole form because all the vitamins, minerals, antioxidants and enzymes are together in one package. They work synergistically to give our bodies the nutrition they require for optimal health.
2. The body absorbs only a small percentage of isolated forms of vitamins and minerals – and utilizes even less. We get the best bioavailability in whole food form.
3. Synthetic vitamins often deliver massive quantities of some nutrients (usually the most inexpensive ones) and insufficient quantities of others.
4. There can be side effects of synthetic isolates due to the additives and the unnatural synthetic supplement.

The ideal is to receive all our nutrition from high quality unprocessed foods. Unfortunately, many people find it impractical or too difficult to eat properly all the time. Therefore, even after adding good amounts of raw veggies to your diet and getting some exercise and vitamin D, you still might want to hedge your bets by supplementing with a quality multivitamin almost every day – just to be on the safe side.

I believe it to be true that if you are taking pro-active steps, taking a multi-vitamin is still one of the best things you can do for your health.

A number of carefully controlled studies have provided evidence that by the time some foods reach our tables, serious amounts of nutrient content have already been lost, some estimates being losses of over 50%. This is largely the result of conventional farming methods that rely heavily on chemical fertilizers and pesticides and also the effects of transport and storage.

Here's the stringent criteria I use to find the best high-potency multi on the market:

- ) Must avoid additives or synthetic nutrients – only consider natural and whole-food-based multivitamins.
- ) Must be produced by a highly reputable company with high quality control manufacturing practices.
- ) Must go beyond Recommended Daily Intake (RDI) guidelines. In my opinion, RDI amounts define the lower limits of daily nutrient intake.
- ) Must include essential minerals.

So please keep in mind that nutritional supplements complement the food you eat; they do not take the place of a healthful diet.

## **"UNTIL THIS, I'VE NOT HAD TWO PAIN FREE NIGHTS IN A ROW SINCE 1991"**

**Posted By Dr. Mercola, 10 January 2011**

**About EFT for Fibromyalgia  
By Christine Wheeler**

Imagine a fresh approach to healing that can reduce or eliminate the symptoms of fibromyalgia, sometimes in as little as three minutes. It is Emotional Freedom Technique.

In essence, EFT is an emotional version of acupuncture except that needles are not employed. Instead, certain release points are stimulated by tapping them with ▶

the fingertips. The basics of EFT can be learned by anyone and can be self-applied (usually in minutes).

EFT is gentle – even for people with fibromyalgia who can be very sensitive to touch. It deals with the hopelessness often associated with the illness as well as the unresolved emotions from the past. When the latter are resolved, the pain of fibromyalgia melts, often permanently.

### How Janet Became Pain-Free Using EFT

By Gary Craig

Janet had been in nearly constant pain from fibromyalgia for many years. She had been using EFT sporadically for a few weeks and instead of constant pain, her pain would come and go. But she wanted complete relief.

I focused on emotions that may be fueling her fibromyalgia. To me, fibromyalgia (and most other physical ailments) are merely bodily manifestations of unresolved fear, trauma, rejection, anger, guilt and other negative emotions.

We spent about 40 minutes doing EFT on an intense emotional issue from her past. Just thinking about the issue was severely upsetting for Janet. After about 30 minutes of EFT, she felt calmer.

Some time later, Janet reported “The EFT is working just great for me. It is night 13 of falling asleep without the pain. Since the onset of fibromyalgia in 1991, I have not had two pain free nights in a row.”

Please note that EFT has been a consistently effective tool for healing hundreds of other physical, mental and emotional ailments. It would be wise to consult a qualified health professional before putting EFT into practice.

### LACK OF VITAMIN D LINKED TO STROKES

Posted By Dr. Mercola, 27 January 2011

Low levels of vitamin D, the essential nutrient obtained from exposure to sunlight, doubles the risk of stroke in Caucasians, according to a new report. Stroke is a leading cause of death in Western countries.

Source: Science Daily, 14 November 2010

Dr. Mercola's Comments

Optimizing your vitamin D levels is an incredibly powerful way to have a major impact on your health. Among the many benefits that research is revealing, this latest study shows that low levels of vitamin D can double your risk of stroke.

Ideally, the body will make all the vitamin D you need from safe sun exposure. But if you are not able to have sun exposure on a regular basis – which must be on large

portions of your skin, not just face or hands – you may need to supplement with oral vitamin D<sub>3</sub>.

In this case the only accurate way to determine your optimal dose is to have your blood tested. Ideally, you'll want to maintain a vitamin D level of at least 50 ng/ml and perhaps as high as 80 – 90 ng/ml year-round. If you've never had your levels tested, I strongly suggest you make it a priority to do so.

### PLACEBOS WORK – EVEN WITHOUT SECRECY

By Dr. Mercola, 13 January 2011

It has long been believed that the placebo effect works only because people believe they are taking a real drug. But a new study has found that placebos may work even when they are administered without deception.

Even though placebos contain no active ingredients, patients often respond to them. In fact, many American physicians secretly give placebos to their patients.

Source: *Science Daily* 23 December 2010

### Dr Mercola's Comments

The placebo effect is so strong that it's estimated that up to 50 percent of U.S. physicians 'prescribe' placebos to their patients, under the guise that they're an actual treatment.

So Harvard researchers decided to look into the placebo effect further. To their surprise, nearly 60 percent of patients given a placebo pill – and told they were receiving a placebo – reported adequate relief from irritable bowel syndrome (IBS) symptoms, compared to only 35 percent of those who received no treatment.

Even more astonishing, those taking the placebo reported improvements that were virtually the same as those reported from people taking the strongest IBS medications.

In the Harvard study, the researchers even mentioned that the volunteers did not have to believe in the placebo effect; they just asked them to take the pills anyway, and the sham pills still worked!

A glaring example of the power of placebos relates to antidepressants. Sugar pills have been proven to be just as effective for depression, or even more so.

Another example was published in the *New England Journal of Medicine* knee surgery study. This trial found that a popular operation for arthritis of the knee (arthroscopic surgery for osteoarthritis) worked no better than a sham procedure in which patients were sedated while surgeons pretended to operate.

The conclusion is to always try to use the placebo option first.

### WHY ARE DRUG COMPANIES TARGETING CHILDREN AS CUSTOMERS?

By Dr Mercola, 10 June 2010

In 2009, the increase of prescription drug use among children was nearly four times higher than in the overall population, making children the leading growth demographic for the drug industry. One in four insured children and nearly 30 percent of adolescents took at least one prescription medication to treat a chronic condition in 2009.

Reuters reports: “Over the past nine years, the most substantial increases in the medicating of children were seen in drugs for conditions not typically associated with them, such as for type-2 diabetes and antipsychotics ... Some long-standing childhood maladies also saw large increases, such as asthma.”

Source: Reuters May 19, 2010

### Dr Mercola's Comments

Few trends highlight the fatal flaws in the US medical system more than the ruthless drugging of children. Not only are kids coming down with chronic diseases previously only seen in adults (heart disease, type-2 diabetes, depression), but they are being medicated with strong, toxic drugs rather than being taught how to become healthy naturally.

In a couple of decades, these kids will find out that the medications they've been given have done nothing to heal their bodies, and if no changes are made, they may suffer an early death as a result.

Children and adolescents should be at their peak of health. Instead, this age group made up the leading growth category for the pharmaceutical industry last year, with increases nearly four times higher than those seen in the rest of the population.

There were large jumps in prescriptions for drugs for kids for type-2 diabetes, high cholesterol, high blood pressure, heartburn and acid reflux. Yet, every one of these 'chronic diseases' is virtually always the result of an unhealthy lifestyle, namely poor diet, lack of exercise, and stress.

