

True Natural Health

The Magazine of the Natural Health Society of Australia

SPRING
2011
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**Food for feeling great
Part 1 - fresh fruits**

Safe breast screening

Teen anger - why?

Our amazing feet

Bowen Therapy

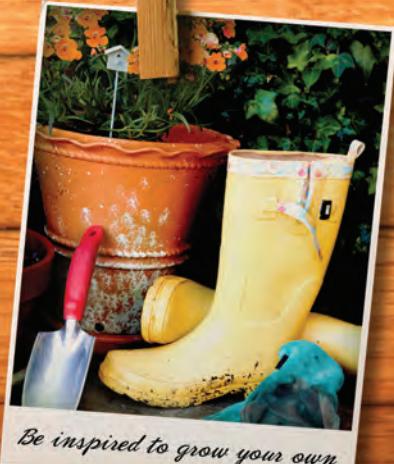
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An unusual new study

Editorial



Imagine my surprise when a young naturopath phoned and said she is looking for "unvaccinated adults" to participate in a study to investigate the health of people who have never been vaccinated. What a great idea! Come to think of it, this is something that the medical authorities should have done long.

Because vaccination has become a sacred cow in Australia, it is very difficult to obtain objective information about its merits and demerits. However, this research by Najwa Reynolds for her PhD project is seeking information that all sides of the controversy re vaccination must agree with – basically, whether it prevents or causes health problems.

If you happen to be an unvaccinated adult, there is a notice seeking your participation in the study on page 13.

The Natural Health Society has a highly ethical advertising policy, so every

product promoted in this magazine is first vetted by us. Quite often, there is a fascinating and passionate story behind how the proprietor became interested in the product in the first place. In this issue, we present two such stories.

Joe Ciancio markets an air purifier-ioniser (which keeps the pollutants within itself), because he had discovered – almost to his peril – the dangers of polluted air and water. His eye-opening story is on page 14.

'Uncle Harry's Natty Foods' – that we have promoted for some time – are the result of efforts by Allan Rodd who wanted high quality veggie burgers for his own health shop and decided to manufacture them himself. His story is on page 22.

Also promoted once again are the marvellous (to my taste) gluten-free and grain-free quinoa loaves produced by former marathon runner, Robert de Castella, and his team who bake them in Canberra.

This issue initiates a series of articles on the different food categories, Part 1 covering fresh fruits. We also continue the series on veggie gardening with Part 2.

Vegetarian restaurants are not only found in Sydney! We branch out to Adelaide in this issue, and will present restaurants in other states in future issues. In fact, our readers may be able to make some recommendations re their favourites and put us in touch with the owners – please?

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*;
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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.

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FOOD FOR FEELING GREAT

PART 1 - FRESH FRUITS

By Roger French



Fresh, ripe fruits are essentially cocktails of minerals, vitamins, other antioxidants, fibre, natural sugar and thousands of phytochemicals, all in a high content of 'pure' water. The water content ranges from 75% in bananas to 93% in watermelon.

The Natural Health guideline is to consume approximately 350 to 700 gram daily – as part of a total of fruits and vegetables per day of around 1000 to 1250 gm. Have some fruit each day. High-sugar fruits, such as grapes, should be limited in quantity. Fruits are the most suitable energy foods in hot weather, except that winter fruits are fine for cold weather.

All fresh, ripe fruits are highly alkali-forming, due to their very rich content of potassium and modest levels of magnesium and calcium. The acid fruits, although containing significant levels of organic acids, are also ultimately alkali-forming.

This article describes only the common, everyday fruits, and does not include the numerous exotic varieties.

ACID FRUITS

These fruits contain high-ish levels of weak organic acids, such as citric acid, tartaric acid and malic acid.

Citrus Fruits

In season in winter, except lemons are available almost all year.

Lemons and Limes

Very high in citric acid at 5 – 6% and should not be eaten neat. A drop splashed into the eye or a wound is sharp evidence of their acidity. Unlike other citrus, sugar content is insignificant.

Lemon or lime is an ideal fruit to start the day, as it is cleansing on the palate, stimulates the liver and is very alkali-forming. It must be always well diluted with

water – half an average lemon in a glass of water is about right. At other times of the day, still well diluted, lemons and limes are marvellous cleansing fruits, tending to relieve colds, sore throats and congestion. For the digestive system, these fruits are antiseptic and detoxifying. They reduce uric acid in gout and gallstones.

Oranges

An excellent fruit for taste and energy. A limitation is that it is easy to over-eat oranges and take in too much sugar. Also, there is a phytochemical in oranges that can upset the liver, producing a headache.

Oranges are high in vitamin C at around 50 mg for an average fruit. Also abundant are the bioflavonoids, *rutin*, *quercetin*, *hesperidin* and *naringin* which enhance the efficiency of vitamin C and are essential for strong blood capillaries and prevention of varicose veins. Both C and bioflavonoids are essential for healthy skin and hair, which is why vitamin C deficiency results in scurvy.

Oranges are richer than most fruits in calcium and also folate which helps prevent heart disease and spina bifida.

Mandarins

Similar to oranges and also contain a particularly rich supply of bioflavonoids. They don't upset the liver the way oranges can. Their easily peeled skin makes them an ideal take-away fruit.

Grapefruit

Contain much less sugar than oranges and are a liver tonic and diuretic. Can be white, pink or ruby red, the pink/red colour being due to the carotenoid, *lycopene*, which is anti-cancer and antioxidant. The bitter flavour is due to *limonoids*, richest in pink and red grapefruit, which inhibit tumour formation. Also present

in grapefruit is *salicylic acid*, which tends to dissolve calcium out of spurs and arthritic joints.

Low GI makes grapefruit suitable for people with diabetes. Because grapefruit can interfere with certain medications, including statins and calcium channel blockers, keep consumption low if on these medications.

Pineapple

A delicious and nutritious fruit when ripe, but often difficult to find ripe. It is the richest fruit in the enzyme, *bromelain*, which promotes protein digestion and so assists weak digestion, and is anti-inflammatory, so is helpful for gout and rheumatoid arthritis. Pineapple is a blood thinner and can reduce the risk of clots. It is a good promoter of healing, particularly for the respiratory system. Its high manganese content is good for the brain and nerves and helps protect against free radicals.

Available all year.

Sour berries

Berries are mostly sub-acid, but if unripe, they then rate as acid fruits. They are described in the 'Sub-Acid Fruits' section below.

SUB-ACID FRUITS

These fruits contain low to medium levels of weak organic acids, such as malic and tartaric acids.

Apples

The apple could well be the king of fruits due to their high levels of antioxidant flavonoids and the soluble fibre, *pectin*.

Apples are the richest fruit in the flavonoid, *quercetin*, which provides powerful antioxidant effects that include reducing the risk of heart disease, stroke and cancer, particularly of the

lungs and bowel. Red apples contain the extremely powerful antioxidants, *anthocyanins*, which magnify these benefits. In people who smoke, apples have been found to partially protect against pulmonary and bladder damage.

The excellent supply of pectin, concentrated in the peel, stimulates and cleanses the digestive system and slows the absorption of sugars, making the apple low GI (36) and very suitable with diabetes.

One or two apples a day – when in season, which is autumn and winter – could do wonders for wellness and wellbeing.

Pears

In the same genus as apples, pears are another great all-round fruit. This fruit rarely causes allergic reactions, so is suitable for elimination diets and ideal for weaning infants.

Pears contain plenty of soluble fibre and are very gentle on the digestive system in contrast to harsh wheat bran. This fibre binds with toxins in the colon and removes them from the body, and tends to mitigate constipation or diarrhoea. The fibre makes us feel full and keeps hunger away.

For mucous conditions and coughs, pears have a useful role. They are suitable for diabetes because of a low GI (38), similar to apples. Their high copper content gives pears an antioxidant role.

Pears are in season autumn and winter. They continue to ripen after being picked.

Stone fruit

The popular stone fruits – distinguished by their large seeds – are peaches, nectarines, apricots, cherries and plums, all members of the genus *Prunus*. Stone fruits are in-season late spring and summer.

Peaches

That bright yellow-orange colour is due to a high content of antioxidant carotenoids (particularly *beta-carotene*, *beta-cryptoxanthin*, *lutein* and *zeaxanthin*), which are anti-heart disease, anti-cancer, etc, and very good for eye health. A high potassium content helps reduce high blood pressure and maintain correct acid-alkaline balance.

A good level of soluble fibre is gentle on an upset stomach. Healthy skin is promoted by a good sulphur content, which also helps prevent gastritis and bronchitis.

Nectarines

The nectarine originated from a mutation of a peach. They are extremely similar, except for the skin, and have the same abundance of carotenoids.

Apricots

Similar to peaches in many ways, except richer in carotenoids and potassium. In fact, apricots are equal with bananas in being the richest of all fruits in

potassium, at 335 mg per 100 grams of fruit. Hence, they are excellent at balancing excess acidity, lowering high blood pressure and relieving depression associated with potassium deficiency. Their carotenoids provide the benefits mentioned for peaches, including being very beneficial for night vision.

Apricots are helpful for asthma and similar lung conditions, and their high copper content can help overcome anaemia. Being low-ish in calories, they are beneficial for weight reduction.

Dried apricots are super-nutrition, as all the benefits are concentrated. But avoid sulphured dried fruits and go for the dark-coloured sun-dried versions. Dried apricots help smokers soften the blow when quitting by having something low-calorie to chew.

Apricot kernels are extremely rich in vitamin B₁₇ (*amygdalin*), which releases cyanide to cancer cells and kills them. But Australian apricots may be too high in cyanide, so no recommendation can be given here.

Cherries

This wonderful dark-red to black fruit contains *anthocyanins*, which are strongly anti-cancer and anti-mutagenic (mutagenic = damages genes). Some of their flavonoids even destroy cancer cells. Their carotenoids and potassium (220 mg per 100 gm fruit) are at high levels and they contain the hormone, *melatonin*, which lulls us off to sleep.

Anti-inflammatory phytochemicals in cherries can benefit headaches, gout and arthritis.

Very low GI makes cherries very suitable for diabetes sufferers and hyperactive children.

A short summer season make this 'lolly look-alike' rather special among the fresh fruits.

Plums (and Prunes)

Packed with antioxidants and good levels of carotenoids, potassium and fibre, these are excellent fruits. Prunes, which are dried plums, are well known for their laxative power, which is due to their fibre, *sorbitol* and a substance that stimulates the bowel wall to contract.

High levels of *anthocyanins* give plums and prunes high antioxidant activity, measured as Oxygen Radical Absorbance Capacity (ORAC). Prunes, being concentrated, have the highest ORAC of all fruits. Plums and prunes have good levels of the same carotenoids as peaches and are low GI.

Non-stone fruit

Grapes

Vast quantities of grapes are grown for wine, but as fresh fruit they are excellent nutrition. They are cleansing, high in antioxidants and good for high blood pressure. Their sweetness reflects a high sugar content – mainly glucose ('grape sugar') – of around 15% of the whole fruit.

Grapes have a very purifying effect on the bloodstream, are helpful for high blood pressure, rheumatism and arthritis, and their tartaric acid stimulates the intestines.

Dark red and black grapes and their seeds are rich in *anthocyanins* and *proanthocyanidins*, which are very powerful antioxidants, protecting against

cancers, heart disease and nerve degenerative diseases. Another phytochemical, *resveratrol*, adds to these protective effects. Many years ago, their powerful healing and anti-cancer properties were touted in a book, *The Grape Cure*, by Joanna Brandt.

Which brings us to wine. Because the skins of red-black grapes contain these antioxidants, red wine contains them too, making it far superior to other forms of alcohol. This is not a recommendation for alcohol – it is simply that red wine antioxidants can slightly offset the harm of the alcohol to the liver and brain.

Grapes are in season in summer.

Mangoes

A fruit 'to die for' to some of us! Mangoes are highly nutritious, supplying good amounts of carotenoids, vitamin C, potassium, magnesium, fibre and easily-digested sugar.

The yellow colour of the delicious flesh is due to *beta-carotene* and other carotenoids, with a large mango supplying one day's needs. The combination of nutrients purifies the bloodstream and provides good antioxidant protection. GI is medium.

The mango season is late spring to late summer.

Some people are sensitive to contact with the mango skin, although they can usually still eat the flesh.

To cut up a mango, stand it on its thick edge and slice the flesh off each side. Then sit this flat-ish half on a plate, slice squares with a blunt knife, and scoop out the squares with a spoon.

Ripe berries

These small fruits that are red, blue or black are bursting with the powerful antioxidants, *anthocyanins* and *lycopene*, which protect against cancer, skin damage, heart disease, etc. They include blueberries, bilberries, blackberries, blackcurrants, raspberries, cranberries, strawberries, mulberries and loganberries.

Their antioxidant power is among the highest of all foods. The ORAC rating for blueberries



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is 2400 units per 100 gm of fruit, for blackberries 2036 and raspberries 1220. Blueberries protect the brain from oxidative stress and oppose the development of dementia, cataract and glaucoma. Most berries contain good levels of iron.

For urinary tract infections, cranberry and raspberry juices provide remarkable protection. Mulberries are believed to slow the greying of hair. Strawberries prevent nitrosamines from forming in the stomach, reducing the risk of stomach cancer. Raspberries are well known for their healing powers; they also contain *ellagic acid*, which neutralises cancer-causing chemicals. Berries in general preserve collagen and help prevent varicose veins.

Most berries are low in calories, so are suitable for people trying to lose weight.

Berries are mostly summer fruits. Strawberries are in season winter to summer.

Kiwifruit

Outstanding for their vitamin C content – after guava they are the richest fruit at 73 mg per 100 gm of fruit. Potassium is also very high. Water and energy content are average.

Available all year.

NEUTRAL FRUIT

These fruits contain no significant levels of organic acids, so are neutral in the acid-alkali status of their flesh.

Pawpaw and Papaya

These are among the best foods to promote healing and are super gentle on the digestive system. They have high levels of antioxidants and a unique content of *papain*, a protein digesting enzyme. This and their soft flesh makes them ideal for people with weak digestions, for elderly people and young children and for sufferers of colitis, ulcerative colitis and Crohn's disease.

High levels of vitamin C (60 mg per 100 gm fruit) and carotenoids (similar to those in peaches) provide an antioxidant power that aids vision problems, improves male in-

fertility and slows ageing. With good potassium levels as well, these fruits are particularly good for arthritis. Papaya flesh or ointment can be an effective dressing for wound healing.

