

Winter
2011
\$5.00

True Natural Health

The Magazine of the Natural Health Society of Australia

**False appetite and obesity
– new clues**

**Quinoa gluten-free pasta
and bread**

Nuts – super foods

**‘My cancer recovery in
4 months’**

Fever good for child

**Vegie garden, Part 1
– Compost bins**

**Shingles
– recovering naturally**

**RECIPES – Quinoa and
gluten free**





ORA MANUKA HONEY

Imported from the East Cape of New Zealand, Manuka honey is renowned for its health promoting properties and rich, distinctive flavour.

SPECIAL!
INTRODUCTORY OFFER
Buy one jar & get 50% OFF your 2nd jar!

“Ora” is the Maori word for “alive, healthy and satisfied”

An ancient Maori food for wellbeing, Ora Manuka Honey is an excellent nutritional supplement. It includes naturally occurring Hydrogen Peroxide Activity and UMF (a phytochemical factor). The Ora Manuka Honey business provides integrated Tribal development for the Maori people of the isolated East Cape region of New Zealand and is a major local employer.



Like a fine, red wine Ora Manuka Honey improves with age...

(Up to five years from date of extraction.)

Imported by **NTP Health Products**

PO Box 34, Tea Gardens NSW 2324 Phone: 1800 22 55 00

www.oramanukahoney.com.au

Join us!



Udo's Oil™ Original. Proven. Trusted.

A PROVEN BALANCE OF ESSENTIAL FATTY ACIDS, UDO'S OIL™ 3-6-9 BLEND CONTINUES TO SET THE STANDARDS FOR HEALTHY OILS.



The proper omega balance (2:1:1)

- It is important to consume more omega-3 than omega-6 in the diet
- The expert in the field of fat and nutrition, Udo Erasmus found that the ideal balance of omega-3, -6 and -9 is 2:1:1 for a healthy diet
- We get omega-6's from our diet, but these may be damaged from cooking, light or oxidation
- Omega-6 GLA from evening primrose oil was selected for its clinically proven safety
- This formula provides a full spectrum of healthy fats, phytosterols and other phytonutrients.

OPTIMUM TASTE AND FRESHNESS - JUST ADD IT TO YOUR MEALS



FREE. RECIPE BOOKLET!

For recipes and tips on how easy it is to add Udo's Oil™ to your favourite dishes, phone 1800 225 500.

find it in the fridge

Imported by NTP Health Products • www.ntphhealthproducts.com • 1800 22 55 00

How's your appetite for food and information

Editorial



The Easter break was a great bonus for those of us who work long hours. With one more day than usual, the five days provided many of us with the opportunity to forget about work, relax, have time with our family and to celebrate the spiritual aspects. For those of us within reach of Sydney – and who like crowds of happy people – the Easter Show offered some marvellous fun.

The first issue of our new magazine, *True Natural Health*, prepared exclusively for members of the Natural Health Society and Vegetarian Societies, has been well received. Many members have commented favourably on the new layout and the wealth of information. This edition includes an extra four pages and we plan to continue expanding the magazine in the future.

The Vegetarian Societies in Sydney, Queensland and South Australia are receiving this magazine, which is very

pleasing because we are kindred organisations and have shared information for many years. The contact details for these Societies are on page 35.

Once again, we offer a mass of fascinating quality-of-life, up to date information.

The leading article on false appetite is super enlightening for people who find that they cannot stop eating, whether adolescent or adult. The information therein is like a huge jigsaw piece that has been missing all along.

Relatively youth oriented are the topics of fever – it can actually be good for us – and ear candling for congested ears.

New to Aussie is quinoa, a protein seed that not everyone has heard of – and most can't yet pronounce properly. It is introduced on page 12 with pasta and bread based on quinoa. This remarkably nutritious little seed has been labelled 'the gold of the Incas'. Some

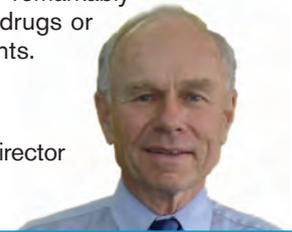
good quinoa recipes are presented in the recipe section.

Well known to all of us is another group of protein-rich foods, nuts. Read on page 14 about the wonderful benefits of including tree nuts regularly in our weekly menu.

Most importantly, the Society wants to hear from you, the reader – what you want from your membership, and more stories about your successes and difficulties in relation to your health. We are seeking a selection of members' stories and offering a free one-year subscription to those published.

In this issue, we present Rosemary Scarpignato's story, telling how she overcame her cancer in a remarkably short time without drugs or other toxic treatments.

Roger French,
Editor and Health Director



About Natural Health Society

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.

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 the Society and Hopewood.

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.

Committee

Elizabeth French, President and Treasurer
Terry Dwyer, Vice-President
Richard Stepniewski, Immediate Past President
Amalia Pezzutto
Vicki Pickup

Staff

Roger French, Health Director and Editor
Tracey Priest, Office Administrator

For more information:

Phone 02 4721 5068
Email info@health.org.au
Website www.health.org.au
or write to Suite 28 Skipton's Arcade, 541 High St, Penrith NSW 2750.

Subscription form

Turn to page 33 or use the telephone or website.

Graphic designer, Melissa Howard Design 0402 796 254

Printed by Superfine Printing, Arncliffe 9567 3044

Acknowledgement

The Natural Health Society gratefully acknowledges the continuing and generous support of the Australian Youth and Health Foundation, which established the Society.

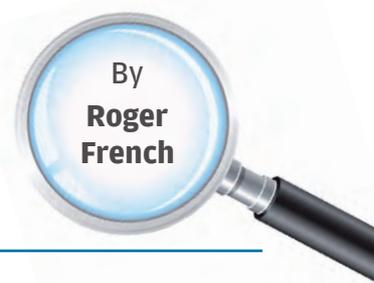
The publishers, authors and editors of, and contributors to, this publication shall not be liable in any action or proceedings arising out of information provided in this publication, nor shall they be responsible for any error or omission in such information. They expressly disclaim all and any liability to any person or persons arising out of anything done, or omitted to be done, in association with the publication of this magazine. The publication does not purport to provide medical advice or opinion and readers should not rely upon any information which is contained in this publication for that purpose. Any reader wishing to obtain medical advice or opinion should consult his or her own health professional.

Contents

- [02] The New Clues to False Appetite and Obesity
- [04] How I Cured My Cancer in Four Months
- [06] Your Questions Answered
- [09] Natural Health Society Announcements
- [10] Cellular Health Analysis ... How Old Are You, Really?
- [12] A Solution for Pasta in a Gluten-Free, Grain-Free Diet
- [14] Plant-Based Eating – Nuts
- [15] Enzymes – Miracle Workers
- [18] Recipes – Gluten-Free and Quinoa Selection
- [20] Fever – A Child's Best Friend
- [22] Ear Health and Ear Candles
- [24] The Home Garden – Part 1. Compost Bins
- [26] Your Say ...
- [27] Dealing with manipulation in the workplace
- [28] Natural Health for Shingles
- [32] Natural Health Society Shop
- [34] Tri Nature's Chamomile 2-for-1 offer
- [35] Kindred Organisations
- [36] NHS Health Products

THE NEW CLUES TO FALSE APPETITE AND OBESITY

For both adults and children



Why are large numbers of people – including children – obese to the point that the weight loss industry is booming? Is it just gluttony or might it be something else? Recent research has revealed that there certainly is something else, and it is to do with two particular hormones, the role of one of these having been discovered only very recently.

The two hormones govern when we are hungry, when it's time to stop eating, and what our body should do with its glucose and fat – store them or burn them. The hormones are *insulin* that is well understood and *leptin* which has functions that are recent discoveries. (Hormones are chemical messengers that control all bodily activities.)

Leptin is the more intriguing hormone – let's look at it first.

THE POWERFUL ROLE OF LEPTIN

Leptin tells the brain when we need food, how much to have and when to stop eating. It also does other things including increasing energy, regulating blood circulation, preventing blood clots, and regulating body temperature and reproduction.

Leptin is produced by body fat, and signals the brain to let us know when we are hungry or full. A low leptin level signals the brain to eat more. A high leptin level tells it to stop eating by suppressing appetite. This hormone also tells our body where to store excess fat. People who are leptin resistant typically gain weight in the belly – the most unhealthy kind of fat.

Leptin Resistance

'Fasting' leptin (measured first thing in the morning) should be low. If it's high, it is probably because the body is de-sensitised to leptin, known as *leptin resistance*. High fasting leptin indicates that the body will 'sabotage' any weight loss efforts that we are making and also open the way for a cascade of health problems.

Besides obesity, abnormally high leptin levels greatly increase the risk of heart disease, diabetes, osteoporosis, arthritis, autoimmune diseases, reproductive disorders and premature ageing. Inflammatory diseases are strongly promoted by high leptin levels. Leptin is much more important to heart health than cholesterol, yet very few practitioners know this.

The following study found that leptin resistance accompanied by a high-fat and high-calorie diet results in weight gain and obesity.

The Key Trouble Maker, Fructose

Researchers of the American Physiological Society showed in 2008 that high levels of fructose can slowly cause leptin to cease functioning properly. For six months, they fed one group of rats a high-fructose diet and another group, the control group, a fructose-free diet. At the end of the period, the only difference between the groups was that the high-fructose-diet group developed higher triglyceride (blood fat) levels. [Note that the Natural Health Society is opposed to research involving animals. However, as this research has been done, we may as well see the results.]

At the end of the six months, both groups of rats were injected with leptin to see how the animals' eating behaviour responded. Higher levels of leptin should have caused the rats to eat less food, and the fructose-free rats did consume less. But the rats that had consumed high fructose did not reduce their intake. The searchers concluded that high levels of fructose suppress the action of leptin.

Next the researchers put both groups of rats on a high-fat, high-calorie diet of the kind many Americans eat. They found that the high-fructose rats which were leptin resistant ate more and gained much more weight and fat than the fructose-free control group.

This was the first study to demonstrate that leptin resistance can be brought on by high fructose consumption.

All told, this study showed that leptin resistance can:

develop by eating a lot of fructose;

develop silently, that is, with no outward indication it is happening;

result in weight gain when the diet is high fat and high calorie.

One of the researchers commented, "This study may explain how the global increase in fructose consumption is related to the current obesity epidemic."

How Fructose Works

Why does fructose suppress leptin? Studies have found that elevated blood triglycerides tend to prevent leptin crossing the blood-brain barrier. Because fructose raises triglycerides, it would indirectly prevent leptin from reaching the brain, and if leptin does not reach the brain, the brain will not signal when it is time to stop eating.

It has been discovered that fructose in the liver does three things that are particularly harmful – it promotes uric acid production, it initiates fat production in the liver, and it promotes an enzyme called *Junk One*.

Junk One has been shown by Harvard Medical School to stop the insulin receptors in the liver from working. And when these don't work, insulin levels in the bloodstream have to rise. This interferes with normal brain metabolism and renders useless the protective role of leptin against over-eating. (More about the role of insulin in the next section.)

Fructose in Abundance

Fructose is the prominent sugar found in fruit, but it's not the normal consumption of fruit that is the problem. Refined sugar and high-fructose corn syrup (made from corn starch) are both about 50% fructose, and these ingredients have become increasingly common in many foods and beverages. People are now consuming much more fructose than ever before.

In Australia, manufacturers are adding mainly refined sugar (sucrose) and in the US it is mostly high-fructose corn syrup.

Average consumption of fructose from refined sugar and fruit juices by Australians has gone from almost nil a century ago to around 22.5 kilograms per person per year (60 grams per day) in year 2000. Unfortunately for Americans, they consume one-and-a-half times this amount.

At these levels, fructose is toxic to the liver. It's not that the calories in fructose are different, it's the fact that the only organ in the body that can take up fructose is the liver. High fructose also raises blood sugar and insulin, both of which affect the regulation of hunger.

By adding fructose for the reason that it doesn't depend on insulin, food manufacturers may be fuelling the obesity epidemic – in addition to causing liver damage.

Medications for Leptin Resistance

New medications for type-2 diabetes, Byetta and Symlin, are being used for leptin resistance treatment, and producing dramatic weight loss in people who are leptin resistant. The drawback is that there are negative side effects.

A more natural leptin resistance treatment uses an extract from the African plant, *Irvingia Gabonensis*. This herb alone can help correct leptin resistance.

The Right Foods Could Do It Best

A diet high-ish in good fats has been found to be successful for leptin resistance. Good fats are monounsaturated fats as in olive oil, canola oil, avocados, nuts, seeds, olives and dark chocolate.

On the other hand, the worst way of eating if there is leptin resistance is a diet overloaded with carbohydrates and saturated fats. High carbohydrate foods are breads, pasta, breakfast cereals, rice, cakes and other grain foods. All concentrated and refined sugars and other junk foods should be avoided. Even a high-carbohydrate diet that is low in fat has been found to be *not* effective in getting rid of belly fat and reducing overall weight.

A Vicious Cycle

Many investigators have shown that high-fructose eating day after day for years causes the body to become insulin resistant, so that it then makes even more insulin.

The fructose-leptin-insulin mechanism was summarised on ABC Radio National on 9th July 2007 by Dr Robert Lustig, Professor of Paediatric Endocrinology at the University of California, San Francisco. Referring to the effects of high fructose intake, he said:

“Putting all this together, there is a cycle of increased insulin causing increased production of liver fat, liver deposition of fat, increased inflammation, non-alcoholic fatty liver disease and inability of the brain to recognise leptin. You then consume more fructose, produce a whole lot more insulin, and so on, and now there is a vicious cycle out of control.

“Fructose – because of the way it’s metabolised – is actually damaging the liver in the same way as does alcohol. It’s like alcohol without the buzz!”

THE DIRECT ROLE OF INSULIN IN OBESITY

Researchers have found that people with high levels of insulin find it much more difficult to lose weight than people with low levels. This is to do with impaired sensitivity of the insulin-receptors on bodily cells.

When these receptors are desensitised, the body attempts to correct this by making more insulin. One of the effects of insulin is to inhibit a fat-burning hormone called *hormone-sensitive lipase*, a hormone which releases fat into the bloodstream to be used for fuel. But if this enzyme is inhibited by high insulin, the body can’t burn fat, so it will burn carbohydrates and protein (from muscles) for energy.

The aim is to have low levels of insulin so that large amounts of hormone-sensitive lipase will be produced, and the body will burn fat throughout the day and get rid of those excessive deposits.

Putting this another way, by focussing on getting insulin levels down – rather than focussing on calorie intake – the fuel being consumed will be burned by muscle rather than being forced to be stored as fat.

It has been observed that when insulin levels come down from high levels, obese people (who had no other health problems) greatly reduced their carbohydrate intake. They stopped snacking between

meals and stopped drinking soft drinks – without even being told to do so. Because they felt better, they began regular exercise and they lost weight. They continued eating less and exercising, and kept losing weight.

The key point is that insulin receptors on bodily cells stop working properly when people eat a lot of junk foods and/or when they don’t have the regular physical activity for which the body is designed.

Along with avoiding junk foods, regular exercise will lower insulin, especially if it is strength training that builds muscles. In fact, exercise is the best ‘treatment’ for high insulin by far.

It is a well established fact that exercise is a key to overcoming obesity, and people naturally assume that this is because it burns calories. But this idea is unrealistic because 20 minutes of jogging burns only the calories in just one choc-chip cookie.

Exercise certainly does burn calories, but it also does three other things that have more potent effects:

1. It increases insulin sensitivity in skeletal muscle, causing insulin to work more effectively.
2. It reduces cortisol levels. Cortisol is a stress hormone that also causes deposition of abdominal fat, leading to a ‘gut’.
3. It helps to counter the effects of fructose.

IN SUMMARY

Abnormally high leptin indicates that the body is de-sensitised to leptin. This leptin resistance can be brought on by high fructose consumption, and if the diet is high in saturated fat and calories, the result will very likely be weight gain.

High fructose eating also promotes an enzyme called Junk One, which causes insulin levels in the bloodstream to rise. High insulin causes more fat to be made.

The fructose in whole fruit is not the problem. It is the fructose contained in large amounts of refined sugar, fruit juices and high-fructose corn syrup that do the damage.

The worst way of eating if there is leptin resistance is a diet overloaded with carbohydrates (refined sugar, bread, pasta, breakfast cereal, rice and cakes) and saturated fats. Good fats (to have in moderation) are those in avocados, nuts, seeds, olives and olive oil. Following Natural Health Dietary Guidelines should restore normal appetite regulation.

Double benefits come from regular exercise. It causes insulin to work more effectively, lowering its levels, and helps to counter the effects of fructose.

No more embarrassing smelly gases

Black Zinger is a new super healthy pleasant tasting drink that gently cleans and reconditions your colon

BLACK ZINGER
Roasted Brown Rice Drink



Contact: Black Zinger Australia
T: 02 49684825 07 41595647
www.blackzinger.com.au

DAANGEROUS GASES



Rosemarie
Scarpignato

Member Story

How I Cured My Cancer in Four Months

"You have cancer!" Those are three words no one wants to hear. It all started in August 2010 when I was age 65. I had been cleaning out my fridge, and that night I noticed my hand and arm were a bit sore. The next day my arm started to swell, especially around the elbow area. I thought I had strained my arm with too much cleaning. Before I knew it, over a period of some weeks, my hand was swollen and my lower arm and elbow had blown up into a very large arm.

I consulted my GP and hand specialist, who could not find anything wrong with me, so I came home and wondered what on Earth could this swelling mean. Then during the last week in September, I developed excruciating nerve pain right in the middle of my hand so that I couldn't sleep for that week. It was on the long weekend in October 2010 that my son came to dinner and I said that he had better take me to Royal North Shore Hospital as I couldn't stand the pain any more, and it was gradually getting worse.

I stayed in hospital for 16 days as the doctors conducted every test imaginable. Finally they did a lymph node biopsy and discovered I had non-Hodgkins lymphoma, with a malignant tumour on my elbow. How confronting it was when we were told this news! They conducted a PET Scan, which scans the whole body looking for abnormalities, and found that I also had cancer in the bone in my shoulder.

I had vowed that if I ever got cancer, I would never have chemotherapy, but I had to go along with the doctors' advice that I wouldn't survive without it. This was against my beliefs, but it seemed I had no choice, so I had to have three months of intensive chemotherapy with strong drugs, every two weeks for five hours at a time for six treatments.

Well, I thought, I am going to cure myself and get out of that chemo ward as quickly as possible. Having some knowledge of disease and its relationship with diet and nutrition, and having stayed at Hopewood Health Retreat a couple of times and listened to the health talks by the knowledgeable Roger French, I had learned a lot. This had enabled me to adopt a healthy, mostly plant-based diet, with proper food combining.

I then realised there is a strong correlation between a toxic digestive system that contains impacted faecal matter that sits on the walls of the intestines and rots and becomes toxic and creates disease in the body. I know that most people with cancer have bowel or constipation issues through lack of fibre.

I do not eat starches with proteins as they interfere with digestion, and I don't eat potatoes, my only starchy foods being kumera or brown rice. I don't drink with meals except at breakfast time.

My diet is as follows:

On rising

2 tablespoons aloe vera juice

2 x 200 ml glasses of filtered water, each with a squeeze of lemon (a reverse osmosis filter gives the best water)

Breakfast

1 glass vegetable juice, freshly made from the following:

1 medium carrot (chopped)

1 celery stalk

1 piece ginger (small)

½ raw beetroot

1 or 2 pieces red or white hard cabbage

½ small red apple to sweeten.

This is followed by:

1 slice watermelon and half a Granny Smith apple (skin on)

1 mug green tea made with loose leaves (bought from Asian tea shops)

1 slice gluten-free bread, toasted or baked and topped with mashed avocado or tahini mixed with chopped chives and lemon juice

11.00am

1 glass water, warm or room temperature (never cold)

Lunch

A large salad consisting of raw grated beetroot, cos lettuce, rocket radicchio (Italian red lettuce), celery, cucumber and 1 boiled egg or 1 vegetarian pattie. Dressing is olive oil and lemon juice (never vinegar), rock salt and cayenne pepper.

2.00pm

1 glass water

3.30pm

1 cup of herbal or green tea with a health or homemade biscuit or some dried fruit.

Dinner

6.30 – 7.00pm

1 bowl vegetable minestrone soup or dahl or borsch

Curried borlotti bean stew OR rice pilaf meal or starch meal of baked Kumera or pumpkin with green vegetables and coleslaw salad.