There is a double-edged sword here. Not only are physicians increasingly prescribing drugs to kids, but increasing numbers of kids are getting sick. The current generation is the first one in recorded history in which their lifespan will actually be shorter than their parents. ■



# Inflammation: Your 'Dangerous' Friend

By Robyn Chuter,  
naturopath

DEAR READER, if some of this article seems to be too technical, please persist with reading it because its key messages are all in plain language.

Have you seen television advertisements for over-the-counter anti-inflammatories lately? Or maybe you've caught sight of the shelves in your local pharmacy, laden with all manner of them. If so, you might be forgiven for concluding that inflammation must be your implacable enemy, and whenever it surfaces, you must drug it into submission to avoid it turning into chronic, intractable pain.

But in fact, inflammation is your best friend when it comes to fighting acute illness.

The pathology textbook *Pathological Basis of Disease* succinctly describes the purpose of inflammation:

"The inflammatory response is closely intertwined with the process of repair. Inflammation serves to destroy, dilute or wall off the injurious agent, but in turn sets into motion a complex series of events that, as far as possible, heal and reconstitute the damaged tissue. Repair begins during the early phase of inflammation, but reaches completion usually after the injurious influence has been neutralized... Humans owe to inflammation their ability to contain injuries and heal defects. *Without inflammation, infections would go unchecked, wounds would never heal, and injured organs would remain permanent festering sores.*" [Author's emphasis.]

Yet despite its positive intentions for us, inflammation can be a dangerous friend. After all, chronic inflammation is the fundamental pathology underlying cancer, heart disease, autoimmune disease and a host of other maladies. As Paul Kelly mused in 'Darlin' It Hurts' – how appropriate – "How could something so good turn so bad?" The answer lies in a concept with

which regular readers of this magazine will be familiar: the *milieu interior*, or interior terrain of the body.

In a nutshell, whether inflammation serves its purpose of healing your injuries, and then cleans up after itself and leaves you in peace, or whether it lights a fire in your joints, arteries, skin or intestine that just won't go out, depends on what you eat, how much rest and sleep you get, how well you manage your stress, and how much sunlight you get. Why? Because all these behaviours act as *epigenetic influences*: they talk to the genes that regulate the processes of inflammation within your body.

**"The inflammatory response is closely intertwined with the process of repair."**

For example, *cyclooxygenase-2* (COX-2) is an enzyme made by tissue cells and certain types of white blood cells. Whereas cells constantly produce its 'relation', COX-1, to protect themselves and carry out their 'housekeeping' activities, cells only make COX-2 when their DNA is triggered by certain signals from their environment. COX-2 causes inflammatory chemicals called *series-2 prostaglandins* to be made, and these prostaglandins contribute to pain, inflammation and swelling.<sup>(1)</sup> COX-2 is involved in the chronic inflammation that causes the pain and joint damage of arthritis.

Many readers will recall the media circus that surrounded the release of COX-2 inhibiting drugs such as Celebrex and Vioxx, which were trumpeted as relieving arthritic pain without causing the gut damage associated with older anti-inflammatories. Vioxx was subsequently pulled from the market after it was found to increase the risk of heart attack and stroke. Dysregulated COX-2 is also known to promote several types of cancer. For example, excessive production and abnormal metabolism of bile acids due to the high-fat Western diet, causes COX-2 to be released by cells in the oesophagus, and this COX-2 production plays a key role in the transformation of these cells into adenocarcinomas – cancer of the oesophagus.<sup>(2)</sup>

Another example: nuclear factor Kappa B (NK-κB) is a protein complex that controls how DNA is transcribed – that is, which of the many different proteins that each gene codes for, will be produced in a particular circumstance. NK-κB production is triggered by stress, cytokines (signalling chemicals released by certain nerve and white blood cells), free radicals, radiation (ultraviolet, gamma and x-rays), oxidised LDL, carcinogens (cancer-causing agents) and bacterial or viral antigens.<sup>(3)</sup> Abnormal NK-κB activation has been linked to cancer and inflammatory and autoimmune disorders.<sup>(4)</sup>

Table 1 lists some of the major chemicals involved in chronic inflammation, the diseases they are associated with (when their production is abnormally high) and some of the natural compounds (found in foods and herbs) that inhibit them. Table 2 lists the major dietary sources of these compounds. ▶

**"If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow"**

– Rockefeller Institute of Medical Research

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**DANGEROUS GASES**

**TABLE 1** (5,6,7)

Body chemical	Improper regulation associated with:	Natural compounds that decrease:
NK-kB	Cancer, inflammatory and autoimmune disorders, septic shock, viral infection and improper immune development	Curcumin; emodin; sulphoraphane & indole-3-carbinol; linalool; anethole; withanolides; ellagic acid; genistein; ursolic acid; catechins; silybin; quercetin; capsaicin; eugenol; gingerol
COX-2	Cancer (including colon, liver, pancreas, breast, lung, bladder, skin, stomach, head and neck, and oesophagus), arthritis	Curcumin; resveratrol; withanolides; ellagic acid; ursolic acid; catechins; silybin; limonene; gingerol
Chemokines	Inflammatory diseases, cancer, heart disease, diabetes	Curcumin, resveratrol, quercetin, green tea polyphenols, theaflavin, genistein, capsaicin
Tumour necrosis factor (TNF)	Cancer (initiation, promotion and metastasis), depression, Alzheimer's disease, asthma	Apigenin, kaempferol, resveratrol
Lipoxygenases (LOX)	Inflammatory and allergic disorders, asthma, cancer	Kaempferol, quercetin, proanthocyanidins

**TABLE 2** (8)

Anethole	Fennel, broccoli, cloves, cashews
Apigenin	Cherries, grapes, apples, nuts, parsley, celery, basil, artichoke, tea (including herbal)
Capsaicin	Chilli
Catechins (including EGCG), theaflavin	Tea (green, black and white), berries, cocoa, carob, grapes
Curcumin	Turmeric, cumin
Ellagic acid	Avocado, red berries, grapes, pomegranate
Emodin	Aloe vera
Eugenol	Cloves
Genistein	Soybeans, chick peas
Gingerol	Ginger
Kaempferol	Tomato
Limonene	Cardamom, lemons, oranges, grapefruit
Linalool	Coriander
Proanthocyanidins	Berries
Quercetin	Citrus fruits, onion
Resveratrol	Cranberries, red grapes, Japanese knotweed
Silybin, silymarin	St Mary's thistle, artichoke
Sulphoraphane and indole-3-carbinol	Cruciferous vegetables, e.g., broccoli, kale, cabbage, rocket, cauliflower, Brussels sprouts
Ursolic acid	Basil, prunes, rosemary, sage
Withanolides	Ashwagandha ( <i>Withania somnifera</i> )

As you can see, many of the foods, herbs and spices that you already knew are good for you, are the very foods that help your body regulate inflammatory chemicals. And the foods you already knew are bad for you, such as animal fats and omega-6-rich vegetable oils, drive inflammation by providing the raw material from which inflammatory chemicals are made.

To summarise, we need acute inflammation to help us fight infection and heal wounds. But chronic inflammation is the underlying pathology behind all the diseases of aging: coronary heart disease, cancer, diabetes and dementia. Diets abundant in fruits, vegetables, herbs and spices, and low in animal fats and extracted oils, provide protection against the development of deadly chronic inflammation.

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# CATARACT AND GLAUCOMA may be prevented

by Roger French

**In the previous issue (NHVL), we covered macular degeneration. This new article covers the other major causes of diminishing eyesight in older people – cataract and glaucoma.**

The possibility of going blind is a thought that fills most people with dread. Because it is generally believed that cataract of the eye and glaucoma are a matter of bad luck, the perception is that there is little we can do to prevent them.

However, a study of the recent medical literature reveals that for cataract the causes have been largely identified, and for glaucoma there are clear indications of the likely causes.