In season most of the year, except for poor supply in winter. Papaya, even when their skin is mostly green, can still be sweet and succulent.

Ripe bananas

Another wonderful fruit and one of the oldest cultivated plants in the world. When green, they are starchy and difficult to digest; when ripe they are around 18% sugar and 2% starch and highly digestible. The common banana, Cavendish, is nearly always ripened in gas chambers in ethylene gas, and this compromises their taste and nutrition because gassing enables them to be picked too green. This gas is given off by bananas as they ripen.

The valuable alkaline mineral, potassium, at around 350 mg per 100 gm, is richer than in any other fruit except avocado. Consequently, bananas strongly counter excess acidity in the body, counteract the sodium in common salt to lower high blood pressure, and support the integrity of muscles.

Their useful *pectin* content and soft flesh make bananas gentle to poor digestive systems or intestinal diseases. They have medium GI.

Bananas are perfectly packaged. The test for ripeness is that the fruit is fully formed, the skin all yellow with not a trace of green and peels off with ease. A ripe banana is an excellent energy snack (at 90 – 100 calories per 100 gm) and excellent nutrition.

Available all year.

Fresh figs

An ancient fruit, figs are well known for their laxative effects (due to *mucin*) and have been used for centuries to treat constipation.

Figs are the richest fruit in calcium (38 mg per 100 gm), a good source of potassium (180 mg) and one of the most alkali-

forming of all fruits. Vitamin C is low. Their fibre level is quite high. In spite of their pleasant sweetness, sugar content is a modest 8%, and GI is medium.

More popular are dried figs, which are very sweet and concentrate all the above nutrients.

Avocados

With a history that can be traced back to 7,000 BC, this intriguing fruit conjures up one thought – fat. Yes, its fat content, typically 20 – 22%, is very high compared to other fruits which are mostly 0.1 or 0.2%, but compared to butter at 80%, the avocado is low in fat. What matters is that it is good fat, mostly unsaturated – 15% is saturated, 70% is monounsaturated (mostly oleic acid), 12% polyunsaturated and a trace of omega-3. A good supply of *lecithin* provides 'detergent' for this fat and a good content of vitamin E protects it from rancidity.

At around 200 calories per 100 gm (due to the fat), avocado provides much more energy than any other fruit, and even twice that of bananas. However, with extremely low GI and safe with diabetes, avocado fat can be burned for energy directly and need not cause obesity. They are easily digested, but quantity must be moderate.

Avocados are the richest fruit in potassium at 500 – 600 mg per 100 gm, and high in magnesium, chlorine and sulphur which cleanse the system. With all these nutrients, avocados are good for heart health, for male infertility, for Parkinson's disease and so on.

Overall, avocados eaten in moderation are a marvellous fruit and an ideal spread on bread. They are in season March to November.

MELONS

Melons are characterised by very high water contents – 90% or more – subtle sweetness and being great for detoxing. Due to their lightness and ease of digestion, melons, eaten alone, make great breakfasts in summer.

Watermelon (and Sugar Melon)

For some of us, these largest-of-all fruits are 'king'. Their 93% water is the highest of all fruits, while their 5% sugar is the lowest of the common fruits apart from the lemon. Yet this sugar gives a delicious sweetness when eaten alone – which all melons should be due to their water content. Although the GI of watermelons is high, their energy supply is only 23 calories per 100 gm, so they have a low 'glycaemic load'.

Minerals and vitamins in watermelon are low-ish, except for carotenoids, including lycopene which is nearly twice that of tomatoes. Lycopene is powerfully antioxidant and anti-cancer, especially anti-prostate cancer. The redder the flesh, the more lycopene.

A super supply of bromine is good for prevention of depression and menopausal problems.

Watermelon is a strictly summer fruit and does not 'fit' our metabolism in the cool/cold seasons. On a hot day, a chilled slice of watermelon is pure bliss!

Rockmelon

Rockmelon is surprisingly similar to watermelon, with water content 92%, sugar 5% and fibre content average for a fruit. Calorie supply is only 28 per 100 gm.

Reflecting their distinctive orange colour, rockmelons are an excellent source of beta-carotene and other carotenoids and also rich in vitamin C, potassium and bromine.

Ripeness is indicated by yellowish skin and sweet aroma.

Honeydew

More subtle in flavour than the watermelon, honeydew nutrition is very similar. Water content is 90%, sugar 7% and energy 32 calories per 100 gm. Calcium level is high as fruits go, while vitamin C and potassium are mediocre. Unlike the other melons, carotenoids are low.

Nevertheless, honeydew can be a very pleasant fruit in warm weather.

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YOUR QUESTIONS ANSWERED

By
**Roger
French**



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

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

Q. BREAST SCREENING SAFE?:

I am interested in the latest information on breast screening and examination. I would like your opinion on the safest and most effective methods. I believe that it is now known that mammograms are not safe and are not even accurate. – C. V., Bradbury NSW

A. Samuel S. Epstein, Professor of Community Medicine at the University of Illinois, says that mammograms pose a significant and cumulative risk of breast cancer for premenopausal women. Since 1928 physicians have been warned to handle "cancerous breasts with care for fear of accidentally disseminating cells" and spreading the cancer. In spite of this warning, mammography entails tight and often painful breast compression, particularly in premenopausal women, which could lead to distant and lethal spread of cancer cells by rupturing small blood vessels in or around undetected breast cancer.

The routine practice in mammography of taking four films of each breast annually results in exposure to radiation about 1,000 times greater than that from a chest x-ray. Even the American Cancer Society lists high-dose radiation to the chest as a medium to high risk factor for developing cancer. John Gofman, MD, PhD, a nuclear physicist and medical practitioner, has presented evidence that over 50 percent of the death-rate from cancer is induced by x-rays.

There is a radiation-free alternative to mammograms. It is breast thermography, which is described in an article entitled *Beyond Mammography* by Dr Len Saputo. He considers thermography to be a highly advanced, though much maligned, detection tool.

Breast thermography uses a heat-sensing scanner to detect variations in the temperature of breast tissue. The poor reputation was because the early infrared scanners of the 1960s were not very sensitive and resulted in misdiagnosis. But modern breast thermography boasts vastly improved technology and is backed by extensive clinical research.

Dr Saputo references data on more than 300,000 women who have been tested using

the technology. Owing to successes in detecting breast cancer with greater accuracy than other methods, it is slowly gaining ground among progressive practitioners.

Whereas mammography cannot detect a tumour until after it has been growing for years and reaches a certain size, thermography is able to detect signs of breast cancer as much as 10 years earlier than either mammography or a physical examination.

It can even detect the potential for cancer before any tumours have formed, because it can show the early stages of *angiogenesis* – the formation of blood vessels to directly supply cancer cells.

Where to find thermography? A technique called 'Contact Regulation Thermography' is available at the Australian Biologics clinic in Sydney, phone 02 9283 0807. I understand there may be clinics offering it in Brisbane, Melbourne and Perth. To locate one of these, inquire at Australian Biologics.

The unit delivers a very weak electrical current through the body via an electrode in the footbath and a wrist monitor which completes the circuit. Pure fresh water is a poor conductor of electricity, so salt is added to make it a good conductor.

Electrolysis splits the water molecules into positive and negative ions. The feet – called the second kidney in Traditional Chinese Medicine – feature over 2,000 pores, which serve as entry points for the negative ions. They then travel through the body and attach themselves to toxic substances with the opposite charge. Since most toxins in our body are positively charged (including heavy metals), they will be neutralised and eliminated from the body through the normal channels.

Some toxins are expelled directly into the footbath, the resulting colour of the water depending on what is being eliminated. With some people, the colour is very strong.

Frequency Of Treatment. The manufacturer of Toxiklenz says that irregular sessions can provide benefit, but they suggest the following to gain full benefit:

People under age 50 – every second day for 14 sessions. Take a break and start again after 2 weeks.

People over age 50 – every third day for 14 sessions. Take a break and start again after 3 weeks.

Potential benefits. As a result of detoxing by whatever method, it is well known that substantial improvements are possible. Numerous health problems can be eased or overcome by effective detoxing.

Who should NOT use this kind of detox system?

The Toxiklenz literature states that detoxing is safe for most people, but not: pregnant women and women who are breastfeeding; people with a pacemaker or other internal electrical device; people with implanted organs or steel plates or joints; people with epilepsy; people with open wounds on their feet; children under eight years old.

How safe? The system looks safe enough to me. I have no way of confirming this, but it seems unlikely that any harm would be caused by a very weak electric current

Q. 'TOXIKLENZ' IONIC FOOT SPA DETOX:

I have recently used one of these foot baths and the water decidedly did change colour. It is recommended to have six treatments – one every week or fortnight. I pay \$35 per treatment and could buy my own for a couple of thousand dollars. Basically, is there real benefit in using one? – S. C., Glenmore Park NSW

A. With the processed foods, toxic chemicals and pressures and stresses of modern living, there is an almost inevitable build-up of toxic wastes and chemicals to some degree in most of us. This is the reason that detox is so valuable.

The Toxiklenz Foot Spa treatment is designed to promote detoxification via the normal channels of elimination – urine, bowels, lungs and skin.

How it works. The manufacturer states that during the standard 30-minute treatment negative ions [electricity] are flowing through the body, attaching themselves to toxins and neutralising them. This frees them up for elimination.

passing through the body. On the other hand, the benefits of the elimination must be very great.

How find a Toxiklenz therapist. Inquire in your area at beauty parlours, naturopathic clinics or other natural therapies clinics.

For more information about Toxiklenz, contact Reacher Pty Ltd in South Perth, phone 0425 273 846, email support@toxiklenz.com

Q. CAN VITAMIN C DAMAGE TOOTH ENAMEL?

A friend is taking huge doses of vitamin C for blood pressure and is chewing vitamin C tablets frequently through the day, the total daily dose being six grams (6,000 mg). She is not, of course, cleaning her teeth after each tablet, nor does she rinse her mouth with water. She has had a lot of tooth decay, which at times has required extractions. Is it likely that the vitamin C is damaging the enamel and contributing to the decay? – M. C., Merimbula NSW

A. Vitamin C in supplements is usually in its acid form – ascorbic acid – which is capable of damaging tooth enamel.

The professor of oral pathology at Tufts University, Boston USA, Dr. John Giunta, says that chewable vitamin C has the potential to damage teeth. In the *Journal of*

the American Dental Association, Autumn 1983, he explains that chewable vitamin C can make the saliva acidic enough to cause the calcium in tooth enamel to form calcium citrate complexes, leaving the enamel destroyed.

Dr Giunta described the case of a 30-year-old woman who had chewed three tablets of megadose vitamin C every day for three years and had severe enamel erosion. His advice is that safe doses of vitamin C can be taken by not using the chewable form.

Another dental opinion is that dental erosion from chewable vitamin C will rarely be a problem if you follow the recommended dosage. On the other hand, if you take very large doses of chewable vitamin C for a long period of time, you might be faced with severe dental erosion. This dentist recommends that we can obtain adequate vitamin C from fruits, vegetables and supplements in pill or powder form.

A wholistic dentist, who I know personally and who uses chewable C himself, believes that it is fine to chew vitamin C once or twice per day *provided* the mouth is rinsed immediately after with a glass of water.

Further, he says, even if a lot of chewable C is being taken, the immediate rinsing should still prevent problems with the enamel. If there is no rinsing, the enamel could etch, but not enough to cause rampant decay. If there is rampant decay, there are probably other causative factors at work.

Q. CLOTHES MOTH CONTROL:

Are you able to recommend a suitable non-toxic moth killer that actually works? – F. E., email

A. I have found very good methods for natural pest control in the book, *Chemical-Free Home*, by Robin Stewart, published by Bookman Press. These do-it-yourself pest control methods use non-chemical or at least relatively safe methods. The book gives practical steps for controlling a range of common pests. Here are her suggestions for clothes moths, and, while I am on the subject, I am throwing in silverfish as well.

Clothes Moths. Moth eggs are destroyed by washing or hanging clothes in the sun for a couple of hours or putting them through a drier. Moths cannot tolerate cloves. Place cloves in small muslin sachets and hang in wardrobes, linen cupboards and drawers.

Silverfish. Keep cupboards, shelves and books well aired. Silverfish are repelled by Epsom salts, bay leaves, cloves and the oils of lavender, eucalyptus and citronella. Try sprinkling borax or alum powder behind books and in corners and crevices. Otherwise mix equal parts of bicarb soda and sugar and place behind books.

For other household pests, look in the Natural Health Society's book, *How a Man Lived in Three Centuries*, which actually covers

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Q. ASPARTAME, MIGRAINE AND VERTIGO:

Over the past five years I have experienced bad doses of migrainous vertigo about once a year. My GP and neurologist don't know why these events started suddenly at this stage in my life (I am aged 62).

I recently read an article that suggested that the artificial sweetener, aspartame, may cause vertigo [an illusion that you are revolving in your surroundings] in some individuals. I think I began taking aspartame in my tea some time before the first vertigo attack. On average I was taking 20 Equal tablets a day.

In the TGA website, I found copies of minutes in 2000 in which they required therapeutic goods containing above a specified amount of phenylalanine (in aspartame) to include a warning on the label: "Do not use if pregnant or likely to become pregnant". The committee also noted that there is a significant variation in the capacity of individuals to metabolise phenylalanine and aspartame.

Since I stopped taking the aspartame (as Equal) about two weeks ago, my nagging headaches and dizziness have mostly gone and I am starting to feel much better. I am becoming quite excited that my health is improving. I had become quite depressed due to all the things that seemed to be going wrong with my health. I now think that they were related to aspartame.

I assume it may take a while for the toxins to dissipate from my body, since I have been taking aspartame for five years.

Does the Natural Health Society have any useful information on this topic? – C. V., email

A. In the Spring 2007 issue of our magazine, *Natural Health and Vegetarian Life*, we published an article on the dangers of this artificial sweetener, written by a Chris Wheeler of New Zealand. Here are some relevant extracts from his article.