The coleslaw salad is very tasty. It is made with: red cabbage and white cabbage sliced finely, grated carrot, finely-chopped celery, chopped mint and parsley. Place in large glass salad bowl and cover with glad wrap. I take out enough for each meal; it will keep in the fridge for a week. Dressing is same as above.

ALSO very important is Spanish onion salad: onion is cut finely in half circles and tossed with oil, lemon juice and dried oregano.

8.30pm

1 piece of fruit – watermelon or rockmelon or pineapple or fuji fruit (full of fibre).

10.00pm

1 glass warm water with squeeze of lemon

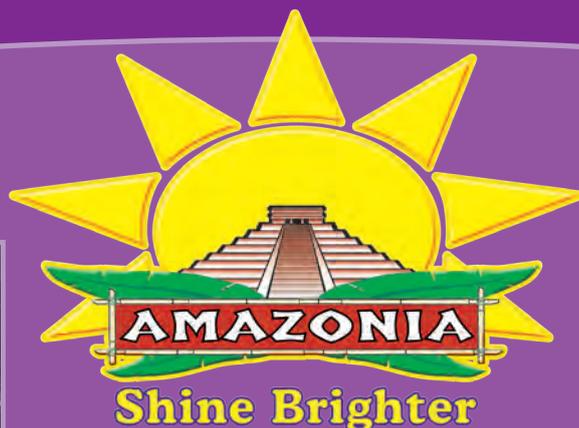
After the first chemo treatment and up to the sixth and final treatment, I never experienced the dreadful fatigue other people speak of, and always had a lot of energy, except for the last three weeks when I was very tired because of the draining side effects of this hideous treatment.

After the first chemo treatment, my haematologist examined me and couldn't believe that he couldn't find any swellings or tumours already and was very happy with this progress. The same reaction followed the second, third, fourth, fifth and sixth treatments. His words were, "I can't be happier with you. Do keep going with your diet."

Finally, the haematologist requested that I have another PET scan to see if there was any more cancer. To his surprise, the report read as follows in just after 4 months: "Your malignant lymphoma in the elbow has all resolved and the PET scan shows no signs of any more cancer. The cancer in your bone is all clear. You have made a remarkable recovery." On examining me, the haematologist said, "Excellent".

I think that this must be a recovery in record time, and I think it must be thanks to my healthy diet.

[Congratulations, Rosemarie! - Editor]



SUPER BERRY HEALS 'SUPER-GRANNY'

Acai is one of the highest antioxidant-rich foods in the world. Boasting an incredible list of vitamins and minerals, omegas 3, 6 and 9 and amino acids, it's no wonder an 80-year-old champion swimmer is enjoying the incredible health benefits that little berry from the Amazon Rainforest has to offer.

An enthusiastic user of Amazonia Purpleberries is 80-year-old 'super-gran', Lola Virgin, of Gorokan NSW. She has swum all her life and exercised regularly to help manage her asthma, competing in swimming events in the World Masters Games in year 2000 and numerous other competitions. In 2008 she won gold in the NSW masters swimming championships in the 75 – 79 year category, and is planning to train for the next games in 2013. Recently Lola begun eating acai berries every day and can't believe the health benefits she's begun to see and feel.

"I want to share with Australian people what this 'Purple Berry' is doing for me and my son, Kim, my new trainer." Lola has been eating Amazonia's Acai powder for a few months and has already noticed that "...after a short time, memory and eyesight improved enough to be noticeable." But that wasn't all – the remarkably nutrient-rich superfood had also increased Lola's "energy and stamina" so much that Lola and her trainer have already "...stepped up training, finding that (Lola) recovered in a much shorter time than before." At 80 years of age, she is now enjoying "...doing things that I had left behind."

Being very well known and somewhat of a celebrity

on the Central Coast of NSW, with past appearance on the Kerry Anne Show, talk-back radio and the ABC, her friends and family are also noticing the change in Lola's appearance. "People are always commenting on the way our skins are looking, and have trouble picking our ages," says Lola. "Our skins have a soft, refreshing look that makes others ask what we are taking? The acai berry gives you a sense of wellbeing and does wonders for rejuvenation of the skin. When we cut or hurt ourselves, we heal quicker. My son just won't sit still, always finding something to do, and his impatience and concentration have improved."

But it's not just Lola's skin that has benefited from the berry. Acai is also known as a fantastic 'blood food' with its very high concentration of anthocyanins (these make red wine red), which can help assist in maintaining a healthy cardiovascular system and may aid in reducing blood pressure.

"I recently had a full blood count and was not surprised when the doctor said that my sugar levels are fine now and nothing is showing out of order," says Lola. With plenty of training coming up for the 2013 games, Lola is looking forward to a healthy and more energised life thanks to superfoods like acai. "I cannot express enough the difference the acai berry has made in my life. Thank you, from Lola and Kim Virgin."

Find out more or begin taking acai berries every day yourself! Simply visit

www.PurpleBerry.com.au or call 1300 85 10 50

YOUR QUESTIONS ANSWERD



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. TEXTURED VEGETABLE PROTEIN – TVP:

I would like to know your opinion regarding textured vegetable protein. I have read that TVP is not good to eat and we should avoid any vegetarian products with this in it, but I can't remember why. Can you help please? – *V. A., email*

A. What you read is well justified, and the manufacturing process shows why. TVP is also known as 'textured soy protein'. We need to be clear that TVP is not tofu. Tofu is a wholesome food, although a lot of the water-soluble minerals from the original soya beans have been strained off. The best form of soya beans to eat is tempeh, which is fermented whole beans. Fermentation has numerous benefits including destroying enzyme inhibitors.

TVP is made from 'defatted' soya flour, which is the remains of the beans after the soya oil has been extracted, and is abundantly available. The defatted flour is mixed with water and formed into dough, then pushed through an extruder in which it is heated to a very high temperature of 150 – 200°C that denatures the protein. As the molten protein mixture exits the extruder, the sudden drop in pressure causes it to expand into a spongy, porous, fibrous food that is then dried. The extruder forms the mass into various shapes – chunks, flakes, nuggets, grains and strips.

The TVP is then sliced into different sizes and shapes depending on the substitute meat product it is intended for. Its great attraction to manufacturers is that it is versatile and can be made to take on the texture of whatever ground meat it is substituting.

TVP contains about 50% (denatured) protein, which requires the addition of water before use. Because the soya oil was extracted before manufacture, TVP is low in fat. It is also relatively low in carbohydrates.

One-sixth of TVP is fibre. There is also a lot of potassium, almost no sodium, and some calcium and iron. It retains small amounts of hormonal phytoestrogens.

TVP is suitable for vegetarian and vegan diets, except that some commercial TVP-based foods may contain animal products, so it is necessary to check the ingredient list. People who are allergic to soy should, of course, avoid TVP.

What is the significance of the protein being denatured? Proteins have many vital functions, but a denatured protein is no longer able to carry out its function. Destroying the functions of proteins is serious stuff. Proteins are the basic structure of muscle cells, skin, hair and nails and are part of bone. Protein compounds in the body include enzymes, hormones and the defending cells of the immune system. Enzymes trigger all the chemistry of life itself, while hormones regulate bodily functions.

When food is cooked, some of its proteins become denatured. This is why boiled eggs become hard and cooked meat becomes firm.

If egg white, which is mostly the protein albumin in water, is overcooked, it becomes tough and leathery and relatively indigestible.

In summary, a protein that has been heated to 150 – 200°C and thoroughly denatured cannot be nutritious and could possibly be detrimental. So we would not intentionally use TVP.

Q. HYDROLYSED VEGETABLE PROTEIN – HVP:

What is the story about hydrolysed vegetable protein? Is it processed like TVP? What, exactly, is it? – *R. D., email*

A. HVP is vegetable protein that has been broken down into its component amino acids, equivalent to being pre-digested. It is produced by boiling soya beans or other legumes or corn or wheat in hydrochloric acid, and then neutralizing the solution with sodium hydroxide. 'Hydrolysis' means to chemically break down with water.

HVP is sometimes shown in ingredients lists as 'hydrolysed soy protein' or 'hydrolysed wheat protein'. It is a dark coloured liquid that contains, among other amino acids, *glutamic acid*. It is used as a flavor enhancer in many foods because of the pleasing flavour of some of these amino acids, which can only be tasted when they are free.

Glutamate tastes particularly good, and when combined with sodium to form a salt, it is *monosodium glutamate*, the 'dreaded' MSG. Glutamic acid is an important amino acid for our bodies, and occurs in many foods, including cheese, tomatoes and walnuts, and is also produced by the body. However, when made into a food additive, it is concentrated and can cause symptoms – known as 'Chinese Restaurant Syndrome' – that include headaches, numbness, tingling, flushing, weakness and muscle tightness.

There are no indications that HVP is harmful. However, it does contain some MSG and should be avoided if there is sensitivity to MSG. Many manufacturers describe HVP as a 'natural' flavouring, but this is misleading because it can create risk for consumers who need to avoid chemical additives.

Some of the processed foods that may contain HVP are soups, seasonings, yeast extracts, dressings, frozen foods, gravy mixes, stuffing products, spreads, marinades, prepared salads, snacks, sauces and ready-to-eat meals. A popular example is Promite

Q. SOFT BUTTER:

Could you please tell me if 'soft butter' is OK, or do they put something in it to keep it soft in the fridge? – *Paula, email*

A. This is a good question, because butter from the fridge (where it certainly should be kept) is too hard to spread easily. In contrast, polyunsaturated margarine is very easy to spread at fridge temperature, but causes concern in other ways [see next question]. ▶

Making butter reasonably soft at fridge temperatures is a really good idea, provided the process is harmless.

One of the readily available brands of soft butter is Devondale, the brand of the Murray Goulburn Co-operative. This is the largest co-operative dairy company in Australia, being responsible for nearly 35% of Australia's milk production.

The following ingredient lists of two varieties of soft butter show that it is the addition of oil – canola oil – which creates the spreadability. In the case of the extra soft, more water is added.

Devondale Dairy Soft. Ingredients: Cream, Canola Oil (27%), Water, Salt, Vitamins A and D. Fat 81%, of which 41% is saturated. The content of milk fat is 58%

Devondale Extra Soft. Ingredients: Butter (44%) [Cream, Water, Salt], Water, Canola Oil (22%), Vegetable Gum (440) [pectins], Salt, Emulsifier (471) [fatty acid combinations], Preservative (202) [potassium sorbate], Food Acid (270) [lactic acid], Flavour, Vitamins A and D. Fat content 60% of which 26.5% is saturated. The milk fat content is 37%.

Devondale explained the manufacturing process to me as follows:

"Milk is separated into cream and skim milk. The cream is then pasteurised at 88 – 92°C for approximately 30 seconds. It is then cooled to 10 – 14°C for a minimum of 10 hours, after which time canola oil is added and it is churned into butter with salt added (or salted products), with the remaining milk liquid draining away. The butter is then packed into parchment paper or tubs, coded and stored."

This process seems to be safe enough, and I, for one, am happy to use this soft butter. Because the 'soft' version contains no chemical additives, I would favour this over the 'extra soft' which contains preservative.

If any reader would like more information, they could phone the Murray Goulburn Co-operative on freecall 1800 032 479.

Q BUTTER vs MARGARINE:

'To spread or not to spread – that is the question.' I would appreciate your views on the health pros and cons of butter versus margarine. The multiple choices available in the supermarket only add to my confusion. I often use no spread at all, but hot-buttered toast is rather yummy to have occasionally. – G. B., Ridgehaven SA

A. Various sources associate margarine with numerous adverse health effects, including artery disease, eye damage, the consequences of trans fats, blood clots, cancers, lowered immunity and, it has been suggested, reduced quality of breast milk.

Seven years ago, one of Sydney's leading ophthalmologists asked the question: can margarine send you blind? He then outlined how large amounts could contribute to macular degeneration. In the Autumn 2010 issue of our magazine (then titled *Natural Health and Vegetarian Life*), an American heart surgeon with 5,000 open-heart surgeries to his credit declared that he believes that polyunsaturated margarine – that was intended to prevent artery disease – is actually a major cause of it.

So bad are trans fats that some countries/states, including New York, are putting strict limits on the use of trans fats in processed foods. Most margarine brands are removing trans fats, but the process of removal is, according to one writer, just as bad.

People on strict plant-based diets would be better to use one of the alternative plant-based spreads mentioned below.

Poly margarine is high in the omega-6 essential fatty acid, *linoleic acid*, a major problem being that a high intake of omega-6 can cause blood to clot too readily. It also inhibits the conversion of

the basic omega-3 fatty acid (*alpha-linolenic acid*) to *DHA*, an important omega-3 needed especially by the brain. Most people are consuming far too much omega-6 fats in the form of margarine, other hardened vegetable oils and liquid vegetable oils in bottles.

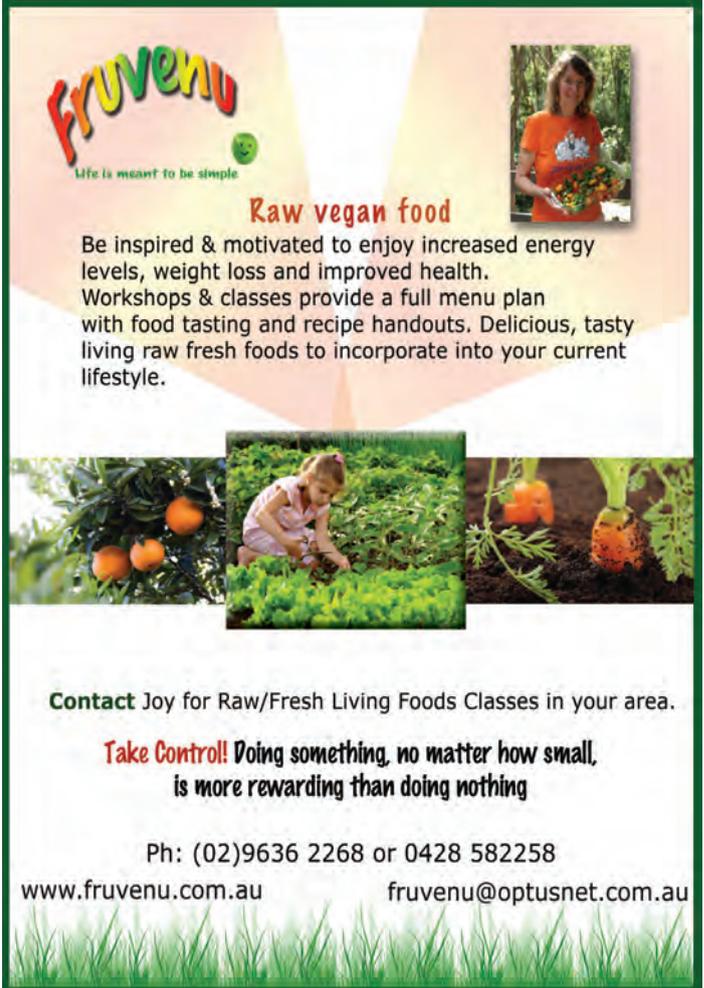
Omega-3 fatty acids have the opposite effect; they oppose blood clotting – which is why Eskimos (eating all that fish and blubber) bleed readily. The prominent omega-3, alpha-linolenic acid, is abundant in flax oil, walnuts and some other nuts and seeds. *DHA* and *EPA* are found abundantly in fish oil and in human breast milk where it is vital for the brain development of the infant. (This is why fish oils are promoted these days, although we much prefer the plant omega-3s.)

Because omega-3s are relatively scarce, while omega-6s are abundant, most people are consuming omega-6s and omega-3s in a potentially dangerous ratio. Rosemary Stanton, in her excellent book, *Good Fats, Bad Fats*, explains that on a natural diet, we would consume omega-6 to omega-3 fatty acids in the proportion of 3:1 to 6:1. But mainly due to margarine and vegetable oils, the ratio is often 14:1 or up to 40:1.

This imbalance can cause blood clotting and inflammation and reduces the conversion of linolenic acid to *EPA* and *DHA*.

Another source of trouble is that polyunsaturated oils turn rancid very easily, and with processing and storage, the potential for rancidity is greatly increased. It is well established that rancid (oxidised) fats are major contributors to heart disease, stroke, cancer, macular degeneration and other degenerative conditions.

After all that, what is best – or least harmful – to put on bread? Unsalted butter is undoubtedly less harmful than margarine, simply because it is a pure 'natural' food free of additives. If a person has a triglyceride (blood fat) problem, then it is virtually essential to ▶



Fruvenu
Life is meant to be simple

Raw vegan food

Be inspired & motivated to enjoy increased energy levels, weight loss and improved health. Workshops & classes provide a full menu plan with food tasting and recipe handouts. Delicious, tasty living raw fresh foods to incorporate into your current lifestyle.

Contact Joy for Raw/Fresh Living Foods Classes in your area.

Take Control! Doing something, no matter how small, is more rewarding than doing nothing

Ph: (02)9636 2268 or 0428 582258
www.fruvenu.com.au fruvenu@optusnet.com.au

avoid both, at least until triglycerides have come down.

Superior to either would be mashed avocado, mashed banana, tahini, peanut butter or even (home-made) 'extended butter'. It is easy to make extended butter. Put into a blender one packet of unsalted butter at room temperature, one cup of olive oil and one cup of water, also at room temperature. Blend until smooth, then place in an airtight container in the fridge. Not only is this as spreadable as margarine, but it contains only one-third the amount of saturated fat.

So it is partly true that margarine can send you blind, cause heart disease and stroke and possibly even make a contribution to cancer – if it is eaten regularly, that is.

One final gem re poly marg. It is just one molecule away from being plastic. This is why flies and microorganisms won't touch it. After all, would you melt your Tupperware and spread that on your toast!

Q. LOW-FAT DIET FOR DIABETES:

By chance, I was fortunate enough to hear you on Radio 2GB a few weeks ago. An excellent program! As a result I have joined the Natural Health Society.

I am diabetic so was very interested to hear that diabetes sufferers have had good results using a low-fat diet. You mentioned that four non-animal products have a high-protein, low-fat content, I think that beans are one of these. Could you please advise what these four items are and also if any of the publications available through the Society provide further details. – *N. B., email*

A. The four foods that I mentioned are all protein-rich foods that have much lower fat contents than most other protein foods. They are lentils, chick peas, kidney beans and lima beans. In the dried state, their *protein* and *fat* contents *respectively* are:

- ✿ Lentils 24% and 2.0%;
- ✿ Chick peas 15% and 5.0%;
- ✿ Kidney beans 22% and 1.8%;
- ✿ Lima beans 21% and 1.7%
- ✿ Haricot beans 22% and 2.2%.

For comparison, look at some common protein foods:

- ✿ Soya beans are 31% and 20.2% (respectively);
- ✿ Unprocessed cheddar cheese is 25% and 34%;
- ✿ Beefsteak (raw) 19 – 23% and (fat) 9% - 17%;
- ✿ Lamb 15 – 20% and (fat) 13 – 32%. [Interestingly, 'fat lambs' really does mean fat!]

So we can see why the above legumes

enable us to have a very low-fat diet, but still adequate protein. Their fat levels, ranging from approximately 2% to 5%, make them marvellous foods for a condition like diabetes type-2, in which insulin is present in the body, but not working properly because of too much fat in the bloodstream and coating the cells.

Small quantities of low-fat cottage cheese or reduced-fat ricotta cheese could possibly be included in an anti-diabetes diet for variety. Protein and fat contents are respectively: cottage 18% and 1.2%; ricotta 10.4% and 8.7%.

Our detailed article on diabetes was published in the Summer 2007-8 issue of *Natural Health and Vegetarian Life*, pages 26 – 29. Copies of this issue plus our dietary guidelines in the Spring 2009 issue are available for \$10 incl. postage.

Q. SILICONE ADHESIVES:

Can you tell me whether or not silicone-based adhesives cause respiratory problems? I believe that I have had a migraine and an asthmatic reaction after being exposed to glues, but I have been informed that silicone adhesives are considered 'safe' and non-toxic. Can you tell me about the 'safety' of these adhesives? – *Gloria, email*

A. I have searched extensively for reports of harm to health associated with silicone-based adhesives, and can find nothing negative – apart from silicone breast implants, which are a very different use of silicones.