Almost all the underlying causes of both conditions are related to lifestyle. This is fortunate because lifestyle can be modified, which means that each of us has some measure of control over whether or not these problems develop.

In Australia, cataract is the most prevalent eye disease, followed by macular degeneration and glaucoma (according to the Aust Inst. Health and Welfare 2005). Cataract is the leading cause of blindness in the human race.

Cataracts tend to affect people over 65, the incidence between 65 and 75 years of age being around 1 in 6 persons, while in the 75 to 85 year bracket, it's almost every second person. Glaucoma also affects older people, and is more common in women than men.

The standard treatment for cataract is surgery, which is often successful, whereas there is no medical cure for glaucoma, which often gets worse even when the person is being treated.

## WHAT CATARACT AND GLAUCOMA ARE

**Cataract.** The lens and/or its capsule become clouded or opaque, resulting in partial or total blindness. Even where there is some sight, the lens is unable to focus properly.

**Glaucoma** is a serious disease characterised by abnormally high pressure in the fluid within the eyeball, which may eventually damage the retina (the light-sensitive membrane lining the inside of the eyeball) and ultimately destroys the optic nerve, resulting in loss of vision and then total blindness. In some cases, the *intraocular pressure* is normal, but there is poor circulation, resulting in damage to the optic nerve.<sup>(1)</sup>

There are two types of glaucoma – *closed-angle* glaucoma and *open-angle* glaucoma.

The closed-angle type is caused by narrowing or hardening of the exit channels from the eyeball through which the fluid that fills the inside of the eye can escape as it is meant to do. This form of glaucoma can permanently impair vision in a matter of days. Fortunately, it is not so common.

Chronic open-angle glaucoma is the more common form. A physical defect in the *trabecular meshwork* restricts drainage and the intraocular pressure rises.

A problem with this condition is that there are usually no symptoms until very late in its development, by which time vision may be irreversibly damaged.

## THE CAUSES OF CATARACT AND GLAUCOMA

The causes of these two conditions appear to be substantially different, although there is some overlap.

### CATARACT

A long list of risk factors is given by the Virginia State University, USA,<sup>(2)</sup> the University of California,<sup>(3)</sup> and other researchers as follows:

- ) Oxidation of lens tissue due to free-radical attack;
- ) Trauma (injury);
- ) Inflammation within the eye;
- ) Certain pharmaceutical drugs. Steroid drugs (such as cortisone) are significant risk factors;
- ) Radiation – ultraviolet-B and X-rays – an important risk;
- ) Dehydration is a possible contributor;
- ) Nutritional deficiencies, especially of antioxidant nutrients;
- ) Heavy metal toxicity, especially of cadmium;
- ) Obesity is a major risk factor;
- ) Excessive calorie intake, which contributes to obesity and other risks;
- ) Diabetes increases the risk three to four times;
- ) Galactose build-up due to high consumption of dairy products combined with inability to process galactose;
- ) Smoking;
- ) Alcohol;
- ) High blood pressure;
- ) Being older. [Age does not cause cataract, rather harmful effects have had more time to do damage];

### Free Radical Attack and Oxidative Stress

Free radical attack is the basis of cataract formation. For glaucoma, free radicals may be *partly* involved.

The all-important question is, what causes free radicals? The Japanese Niwa Institute for Immunology<sup>(4)</sup> reports that free radicals are produced by environmental toxic agents. These include:

- ) Herbicides such as paraquat;
- ) Insecticides;
- ) Nitrogen oxide from motor vehicle exhausts;
- ) PCBs (polychlorinated biphenyls);
- ) Heavy metals, including methyl mercury, manganese and cadmium;
- ) Ultraviolet radiation.

Other prominent generators of free radicals include cigarette smoke, free iron or surplus iron, chlorine in drinking water, benzene in petrol and petroleum products, a number of other synthetic chemicals, and X-rays and other nuclear radiation.

As with cataracts, glaucoma is also linked to compromised antioxidant defences.

In cataracts, evidence of oxidative damage has been detailed by the Department of Ophthalmology, Dokkyo University School of Medicine in Japan.<sup>(5)</sup> In cataract-affected lenses, they found increased oxidation of lipids, a marked decrease in the ability to scavenge oxygen radicals, and ongoing generation of free radicals. The oxidising metals, iron and copper, were found in lens tissue, and the researchers related this to the increased oxidation.

### Ultraviolet Rays on the Eyes

Data from the US National Health and Nutrition Examination Survey suggested that total exposure to sunlight is significantly related to cataract.<sup>(6)</sup> Polish researchers in 1997 suggested that it is the main factor leading to age-related cataract.<sup>(7)</sup> They say that UVB and visible light generate free radicals in the lens. However, in the year 2000, the Eye Research Laboratory, Boston, USA, concluded that UVA may be the more damaging radiation for cataracts.<sup>(8)</sup>

### Smoking Has Multiple Effects

There is a strong association between smoking and a number of common eye diseases, including cataract and glaucoma.<sup>(9)</sup>

The main contributing forms of damage are artery disease (atherosclerosis) and ▶



blood clots in the capillaries of the eye, the generation of free radicals and decreased levels of antioxidants. Thus, smokers have much greater risks of having free radical damage and oxidation than non-smokers.

### 'Sugar' Cataracts

Cataracts associated with diabetes and a build-up of galactose are categorised by their rapid onset. In diabetes the level of blood sugar (glucose) is high, while in *galactosaemia* the level of the sugar, *galactose*, from dairy products, is high.

The text, *Prescription for Nutritional Healing*,<sup>(1)</sup> states that while free radicals are probably the major factor in cataracts, the single greatest cause is the body's inability to cope with food sugars. The text adds, "Many eye specialists note that most people with cataracts eat diets that include substantial amounts of dairy products and refined white sugar."

### Heavy Metals

The above text states that heavy metals increase in concentration in the lenses of older people. Cadmium, in particular, is found at levels two or three times higher than normal in cataract lenses.

Cadmium is one of the consequences of the use of superphosphate fertiliser. In refined white flour the cadmium remains, while the protective zinc is milled away.

### Medical drugs

A recent study has found a significant increase in the incidence of cataracts associated with statin drugs widely prescribed for cholesterol. The five-year study, published in the *British Medical Journal*, 20 May 2010 issue, found that out of 10,000 patients on statin drugs, 307 more patients developed cataracts than those not taking statins.

Other drugs that can cause or worsen cataracts are those that increase sensitivity to the sunlight (photosensitizing agents). They include antihistamines, birth control pills, tranquilizers, oral anti-diabetic drugs, antidepressants, NSAIDs (for example, aspirin, ibuprofen, advil, meclufen), steroids, Prednisone and some antibiotics,

## GLAUCOMA

Not as much is known about the causes of glaucoma as of cataract. The literature mentions family history of glaucoma, age and obesity as risk factors.

Family history implies not only a genetic predisposition to a disease, but also 'inheriting' the diet and lifestyle of the parents that could damage genes. Significantly, it is usually only mutations of inherited genes that are associated with the disease.

The Department of Ophthalmology of the University of Iowa, USA, found that mutations of the relevant gene cause most cases of juvenile-onset chronic glaucoma and around 5% of adult-onset cases.<sup>(10)</sup>

We can reduce the likelihood of mutations occurring largely by avoiding toxic chemicals and excessive calorie intake.

### Restricted Blood Flow

Swedish ophthalmologists suggest that the primary cause of glaucoma might be progressive increase in flow resistance in the veins in the eye.<sup>(11)</sup>

The elevated intraocular pressure is the result of narrowing or hardening of the exit channels through the trabecular meshwork that was referred to earlier. The cause of this narrowing or hardening is unknown.