"Guzzling diet soft drinks or endlessly chewing Wrigley's sugarless gum can release excessive amounts of the chemicals that make up aspartame. At temperatures reached in sun-baked drinks seen outside service stations or *in the human body*, aspartame breaks down into its hazardous components that further degrade into even more dangerous byproducts. Methanol produces toxic, carcinogenic *formaldehyde* (embalming fluid) and *formic acid* (ant sting poison). Phenylalanine converts to *diketopiperazine* (DKP), a tumour agent. Aspartic acid, although essential to normal brain function, in excess stimulates nerve cells to death, ultimately making holes in the brain.

"Aspartame has been one of the most widely investigated food toxins in the past 50 years.

It outranks monosodium glutamate (MSG), another popular food additive, in the sheer volume of adverse reactions listed in more than 100 scientific papers. In a recent survey of aspartame research, the pro-aspartame group of scientists – who all asserted aspartame's safety – were all connected with [manufacturer] Monsanto or Nutrasweet Corporation either by direct employment or as contractors or consultants.

"Aspartame has been documented as causing **headaches**, numbness, fatigue, blurred vision and blindness, heart palpitations, brain lesions and tumours, memory loss, **dizziness**, muscle spasms, miscarriages, sexual dysfunction, irritability, anxiety attacks, **vertigo**, epileptic seizures, rashes, tachycardia, tinnitus, joint pain, nausea, mood alterations, depression, hearing loss, slurred speech, loss of taste and insomnia, as well as eroding intelligence and short-term memory. This sweetener also helps trigger multiple sclerosis, epilepsy, chronic fatigue syndrome, Epstein Barr, Parkinson's disease, Alzheimer's, diabetes, mental retardation, lymphoma and birth defects.

"There is growing evidence to suggest that aspartame may be a causative factor in the increasing incidence of irrational and anti-social behaviour, such as road rage, air-travel rage, assaults on hospital and ambulance officers, school playground incidents, teenage and adult suicides and the almost endemic depression now being widely discussed in the media."

Note that headache, vertigo and dizziness are among the signs of toxicity that Chris Wheeler mentions. The fact that aspartame is also associated with brain seizures, epilepsy, blurred vision and memory loss shows how severely it can affect the brain. Your 20 tablets of Equal daily sounds like a lot, so there was the potential for trouble.

Your experience that migraine, headaches and vertigo followed your use of aspartame is not proof that aspartame was the cause, but it sure looks likely.

Over those five years, you consumed a lot of aspartame. I have no idea how long it would take your system to rid itself of this 'toxin', but I know the body can eliminate some chemicals quickly and some slowly.

Q. NUTRITION COURSES:

I'm interested in studying for a Diploma of Nutrition. I don't want to do a Bachelor of Health Science. Do you have any information on nutrition courses in Sydney? Googling turns up all sorts of establishments and I'm not sure where to begin. – H. V., email

A. I answered this question in the Spring 2009 issue of our mag, page 25. Reiterating, two well established and highly reputable colleges are Nature Care and the Australasian College of Natural Therapies. For you convenience, I repeat the key infor-

mation here. I also list some Adelaide and Brisbane colleges.

Sydney

NATURE CARE COLLEGE

This college offers classroom and distance learning for a wide variety of courses, including naturopathy and nutrition. Nutrition courses range from professional to general interest.

46 Nicholson Street, St Leonards NSW 2065. Phone 02 9438 3333; fax 02 9436 0503; email info@naturecare.com.au. The college is a 5-minute walk from St Leonards Station.

AUSTRALASIAN COLLEGE OF NATURAL THERAPIES

Has two locations – Sydney and Brisbane. Like Nature Care, it offers a wide variety of courses, including naturopathy and nutrition courses that range from professional to general interest.

Sydney. 57 Foveaux St, Surry Hills NSW 2010; PO Box K1356, Haymarket NSW 1240. Phone 02 9218 8888; fax 02 9281 4411; Australia-wide 1300 017 267; email info@acnt.edu.au. Its location is two minutes walk from Sydney's Central Station.

Brisbane. 2/10 Costin Street, Fortitude Valley QLD 4006; Locked Bag 3, Fortitude Valley BC QLD 4006. Ph. 1300 017 267

Distance Learning

HEALTH SCHOOLS AUSTRALIA

Established 1967, HSA is for studying natural therapies by distance learning. It specialises in naturopathy, nutrition, herbal medicine, remedial massage, sports therapy and wellness and many other courses.

PO Box 815, Helensvale, QLD 4212. Phone 07 5530 8899; free call 1800 074 004; fax 07 5530 8877; email enquiries@healthaustralia.com

Colleges in SA

Endeavour College of Natural Therapies, 88 Currie St, Adelaide 5000. Phone 08 84101977. www.endeavour.edu.au. A range of certificate and degree courses.

Natural Health Academy of Australia, 47 South Ter, Adelaide 5000. Phone 08 2314933. www.massageadelaide.com.au. Tactile therapies: massage, acupressure, aromatherapy, etc

SA College of Natural Medicine, 149 Currie St, Adelaide 5000. Phone 08 83713055. info@naturalcollege.com.au www.naturalcollege.com.au. Massage, nutrition, naturopathy, herbal medicine, etc.

More Colleges

We can also find colleges in Natural Therapy Pages = www.ntpages.com

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 been acknowledged for making generous donations to Society funds. Further donations have been received, and we acknowledge and say a big 'thank you' to the following people: *Cynthia Handley and Barrie Hastie (a very large donation), Jody Reeves, John Murphy, John Boyle, Michelle Beech, Mel Fleming, Kelvin and June Coleman, Marion Kraemer, Joe Sampson, Kay Powell, Jeanne Silverston, Wilfred Tonkin, Philomena and Richard Watkins, Colin Bates and Kay Miller.*

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: Although the Natural Health Society is not-for-profit, donations are not tax deductible.

ILLAWARRA BRANCH, NHS

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

Venue: Wollongong Library Theatrette, Burelli St, Wollongong.

Door charge \$5; members \$3.

Next meetings:

Saturday 17th September 2011. Speaker: **Brett O'Brien, ND, 'Longevity and good health are not based on wealth or status'**

Saturday 15th October 2011. Speaker: **Roger French, Health Director, Natural Health Society, 'You can be less acidic – Here's how'**

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

DINNER – NEWTOWN, SYDNEY

Date: **Friday 21st October** at 7.00pm.

Venue: **The Peasants Feast Organic Restaurant**, 121a King St, Newtown.

Meal: **Vegetarian/vegan à la carte.**

Talk: A brief talk by an outside speaker on an interesting topic and a brief question-and-answer session with Roger French. Cost: Main dishes range from \$15 - \$25; entrees \$10 - \$15.

Bookings: NHS head office, phone 4721 5068 or email admin@health.org.au

PENRITH DINNERS

Next dinner: **Friday 23rd September** at 7.00pm.

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

Meal: **A multi-course vegetarian buffet dinner**, interspersed with informal discussions and a brief talk or two.

Cost: \$32 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. 24th September and Sat. 29th October, 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. 24th Sept. Rob McIntyre, 'Some Things Worth Knowing About Cancer'

Sat. 29th Oct. – topic to be advised
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

NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2011 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 18th October 2011**, at **7.30 pm**, at **CBs Café, 1 Gibbes St, Penrith NSW**.

Business

1. Reports of President and Health Director
2. Receipt and adoption of Treasurer's report
3. Election of national committee members
4. Transactions of any other business in accordance with the Constitution.

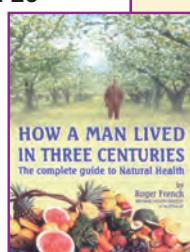
A committee meeting will follow the Annual General Meeting.

Members please notify the office if planning to attend.

Special Offer re the Society's book

How a Man Lived in Three Centuries

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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, 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.

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

Buyers Be Aware

– An AUSBUY Perspective

By Lynne Wilkinson, CEO AUSBUY

"If you have your health, you have your wealth." These are words my grandmother used to cite as she served yet another lovingly-made meal to her family of 10, copious numbers of grandchildren and hangers on. Good food, an active, interest-filled life and shared company were her ingredients.

Life seemed simpler then, because we bought what was in season, it did not travel half way around the world, there was less choice and much of the value adding was done at home. Australian farmers still produce some of the best food in the world. The problems now are that we are not sure where much of our food comes from, and we have been complicit in putting our capacity to feed ourselves at risk. Consumers deserve to know these things.

Buyers Be Aware

Your purchasing decisions can make a difference. The following are issues of concern to AUSBUY as these potentially put our capacity to feed ourselves under threat and reduce the quality of the food we eat.

1. AUSBUY continues to lobby for "Country of Origin" on our labels, which is currently not mandatory.

2. "Local and imported" or "Imported and local" mean the majority of the product came from the initial word, but this may be 51%, with no reference to other countries.

3. People buy brands they are familiar with, and the majority of brands we buy are now foreign owned and not necessarily made and sourced here. As an exercise, take a look at familiar brands and see if you can find reference to either 1. or 2. above.

4. AUSBUY was one of the key advocates for labels on fresh produce to show country of origin. The words "local and imported" on fresh produce are illegal. Rather, the country of origin is mandatory on fresh produce.

5. Costs are rising, but what value do we put on our health or that of our country. In the statements below, we are not singling out any one country.

▪ Earlier this year three different navel oranges were on sale in greengrocers all at the same price: Australian, USA and Egyptian. The imports had travelled half way around the world, subsidised by their governments, imported without tariffs and sold at the same price as our local producers. In the meantime our producers are told to dig up their trees.

▪ New Zealand recently took Australia to the WTO to allow their apples into Australia. They won, so we can expect to see apples

arrive here in November, which have potential fly blight in the spring season. The problem is that if this disease is introduced, our farmers will have to counter it with pesticides that we do not use in our clean, green growing environment.

- Recently two foreign companies have closed factories here and relocated to New Zealand – Heinz and McCains – leaving our farmers without major buyers for their produce. New Zealand has a free-trade agreement with China in agriculture and shares our labeling laws, so "Made in New Zealand" without declaring country of origin means the food may come from an environment where there are no rules about pesticides, etc. In fact, Australia no longer tests for contamination with some of the pesticides used there.

- Much of our processed apple comes from China, yet the processors will not take apples from anywhere in Australia except Tasmania.

- Labels infer that products are Australian when they are not. This is done by using the word "Australian", our flag or the map.

- Many of the Free Trade Agreements we have signed have allowed access to our market tariff-free, but are not reciprocated for our exports.

- Our Government 'gatekeepers', AQIS (Australian Quarantine and Inspection Service) and Bio Security Australia are under-resourced and often take scientific advice from the foreign companies who benefit from selling to us. Examples of recent issues are imported beef from countries with potential diseases and GM foods.

- The idea of a level playing field is only in our minds.

Who AUSBUY represents

Since 1991 AUSBUY has represented only Australian-owned companies. Its food industry members source from our farmers as part of their business strategy and process products here. As Australian-owned businesses, they make decisions

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here, profits here and reinvest and keep jobs and skills here. They compete in an aggressive market place, but the values they apply to their products are of integrity and quality. Aussie brands such as Jalna, Go Natural and Sanitarium will be familiar.

Food security

Food security is an issue for Australia as we see the sale of farming lands, factories closing and imports increasing. Over the past two years, AUSBUY has been working with concerned grower and industry groups. Together we propose to undertake research into this issue.

Finally, we invite concerned Australians to donate to this research. Go to our website for more information, www.ausbuy.com.au, or call us on 1300 882 361 to become a 'Friend of AUSBUY'.

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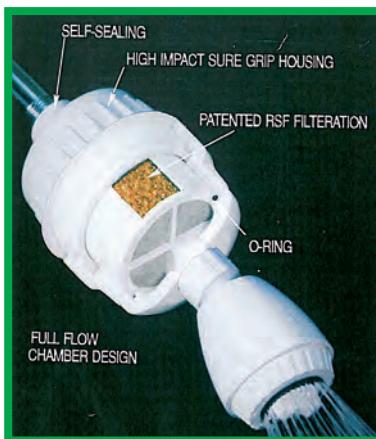
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Bowen Therapy

by Lyn Craven, naturopath



Bowen Therapy was developed by and named after the Australian, Tom Bowen (1916 – 1982). He started his therapeutic career by working as a masseur with junior football clubs in Geelong, Victoria, and treated the general public at his home after hours.

Early in his career Bowen discovered that he had what can only be described as an extreme hypersensitivity of the fingers and hands, which apparently enabled him to feel nerve transmission and energy. This unusual talent allowed him to locate blockages in the nervous and muscular systems of the clients he treated. He also had a discerning eye for variations in the muscular surface tension of his clients' bodies.

Bowen became famous for being able to cure the 'incurable', and find solutions where none seemed possible. He treated everybody in the same manner, whether they were poor street drunkards or wealthy and powerful. He devoted a considerable amount of his personal time helping people – even making house calls in the evening – and continued to treat people until near his death.

WHAT IS BOWEN THERAPY?

Bowen Therapy is a specific series of muscle and connective tissue movements designed to treat a wide range of problems and injuries. It addresses every system in the body – internal organs as well as the musculo-skeletal structure. The gentle, powerful moves send neurological impulses to the brain which is then given time to process the information before feeding impulses back so that the body is able to realign itself. Completing this feedback loop is essential for allowing the body to restore its own natural balance.

During a Bowen Therapy treatment, the practitioner will step away from you for about two to five minutes in order to allow the transmitted energy to flow through the respective meridian pathways. After that, he or she will apply further moves.

Bowen Therapy assists in accessing the body's natural feedback system. It is this system which monitors the state of each muscle, releasing tension within the muscles. All the cells in the body hold memories of events, including sites of injuries, so the therapy assists in removing any energy blockages. Many of these are created by emotional issues, which have accumulated in the physical body, causing tension, pain and disease. The therapy provides a powerful stimulus to the circulation in the joints, allowing the muscles attached to the joints to relax, which, in turn, encourages healing.

WHAT DOES BOWEN THERAPY FEEL LIKE?

There is no forceful manipulation, just a gentle cross-fibre manoeuvring of a muscle, tendon or ligament, which is a pleasant feeling to receive. I have observed that most people become deeply relaxed, and some even fall asleep. Some people experience sensations of moving energy (which can be quite subtle), feelings like 'pins and needles', of muscles being gently stretched, or a feeling of tightness being lifted away.

