

# True Natural Health

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*The Magazine of the Natural Health Society of Australia*



**Stem Cells**  
what the heck are they?

**Wire-less Worries**  
– wires are better

**Gerson Therapy**  
comes to NSW!

**Starchy Carb Foods**  
– they warm us

**Arthritis, Rheumatism**  
– can be overcome

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# Much ado about foods that warm us

Editorial



Chilly winter – for those of us in southern Australia – gives us plenty of time indoors, and a good opportunity to catch up on our reading – especially, we suggest, if it is *True Natural Health*.

This issue features starchy carbohydrates in the 'Food for Feeling Great' series, which is very opportune for cold weather. In summer fresh fruits are the more appropriate energy sources, but in winter, because starch is heating, we are better off including starchy carbs – in addition to some winter fruits.

The 'Food for Feeling Great' series is turning up some spectacular vital information about protective foods. Part 1 in the Spring 2011 issue shows the health and healing power of fresh fruits. Even more dramatic are the veggies in Part 2. Most are strongly protective and some, including the cruciferous, inhibit

the growth of cancers and even cause cancer cells to self-destruct. Among the proteins-rich foods outlined in Part 3 in Summer 2011-12, many are loaded with health building nutrients.

To complete the food categories, sugary carbs will be the subject in the Spring 2012 issue and concentrated fats will be in the Summer issue.

For members' socialising, we hold the occasional dinners. For the first time a Friday evening dinner will be held on 13th July at the wonderful Bodhi Restaurant in the CBD of Sydney. We held the Society's 40th Anniversary there and my wife and I have recently enjoyed the food and the atmosphere at Bodhi. See the review on page 39.

The regular Penrith dinner will be on Friday 22nd June.

To provide the same service to members in other cities, we would be delighted to have members organise dinners. Just phone us for a chat to see if you could do it.

In this issue, we also present 'Wireless Worries'. Not a popular warning perhaps, but it is better to know now than when too late.

And if travelling, consider protecting yourself (and family) from 'Delhi belly' by taking with you one of Karen Rivers' Cleanwater Kits (see page 25). The kit appears to be unique for travelling and could be a most valuable low-cost investment.

Enjoy the reading!

Roger French,  
Editor and Health Director



## About Natural Health Society

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

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

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

### Subscribers to the Society receive:

- \* 4 issues a year of our vital magazine, *True Natural Health*;
- \* Discounts on selected books, juicers and other health products;

- \* Discounts on environmentally-friendly household cleaning and personal-care products;
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### Subscription form

Turn to page 41 or use the telephone or website.

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# What the heck are stem cells? Are they the key to healing?

## AN EXPLANATION OF THE STEM CELL REVOLUTION

BY ROGER FRENCH

**The purpose of this article is to explain those mysterious human cells that have been widely discussed in the media in recent times – stem cells. This is not about the ethics of stem cell use, nor is it intended to promote any therapeutic product. The information is simply to provide an understanding of what stem cells are and their possible role in human health as envisaged by researchers.**

We live in a world where our population is suffering in droves from rheumatoid arthritis, diabetes, hypertension, heart attacks, Parkinson's disease and cancer. Average life expectancy is increasing, yet individuals are wasting away from the ravages of these degenerative diseases.

Now imagine a world where failing tissues and organs can be replaced without a scalpel or needle. Where we simply help the body by enhancing one its most powerful systems for self-healing. This scenario is possible due to advances in understanding the function and use of stem cells.

### WHAT ARE STEM CELLS?

Put simply, stem cells are non-specialised cells that can renew themselves indefinitely and can also differentiate into cells with specialised functions. In humans, stem cells have been identified in the inner cell mass of the early embryo, in some tissues of the foetus, the umbilical cord and placenta, and in several adult organs.

In some adult organs, stem cells can give rise to more than one specialized cell type within that organ. For example, neural (nerve) stem cells give rise to three cell types found in the brain – *neurons*, *glial cells* and *astrocytes*. Stem cells that are able to differentiate into cell types beyond those of the tissues in which they normally reside are said to exhibit *plasticity*.

A stem cell that can give rise to multiple tissue types associated with different organs is referred to as *multi-potent*. If the stem cell can differentiate into a very wide range of tissue types, it is called *pluri-potent*.

### TYPES OF STEM CELLS

**Embryonic stem cells** (ESCs) are derived from an early-stage embryo. It all begins with fertilization of an ovum (egg) by a sperm resulting in a *zygote*, the earliest embryonic stage. The zygote divides after fertilisation, and by the third to fourth day, the embryo is a compact ball of 12 or more cells known as the *morula*.

Five to six days after fertilisation, and after several more cycles of cell division, the morula cells begin to specialize, forming a hollow sphere of cells, called a *blastocyst*.

**At least some adult stem cells are multi-potent. For example, stem cells from bone marrow can give rise to the three major types of brain cells, and stem cells from the brain can differentiate into blood cells and muscle tissue.**

The outer layer of the blastocyst is called the *trophoblast*, and the cluster of cells inside the sphere is called the *inner cell mass*. At this stage, there are about 70 trophoblast cells and about 30 cells in the inner cell mass. The cells of the inner cell mass are multipotent stem cells that give rise to all cell types of the major tissue layers of the embryo (the *ectoderm*, *mesoderm* and *endoderm*).

In the past few decades, it has become possible to remove these stem cells from the blastocyst and maintain them in cell cultures in the laboratory. To be useful for producing medical therapies, cultured ESCs need to be differentiated into appropriate tissues for transplantation into patients. However, the past few decades have shown that ESCs produce more controversies than medical breakthroughs.

**Foetal stem cells** (FSCs) are primitive cell types in the foetus that eventually develop into the various organs of the body, but research with foetal tissue so far has been limited to only a few cell types. For obvious reasons, these cells have the same limited research potential as ESCs.

**Adult stem cells** (ASCs) are undifferentiated cells that occur in differentiated tissue in the adult body, such as bone marrow or the brain. They can renew themselves in the body, making identical copies of themselves for the lifetime of the organism, or become specialised to yield the cell types of the tissue of origin.

Sources of adult stem cells include bone marrow, blood, the eye, the brain, skeletal muscle, dental pulp, the liver, the skin, the lining of the gastro-intestinal tract, and the pancreas. Studies suggest that at least some adult stem cells are multi-potent. For example, it has been reported that stem cells from bone marrow can give rise to the three major types of brain cells, and that stem cells from the brain can differentiate into blood cells and muscle tissue.

Given their freedom from controversy and the fact that ASCs are constantly and continually being generated within the body, many experts consider them the most promising area for immediate health breakthroughs.

### THE EVOLUTION OF THE REVOLUTION

While stem cell research and therapy is fairly new relative to other areas of medical research, it is not nearly as new as the controversies of the last two decades might suggest. Blood stem cells have, in fact, been used in clinical treatment for more than 40 years.

Since the first mouse embryonic stem cell work conducted in the 1970s, stem cell research has accelerated and continues to evolve, via advances in the field of mouse genetics.

The last decade or so has witnessed the most dramatic developments. After Dr Thomson in 1998 reported the first derivation of human embryonic stem cell lines from human blastocysts, there was an explosion in the volume of research conducted on human-derived embryonic stem cells.

That is when the controversy began to boil over and involve the general public.

Despite the controversy, a recent review of US public opinion concluded that although American people report having a good basic knowledge of stem cell research, such knowledge is sorely lacking in specifics.

The author of the review also noted that there is a tendency toward spikes in public attention to stem cell research around pivotal events, often aided by media attention. For example, public attention on stem cell research rose sharply following President Bush's 2001 nationally televised address on the scope of Federal funding for stem cell research, but soon waned following a drop in media attention to the issue.

So, the evolution of stem cell research plods along amid lingering undertones of past controversy, fuelled more by media hype than public outrage.

## End of a Controversy; Beginning of a Revolution

Stem cell research is widely known of and accepted, but the controversy seems to have overtaken the issue altogether in recent years.

Ethical concerns have even driven some legitimate research and therapy into exile in the form of 'medical tourism', where patients with degenerative or terminal conditions have had to travel internationally to receive stem cell treatments.

According to the International Cellular Medicine Society, many people believe that stem cell clinical research has been stymied by the medical establishment and the global pharmaceutical industry because of the damage a one-time, lifelong cure would do to their business.

Many supporters of stem cell research suggest that much of the resistance amounts to a 'tempest in a teapot', because ethical and regulatory guidelines were

adopted by The International Society for Stem Cell Research in 2008.

For the masses who have taken the churches' lead in condemning stem cell research, it seems that this controversy may have finally been put to rest in 2010 when the Vatican newspaper, *L'Osservatore Romano*, published an interview that called the current research on a new source of stem cells "the future of medicine."