The pressure in the eyeball reduces the flow in the veins, producing the ischaemia (lack of blood) which damages the optic nerve and impairs vision. Other likely causes of ischaemia are atherosclerosis or blood clots in the capillaries of the eyes.

As atherosclerosis is what causes heart attack, the same lifestyle factors that prevent heart attack can be expected to help prevent glaucoma. The ischaemia theory was proposed by the Department of Ophthalmology of the University of Miami in 1999.<sup>(12)</sup>

It appears that there is a vicious circle acting here. Atherosclerosis or blood clots in the capillaries of the eye restrict the flow of blood which damages and blocks the drainage channels for the fluid in the eye (aqueous humor). This creates pressure in this fluid which in turn presses on the veins and further restricts blood flow. More damage is done to the drainage channels, the escape of fluid is even further restricted and its pressure climbs. The spiralling ischaemia eventually damages the optic nerve and impairs vision.

### Vitamin B1 Deficiency

An early study of patients with glaucoma found that they had significantly lower blood levels of thiamine (vitamin B<sub>1</sub>) than people without glaucoma.<sup>(13)</sup>

### Smoking

As with cataract, there is a strong association between smoking and glaucoma.<sup>(9)</sup>

### Diabetes

Glaucoma is more prevalent in diabetic people than non-diabetic people.<sup>(14)</sup>

## PREVENTING CATARACT AND GLAUCOMA

### PREVENTING CATARACTS

To prevent the oxidative injuries that lead to cataract (and also cancer, artery disease, Alzheimer's, Parkinson's and others), the body has a powerful self-defence system hinged on:<sup>(4)</sup>

Enzymes, particularly *glutathione peroxidase*, which contains the mineral selenium.

Antioxidants, particularly vitamins C, E and A and carotenoids, flavonoids and catechins.

The carotenoids particularly needed by the lens are *lutein* and *zeaxanthin*

Vitamin B<sub>2</sub> (riboflavin) – essential for the production of glutathione.

Nutrients which support the body's production of glutathione peroxidase are vitamins C and E, selenium, vitamin B<sub>2</sub> and alpha-lipoic acid.<sup>(15)</sup>

Other nutrients that benefit cataract sufferers include vitamin B<sub>5</sub> (pantothenic acid), vitamin B<sub>9</sub> (folic acid), melatonin and the herb bilberry.

This defence system also exists within the lens itself.<sup>(16)</sup>

### Vegetables and Fruits

A number of studies have found that there is a reduced risk of developing cataract and other diseases in people who have high intakes of vegetables and fruit.<sup>(17)</sup> Not only do these contain vitamins C and E and carotenoids in their natural forms, but they contain thousands of other beneficial nutrients including antioxidants and alkaline minerals.

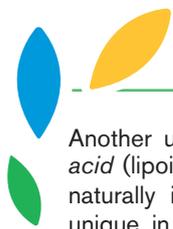
In year 2000, a US National Cancer Institute report<sup>(18)</sup> stated, "A new scientific base is emerging to support a protective role for fruits and vegetables in prevention of cataract formation ..."

The Institute recommended a wide variety of vegetables and fruits, especially dark-green leafy vegetables, cruciferous vegetables and deep-yellow-orange vegetables and fruits including citrus fruits.

### Antioxidant Supplements

Populations with higher blood levels of antioxidants have reduced incidences of cataracts.<sup>(16)</sup> Also, vitamin E has been found to be effective in arresting the developing of cataracts in animals.

Plenty of Vitamin C is needed. There is evidence that we need much more vitamin C than the Australian recommended daily intake of 30 mg for women and 40 mg for men that prevents scurvy. The Linus Pauling Institute, Oregon, USA, proposed that the RDI be increased to 120 mg/d,<sup>(19)</sup> which could still be conservative. ▶



Another useful antioxidant is *alpha-lipoic acid* (lipoic acid, ALA), a fatty acid found naturally in every cell in the body, and unique in that it functions in both water and fat. ALA is able to recycle vitamin C, glutathione and other antioxidants. It is made in the body and occurs in very small amounts in foods that include spinach, broccoli, peas, brewer's yeast, Brussels sprouts, potato and rice bran. ALA supplements are available in capsule form.

With regard to the safety of antioxidant vitamins, the International Antioxidant Research Centre, Guy's Hospital, London, found that they have wide margins of safety.<sup>(20)</sup> However, large intakes of beta-carotene taken alone, may be harmful, and the recommendation is to take only the full carotenoid complex.

### Sun Protection

Against cataracts induced by sunlight, antioxidants have been found to be protective to some degree. These include vitamins C and E (significantly protective),<sup>(16)</sup> the catechins in green tea<sup>(6)</sup> and sunglasses with UV filters.<sup>(7)</sup>

### Preventing the Development of Sugar Cataracts.

It has been found that if the enzyme critical to the development of sugar cataracts is inhibited, cataracts will not develop.<sup>(21)</sup> Potent inhibitors are flavonoids, especially *quercetin*.<sup>(22)</sup> They are abundant in foods like cranberries, green tea, beetroot, elderberries, raspberries, blueberries, red and black grapes and citrus fruits.

Bilberry extract aids in removing toxic chemicals from the eye.<sup>(1)</sup>

To prevent diabetes in the first place, the key requirement is a low-fat diet, which needs to be essentially plant based. To avoid the risk of galactosaemia, minimise or avoid dairy products.

## PREVENTING GLAUCOMA

The body of research on glaucoma is much smaller than for cataract, reflecting the fact that the causes and preventative steps for glaucoma are less understood than for cataract.

### Antioxidants

Glaucoma sufferers typically have compromised antioxidant defence systems just as do cataract sufferers,<sup>(15)</sup> so most of what has been said about strengthening antioxidant defences to prevent cataracts can also be applied for glaucoma.

### Minerals and Vitamins

For normal function of all systems in the body, including the eyes, adequate

amounts are needed of zinc, magnesium and vitamin D.

For vitamin D the skin needs direct exposure to sunlight daily (*never direct sunlight* to the eyes, of course). The eyes are light sensing organs and need enough indirect sunlight to operate optimally. For the remainder of the day, wear UV protective sunglasses. (For how to safely obtain adequate vitamin D naturally, see *NHVL* Summer 2009-10.)

### Calorie Restriction

The effects of calorie restriction on the eye drainage channels was studied in mice at the University of Washington in 1997.<sup>(23)</sup> When the mice reached 'old age', those allowed free access to food had drainage channels that had reduced in area by one-third compared to mice allowed just enough food and no more.

The researchers concluded that life-long calorie restriction may reduce the damage that leads to glaucoma and perhaps delay its development.

## FOR BOTH CATARACT AND GLAUCOMA

### Minimising Free Radical Damage

- › Minimise exposure to pesticides, herbicides and other toxic synthetic chemicals. Obtain organically-grown foods if possible, grow your own, or at least wash commercial fruits and vegetables with a safe 'organic' cleanser.
- › Avoid chlorine by purifying tap water or drinking bottled or rainwater.
- › Avoid exposure to industrial chemicals, especially solvents.
- › Avoid tobacco smoke.
- › Be cautious with medical drugs that might lead to cataract, especially steroids.
- › Minimise exposure to radiation, especially X-rays. Wear sunglasses when outdoors in bright sunlight.
- › Minimise cadmium intake by eating organically-grown, unrefined foods.
- › Avoid consuming rancid (oxidised) fats, likely to be found in deep-fried foods, biscuits, cakes, pastries, vintage cheese, cured meats, long-stored peanut butter, stale shelled nuts and seeds and so on.
- › Avoid surplus iron. Never take iron supplements unless there is iron deficiency, and beware of the readily absorbable iron in red meat.