Bowen Therapy is unique in that it can be administered to a person fully clothed, to newborn babies, to people who are aged and frail, to those with acute injuries and chronic disorders, with rarely any discomfort being experienced. If there is a highly inflamed area, there may be a small amount of discomfort, but this will usually free up after one application while the body's energy is released, allowing the second treatment to be experienced without discomfort. Bowen therapists do not work on an inflamed area, but around it.

WHAT CAN BOWEN THERAPY BE USED FOR?

Bowen Therapy is excellent for the work environment, as it can be administered without removing any clothing and can assist in prevention or treatment of RSI and back/neck strain/injuries that often occur in the workplace. Corporations are now showing more interest in the therapy as they see the benefits of creating a healthier and injury-free work environment, more productivity and a greater sense of wellbeing in their staff.

The range of conditions that may be helped includes:

- ✿ Sports and accident injuries (chronic/acute) – bursitis and whiplash
- ✿ Frozen shoulders/tennis elbow, carpal tunnel syndrome
- ✿ Stress, anxiety and emotional issues
- ✿ Neck and head tension, headaches, migraine, ear/eye problems
- ✿ Musculo-skeletal pain and hip/pelvic imbalance
- ✿ Organic complaints – respiratory, digestive, menstrual and hormonal
- ✿ Auto-immune disorders – fibromyalgia, rheumatoid arthritis
- ✿ Infertility and other reproductive problems

- ✿ Acute/chronic fatigue, low immunity
- ✿ Strokes and recovery from them
- ✿ Accelerating healing during colds and flu
- ✿ Aiding general feelings of discomfort or sickness
- ✿ Assisting emotional issues around addiction
- ✿ Releasing stress
- ✿ Overcoming insomnia and improving quality of sleep
- ✿ Many other health disorders

HOW WELL MIGHT I FEEL AFTER A TREATMENT?

Bowen Therapy assists in the restoration of the structural integrity of the body. You can expect an improvement in posture and in lymphatic and venous drainage along with arterial blood flow. You will also experience a very relaxed feeling – most people enjoy a wonderful night's sleep after a treatment. Your body will feel freer and more aligned.

Since Bowen treatments free up blocked energy (known as *chi*), they also help people overcome emotional issues in their lives by creating a positive state of mind, clarity of focus and confidence. Bowen allows people to let go of attachment to outgrown issues and attitudes. It can be an excellent treatment for anyone feeling sadness, depression, anxiety, stress or grief.

After a treatment, the benefits will continue to be integrated in the body over the next five days.

Unlike chiropractic – which is manipulative – Bowen Therapy can treat the same health issues and injuries by allowing the body to draw upon its own innate intelligence to heal without any added force.

I have witnessed the power of this amazing therapy in many different situations, including a woman who made a complete recovery from carpal tunnel syndrome in just six weeks (prior to this, she had been advised to have immediate surgery). Also two special cases of bursitis demonstrated the efficacy of the therapy. Two men who were experiencing excruciating bursitis pain around the elbows and knee joints, respectively, both fully recovered within five to six weeks. Another man presented with very weak wrists caused by past injuries. He was using a keyboard at work which was causing him immense ongoing pain (he had also received prior advice to

undergo surgery). After treatment, strength returned to his wrists and forearms. He continues to receive ongoing maintenance treatments due to having continual use of his hands and arms at work.

Being unique, we all respond in different ways to different therapies. We find that some people who experience similar disorders will have full recovery with different numbers of treatments.

Another example is a triathlete who had recently received keyhole surgery in her shoulder for an injury which resulted from a fall from her surfboard. She was eager to become active again and was very determined to follow through with her treatment regime. Her surgeon was considering open surgery if there was no improvement in her shoulder within two months. After three weeks of treatment the arm began to improve, which allowed her easier rotations. By the time she had completed seven or eight treatments, the rotation was so good that the surgeon said there was now no need for surgery. She was able to raise her arm to approximately 90% of full extension, compared to just a slight arm raise when I first met her. She resumed running and swimming and continued to receive treatments. This lady was also taking a strong calcium/mineral supplement to support ongoing recovery.

Bowen Therapy is also used for health disorders other than injuries. One recent case was a young girl who had many health issues. She had not had a menstrual cycle in over a year, and was suffering from gastric reflux, as well as irritable bowel disorder and other conditions. I treated her only twice, as she had to go overseas urgently. I also administered some herbal remedies, supplements and live gut bacteria. I was astonished when she called me to say that her first cycle occurred just 10 days after I first met her – exactly three days after her second treatment, and only eight days on the herbs.

If you undertake Bowen Therapy, you are usually advised to receive a follow-up treatment a week later. With injuries, sometimes the treatments are taken weekly for a period of between three and six weeks, depending on the extent of the injury. Fortnightly visits are recommended after the second treatment until resolved. Some people may attend after three weeks – it really depends on each unique case. Positive results are often achieved in a short space of time, and people often return for maintenance treatments once every four to six weeks.

HOW CORTISONE AFFECTS BOWEN THERAPY

You should be aware that cortisone can interfere with many types of bodywork, including Bowen Therapy. It has a damaging effect on tissue. Some therapists I have spoken with agree, one saying the following:

"I have a patient who has had cortisone treatment around the heel for Achilles tendonitis, which is very resistant to treatment. I suspect this did some further damage. Cortisone weakens the area for three weeks, so people should be advised not to do anything (including receive treatments) during this time."

Another quote comes from a book called *The Bowen Technique: The Inside Story*, written by John Wilks, Bowen therapist and teacher. It reads as follows:

Drugs

Conductivity along the lines of collagen fibres is adversely affected by certain substances, for example, anaesthetics. Many Bowen practitioners will have noticed that it is much more difficult to get good results if a patient has had a cortisone injection, for example, or is taking muscle relaxants.

Cortisone in particular has a fairly devastating affect on fascia and tends to create areas of density and lack of fluidity in the system. Some practitioners have found that using homeopathic cortisone is helpful in counteracting the effects of this drug.

So, if you visit a medical practitioner who offers you Bowen Therapy in conjunction with a cortisone injection, it may well impact on the

effectiveness of the therapy and you could be disappointed with the results. In this case, I would be inclined to receive the therapy without the cortisone over a period of three to four weeks and see how your body responds. You may well find that you do not need to receive a pain-killing drug like cortisone. Alternatively, I recommend homeopathic remedies.

Some GPs who have learned Bowen Therapy may offer the treatment in conjunction with cortisone injections, simply because appointment times may not expand beyond 15 – 20 minutes. However, it is not possible to offer a Bowen Therapy treatment in this short space of time, so the doctor may be relying on the medication to ease the pain/discomfort. This can be very misleading for the person who is suffering.

TO FIND A BOWEN THERAPIST NEAR YOU

Contact the Bowtech Association at www.bowtech.com or the Bowen Association of Australia at www.bowen.asn.au.

Bowen practitioners who are not listed with these organisations can be found in the telephone book. Some naturopaths and acupuncturists may be registered with the Australian Traditional Medicine Society (ATMS), and even though this organisation does not register Bowen Therapists, its members have details of their qualifications on record and some will include Bowen Therapy, which ATMS can advise – phone 02 9809 6800 or email info@atms.com.au

Lyn Craven is a practitioner of naturopathy and Bowen therapy and an Energy/Reiki therapist, meditation teacher, corporate health facilitator and presenter for health expos. She is also a health researcher and writer and has produced a meditation CD. She runs a private practice in Sydney and can be contacted on 0403 231 804 or by email at lyn.craven@bigpond.com. Website www.lyncravencorporatehealth-naturopath.com

ARE YOU UNVACCINATED?

WOULD YOU BE WILLING TO PARTICIPATE IN A SURVEY?

I am seeking the assistance of unvaccinated adults who have been raised by parents that declined vaccination.

My name is Najwa Reynolds. I am a naturopath currently undertaking a PhD with the School of Health at the University of New England, Armidale, NSW. My interest is in finding out about, and giving a voice to, people who are unvaccinated.

Participation involves completing an online questionnaire that will take approximately 20 minutes. If you do not have access to email, an interview option is available.

If you would kindly be willing to take part please contact
nreynold@une.edu.au or
phone 0431 919 229 or (02) 9653 1891



This study has been approved by the Human Research Committee of the University of New England.
All communications are confidential.





A journey to recovery



Pure Fresh Air and Clean Water

Hi, my name is Joe Ciancio and I'd like to recount the story about what happened to me and how I came to discover the amazing benefits of a truly healthy diet.

I grew up on a tobacco farm, in a small bush town, called Gunbower, in Victoria, and it truly was a great way for a kid to grow up, just running around, free and wild, hunting and fishing, in between my farm chores of course. That's where my problems started.

I didn't know it at the time, but my dad became friendly with the local crop duster, whose job was to fly over all the tobacco crops in the area and spray them with what was in those days a widely used and highly regarded pesticide, DDT.

For an eleven year old it was fun and exciting, because the crop duster would take me up in his Tiger Moth plane and I would be hanging out the window waving at everyone I knew. He even did a bit of acrobatics, just to show off.

The problem was that when he came to spraying our farm, it was my job to direct him every time he came in for his next row. I would stand among the tobacco rows with a white flag on a long pole to indicate the next strip for him to pass over. Obviously I was drenched with the DDT spray along with the tobacco. This went on for at least 30 minutes, so I was well and truly de-bugged – yeah, no flies or mozzies on me anymore.

THE SEARCH BEGINS

The reason I tell you this is that when I was in my thirties and living in Melbourne, I became quite ill. I suppose it was like chronic fatigue, where I would easily flake out on the couch and not be able to get up to go to bed at night. My wife would throw a blanket over me and leave me there until the next morning. After quite a few years of struggling through this terrible debilitating and permanent state of exhaustion, I realised I needed to do something dramatic to turn this problem

around, and that's when I started my search into health and everything related to nutrition and wellbeing.

In the meantime, several of my friends as well as my cousin Cathy developed cancer, and they all eventually passed away, five people in total. The one thing we all had in common was exposure to DDT as children, with the yearly doses from our crop-duster friend.

"Pure fresh air and clean water will go a long way towards rejuvenating an unhealthy, sick body"

Guess what! I am alive and kicking. I'm in my late fifties today and feeling a lot better and healthier than when I was in my thirties. The funny thing is that my kids reckon I live on just air and water – and they're half right. Pure fresh air and clean filtered water will go a long way towards rejuvenating a sick body that has a compromised immune system. Of course the right foods and a clean living environment are equally important.

Well, my change in life's direction over the past 20 years has led me down the path of health and wellness, and I'm here to share my knowledge with all who also want to start enjoying the benefits of real natural foods that are alive with enzymes and life-supporting nutrients. It's not rocket science. If the human body has optimum nutrition and hydration, it's designed to function perfectly (assuming other factors are also optimal). That's why I turned to natural foods – fresh veges of all kinds and lots of fruit, plus fresh juices – and it's worked for me. Try it for just 30 days you'll be amazed at the changes within your body.

GIVE YOUR BODY A CHANCE!

So give your body a chance and let it do what it's designed to do, which is to keep you feeling vibrant and healthy, and living to a ripe old age in the best of health.

AN AMAZING DISCOVERY

Looking around for answers to my many questions, I came across this amazing Swedish product, the LightAir Air Ionizer. In my early twenties, I would often go back home for the weekend, back to the mountains of the North-East Victorian Ranges, and the beautiful King River Valley, to where we had moved after Gunbower.

The amazing thing was that after just a few days in the valley, I would return to the big smoke looking and feeling five years younger. So after years of doing this and noticing the amazing health benefits, I figured something is going on up in 'them thar hills'!

I reckon I've discovered what it is. It is the amazing air being rich in negative ions, just as mother nature intended us to breathe, and not the dirty, positively-charged city air, with its chemical cocktail of pollutants. So that's what led to my discovery of the LightAir air purifier. Now my home and office have these units, producing levels of negative ions similar to what's found in nature.

There is nothing more satisfying to me than getting back so many positive responses from people who now have the LightAir, especially asthma sufferers, who seem to be especially happy due to their alleviated symptoms.

At the suggestion of Editor, Roger French, we present the advertisement on the following page to provide more details of the LightAir and to offer a discount to members.

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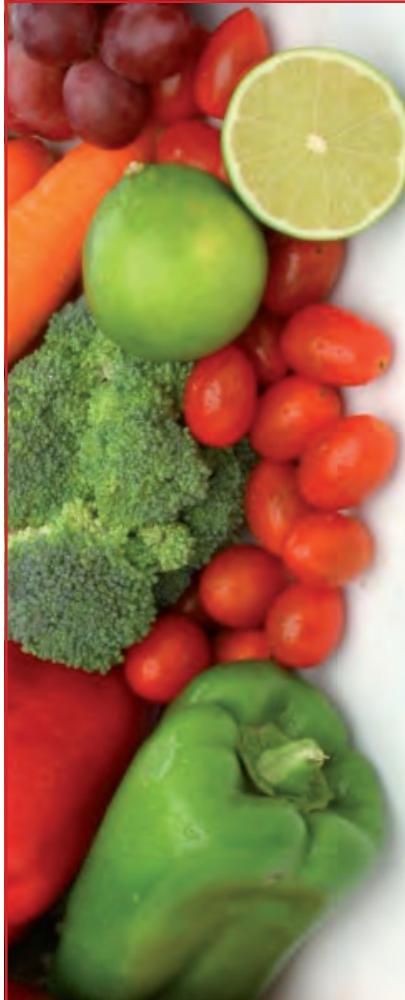


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Peter Ray,
Osteopath

Member Story

My Quest for Health and Its Understanding

I stood with my pants down in front of a group of doctors at the Royal Prince Alfred Hospital in Sydney as they stared, baffled at the large lump in my groin. This was one of three events that were my introduction to so-called health at the age of five.

Nothing seemed to come of my lump and it eventually went away, but I came to the conclusion many years later that this swollen lymph gland had been a reaction to childhood vaccines. My mother had told me that, as an infant, after the second of what was then the double antigen, my body had in her words "swollen up" and the doctor had advised against the third vaccine in the series.

The second event was going into the Western Suburbs Hospital to have my healthy adenoids and tonsils removed. This was a standard procedure in those days, the idea being that the fewer bits you had, the less things could go wrong!

The third event was my decision that I was going to be a doctor when I grew up. I liked the idea of being able to help people. Unfortunately, it eventuated that I would faint at the sight of blood and horrible diseases, and so ended my medical career even before I reached puberty. Eventually I became an accountant after leaving school.