### THE RESEARCH GATHERING PACE

We know that stem cell therapy is not new. It has been used to treat human genetic diseases for decades, including transplantation of bone marrow and peripheral blood. Now with much of the controversy surrounding stem cell usage abating, research is moving forward at a breakneck pace. However, much of the potential for stem cells *therapies* is trapped in limbo, where the breakneck pace is impeded by the usual years of research, followed by years of trial, followed by years of regulatory approval.

Why are many reputable scientists staking so much on stem cell research? Because the number of people that could potentially be helped – in the United States alone – is staggering:

- Cardiovascular disease – 58 million
- Autoimmune diseases – 30 million
- Diabetes – 16 million

- Osteoporosis – 10 million
- Cancers – 8.2 million
- Alzheimer's disease – 5.5 million
- Parkinson's disease – 5.5 million
- Burns (severe) – 0.3 million
- Spinal-cord injuries – 0.25 million
- Birth defects – 0.15 million/year

Many prominent medical scientists believe that we are only just beginning to understand the true potential of these cells that create us and are designed to heal us as well.

### BONE MARROW JOINS THE FIGHT

Many people assume that a bone is a solid structure with very little blood circulation, but bones are very much alive, with significant circulation in the spongy centre of the bone where the marrow is located in small cavities. The importance of the bone marrow is that it is, of course, the source of stem cells.

The hope that many diseases can someday be treated with stem cell therapy is inspired by the success of bone marrow transplants in increasing the survival of patients with leukaemia and other cancers, inherited blood disorders and diseases of the immune system. The cell type responsible for these successes is the *hematopoietic stem cell* (HSC). The ability of HSCs to self-renew continuously in the marrow and to differentiate into the full complement of cell types



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found in blood qualifies them as the premier adult stem cells.

HSCs reside in the bone marrow and are also found in the foetal liver and spleen and in the blood in the umbilical cord and placenta.

There is growing evidence that HSCs are plastic, meaning they are able to participate in the generation of tissues other than those of the blood system. A few studies have shown that HSCs can give rise to liver cells, and this has led scientists to speculate that HSCs may respond to disease or tissue damage.

Efforts to develop clinical applications for adult stem cells are now beginning to gain momentum.

## DISCOVERING THE TRUE ROLE OF STEM CELLS

As a result of research involving a fluorescent protein in jellyfish, it has been found that injured tissue is filled with new, specialised cells of that tissue, but these cells originally came from the bone marrow. It has also been found that adult stem cells from the bone marrow have the ability to naturally become cells of the liver, muscle, retina, kidney, pancreas, lung, skin and even the brain.

The most fascinating observation emerging from the studies is that this process is *natural*. After an injury or a stress in an organ, bone marrow stem cells travel to that tissue or organ and play a crucial role in the repair process.

When we see a cut or scrape on our skin heal itself, we normally assume that the skin cells are regenerating themselves. But what has emerged recently is that the process of repair and renewal is facilitated by bone marrow stem cells.

The natural repair process begins within just a few hours after the injury. The affected tissue releases a compound into the bloodstream, which triggers the release of stem cells. When they arrive in the target tissue, the stem cells proliferate and then differentiate into the cells of that tissue. Stem cells have been shown to participate in the repair of virtually every organ and tissue in the body.

## UNDERSTANDING STEM CELL RENEWAL

The number of stem cells circulating in the bloodstream appears to be the key to healing. It has been found that individuals who have the largest number of stem cells at the time of their injury have the fastest and greatest recovery. Similarly, individuals who have the greatest number of stem cells in their blood have been found to have the greatest level of health.

In other words, the more stem cells circulating in the bloodstream, the more stem cells are available to migrate into

tissues that might need assistance. This suggests that if the number of circulating stem cells could be boosted in some way, this would have positive benefits for general health and wellness.

## The Solution Within: Stem Cell Support

Due to the slow rate of progress in turning stem cell research into usable therapies, some individuals are choosing to help the body to *naturally* increase the numbers of circulating stem cells as a healthy alternative to pharmaceuticals. In much the same way that people take vitamins or other nutritional supplements, natural stem cell support is on the rise.

The source of stem cells for stem cell support is still bone marrow. Because stem cells divide as required, their release from the bone marrow does not deplete their numbers, which always remain relatively constant in the bone marrow. Therefore, supporting the release of stem cells does not adversely affect the bone marrow.

As a result of this new understanding that bone marrow provides an almost unrestricted supply of stem cells, *stem cell enhancers* are now becoming a whole new category of nutritional supplement, just as antioxidants were in the 1990s.

## THE FIRST NATURAL STEM CELL ENHANCER

Many compounds are being studied for their ability to support stem cell release from bone marrow, but so far the only natural product that has been demonstrated scientifically to do this is a patented proprietary product called *AFA extract*.

*AFA – Aphanizomenon flos-aquaeis* – is a single-celled alga that grows naturally in the pristine waters of Lake Klamath in Oregon, USA. This large lake has an average depth of two-and-a-half metres and is fed by 17 rivers that deposit vast amounts of mineral-rich silt from the surrounding volcanic basin. Consequently, Upper Klamath Lake is one of the richest nutrient traps in the world, its waters containing an exceptionally high mineral concentration.

Primitive as algae appear to be, most are highly efficient at photosynthesis. This is a process by which green plants and green algae use energy from the sun to manufacture sugar from carbon dioxide and water and release oxygen. Key to this process is abundant chlorophyll.

***It has been found that individuals who have the largest number of stem cells at the time of their injury have the fastest and greatest recovery. Similarly, individuals who have the greatest number of stem cells in their blood have been found to have the greatest level of health.***

A scientist foremost in the study of AFA is Christian Drapeau, who holds a Master of Science degree in Neurology and Neurosurgery from the Montreal Neurological Institute, and has more than 15 years of research experience in the fields of natural foods and nutrition. Christian Drapeau has collaborated with scientists affiliated with Harvard University and other North American universities in studying the effects of AFA on human health. He is author of the book, *Primordial Food – Aphanizomenon flos-aquaeis, a Wild Blue-Green Alga with Unique Health Properties*.

According to Christian Drapeau, this blue-green alga has astonishing health benefits. It contains a wide variety of phytonutrients that promote health, including unique molecules that modulate various aspects of health. "But the most extraordinary discovery," says Mr Drapeau, "is the ability of AFA to stimulate stem cell release and migration, making it the first natural compound known to stimulate natural healing, regeneration and repair in the body."

Many people believe that it is the 'wild' nature of blue-green alga that gives it such an excellent nutritional profile. The chlorophyll content is twice as high as that of even spirulina. Chlorophyll has been shown to enhance health and boost the immune system.

Of particular interest is that AFA is an abundant source of the blue pigment, *phycocyanin*, an effective antioxidant protecting the body against various toxic substances. It is also a natural COX-2 inhibitor with strong anti-inflammatory properties.

AFA is an abundant source of vitamin B<sub>12</sub> and is also rich in essential fatty acids, especially the omega-3s in which most Australians are deficient.

The nutrients in AFA are well combined, and work synergistically to deliver to the regular consumer a wide range of health benefits, including stem cell enhancement.

## Where to find AFA

I said in the introduction that this article is not intended to promote any therapeutic product. However, some readers may wish to try AFA and we have been able to locate a source. Here is how to access it:

The following websites have more information and the facility for on-line purchasing.

**For information, go to**  
**[www.stemcellsuniverse.info](http://www.stemcellsuniverse.info)**  
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# Wireless worries

## IN DEFENCE OF WIRES



by Lyn McLean

Anna is a thoroughly modern mum. On her bedside table sits a cordless phone and beside her husband's bed is the mobile phone he uses as an alarm clock that charges as he sleeps. In Anna's bedroom are three cordless baby monitors – one for each of her children. The twin to each of these devices sits beside the bed of each child. In the kitchen is another cordless phone, in the study is a wireless modem for the household computer and there is a wireless laptop that Anna's husband uses for work. In short, there is a wireless device in just about every room of Anna's house.

And her situation is typical of households across Australia.

### A flood of 'wire-less' devices

In the space of a mere decade or so, wireless devices have flooded the marketplace to largely supplant their wired counterparts. It's now easier to buy cordless phones than corded phones; to buy wireless modems than wired modems; and most laptops come with wireless capacity. There are wireless devices to record temperature and rainfall and even electricity meters are being replaced with wireless ('smart') devices.

It seems that wireless is the new Vogue.

But while wireless devices have obvious advantages – you can access the internet from just about anywhere – wireless comes at a cost. And that cost is exposure to the radio-frequency radiation they emit – the kind of radiation that's also emitted by microwave ovens, mobile phones and mobile phone towers.

### Radiofrequency radiation the cost

Wherever you have a wireless device, you have an invisible pool of radiation that may be continuously present.

Do you have a cordless phone, a wireless modem or a baby monitor in your home? I suggest you take a moment to visualise a circle of radiation emanating from each of these devices that extends for perhaps several metres. Depending on where they're located and how powerful the signal, those pools of radiating energy may overlap each other.