### Abundant Antioxidants

To obtain abundant antioxidants, alkaline minerals and a host of beneficial phytonutrients, but less calories than in the typical modern diet, follow Natural Health Dietary Guidelines. (See *How a Man Lived in Three*

*Centuries* by Roger French, Chapter 7, or the Spring 2009 issue of *NHVL*, both available from the Natural Health Society.) Also consider topping up with supplements.

### Problem Medications

Besides steroids and statins as mentioned above, avoid, unless absolutely necessary, antidepressants, anti-epileptic drugs, topical anti-glaucoma agents and chemotherapy/immunosuppressive agents. Some of the side effects of these drugs are reversible and some are not.<sup>(24)</sup>

## HELP FOR EXISTING CATARACT AND GLAUCOMA

There is no *medical* cure for either cataract or glaucoma, and with glaucoma any damage to vision is irreversible.

### CATARACT

With cataract, vision can be restored by surgery which replaces the opaque lens with a prosthetic lens implant. This is a common and usually successful operation. In rare cases there can be complications in the form of loss of vision, bleeding, double vision and infection. Other possible side effects are inflammation and fluctuating eye pressure, but, fortunately, they happen rarely. Retinal detachment, in which the retina detaches from the back of the eye, occurs in approximately one half of one percent of cataracts surgery cases.

It is probable that there is nothing in natural therapies that can reverse existing cataract. However, if there is still some level of vision, the steps given under 'Prevention' above may stop the cataract progressing any further. Also the following herb may help.

**Bilberry** (*Vaccinium myrtillus*). Bilberry has a long history of use for various eye conditions, and contains potent antioxidants with a particular affinity for the eyes and vascular tissues. In a study of 50 patients with age-related cataracts, a combination of bilberry and vitamin E delayed the progression of cataracts.<sup>(25)</sup> Bilberry has been used in the treatment of glaucoma as well

### GLAUCOMA

#### Medical treatment for glaucoma

An account has been given by Dr Mark Walland of the Royal Victorian Eye and Ear Hospital and Royal Melbourne Hospital. The following summary is based on an article by Dr Walland in the website of Glaucoma Australia Inc.<sup>(26)</sup>

Treatment to decrease the pressure involves medication, laser or surgery. Ophthalmologists now have many different therapies that are effective in controlling the intraocular pressure, as well as minimising unacceptable side effects. As a consequence, there has been a decrease in the need for laser or surgery. ▶



The glaucoma medications are in five classes: beta-blockers, miotics, prostaglandin analogues, alpha-agonists and carbonic anhydrase inhibitors. The drugs are prescribed singly or in certain combinations.

**Beta-blockers** are commonly used. They are very effective, but can sting the eyes, and should not be used in people with asthma, heart failure, poor circulation or depression. The eye drop betaxolol (Betoptic) was introduced to reduce the side effects.

**Miotics** (Pilocarpine) is very effective for increasing aqueous drainage, but can affect focussing and also adapting to changes in light levels, and also it needs to be applied four times a day.

**Prostaglandin analogues** (Xalatan, Travatan and Lumigan) very effectively lower eye pressure but cause some degree of inflammation, occasionally headache or possibly a change in eye colour to brown.

**Alpha-agonists** (lopidine, Alphagan) have the advantage of lowering the pressure rapidly, but some people become allergic to the drops after several months.

**Carbonic anhydrase inhibitors** (Trusopt, Azopt) decreasing aqueous production, with stinging being the major side effect.

Dr Walland concludes that through individually tailored multiple combinations of drops, the future for glaucoma sufferers looks bright.

### Natural Therapies for Glaucoma

The following information is taken from *Prescription for Nutritional Healing*<sup>(1)</sup> and a paper entitled 'Natural Therapies for Ocular Disorders'.<sup>(15)</sup>

) Vitamin C in high doses has been found to lower intraocular pressure. Almost normal pressure levels have been achieved in some people who did not respond to orthodox therapies. A rich natural source of vitamin C is rose hips, which also supply flavonoids. High doses can be obtained only via supplements.

) Increase the intake of flavonoids (or bioflavonoids) which prevent the breakdown of vitamin C, improve the integrity of blood capillaries and strengthen the tissues of the eye. They are found in the peel and outer layers of fruits and vegetables, including leafy vegetables, red onions, beetroot and red and blue berries. Bilberry extract is particularly rich in these nutrients.

) The herbs, eyebright and chickweed, are good for all eye disorders.

) Ginkgo biloba can improve blood flow, making it especially helpful in the treatment of glaucoma. However, bleeding may occasionally occur inside the eye or even the brain, so professional guidance is essential.

) Forskolol, an extract from a plant named *Coleus forskohlii*, has been successfully used to lower intraocular pressure without causing side effects.

) *Salvia Miltiorrhiza*, a Chinese medicine herb, when injected intravenously, appears to improve circulation in the retina, and, in combination with other Chinese herbs, could be beneficial.

) Other nutrients that have potential benefit include magnesium, vitamin B<sub>12</sub>, alpha-lipoic acid and the hormone melatonin. (See earlier description of ALA and its sources.)

) Garlic helps prevent blood clots from forming in the blood vessels of the retina.

) Hydrotherapy promotes circulation. Have two bowls, one filled with hot water and the other with cold (not icy) water. Soak a washer in hot water, wring lightly and place over the eyes for 3 minutes. Have a second washer in the cold water, wring lightly and place over the eyes for 1 minute. Repeat twice more, making three cycles of hot and cold altogether (total 12 minutes). (See detailed explanation of hydrotherapy, pages 26, 27.)

) Avoid eye stress for long periods, as in watching television, reading or using a computer. If you must do these for long periods, take breaks every 20 minutes to flex and stimulate the eyes, by focussing alternately on a distant object and then rapidly switching to a close object, and repeating this for a few minutes.

) Avoid nicotine, caffeine and alcohol which can interfere with the circulation to the eyes.

### NOTE RE HERBAL SUPPLEMENTS.

There can be a safety concern if herbal supplements are taken in conjunction with prescribed drugs, so people should advise a doctor if contemplating both. Of most concern is the bleeding tendency when herbs like Ginkgo are taken along with aspirin, warfarin or other blood thinner.

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# Hydrotherapy

## – To Promote Healing and Pain Relief

By Hopewood Health Retreat, Wallacia NSW



Hydrotherapy is a range of specialised water-based treatments designed to stimulate general or local circulation in the blood vessels. This in turn assists an injured or diseased area of the body to heal by allowing more metabolic wastes and other toxins to be removed and more nutrients, etc, to flow into the area.

The treatment is applied in the form of either an immersion bath or hot and cold water compresses. The water itself, while soothing in its effect, does not create the response in the tissues. The response is due to the heat or cold applied to the area.

The general rule is that heat dilates blood vessels, increases blood flow – which supplies more oxygen and nutrients to the area – and relaxes nerves and tissues. In contrast, cold constricts blood vessels, reduces blood flow – which assists in removing venous and lymphatic wastes from the area – and stimulates nerves and tissues.

*Acute* conditions, such as sprains and strains, require cold applications to reduce swelling and therefore reduce tissue damage. *Chronic* conditions, such as still joints and aching back, require heat to soothe and relax the area. Hot and cold can often be used alternately to stimulate an area for more rapid recovery. The pattern to be used for alternating treatments is three minutes of hot and one minute of cold, repeated three times altogether. The 'hot' water should be no hotter than 40°C and the cold is cold water from the tap. It is not the extremes of temperature that produces results, but the contrast between the hot and cold.

Hydrotherapy should not be regarded as a primary therapy, but rather as a supplement to other forms of therapy.

Here is a brief description of the more common techniques.