At the age of twenty-three, I headed off to see the world for an indefinite period. I was able to get casual accounting work in London between travelling. My father died suddenly and I returned home after being away for two years. But life was never going to be the same. My health was declining rapidly. In my travels – mostly by hitchhiking – I had lived very cheaply, and the poor food and rough living were now taking their toll on what was not a particularly strong constitution. At the end of my twenty-ninth year, I decided to become a naturopath to try to restore my health.

Why a naturopath?

My mother went into menopause when I was about fourteen. She was suffering with hot flushes and a frozen shoulder, and a friend had mentioned a health centre called Hopewood Health Retreat. Mother stayed there for three weeks and came home without the hot flushes or the frozen shoulder. Within twelve months our family had largely adopted a vegetarian diet.

At the beginning of 1968 after leaving high school, I also spent a week at Hopewood. I had thoughts then of becoming a naturopath, but there were no appropriate courses, and so it became accountancy as a career. That would be the last contact with Hopewood for almost eighteen years.

I commenced my naturopathic course in 1980 at The NSW College of Natural Therapies. They ran an osteopathic course concurrently, so it seemed reasonable to study both, and I did. By the time I had finished these courses, my health had improved and would continue to do so over the years ahead.

I have always been a philosophical person and I have always looked for the underlying meaning of things. I found the naturopathic course difficult – it was such a gabble of competing philosophies. I always had to know 'why' at the core level. Julie, my wife, had said it would come together, but it never did. At the osteopathic level I had made an early decision never to do thrusting techniques in practice, even though these were almost the only techniques taught at that time. It would be many years before I would discover osteopathy at its core understanding.

A Great Opportunity

In late 1984, I went to the USA for a month to search for a greater understanding of health and its philosophical roots, and spent time at two live-in health centres.

Then in early 1985 an advertisement appeared for a registered practitioner at a health centre at Wallacia in western Sydney. I knew where it was and I knew immediately that that was my position. Two weeks later we were living at Wallacia, and so began 10 rewarding years at Hopewood Health Retreat, five years full-time and five years part-time.

Perhaps what was most important was that Hopewood had a coherent philosophy underpinning its methods and its treatments, which always took people from cause to effect. I am disappointed that in the medical world today there is

so much emphasis on treating symptoms. This usually involves 'maintenance' doses of drugs for conditions where there appears to have been little attempt to find or correct the underlying causes.

My Own Practice

Later I moved into my own osteopathic practice in Penrith where I have continued to develop my understanding of health and its philosophy through practice combined with further studies.

Osteopathy is based on the fundamental principle that the body is self-healing. I see my role as facilitating this healing process.

I have come to the conclusion that when there are problems in a joint and its surrounding muscles and tissues, the body has instigated a *functional physiological locking mechanism* to protect that joint – that is, the joint has 'locked itself up' to protect itself from further strain and damage. Conversely, assuming that a protective locking mechanism does exist, there must also be a releasing mechanism – as every action in the body has an opposite action.

I see my role as facilitating that releasing mechanism, but only when it is appropriate to do so.

My technique is to use my hands (not a machine) to apply the right amount of pressure and gentle movement to initiate the releasing of the joint and its surrounding tissues. I find this approach very safe and effective.

In addition to the satisfaction of helping people restore wellness, another of my rewards in life is that my own health has continued to improve.

Today at the age of 61, I am able to work long hours at a busy practice helping others to reach good health through a combination of osteopathy and natural health.

What I wanted to do at the age of five has been fulfilled in a way I could not have imagined.



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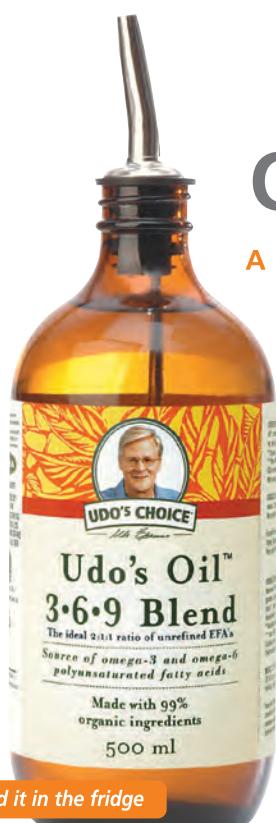
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INGREDIENTS

4 large organic potatoes, diced into bite-sized pieces
 2 cup of organic pumpkin, diced into bite-sized pieces
 2 heads of organic galangal, sliced
 2 organic red onions, chopped finely
 4 stalks of organic lemon grass; trim back the leaves and roots and leave large pieces
 4 fresh organic tomatoes, diced
 fresh organic chillies, sliced
 2 tbs green curry paste
 2 cans organic coconut cream,
 3 tbs extra-virgin olive oil
 4 tbs soya sauce
 1 tbs organic dark brown sugar
 8 fresh organic kaffir lime leaves

METHOD

Pour oil into a pot and fry the sliced galangal, lemon grass, lime leaves, chilli, onion and tomatoes; stir constantly for 2 mins
 Add curry paste and 1 can coconut cream
 Add potatoes and cover with lid for 5 mins
 Add soy sauce, sugar and pumpkin and cook for a further 3 mins
 Turn down heat and simmer until potatoes are tender
 Add other can coconut cream and bring to boil
 Serve with hot steamed rice

TIPS

Grow your own herbs and save time and money
 Coconut cream is best for curry dishes, not milk
 Green vegetables, e.g., green beans, green capsicum, broccoli, are best added at the same time as the last can of coconut cream
 Red curry paste can be used instead of green curry paste

MALVERN FRIED RICE

INGREDIENTS

200 gm organic button mushrooms, diced
 1 organic green or red capsicum, diced
 1 red organic onion, sliced
 ½ cup pre-deep-fried tofu (medium firmness), diced
 4 cups boiled brown rice
 4 tbs extra-virgin olive oil
 1 tsp pepper
 3 tbs soya sauce
 1 cup vegetarian ham (brand Lamyong), diced
 Coriander for garnishing, chopped

METHOD

Pour olive oil into large pan and heat on high. Brown the onions, tofu and veg ham. Add soy sauce and pepper and stir-fry for 2 mins
 Add rice, mushrooms, and capsicum and stir until well mixed. You could include some broccoli too.
 Serve hot and garnish with coriander. Serves 6

TIPS

Brown organic rice is highly recommended for taste and health
 Not necessary to have the veg ham in this dish
 Tofu, veg ham and soy sauce can be purchased from any Asian grocery
 If desired, curry powder can be added when tofu and pepper are added
 This dish can be frozen



RICE SALAD IN GOLDEN POCKET

INGREDIENTS

Fried tofu pockets, 1 packet
 Soy sauce, 3 tbs
 Fresh organic coriander, 1 bunch
 Vegetarian mushroom fluff, 1 packet
 Organic sesame seeds, ¼ cup
 Cooked organic brown rice, 2 cups
 Mayonnaise, 3 tbs
 Organic lemon or lime juice, ½ lemon or lime



METHOD

Take tofu pockets out of bag
 Wash and chop coriander
 In a large bowl, mix brown rice, sesame seeds, soy sauce, mayonnaise, lime juice and coriander well
 Spoon rice mixture into the pockets and garnish with coriander

TIPS

Tofu pockets can be purchased from Coles or Asian supermarkets in the Japanese shelves
 Best to use brown rice
 Vegetarian mushroom fluff can be purchased from any Asian grocery.
 Vegetarian mushroom fluff can be replaced with pine nuts

Recipes



INGREDIENTS

Fresh green pawpaw, 1/2 medium pawpaw or 1 small
Snake beans, 1/2 cup
Broccoli, 1 medium head
Chilli (optional), 1
Cashew nuts/peanuts, 1/3 cup
Tomatoes, 2 medium
Garlic, 1 clove
Lemon/lime juice, 1/2 lemon
Organic raw sugar, 1/2 tbs
Soy sauce, 3 tbs

GREEN PAWPAW AND BROCCOLI SALAD

METHOD

Peel and slice pawpaw into thin strips
Slice broccoli, beans and tomatoes into small pieces
In a mortar, place chilli, garlic and nuts, and roughly grind these with pestle
Add pawpaw, beans, broccoli, tomatoes, soy sauce, lemon juice and sugar, then gently mix all ingredients through with pestle
Serve with rice

TIPS

Green mango, snake beans or broccoli and pawpaw can be used alone or together
Garlic chilli goes well with this dish
Dried dates can replace unrefined sugar
Green pawpaw is available from most fruit and veg. shops

Ling Halbert is about to give birth to a book, *Vegetarian Cookbook for Meat Lovers*.



Ling's passion for cooking has developed from a young age, growing up in her parents' restaurant in Laos. She cares deeply about the planet and its inhabitants, and believes that vegetarian eating is one of the keys to inner peace, good health, longevity and happiness.

The use of organically-grown food, non-GM crops and local produce is a strong emphasis for Ling.

MONTHLY VEGETARIAN COOKING WORKSHOPS, Richmond NSW

Ling presents **Lao vegetarian cooking** workshops at Earth Care Centre, UWS Hawkesbury Campus, Richmond NSW. Her dishes are simple, nutritious and tasty.

Each workshop provides:

Hands-on instructions on how to make simple, delicious and nutritious meals;
Easy-to-prepare recipes;
Tips on making vegetarian meals appealing for the whole family;
A tour of the community garden.

Held on one Saturday each month, 11am to 1pm.
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Dare To Detox This Spring

During the cold season, it's easier to stay indoors, snuggle up on the couch and eat take-away than to brave the cold to take a walk or cook up a healthy meal. However, this often leaves us feeling sluggish and less energetic and helps those few extra kilos to sneak on over the winter period.

We may not realise it, but during the colder months we also accumulate more toxins in our bodies as we spend so much time indoors. The start of spring is the body's natural time for cleansing and detoxification. A spring detox can revive your energy, brighten your complexion, strengthen your immune system and leave you feeling energetic and refreshed.

WHAT HAPPENS TO MY HEALTH DURING WINTER?

During the colder months, both your health and mood can decline. Many people experience low energy levels, increase in weight, weak immune system and the dreaded cold or flu. It is also possible to develop a mild depression known as SAD (Seasonal Affective Disorder), which follows the seasons and is the body's reaction to lack of sunlight. It is common for people to be affected by more than one of these symptoms of failing health at this time of the year.

HOW WILL A DETOX IN SPRING HELP?

It is important to keep the body cleansed and to boost your immune system, especially in spring when allergies can flare up. It is a great way to make yourself feel better physically and mentally, as well as enhance your immune system. Detoxing will eliminate toxins which have accumulated over time, generate healthy cells, cleanse the digestive tract, improve your mood, increase your energy levels and improve physical fitness.

HOW CAN I DO A DETOX AT HOME?

There are many different detox regimes out there. The best way to detox at home is to follow a few simple detox rules to cleanse your body naturally.

1. *Eat healthily.* Detoxing doesn't have to involve restricting your diet to hot water and lemon three times a day. You can do your system wonders by cutting out foods containing additives, preservatives and artificial sweeteners. Focus on dark green, red and yellow vegetables and fresh fruit and have protein-rich foods in the form of legumes, nuts, seeds and eggs.
2. *Drink plenty of water.* Water will keep your body hydrated and flush out toxins. This will help improve your skin and make you feel less lethargic.
3. *Avoid stimulants.* It is essential to avoid toxic substances during your detox. These include alcohol, cigarettes, coffee, black leaf tea and chocolate.
4. *Move your body.* Exercising daily can increase circulation and naturally eliminate toxins from your body.
5. *Enjoy some sunlight.* Ensuring you get Vitamin D after winter is a must. Vitamin D is important for bone density, energy, red blood cells and the prevention of a host of diseases.
6. *Have an occasional bath.* Add an element of relaxation into your detox program by having a detox bath with Epsom salts to draw out the unwanted toxins.



WHAT ABOUT A JUICE DIET OR WATER FAST?

At Hopewood, detoxification programs are undertaken in a supervised environment where progress is monitored daily. The most appropriate cleanse is selected by the naturopath based on your unique conditions and a thorough assessment of your medical history. It may be recommended that you follow a healthy eating plan with meals designed specifically for your condition, or go on a juice diet or water fast.

Remember, if you are going to do this type of detox, consult your doctor for advice on how to proceed and to have regular health check-ups.

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- ✿ Hydrotherapy as prescribed
- ✿ Blood sugar level checks
- ✿ Cellular Health Analysis
- ✿ Detox Facial
- ✿ Silky Smooth and Detox Treatment

* only if recommended by a naturopath

Please note that naturopaths are not available on Sundays.

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A Healthy Food of the Future Is Here Today

Based on an interview with Allan Rodd by Roger French



www.natty.com.au

'Futurists', who predict that the next food generation will be concentrated tablets filled with nutrients to quickly nourish our bodies and satisfy our hunger, may well recognise Allan Rodd's pioneering work. He has established a new Vegetable and Whole Grain food category with his unique range of Natty® foods currently being manufactured in the Homebush West, NSW, factory of Uncle Harry's Natural Foods Pty Ltd.

HOW ALLAN STARTED THE BUSINESS

Harry had supplied home-made burgers for Allan Rodd's Gladesville health food shop for several years. When Harry succumbed to Lupus in 1994, Allan was left without a supplier because no one knew Harry's recipe or method. A replacement was needed.

Early in 1995 while pondering the future of healthy food, Allan had the idea of creating his own soy-free vegetarian burger, but decided to target the 90% of Australians who eat meat.

He knew they wanted to eat healthy foods, but they avoided traditional veggie burgers made with soy in the form of TVP or tofu or even potatoes. These are good, cheap burger ingredients that needed code-numbered additives to make them palatable.

Instead, Allan decided to offer his Natty foods as a premium range of soy-free, low-fat, foods made entirely with fresh garden vegetables (carrots, celery, onions, parsley) and locally grown whole grains (wheat, barley, rice). These ingredients are exactly what nutritionists recommend that the 67 percent of overweight and obese Australians should eat to replace the belt-busting junk foods in their diets.

The only additional burger ingredients are sunflower seeds, herbs, spices, sunflower oil and water. There are no code-numbered additives, no preservatives, no added sugar and no yeast.

Based on his health food shop experience, Allan eliminated almost all ingredients known to be associated with allergies: no peanuts

or tree nuts, no dairy products, no eggs, no fillers and no binders. However, Natty foods do contain the gluten present in whole wheat and barley.