For example, Anna was sleeping in overlapping pools of energy from her cordless phone and the three baby monitors. Each of her children was sleeping in a pool of energy from their baby monitors. Several of the children were sleeping in overlapping pools of radiation from their monitors and the WiFi modem or cordless kitchen phone.

Nobody wants to live near a mobile phone tower, but if you have one of the above devices in your home, you're probably exposed to more radiation than you would be if you did.

So what does this mean for our health?

### This radiation a carcinogen?

Unfortunately, there are no long-term studies on the effects of radiation from cordless

phones, wireless modems or baby monitors. And there's a very good reason for this. These devices haven't been in use long enough for the full impact of this exposure to be seen. After all, it can take around 40 years for cancers and brain tumours to develop. In other words, the technology is being marketed before its effects are known.

However, already there are some worrying trends.

The first clear indication that all may not be well with the wireless revolution occurred in May last year. In a press release that stunned the world, the International Agency for Research on Cancer (IARC), which is an agency of the World Health Organisation, announced that it had classified radiofrequency radiation as a class 2B carcinogen (meaning possibly carcinogenic to humans). This classification was heavily influenced by the evidence that long-term mobile phone use is linked to an increased risk of brain tumours. However, radiofrequency radiation is also emitted by the other wireless devices in our homes as well.

Surely the radiation from these devices must comply with an Australian radiation standard, you might think. And indeed it does. But, as readers of my previous articles might remember, this standard protects against only a limited number of short-term, heating effects of radiation. It neither protects, nor claims to protect, against the continuous, long-term, non-heating effects of the radiation to which you are exposed if you sleep near a cordless phone or baby monitor or use a cordless phone for long periods of time.

And, of course, the standard doesn't take into account the effects of being exposed to multiple frequencies at once or the effects on people who are

also exposed to other harmful influences like the chemicals, the heavy metals and the multiple environmental insults to which we are regularly subjected.

### Cordless phones are culprits

Cordless phones are one of the principal sources of the radio-frequency radiation to which we are routinely exposed. Not only do they expose users to radiation during a call – in just the same way as does a mobile phone – but the base of the unit often transmits radiation continuously. I emphasise that many models of cordless phones are spraying out that radiating pool of energy 24 hours a day, 7 days a week, 52 weeks a year. So, cordless phone users receive a double radiation whammy that not even mobile phone users are exposed to.

There has not been a great deal of research on the effects of cordless phone use. However, there are some studies that have found that long-term cordless phone use is linked to an increased risk of brain tumours.<sup>(1)</sup>

In January this year a team of Greek scientists published a study that should make all cordless phone users sit up and take note.

The scientist from Athens University did what no scientists had done before. They took a group of mice and exposed them to radiation from mobile and DECT cordless phones for eight months. (DECT = Digital Enhanced Cordless Telecommunications.) They then examined the effects of the exposures on the animals' brains using a technique called *proteomics* (the study of proteins).

What they found could have important implications for users' health.



The scientists showed that altogether 143 proteins in the brain were affected, including proteins that are responsible for the integrity of brain functions. The authors declared that their study could explain why people who use wireless phones develop problems such as headaches, dizziness, sleep disorders, memory disorders and brain tumors.<sup>(2)</sup>

"The message taken out of this work," said Lukas Margaritis, one of the authors of the study, "is that people should be very cautious when using mobile phones next to their body (especially next to their brain), and the wireless DECT should be located as far away as possible from places where people spend many hours a day, not to mention children of all ages,"

## Wireless laptops too

Another interesting study published this year shed light on the effects of wireless laptops. Scientists from Argentina took samples of semen from 29 men and divided them into two groups. One of the groups of semen was exposed to WiFi from a laptop computer for four hours and the other group of samples remained unexposed for comparison.

The scientists found that the exposed sperm had DNA damage and less motility. In other words, they were less likely to navigate the route to the egg to achieve fertilisation. Based on the results of their study, the scientists concluded that, "Keeping a laptop connected wirelessly to the internet on the lap near the testes may result in decreased male fertility."<sup>(3)</sup>

## No wireless in some schools

The safety of wireless computer networks in schools has sometimes been questioned, particularly after staff and students have developed health problems that they attribute to radiation exposure. As a result of these concerns, several schools in Canada, France and England have removed WiFi from classrooms and returned

to wired connections.

Recently a committee of the Ontario English Catholic Teachers Association (OECTA) produced a report in which it recommended against the use of wireless devices in schools.<sup>(4)</sup> "Widespread use of, or exposure to, wireless communication devices and WiFi technology in Ontario schools, can be positioned as a potential workplace hazard," it said.

"Implementation of WiFi technology in schools will produce unprecedented exposure to microwave radiation of approximately 6 hours each school day, 5 days a week, for 40 weeks each year. This would be without any studies having been done to determine either the short-term or long-term effects of this microwave exposure on adults as well as children."

In the paper, the OECTA claimed that Canadian safety standards – predicated on the same principles as the Australian standard – were deficient and did not protect against long-term exposure. It referred to people who are particularly sensitive to radiofrequency radiation and said that there is a particular need to protect children from exposure to this radiation. "Students are considered to be more susceptible to microwave radiation because of their age and their earlier stages of development."

## Recommendations

The OECTA Committee recommended that:

- Wired – rather than wireless – technologies should be used;
- New buildings should be wired for internet connection;
- Where wireless routers are deployed, they should be turned off when not in use;
- The location of routers should be labelled so that workers are advised of the potential hazard; and
- Hotspots should be monitored for exposures.

Of course, this evidence does not prove conclusively that radiofrequency radiation from cordless phones, wireless computers and WiFi networks is a health risk. It will be years before this kind of conclusion can be comfortably made. But it does suggest that

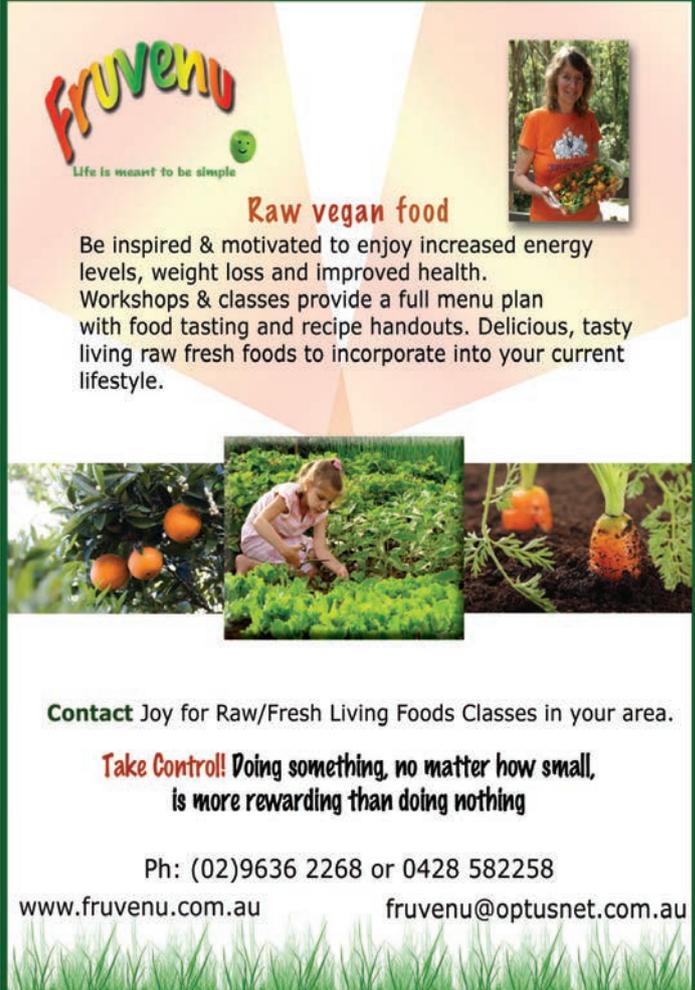
it may be far too early for us to be complacent about this exposure – and premature, to say the least, to be installing wireless technologies in our homes, our businesses and our schools, particularly as this means exposing our vulnerable children.

If you have one of these radiating devices in your home or workplace, you might want to consider replacing it with a much-safer corded alternative. If you're not sure, you can at least take measurements of the radiation these devices emit to see just how much you and your family are exposed to. (To hire a meter, see below.)