### HOT AND COLD APPLICATIONS

**Hot and cold sitz baths.** These produce a flushing effect in the pelvic region, which helps relieve chronic constipation

and pelvic pain, such as that associated with lower abdominal problems, menstruation, cystitis or backache. Sit for three minutes in a tub of warm water at approximately 40°C with the feet in a bowl of cold tap water. Then for one minute, sit in another tub containing cold water with the feet in hot water. Repeat this process three times in total – being sure to finish sitting in the cold tub. Then dry briskly with a towel with an upwards motion towards the heart and dress warmly. During the sitz bath, be warmly clad on upper body and legs.

**Hot and cold leg baths.** These stimulate circulation in the legs and can help fluid retention, cramps, restless legs, chronic injuries and possibly varicose veins. With varicose veins, be sure to never exceed 40°C in the hot cycle. A suitable leg bath is a clean garbage bin, two of which are required. The procedure and water temperatures are similar to those for sitz baths, that is, three minutes in very warm water and one minute in cold, repeated twice more. Dry the legs gently with an upwards motion towards the heart, and then go for a brisk 10-minute walk.

**Hot and cold foot baths.** Good for circulation in the feet and swollen feet and ankles. For tinea, add a few drops of tea tree oil to the bath. For poor circulation, add a pinch of cayenne pepper or some ginger oil to the water. Place feet in hot water first for three minutes. Wiggle toes and gently rotate ankles while the feet are in the water. Place in cold water for one minute and repeat twice more. Dry briskly.

**Hot and cold hand baths.** These are good for circulation, arthritis and chronic injuries in the hands. As with the above procedures and using a bowl of hot water and a bowl of cold, bathe the hand in each for three minutes and one minute respectively, and repeat the cycle twice more. Dry promptly. While the hands are in the baths, it is a good idea to flex the fingers a little and gently move the hands around.

### HOT AND COLD FOMENTS

These are applied as hot and cold compresses in sequence or as cold compresses only, depending on the need. They are also known as 'packs'.

**Hot and cold compresses.** These are used with chronic conditions to stimulate circulation for healing and pain relief in parts of the body where baths can't be used. Hot and cold fomentations benefit strains, sprains, inflammation of joints and muscle spasms.

Wrap a hot-water bottle in several layers of towel and place on the affected part for three minutes. Then rinse another towel in cold (not icy cold) water, wring gently so that it doesn't drip, and place on the area for one minute. Repeat the cycle twice more. Take care that the hot phases don't burn the skin – use more layers of towel if necessary.

Rest for 30 minutes after completing the treatment to allow the circulation to return to normal. The hot pack should be warm and comfortable and you should be able to feel the heat penetrating through the towels. If it is too hot, it will burn the top layer of skin, without providing benefit. With a cold compress, use only cold tap water, not ice, except that in summer the water can be cooled a little with ice. The benefit is derived from the contrast between the hot and cold, not from extreme temperatures.

### Cold, wet sheet wrap (or compress).

Apply to sprains, bruises, swollen glands, sore throats, arthritis, inflamed areas and insect bites. A cold compress consists of a cold, moist piece of cotton sheeting, wrung out lightly so as not to drip, and placed over the affected area. It must be completely covered (literally every single square centimetre!) by a piece of *woollen* material – a strip of an old pullover or an old blanket will do, but it must be wool, not synthetic, to be effective. Use cold tap water, not ice, except that in summer the water can ▶

be cooled a little with ice. The wet cotton should become warm after a few minutes. If still cold (because it's probably too loose), remove the wrap and repeat. The compress can remain in place for 10 to 20 minutes or even overnight.

A cold compress can have such drawing power, that if one is placed on a limb, it is also necessary to place one right around the waist (about 200 – 250 mm wide) in order to prevent the limb compress 'pulling' toxins into the limb from the entire system.

## HYDROTHERAPY FOR TREATMENT OF ORGANS

Alternating hot and cold fomentations, or straight hot or cold alone, can be used over various organs to speed up tissue drainage. Again, the 'hot' is not above 40°C and the cold is from the tap. The most commonly treated organs include liver, lungs, kidneys, stomach, the lower abdominal organs, including the reproductive organs (prostate gland, ovaries and uterus) and also the intestinal organs, that is, the colon.

**Treatment for Excessive Menstruation.** Place a cold compress over the uterus (abdomen). To the legs apply a hot-water bottle and blanket. Cover the entire body with a blanket and be sure to keep warm.

**Relief of Nausea.** Apply a cold compress to the abdomen for 20 minutes; then remove the compress for 20 minutes. Repeat this cycle just once more, making two compress applications altogether.

**Relief of Headaches.** Prepare two hot-water bottles and one cold compress. Go to bed, with the bedroom dark and no TV or radio on. Place

one hot-water bottle under the back of the knees with a pillow underneath for support. Place the second hot-water bottle behind the back of the neck and shoulders. Apply the cold compress to the forehead and remain in bed like this for at least 30 minutes. You may fall asleep and wake up without a headache. If the headache persists, this treatment can be repeated until it eases. For a severe headache, the use of lavender oil on temples, back of neck and back of head may be helpful, although watch for sensitivity.

## STEAM INHALATIONS

These help clear nasal passages and ease respiratory conditions. Pour about a litre (4 cups) of boiling water into a bowl, sit with the head over it, and cover both head and bowl with a towel. Inhale until there is no more steam. *Take care not to burn the airways.* During inhaling, close off one nostril and breathe in through the other, then out through the mouth. Alternate this periodically.

For conditions such as asthma, bronchitis, sinusitis or chest congestion, a steam inhalation prior to hot and cold fomentations increases the effectiveness of the fomentations.

For an anti-viral and anti-bacterial effect, add 3 drops of eucalyptus oil to the water.

To more effectively help clear sinuses, add a peppermint tea bag to the boiling water.

To more effectively soothe the nasal membranes, add a chamomile tea bag to the water. For severe sinus headaches, use 2 drops eucalyptus oil, 2 drops lavender oil and 1 drop only of peppermint oil.

## SOME GENERAL GUIDELINES FOR HYDROTHERAPY

Some general guidelines for hydrotherapy need to be kept in mind:

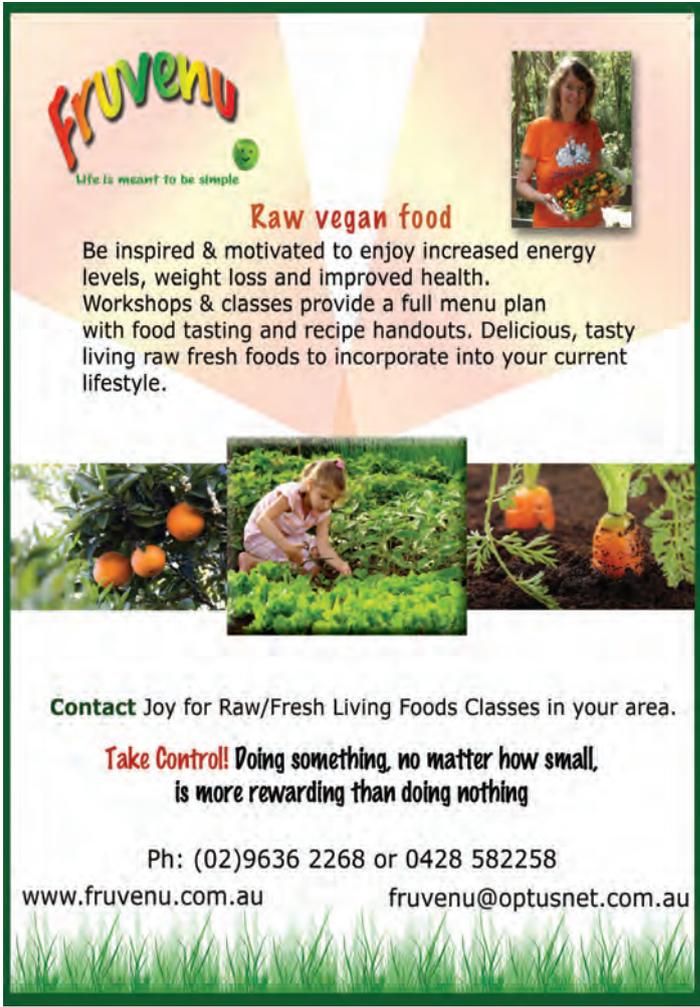
- ) Sit or rest comfortably during the procedure, using pillows or towels for support of the lower back if necessary;
- ) Watch for any reactions or distress that may indicate sensitivity to heat or cold;
- ) Cease the treatment if pain increases;
- ) Do only one hydrotherapy treatment at a time. If using more than one treatment, allow at least two hours between treatments;
- ) Limit treatments to two per day, because more than this could drain vitality.