I have found that silicone products are widely used in various health care applications, suggesting that they are fairly safe. Here are some of them:

Dental Care. Because of excellent stability, tear strength and non-reactive qualities, silicones are a key component in impression molds.

Infant Care. Silicones help make many baby products sturdy but flexible. They include baby-feeding bottles, baby-bottle nipples, silicon nipples, breast pumps, spill-proof valves and pacifiers.

Prosthetics. Silicone-based prosthetics can closely approximate the consistency of skin and offer exceptional cushioning and comfort. Silicones also resist bacterial growth and help reduce the risk of infections.

Respirators. Health care professionals use silicone-based respirators because of comfort, flexibility and ease of cleaning.

Also important is that silicone is hypoallergenic (low allergy).

Hearing aids. Silicone is commonly used in molds for behind-the-ear hearing aids.

Women-care products. A menstrual cup made from durable, medical-grade silicone provides a comfortable barrier worn inside the vagina during menstruation. Sexual lubricants can be made from silicone, its hypoallergenic qualities making it particularly suitable.

The only negative I can find for silicone-based products is in relation to silicone-based wigs. These wigs can be heavy on the scalp and tend to retain heat, which has resulted in some users finding that they cause migraines.

Q. WHERE HAVE ALL THE VEGOS GONE?:

I have been vegetarian for over 20 years and live in an over-50s village in Tweed Heads South where most residents are over 70. Also, when we travel, most of the participants are in their 70s. Of all these people, none is vegetarian. My question is, where do all the vegos go? Do they *not* live in over-70s villages and go on holidays? Are there less of us now or are they just hiding somewhere? – *J. F., Tweed Heads South NSW*

A. Your guess is probably as good as mine, although I must say that my experience is different. I seem to be encountering more and more people having veg diets, which fits the fact that veg eating has become 'respectable' in Australia.

Two facts might be relevant to your perception of vego numbers.

Firstly, the proportion of the Aussie population that eats vego is roughly 5 percent or one in 20, which amounts to one million Australians, so we are well diluted.

Secondly, many of those who go veg tend to be the young idealistic people who do it to make a stand for animal welfare or the environment. As people grow older, they often mellow and back-off on such issues. Another reason why many 'drop out' is that they find it just too difficult, and some people find that veg eating loses them their friends, so they ease back to old ways. Perhaps these reasons account for what you are perceiving.

But as I said, all the indications that I see are that there are more and more of us. ■



NHS NOTICES



NHS SHOP CLEARANCE Save on discounted books

The Natural Health Society is continuing the book clearance sale that we announced in previous issues of our magazine. For details, see the bookshop price list and order form on page 33. Note that new titles that attract the standard members' discount of 10% are reviewed on page 32.

For inquiries, phone the Society on 02 4721 5068 or email 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 recent issues of our magazine.

Further donations have been received, and we acknowledge and say a big 'thank you' to the following people: J. Lanham, P. Bruny, B. Hawkins, B. Williamson, S. West, P. Miller, V. Luscombe, P. Grace, Aurorra and Eloisa, J. Stuart-Watt, J. Wood, P. John, C. Houston, D. Grosser, R. Westwood, G. Miller, P. Robinson, R. Case, J. Andrew, C. Gwozdz, A. Ciesiolka, C. Davies.

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 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.

Venue: **Wollongong Library Theatre**, Burelli St, Wollongong.

Door charge \$5; members \$3.

Next meeting: Saturday 18th June 2011. Speaker Audrey Lowrie, psychologist, 'How brains maintain bad habits, and how minds can change them'.

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 24th June** at 7.00pm.

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

Cost: \$30 per head

Bookings: NHS head office, phone 4721 5068 or email 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.

Sat. 25th June and Sat. 30th July, commencing 5.00pm.

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

Talks 7.00pm

Sat. 25th June – Ian Pettitt, 'Benefits of Rebounding on a Lymphatiser'

Sat. 30th July – Roger French, 'The Cholesterol Myth and Prevention of Heart Disease' (PowerPoint)

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

Members in Canberra who would like to form a network group please contact Anna Anderson of Inspired Connections (www.inspired-connections.com) by email anna@inspired-connections.com.au.

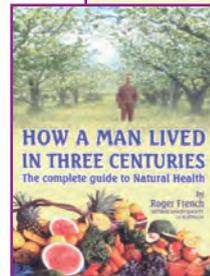
OTHER AREAS

If you are interested in organising a get-together in your area or in 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.

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 \$34.00 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

Cellular Health Analysis... How Old Are You, Really?



Everyone can recall their date of birth, but wouldn't it be great to know how well your body has aged in comparison?

A Cellular Health Analysis can help you discover how well your body is truly ageing. If you've been neglecting your health and nutrition, you may discover your body is not performing as well as it should be. You could be in great need of some TLC. But it's not too late to change those habits and reduce your body's age. It starts with a simple 10-minute test.

a range of body parameters, including body fat, fluid levels and cellular age.

WHAT DO THE RESULTS REVEAL?

This data is analysed instantly, and reveals important information about your health, including body-fat levels, your ideal body weight, the quality and quantity of your lean muscle tissue, cellular age, amount of energy produced in your cells, metabolic rate and fluid levels.

improve energy levels;
age healthily;
support the nutrition and health of cells;
decrease your biological age.

A recent guest at Hopewood Health Retreat in NSW, Ms Shirley Penwarrn, felt the analysis was very beneficial.

"I was very happy with it," said Shirley. "The test itself lasted only a few minutes and was a relaxing experience. One



WHAT IS A CELLULAR HEALTH ANALYSIS?

The Cellular Health Analysis is a scientifically validated test giving accurate and measurable readings of how well your body and cells are functioning. You can find out how to improve your health and wellbeing and plan for a healthy future.

HOW DOES IT WORK?

The test is administered by a Natural Health practitioner, and is simple and painless. A micro-current runs from your hands to feet and back again. As the current passes through body tissue, resistance and reaction times are recorded. Computer analysis accurately calculates

Based on your height and weight, it is able to suggest the ideal weight and muscle mass for your body to be performing one hundred percent.

HOW CAN THIS HELP ME?

Cellular Health Analysis measures biomarkers of ageing, and provides an overall image of where you are at currently in specific areas of your health. The results can help you specifically target areas needing attention, so as to improve your health and wellbeing. It can help you to:

lose weight;
increase and monitor muscle mass and fitness;

pleasing aspect was that the test showed my age at 64 years compared to my actual age of almost 75 years. I am very happy that I did the test and feel it was well worth the cost. I will certainly follow the advice I received."

Hopewood Health Retreat in Wallacia offers Cellular Health Analysis for only \$50. A 30-minute appointment includes 20 minutes consultation with a qualified naturopath to discuss the results. Book today on (02) 4773 8401. Or visit www.hopewood.com.au for more information



HOPEWOOD'S WEIGHT RELEASE PACKAGE – 5 NIGHTS

DISCOVER your body's true healthy weight. Ideal for men and women of all ages who want to reach a healthy weight and maintain it without dieting... for life!

Our experienced naturopaths, fitness trainers and life coach will guide you through your weight release journey. Informative workshops will teach you

new eating behaviours, and cooking demonstrations will uncover the secrets to healthy, delicious meals.

Special inclusions

- Naturopathic consultation with guidance for weight control;
- Forward planning session with a qualified Life Coach;
- Guidance session with fitness trainer for personal exercise program;
- Controlled and tailored eating plan;
- Weight release information session and notes to take home;
- Blood pressure check;
- Remineralise and Relax OR Herbal Clay;
- Hopewood Facial OR Hopewood Spa Manicure OR Hopewood Spa Pedicure.

Hopewood Ph (02) 4773 8401, web www.hopewood.com.au

Tomato and roasted Capsicum soup

Serves 4 – 6

INGREDIENTS

- 500 ml vegetable stock
- 2 onions, diced
- 2 cloves garlic, crushed
- 6 large ripe tomatoes, diced
- 2 red capsicums
- 2 tbs salt-free tomato paste
- 2 tbs basil, finely torn and extra for garnish



METHOD

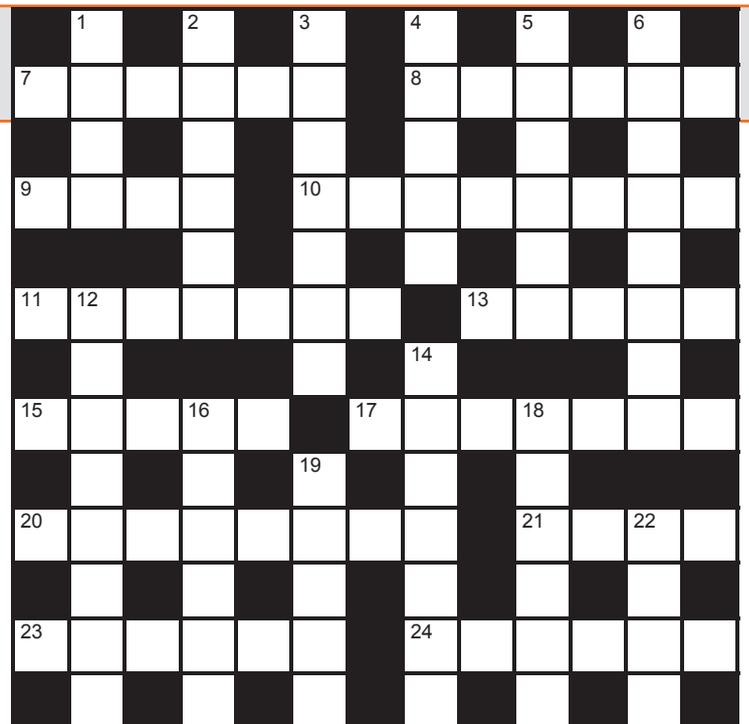
Heat oven to 200°C and roast capsicum until skin bubbles. Remove skin (see hint below). Sauté onion gently in water or stock until soft and transparent. Add garlic and stir over heat. Combine all ingredients. Bring to the boil, then lower heat and simmer for 20 minutes. Blend mixture until smooth. Serve hot, garnished with basil.

HINT: After roasting capsicums, cover on a tray with cling wrap and cool. The capsicum sweats and this makes skinning and de-seeding easy.

CROSSWORD

Down

- 1 Curly cabbage? (4)
- 2 Great in burgers... (6)
- 3 Launched salads??? (7)
- 4 Irritable... (5)
- 5 Dehydrated test? (3,3)
- 6 Iced bait for a sweet sufferer? (8)
- 12 Warm and humid... (8)
- 14 Small change nutty legume? (7)
- 16 Actually... (6)
- 18 A motto for salad fruit? (6)
- 19 Admirable stone fruit? (5)
- 22 Aquatic exercise... (4)



Across

- 7 Summerhouse... (6)
- 8 Traditionally eaten with haggis... (6)
- 9 Source of sugar? (4)
- 10 Form of cabbage? (8)
- 11 That eel is sporty? (7)
- 13 Nautical measure of speed... (5)
- 15 Vegetable drinking cup? (5)
- 17 Leaves for dinner (7)
- 20 Another name for a butter bean? (4,4)
- 21 Pulped potato... (4)
- 23 Aromatic clove? (6)
- 24 Tasty morsel... (6)



A NEW GRAIN-FREE FOOD

A Solution for Pasta in a Gluten-Free, Grain-Free Diet

According to Jean (not her real name), "a gluten-free and grain free pasta" is the missing link for people pursuing a true grain-free diet." At least it was, before a smart Sydney business developed a solution.

Jean knows plenty about grain-free living. Her website www.grainfreeliving.com attracts a global audience and is a respected and valuable resource for the grain-free community.

She has lived and learned the grain-free lifestyle for several years now, in support of her husband, Jason, who suffers Crohn's disease, a painful inflammatory condition of the intestines.

"Jason is otherwise a healthy, fit man, who loves his food as much as the next guy," she explained. "It was heartbreaking watching him being restricted to a boring, colourless diet. I decided to research, experiment and develop recipes so that he could enjoy the same kinds of foods as the rest of us do without compromising his health."

Grain-free takes dietary limitation a step beyond gluten-free. It excludes all grains, including millet, rice and corn/maize.

Jean found that with careful trial-and-error she could make grain-free breads, desserts, and more, but that the pasta option was missing. "We are convinced that a complete grain-free diet is the best for Jason, not just gluten-free. The options for pasta were non-existent."

Then along came Leah Regner and Gluten Grain Free.

With a background in hospitality and an inherited entrepreneurial streak, Leah was beginning a fledgling artisan pasta business, initially home-based in Castle Hill.

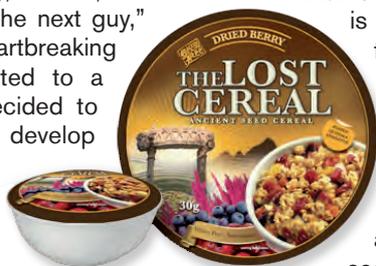
At the same time, a friend, Kerry (not her real name), was looking for some dietary variety for her young son, Callum, who was suffering severe food intolerances.

"Kerry implored me to develop a true grain-free pasta that she could add to Callum's diet," said Leah. "She listed the various flours he could tolerate and I set about testing recipes and getting the consistency right."

The result is Gluten Grain Free Pasta, the quick-cooking noodle option based on clean, grain-free ingredients including quinoa, amaranth and potato flour.

"It's been a saviour for our family," said Kerry. "It added enough variety to the weekly diet that we were able to keep Callum completely grain-free for about three years. During that time, many of his symptoms subsided, some quicker than others. After just four days of grain-free living, he was sleeping better and within three months had noticeable improvements in skin rashes, asthma episodes and behaviour."

For Leah, knowing Kerry, and later Jean, has inspired her and her husband (also named Jason) to tap into a niche demand within the pasta market. "While there are other gluten-free pastas around, pasta that is completely free of grain is rare. And it's even rarer for it to have a palatable consistency," added Leah.



Turning to ancient wisdom, Leah based her pasta on quinoa and amaranth, sacred seeds from the time of the Incas. Now hailed as superfoods, both amaranth and quinoa are full of nutritional 'magic'.

For Kerry and Jean, who are both busy mums with young kids, that magical grain-free pasta alternative has been of enormous value in helping them meet the specialised dietary needs of their families.

Not content to stop at just a little magic, Leah and Jason have also developed a breakfast cereal based on the same grain-free properties. Its name, *The Lost Cereal*, is a nod to the ancient civilisations that revered amaranth and quinoa as super seeds.

Today, these nutritional marvels are being re-discovered by a generation of grain-free devotees.

More info:

www.glutengrainfree.com

www.grainfreeliving.com

Contact:

Leah Regner, Proprietor Gluten Grain Free

Phone 02 9899 5523;
mobile 0425 373 773

[Leah can also put readers in touch with Kerry or Jean for further info/photos if required]

Quinoa, the 'New' Superstar Seed

A valuable addition to plant-based eating

By Roger French

Unheard of in Australia until a few years ago, this Inca seed is now popping up here and there and getting rave reviews for its nutritional content. It is rich in high quality protein and has good levels of minerals, vitamins, fibre and other phytochemicals. Quinoa has the great advantage that it is gluten free and can be used in many of the ways in which wheat is used.

Often thought of as a grain, quinoa is actually a seed, being a relative of leafy green vegetables like spinach and Swiss chard. Its botanical name is *Chenopodium quinoa*.

A native of the Andes of South America, quinoa has been used for food for 3,000 to 4,000 years and was valued by the Incas for giving strength to their warriors. It has been called 'the gold of the Incas'. The modern world's supply is grown in Peru, Bolivia and Ecuador.

The most striking quality of quinoa is its protein. It contains an almost perfect balance of all eight essential amino acids. In particular, it is very high in the amino acids, lysine, cysteine and methionine, which are typically low in grains, so it provides a great alternative. It complements legumes nicely because they are typically low in methionine and cysteine.

Some minerals and vitamins are abundant in quinoa. It is rich in manganese and a good source of magnesium, calcium, iron, copper and phosphorus. It has good levels of vitamin E, and several B-vitamins.

One of the many roles of magnesium is that it acts as a co-factor for more than 300 enzymes that have all kinds of beneficial roles, including utilising glucose and secretion of insulin. This remarkable mineral relaxes nerves and blood vessels and helps prevent atherosclerosis. Deficiency of magnesium is associated with high blood pressure, ischemic heart disease and heart arrhythmias.

The manganese and copper serve as cofactors for the body to make an enzyme, *superoxide dismutase*, that helps to protect the energy producing units in the cells (mitochondria) and red blood cells from oxidative damage caused by free radicals.

Quinoa contains many phytonutrients that are powerful antioxidants. They include *quercetin*, *curcumin*, *ellagic acid* and *catechins*. ▶

A phytonutrient especially abundant in quinoa is *lignans*, which are phytoestrogens occurring in the fibre portion, and well known as some of the particularly beneficial phytonutrients in flaxseeds. Lignans have been shown to be protective against breast and colon cancers and heart disease.

Like most seeds and grains, quinoa has a low glycaemic index, and can help lower the risk of type-2 diabetes.

Quinoa seeds have an outer layer containing bitter-tasting *saponins*, which are usually removed before the seed is put on sale. This bitterness has the benefit of making the growing crop unappealing to birds.

The benefits of consuming quinoa are broad. Many studies have linked it to protection against atherosclerosis, ischaemic stroke, obesity, insulin resistance, diabetes and premature death.

Quinoa appears to be far superior to foods made with wheat or corn. This is because it doesn't contain

the detrimental anti-nutrients found in wheat and corn. Further, it is nutritionally superior to most grains in addition to being gluten-free.

It may well be that the health benefits of quinoa almost put this remarkable seed into the same category as vegetables and fruits, and make it a nutritional superstar.

NUTRITIONAL VALUE OF QUINOA

Nutrient content per 100 grams

Energy	1,539 Kj (368 Kcal)
Water	13 gm
Carbohydrates	64 gm
	[Starch 52 gm]
	[Dietary fibre 7 gm]
Fat	6 gm
Protein	14 gm
Thiamine (Vit. B ₁)	0.36 mg
Riboflavin (Vit. B ₂)	0.32 mg
Vitamin B ₆	0.5 mg
Folate (Vit. B ₉)	184 µg
Vitamin E	2.4 mg
Iron	4.6 mg
Magnesium	197 mg
Phosphorus	457 mg
Zinc	3.1 mg

Quinoa bread

- gluten free and grain free
DEEKS QUINOA HEALTH LOAF

By Roger French

The marathon runner and 1981 City-to-Surf winner, Robert de Castella, and his team have invented high quality, good tasting, grain-free breads and products for people unable to eat gluten and grains. After three years of development, the result is a huge success.

Deeks breads are a real find. Since I discovered them about a year ago, the quinoa loaf is the only bread I want to eat. Not only is it free of gluten and grains, but it is reasonably protein-rich, which is marvellous for an essentially plant-based way of eating.

We believe Deeks Health Bakery, located at Pearce in the ACT, to be the first bakery in the world to produce 100% grain-free and gluten-free breads – along with a range of cakes, biscuits and pastries.

Still more benefits of the breads is that they are low GI, low-ish carb and do not contain any artificial colourings, flavourings or preservatives.

The ingredients of the Quinoa Health Loaf are water, quinoa, tapioca, soy, yeast, sugar, salt, guar gum and sunflower oil. The range of other loaves is: Quinoa rolls, Pumpkin and pepita seed; Sundried tomato and basil; Olive and herb; Onion and parmesan; Yeast, soy and dairy-free rolls; Baguettes; Fruit log.

Thanks to Deeks bread – and also Leah Regner's pasta and breakfast 'non-cereal' (described above) – people with coeliac disease, Crohn's disease, arthritis and those with other auto-immune related ailments can now enjoy attractive alternatives to the gluten-laden products that they are unable to tolerate.

On our invitation, Deeks Bakery has placed the following advertisement to further alert readers to these wonderful foods.

The ideal bread delivered straight to your door!

deeks™ is suitable for all sorts of people: the health conscious, the budding athlete and those with compromised immune systems.

Developed by marathon legend and health advocate, Rob de Castella and clinical biologist Bill Giles, the deeks loaves are grain-free and full of natural goodness. The loaves are extremely high in complete and natural protein, iron, manganese, fibre, has the lowest

fructose and fructans content of any bread on the market. All our products are lovingly hand made with non-GM ingredients and are free of artificial colouring and preservatives.