**Lyn McLean is author of the book, *The Force*. She is publisher of *EMR and Health* and Director of *EMR Australia PL, which hires out radiofrequency and electromagnetic field meters*. You can contact her at [www.emraustralia.com.au](http://www.emraustralia.com.au) or 02 9576 1772.**

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# YOUR QUESTIONS ANSWERD



By  
**Roger  
French**

Send your questions to Your Questions Answered,  
Natural Health Society, 28/541 High St, Penrith  
NSW 2750 or email [rfrench@health.org.au](mailto:rfrench@health.org.au)

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

## **Q** NAILS BRITTLE, SPLITTING AND RIDGED:

**I have been struggling with bad nails (flaking, brittle, splitting, ridged, thin and dry) for longer than I can remember. I have Crohn's Disease so I guess it may be due to the malabsorption from this condition. I eat healthily because of the Crohn's and have taken all the usual vitamins, silica, etc, that are prescribed for the general population. I would like to know your thoughts on this very frustrating subject**  
– L. F., Mooloolah, Qld

**A** The first possibility that strikes me is protein deficiency – especially as there is almost certainly malabsorption due to Crohn's disease. Nails are basically protein and minerals.

To improve your chances of getting enough protein:

- Consume at least 100 gm of protein *food* daily, or even up to 150 gm if comfortable to the stomach.
- Have a wide variety of protein foods – nuts, legumes, seeds and perhaps small quantities of eggs and soft cheese. If your diet is not essentially plant-based, ensure a variety of flesh foods, especially including deep-sea cold-water fish. However, plant-based is the Natural Health preference.
- Take digestive enzymes with your protein meal of the day to enhance digestion.
- The easiest protein to absorb is from nut milk. Blend 30 gm almonds with a cup of water (plus a touch of honey if desired) and strain off the liquid. Drink slowly.
- Be relaxed when you eat. Take a couple of deep breaths immediately you sit down at the dining table.

If all else fails, consider taking a daily

supplement of amino acids (the building blocks of proteins). I am not a fan of taking amino acids, but if this works, it would be worth it.

There are other possible causes of nail problems.

**Brittle Nails** tend to show vertical splitting (along the line of the finger) or peeling of the layers of the nail at the free edge. There may also be ridges parallel to the splits.

**Nail splitting** and **vertical ridges** are often associated with ageing, due to the nail bed's natural supply of oils and moisture diminishing. Or they can be the result of having the hands constantly wet with water or soapy solutions or strong solvents, including household cleaning detergents.

Further possible causes are regular use of nail polish, habitual finger-tapping or using the nails as devices, for example to pick between the teeth.

**Ridges that run either along or across the nail can be due to:**

- trauma to the base from where the nail grows;
- pushing back the cuticle too hard and too frequently;
- fever;
- rheumatoid arthritis;
- eczema;
- or to Lichen planus infection.

To restore moisture to the nails, as soon as there are signs of splitting or peeling (or in your case, after many years, but still give this a go), re-hydrate the nails with a nail oil that contains jojoba and vitamin E. The jojoba oil molecule is extremely small and can penetrate the nail better than other oils, and draw in the Vitamin E after it. Do this to the nail and the adjacent cuticle a couple of times a day. If your hands are frequently in water, do this more often. If possible, wear gloves whenever the hands are in water or any kind of chemical (or cleaning) solution.

Nails that are thin and concave and have ridges could be indicating anaemia from iron deficiency. Pepitas, those green Mexican pumpkin seeds, contain approxi-

mately four times as much iron as red meat.

To reduce the risk of nail problems developing or to prevent progression, here is a list of practical tips:

Wear protective gloves for washing the dishes and other wet jobs.

- Don't expose the hands to harsh chemicals, including strong soaps, detergents and hair dyes.
- Be judicious with nail polish.
- Don't clean under your nails too frequently or aggressively.
- Don't push back the cuticles at the base of the nails unless overgrown.
- Don't bite fingernails; always use nail clippers.
- If removing artificial nails, carefully follow manufacturer's instructions.
- Regularly moisturise the hands, particularly after they have been washed. Moisturise the nails and cuticles too.

## **Q** BLOATING IN THE STOMACH:

**I eat a lot of bread because I am very busy and bread is a convenient food. Recently I increased my bread consumption and now bloating is a problem. What causes bloating?**  
– K.F., Kempsey NSW

**A** This accumulation of gas in the intestines has at least half a dozen possible causes.

If carbohydrates, such as bread, breakfast cereal or pasta, are fermenting, or if proteins are putrefying, this will produce gas. Fermentation or putrefaction can result from consuming too much of a particular food, not chewing food properly or having poor combinations of foods in the one meal, such as large amounts of carbohydrates and proteins together. For example, bread combined with cheese or meat or legumes. Reducing food quantities and using proper

food combining should solve the problem.

Rushing meals, so common in our rat-race society, can lead to indigestion and bloating. A really effective way of relaxing before meals – especially for busy people – is to take two or three slow, deep breaths immediately before you commence eating.

Eating late in the day when digestion is starting to close down can result in poor digestion and bloating. Eating after 8.00pm, especially as late as 10.00pm, could be too late. Ideally, aim to finish the evening meal at least three hours before retiring to bed, the aim being to go to sleep on an empty stomach so that sleep will be better.

Yeast infection in the form of *Candida albicans* is a well known, common cause of bloating. Other forms of yeast or mould can also cause it. In the case of *Candida* especially, the fungus feeds on sugar and the body has usually become very sensitive to yeast. The commonly prescribed answer – easier said than done, of course – is to avoid all sugary foods (including dried fruit) and avoid all foods containing yeasts or moulds, such as cheese, beer, wine, leavened bread, sprouts, peanuts, vinegar, dried fruits and the three fresh fruits that often contain mould – melons, grapes and oranges.

Soya milk or other soya products sometimes cause bloating because their enzyme inhibitors hinder our digestive enzymes. All seeds contain enzyme inhibitors, but soya beans

are top of the list and peanuts probably a close second. Cooking destroys most of the enzyme inhibitors, but some remain and cause problems in sensitive people.

Eating a lot of roughage (fibre) is good for us, but if not properly chewed it may ferment and cause bloating.

A remedy for bloating is to take charcoal tablets. Charcoal works promptly because it has an enormous capacity to absorb gasses. This is, of course, treating the symptom, rather than the cause.

Digestive enzymes, purchased from health shops, etc, can be taken with meals. It is wise to take these with only one or two meals of the day, preferably the largest meal. If they are taken with every meal, the digestive system may feel redundant and begin to shut down its own enzyme production.

It may be possible to stimulate your own digestion with foods or herbs that do this, including chilli, garlic, ginger or bitter green vegetables like rocket or endive.

If bloating doesn't respond to simple remedies, such as eating less of the offending food/s, eating more slowly or chewing more thoroughly, it may be solved by adhering closely to Natural Health Dietary Guidelines and applying food combining, which is built into these guidelines.

The guidelines are presented in detail in the

Society's book, *How a Man Lived in Three Centuries*, available from the Society for \$37 or for members \$34 (including postage).

## Q NUTTELEX OR BUTTER:

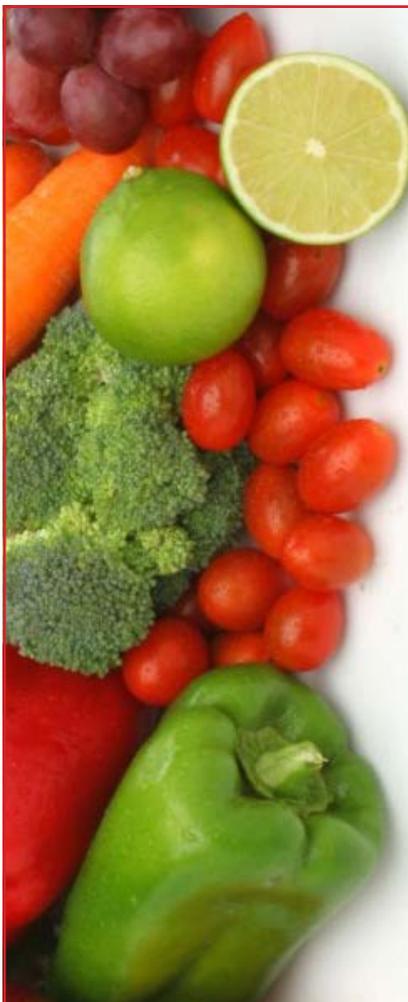
**Should I use Nuttalex Olive margarine instead of butter? Or what would you recommend as a non-dairy substitute? – B. S., Oak Flats NSW**

**A** The ingredients in 'Nuttalex Original' – all from vegetable sources – are: sunflower, canola, vegetable oils, water, salt, emulsifiers (471 (seems safe), 322 (lecithin)), flavour, vitamins A, D<sub>2</sub> and E. 'Nuttalex Olive' has the same ingredients, except that the oils include 21% olive oil.

A spokesman for Nuttalex gave the following well-rounded account of Nuttalex.

"Nuttalex is virtually free of trans fats, and the great majority of the oil that we use is *not* hydrogenated, including the sunflower oil which is our main ingredient.