) You must rest for 30 minutes on completion of a hydrotherapy treatment, except for leg baths.

It is necessary to be aware that the specific times given for hot and cold applications are significant. Extended heat can cause blood stagnation, while extended cold can cause local tissue anaemia.

## ACKNOWLEDGEMENT

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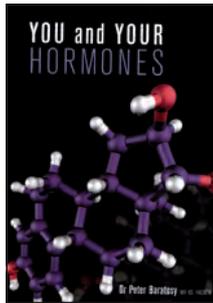
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This is another absorbing, informative book by this remarkable wholistic doctor who writes without pulling his punches and is damning of the way drug companies are operating primarily for profits rather than health care. Dr

Baratossy gets his facts straight and writes in plain language. His previous titles include *Death By Civilisation*, *Gut Feelings*, *It Could Still Be Your Thyroid* and *Vaccination: It's Your Informed Choice*.

He leaves no stone unturned with our hormones, explaining in some depth, but in a practical way, oestrogen, progesterone, testosterone, synthetic hormones, HRT, sex hormone binding globulin, cortisol, DHEA and melatonin.

A lot of space is devoted to women's sex hormones, and the way drug companies have invented synthetic versions so they can patent them. But they are not identical and cannot do the same job as those made in the body. These people "are so arrogant" thinking they can do a better job than Mother Nature.

PART 2 embraces PMT, peri-menopause and menopause for women and andropause for men, and for everybody adrenal exhaustion and sleeping problems.

Peter Baratossy's excellent work is worth reading!

### THINK SMART & LOSE WEIGHT

by Sandy Brocking **\$32.00**

This would have to be the easiest book to read ever. It is 208 pages of very plain language in very short chapters, the shortest being half a page.

Sandy, a nurse, used to be heavily overweight herself. Her dialogue is striking for its non-stop, first-hand wisdom, expressed with enthusiasm and passion, and all in keeping with 'true' Natural Health.

Sandy is compassionate, too, giving very decided views on the cruelty in some farming practices and in keeping pigs and poultry in intensive sheds – "Most of their short

lives are spent in their own excrement, breathing dust and ammonia-polluted air."

This book demolishes the use of unhealthy and junk foods in a most graphical and colourful way. The motivating effect this has might well be the book's greatest offering to people who want to overcome obesity and terrible health. "Be smart – stop stuffing your poor body with 'dead' junk food!" she declares.

Sandy's book is not a diet book. It is a guide for people with diet-related issues who want to lose weight and are serious about keeping it off. It is a testament of what is achievable for the individual.

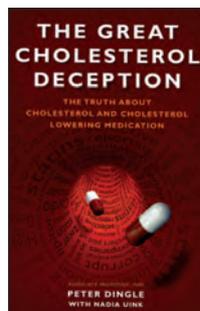
Losing weight is not about counting calories and living on the scales, it's about making small daily changes that will contribute to an exciting new you. Sandy Bröcking's own story is behind the innovative health plan presented which does not involve a radical or expensive diet regime.

Sandy is dedicated to saving others from what she has been through, especially the embarrassment of being greatly overweight.

### THE GREAT CHOLESTEROL DECEPTION

by Peter Dingle **\$32.00**

Sub-titled, 'The truth about cholesterol and cholesterol lowering medication', *The Great Cholesterol Deception* uncovers the myths and deception behind the taking of cholesterol medication, the statin drugs.



Sales of these drugs are worth more than \$1 billion a year in Australia alone and are some of the best money makers for the drug companies. Unfortunately, for the half a million people taking these drugs or about to take these drugs, they just don't work the way people assume.

"The promotion of a drug-dependent cure for high cholesterol ... has done nothing to stem ... chronic illness," writes Peter Dingle. "As a result, our population is over-medicated, our health system is financially strained and on one is actually healthier. The tragedy is that [heart disease] is a totally preventable disease."

With more than 500 scientific references and loads of logic, the book describes

how cholesterol is not the public enemy it is made out to be; rather it is just an indicator of a problem, more like a 'messenger' than a dangerous substance.

The book describes why cholesterol is one of the most important organic molecules in the body, essential for good health, and why the statin drugs don't work and have serious side effects.

Using dozens of references, Chapter 4 'Statin Statistics' shows how these drugs have, at absolute best, a mere one percent reduction in the risk of a heart attack and stroke but serious side effects of up to 25%.

The book also describes how the drug companies influence medical doctors, research, politics an even public advocacy groups like the heart foundation with their money.

It is written in plain language in 190 pages and was released October 2010.

### THE AUSTRALIAN VEG FOOD GUIDE 2011

Editor Lisa Dempster **\$25.00**

Whether you are travelling in Australia or just looking for something local, this guide was created to assist people to find new and interesting restaurants serving plant-based meals or close.

The 150 restaurants reviewed are either lacto-ovo-vegetarian, vegan or veg friendly and many offer raw foods. Whatever your dietary requirements are, the authors believe that diners will always find meals that are interesting and delightful. For people who like their meat, this guide may help you discover that veg food can be varied and delicious.

All Aussie states are listed in alphabetical order. Within each state, restaurants are listed in roughly geographical proximity.

Each establishment is given an overall 'bean' rating out of five. This indicates what the reviewer thought of it overall.

The most useful part of the ratings is the key. Plain symbols show at a glance whether a restaurant:

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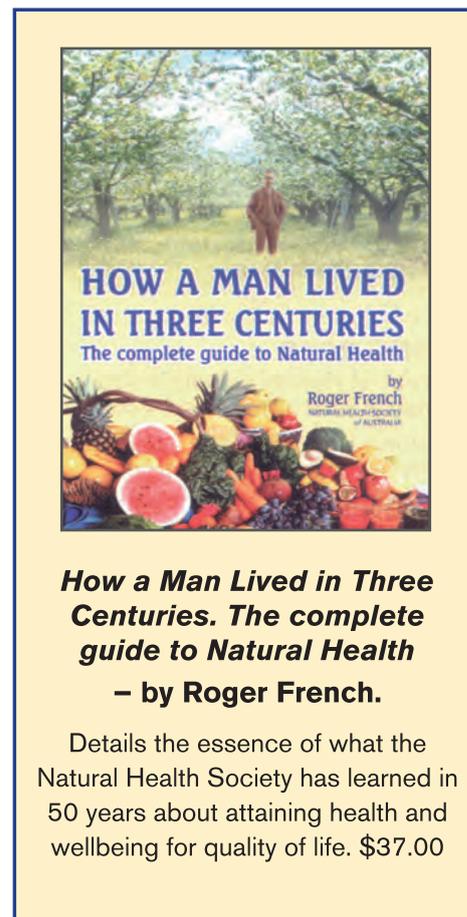
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841A	<b>Family Conditioner</b> 500ml (5Lt avail.)		15.95	
842	Purity Shampoo – Sensitive (no frag.) 250ml		16.95	
842A	Purity Conditioner – Sensitive (no frag.) 250ml		16.95	
843	Vitality Shampoo – Normal/Oily 250ml		16.95	
843A	Vitality Conditioner – Normal/Oily 250ml		16.95	
844	Serenity Shampoo – Dry/Damaged 250ml		16.95	
844A	Serenity Conditioner – Dry/Damaged 250ml		16.95	
845	<b>Affinity Shampoo</b> – Sulphate Free 250ml		16.95	