Commencing with some shop ingredients, Allan consulted books, friends and customers in developing the new burger over three months. Although the recipe was his own, Allan called the new burgers 'Uncle Harry's Natraburgers'® and later renamed them 'Natty® Burgers' or 'Natty Patty® Burgers'. Before long, burger lunch sales boomed and the former corporate marketing executive began offering his burgers to cafes, hospitals, universities and other health food shops. He soon had to expand production from the back room of his Gladesville shop to a modern purpose-built factory at Homebush West.

Allan, a slogan-oriented marketer, has been quietly test marketing the burgers and delighting his customers with:

'There's nothing naughty in a Natty' and 'The fresh ingredients in Uncle Harry's foods will help you live longer or your money back.'

TWEAKED RECIPE

Over 15 years Allan has tweaked his Natraburger recipe several times, eliminating food allergy ingredients, introducing three new flavours, (Spicy Chilli, Sweet Potato and Couscous, and Mushroom), and adding four more shapes (Bites, Steaks, Sandwich Slices and Baguette Strips).

A FAVOURITE WITH TIME-POOR MEAL MAKERS

Natty pre-cooked foods make meal preparation easier for time-poor meal makers. They come in a variety of shapes, offering the convenience of toasting a burger, a steak shape or a sandwich slice, and being able to serve a healthy lunch or dinner in minutes.

A BUSINESS OPPORTUNITY FOR YOU?

If you are impressed with my story, you may be the person to assist me, as the business is growing in both the food service and retail markets. I am looking for a healthy person with marketing, business or sales experience to take a hands-on role and possibly take over the business. At age 73, I have other projects in mind in addition to Uncle Harry's.

Expressions of interest are invited.
Call me in confidence.

– Allan Rodd, 0409 879 420 or go to www.natty.com.au.

[See advert on facing page.]

NATTY, A NEW FOOD ICON

Vegemite, Arnott's Biscuits and Fosters Beer are joining other fast disappearing, formerly Australian-owned food brand icons. But Allan is helping his Natty character to become a new icon by featuring him in an animated version of a Natty Patty nursery rhyme on the company's website, www.natty.com.au.

FOOD AUTHORITY APPROVALS

Natraburgers have received the Heart Association's tick and Natty foods have been listed in the NSW School Canteen Buyers' Guide. They are also approved by the Halal and Kosher food authorities.

LOYAL CUSTOMERS

The owner of Splendid Sandwiches, David Den, has served Natraburgers for over 14 years, and says, "My customers love the burgers and I add them as finger food on catering plates too."

Before Con and Tina opened Cafe Orexi in Mascot, they called Allan for burgers, having served Uncle Harry's Natty Burgers in both their two previous cafes. "I know it's what many young diet conscious customers want," said Con.

For more information or ordering, contact Allan Rodd on 0409 879 420 or go to www.natty.com.au



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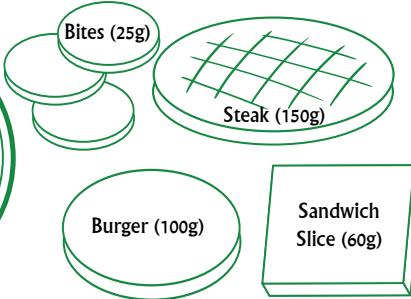
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YOUR CHILD AT RISK:

AUSTRALIA'S PROPOSED MENTAL HEALTH SCREENING FOR CHILDREN

By the Citizens Committee on Human Rights



Is this a license to drug our children with potentially dangerous stimulants, antidepressants and antipsychotics?

TAX DOLLARS TO CREATE CHILD ABUSE?

The May 2011 federal budget allocated \$2.2 billion for mental health over the next five years, much of it for "youth mental health". Sound beneficial? Not really! What taxpayers and parents may not know is that children from as young as three will be screened for "emotional and behavioural" disorders passed off as a "health check".

While medical diseases will also be screened for, these can all be verified by physical tests. But there are no such tests – brain scan, blood or urine tests or x-rays – to confirm any 'behavioural' or 'mental disorders'.

From this screening, children can be prescribed stimulants, antidepressants, antipsychotics and anti-anxiety drugs or tranquillisers, placing them at risk of ill-health and potentially dangerous side effects, some even deadly.

Teachers will be expected to complete the 'Australian Early Development Index (AEDI)' checklist on children with nearly \$22 million of federal taxpayer dollars allocated for its implementation. "Key information about children's mental health and wellbeing will be collected through data on their social, emotional, behavioural and physical development," which will be made publicly available for around 96% of Australian local communities.

Any mental health or behavioural screening can potentially be used to monitor your child, such as the one planned for all NSW children aged 0 – 10 years, who will be tracked for the next 20 years.

NO MEDICAL SCIENCE TO SUPPORT MENTAL HEALTH SCREENING

The questions in the Index are so subjective that any child could be at risk of being labelled mentally ill and being recommended for a prescription for a psychiatric drug. Questions such as:

- Would you say this child: Listens attentively, completes work on time, can't sit still, is restless, is distractible, has trouble sticking to any activity, is disobedient, has temper tantrums, is impulsive or inattentive?

Answered negatively, this could be determined to be the symptoms of 'Attention Deficit Hyperactivity Disorder' (ADHD). And that can lead to cocaine-like stimulants being prescribed.

- Other questions include asking if the child appears worried, cries a lot, is nervous, is highly strung or tense? This could be misconstrued as depression or anxiety, with antidepressants or anti-anxiety pills prescribed. Depression screening tools are notoriously faulty, with one admitting an 84% chance that the teenager will be wrongly stigmatised as depressed.
- Dr Thomas Szasz, professor of psychiatry emeritus, states, "There is no blood or other biological test to ascertain the presence or absence of a mental illness, as there is for most bodily diseases."

DRUG SIDE EFFECTS

- Antipsychotics may cause diabetes, liver failure, muscle twitching, pancreatitis (inflammation of pancreas), restlessness or pacing, seizures, convulsions or Neuroleptic Malignant Syndrome – a potentially fatal toxic reaction. Nearly 10,000 Australian children under 18 (with almost 300 aged six and under) are prescribed antipsychotics, with 15 deaths linked to antipsychotics among those under 19.
- Stimulants such as Ritalin and dexamphetamine may cause: hallucinations, psychosis, weight loss, stunted growth, heart irregularities or heart attacks. Suicide is a risk during withdrawal.
- Antidepressants. In Australia more than 13,179 adverse reactions were reported to the Therapeutic Goods Administration for antidepressants. Of these, 30 were for completed suicides and 244 were for suicidal thoughts. A staggering 513 were for children and adolescents under the age of 19, including five deaths in the 10 to 19 age group.

- Withdrawal Effects. Like illicit drugs, mental health drugs provide no more than a temporary relief from problems, unwanted behaviour or unpleasant emotions. If a child taking these drugs experiences a 'rebound effect', in which their original mental symptoms return even worse once they begin withdrawing, medical experts point out that this is the drug effect, not 'mental illness'. Withdrawal effects are common, indicating psychotropic medications are addictive. Psychiatrist, David Healy, warns, "If there is withdrawal, then there is physical dependence."

FAMILY COERCION

Under the federal budget, from July 2011, the payment of the end-of-the-year Family Tax Benefit (approx \$726) to parents on income support will be conditional upon those children turning four undergoing a pre-school "health assessment" which includes subjective mental disorders. No screening, no rebate! This could be construed as coercion.

HEADSPACE: 'YOUTH MENTAL HEALTH' CONCERNS

Almost \$200 million of taxpayers' money is to be used to establish 30 so-called youth mental health centres named 'Headspace'. As a May 2011 edition of *Australian Doctor* reported, Headspace is "unevaluated, unproved and yet to show it really works." The National Health and Medical Research Council (NHMRC) has awarded \$10 million to several leading Australian psychiatrists (who have financial ties to drug companies) to study "prediction, prevention and early intervention" for youth mental disorders. The researchers admit that Headspace centres "are becoming 'clinical laboratories' for applied research." In other words, youths attending Headspace may be little more than guinea pigs for psychiatric research and "early intervention".

'EARLY INTERVENTION': THE DANGERS

Australian psychiatrists have pioneered an invented disorder, 'Psychosis Risk Syndrome', that claims to be able to determine symptoms in teens (12 – 14 years old) that can predict future psychosis or mental disorder.

Allen Frances, professor of psychiatry, calls Psychosis Risk Syndrome (PRS) "ill conceived and potentially harmful." It would "misidentify many teenagers who are not really at risk for psychosis" and "the treatment they would most often receive (atypical [new] antipsychotic medication) has no proven efficacy; but it does have definite dangerous complications." There is also an error rate of between 70 and 90%, "meaning that between two and nine youngsters would be misidentified for every one accurately identified." PRS is "a bonanza for the pharmaceutical industry," for which patients would pay the "high price [of] adverse effects, dollars and stigma," the psychiatrist stated.

SIGN THE PARENT'S EXEMPTION FORM

Parents can try protecting their child from mental health screening by signing the Parent's Exemption Form prior to Mental Health and Psychological Screening or Counselling. Provide a copy to the school principal and to your lawyer. Copies can also be given to the Citizens Committee on Human Rights, PO Box 440, Marrickville NSW 1475

GET THE FACTS

Log-on to the Citizens Committee on Human Rights Psychiatric Drug Side-Effect Database at cchr.org.au.

For further information, Email: enquiry@cchrnsw.org.au

CCHR was established in 1969 by the Church of Scientology and Professor of Psychiatry Thomas Szasz from University of New York Health Science Center, Syracuse, New York. The purpose of

CCHR is to investigate and expose psychiatric violations of human rights and bring about patient protections and reforms.

Readers please note that the Natural Health Society does not have any religious or political affiliations. We publish the above article because its informative subject matter is consistent with the Society's drug-free approach to healing.

PARENT'S EXEMPTION FORM

Prior to Mental Health and Psychological Screening or Counselling

To: Principal _____

Name of School: _____

From: The Parents of _____

This letter serves to provide notice that absent (without) our/my written consent, our/my child *may not* be subject to any form of mental health or psychological screening or testing (including social services or counselling relating to those tests).

I/we formally exempt my/our child from all mental or social service programs and screening, whether directly by the school or through an affiliated resource. Concerns by school staff relating to our/ my child's purported mental health, are to be brought to us/me for our/my attention and assessment. School staffs are not to take it upon themselves to obtain a diagnosis or to provide mental health treatment, analysis, referral or labelling of any nature.

Assessment and testing are to centre on academics and physical fitness only. The informed consent requirement encompasses, but is not necessarily limited to, the following activities:

1. School-based counselling related to mental health.
2. Behavioural, mental health, depression/suicide or psychological/ behavioural screenings of any nature and/or diagnostic instruments (i.e., KidsMatter, MindMatters, Australian Early Development Index [AEDI], Social Engagement and Emotional Development [SEED], emotional factors such as anger or peer relationships, sexual activity or orientation).
3. Anger management, 'self-esteem', 'conflict resolution' courses; group or family counselling.

This is not a complaint against the school. Rather, it is an exercise of parental rights made necessary by events globally in which children have been harmed and their rights, safety and health injured by mental health assessments and diagnosis that are based upon subjective tests having no basis in science.

I thank you in advance for your cooperation in this matter. For our mutual protection and to assure there is no misunderstanding, a copy of this letter is on file with my lawyer and/or with applicable civil rights and human rights organisations. This notice applies until and unless revoked in writing by us/me, and it is to follow our/my child through progressive levels of school in this jurisdiction or district.

Under no circumstances is it intended that any part of this exemption form overrides any State or Federal Act or Regulation relating to the care and protection of children.

Signed Parent(s) or Guardian

Name: _____

Address: _____

Phone: _____

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Why teenagers have bottled up anger - and how it is dealt with best

By Dr Mary Casey



Teenage years are an important transitional phase from childhood to adulthood. A lot of changes occur during this time, both on a physical and emotional level.

Hormones, in larger quantities than ever before or after, are helping not only to build an adult's body, but also a fully functional adult brain. This in itself creates great pressure on the teenager's mind. Add into the mix the other pressures such as the availability of drugs and alcohol, sexuality, a pronounced taste for discovery, unrealistic standards, peer pressure, search for identity, and parents' inability or unavailability to provide structure and guidance, and teenagers feel overwhelmed and frustrated. These feelings invariably turn into anger – which is usually more pronounced in boys due to high levels of testosterone.

Anger, with lack of skills or lack of a good role model, turns into aggressiveness and even violence. Most of the time, if anger is not channeled or expressed in a positive way, it turns inward and begins manifesting itself in self-destructive behaviours or depression. These habits can become established and last a lifetime.

Let's put ourselves in a typical teenager's shoes for a moment to better understand how teenagers can lose focus and become angry. Imagine a 15-year-old female who is good-looking, but has a tendency to indulge in sweets. Her parents are not very wealthy; only her mum works because her father suffered injury in a car accident, limiting his ability to work. He has a tendency to drink to 'forget' about reality. Here are a few abstracts of the teenager's likely self-talk:

"I wish I looked like this girl on TV; she's so slim and athletic. I need to start running like my friend Jodie does regularly."

"I hate that mum and dad can't buy me a (such-and-such) phone. I would be so much cooler in my friends' eyes if I had one."

"Why does mum always tell me what to do or who to see? I want to wear makeup like my friends."

"Why can't I stop eating all that crap? I am such a weak girl... I hate myself."

"I am curious about vodka. That's what dad drinks all the time. He says it helps him feel better. I'll try next time I have an opportunity, just to see..."

"Why can't my parents get along well? It must have something to do with me... Like maybe that I am not as smart as they'd like..."

Understanding a teenager's mindset makes it easier to see where anger issues stem from.

WHAT TO DO ABOUT IT?

Parents establishing boundaries is the key to the problem. From a young age, children need to be given a structure and boundaries that are as similar as possible to what they will encounter later in life – children with the right upbringing learn from a very early age what 'no' means and they know their boundaries.

A perfect example of this is when a child wants something and throws a noisy tantrum, resulting in the parent giving in to the child's demand. This is irresponsible of the parent because it teaches the wrong rules to the child. Later in life, a student who throws a tantrum in class because they want to play and not complete their school work will be disciplined. An adult employee, who throws a tantrum to get a pay rise, will only end up in trouble and eventually be fired. Children need a clear structure. Not having that structure from parents creates anxious children who become anxious adults.