"Only a small part of the oil is hydrogenated to get the spreadability and softness. We do not use any firming agents or preserv-



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atives. Nuttelex contains less than 0.4% trans fat, which is 7 – 10 times lower than butter, and Nuttelex has 65% less saturated fat than butter.

“The great majority of the vegetable oil used in Nuttelex is sunflower seed oil. The minimum amount of palm fruit oil is used.

“Nuttelex strongly supports sustainable farming and preventing damaging practices. Our vegetable oil, including the palm oil, is purchased only from Australian members of the Roundtable on Sustainable Palm Oil (RSPO). This group includes a wide range of social and environmental organisations, such as the WWF and OXFAM, growers and manufacturers. The RSPO promotes a sustainable future by certifying that members commit to certain production standards.

“Every year India uses seven million tonnes and China six million tonnes of palm oil. It is vital that the global community works together to ensure that palm oil is sustainable and to put a stop to unacceptable impacts on the environment and indigenous peoples. Australia and many other countries have a part to play in the solution.

“For 75 years Nuttelex has worked hard to maintain the integrity of the product. We are proud to have made a vegan table spread for this long period and to pay more for ingredients to keep it this way. Also, we stress the importance of non-genetically-modified oils. As a result we stopped using cottonseed oil around six years ago.

“The vegetable seed oils are sourced from Australia where possible, and we are not aware of another oil that meets our specialised needs: the highest quality food grade, virtually free of trans fats, GM-free, vegan, Kosher, Halal and free from a wide variety of allergens.”

The problem with normal palm oil is that the growers cut down trees and destroy a lot of the habitat of wild animals. Orang-utans are seriously threatened by this and large areas of native forests are destroyed. After a few crops of palm oil trees have been grown, the farmers clear new land and grow palms there.

It is commendable that Nuttelex sources its palm oil from RSPO approved companies. They must buy this oil overseas because there is no Australian palm oil or viable equivalent. It seems clear that Nuttelex is doing all it can to ensure its ingredients are produced ethically and are entirely plant sourced.

The Nuttelex company was founded in Melbourne way back in 1932. In 1941, it was acquired by a partnership, but in 1947 one partner left to start the Meadow Lea margarine brand. In those early times, the biggest obstacle for Nuttelex was

the enormous political clout of the dairy industry, which didn't like the competition from margarine.

The original Nuttelex contained nuts, hence the name, but nuts are no longer used.

Nuttelex margarines are produced for the niche requirements of the health conscious – those with allergies and religious dietary requirements and those on vegetarian and vegan diets.

Besides margarines, other non-dairy spreads include mashed avocado, mashed banana (for sweet fillings), olive oil straight, tahini, peanut butter and whole-egg mayonnaise.

A spread containing only one-third butter is made by allowing a packet of butter to warm up to room temperature and placing it in a blender with one cup of olive oil and one cup of water. Blend until smooth, transfer to airtight container and store in fridge. This is as spreadable as margarine.

## Q SLEEP APNOEA:

**Can you tell me what causes sleep apnoea and what can be done about it? Is it life threatening? Can it be treated without drugs? – K. S., email**

**A** If a person snores, then becomes silent because breathing has stopped, then makes a loud snort or gasp as they begin breathing again, this is sleep apnoea. The Greek word, *apnoea*, means 'want to breathe'.

Sleep apnoea typically affects 2% to 4% of middle-aged adults, and more men than women. The snoring can be so loud that it almost rivals a jack hammer.

Very occasionally children can suffer sleep apnoea if they are overweight or have enlarged tonsils and adenoids.

The person stops breathing for 10 seconds or longer, even up to two minutes, and this may occur once or twice during the night or hundreds of times. Needless to say, the disturbances to sleep cause problems.

The poor quality sleep may result in abnormal sleepiness during the day (you could fall asleep while driving a car), difficulty concentrating, forgetfulness, anxiety, depression and, not surprisingly, irritability.

Add to this the lack of oxygen from the interrupted breathing and the result could be high blood pressure, which could eventually lead to heart failure, heart attack and stroke.

## How It Occurs

During sleep the muscles of the body relax quite normally and naturally, and this applies to the muscles of the throat and top of the windpipe. However, if the muscles of the soft palate at the base of the tongue and the adjacent area relax and sag, they can obstruct the airway causing laboured breathing and snoring.

If these tissues relax even more excessively, they can close off the entrance to the windpipe and block breathing entirely. As the body feels the need to breathe, sleep is temporarily interrupted which activates throat muscles and clears the airway so that breathing resumes. This type of breathing difficulty is called *obstructive sleep apnoea* (OSA). It typically occurs in overweight men and often causes blood pressure to rise because the heart must pump harder to deliver enough oxygen to all parts of the body. Women tend not to suffer OSA until after menopause, although it is never as common as in men.

The other type of sleeping disturbance is *central sleep apnoea* (CSA). The windpipe remains open, but the muscles responsible for breathing cease working temporarily, perhaps because they have relaxed too much. The cessation of breathing sounds warning bells in the brain which causes the sleeper to wake and resume breathing.

CSA is more common in older people, possibly affecting one in every four people over 60 years of age.

## Heart Disease and Stroke

The greatest concern with sleep apnoea is heart trouble or stroke – which, fortunately, does not occur in many cases.

A sleep laboratory in Gothenburg, Sweden, completed a seven-year study in 1998 and found that in sufferers of sleep apnoea who were not effectively treated, the cardiovascular disease incidence was 57%. In contrast, in those who were effectively treated, the incidence was just under 7%.

A study at the University of Toronto also in 1998 found that a widely used device to maintain pressure in the airways – a 'CPAP' machine – significantly reduces the risk of heart failure and heart disease. These machines are now widely used.

Re high blood pressure, a study at Johns Hopkins University, Baltimore, in 2000, found that the incidence of high blood pressure was 37% greater in people who stopped breathing at least 30 times per hour, compared to those who ceased breathing less than 1.5 times per hour.

## Treatment

After discussing the symptoms with a doctor, it might be desirable to visit a sleep disorders centre and sleep for a night or two in a 'Sleep Evaluation Laboratory' where the staff monitor your sleep and make a diagnosis.

Things you can do to improve or overcome sleep apnoea:

- Losing weight can in some cases correct even severe sleep apnoea.
- If the person smokes, quit. Smoking is believed to increase fluid retention in the upper airway.
- Muscle tone is excessively reduced by alcohol, sleeping pills and tranquilisers, so taking these near bedtime is asking for trouble. Avoid alcohol within at least two to three hours of bedtime, and avoid sleeping pills altogether. How to overcome insomnia without pills was described in the Winter 2009 issue of our magazine, then titled *Natural Health and Vegetarian Life*.
- Avoid caffeine and heavy meals within at least two hours of bedtime, preferably three.
- Sleeping regular hours will help relaxation and promote better sleep. Adequate sleep tends to decrease apnoea episodes.
- Talk to a sleep doctor about ways to help keep the nasal passages open at night.

Sleep on your side! In many people with apnoea, it occurs only when sleeping on the

back. You can prop yourself on your side with pillows, or sew a pocket onto the middle of the back of your pyjama top and stuff into it a sock or tennis ball. You will then most certainly sleep on one side or the other!

Some improvement may be obtained by elevating the head of the bed by 10 to 15 centimetres, or by raising the body from the waist up using a foam wedge.

People with sleep apnoea tend to have 'dream deficit' sleep, that is, they don't have adequate rapid-eye-movement sleep, which is very important to have. A couple of herbs that promote sound sleep, including REM sleep, are valerian and passionflower. Chamomile can help but should not be used on an ongoing basis.

If drugs are being taken, check with the doctor to make sure they will not affect sleep and breathing.

For serious sleep apnoea, the standard, effective treatment is to use a Continuous Positive Airway Pressure (CPAP) machine. An air compressor delivers air to the airways via a mask worn over the mouth and nose during sleep. The pressure is gentle, but enough to keep the airway open, allowing the person to sleep and breathe normally. A CPAP machine can be rented for a trial period and purchased for ongoing use.

If you've tried a sleep apnoea machine, but given it up because of discomfort, be aware that CPAP devices are constantly being improved; they are now lighter, quieter and more comfortable. Many CPAP devices now come with a built-in humidifier, which decreases dryness and skin irritation.

Alternatively, there are mouth devices designed to keep the airway open during sleep. One of these is Provent Therapy. This employs a single-use, disposable device which allows a normal inspiratory breath, but restricts the speed of the expiratory breath. The backpressure created generates substantial pressure in the airway, making the airway less likely to collapse before the next inspiratory breath.

Other devices make the lower jaw protrude, but with long-term use, there is a risk of jawbone dysfunction.

Surgery can be used to correct physical abnormalities such as nasal polyps, abnormal nasal septum bones or malformations of the jaw or upper palate. Doctors would probably recommend removal of enlarged tonsils or adenoids, but in *Natural Health* we would suggest using cleansing diets to facilitate self-healing. Surgery rarely cures severe forms of sleep apnoea in adults.