Code	Product	Qty	\$	Total
<b>KYPHI PERSONAL CARE *Smaller or Larger Size Available</b>				
20	<b>Silk Ambrosia</b> Body Moisturiser 175ml		19.95	
21	<b>Golden Silk</b> Shower Balm w. pump 500ml*		19.95	
22	Royal Silk Face & Hand Gel w. pump 500ml*		16.95	
57D	<b>Regard</b> Hand Clnsr/Cond'r w. pump 500ml*		8.95	
491	Sensu Deodorant Spray – Harmony 125ml		9.95	
492	Sensu Deodorant Spray – Intensity 125ml		9.95	
493	Sensu Antipersp. Spray – Energise 125ml		9.95	
495	Sensu Antiperspirant Spray – Force 125ml		9.95	
494	Sensu Sport Antip. Spray – Endurance 125ml		9.95	
<b>LITTLE ONE *Larger Size Available</b>				
18C	<b>Baby Bath</b> (hint of lavender & chamomile) 250ml*		11.95	
19	<b>Sanitiser</b> (multi purpose) 500ml		7.95	
180	<b>Soothing Lotion</b> (hint of lav./cham.) 250ml*		14.95	
181	Massage Oil w. Vit.E (hint of lav./cham.) 200ml		24.95	
182	<b>Kids 2in1 Shampoo/Conditioner</b> 500ml		19.95	
183	Kids Bubble Bath – Raspberry 250ml*		9.95	
184	Kids Bubble Bath – Jasmine/Musk Seed 250ml*		9.95	
<b>KYPHI SKIN</b>				
883	Lip Balm 10ml		10.95	
885	<b>Hydrating Facial Cleanser</b> 200ml		43.95	
886	Ultra Calming Eye Make-up Remover 100ml		39.95	
887	<b>Purifying Facial Tonic</b> 200ml		39.95	
888	<b>Skin Recovery Gel</b> 100ml		40.95	
889	Restorative Eye Cream 15ml		37.95	
891	<b>Anti-Ageing Day Cream</b> 50g		38.95	
892	<b>Intensive Repair Night Cream</b> 50g		36.95	
895	Renaissance Serum 15ml		69.95	
<b>KYPHI BODY</b>				
880	Rejuvenating Body Cream (heels/elbows) 50g		19.95	
881	Joint & Muscle Rub (magic for aches/pains) 50g		19.95	
882	Bath Salts with heavenly essential oils 400g		14.95	
869	Sweet Almond Oil with Vitamin E 200ml		18.95	
<b>CARMA CAR CARE</b>				
481	Car Wash Concentrate (protective) 500ml		13.95	
482	Interior Protectant 500ml (needs spray head)		13.95	
484	Wheel Wash 500ml (needs spray head)		13.95	
485	Interior Cleaner 500ml (needs spray head)		13.95	
<b>TOTAL FOR ALL ITEMS</b>			\$	
<b>Less 10% subscriber discount if applicable</b>			\$	
<b>SUBTOTAL</b>			\$	
<b>Plus Freight (flat rate)</b>			\$	17.00
<b>TOTAL AMT to pay by:</b> CHQ <input type="checkbox"/> M/O <input type="checkbox"/> C/C <input type="checkbox"/>			\$	
<b>Payment by C/C:    MasterCard <input type="checkbox"/>    Visa <input type="checkbox"/></b> <input type="checkbox"/> <input type="checkbox"/>				
Signature _____ Exp. Date ____ / ____				
NAME _____				
ADDRESS _____				
_____ Postcode _____				
Phone H _____ Alt. Ph. _____				

This is my first: Tri Nature order  KYPHI Skin/Body order  Please send full product/price list  Please send product brochure

IF I'M OUT, please leave at: Front door  Back door  Garage  Carport  Other  \_\_\_\_\_

**For large, bulk & trial/travel sizes, pumps, sprays, KYPHI Aroma and other products, ask for the full price list. Products are HIGHLY concentrated and long-lasting. For economy, efficiency and low environmental impact, please use pumps, scoops and polysprays, refer to containers and usage guides, or visit [www.trinature.com](http://www.trinature.com)**

Tri Nature's Australian made, plant-based products are guaranteed to give satisfaction when used as directed. If dissatisfied, contact NHSA within 30 days & 25% usage.

## Health Products

Available from the  
**Natural Health Society**  
**28/541 High Street**  
**Penrith NSW 2750**  
**Phone (02) 4721 5068**  
**Fax (02) 4731 1174**

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

### Compact Juicer

- ) Comes with Bonus Mincer
- ) Lifetime warranty on motor
- ) 5-year warranty on parts
- ) White and burgundy colours
- ) Quick and easy to clean.
- ) Simple assembly and disassembly
- ) Low 80 – 100 rpm to keep enzymes alive and ensuring high nutrient absorption
- ) Mill-type single auger making less juice foam
- ) High yield, dry pulp.
- ) Extracts pure concentrated juice.
- ) Juices vegetables, fruits, sprouts, ginger, wheatgrass, etc
- ) Also makes noodles, pasta, salsa, frozen fruit dessert, baby food, nut butters, fruit and nut balls, etc



**POSTED PRICE TO MEMBERS\* \$249**  
**NON-MEMBERS \$269**

### In-Lieu Toilet Converter



- ) Converts ordinary toilet so that you can squat instead of sit
- ) Prevents injury to pelvic-floor nerves caused by straining while sitting
- ) Has been found helpful for constipation, incontinence, prostate problems, haemorrhoids, diverticulitis, bed-wetting in children under 10 years
- ) Extremely strong plastic; white, stylish design
- ) A once-in-a-lifetime purchase; an excellent investment

Phone Natural Health Society for price

### Healthstart ION-70 Air Purifier

- ) For people with sensitivity to chemicals, microorganisms, odours, etc
- ) Can be beneficial for asthma, sinus, bronchial, other respiratory problems.
- ) Eliminates moulds, fungi, bacteria, viruses, pollen, dust, dust mites, chemicals, volatile organic compounds, odours, tobacco smoke
- ) Suitable for home or workplace
- ) Large coverage area – 70 square metres.
- ) Automatically monitors particles and odours
- ) Powerful, ultra-quiet, four-speed fan.
- ) All filters washable and long-life, except activated carbon and HEPA filters
- ) Two-year warranty



**POSTED PRICE TO MEMBERS \$499**  
**NON-MEMBERS \$519**

### Snackmaker

**5 Trays – Expandable to 15**

The EZIDRI SNACKMAKER makes delicious dried fruit, roll-ups, sweet and savoury snacks, muesli and health bars, corn and potato chips. You'll be amazed at how quick and easy these snacks are to produce, and the family will just love the results. Because dried food is light weight and space saving, it is perfect for backpackers, campers, boaties and school lunches. 'SOFT TOUCH' temperature settings with visual indication make for easy, user-friendly control.



**POSTED PRICE TO MEMBERS\* \$205**  
**NON-MEMBERS \$215**

### The Champion Juicer

**Superior to the standard centrifugal juicers**

- ) Easy to use and easy to clean
- ) Produces nutritionally superior fruit and vegetable juices
- ) Versatile – also makes frozen fruit desserts and nut butters
- ) Powerful 1/3 horsepower motor (3 year guarantee), designed to last.



**POSTED PRICE TO MEMBERS \*\$595**  
**NON-MEMBERS \$620**



# Shine Brighter



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