All of this goodness is available for delivery straight to your door! Try it, see and feel the difference for yourself.

t. 02 6286 9444 f. 02 6260 5799
mailorders@deeks.com.au





Plant-Based Eating

NUTS - AN IMPORTANT FOOD

By Lisa Yates



According to a Newspoll survey⁽¹⁾ more and more Australians are choosing to enjoy plant-based meals for a variety of reasons, mainly relating to both health and the environment. Indeed, today three out of four Australian adults have at least one vegetarian meal for lunch or dinner a week and 13% have seven or more.

NATURE'S VITAMIN PILL

Nuts have been claimed to be nature's vitamin pill, containing a unique package of 28 different essential nutrients beneficial to health, including protein, the amino acid arginine, dietary fibre, folate, plant sterols, vitamin E, iron and zinc. A healthy, well-balanced vegetarian diet should include a variety of different foods, including nuts, to ensure all essential nutrients are obtained. These nut nutrients work together to help lower blood cholesterol and reduce the risk of developing heart disease.^(2,7)

NUTS AND VEGETARIAN DIETS

Nut consumption among people on vegetarian diets is reported to be higher than in non-vegetarian eaters, and most vegetarian people in Western countries eat nuts on a regular basis.⁽⁸⁾ The wide variety of tree nuts includes almond, Brazil nut, cashew, chestnut, hazelnut, macadamia, pecan, pine nut, pistachio and walnut.

Nuts are high in protein and healthy fats, and complement cereals and beans as staple vegetarian foods. For most people on vegetarian diets, nuts are not just a tasty, convenient snack, but a food eaten consistently as a part of meals.

Nuts can make an important contribution to the dietary energy of a vegetarian eating pattern. This varies according to the type of vegetarian diet with people on lacto-ovo-vegetarian diets typically eating 30 – 42 gm nuts per day (equivalent to 6 – 9% of total daily energy), while people on vegan diets may typically consume 50 – 70 gm of nuts per

day (equivalent to 12 – 13% total daily energy).⁽¹⁾

Typically nuts (with the exception of chestnuts) contain between 9 gm and 20 gm protein per 100 gm of nut. For those choosing a vegan diet, plant sources of protein alone can provide adequate amounts of the essential and non-essential amino acids (protein building blocks), assuming that dietary protein sources from plants are varied over the day and that total kilojoule intake is sufficient to meet energy needs. Whole grains, legumes (for example, soybeans, lentils, chick peas), vegetables, seeds and nuts, as well as commercial meat alternatives, all contain essential and non-essential amino acids.

In a vegetarian diet, nuts are a useful source of dietary iron (in the non-haem form), along with other plant sources such as beans, pulses, whole grains and dark leafy green vegetables. Unlike the haem iron found in meats, the amount of non-haem iron absorbed by the body is impacted by other foods consumed in the same meal. Phytates, calcium and polyphenols in tea, coffee and herbal teas all reduce non-haem iron absorption, while adding vitamin-C-rich fruits and vegetables to meals containing plant iron foods substantially improves the uptake of non-haem iron by the body.⁽⁹⁾ For example, including parsley and lemon juice as ingredients in a hazelnut, chilli and garlic pasta helps to maximise iron absorption. For this recipe and others please visit www.nutsforlife.com.au.

Tree nuts contain between 50% and 74% fat, and for this reason many people on weight-loss diets believe they should avoid them, but this is not the case. The majority of the fat in nuts is the healthy monounsaturated and polyunsaturated fats like those in olive oil and avocados. These good fats can help manage blood cholesterol. Nuts also contain a host of other nutrients beneficial for heart health including vitamin

E, antioxidants, folate, the amino acid arginine and plant sterols. Studies have shown that people who eat a handful of nuts (30 gm) five or more times a week reduce their risk of heart disease by 30 – 50%.⁽³⁻⁷⁾

Additional evidence is emerging regarding the positive effect that regular nut consumption has on weight management and other chronic diseases. According to a review article from a researcher at Loma Linda University in the US:⁽¹⁰⁾

Long-term nut consumption is linked with lower body weight and lower risk of obesity and weight gain.

Frequent nut intake probably reduces the risk of diabetes mellitus among women, but its effects on men are unknown.

The protective benefits of frequent nut consumption on gallstone-related conditions are observed in both sexes.

A dietary pattern or score that includes nuts is consistently related to beneficial health outcomes.

IN A NUTSHELL

I encourage all my clients to eat nuts, but especially those following vegetarian diets. I recommend that they eat two handfuls of nuts (60 gm) every day to ensure they get a wide variety of nutrients and are protected from many chronic diseases.

WAYS TO ENJOY NUTS IN YOUR DAILY DIET

Crush pecans, walnuts and/or Brazil nuts and sprinkle on top of your muesli or yoghurt.

Roast pine nuts or macadamias and toss them through a salad or add pecans to hot veggies.

Mix unsalted nuts with dried fruit for a healthy snack.

Sprinkle cashews or dry-roasted almonds through an Asian stir-fry or vegetable curry.

Add chopped pistachios or hazelnuts to your favourite pasta sauce.

Swap potatoes for roasted chestnuts.

REFERENCES

1. Newspoll survey, 'Attitudes towards vegetarian meals', conducted by phone 23-25 May, 2008. 1,204 respondents aged 18 years and over commissioned by the Sanitarium Health Food Company.
2. Sabaté et al. Nut consumption and blood lipid levels: a pooled analysis of 25 intervention trials. *Arch Intern Med* 2010;170(9):821-7.
3. Fraser GE et al. A possible protective effect of nut consumption on risk of coronary heart disease. *Arch Intern Med* 1992;152:1416-24.
4. Hu FB, Stamper MJ. Nut consumption and Risk of Coronary Heart Disease: A Review of Epidemiologic Evidence. *Current Athero Reports* 1999;1:205-210.
5. Ellsworth JL et al. Frequent nut intake and risk of death from coronary heart disease and all causes in postmenopausal women: the Iowa Women's Health Study. *Nutr Metab Cardiovasc Dis* 2001;11(6):372-7.
6. Albert CM et al. Nut consumption and decreased risk of sudden cardiac death in the Physician's Health Study. *Arch Intern Med* 2002;162(12):1382-7.
7. Blomhoff R et al. Health benefits of nuts: potential role of antioxidants. *Brit J Nutr* 2007;96(SupplS2):S52-S60.
8. Sabate J. Nut consumption, vegetarian diets, ischaemic heart disease risk and all-cause mortality: evidence from epidemiologic studies. *Am J Clin Nutr* 1999; 70 (suppl): 500S-3.
9. American Dietetic Association. Position of the American Dietetic Association: Vegetarian Diets. *Journal of American Dietetic Association*. 2009;109:1266-1282.
10. Sabate J, Ang Y. Nuts and health outcomes: new epidemiologic evidence. *Am J Clin Nutr*. 2009;89(5):1643S-1648S.

Lisa Yates is an Advanced Accredited Practising Dietitian with 15 years experience in nutrition communications, clinical practice, strategy development and implementation, and event management. Lisa is currently the Program Manager and Dietitian to the Nuts for Life program, a health education initiative of the Australian Tree Nut Industry. She has a Bachelor of Science with a double major in Biochemistry and Pharmacology as well as a Masters Degree in Nutrition and Dietetics, both from the University of Sydney. Visit the Nuts for Life website at www.nutsforlife.com.au or follow us on twitter.com/NutsforLife.

ENZYMES – MIRACLE WORKERS

Your True Natural Health Editor has been taking a brand of digestive enzymes for some years now. Recently, while inviting the proprietor to place an advertisement in this magazine, the editor was impressed by his story and invited him to submit it for publication. Here it is, written by proprietor and naturopath, Robert McIlroy.

Twenty years ago in my mid 50's, I was suffering from sub-standard health which seemed to relate directly to my inability to digest any foods thoroughly. I suffered poor sleep, blood-sugar irregularities, pains and aches – complaints which are common for people in that age group. I visited orthodox doctors, medical specialists, nutritionists, etc, and was told, "There is nothing wrong with you, it's all in your head. Suggest you reduce your stress levels."

I decided to drop all my world travels and the business I had owned for

fifteen years to study naturopathy. After intense study for four years, I was able to commence a practice from which I've only just retired in the last twelve months. This adventure has been most rewarding. Mixing with other practitioners, along with a great deal of research, I was diagnosed as having severe gluten intolerance. Avoiding all gluten relieved many of my health problems, but much damage had been done to my gut from eating for decades wholegrain breads and cereals all smothered with wheat-germ.

Seventeen years ago, I met with an American doctor who was visiting Australia and who had changed his allegiance from orthodox medicine to complementary medicine. He introduced me to fungal-derived enzymes and my health improved literally overnight! Since then I have been taking these enzymes daily with each meal, as well as one or two capsules on retiring at night (to improve sleep).

So that I could provide patients with a good mix of enzymes, I decided to set up my own brand of enzyme supplements, 'Lifestyle Enzymes', the capsules being manufactured in the USA. There are former patients living in my area who have become friends over the past ten to fifteen years and have taken these enzymes daily. These days, their overall health and wellbeing in comparison to that of their peers is remarkable.

Two most important things that have had a major influence on my ability to help patients coming to me for advice are: firstly, to introduce them to digestive enzymes and, secondly, to advise them to eliminate various foods/substances from their diet, as these were having an enormous impact on how they felt. I'm a great believer in the book, *Eat Right 4 Your Type* – particularly the 'foods to avoid' list!

When I had health troubles all those years ago, I tried Betaine hydrochloride (hydrochloric acid), and from time to time I would suffer burning and reflux. After a week or ▶

50 PRIZES in 50 weeks!

Your chance to WIN with Hopewood Health Retreat

Enter today at www.hopewood.com.au

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



Hopewood specialises in natural healing, delicious vegetarian food, relaxation, gentle exercise and beauty pampering. Come for a day or stay longer — we have the perfect package to meet your needs.

For bookings call us on
02 4773 8401

103 Greendale Rd,
Wallacia, NSW



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

ENZYMES – MIRACLE WORKERS continued

two the pains in my hands, arms and neck would worsen, and I realised my blood was becoming too acidic. I also tried Pancreatin produced from pig pancreas, which seemed to help a bit, but there was still a missing link.

We now know that animal-derived enzymes have no digestive activity in the stomach as their pH range is limited, when compared to fungal enzymes. Furthermore, there is no enzyme from animal sources that can break down the fibre in our plant foods. Also we need to take enormous amounts of lipase from animal-sourced enzymes to be able to break down fats – which I've always had problems digesting.

The fungal-derived enzyme formulas containing *protease*, *amylase*, *lipase*, and *cellulase* cover all the major components in our everyday diets. One of our general digestive formulas also contains *tilactase* to help digest dairy foods.

During the past seventeen years out of the twenty years I have been in practice, I have provided consultations for many thousands of patients of all ages. I am able to say categorically that 85% of my patients were enzyme deficient, some needing supplementation for a few months, with the majority needing it for the rest of their lives.

A word of warning for those of you who are highly sensitive to many foods and other substances and who have sub-standard health – if you decide to give enzyme supplements a try, you must be cautious and start enzyme therapy slowly. Do not take large doses to commence with, otherwise you will begin breaking down poorly digested foods from your gut wall that have built up over many years, and these toxins will be re-introduced too quickly into your circulation. You may then experience unpleasant feelings for a few days or a few weeks, depending on your level of health. This is actually a form of detoxification.

We avoid using plant-derived enzymes, such as papain (from pawpaw) and bromelain (from pineapple), in our digestive formulas because a number of people are intolerant/allergic to pineapple and others have intolerance to salicylates. In any case, neither of these is very efficient in breaking down proteins in food, because our research indicates that these two plant-derived enzymes are not activated until the body temperature is raised several degrees.

I have found from experience that there is much to gain by supplementing with a high quality fungal-derived enzyme formula for every member of the family, or whenever anyone is distressed from overeating, or feels tired after meals, or has consumed liquids with a meal.

My suggestion is to try a 100% food enzyme supplement for 30 days and see how much better you feel. The supplement is best taken with the first few mouthfuls of food.

Robert C McIlroy, ND AFAMI,
Director/Proprietor
Lifestyle Enzymes Pty Ltd,
3/10 Project Ave, Noosaville Qld 4566
lifestyle@maczimes.com.au

Eat to Live Half-Day Seminar

Featuring Greg and Dawn Fitzgerald and Roger French

Sunday 5th June 9.30am – 1.30pm at Kareela Golf Club, Kareela,

Investment \$79 (early bird \$59 until 20th May). Booking essential –

www.healthforlife.com.au or phone Dawn on (02) 95401962

POOR DIGESTION CAN RESULT IN LOSS OF NUTRITION



Dairyzimes

A blend of PROTEASE, LIPASE, and TILACTASE enzymes designed to help address the digestion of proteins, fats and lactose found in dairy products.

High potency 100% vegetarian multi-enzyme formula to assist with the breakdown of PROTEINS - CARBOHYDRATES - FATS - FIBRE

Available at selected health food stores and pharmacies.

Also from: **GO VITA** Your Health Shop
govita.com.au



Eating cooked & processed foods, inadequate chewing of food, ageing, stress and eating on the run may result in incomplete digestion.

Help maintain healthy digestive functions. With every meal take our meticulously formulated **GENUINE n•zimes™** which are exceptional in the field of Enzyme Nutrition.

www.maczimes.com.au
LIFESTYLE ENZYMES PTY LTD
PH: (07) 5474 2909

CHC51882-05/11

Always read the label, use only as directed.



Introducing
**The Fresh
 Food Burger!**



**Order our
 Tasters Special
 Online**
 All the shapes,
 All the flavours
 \$33.75 +p&h

Now available home delivered,
 Order Online! www.natty.com.au



The Natty Patty® - Healthy Food for Busy People!
Fresh Ingredients You'll Recognise!

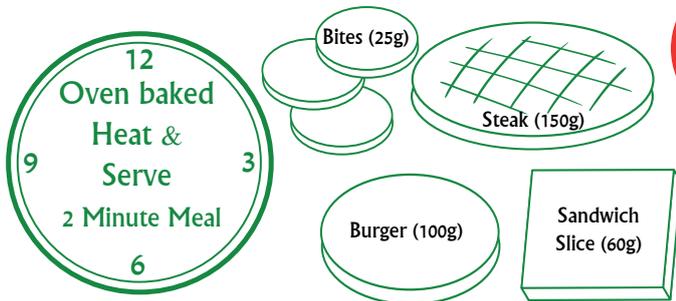
Wheat Carrots Celery Barley Onions Couscous Sunflower Sweet Potato Parsley Rice

- Famous Original
- Spicy Chilli
- Sweet Potato & Couscous



+ Herbs, Spices, Sunflower Oil and Water

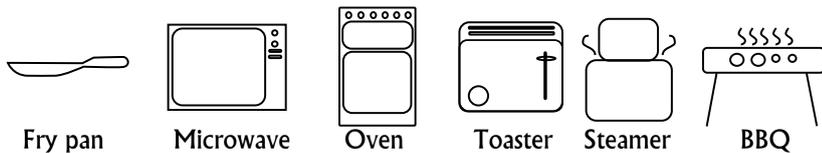
5 Convenient Natty Shapes
 For Breakfast , Lunch, Dinner and BBQ



THERE'S NOTHING NAUGHTY IN A NATTY!

- No Dairy
- No Soy
- No Eggs
- No Peanuts
- No Code Numbers
- No Preservatives

Re-heat and serve in 2 minutes!



Uncle Harry's Natural Foods® 14/378 Parramatta Rd, Homebush West, NSW
 Tel: 02 9746 3333 Email: admin@natty.com.au

Sydney Stockists:

- Thomas Dux: All stores
- IGA: Glebe, Enmore, Stanmore, Rozelle
- Bondi: Grandma Moses, Norton Grocer, Kemeny's
- Randwick: Daily Fresh, 7th Heaven
- Newtown: Dr. Earth, 7 Star

Melbourne Stockists:

- Thomas Dux: Richmond, Armadale, Port Melbourne
- The Happy Apple: Ascot Vale

SWEET CURRIED BORLOTTI BEAN STEW

INGREDIENTS

2 cups borlotti beans (check for stones or grit)
 1 large brown onion
 1 large clove garlic
 1 tsp Keen's traditional curry powder
 1 tsp turmeric powder
 1 large granny smith apple
 1 vegetable stock cube (healthy variety)
 Ground pepper
 5 tbsp olive oil
 Juice 1 lemon
 1 litre filtered water

METHOD

Soak beans overnight in enough water to cover. Chop onion finely and peel apple finely. Heat oil and brown onion and apple together on low heat until transparent or lightly browned. Add finely chopped garlic then borlotti beans, spices, lemon juice, stock cube and water. Bring to boil slowly and cook for about 2 hours on simmer; you will need to add more water as the stew evaporates. Keep stirring to prevent beans burning.



LOTUS RED QUINOA SALAD

Serves 4 as a side dish

Recipe supplied by Lotus Foods

INGREDIENTS

1 cup Lotus Red Quinoa	100 gm feta cheese, crumbled
1 Lebanese cucumber (quartered lengthways and cubed)	Juice 1 lemon
1 red onion, diced	2 tsp extra-virgin olive oil
2 tomatoes, diced	Handful of Lotus sunflower kernels
2 cup chopped parsley	1 – 2 cups vegetable stock
	4 tbsp tamari

METHOD

Place quinoa in a strainer and rinse under running water. Pour 2 cups water into a saucepan. Add quinoa and simmer for 15 – 20 minutes, until water is absorbed and quinoa is cooked and tender. Allow Quinoa to cool while preparing remaining salad ingredients. Combine all ingredients thoroughly in a large bowl and serve.



QUINOA, ROAST PUMPKIN AND GOATS CHEESE SALAD

Serves 4 as a side dish or 2 as a meal

Recipe supplied by Leah Regner of GlutenGrainFree (see page 12)

INGREDIENTS

1 cup quinoa seed
 2 cups water or stock
 200 gm pumpkin cubed
 ¼ cup basil cut finely
 2 green shallots sliced
 50 gm goats cheese
 Season to taste

METHOD

Wash quinoa well, until water is clear. Place 1 cup quinoa and 2 cups of water or stock in saucepan and bring to boil. Lower heat to simmer for about 15 min. or until quinoa is soft. Meantime slice pumpkin into 1 – 2 cm cubes, spray with oil and roast until browned. Slice basil and shallots. Stir all the ingredients together in a bowl. Can be eaten hot or cold



WHITE QUINOA PILAF WITH PINE NUTS



This recipe (and lotus recipe on previous page) generously supplied by Lotus Foods. Lotus has a fabulous range of organic and premium conventional pantry staples that are perfect for everyday use at home. Ask for Lotus at your nearest health food store.

INGREDIENTS

2 cups chicken stock
¼ tsp sea salt
½ tsp Tomato Paste
1 tbsp Olive Oil
½ large brown onion
6 cloves Garlic
¼ tsp coriander seeds
¼ tsp turmeric
½ cup diced pumpkin
1 cup Lotus white quinoa
1 large carrot, peeled and coarsely grated
2 cup fine shredded silver beet / kale
⅓ cup celery, finely chopped
Black pepper to taste
Fresh coriander for garnish

METHOD

Combine stock, tomato paste and salt in a bowl and set aside.

Heat oil in large saucepan and brown the onions. Add garlic, spices, diced pumpkin and raw quinoa. Sautee for one minute. Add stock solution, then carrots, then silverbeet.

Bring to the boil. Cover and reduce heat. Simmer for 10 minutes. Stir. Simmer for further 3 minutes. Add celery. Simmer for 2 minutes or until all liquid is absorbed and quinoa is cooked.

Stir through toasted pine nuts. Garnish with coriander.



GLUTEN-FREE MUFFINS

Generously supplied by Janet Brown of Gluten Free Eating Directory

DRY INGREDIENTS

¾ cup Orgran gluten-free plain flour
¾ cup FG Roberts gluten-free plain flour
3 tsp Ward's gluten-free baking powder
2 heaped dessertspoons gluten-free cocoa
1 cup unrefined sugar
⅓ cup gluten-free choc chips

WET INGREDIENTS

125 gm unsalted butter, melted
½ cup soya milk
1 tsp vanilla essence
2 eggs

METHOD

Preheat oven to 190°C, or 170°C if fan forced. Line muffin tin with muffin papers and spray with non-stick spray.