The second important mistake some parents make is to continue treating their teenager as a child. Teenagers need to be treated like adults in the way they are spoken to, so that their compliance is negotiated rather than demanded. Covertly or not, teenagers will invariably reject being treated like children. If it happens too often, they will reject their parents as incompetent, which will leave the door open to their making very bad, immature decisions.

Parents need to be involved in their children's lives from birth to the moment they leave home to start their own family. But this doesn't mean being forceful or putting down the child when they don't do the right thing. Respect, guidance and boundaries taught in a loving, supportive manner are essential to help a teenager through those difficult years of transition. Ultimately, producing a happy, confident adult starts the day they are born. This is the greatest responsibility parents have.

ABOUT MARY CASEY

Dr Mary Casey has a Doctorate of Psychology and qualifications in counselling and conflict resolution. She is founder and CEO of the Casey Centre, a leading integrated health and educational service employing 200-plus health specialists across NSW. She has a speciality in constructing personal development and communication programs and products.

She is also author of an informative DVD entitled, 'How to Deal with Master Manipulators'.

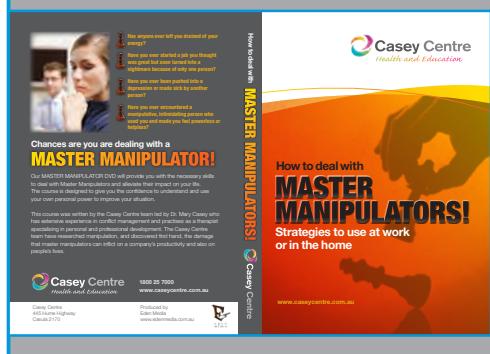
Visit www.caseycentre.com.au

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.



Restaurant Reviews

Eating out in Sydney and Adelaide

SYDNEY

Heart and Soul Cafe, Cronulla

Gluten-free, vegan, world organic food

It is an indisputable fact that a vegetarian diet helps in solving the world's health and environmental problems. The benefits to health of vegetarian diets has been well documented. And in Wikipedia we find that "according to a 2006 United Nations initiative, the livestock industry is one of the largest contributors to environmental degradation worldwide, and modern practices of raising animals for food contributes on a "massive scale" to deforestation, air and water pollution, land degradation, loss of topsoil, climate change, the overuse of resources including oil and water, and loss of biodiversity." The philosophy of Cronulla's

Heart and Soul Cafe is to help you improve your health and save the planet while you enjoy a world-class gourmet meal. You will not even notice that the menu is gluten free. Often a big challenge for people eating vegetarian is how to experience different varieties of cuisine.

If you want to eat gluten free, it is like trying to find water in a dessert. But one of Heart and Soul's unique features is its gluten-free 'world food menu'. It features Thai, Indian, Chinese and Italian flavours all under one roof. And the chai and vegan cakes add to a delectable lunch experience.

Right now there is a debate going on about whether the vegan cheesecakes are better than dairy cheesecakes. We think that the vegan cheesecakes are winning.

Some Heart and Soul Cafe dishes



Roasted Sweet Potato Salad



"Walnut Carrot Cake with
Coconut Topping"



Kofta Balls with Fragrant Tomato Sauce

ADELAIDE

VegSA (Vegetarian and Vegan Society South Australia) currently lists 18 vegetarian/vegan eateries on its website*, half within the square mile of the Adelaide CBD and the rest in suburbs or nearby townships. Two, conveniently situated side by side in a quiet street just off the Rundle Street shopping hub are Zen House Tea Corner and Joy Discovery Vegetarian Cafe.

Joy Discovery Vegetarian Cafe

13 – 15 Bent St Adelaide 5000. Phone 8223 5994
www.joydiscovery.com.au

This restaurant is operated by followers of Sri Chinmoy, and reflects his teachings of Peace and Physical Health.

While there are – naturally – rice, curry and dhal each day, there is also a range of soups, salads, sweets and 'mains': wraps, burgers, etc. Many dishes are gluten free and most are vegan. Joy Discovery is light and airy with eating inside and out and a range of fresh and tasty dishes.

Open Mon – Sat, 8.30am – 4.00pm*

Zen House Tea Corner

17 – 19 Bent St, Adelaide 5000. Phone 08 8223 2058
www.zenhouse.com.au

The proprietors aim to offer a place of quiet and relaxation. They feel that by serving vegetarian food, they can reduce negative energy, and so contribute to world peace. Their extensive Chinese and Western-style menu, including sandwiches and burgers, is mainly vegan, some gluten-free and all without onion or garlic. Zen House has a great range of healing teas (also available online) and its own vegan ice cream. You can also buy *True Natural Health* magazine there.

Open Mon – Thurs, 11.30am – 8.30pm; Fri – Sat, 11.30 – 9pm;
Sun, 11.30am – 4.00pm

* See www.vegsa.org.au for vegetarian eateries in SA. It is advisable to check for changes to opening hours and at busy times it is best to book.

– Anne Sanders (Secretary), Vegetarian and Vegan Society (VegSA) Inc



THE HOME GARDEN - Part 2

This is the second 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.

Starting a Vegetable Garden

Spring is the delight of every gardener. It's the time of year when fruit trees come out of their dormant stage to grace us with their colourful blossoms, soft green foliage and the promise of abundant fruit later in the year. Birds and bees herald the change of seasons as they appear in search of nectar from the new flowers. But even as we enjoy the beauty of spring, the vegetable gardener gets set for the busiest time of the year as preparations are made for planting out a new veggie patch.



I'm often asked about the best way to set up a new vegetable garden, and everyone seems to have their preferred method and materials. I like the idea of a no-dig garden bed. After all, who wants to break their back trying to dig up hard, compacted clay soil? No-dig garden beds are easy, quick and effective in providing vegetables with all the nutrients they need. So here's my step-by-step approach to no-dig gardens.

Vegetables are incredibly hungry and thirsty plants. Since they are growing quickly and developing fruit in short periods of time, they need loads of energy to get them to maturity – rather like some of the teenagers in my house! So a no-dig garden bed is just perfect for veggies.

To start with, you'll need to find a sunny spot to locate your garden bed. A garden in the shade will not be as productive as one that gets adequate sunlight. Look for an area that gets at least six hours of sunlight a day. Some dappled light is okay and can even help provide respite for plants in the middle of our hot summers.

Plants need sunlight to produce a flower, so any vegetable that is grown for its fruit will certainly need this amount of sun. Vegetable plants grown for their leaves or stems will tolerate less sun, and we actually want to discourage these plants from flowering. Lettuces, silverbeet, celery and Asian greens are more particular about the amount of water they receive than about sunlight. So if parts of your proposed vegetable patch receive less than the desired six hours of sun, use them for these leafy crops for better results.

If it's a brand new area you've chosen, you don't need to dig up any grass, you can simply mow the grass and/or weeds down using the lowest setting to make the area easier to work.

Our **first step** is to lay out sheets of overlapping newspaper directly on the ground. This kills off any weeds and grass naturally and allows them to decompose into nutrients for the soil later. Just be sure to use about 10 sheets of newspaper in thickness and overlap the sheets by about 10 cm on all sides. I often work with a wheelbarrow full of water and dip in the sheets of paper as I go. This stops any wind blowing them all over the yard! After you lay the newspaper down, keep it damp with water from the hose.

Step 2 is a nitrogen-rich layer of lucerne hay. A large bale will cover a good sized vegetable bed. Take off 'biscuits' (or sections) of the lucerne and lay them over the newspaper to cover the whole area. You will need this to be about 5 cm to 10 cm thick.

Step 3 is a compost and manure layer. About two wheelbarrows full should do the job just nicely. Spread this over the lucerne. If you have been making your own compost the way I explained in the last issue, this would be perfect. Mix in a combination of chicken manure and cow manure to give added nutrients. Throw over a couple of handfuls of blood and bone and some agricultural lime. Again, make sure to water this in before proceeding.

Step 4 is a carbon-rich mulching layer. Use straw or sugarcane for this, to a depth of about five cm.

Step 5 is to repeat step 2 to step 4 over again until you reach your desired height. The higher your bed, the better drainage it will have and the less bending you will need to do. Always finish with a layer of mulch and water it in well with a hose.

Leave the garden bed to rest for a couple of weeks before planting. This allows it to settle before you plant your veggies; it will drop in size to about half the original height. When you plant, just make a hole in the mulch layer and drop in a seedling. Backfill the hole with some potting mix or compost and firm down the seedling to hold it in place. Give it some water and diluted seaweed solution and then sit back and watch it grow.

Try to avoid planting any root crops, like carrots or beetroot or onions, for the first year. Your bed will have too many nutrients and will encourage leaf growth at the expense of root development. Grow a few other crops first to soak up excess nitrogen and then after a year try some root vegetables.

Make sure you plant according to your climate and season for best results.

Materials needed for a no-dig garden bed measuring 1 metre by 2 metres are:

- ✿ Newspapers to cover an area of 2 square metres
- ✿ 1 large bale of lucerne
- ✿ 1 wheelbarrow of compost
- ✿ 1 wheelbarrow of manure (chicken/cow combination)
- ✿ 1 small bag of blood and bone with potash (you can leave out the blood and bone if you're vegan)
- ✿ 1 small bag of agricultural lime
- ✿ 1 bale of straw or sugarcane mulch
- ✿ seedlings
- ✿ seaweed solution (e.g., Seasol or Eco c-weed)

More information

For more information and videos on preparing a vegetable garden, see my online organic gardening tutorial at <http://theveggielady.com/online-workshops/>

Free monthly planting guides are available at www.theveggieclub.com

Spring Gardening Guide

[SEE NOTE BELOW]

Spring really is a busy time of year for the vegetable gardener. So pull on your gumboots and put on your hat and gloves, because it's full steam ahead if you want a harvest in time for summer. If you haven't given everything a good fertilise already, then do it now. Place a good layer of manure and compost as well as a scattering of blood and bone all over the garden and watch for new growth to take off.

Now is your last chance to plant artichokes or get in some garlic cloves for some great bulbs in about 6 months time. They take a while to mature, but if you treat them well, they'll last for months after harvest. The trick is not to keep them too moist, otherwise they'll rot away before they get a chance to grow.

Some of you might have had a start on 'acid lovers' last month. For colder regions, seeds of tomato, eggplant and capsicum should still be sown indoors or under glass in the garden. They like the soil to be slightly acidic, so make sure that lime hasn't been added to the bed where they are to grow.

You can also sow a few other things now including: if you have mild conditions, cucumber, marrow, melons, zucchini and leek; cold regions will have to wait another

month. Remember that melons like long, hot seasons to do really well, so get them sown indoors and pot them when big enough. You can keep them inside in pots until temperatures reach about 20°C, then transplant them into the garden. You could grow them along a trellis to save space.

Keep sowing all kinds of herbs now, but replace your peas with beans as they cease producing. The spent greens of your peas are a great addition of nitrogen for the garden, so dig them in or put them into the compost bin.

Potatoes can go in now if you are in a cool or temperate area. Be sure to purchase certified seed potatoes from a nursery or catalogue. Potatoes harbour many soil-borne viruses that, once introduced to your garden, are difficult to control. These also affect tomatoes as well as future potato crops. Certified seed potatoes are guaranteed to be free of diseases, so you can plant them with confidence.

Tropical and sub-tropical regions of Australia have a couple of months of planting left before the wet season. You can plant most things generously except for potatoes, carrots, spinach and Brassicas (the cabbage family).

Keep an eye out for caterpillars still, especially on vulnerable young cabbage family plants. Hand removal is often best, and be sure to check on the undersides of the leaves and rub off any eggs. Regarding organic Dipel (Bacillus thuringiensis, or Bt), remember to use it only if you have to. Aphids begin to be on the move now, especially with roses. Hose them off, squash them or wait for predators. If they are still a problem, try diluted vinegar.

Catch thrip and white fly by placing yellow stick traps around the garden. You can make up your own by smearing a piece of yellow cardboard with petroleum jelly (Vaseline). The insects are attracted to the yellow and get stuck on the sticky card and die.

NOTE. This article is an extract from *In the Veggie Patch* newsletter. For more details and a full list of what to plant in your area, go to www.theveggieclub.com. This is a free resource to help you grow your own veggies at home.

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.

Ladybirds

-Wolves in Sheep's Clothing

Abstracted from a CSIRO Media Centre release, 24th June 2011

CSIRO research has revealed that the tremendous diversity of ladybird beetle species is linked to their ability to produce larvae which, with impunity, poach members of 'herds' of tiny, soft-bodied scale insects from under the noses of the aggressive ants that tend them.

"These soft-bodied, sap-feeding scale insects are tended by ants, which guard the defenceless scales and collect a 'reward' of sugary honeydew. The ant tenders aggressively defend their 'livestock' and are always ready to attack any predator that threatens their herd," says Dr Ainsley Seago, a researcher with the CSIRO's Australian National Insect Collection.

Therein lay the evolutionary problem confronting ladybird beetles (family Coccinellidae), whose larvae were highly vulnerable to ant attack.

To avoid being killed as they poach the ant's scales, ladybird larvae evolved to produce two anti-ant defences: an impregnable woolly coat of wax filaments, and glands which produce defensive chemicals.

"We found that most of ladybird species' richness is concentrated in groups with these special larval defences," Dr Seago said.

"These groups are more successful than any other lineage of ladybird beetle. Furthermore, these defences have been 'lost' in the few species that have abandoned soft-scale poaching in favour of eating pollen or plant leaves.

This research helps to place Australia's ladybirds in the evolutionary tree of life for insects, and helps us to understand the complex system of mechanisms by which beetle diversity has arisen.

www.csiro.au

CSIROMedia@csiro.au



Our amazing feet!

By Wendy Satara



Our feet are amazing, complicated structures. Every day we take an average of 10,000 steps, and we don't even think about how we are doing it. The human foot was described by Leonardo Da Vinci as "a masterpiece of engineering and a work of art".

When we walk, as our heel touches the ground, our bodyweight smoothly transfers from the heel through the arch to the ball of the foot, then the heel lifts off the ground, while at the same time weight is now being transferred to the other foot. The first foot is now being pushed off the five toes, with the big toe the last part of the foot to leave the ground.