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# NHS NOTICES



## SYDNEY CITY DINNER

Next dinner: **Friday 13th July** at 6.30pm.

Venue: **BODHI RESTAURANT/BAR**, Lower Mezzanine Level of Cook and Philip Park, 2 – 4 College St, Sydney (between St Mary's Cathedral and the swimming pool; down the stairs). [This is a marvellous restaurant – your Editor has dined there occasionally.]

Meal: **A three-course all-plant banquet dinner**, interspersed with informal discussions and perhaps a brief talk.

Cost: **\$39** per head

Bookings: NHS office, phone 4721 5068 or email [admin@health.org.au](mailto:admin@health.org.au). Please book as early as possible.

## PENRITH DINNER

Next dinner: **Friday 22nd June** 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.

Cost: **\$35** per head

Bookings: NHS office, phone 4721 5068 or email [admin@health.org.au](mailto:admin@health.org.au)

## MEMBERS SUPPORTING THE NHS

Kind and generous donations from members are greatly helping the Natural Health Society to remain viable. For recent donations, we say a big 'thank you' to: *Jim and Elizabeth Lanham, Joseph Monage, Paula Kontomina, Marcia Mays, Kel and June Coleman, Bonnie Hawkins and the Natural Health Society of South Australia.*

If other members would like to add their support – no matter how great or small – we would be very grateful. Simply call our office on 02 4721 5068 or send a cheque to the Natural Health Society, 28/541 High Street, Penrith NSW 2750, or go to our website at [www.health.org.au](http://www.health.org.au) and click on the 'Donate' link. Please note: donations are not tax deductible.

## LEPPINGTON NSW WELLNESS SUPPORT GROUPS

Conducted by Marilyn Bodnar (naturopath) and Cecil Bodnar, both long-time members of the NHS.

5.00pm: **FOOD PREPARATION and DEMONSTRATION of VEGAN MEALS**, recipes provided, followed by **buffet meal** of organic natural foods, then talk at 7.00pm.

**Sat. 30th June:** 'How to reduce the risk of cancer' by Roger French, NHS health director and editor.

**Sat. 28th July:** 'Improving circulation with hydrotherapy' by Marilyn Bodnar.

**Sat. 25th August:** 'EFT - Remarkable therapy right at your fingertips' by Robyn Chuter, naturopath.

Phone Marilyn, 9606 2203, 0410 627 556

## VEGETARIAN COOKING WORKSHOPS

Monthly, Richmond NSW

Conducted by Ling Halbert



Ling's vegetarian cooking workshops aim to assist people in changing their eating and cooking patterns for the better. Her dishes are very simple, nutritious and yum yum!

Ling emphasises the many benefits that eating vegetarian can bring for health and the environment. All her dishes are prepared with love, laughter and team effort. She includes a short tour of a nearby community garden.

**Venue:** Earth Care Centre, UWS Hawkesbury Campus, Richmond NSW.

**Cost:** \$20 per session. Lunch is the dishes cooked.

**Bookings:** phone 0410 688 499 or email [ling300ppm@gmail.com](mailto:ling300ppm@gmail.com)

**2012 dates and themes:**

Times 11am to 1pm

- |             |                                      |
|-------------|--------------------------------------|
| June 16th   | Rice and more rice                   |
| July 21st   | Celebrating with party food in style |
| August 18th | Wrap delights                        |
| Sept 15th   | Healthful spring Lao salads          |
| Oct 20th    | Malvern specials                     |
| Nov 17th    | Totally Asian cookery                |
| Dec 15th    | Delightfully RAW                     |

## COOKING DEMOS IN OTHER PARTS OF AUSTRALIA

*READERS, if you know of classes demonstrating healthy, plant-based dishes being conducted in other cities and towns in Australia, please advise editor Roger French (phone 02 4721 5068, email [rfrench@health.org.au](mailto:rfrench@health.org.au)).*

## 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

## NHS AUTUMN SEMINAR A HUGE SUCCESS

Our Annual Seminar on Sunday 1st April at the North Ryde Golf Club in Sydney drew a larger crowd than we have seen for many years. Lunch was served to 95 people. It was a great opportunity for members to mix with other members and friends. And the program was packed with fascinating information as we anticipated.

Victoria Kleeberg's account of breathing and nutrition aroused some controversy, which the audience obviously relished. Robyn Chuter's Emotional Freedom Technique was most intriguing, although for her demo, she chose much too tough a case, whereas some in the audience had had wonderful results. On nutrition, Dr Marilyn Golden was awesome; she hit the nail on the head with every point that backed a whole-food, plant-based way of eating to perfection.

The day culminated with a presentation on how to achieve goals by Heather Swan, who showed a stunning video of her world-record BASEjumping from mega-high Himalayan mountains and also a wingsuit flight across Sydney Harbour.

We thank these speakers again for their informative, gratis presentations.

## READERS – YOUR CASE STORY, please

If you have had an inspiring recovery from an illness or significant improvement in your health in any way, please type and email it to us for consideration for publication in True Natural Health. Please keep your account short and succinct (such as 400 - 500 words). Phone Editor, Roger French, on 02 4721 5068. Email story to [rfrench@health.org.wau](mailto:rfrench@health.org.wau).

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# Meditate Your Way to Happiness This Winter

The onset of the winter months brings shorter days and fewer hours of sunlight, affecting your mood in many ways as the cold begins to set in.

If you are feeling sluggish, depressed or tired, your dopamine levels may be low. Dopamine is a neurotransmitter, one of the chemicals that sends signals to our brains. As our dopamine levels decrease, our mood often suffers.

Luckily, meditation is a great way to increase dopamine levels in the brain.

Meditation promotes feelings of wellbeing and emotional balance, and scientists are now proving that meditation can even change the way the brain works. Simply put, when we are stressed out or not living healthily, we lose sleep and our dopamine production drops. By meditating, we allow our brain to 'repair'.

Regular meditation can help keep you in a positive mind frame through the long winter months.

Follow these easy steps to meditate, and as you do, feel your mood lifting ...

- 1 Find a comfortable, quiet place to sit where you will not be easily distracted.
- 2 Cross your legs and allow your hands to rest on your thighs, palm up.
- 3 Close your eyes and empty your mind.
- 4 Breathe in and out – slowly. Try to breathe in for 4 counts and out for 8 counts. If you can't breathe out for 8 counts at first, no worries. Try breathing out for 5 counts, then 6, then 7, until you build up to 8.
- 5 Concentrate on your breathing. Even if your mind keeps wandering to start with, the simple act of focusing on your breath will help to clear your mind. Guided meditation CD's can be very helpful if you are new to meditation.
- 6 Do this for about 10 – 15 minutes daily.

Another reason why we feel tired in the winter months is because melatonin production in the body rises during winter. Melatonin

is the sleep hormone, and it causes that sleepy feeling that makes it harder to get out of bed on a cold morning. On the flip side, serotonin production, a hormone that elevates our mood, decreases in the winter months. Serotonin production increases as we are exposed to more sunlight, and the shorter winter days make this difficult.

Use every chance you can to find the sun during winter – even try taking your meditation into the sunshine at lunchtimes. Doctors recommend that 15 minutes of sunshine a day will help to elevate your serotonin and also ensure that you are getting the proper amount of Vitamin D.

Exercising outdoors, such as a walk or a bike ride, is a great way to get some sun as well as increase brain activity. Oxygen is pumped into the brain during physical activity, leaving you feeling alert and refreshed to fight that tired feeling that creeps up as the days get shorter.

As the cold weather sets in, remember these tips to keep you healthy and smiling all winter long.

## A Note from HOPEWOOD Chef, John, About Eating for Happiness This Winter

A well balanced diet will also help keep you happy and motivated throughout winter. As soon as the layers of clothing get piled on, we tend to turn to sugary or fatty foods. Sugar gives a quick energy hit, but this disappears very quickly and can result in feelings of depression and low self esteem. These temptation foods are best avoided altogether, but particularly in winter.

Healthy vegetables of the green leafy kind, Brussels sprouts and sweet potatoes provide brain power along with foods high in omega-3 fatty acids. These kinds of veggies combat the winter blues, so it is important to load up on them as much as possible.

A healthy gut will also strengthen your body when your hormones are all over the place from the weather. Natural probiotic foods, such as no-added-sugar acidophilus yoghurt, kefir and miso soup, can keep the digestive system on track.