Sift flours, baking powder and cocoa into a basin. Add the sugar and stir through to combine. In a separate basin, whisk wet ingredients together, but don't overbeat. Let stand for 5 – 10 minutes so that mixture thickens. Spoon mixture into muffin papers, sprinkle with gluten-free choc chips and bake 25 minutes. These muffins freeze well.

Variations – Stir mixed berries, chopped macadamia nuts or mashed banana through the muffin batter. For a vanilla variety, omit the cocoa and add ½ cup extra of gluten-free self-raising flour to the batter mix.



Janet Brown runs the online Gluten Free Eating Directory, which provides detailed information about businesses that cater well for gluten free diets Australia-wide. Website glutenfreeeatingdirectory.com.au



FEVER – Your Child’s Best Friend

Myths and Facts About Fevers

By Michael Sichel, ND, DO

“Fevers in childhood are common. The fever is not a disease, but a helpful natural biologic mechanism for combating the disease. Fever need not be feared nor treated medicinally but for exceptional circumstances” (Princeton Paediatricians, Mark B. Levin, MD, and Timothy Patrick-Miller, MD).

Fevers are evidence that the immune system is at work. They are a sign of a healthy response to an attack. I have noted that children who are able to respond with higher fevers, strong skin rashes and good discharges of mucus are, as many natural paediatric doctors and naturopaths have found, healthier and more robust than those with minor reactions.

Moreover, such a strong response will help to bring life-long immunity or significant protection to most childhood diseases.⁽¹⁾ This is not so with vaccinations, which require multiple ‘follow-ups’ (currently, making for a total of 27 shots before school-age), often fraught with side-effects⁽²⁾ that are not always apparent until months later.

As I will explain, a fever not repressed with drugs like paracetamol or aspirin will more efficiently and more rapidly defend the body against disease. In fact, if anti-fever drugs are used, the infection often lasts several days longer than if the immune response is not suppressed (see Myth No 3). Moreover, paracetamol toxicity is the most common cause of adult acute liver failure in Australia.⁽³⁾ Paracetamol is not always the benign pill and, if at all, should be used with care in children.⁽⁴⁾

Here are some of the reasons why Hippocrates said: “Give me a fever and I can cure the child”.

GOOD THINGS HAPPEN WHEN YOUR CHILD DEVELOPS A FEVER

If your child becomes infected by disease-producing microbes, a fever should develop. The microbes often produce proteins called pyrogens that cause your child’s thermostat (heat controller – a hypothalamus function) to reset upwards. Now the body begins to over-heat. For several reasons, this is really bad news – not for your child, but for the pathogens (enemy bacteria/virus), because:

A fever doubles white cell activity levels for every degree the temperature rises,⁽⁵⁾ and pathogens will then succumb to natural killer cells (white cells that protect your child’s body). NK cells are powerful only if active and lively; they can then destroy microbe-infected cells and powerfully contribute to your child’s innate resistance.⁽⁶⁾ In addition, NK cells can even recognize and destroy cancer

cells. They have a rapid killing activity on ‘foreign’ cells.

A fever also has an effect on weakening various heat-sensitive viruses.

The fever also causes the release of protective hormones.

So, you can see that a fever is really good for your child! In fact fevers in children used to be regarded as ‘normal’ events by our wise forebears. They were not suppressed. In fact, one sign of a weak immune system is when no fever is produced when there is a common infectious disease. But some fevers are abnormal, and we will describe those later.

SOME MODERN MYTHS ABOUT FEVERS

Myth One – Fevers keep going up unchecked.

Truth. Unless a child is in a hot place or overdressed, the brain’s thermostat will stop the fever at 40.5°C (105 °F). Even with viral and bacterial infections, it will normally stop at 40.5°. However, the fever should stop inside four days or so, although there is no arbitrary ‘number’. The distress level is the key indicator for other interventions (the best of which is vitamin C given intravenously or intramuscularly – you may find an ACNEM wholistic doctor who will do this procedure).

An example of this built-in safety mechanism is the case of scarlet fever, once a common disease for children, but now rare.⁽⁷⁾ Here is a 100-year-old description in an antique book by Dr Leslie Mackenzie, MA, MD, who was the Medical Member of the Local Government Board for Scotland and Medical Inspector of School Children:

“Here is a school child of ten, just admitted. His face is flushed and there is no rash on it. His hands, arms and lower limbs, however, all show a bright red eruption – the rash of scarlet fever. His pulse runs at a high rate. His temperature has gone up to 103° F (39.4°C) or 104°F (40°C). It will remain there for a day or two. The rash will fade away in 48 hours ... in perhaps four days he will be, apparently, back to his normal state.”

The good doctor never mentioned trying to reduce the fever in his chapter on fevers. It was a ‘given’ that fevers completed their natural course. Parents, of course, are concerned (as we were once, when our daughter had a 40°+ fever for four days, plus some mild delirium), but must learn to relax. The body knows best! It certainly

helps you to relax when you know that a fever is a ‘good thing’ rather than a ‘bad thing’.

Moreover, I have a collection of paediatric medical text books that commence in 1907 and go to the present day. Significantly, recommendations to use anti-fever drugs only appeared in the last few decades. Fear campaigns to douse fevers have only been a recent phenomenon – when paracetamol producers obviously saw the profit potential. Today we see pharmacies buying drugs like Panadol by the pallet load. However, the potential to damage children this way has now been highlighted by a study that found that common usage of paracetamol risked liver toxicity and liver damage in children. (PMID: 12630972).

However, poisoning or exposure to toxic substances or heatstroke are dangerous elevators of temperature. Heatstroke usually occurs from sunshine on a hot day. It means that the ambient temperature is so high that the body cannot cool down with its usual mechanism of radiating the heat away from itself. If it is also humid, then evaporation won’t work either.

Fevers are also not so good in the very young. If your child is less than three months old and has a fever of 38°C (100°F) or over, call a doctor.

Myth Two – Fevers damage the brain.

Truth. Fevers below 42.2° C (108°F) do not damage the brain; on the contrary they can actually repair the brain (see below – ‘Autism Recoveries’). Even fevers of 40.5° are a ‘normal’ result of a good immune response. So, do not quell these fevers.

If a chill develops, do not ‘wrap her up’ warmer. You are fighting against her immune defence. A chill is a sign of a rising fever and the body taking steps to control it. When the sweating begins, this shows that the fever is about to fall soon after. It is the crisis point, a good sign that your child has mounted a successful defence.

But call a doctor if the 40.5° lasts more than 70 hours (see age group limits near end of article). Fevers accompanied by other symptoms, such as constipation and vomiting, extreme weakness or very rapid pulse or fevers rising fast can be signs of more difficult problems than a common childhood infection.

Myth Three – Always give aspirin or similar for a fever.

Truth. According to a series of studies at the University of Maryland (1978 – 1987), quelling fevers with aspirin, etc, can ac- ▶

tually prolong the illness. The University's Center for Vaccine Development found that flu sufferers who took one of the anti-fever medications were sick for an average of 3.5 days longer than people who did not take either of the drugs. On average, flu symptoms lasted 5.3 days in participants who did not take aspirin or acetaminophen, compared with 8.8 days in people who took the anti-fever drugs.

As we noted above, over-use of paracetamol-type drugs (for example, Panadol) are the most common cause of liver damage in children. The South Australian Health Department advises: "A high temperature is one of the ways that a body's immune system works to control infections... Using paracetamol or ibuprofen does not protect a child from febrile convulsions even if it reduces the child's temperature".

Myth Four. Antibiotics help fevers.

It is rarely necessary and not wise to give antibiotics to a child simply because he has a fever. Bacteria are only responsible for less than 10% of fevers, and one course of antibiotics can disrupt your child's digestive tract for up to six months.⁽⁸⁾

Myth Five. 37°C is 'normal'.

Truth. 37°C (98.6°F) is an average only. Temperatures vary through the day. Some children have a 'normal' temperature of up to 37.4° (99.4°F). Others maybe 'normal' at 35.8° (96.4°F).

Paediatric doctors at Princeton University point out that the significance of a fever depends on the child and the circumstances – not the temperature. "The answer relates not to a number, but to the child's functional state and associated symptoms. If a child with an identified condition has a fever at any level and responds to social interaction in a manner that is appropriate for the child's developmental stage, then concern is lessened".⁽⁹⁾

Myth Six – Always use a rectal temperature or an ear thermometer.

Truth. There is no need to risk a rectal perforation. Underarm (axillary) is fine, but do not put the thermometer in the ear. One famous paediatrician, the late Dr Robert Mendlesohn, put it this way: "Never place anything in the ear that is smaller than your elbow!". Ear thermometers are also notoriously inaccurate and inclined to read too high.

POINTS TO WATCH

No matter what the temperature, if your child experiences difficulty breathing, twitching, repeated vomiting or strange movements – or has other similar concerns, then call a doctor. Also watch for confusion, stiff neck, inability to move an arm or leg or first-time seizure.

If he/she is continuously listless or irritable or appears seriously ill, call the doctor.

Encourage your child to rest during the fever and consume only pure water or vegetable juices. Immediately after the fever, make sure he eats properly – maybe soups or vegetable juices and easy-to-digest solid food (namely, fresh fruit) if he wants it. Give plenty of water to drink. Avoid all refined and concentrated sugars.

Nurse your child through the event with the room darkened (fevers can bring photosensitivity), quietness and maybe gentle music. Certainly give love and a sense of confidence.

Also call a doctor if:

A baby younger than 90 days old has a temperature of 100.4°F (38°C) or higher.

A baby 3 to 12 months old has a fever of 102.2°F (39°C) or higher.

A child under age 2 has a fever that lasts longer than 24 to 48 hours.

A fever lasts longer than 48 to 72 hours in older children and adults.

Anyone has a fever over 105°F (40.5°C), unless it comes down readily with treatment and the person is comfortable.

There are other worrisome symptoms. For example, irritability, confusion, difficulty breathing, stiff neck, inability to move an arm or leg or a first-time seizure.

There are other symptoms that suggest an illness may need to be treated, such as a sore throat, earache or cough.

RESULTS OF PARENTS FOLLOWING ADVICE ON FEVERS

Apart from our experience with our own neuro-typical daughter, with whom we never used anti-pyretics, the first quite sensational results were told to me by the brave parents of a properly diagnosed, severely damaged regressive autism boy named Brock. They were 'brave' because they followed my advice in spite of fever convulsions and eye-movements that would have caused most parents to call a doctor. However, they had seen these same symptoms in their boy when he had regressed into autism within hours of a DPT shot. He had been taken to hospital emergency with an ALTE (Apparent Life Threatening Episode). The whole episode repeated a second time in three weeks after coming home. But this time he also had a left-sided stroke. Paediatricians admit (at least among themselves)⁽¹⁰⁾ that ALTE and SIDS deaths are commonly associated with vaccine adverse events.

During our treatment, Brock began to greatly improve in both autism symptoms and general health, but after one month the fever and convulsions began. This time they allowed him to 'go through with it' – plus several immune boosting measures already in place. The day after this event, the mother phoned me and said that Brock was now peaceful and happy and had taken a "Big step forward in cognition and even return of speech!".

As with the ALTE history, he had a second fever/convulsion episode in three weeks – and once again, good results followed the parent's careful nursing. These improvements were permanent, and this boy is back to normal after three years of ongoing biomedical treatment.

Since then, we have had a number of parents reporting improvements following fevers after periods of biomedical treatment.

A recent example was given by a couple who told how they had read the chapter on 'Fever' that is in both my books, *Good News for the Alphabet Kids* and *How to Repair Children Damaged by Mercury Medicine and Politics*, and had allowed their boy to 'go through' with his fever. They were amazed to see him improve in both speech and behaviour.

It must be emphasized that children need to have been on a total biomed program with good nutrition and large doses of vitamin C daily, etc., before attempting to follow this advice.

THE AUTHOR

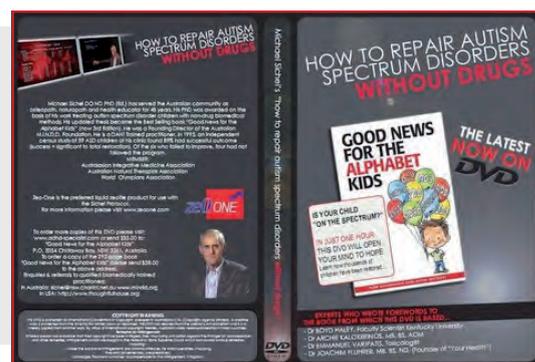
Michael Sichel, DO, ND, PhD (Ed), has served the Australian community as an osteopath, naturopath and health educator for 48 years. He is the author of the best-selling book, *Good News for the Alphabet Kids*, 3rd Edition. This book has just been released as a DVD – see below.

Michael is a founding director of the Australian M.I.N.D.D. Foundation, and is a DAN! trained practitioner. In 1995, an independent census study of 59 ASD children at his clinic found 89% had successful outcomes (success = significant to total restoration, as reported by parents).

Michael is a member of the Australasian Integrative Medicine Association, the Australian Natural Therapists Association, the International Medical Council on Vaccination, and the World Olympians Association.

THE NEW DVD

Good News for the Alphabet Kids runs for 1 1/4 hours, has 15 chapters plus a summary. You can choose which part of the DVD you wish to watch. It can be purchased from the Natural Health Society for \$24.00 plus postage (usually \$34) or phone Michael on 02 4362 2458.



References continued page 23 ▶



Ear Health

By Kelly Miller

We often take our hearing for granted until we begin having problems with it. There are many reasons for hearing loss. If the delicate nerves are damaged, it can be irreparable leading to the need for hearing aids and devices. Increased pressure from wax build up can cause the ear drum to be less flexible and impede sound resonance which reduces hearing.

Ear infections are on the increase in children partly due to poor diets high in simple carbohydrates and fats that lower resistance to infection. Germs can be transferred to our ears through the simple act of poking your finger into the ear, through water-borne germs picked up during swimming or washing and through mucus. Noise damage is also on the increase thanks to listening devices and loud music.

Ear tests are painless and are carried out in hearing centres and hospitals. Now we can even get electronic downloads (apps) on our mobile phones to assess our hearing!

THE PRESSURE BALANCING MECHANISM

The tympanic membrane (ear drum) registers sound waves and seals the more delicate structures of our hearing apparatus, creating a cavity known as the 'middle ear'. From here, a tube, called the Eustachian tube, runs into the nasal cavity, and has the purpose of equalising the pressure in the otherwise enclosed middle ear.

We all know about this when we do things like flying or diving, which increase or decrease the atmospheric pressure and cause the ears to 'pop'. This is the body's way of balancing the pressure in the ears with the outside pressure. Similarly, sinus problems, colds and flu can block the Eustachian tube and cause an increase in pressure in the ears, as can pus from ear infections as the mucus 'backlogs' up the tube. Too much mucus build-up in the middle ear can cause the ear drum to rupture.

Every time the ear drum ruptures, approximately 4% of hearing is lost due to the scarring that forms as the drum repairs itself. Ear problems, such as middle ear infections and 'glue ear' (or excessively thick ear wax), are more common in children because the Eustachian tube is shorter. As the child grows and the tube lengthens, this risk generally decreases.

The surgical insertion of 'grommets' makes an open hole in the ear canal using a tiny ring device that enables pus from infections to continually drain through without rupturing the ear drum. This permanent hole, however, can also allow bacteria to enter, especially during activities such as swimming. Sometimes grommet recipients are advised to apply ear drops prophylactically or after swimming to prevent recurring infections.

THE EARS, THE IMMUNE SYSTEM AND GERMS

The skin lining the inner parts of the ear is innately related to the other mucous membranes in the body, through its embryonic origins. This tissue is influenced by both beneficial and harmful bacteria. Interestingly, there have been some experimental clinical trials by ear, nose and throat specialists in which acidophilus bacteria are used topically in the ear to prevent recurring middle ear infections in children. Treating gut dysbiosis (imbalance of beneficial bacteria in the colon) is also an important part of enhancing



our immune systems and improving resistance to harmful infections. Daily oral intake of a good quality probiotics supplement as well as a healthy diet are the best factors for correcting dysbiosis.

Herbs that have antibacterial, antifungal and anti-inflammatory effects, such as goldenseal, Echinacea, eyebright, calendula and garlic, are often used to prevent and treat ear infections, including chronic fungal infections such as 'tropical ear'. Pulsatilla (Pasque flower) is a folklore remedy for earache. The herbal tinctures are applied topically as drops or wiped around the ear entrance with a tincture-soaked cotton bud. Using the cooled oil of a roasted garlic or onion as ear drops is also an old-fashioned home remedy that utilises the antibacterial properties of these plants.

It's best to consult your herbalist for advice on the dosage and administration of herbal treatments and seek medical advice quickly for acute ear infections, especially in children as they can rapidly advance and the fevers that are often related to this affliction pose the risk of febrile convulsions.

EAR CANDLES MAY ACHIEVE REMARKABLE THINGS

The concept of putting a candle in your ear seems absurd to most people who have not heard of 'ear candles'. The ear candle is actually a hollow tube of waxed fabric. One end is lit and the other end is placed in the ear. Air is drawn up as in a chimney.

The history of ear candles goes as far back as the ancient Egyptians, who were thought to have initiated the concept through using lit reeds in the ear, perhaps in an attempt to draw out trapped insects. The Hopi Indians popularised the concept and were said to use the ear candles as part of spiritual cleansing rituals. Today, ear candles are popular all around the world and sold in health food stores and pharmacies, as well as being offered as a therapy by many health practitioners and some beauticians.

The outer cavity of the ear is the part of the ear that is influenced in ear candling. The ear candles create a weak oscillating heat suction that works similarly to massage with the advantage of having a drying effect. The heat enhances the blood and lymphatic circulation around the ear. The drying effect is gentle enough to not damage the ear tissue while helping to evaporate excessive fluid build-up in the middle ear. The ear candles can help sinus sufferers and children with glue ear in this way.

Tinnitus – ringing in the ears – is often related to nerve damage and/or the increased pressure of fluids in the middle ear. The ear candling cannot help repair nerve damage, but has been known to help some cases of tinnitus exacerbated by fluid build-up. ▶

The candles cannot be used if there is an active infection or with grommets or with anyone who has had ear surgery.

There is no age limit to using the candles as the end that goes into the ear is usually tapered. As you have to lie on your side while the candling is being done, children or people with cerebral palsy can be candled in their sleep to avoid them wiggling out of position. You cannot do candling on your own ears, because even if you tried using a mirror, you can't tell if you have a straight, vertical holding position on the candle. It generally takes about half an hour per ear and is very relaxing, so it is advised to settle down with your supervisor in a peaceful non-draughty area, perhaps in front of a movie.

The candle is taken out of the ear and cut at the indicated levels to prevent the wick getting too long and also to clear out any ash. There is no limit to how many times you can use candles, however, it is advised that you wait at least 24 – 48 hours between sessions to fully assess the benefits.

There may be some smoke or ash residue in the ear afterwards which can be gently wiped out (just around the ear hole) with a cotton bud soaked in olive oil, though remember the concept, *never stick anything into the ear that is smaller than your elbow!* This is good advice. Any use of the candles must be done according to the instructions contained in the packaging. The Therapeutic Goods Administration strictly regulates the sale of ear candles in Australia.

Kelly Miller is a registered nurse, trained educator and qualified naturopath with extra qualifications in nutrition, herbal medicine and iridology. Her qualifications are RN, BaSc, Grad Dip Ed, ND, Dip Herb, Irid, Nutrition, Post Grad Herb Medicine, Masters Health Science (Herbal Medicine). ATMS Member. ■

Continued from page 21

REFERENCES

1. Prevalence of IgG-antibodies to mumps and measles virus in non-vaccinated children. Glikmann G, Mordhorsr CH. Ornithosis Dept. Statens Serum Institut, Copenhagen, Denmark. *Dan Med Bull* 1988 Apr; 35(2): 185-7: "Before routine measles-mumps-rubella vaccination was introduced in Denmark. testing of sera from about 2,520 Danish children between one and 17 years of age showed that mumps antibodies were acquired at an early age. The peak acquisition rate was between the ages of four and five; before the age of 15, 90% of children had antibodies to mumps. Immunity to measles occurred at an even earlier age; more than 50% of four-year old and nearly all (98%) nine year-old children had IgG antibodies to measles virus".
2. Natural Immunity of Ghanaian Children to Polio and Coxsackieviruses S. PACSA and J. WERBLINSKik, Dept of Microbiology, University of Ghana Medical School, *Archiv fiir die gesamte Virusforschung* 33, 192--193 (1971)
3. Sichel 2001 – Census study of 57 ASD children "26% of parents noted significant to severe side-effects post-vaccination" – MINDD International Conference 2006.
4. Gow PJ et al, Aetiology and outcome of fulminant hepatic failure managed at an Australian liver transplant unit. *J Gastroenterol Hepatol* 2004; 19: 154-159.