The foot is made up of 26 bones, 33 joints, 107 ligaments, 19 muscles and numerous tendons. Complex biomechanics work in a coordinated way to ensure our bodies are transported to where we want to go without us having to even think about it.

If we watch a bare-footed child climbing a tree or when we walk on sand at the beach, we can see how our feet perfectly adapt to the variable ground surface by moving and molding to the supporting surface. I often wonder what it would be like if our bodies were designed with hooves, paws or birds' feet! Our feet are perfectly designed to carry our bodyweight upright and allow us to dance, climb, walk, run and jump from our first wobbly steps as a toddler to our last.

This brings me to a very important point – how do we maintain pain-free walking throughout our lives? Given the intricacies of foot mechanics, it is not surprising that most people will experience problems with their feet at some time in their life.

PROBLEMS AND PAIN

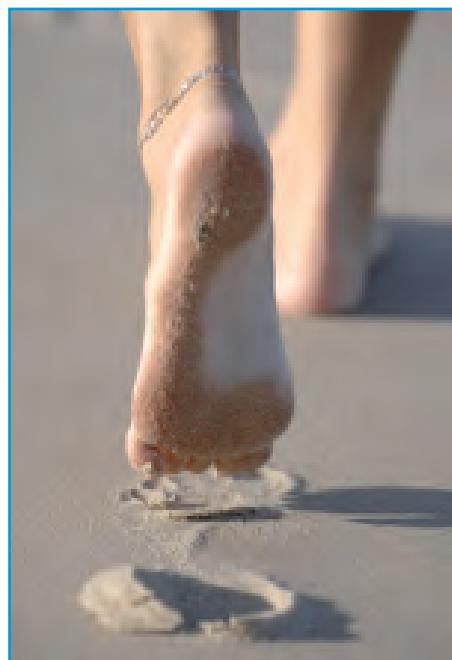
Foot and ankle problems usually fall into the following categories:

- Acquired from improper footwear, physical stress or small biomechanical changes in the feet. Women are four times more likely to have foot problems than men. This is mostly due to incorrect footwear. For example, a seven centimetre heel can increase the load on the ball of the foot by 75%.
- Arthritic foot problems involving one or more joints. These can be exacerbated by being overweight, having gout or a sedentary lifestyle.
- Congenital, inherited foot problems such as club feet, bunions and flat feet.

- Infectious foot problems such as fungal, bacterial or viral problems. Because the foot is often enclosed in a shoe in a dark, warm, moist environment, this can predispose the foot to fungal infections such as tinea and nail infections. Even a tiny split between the toes can allow infection to occur. This is because the feet are so far from the heart that the circulation to them can be less than optimal.
- Neoplastic disorders such as tumours and abnormal growths of tissue in the feet such as cysts.
- Traumatic foot problems such as fractures and sprains.

MY TOP TEN TIPS FOR CARING FOR YOUR FEET:

1. Don't ignore foot pain, it is not normal. If foot pain persists, see your local podiatrist. Podiatrists are trained in assessing and treating most foot problems.
2. Inspect your feet regularly. Pay attention to changes in colour and temperature, look for thick or discoloured nails (a sign of developing fungus) and check for cracks or cuts in the skin. Peeling or scaling skin on the soles of the feet may indicate athlete's foot or tinea.
3. Wash your feet regularly, especially between the toes, and dry carefully.
4. Trim nails straight across, not too short, and be careful not to cut off the corners or cut down the sides, as this can cause ingrown nails. People with diabetes or heart problems and poor circulation should not treat their own feet, as they are more prone to infection.
5. Make sure your shoes fit properly. When purchasing new shoes, do it later in the day when the feet tend to be at their largest. Replace worn-out shoes as soon as possible.
6. Select the right kind of shoe for the activity you are about to participate in. Use running shoes for running and steel toe-cap shoes for dangerous work activities.
7. Alternate shoes – don't wear the same pair every day. Each foot sweats around 250 ml of sweat per day! This must evaporate through our socks and shoes. Breathable materials such as cotton, wool and leather allow moisture to wick away from the foot. Vinyl, nylon and other synthetic fabrics tend to make the foot hot and sweaty, as the moisture cannot escape. This can lead to fungal and skin problems. Foot odour is produced when skin proteins decompose while being exposed to excessive amounts of sweat.
8. Take care when walking bare footed. Your feet may be more prone to injury and infection. Don't forget to use sunblock on your feet, as they can get badly burnt.
9. Be cautious when using home remedies for foot ailments. Proprietary corn cures contain caustic chemicals, and particular care should be taken by diabetes sufferers if using them.
10. If you have diabetes, make sure you have a yearly foot check with your podiatrist who will check your circulation and the feeling in your feet.



THREE TYPES OF FOOT POSTURE

Feet, like faces, are all different. Generally speaking, we can classify feet into three groups:

Pronated foot. In stance, the pronated foot has a lower arch profile, and appears to 'roll in' under the ankle. When walking, after the heel hits the ground, the arch normally flattens, but in the pronated foot the arch remains flattened while the foot

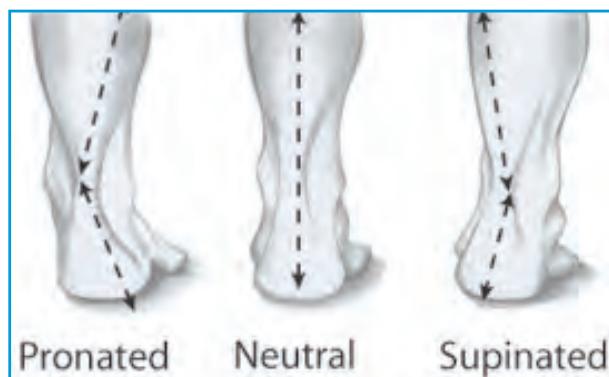
completes the gait cycle from heel strike to toe off. Because the arch remains flat, this can cause overuse and stress of the soft-tissue structures of the foot. You are probably a pronator if the upper of your shoes tips inwards.

Supinated foot. In stance, the supinated foot has a high arch shape that doesn't flatten when walking. Most elite dancers and runners have supinated feet, as this is a very strong foot type. This high-arched foot, although strong, is a poor shock absorber. You may wear out the soles of your shoes on the outside border more quickly if you have a supinated foot.

Neutral foot. This is the ideal foot type. An optimal amount of pronation is followed by re-supination when the foot rolls out to efficiently propel the foot during the toe off phase of gait.

Today, most sports shoe shops sell running shoes specifically for each of these foot types. The right shoe provides the correct support and cushioning where

the foot needs it. In the severely pronated or supinated foot, an orthotic device can be fitted to align the foot more closely to the neutral position.



OPEN THE DOOR AND GET WALKING!

One of the most important ways to maintain good foot health is to use your feet. A good pair of well fitted walking shoes will provide protection for the feet without restricting foot motion. The benefits of walking include increasing bone and muscle strength, improving cardiovascular fitness and reducing depression.

Also very important is the fact that the more we walk, the more we help our balance and flexibility, which reduces the risk of falls when we become elderly.

Walking is a simple, effective method of exercising that costs nothing, is good for our environment and is a great way to explore the beautiful place we live in.

During our lifetime, we walk an average of four trips around the world. This is a lot more enjoyable if we have healthy, pain-free feet!

Wendy Satara has been a podiatrist for 25 years. She has four teenage children and loves riding her dressage horses when she is not keeping people on their feet! She says that if you have any foot problems for which you would like advice, please call her on 0408 997 757 and she will be happy to help.

LATER ISSUE: DEALING WITH FOOT PROBLEMS

Your SAY

A SHINGLES QUICK SOLUTION

The article in the Winter issue about shingles was so interesting – thanks. I am a sufferer.

Fortunately I only get a rash in a small spot, but I have seen what it can do, and some people get the rash in a large area.

I recently saw a new product on TV that you can buy online, and it is fantastic! I put it on and within two hours the pain was gone and two days later the rash as well. You only need a very very small amount. I love it!

It is about \$50 for a bottle, but is extremely economical. I put it on twice a day. Anything is worth trying when you are in pain. I have tried tea-tree cream, which works well too, but the McArthur's cream did the trick much faster. It is amazing what pawpaw can do. Why don't you Google 'McArthur natural products' and have a look at this cream?

Neddy McDonald, Leura NSW, 21-6-11

[Editor: I did Google and found 'McArthur Complete Skincare Cream' (250ml). Price \$49.95 plus freight. Web www.mcarthurherbalproducts.com

My greatest interest in the cream was the ingredients, and here they are: papaya, caprylic triglyceride, glycerol stearate, cetearyl alcohol, glycerin, jojoba, seed oil, cocoa, mag. silicate, vitamin E, beeswax, xanthan gum, sodium citrate, sodium benzoate, citric acid, carrageenan. A quick scan of these ingredients indicates that they are probably safe enough to use topically. Applying to the skin is very different to consuming something, of course.]



FEELING GENEROUS RE YOUR WILL?

Many subscribers and others who have gained benefit from the Natural Health Society may wish to support our work further.

One way of doing this is by a bequest through your will to the Society. Should you consider doing this, the following wording for your will may be helpful:

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

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



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NEW TITLES

MAKE YOUR OWN NATURAL SKIN CARE PRODUCTS

By Allannah Nugent, ND \$37.00

Wanting to use the very best natural ingredients on your skin used to mean putting mashed food on your face. But not anymore! This recently published book provides all the necessary information for anyone, regardless of experience, to easily create their own skin-care products – and avoid the vast array of artificial chemicals found in commercial products..

Make Your Own Natural Skin Care Products offers a practical, down-to-earth approach to making protective and nourishing day moisturisers, regenerative night creams, hand and body lotions, body butters, lip balms, masks, scrubs and cleansers and toners. And while these all have the look and feel of the best commercial skin-care products, you know they have nothing artificial added – because you haven't put it there!

A trained naturopath, author and publisher, Allannah Nugent wrote, "I began to question my use of commercial skin-care products when I asked myself 'why would I put something on my skin that I probably wouldn't dare put in my mouth'". That was more than 20 years ago.

Allannah's book dispels the mystery/uncertainty behind creating your own skin-care products. "It enables anyone to make sure that they use the very best ingredients on their skin, without being confused by technical terms or fussing with complicated recipes," said Allannah. "I wrote it for readers with little or no experience, so it covers all the necessary foundation information."

There are more than 30 tested recipes, with step-by-step instructions and lots of handy hints. The super-easy-to-follow chapters include the range of commonly



used ingredients, the basic methods for making each different style of product, the use of natural preservatives, and how to design products for your own skin type. Each recipe commences with the skin conditions and types that that product can help.

The fact that these recipes cost a fraction of the price of commercial products, both financially and environmentally, is a wonderful bonus.

EAT TO LIVE

By Joel Fuhrman, MD \$39.00

Sub-titled 'The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss', this is the work of a medical doctor with a full understanding of natural foods and sound nutrition. His knowledge is totally consistent with Natural Health principles and practices – we have previously published his article on diabetes – and his depth of coverage means it could be close to the ultimate book on the subject. 380 pages with index.

Dr Fuhrman is a young New Jersey, USA, doctor who declares that his plan is designed to not only supply optimal nutrition while the person loses weight quickly, but many of his patients have been able to discontinue their medications as they recover from angina, high blood pressure, diabetes, asthma, fatigue, allergies, arthritis and other illnesses. He describes case after case of successful weight loss and disease recoveries.

Some of his patients – including those who 'have tried everything' – lose seven kilos in the first month and around four kilos each month thereafter. His core principle is that health = nutrients divided by calories, and applying this rarely fails.

Chapters one to four give an overview of nutrition, including an inspiring account of the phytochemicals (nature's 'magic' pills) that are found mainly in plant foods, and the problems of a diet rich in animal proteins. The next two chapters expand nutritional wisdom and how to deal with

food addiction. Chapters eight, nine and ten give the guidelines for swift and sustained weight loss, 10 key tips for eating, a six-week plan and the recipes for the plan. It is all very easy to follow – except for the odd bit of American jargon.

Dr Fuhrman's 90 percent rule provides reality. Aim for 90 percent unrefined plant foods, and the remainder could be processed foods and animal foods. So there is scope for a relaxed approach!

ORGANIC VEGETABLE GARDENING

By Annette McFarlane \$42.00

In a world where mass-produced food often lacks taste and freshness, more and more people are growing their own vegetables. This new edition of Annette McFarlane's gardening classic offers gardeners an authoritative and comprehensive guide to growing an extensive range of organic vegetables. It is 256 large pages including index.



As well as outlining the basics – how to plan your garden and prepare soil, make compost, develop a planting guide, propagate and sow and germinate seeds – the book offers a mass of new and fascinating material. 'Garden to Gourmet' explains how to grow Australian bush food, while the herbs and spices give the unique character to the cuisines of China, Greece, Malaysia, Mexico, Singapore, Thailand and India.

There are additional chapters on growing different types of mushrooms, and edible flowers and weeds. For gardeners with not much room to move, there is a chapter on growing a large range of vegetables in containers. And for those interested in heirloom vegetables, there is advice on collecting and storing seeds.

All this is capped by extensive instructions on how to grow over 115 usual and unusual vegetables in the final 'A is for Amaranth – Z is for Zucchini' section, which occupies over half the book.

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Australian Vegetarian Food Guide 2011	Aduki Independent Press	\$23.00		
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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

ReboundOz

Strong mat with strong springs for the right bounce.

- › Heavy-grade, all-steel, round frame; diameter 1 metre.
- › Folding Legs, spring-loaded; frame folds in half.
- › Springs mounted on pins to minimise wear. Legs rubber tipped.
- › Suitable for a cardiovascular workout in home or office.
- › An accompanying DVD demonstrates how to use.

POSTED PRICE (Package 1)
TO MEMBERS \$220
NON-MEMBERS \$240



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

The Champion Juicer

Superior to the standard centrifugal juicers

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



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



Shine Brighter



Açaí is one of the highest antioxidant rich foods in the world. Boasting an incredible list of vitamins, minerals, omegas 3, 6 & 9 and amino acids, Amazonia guarantees the most nutrient rich Açaí available! Proudly the ONLY fair trade Açaí brand, supporting 4000 families and protecting over 2000 acres of Amazon Rainforest, our berries will leave your health and your heart shining brighter.

Available in all health food stores and online at www.amazonia.com.au





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