# A HOPEWOOD RECIPE

## Stuffed Mushroom Entrée

### INGREDIENTS

- 2 cups raw cashew nuts (crushed in food processor)
- 1 cup Feta cheese (crumbled in food processor)
- ½ medium Spanish onion (finely chopped)
- 1 bunch English spinach (blanched)
- 4 x 60 gm whole eggs
- ½ cup of your favourite herbs (chopped) (e.g., mint, basil, chervil, dill, parsley, coriander)
- 2 cloves garlic (finely chopped or crushed)
- 2 teaspoon cumin
- 12 x ½ walnuts (for garnish)
- 12 large mushrooms

### METHOD

Crush raw cashews to a coarse meal in food processor. Dice Feta cheese and crumble in food processor. Bring a pot of hot water to the boil while washing spinach and removing the stalks. When water boils, add the spinach and blanch for 30 seconds to one minute. Strain and refresh with cold water. Remove as much liquid from spinach

as possible by pressing the spinach in your hands. Chop the blanched spinach into 1 cm pieces. Mix all ingredients together except walnuts. Remove stem from mushrooms and fill with stuffing. Garnish with walnut half and put onto a tray lined with baking paper. Bake at 180°C for 15 – 20 minutes until golden brown.

If you do not like mushrooms, you can use tomato or zucchini. For the tomato, cut in half and remove seeds and then replace with filling. For the zucchini, cut into half lengthwise and remove seeds as you would with a cucumber. Top with filling. Cook zucchini whole and slice into portions after cooking. Cooking time for both is the same as for the mushrooms.

You can also substitute sesame seeds or pine nuts in place of the walnuts.



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\*If recommended by the naturopath

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# Quinoa & Amaranth Pasta

Gluten & Grain Free **COOK IN UNDER 3 MINUTES**

### Benefits of Quinoa

A recently rediscovered ancient grain native to South America, Quinoa was once called 'The Gold of the Incas'. Quinoa is high in complete protein, contains essential amino acids and is a very good source of manganese, magnesium, iron, copper and phosphorus.

### Benefits of Amaranth

Also relatively new on the world market, Amaranth is an ancient Aztec grain. Amaranth has exceptionally high nutritive value with high digestibility, an amino acid composition close to optimal for human requirements, high quantities of quality carbohydrates, substantial dietary fibre and no cholesterol.

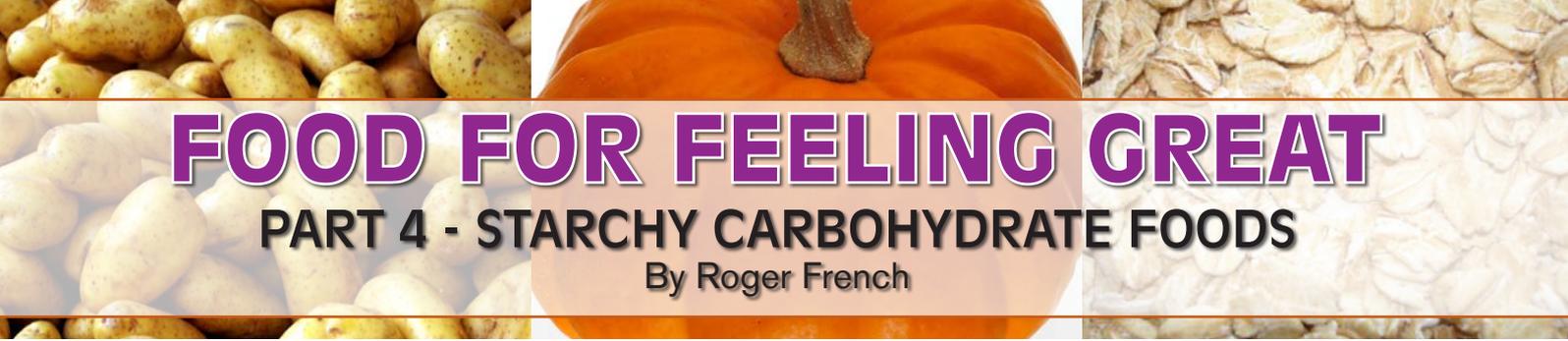
Gluten Grain Free's Pasta combines both super grains of Amaranth and Quinoa with a base of potato making our new improved pasta recipe better tasting and it holds its shape even better than before.

### Ingredients

Potato Flour, Quinoa Flour, Amaranth Flour, Guar Gum (E412), Bicarbonate Soda and Water

FOR STOCKISTS VISIT OUR WEBSITE:  
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# FOOD FOR FEELING GREAT

## PART 4 - STARCHY CARBOHYDRATE FOODS

By Roger French

Starchy carbohydrate food refers to the starchy vegetables, potato, pumpkin and sweet potato, and the starchy cereal grains and other grains. Their chief characteristic is that they are very high in starch and lower in protein than the protein-rich foods.

How much carbohydrate do we need each day? As it is our main source of energy, we require enough to meet our energy needs, so the quantity depends on the amount of our physical and mental activity. *Genuine* appetite is generally the best guide.

For a *sedentary* adult of average size, the quantity of starchy grain food (cooked) would be around 100 to 120 gm per day in total (*equivalent* to 3 to 4 slices of bread, whether it's bread, rice, pasta or whatever). If the starchy veggies are eaten instead, the quantities can be much larger, perhaps double, because the starch contents are much lower. It is better on some days to have starchy vegetables instead of relying on grains every day of the week.

These quantities assume that sugary carbs are also eaten that day, meaning fresh fruits and the sugary concentrates, dried fruits, honey or maple syrup, etc. If sugary carbs are not eaten, the quantity of starchy carbs would probably need to be increased.

[Fresh fruits were the subject of Part 1; concentrated sugary carbs will be the subject of Part 5 in the next issue.]

Starchy foods, being 'heating' foods, are more suitable for cold weather, while sweet, succulent fruits are more compatible with hot weather.

Overeating starchy foods produces excessive acidic residues, setting the stage for mucus conditions, rheumatism, arthritis and so on.

Another effect of overeating carbohydrates, both sugars and starches, is disturbance to blood sugar level. This is related to the *glycaemic index* (GI) of the food, which is a measure of how rapidly the carbohydrate breaks down into simple sugars during digestion. Foods with a *high* index break down rapidly, while *low-GI* foods break down more slowly. Eating too much high-GI food initially raises the blood sugar level then dumps it (called 'hypoglycaemia'), leading to physical and mental fatigue and feeling hungry sooner after a meal. This also encourages the body to turn ingested carbohydrates into fat stores. Low GI foods satisfy appetite for longer, and are less likely to be converted into body fat.

A starch veggie with high GI is potato. Whole grains are mostly low GI, whereas refined grains like white flour tend to be high.

*NOTE that quantities of food constituents vary among individual foods due to differences in climate, soil fertility, the tests used and so on. Throughout this article, it is only possible to give approximate figures. All nutrient quantities are per 100 grams of the food.*

### STARCHY VEGETABLES

The common starchy vegetables are potato, sweet potato, pumpkin and sweet corn. They are good, nutritious foods that can be consumed in generous quantities.

In contrast to the acid-forming grains, these veggies are alkali-forming.

#### Potato

This 'ubiquitous' starchy vegetable, that is eaten all around the world and has been for thousands of years, offers nothing spectacular in its nutrient content, yet can support human life very well. During the 19<sup>th</sup> century, about half of Ireland's population depended largely on potatoes for subsistence, since a farmer could grow triple the amount of potatoes as grain on the same plot of land. When the country's crop was devastated by potato blight, around one million Irish people died of starvation.

Energy is the primary offering of the potato. It contains 13 percent starch, and provides 64 calories per 100 gm, which is neither high nor low, and certainly not enough to make the potato a danger for obesity.

But eaten fried as chips or crisps is a different story because the cooking fat, which is calorie rich, will be oxidised and toxic. In addition, French fries may contain *acrylamide*, a toxic, cancer-causing substance that forms in starchy foods when they are cooked at high temperatures.

With a water content of 82%, the sheer bulk of potato tends to inhibit overeating.

The one nutrient that the potato – in its numerous varieties – has in abundance is potassium at 450 mg per 100 gm of potato. Vitamin C content is modest, ranging from 17 mg to 24 mg depending on the variety, and magnesium at 20 mg is useful, as are mild levels of sulphur, chlorine and silicon. Otherwise minerals and vitamins are low-ish.

The greatest concentration of minerals and vitamins is just under the skin, so eating potatoes with their 'jackets' on is highly desirable. Cooking by steaming or baking makes the starch and other nutrients easier to assimilate. Who would eat a potato raw anyway!

Potatoes don't contain irritants like gluten which are found in grains.

If the potato is a purple variety, the colour is due to that marvelous group of antioxidants, *anthocyanins*, which strongly oppose diseases right up to cancer.

The one negative about the potato – which is why some nutritionists condemn it – is a high glycaemic index of over 80, and for baked potato over 90. This can be overcome by accompanying potato with a heap of veggies or a dab of butter or sour cream or just keeping it to small quantities. For a person who is free of diabetes or hypoglycaemia, potato as part of a balanced diet of unprocessed foods would normally be beneficial.