"A popular over-the-counter pain-killer is now the leading cause of acute liver failure in the US – and almost half of those cases are accidental overdoses." Dec 8, 2005 *New Scientist* - Issue 2529

4. 'Paracetamol poisoning in children and hepatotoxicity', *Br J Clin Pharmacol* 1991 August; 32(2): 143-149

A Penna and N Buchanan Paediatric Pharmacology Unit, Westmead Hospital, Sydney, Australia.

5. Biron, C. A.. 1997. 'Activation and function of natural killer cell responses during viral infections'. *Curr. Opin. Immunol.* 9:24.

6. Trinchieri, G, 1989. Biology of natural killer cells. *Adv. Immunol.* 47:187.

7. Scarlet fever virtually disappeared before antibiotics came on the scene and there has never been a vaccine. See Government historical graphs.

8. Dr. Herman Goossens, Professor of medical microbiology University Hospital Antwerp, Belgium. *The Lancet* Feb 10, 2007. "Our study showed antibiotics have a tremendous effect on normal flora [microbes] which will exist for at least six months,"

9. Princeton paediatricians, *Mark B. Levin, MD and Timothy Patrick-Miller, MD*

10. Stated, precisely, in a letter from a University professor of paediatrics to a GP colleague. One of my client families holds a copy of the letter. ■



The Ear Candle Company

Special offer to Natural Health Society Members

Limited offer ends June 30th 2011

Buy 5 or more pairs of candles for \$11 per pair plus post (\$8.50) (a saving of \$5.50 each)

The Ear Candle Company

1/21 Fitzgerald St, Windsor NSW 2756

PO Box 684, Windsor NSW 2756

Phone 02 4587 7860

Fax 02 4587 8565



THE HOME GARDEN - Part 1



This is the first of a series of articles on growing your own veges. It is written by Toni Salter of Narellan, NSW, who presents garden workshops, online workshops, seminars and consultations on home veggie growing.

Compost Bins

Winter is a great time to get ready before spring planting in the veggie patch. Because vegetables are hungry plants, they'll need plenty of nutrients to see them through the entire growing season, so plenty of good, rich compost is called for.

Bins, bays, barrels, piles, tumblers, heaps and containers! With so many choices, it's difficult to know what to use to get the best compost.

Before you decide on what to choose, you'll have to ask yourself a few more questions. For instance:

- ✿ How quickly do I want my compost? 6 weeks or 6 months?
- ✿ How much room do I have?
- ✿ How much waste do I have access to?
- ✿ How much volume do I want?
- ✿ Am I going to bother turning it every week?

All these things influence what method of composting we choose.

In any compost heap it is vitally important to layer alternating dry materials (for example, carbon-rich straw or sawdust) and wet materials (for example, nitrogen-rich kitchen scraps or grass clippings) for successful breakdown into nutrient-rich humus.

The method we choose is all about what choices we have in housing our compost rather than looking at the technique of constructing layers of different materials. This comes down to whether we have an *aerobic* compost or an *anaerobic* compost heap.

AEROBIC COMPOST

In this method of composting, oxygen fuels the decomposition process and heat breaks down the materials. This compost generates heat from its own internal energy, often reaching over 60°C, and this heat will kill off many pathogens and weed seeds. The other bonus is that it can be ready to use in a couple of months.

The drawback (yes, there's always a catch) is that it needs to be at least one cubic metre in size to build enough internal energy. Now that's pretty big, so you're going to need enough room in your backyard or community garden to create this monster compost maker.

Another drawback is that it needs to be turned. Breakdown occurs rapidly for the first few days, but when the oxygen is used up, the compost starts to cool down and decomposition slows. So to crank it back up again, we inject a new dose of oxygen into the compost by turning it once a week. The compost heats up again, reaching a peak within three or four days and then cools down until it is turned again. A bay system with two or three compartments (each one

cubic metre capacity) allows you to turn the compost into a new spot each time. The compost will reduce in overall size each time until it is only about a third of the original size.

Here's an example of this method in one community garden. It uses old fence palings to create the bays. Removable panels at the front can make the compost more accessible for turning.



ANAEROBIC COMPOST

This compost is not fuelled by oxygen, but instead depends on bacteria to do the job of decomposition. After the compost is made and once the available oxygen is used up – usually after about a week – the compost becomes anaerobic if it is left to rot naturally and not turned over.

In essence, any compost begins aerobically but, if left untouched and not turned, will become anaerobic. This is a slower process and doesn't heat up as much, so it can take more than six months to reach completion. Generally, small composts operate this way. This is why most of the black council bins seen in many backyards take so long to produce compost.

SO CONSIDER YOUR CHOICES

1. If you have lots of space, want lots of compost, have access to lots of waste material and want your compost fast, then choose aerobic composting.
2. If you have only a small backyard, have small amounts of kitchen waste, have only a small garden bed to maintain that can be supplemented with outsourced manures and other fertilisers, and you can't be bothered going to the effort of weekly turning, then choose anaerobic composting.
3. If you want something in between these two, simply turn your compost weekly to speed things up a bit. Alternatively, consider using a compost tumbler. These are costly but effective if used properly. The thing to remember is *not* to overfill them. These work on an aerobic system but don't have the size to create enough internal energy, so you'll need to turn the tumbler by cranking the handle every day or two. If you've kept it to about one third full, it will be full of air and not too heavy to turn. The tumbler on higher stilts can fit a wheelbarrow underneath for easy emptying. ▶



Now you have your choices. You know how to layer the material effectively by alternating carbon-rich and nitrogen-rich materials, and hopefully you've chosen the right bin for your circumstances.

So have a go!! With time and persistence you'll have it just perfect.

TO LEARN MORE ...

To inquire about her workshops, seminars and consultations, Toni Salter, 'the Veggie Lady', may be contacted on 02 4648 2174 or 0411 579 778 or email toni@theveggielady.com. Her website is www.theveggielady.com.

TONI SALTER

Toni Salter is 'The Veggie Lady' with a passion to see organic principles adopted by everyone.

As a qualified horticulturist and member of the Australian Institute of Horticulture, Toni has since 2003 been teaching community education classes both privately at her home and through various community colleges and local councils around Sydney.

Toni has also been a talk-back guest on ABC Radio, and is a regular contributor to events such as the Organic Expo and Masterchef Live.

To help as many people as she can, The Veggie Lady has developed online information, resources and iphone apps at www.theveggieclub.com.

How to boost YOUR immune system and gain back your lost health & vitality with improved clean indoor air quality

LightAir's proven and tested technology will eliminate environmental and health issues associated with bad, dirty, indoor air quality.

LightAir Ionflow 50 is proven and tested to remove: Incredible advantages of the



PET DANDER DUST MITES AIRBORNE MOLD BACTERIA POLLEN ALLERGENS VIRUS

Scientific tests show indoor air is much more polluted than outdoors. The World Allergy Organization has stated that more than 50% of the world's western population suffer from allergic diseases such as...

- Asthma
- Irritation in eyes and throat
- Cardio and vascular disease
- Respiratory disease
- Virus and bacteria attacks
- Fatigue, concentration difficulties, headache, irritation and depression

LightAir Purifier & Ioniser

- ✓ Cleans up to 55 square meters
- ✓ Advanced Swedish technology
- ✓ No filters or needles to replace
- ✓ Cheaper to run than other air purifier units
- ✓ Winner of several European (EU) design awards
- ✓ No noisy fans that will fail.

LightAir Ionflow 50 Air Purifier & Ioniser is an investment in your family's health and wellbeing.

Special Autumn offer to TNH readers

Call now for this special

NOW ONLY **\$467.** SAVE \$30 OFF RRP plus delivery



Visit our new showroom at 79 Church Street, Hawthorn Vic 3122

call: 1300 009 991

P: 03 8626 9696 E: info@natureslifeforce.com.au

www.natureslifeforce.com.au



LightAir Ionflow 50 Surface

Your SAY

HAPPINESS IS WITHIN OUR CONTROL

I read the article 'Happiness, Is it beyond our control?' in the Autumn issue with interest. The author (Hugh Mackay) answers this question indirectly, but basically says 'yes', it is beyond our control. My experience has been somewhat different.

I put forward the theory that the brain can examine itself and can change itself. If you don't like your present 'style', you don't have to accept it – you can change it. This is one aspect of 'neuro-plasticity'.

Didn't someone once say that it is not what happens to you that is most important? Most important is how you respond.

The danger of negativity is that it leads to inaction and is self-fulfilling. The negativity which you dwell upon comes to pass. Your energy can be absorbed in self-pity.

The advantage of positivity is that it encourages action and is also self-fulfilling. You work towards the very best outcome. Your joy releases more energy.

Many years ago, for about 10 years, I was depressed and lost in a black hole. Nothing happened; I just complained and felt suicidal.

It gradually began to dawn on me that my negative attitude was not in my own best interest. I began to see that there were some 'good things' in my life and that by dwelling only on the 'bad things', I was being affected by a gravitational pull that influences many people. We tend to accept the good in silence and dwell and whinge about the bad. Negativity can become a full-time habit.

In my experience change is possible and fairly easy – once you wake up and make the decision. I found that you can move from depression to a state where you are joyous almost all the time, and particularly 'in adversity' when you need it most. It takes quite a few years to achieve this.

Joy in adversity is not the same as 'acceptance'. You still struggle for change.

Hugh Mackay says "be realistic". I think the most realistic thing anyone can do is to cultivate joy and positivity. Expect some setbacks, failures and disappointments, of course, but set yourself the goal of being joyous inside no matter what!

To me, happiness is 90% within the control of the individual. I'm allowing 10% for severe physical pain, which is unpleasant 'by design'.

Changing mental habits is no different to changing physical habits. One begins in small ways, progressing to more complex ways. Using the magic of repetition, unwanted habits can be discarded slowly, and desired habits can be established in easy stages.

The technique of reviewing the day for little things to be happy about (criticised by the author), I've found very helpful. I've also found self-talk to be useful in many ways.

As for the issue of sadness – of course we all feel sadness and empathy for the suffering of others. Need that negate our own inner joy?

I suggest it is possible to be sad and happy at the same time. In my experience, grief and happiness are not mutually exclusive.

I think happiness is an important aspect of health and wellbeing. Certainly, it is not to be lightly dismissed. As someone once said, "Happiness is no laughing matter!"

Perhaps we have a duty to ourselves to seek happiness, and it is certainly more pleasant for those around us when we are happy. I'm not talking about an outward show of bravado. Rather, a quiet personal feeling, deep within our core.

There is no need to blame others for our own depression or unhappiness. Answers may lie within our own thought patterns, which, I believe, are quite amenable to change.

Jim Lanham, Forster NSW, 14-3-11

A NATUROPATHIC DOCTOR REFLECTS...

I have been a member of the NHS since the early 1960s, in fact, probably since the founder, L. O. Bailey, took me to Hopewood Health Retreat to see if I wanted to be their first doctor. But I had just graduated in 1960, and I didn't think I would have enough medical experience. This only comes after some years of practice. I had been reading Nature Cure texts for years.

Before I took up medicine, I had made a journey to the UK to check on naturopathy there. But I rejected it as it did not have any established practical work as part of the course. So I came back to Sydney and commenced the medical course in 1954.

However, basically I am a naturopath at heart and have promoted a healthy lifestyle ever since the 1950s.

We knew your President, Elizabeth French, when she was President of the NHS Brisbane Branch many years ago. My wife, Shirley, used to sing with her in church. We send her our best wishes.

You have improved the Natural Health Society's magazine and I certainly support the new name *True Natural Health*.

Dr Geoffrey Miller, Springbrook Qld, 22-3-11

CROSSWORD

K	L	R	I	D	D	
G	A	Z	E	B	O	T
L	N	C	C	Y	A	
B	E	E	T	K	O	H
	I	E	Y	U	E	
A	T	H	L	E	T	E
R		S	P		I	
G	O	U	R	D	L	E
P	E	P	A	O		
L	I	M	A	B	E	A
C	L	A	U	A	W	
G	A	R	L	I	C	T
L	Y	H	S	O	M	

SOLUTION



Dealing with manipulation in the workplace

By Dr Mary Casey, psychologist



Is there a person in your workplace who turns your days into a series of battles? Do they make you feel powerless or drained after every encounter with them? Whether the situation involves a manager, co-worker or your own staff, many of us have had experience of this at some point.

If the conflict – and resulting emotions – are ongoing with a particular person, it is likely that you are being manipulated.

Many years ago, I became a target for a manipulator at work. I often felt sick, confused, angry and frustrated simply because I was not aware I was being manipulated. I soon discovered that I lacked personal boundaries and allowed this person to basically do anything she wanted. The situation motivated me to study it and research it, and in doing so, it became evident that this problem was widespread. I developed strategies to identify manipulative behaviour and to deal with them to ensure we are never a target.

The goals of manipulation are to covertly or overtly control and overpower others so they will do what the manipulator wants. It is the use of subversive, unhealthy power tactics to get something for themselves. Because it's about control, manipulation is prevalent in the workplace, which usually has a hierarchical structure.

Manipulation can be aggressive or passive aggressive. Control gestures that manipulators use include emotional blackmail, dishonest yet persuasive language, discrediting others around them, deflecting the issue at hand when confronted, concealed threats, and lies or distortion of the facts.

When dealing with a manipulator, it is a waste of time trying to analyse the behaviour. Our time is better invested in developing strategies to protect ourselves, because we can never change a manipulator's actions – we can only work on avoiding being a target.

So how do you deal with manipulation when it's your manager, a staff member or co-worker? People do what they do because they can, and so firstly it's important to define our limits and set boundaries by being assertive always. Seeing your strong

boundaries, a manipulator will find you a difficult target and they will likely move onto easier prey. The following are manipulative behaviours and strategies to deal with them.

Offensive tactics used by manipulators

Refutation: Denying they have done wrong.

Distraction: Changing the subject to evade the issue or gain time.

Threats: Using concealed or open threats to keep their targets anxious.

Charm: Praise and flatter openly to gain the trust and confidence of others.

Accusations or discrediting: Shifting the blame to others and detracting in subtle, hard-to-detect ways.

Deception: They withhold large amounts of the truth, distort the truth, or are vague.

Dealing with manipulation in a co-worker

When the manipulator is someone you don't report to, use the following strategies:

Disengage emotionally: Stop seeking approval or feedback.

Set boundaries: Let them know what you won't accept.

Think rationally: Find out what they want from you, and stop giving it to them.

Observe outcomes only: Don't try to second-guess the meaning behind their words or actions.

Be clear and specific: Ensure your body language backs your words.

Stand your ground: When they put pressure on you, repeat the same statement until they understand you will not change your mind.

Keep them responsible: Don't accept their shifting the blame.

Act fast: They interpret your silence as agreement if you wait for the 'right time' to address the issue.

Accept no excuse for inappropriate behaviour. Re-focus on the issue you are trying to confront.

Dealing with manipulation in a manager or boss.

This situation is a difficult one. The only way to protect yourself and regain control is to disengage in two ways:

Disengage emotionally. This is where you set your boundaries and use assertive behaviour. You will sacrifice positive feedback or recognition, but you can continue to expect your salary and other benefits of the job.

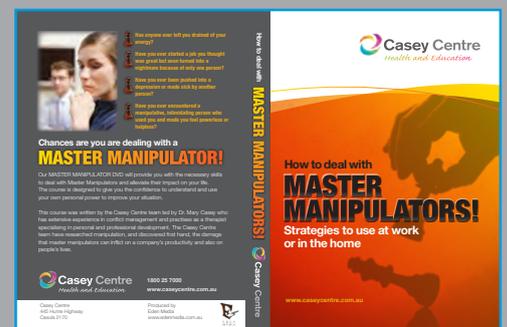
Disengage physically. If you cannot find a happy medium by disengaging emotionally, the next step is to leave your job. Your health will thank you for it!

How to Deal with Master Manipulators – DVD

Dr Mary Casey's informative DVD and workbook help identify manipulators at home and at work, and present strategies to deal with them effectively and methods to use to ensure that we are never a target.

The DVD includes various scenarios, role play and case studies.

Available for \$29.95 from <http://www.dealwithmanipulators.com/>. For information about upcoming workshops on Dealing with Manipulators, call 1300 175 783.



Dr Mary Casey (Doctorate of Psychology) is founder and CEO of the Casey Centre, Casula NSW, a leading integrated health and education service. Visit www.caseycentre.com.au

The Natural Health Way with Shingles

by Roger French



Shingles involves infection of nerves and is associated with severe, stinging pain in the skin followed by a rash. The disease can be very distressing and, in some cases, the pain can go on for months or even years.

As anyone who has had shingles knows, sufferers need effective help, and for the rest of us it would be well worth the effort to prevent the condition in the first place. Orthodox medicine treats shingles with anti-viral drugs and painkillers, but has no safe, effective treatment for the ongoing pain – post-herpetic neuralgia (PHN) – should it occur.

In contrast, rather than focussing on treating the symptoms or the virus, Natural Health focuses on the whole person. By taking a *wholistic* approach, the possibilities for both preventing and overcoming the disease improve significantly.

A MISCHIEVOUS VIRUS

One of the herpes family of viruses, *varicella-zoster* virus, is associated with two clinically distinct diseases, chicken pox and shingles. The virus is commonly referred to as 'herpes zoster', the word 'zoster' meaning 'belt' in Greek. Most sufferers appreciate just how appropriately named is the disease, because the rash is often shaped like a belt around the chest, or at least one side of it, as it follows a major sensory nerve from the spine.

The varicella-zoster virus can be associated with chicken pox in childhood and can remain dormant for decades and eventually flare up and be associated with shingles. Virologists say that the virus has developed a complex strategy that allows it to remain latent in the body and avoid destruction by the immune system. *When conditions are right for it*, the virus is reactivated in the particular nerve root, and the result is shingles.

Contagious or not?

The virus is contagious, but shingles isn't. Dr Mike Smith explains in his book, *Skin Problems* (Kyle Cathie Ltd. 1994) that if you do contract the virus from someone with shingles (by rubbing yourself against the rash), you will develop chicken pox. Antibodies then develop in the bloodstream, which prevent further bouts of chicken pox, but the virus is able to lie dormant in the 'junction boxes' of certain nerves. Usually it causes no further trouble, but if it does later in life, it's shingles.

In short, a person with shingles may infect children with the virus who may then develop chicken pox, but it is very rare for a child with chicken pox to infect an adult who then develops shingles.

VERY STINGING SYMPTOMS

The first sign of trouble may be slight fever and feeling unwell, which could be mistaken for a mild dose of 'flu, but the real cause of distress and apprehension is the onset of very severe, sharp, stabbing, stinging pain in the skin served by the particular nerve that is infected. The sufferer may be puzzled by the symptoms until the symptoms around the fourth day provide the diagnosis of shingles.

The rash may follow the nerve roots to the eye, face, legs, arms or around the trunk, the most common site being along the lines following a rib and almost always on one side of the body only. When the rash first appears, it is in the form of red blotches which soon form into blisters containing fluid. These tend to dry off and shrink during the following seven to 10 days. These crusty scabs tend to overlap and look like shingles on a roof, hence the name of the disease.

If shingles infects the nerve supplying the upper face and the eye, there may be danger of damage to vision and a special effort must be made to reduce this risk.

Some sufferers can experience post-herpetic pain (pain persisting for longer than one month) long after an acute shingles attack.

The itching and pain experienced with the rash may be unbelievably severe. While the pain often subsides once the eruptions have faded, it may continue after the rash has disappeared. This post-herpetic neuralgia (*neuralgia* means nerve pain) is caused by scarring of the damaged nerve and can be very exhausting. The more frail or elderly the person, the more likely that PHN will occur. In sufferers over 60 years of age, between one-third and two-thirds will experience PHN. The pain usually eases with time. The consequences of chronic pain of this kind can include fatigue, sleep disturbance, lack of appetite, depression, social withdrawal and dampening of daily activities.

THE QUESTION REMAINS – WHAT DOES CAUSE SHINGLES?

It has been widely observed that shingles tends to be triggered by some form of stress in body or mind. A period of emotional stress or physical exhaustion or injury or an illness that has depleted the immune system are typical events that can be followed by the disease. The older the person, the more likely they are to develop shingles, simply because they will have had longer to accumulate the effects of such stresses.

These observations yield the clue to the view that:

- (a) Shingles is not caused *primarily* by the mere presence of the virus; the virus is secondary;
- (b) There is good reason why, among the many people who carry the herpes-zoster virus, some will develop shingles and many will not.

Physiological Stress

The key to developing shingles, as with virtually all 'infectious' diseases, is provided by many scientists, including Professor Rene Dubois of the Rockefeller Medical Center, New York. In his classic book, *Man Adapting* (Yale University Press, 1965) he explains that for latent microorganisms to become active and be associated with disease, the body must be in a state of *physiological stress*, meaning its biochemistry is out of balance. [Should the reader wonder if such a work is out of date, the answer is no, this prominent microbiologist has presented, in great detail, fundamental microbiological findings which are key to our understanding of germs. Unfortunately, Professor Dubois's work has been largely overlooked.]

The fact is that we all carry within us a wide range of germs, viruses and other microorganisms capable of being associated with disease, but the logic is that as long as health and natural immunity are maintained at a good level, the illnesses will not develop. Our best safeguard against any form of disease, whether acute or degenerative, is high-level health. ▶

As with most, if not all, forms of illness, the original underlying cause is toxemia – a metabolic imbalance resulting from a combination of factors which typically include any or all of modern diet, emotional stress, synthetic chemicals and lack of exercise.

Toxaemia the Culprit

Overeating, eating when tense, eating when over-tired and eating refined foods that have lost their minerals, vitamins and hundreds of other nutrients all play a major role in putting the system out of balance. Without adequate antioxidant nutrients, the energy-producing components of every cell in the body are susceptible to free-radical attack, and without adequate minerals, vitamins and other nutrients, our immune systems will be weakened.

Normally, metabolic wastes (from food) are eliminated via the liver, kidneys, bowel, skin and lungs, but when excessive wastes are produced and the nervous system tends towards exhaustion (*enervation*), the wastes accumulate within the tissues. Because these wastes are toxic, the condition is referred to as 'toxemia'.

Emotional and physical stress both lead to depletion of nerve energy, which first becomes apparent as over-tiredness. If the individual ignores nature's warning to slow down and recharge the batteries, then digestion, assimilation and elimination are impeded and the toxemia increases. The condition of toxemia provides the conditions under which many diseases arise, especially inflammatory illnesses, because this is the condition of the body (or parts of it) in which microorganisms can become active.

Smoking, caffeine, salt, alcohol and other stimulants/irritants, along with medications that suppress symptoms, further deplete vital nerve energy and, in the long term, exacerbate the toxemia and add to the underlying cause of disease.

An individual's genetics and lifestyle determine where symptoms will manifest first, that is, which disease will occur. Because nerve tissue is the most specialised tissue in the body, it is especially sensitive to the irritation of toxemia, so it is easy to understand how and when shingles can arise.

Complications

Shingles usually gets better in time and with few complications. In a small number of cases, the blisters develop bacterial infection and the area becomes red, warm and tender, known as *cellulitis*. Orthodox treatment for this is antibiotics.

The worst complication is loss of vision, which fortunately is rare. If the rash affects the forehead and nose, there can be damage to the eye and vision affected. If the eye is affected and there is any risk of blindness, it is important to see a doctor and have treatment. The risk of blindness is

certainly not worth taking, especially as the side effects of drug treatment are probably much less damaging.

The most common complication of shingles is long-term PHN. If the nerve pain persists for more than a month, it is given this label. This simply means that the nerves continue to be irritated by the virus.

MEDICAL TREATMENT OF SHINGLES

There are several effective medical treatments for shingles, according to the medical website, medicinenet.com. Drugs that oppose viruses (antivirals) can reduce the severity and duration of the rash, provided they are started within two to three days after its appearance, when the blisters appear or just before they appear. Antivirals include acyclovir (Zovirax), valacyclovir (Valtrex) or famciclovir (Famvir). To have the best chance of success, any treatment should be commenced early, preferably during the painful stage.

For pain relief, both non-steroidal anti-inflammatory medications (NSAIDs) and narcotic pain control medications may be used. Anti-itching lotions, such as calamine lotion, may also provide relief. An aluminium acetate solution (Burow's or Domeboro solution) can be used to help dry up the blisters and oozing.

The rash area should be kept clean by bathing with soap and water.

A vaccine, Zostavax, was released in 2006 to be used against adult shingles, but only for adults aged 60 and over who have previously had chickenpox. People with weakened immune systems should not receive this vaccine, meaning those having immune-suppressing medications, cancer treatment, HIV or organ transplant.

Unfortunately, the medical approach is anything but holistic, as it treats the secondary cause (the virus) and the symptoms, rather than the condition of the body which enables shingles to develop in the first place.

In fact, drugs in general tend to add to the underlying toxemia, producing 'side effects' and often setting the stage for other problems. A holistic solution is much more rational, provided one can be found.

HEALING SHINGLES WHOLISTICALLY

The holistic or Natural Health approach to shingles is at two levels – prevention in the first place and self-healing for a reasonably rapid recovery.

Preventing shingles depends on being healthy, the attainment of which is the

primary objective of Natural Health. Dealing with shingles once it has arisen should be as prompt as possible. It depends on treating, not the virus, but the condition of the body so as to lower the toxemia. A soft option to this advanced approach is to take measures which strengthen immunity and improve the circulation so as to relieve the symptoms without causing harm.

Lower Toxaemia and Pull the Rug from Under the Virus

Harry Clements, a prominent English naturopath and author in the field of self-healing, wrote that "Abstaining from food will give more relief from acute pain than almost any other measure". This is because consuming no major nutrients for a short period allows the body to break down and eliminate wastes and chemicals, thereby removing the fertile ground in which viruses can thrive.

This approach facilitates the maximum level of self-healing of which the body is capable at the time. The process involves total rest for the purpose of conserving the maximum amount of energy for the healing process. Total rest involves not only complete physical rest but also rest of the metabolism (by not consuming any significant amount of fat, protein or carbohydrate), rest of the mind and rest of the senses.

Nature doesn't know about important jobs at work that prevent us from taking a break from our busy daily routine, and demands that we take a period of complete rest if we are to enjoy the benefit of a comfortable and full recovery.

As soon as symptoms become evident, whether it turns out to be shingles or 'flu, the person would consume only diluted fruit juices that are freshly home-made and unsweetened for three or four days. If there is no desire at all for food, consuming only water for a day or two will facilitate even more rapid healing.

The minimum necessary information for how to facilitate self-healing at home is explained in the Natural Health Society's book, *How a Man Lived in Three Centuries* (written by yours truly), and in the Spring 2008 issue of *Natural Health and Vegetarian Life*, both of which are readily available from the Society.

The chapter/article spells out the safe limits of what can be done at home and advises that for longer periods of detoxification, professional supervision will be necessary. Supervision is available at Hopewood Health Retreat, Wallacia NSW, which is ultimately not-for-profit, closely affiliated with the Natural Health Society and has 50 years of experience in these perfectly natural methods.

The article also explains how to break the juice diet correctly. ▶

It can be of great value to cleanse the bowels of toxic wastes and enhance detoxification by having warm water enemas, morning and evening, for a couple of days. However, be cautious about regular enemas over longer periods because the water tends to wash away important 'friendly' gut bacteria and this detrimental effect could eventually exceed the benefits. Either way, it would be useful to take supplements of acidophilous and bifido-bacteria for a period of many weeks.

Once the toxemia is lowered, whether it requires just a few days or a longer period under supervision, it is astonishing how the symptoms of illness normally fade away and vitality returns, whether it be colds, 'flu, shingles or any other acute inflammatory condition in its early stages.

It is essential to understand that the opposite can happen *briefly* – after detox has commenced, symptoms can flare up. This is not a sign of harm, but a sign that detox is proceeding rapidly. If this effect persists for more than a couple of days, a holistic practitioner should be consulted. Having guidance and reassurance as to what is occurring is one of the major reasons for detoxing at a health retreat.

The Soft Option for Healing

Where total rest is not practicable or a juice-only diet seems formidable, continue on the healthiest possible balanced natural diet and have extra nutritional support.

Have *carrot-and-chlorophyll juice* two or three times a day, an hour before meals. This consists of one-third to one-half glass of carrot and beetroot juice and the remainder the juices of celery, silverbeet and a small amount (about one tablespoon) of parsley juice. Broccoli and cabbage could also be included. As a mineral and vitamin cocktail to alkalise the system, this (or a similar juice) is par excellence.

Oats is a food that strengthens nerves and can be included in the daily meals in the form of porridge, muesli or oat muffins, all sugar-free of course.

To strengthen immunity and other systems, top up with supplements of vitamins B, C, E and possibly A and the carotenoids. According to manufacturers' recommendations, take a B-complex daily, vitamin C with bioflavonoids at 500 to 1,000 mgs daily for a limited period, and vitamin E up to 800 IU daily. Take a carotenoid complex and, if the ophthalmic nerves to the eyes are involved, also take a moderate amount of vitamin A. Start with small doses of these vitamins and build up gradually.

One of the B-vitamins that is particularly connected with relieving shingles is vitamin B₁₂. Having this by injection allows larger, though still safe, quantities to be given.

Two Los Angeles doctors found that a number of shingles sufferers who had experienced severe pain for more than six months obtained control of the pain by taking vitamin E at up to 1,200 IU or more. These levels are well above the usual upper limit of 800 IU that has been investigated and it might be wise to take the 1,200 IU level for only a very short time or else keep to the more modest 800 IU intake.

Similarly with vitamin C, megadoses have been used successfully (under professional supervision), but at such levels side effects are possible, so it might be wise to keep to the lower doses mentioned above.

A herb that is anti-viral and nerve restoring is St John's Wort. One authority recommends taking three tables daily. However, if pharmaceutical medications are also being taken, interference is possible and it is essential to consult a doctor before taking St John's Wort.

Blackmores information service (www.blackmores.com.au/learning-centre) explains that weakened immunity is one of the main risks for an acute attack of shingles and so immune support is vital in shingles prevention:

- ✿ **Echinacea** may help boost immune function
- ✿ **Olive leaf extract** may help immunity and has antioxidant properties.
- ✿ **Zinc and vitamin D** both help support normal immune function.

Pain Relief with Hydrotherapy

With both the 'full-on' detox option and the soft option for healing, hydrotherapy, or water treatment, can be used to stimulate the circulation, which usually brings substantial easing of pain, while promoting healing in the process.

Hydrotherapy has been successfully used in a number of ways by various practitioners. Here are some common ones:

- ✿ Bathing the inflamed area with cool water or warm water.
- ✿ Bathing the inflamed area with hot water for three minutes, then cold water for one minute, and repeating this cycle twice more.
- ✿ Using compresses – apply a hot compress for three minutes, then a cold compress for one minute, and repeat the cycle twice more.
- ✿ Immersing the body in a bath of very warm water or body-temperature water may be found to be helpful. The water may contain nothing or may have Epsom salts added at the level of 1 to 1½ kilos per bath. It is a good idea to have the bath just before retiring to bed and remain immersed for 10 to 20 minutes. But a warning – people with weak hearts should not take hot Epsom salts baths.

✿ A *dry* cottonwool compress usually brings relief by promoting sweating. Simply cover the affected areas with cottonwool, tape it in place, and wait for the local perspiration.

✿ If pain persists *after the blisters have healed*, put ice in a plastic bag, or use a bag of frozen peas, and stroke the skin vigorously with it.

Other forms of relatively natural pain relief

The following have been employed by various practitioners:

- ✿ Apply aloe vera gel (using *Aloe barbadensis*). Scrape the gel onto the inflamed area, cover with lint and hold in place with sticking plaster. Replenish the gel morning and evening.
- ✿ Dab apple cider vinegar onto the rash, either neat or diluted with water, according to what is tolerable. Repeat every couple of hours until relief is obtained. Follow the cider vinegar with aloe vera gel to dry out and heal the sores.
- ✿ Apply vitamin-E oil directly to the sores.
- ✿ If the blisters become infected, one doctor recommends dabbing them with neat hydrogen peroxide

Other Natural Therapies for Shingles

Olive leaf extract. Practitioners have had success in using this for shingles (see Blackmore's advice above).

Homeopathy. See a homeopathic practitioner for the appropriate remedies.

Biochemic tissue salts. Take Kali Mur and Kali Phos alternately, 4 tablets of each every half-hour during the acute stages. Reduce the doses as symptoms ease.

Chinese herbs. Sometimes recommended are Oriental Wormwood and Chinese Gentian.

Aromatherapy. Dab the blisters with a solution made of one cup of water containing two drops each of the essential oils of lemon and geranium. Another very good oil to use is bergamot; it has antiviral and antiseptic properties and combines well with tea tree oil and lavender against shingles.

Acupuncture. Administered by a professional, this may be helpful. It has been shown to be of benefit in PHN.

Relaxation techniques. Meditation, relaxation audio tapes and similar techniques may be of considerable value to shingles sufferers in whom stress has triggered the illness.

Look inwards to attitudes. When the post herpetic pain is long-lasting, this may indicate that some deep emotional need is not being met. It may be a need for love or a need for attention or the pain may be diverting your attention from some other problem. ■

A NEW COCONUT 'JUICE'

cocobella

An Australian company, NutrientWater (100% Australian owned), has just introduced cocobella, Australia's first natural coconut water, packaged fresh at the source.

Naturally rich in key electrolytes and low in calories, cocobella could be dubbed 'Nature's own sports drink'. Containing good levels of potassium, calcium, sodium, magnesium and phosphorus, coconut water offers effective hydration. In fact, the Natural Health Society has long regarded the coconut, in general, as being an excellent food.

cocobella is available in 4 varieties: 'straight up' 100% coconut water, and three varieties flavoured with fruit juice: pineapple, mango and pink guava.

Not to be confused with coconut milk, coconut water is the clear liquid found inside young green coconuts. It contains zero fat.

The ingredients list for the mango variety is: Coconut water (90%), mango juice (5%), cane sugar (5%), food acid (citric acid), vitamin C, natural mango flavour, natural colour



(carotene). The other juice varieties have a different fruit juice added. We consider the small amount of added sugar to be much more than offset by the beneficial nutrients.

cocobella is packaged in opaque tetra-paks to prevent exposure to oxygen and light, which can quickly oxidise the contents.

We can find it in Coles supermarkets, Fitness First, BP, Caltex, Coles Express, IGaz and various health food stores nationally for \$3 per 250ml pack.

HOW'S THIS FOR A LAUGH!

There are Teachers, and then there are 'Educators'.

This story was circulated by email amongst teachers.

An exclusive private school in Melbourne was recently faced with a unique problem. Some girls were beginning to use lipstick and put it on in the bathroom. They would then press their lips to the mirror leaving dozens of little lip prints.

Every night the cleaner would remove them and the next day the girls would kiss the mirror again. Finally the principal decided that something had to be done. She called all the girls to the bathroom and met them there with the cleaner. She explained how difficult it was to clean the mirror every night. To demonstrate, she asked the cleaner to clean the mirror. He took out a long-handled squeegee, dipped it in one of the toilets and scrubbed the mirror with it.

Since then, there have been no lip prints on the mirror.



Winter 2011

Wisdom
for Living

OWISE

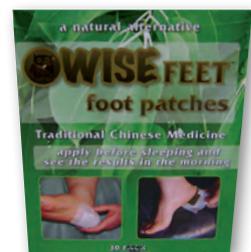
○ Ancient natural therapies for the 21st Century

○ All natural quality ingredients

○ Popular Australia wide

○ ARTG 156884 & ARTG 171812

○ Personal, efficient service & sales support



Call today to discuss your needs
Wisdom for living (int) P/L
02 4334 6868
PO Box 890 Terrigal NSW 2260
bewell2@bigpond.com.au
www.wisewellstrong.com

True Natural Health | P31



Natural Health Society Shop

Books, health products and Tri Nature products
Book prices include postage. Members deduct 10% for discount



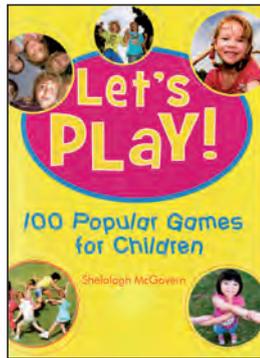
NEW TITLES

LET'S PLAY

100 Popular Games for Children

By Shelalagh McGovern \$25.00

If you are organising your child's birthday or a family get together, or if you work with young children or need some 'ice-breakers' for a group of adults, this book is full of great games for you to play. The games can be played with children and adults and the main objective is to have fun.



Shelalagh McGovern is an aerial and physical theatre performer who has played many different games throughout her career. Many of the games are quite active – which is a great idea in the present time in which children and adults sit in front of TV and computer screens for too many hours each day.

There are also some quieter games listed. Many of them are best played by about 10 or more players, and a lot of them can be played by smaller groups.

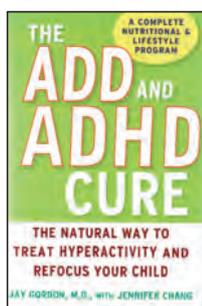
The headings include 'Icebreaker Games', 'Lively and Physical Games', 'Theatrical and Trust Games', 'Word, Riddle and Memory Games', 'Classic Games' and 'Skipping and Ball Games'. These are pitched to different age groups – 5 to 6 year olds, 7 to 9 year olds, 10 to 12 year olds and Combinations for Groups.

THE ADD AND ADHD CURE

The Natural Way to Treat Hyperactivity and Refocus Your Child

By Jay Gordon, MD \$32.00

This US paediatrician is super-wholistic. The Natural Health Society could hardly have prescribed a better approach. Dr Gordon has 25 years of experience with natural methods with which he has helped thousands of children. The result is



a truly wonderful book that could bring a child back to a normal life.

This doctor is a realist. He says it is difficult to bring about change in adolescents, but the results are worth it. Further, the book is in distinct sections so that busy parents don't need to read the entire book.

Nutrition is at the core of the treatment. "When kids don't get an excess of sugar, they behave very differently," writes Dr Gordon. You are what you eat, but this doesn't deter manufacturers from using the fact that the best way to get a customer for life is to put as much sugar in their products as possible.

The diet plan is centred around no sugar, dairy, gluten or artificial additives. The junk food served at birthday parties is not a reward, it's a punishment!

The positive approach is to tell our kids not what they can't have, but what they can have. This is spelled out in a 30-day meal plan, complete with lists of good and bad foods and 62 pages of marvelous looking recipes. All the recipe ingredients are 100 percent plant food, that is, vegan.

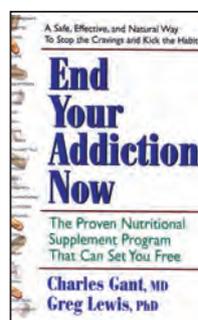
The usual medications offer a quick fix, but are not 'free', says the author. They cost body and mind a lot more than the cost of the prescription.

The balance of the treatment is to do with behavioural therapy and a 30-day exercise program.

END YOUR ADDICTION NOW

By Charles Gant, MD, and Greg Lewis, PhD \$34.00

Sub-titled, 'The Proven Nutritional Supplement Program That Can Set You Free', this has all the signs of being a safe, effective and natural way to stop cravings and kick the habit. And it is in plain-enough language.



This is another of those marvellous books – like the one above – where a regularly trained medical doctor has studied nutrition to an advanced stage and come up with a program far superior to anything in orthodox medicine. The book is truly

astonishing in its scientific commonsense. The following are an indication of its wisdom.

Psychiatry now uses drugs that were once illicit. Ritalin works in the brain in exactly the same way as cocaine and is one of the most addictive substances known. The prescription drug problem in the United States is now much more severe and deadly than the illicit drug problem.

The success of the standard medical drug and alcohol rehabilitation strategies (25 percent of cases) is actually little better than the number of recoveries with no treatment (20 percent). In contrast, Dr Gant achieves 80 percent recovery for at least a year.

There are four myths about compulsive substance use that Dr Gant dispels with great effect. It is not due to lack of willpower; it is not caused by drugs and alcohol; users are not 'victims'; after stopping usage, it is not a continuing struggle to avoid relapsing.

Research has shown that substance cravings, mood swings, sleep problems, mental disorders and dysfunctional behaviours are largely driven by biochemical imbalances that disrupt the production of neurotransmitters in the brain. These imbalances are due to nutritional deficiencies and toxic chemicals. They result in the person feeling restless, depressed, angry, agitated or being unable to focus or concentrate.

The good doctors' Power Recovery Program involves taking specific nutritional supplements to address these deficiencies.

The Program has three stages: Quick Start; Detoxification; and Long-Term Biochemical Rebalancing. To deal with specific neurotransmitter deficiencies, simple questionnaires are used to identify them, followed by lists of the nutrient supplements needed. Biochemical testing can assist this process.

Sections are devoted to overcoming the major addictions: sugar, smoking, alcohol, cocaine and amphetamines, marijuana and painkillers.

With complete solutions to problems spelled out, it is probably fair comment to say that this book could be a life saver.

NATURAL HEALTH SOCIETY BOOKSHOP ORDER FORM

Prices include postage (in Australia) and members' discounts. Some have extra discounts

Payment can be by Visa, MasterCard, cheque or money order. Please forward order with payment to:

Natural Health Society of Australia, 28/541 High St, Penrith NSW 2750. Phone 02 4721 5068; fax 02 4731 1174; email info@health.org.au

TITLE	AUTHOR	\$	NO.	TOTAL
NATURAL HEALTH SOCIETY'S OWN BOOK				
How a Man Lived in Three Centuries	Roger French	\$34.00		
NEW TITLES				
Let's Play	Shelagh McGovern	\$25.00		
The ADD and ADHD Cure	Jay Gordon, MD	\$32.00		
End Your Addiction Now	C. Gant and G. Lewis	\$34.00		
NUTRITION & LIFESTYLE				
Activate Your Life	Andrew McCombe	\$28.00		
Activate Your Weight Loss 90 Day Program	Andrew McCombe	\$28.00		
Australian Vegetarian Food Guide 2011	Azuki Independent Press	\$23.00		
Family Circle Delicious Vegetarian Food	Family Circle	\$22.50		
Fit For Life	H. & M. Diamond	\$30.00		
Food Additives	Sue Treffers	\$9.00		
Greg Chappell's Family Health & Fitness	Greg Chappell	\$24.50		
Improving on The World's Greatest Invention [In-Lieu toilet converter]	Wallace Bowles	\$10.00		
Nature's Super Foods	Nancy Beckham	\$20.00		
Selling Sickness	R. Moynihan, A. Casels	\$31.00		
The Great American Detox Diet	Alex Jamieson	\$23.00		
Vitamin E	Remi Cooper	\$10.00		
Women's Herbs, Women's Health	C. Hobbs & K. Keville	\$24.00		
Work Wonders – Feed Your Dog Raw Meaty Bones	Tom Lonsdale	\$20.50		
RECIPE BOOKS				
Everyday Vegan	Jeani-Rose Atchison	\$40.00		
Friendly Food	RPA Allergy Unit	\$30.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Simple Transition Recipes to Glow with Health	Peter & Patricia Edwards	\$25.00		
Superfruits	Paul Gross	\$30.00		
The Macrobiotic Cancer Prevention Cookbook	Aveline Kushi with Wendy Esko	\$15.00		
GERSON CANCER COLLECTION				
A Cancer Therapy – Results of 50 Cases	Max Gerson, MD	\$31.00		
Gerson Therapy Handbook	Gerson Institute	\$31.00		
The Gerson Therapy Full DVD Set	Gerson Institute	\$95.00		
BOOKS by DR SANDRA CABOT				
Can't Lose Weight? You Could Have Syndrome X		\$24.50		
Cholesterol – The Real Truth		\$20.00		
The Breast Cancer Prevention Guide		\$24.50		
The Healthy Liver & Bowel Book		\$24.50		
Hormone Replacement – The Real Truth		\$24.50		
The Liver Cleansing Diet		\$22.40		
HEALTH ISSUES				
Gentle Birth, Gentle Mothering	Dr Sarah J Buckley	\$27.00		
Protecting Your Fertility	Gabriela Rosa	\$27.00		
Skin Deep	Kevin Farrow	\$20.00		
The Allergy Connection	Dr George Samra	\$25.00		
The CSIRO Home Energy Saving Hbk	J. Wright and others	\$22.00		
The Fertility Question	Margaret Nofziger	\$12.00		
The Great Cholesterol Deception	Peter Dingle	\$29.50		
Think Smart & Lose Weight	Sandy Brocking	\$29.50		

Vaccination – The Hidden Truth (DVD)	D. Scheibner/B. Hancock	\$27.00		
You and Your Hormones	Dr Peter Baratosy	\$34.00		
Your Life in Your Hands	Professor Jane Plant	\$15.00		
MIND ISSUES				
Awakening – Authentic Meditation	Yogi Brahasamhara	\$30.00		
Five Good Minutes in the Evening	J. Brantley, W. Millstine	\$22.00		
Fix Your Phobia in 90 Minutes	Anthony Gunn	\$23.00		
Letting Go of Anxiety (CD)	Sarah Edelman, PhD.	\$20.20		
Making a Killing (DVD)	CCHR	\$19.50		
Reflections on Your Journey	Louise L Hay	\$15.00		
The Book of Affirmations	Sharon Elaine	\$27.00		
The Five Minute Meditator	Eric Harrison	\$26.00		
The Marketing of Madness (DV D)	CCHR	\$19.50		
Why Aren't I Learning?	Rafaele Joudry	\$25.00		
Why Men Want Sex & Women Need Love	Allan & Barbara Pease	\$22.00		
You Can Heal Your Life	Louise L Hay	\$25.00		

PRODUCTS/EQUIPMENT/APPLIANCES

COMPACT JUICER (non-member's price \$269)	\$249		
CHAMPION JUICER (non-member's price \$620)	\$595		
CHAMPION GRAIN MILL	\$165		
REBOUNDOZ rebounder – 4 Packages available (Phone NHS or visit www.health.org.au)			
Package 1 (inc freight) (non-member's \$240)	\$220		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro	\$189		
Other NSW \$226.00; QLD, VIC & SA \$234; NT & WA \$256			
HEALTHSTART ION-70 AIR PURIFIER (non-member's \$519)	\$499		
FOOD DEHYDRATOR – SNACK MAKER (non-member's \$215)	\$205		
STAINLESS STEEL WATER BOTTLES – 500 ml \$23, 750 ml \$25, 850 ml wide mouth \$29			
WISE FEET FOOT PATCHES box of 30 (non-members \$65)	\$59.50		
box of 90 (non-members \$145)	\$131.50		
EASY PH TEST KITS (inc frt) (non-members \$22)	\$20		
BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25			
Non-members \$50; NT & WA \$55; Members \$45; NT & WA \$50			
TOTAL \$			

SUBSCRIPTION APPLICATION or RENEWAL

New member Renewal Gift

Single one year \$32 Family one year \$40 Practitioner 2-for-1 \$40

Overseas airmail add: Asia/NZ \$15 other countries \$25

Are you a practitioner? Yes No

GRAND TOTAL \$

For Payment By Credit Card

Mastercard Visa Expiry Date ____/____

Signature: _____

Name: _____

Address: _____

Phone: _____

Phone: (business / mobile) _____

Email: _____

CELEBRATE WORLD ENVIRONMENT DAY, 5TH JUNE, 2011, and support your health and safety in the home with this wonderful winter bargain!



CHAMOMILE

Tri Nature's flagship 'green gold' dishwashing & multi-purpose liquid

Buy one, get one free!!

A plant-based concentrate of extreme mildness and efficacy. Unique alkyl glucoside technology cuts through tough grease and heavily baked-on soils to leave your dishes gleaming bright, and your glassware sparkling clean and streak-free. Extracts of chamomile and marshmallow create a nourishing effect, leaving your hands wonderfully soft and soothed.

- Removes pesticides from fruit and veggies without leaving any toxic residue; a solution can be used more than once.
- Based on natural coconut oil and corn-derived organic compounds, with the added benefit of the herbal emollients.
- pH neutral and extremely kind to the skin; no need for gloves.
- Breaks down food particles fast; oils and dirt are held in suspension and do not redeposit onto surfaces.
- Drained dishes are streak-free and totally non-toxic.
- Highly concentrated and economical: 2-4mls per wash-up; 1-2mls in 500mls water for light spray cleaning.
- Many other uses around the home – even shines plant leaves!
- Can be used on surfaces sensitive to harsh acids or alkalies.
- Great to take camping – cleans everything in sight!
- NO petrochemicals, caustic neutralisation, harsh alkaline builders, SLES, 1,4-dioxane, animal ingredients or testing.
- Biodegradability far exceeds national standards; safe for septic and grey-water systems, our waterways and oceans.

2 X CHAMOMILE DISHWASHING LIQUID 1LT – \$18.95!

Available 1/6/11–31/8/11 or while stocks last
(Only on 1NNSA and only to NNSA members)

Order Code for this Bargain Special: NHS-W11

With the value of your free 1-litre being a little over the cost of freight from Tri Nature's Newcastle plant, why not stock up on more than just two bottles of Chamomile now, plus all of your other kitchen, laundry, household and personal care needs?

Place all orders with the Natural Health Society of Australia, by internet, phone, fax or email, using special & regular codes above. Products are highly concentrated, long-lasting, economical and effective. Please refer to containers and usage guides. More information: www.health.org.au; www.trinature.com; email customerservice@trinature.com; Tri Nature FREECALL 1800 243 714
Tri Nature's Australian made, plant-based products are guaranteed to give satisfaction when used as directed. If dissatisfied, contact NNSA within 30 days & 25% usage.

TRI NATURE PRODUCTS ORDER FORM

NATURAL HEALTH SOCIETY MEMBER DISCOUNT: 10%

Retail prices below include GST. Products & prices subject to change. Please post order with cheque/money order/credit card details to NNSA, 28/541 High Street, Penrith 2750; or order on-line: www.health.org.au; by phone: 02 4721 5068; fax: 02 4731 1174; or email: info@health.org.au

Code	Product	Qty	\$	Total										
KITCHEN PRODUCTS														
NHS-W11	Winter Special: 2 x Chamomile D/W Liq. 1lt		18.95											
2	Citrus childsafe Machine D/W Pwdr Bkt 2kg		38.95											
2F	Refill 1kg Q: 16.95 2A Refill 2kg Q:		32.95											
2D	Citrus Drying Aid 500ml		14.45											
LAUNDRY CARE														
13	Alpha Plus Pre-Wash Soaker Bucket 2kg		35.95											
13D	Refill 1kg Q: 15.95 13A Refill 2kg Q:		29.95											
14	Alpha Plus Laundry Powder Bucket 2kg		36.95											
14D	Refill 1kg Q: 16.95 14A Refill 2kg Q:		31.95											
15	Angelica Fabric Softener 1lt		22.95											
16	Alpha Plus Laundry Liquid 2lt		29.95											
17	Alpha Plus Gentle Wash 2lt		27.95											
61	Enhance Pre-Wash Spray 500ml		12.95											
CLEANING PRODUCTS														
3	Sphagnum Moss Disinfectant 1lt		19.95											
4	Supré Multi Purp. Clnr – G'fruit/Palmarosa 1lt		17.95											
4D	Supré Multi Purpose Cleaner – Eucalyptus 1lt		17.95											
39	Optimate Floor Cleaner 1lt		17.95											
5	Ultra Cream Cleanser 500ml		10.95											
6	Excel Bactericidal Cleaner/Destainer 500ml		10.95											
37	Maxim Cleaner & Descaler 1lt		16.95											
7	Hyaline Glass & Window Cleaner 500ml		9.95											
51c	ProCare Carpet/Upholstery Cleaner 500ml		8.95											
67	Illumina Stainless Steel Polish 500ml		14.95											
KYPHI HAIR CARE														
840	2in1 Shampoo/Conditioner 500ml (5Lt avail.)		19.95											
841	Family Shampoo 500ml (5Lt avail.)		15.95											
841A	Family Conditioner 500ml (5Lt avail.)		15.95											
845	Affinity Shampoo – Sulphate Free 250ml		16.95											
Also 250ml Shampoos & Cdrs for •Normal/Oily •Dry/Damaged •Sensitive														
KYPHI PERSONAL CARE														
21B	Golden Silk Shower Balm w. pump 250ml		10.95											
57D	Regard Hand Clnsr/Cond'r w. pump 500ml		8.95											
881	Joint & Muscle Rub (magic for aches/pains) 50g		19.95											
For further products in all lines, plus LITTLE ONE Baby & Kids, KYPHI Skin, Body & Aroma, CARMA Car Care, PUMPS etc, half, large, bulk & travel sizes, ask when ordering, go on-line or see the full price list.														
TOTAL FOR ALL ITEMS			\$											
Less 10% member discount if applicable			\$											
SUBTOTAL			\$											
Plus Freight (flat rate)			\$	17.00										
TOTAL AMT to pay by: CHQ <input type="checkbox"/> M/O <input type="checkbox"/> C/C <input type="checkbox"/>			\$											
Payment by C/C: MasterCard <input type="checkbox"/> Visa <input type="checkbox"/>														
<table border="0"> <tr> <td><input type="text"/></td> </tr> </table>					<input type="text"/>									
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>					
Signature _____ Exp. Date ____ / ____														
NAME _____														
ADDRESS _____														
Postcode _____														
Phone H _____ Alt. Ph. _____														
First Tri Nature order <input type="checkbox"/> Please send full product/price list <input type="checkbox"/>														
IF I'M OUT, please leave at: Front door <input type="checkbox"/> Back door <input type="checkbox"/>														
Garage <input type="checkbox"/> Carport <input type="checkbox"/> Other <input type="checkbox"/>														

Kindred Organisations

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



AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339
Email veg@veg-soc.org
Web www.veg-soc.org

VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap
QLD 4061

Phone 07 3300 9320
Email vegsocq@tpg.com.au
Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

PO Box 311, Kent Town SA 5071

Phone 08 8260 2778
Email info@vegsa.org.au
Web www.vegsa.org.au

The Vegetarian/Vegan Society of Qld Inc Books and Products

For orders: www.vegsoc.org.au maureen@vegsoc.org.au Phone 07 3300 9320

Ninety Five

Edited by No Voice Unheard.

\$27 - Postage up to \$10.70

Meeting America's farmed animals in stories & photos. 95 is the number of animals spared each year by one person's vegan diet.

The Face on your Plate

By Jeffrey Moussaieff Masson

\$25 - Postage \$6.05

The truth about food. An Essential book for anyone who thinks and/or eats.

Eating Animals

By Jonathan Safran Foer

\$23 - Postage \$6.05

Everyone who eats flesh should read this book. Moving, disturbing and should be compulsory reading.

But You Kill Ants

By John Waddell \$16

Provides answers to all the silly, and not so silly, questions that get fired at you all the time.

The New Good Life

By John Robbins

\$38 - Postage up to \$10.70

Living better than ever in an age of less. The choices Robbins has made & the integrity with which he has lived have illuminated the way for many people during an era of greed running amok.

Skinny Bitch Ultimate Everyday Cookbook

By Kim Barnouin

\$35 - Postage up to \$10.70

Crazy, delicious recipes that are good to the earth and great for your body.

500 Vegan Recipes

C Steen & J M Newman

\$27 - Postage up to \$10.70

An amazing variety of delicious recipes from Chillis & Casseroles to Crumbles, Crisps & Cookies

Simple, Tasty, Good

\$30 - Postage up to \$10.70

Plant-based recipes for top taste and vital health.

The World Peace Diet

By Will Tuttle

\$30 - Postage up to \$10.70

Complete, compassionate, & profound. You'll never again take lightly the question "What's for dinner?"

Wild Vegan

By Angela Stafford

\$31 includes postage

A collection of vegan recipes influenced by cuisines from all over the world.

Raw Food: A complete guide for every meal of the day.

E. Palmcrantz & I. Lilja

\$35 - postage up to \$10.70

Proof that eating raw food can be simple, inexpensive and delicious.

Green Smoothie Revolution

Victoria Boutenko

\$26 - includes postage

Combining nutrition and know-how with recipes that pack a powerhouse punch.

Food for Life

\$30 includes postage

Colourful A3 size fridge magnet with all four food groups info at a glance.

Becoming Raw: The Essential Guide to Raw Vegan Diets

B. Davis & V. Melina

\$35 Postage up to \$10.70

A treasure chest of easy-to-read, well-researched info on eating raw food.

And many more titles to choose from.

Classifieds

VITAMINS MADE FROM WHOLE FOODS

GNLD (Neo-Life) make their vitamins from the very best whole foods available. The raw ingredients are tested for pesticides, herbicides and other contaminants. No synthetics and no isolates are made by GNLD, only the complete vitamin complex. Try GNLD's Energy or Healthy Heart programs.

Email ginahawker@bigpond.com
Phone (02) 9555 8452 for a brochure.

HOLISTIC EYE CARE. Concord.

Eye exercises, nutrition, stress management, computer users, eye diseases, preventive eye care, kids' vision.

Call Jenny Livanos, Optometrist, on (02) 8765 9600 or email jenny-livanos@optusnet.com.au

Health Products

Available from the
Natural Health Society of Australia

**28/541 High Street
 Penrith NSW 2750
 Phone (02) 4721 5068
 Fax (02) 4731 1174**

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

Compact Juicer

-) Comes with Bonus Mincer
-) Lifetime warranty on motor
-) 5-year warranty on parts
-) White, black or burgundy
-) Quick and easy to clean.
-) Simple assembly and disassembly
-) Low 80 – 100 rpm to keep enzymes alive and ensures 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

Sydney Metro \$189. Other NSW \$226.00; QLD, VIC & SA \$234; NT & WA \$256

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**

syndian

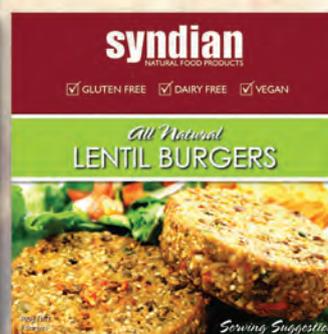
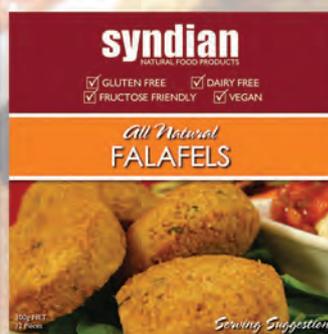
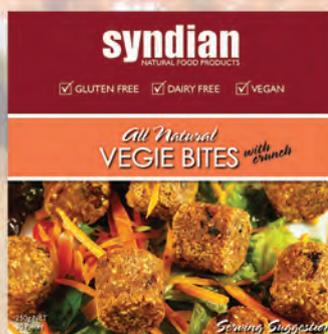
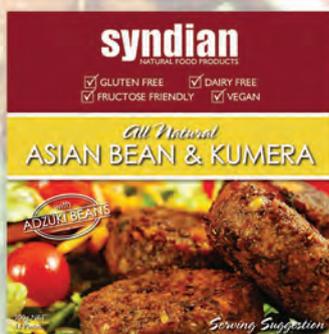
NATURAL FOOD PRODUCTS

It's been 10 Years
... and we still bring integrity to food



- Gluten Free
- Dairy Free
- Vegan
- All Natural
- No Artificial flavours, colours, or preservatives

All Natural
...just look at the ingredients



Available from Coles Supermarkets (in the Freezer Aisle), IGA's, Organic & Wholefood Stores, Health Food Stores, Fruit Markets...and many other speciality outlets.

Contact us for your local stockists.

Ph: 02 4577 7551 info@syndian.com.au www.syndian.com.au



‘I’m a graphic designer for an ethical organisation, so it makes sense for the money I earn to be invested ethically too!’



SIMON

Adelaide
New Internationalist
Graphic Designer

1800 021 227 • www.australianethical.com.au

Australian Ethical Investment Ltd ('AEI') ABN 47 003 188 930, AFSL 229949. Australian Ethical Superannuation Pty Ltd ABN 43 079 259 733 RSEL L0001441. A PDS is available from our website or by calling us and should be considered before making an investment decision. Australian Ethical® is a registered trademark of AEI.

australianethical 
investment + superannuation