Potatoes are members of the *Solanum* family – along with tomatoes, capsicum, eggplant and peppers – which means that they contain *solanine*, a natural pesticide. Because solanine can aggravate arthritis, doctors often warn against eating potatoes. But if there is no problem, potatoes can actually help promote recovery because they are alkali-forming (ditto tomatoes).

What about potatoes with a green tinge? The tubers grow underground, but if they are exposed to light, they produce chlorophyll and develop a greenish skin. This would not be a problem, but the light also significantly increases the levels of solanine, which is why green potatoes are said to be 'toxic'. High levels of this chemical can aggravate arthritis, irritate the lining of the intestines causing stomach ache and diarrhoea, exacerbate inflammatory bowel disorders and cause miscarriage. To avoid solanine, *don't* buy potatoes with green skin and *do* store them in a dark place.

The potato is basically a very good food – and some people love their spuds.

#### Pumpkin

Although pumpkin goes so well with potato, it is actually in a different family, the one that includes melons and marrows. Compared to potatoes, pumpkin supplies less than half as many calories. Another



great benefit is that the bright orange colour reflects a huge content of carotenoids.

This is a starchy veggie, but contains only 4% to 8% starch depending on the variety, so supplies only 30 – 40 calories per 100 gm, with water content between 86% and 90%, making it very suitable for shedding weight – although good for all of us, thick or thin.

Glycaemic index at 75 is high, but with so little carbs, its *glycaemic load* is low.

The carotenoids in pumpkin are outstanding. *Beta-carotene* is not as rich as in carrots, but is still very high. *Alpha-carotene* is also present. But the super-duper nutrient is *beta-cryptoxanthin*, which is at far higher levels than in carrots, and strongly benefits the respiratory system, particularly the lungs. Studies have found that beta-cryptoxanthin can reduce the risk of lung cancer by more than 30 per cent and rheumatoid arthritis by 41 per cent. Our bodies convert all three of these carotenoids to vitamin A, an important antioxidant and nutrient for eye function.

The next most abundant carotenoids are *lutein* and *zeaxanthin*, which are needed specifically by the macular at the back of the eye. Lack of them risks macular degeneration.

The carotenoid antioxidants in pumpkin reduce the risks of prostate and other cancers, heart disease, macular degeneration and cataracts.

If pumpkin is steamed, baked or made into soup, the addition of a little cream, butter or oil offsets the high GI and enhances the absorption of the fat-soluble carotenoids. It's fortunate that pumpkin soup is so popular!

As with potatoes, mineral and vitamin levels are nothing to shout about, except for high potassium, ranging from 230 mg to 470 mg depending on the variety. Calcium and B-vitamins are at modest levels.

A ripe whole pumpkin can be stored for many weeks in a cool, well ventilated place at room temperature.

This is a veggie with great assets that we can consume abundantly without fuelling obesity.

## Sweet Potato

This starchy veggie is bright orange for the same reason as pumpkin – a very high to medium content of carotenoids, mainly beta-carotene. Compared to the carrot, the 'king of beta-carotene' containing 10,350 micrograms, sweet potatoes contain 6,770 microgm in the Ora variety down to 1,370 in another variety. To obtain the best content, go by colour.

Minerals and vitamins are, like the above veggies, modest. Potassium is a healthy 210 – 250 mg, vitamin C averages almost 30 mg and B-vitamins are at useful levels.

This is an energy food with a much relished sweetness. Carbohydrate content averages 15% comprising approx. 10% starch and 5% (natural) sugar, the latter being sucrose, glucose and fructose. Glycaemic index at around 50 is much better than for potato or pumpkin.

As in the case of pumpkin, the carotenoids in sweet potato reduce the risks of cancers, heart disease and eye diseases.

## Sweet Corn

For the North American natives corn was the staple grain for 10,000 years, and for Mexicans it is the grain for their bread, the tortilla. Compared to the 'maize' fed to animals, sweet corn or 'corn on the cob' is much more nutritious.

The yellow colour is due to carotenoids, mainly beta-cryptoxanthin and some beta-carotene. There are also high concentrations of *lutein* and *zeaxanthin*, which is why people with macular degeneration showed improvement after being fed spinach and corn for months.

Other studies showed that beta-cryptoxanthin reduces the risk for rheumatoid arthritis by 41 per cent.

Potassium at 530 mg per 100 gm is very rich, iron is good at 2.1 mg, B-vitamins are at quite good levels and vitamin C is a trace.

There is a nice balance of the major nutrients in sweet corn. Protein is significant at 4.2%, and carbohydrate is 16%, with a small amount of this being sugar providing the slight sweetness. Fat is very low at 1.2%, while fibre is high at 4.5% of which a good portion is indigestible. Water content is 71%.

## STARCHY GRAIN FOODS

The most common grains are wheat, rye, oats, barley, rice, millet and buckwheat. The *cereals*, which are members of the grass family, include all these except buckwheat.

Always select *unrefined* carbohydrates – whole-grain foods – for energy. They supply plenty of minerals, vitamins and fibre.

Gluten is present in wheat, rye, oats and barley. Wheat has the most; the other grains have considerably less.

## Wheat

Wheat flour is made into such a vast array of dishes that some people are eating it all day long. The 'staff of life', bread, has many forms, including white, wholemeal, grain bread, Lebanese bread, foccacia, Turkish bread and flat bread. Wheat flour is also the basis of pasta, pizza, breakfast cereal, buns, croissants, cakes, pastries, pie crusts and thickening for gravies and numerous other uses in recipes

If a person is eating wheaten breakfast cereal, biscuits for morning tea, sandwiches for lunch, cakes at mid-afternoon

and pasta for dinner, his/her diet could be two-thirds wheat. This is very unbalanced eating.

Eaten in sensible quantities, wheat in the whole, unrefined form is very nutritious, except for the big negative that it contains the protein, gluten, to which many people are allergic.

There are about 300 varieties of wheat which are used to make our everyday foods. There are hard varieties that are high in gluten and used for bread-making, white wheats, lower in gluten, used for pastries, and Durum wheats used for pastas.

'Kibbled' wheat is the whole grain broken into small bits, while 'semolina' is the endosperm of Durum wheats ground into coarse or fine particles, and used in making pasta, breakfast cereals, puddings and couscous.

Wheatgerm is the pick of the wheat grain for nutrients, but it must be fresh, because if not, the wheatgerm oil will most likely be rancid, and a very nutritious food has become a toxic one. The rich nutrient supply is: potassium 960 mg, calcium 100 mg, magnesium 280 mg, zinc 7.5 mg, iron 9.7 mg, vitamin B<sub>1</sub> 1.4 mg, B<sub>2</sub> 0.55 mg and B<sub>3</sub> 5.8 mg. Compared to most other foods, these are exceptionally rich levels.

By far the most health building use of wheat is as the juice of the grass – *wheatgrass juice*. This is made by soaking grains, spreading them one-deep over a shallow tray of soil, and watering twice daily. When the wheatgrass is around 15 cm (6 inches) high, cut and

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juice through a crushing juicer (such as the Compact available in the NHS shop).

The wheat grain – or ‘kernel’ or ‘berry’ – consists of an outer husk (the *bran*), a starchy inner part (the *endosperm*) and the bit that can grow into a new plant (the *germ*).

The best quality flour is made by stone grinding organic wheat. The stone grinding is slower than steel grinding and minimises heating of the flour.

But the greatest factor in quality is in using whole-wheat or wholemeal flour rather than refined white flour. Whole wheat retains the bran and wheatgerm and is much more nutritious (see nutrient comparison later).

Important too is the issue of additives. Many breads contain preservatives at the very least, and often a range of other additives. It is essential to read the label to see what ingredients are present other than wheaten flour, water, yeast, sugar (only a small amount to feed the yeast) and perhaps salt. White bread is likely to have more additives than wholemeal, because the health conscious consumer of wholemeal tends to avoid them.

Although bread has been the staff of life around the world for 10,000 years, it has its negatives, quite in addition to the loss of nutrients due to refining. The top two are *gluten* and *phytic acid*.

The gluten content of hard wheats has been increased by plant breeding so that the bread will be light and fluffy. During bread-making when the yeast produces numerous tiny bubbles of carbon dioxide, the glue-like gluten causes the bubbles to stay intact while the bread cooks. In a gluten-free grain like rice, the bubbles burst and the dough flattens, so that the bread is more like rock cake. It is very tricky to make bread without gluten. This troublesome protein also occurs in rye, oats and barley.

Unfortunately, it appears that a lot of gluten is *not* good for us. This protein can damage the lining of the small intestine, which in the extreme case results in rather drastic mal-absorption and is called *coeliac disease*. For the rest of us, it is quite possible that gluten is doing ‘sub-clinical’ harm in the form of tying up a portion of the immune system along with other possible effects.

The ancient grain, *spelt wheat*, does contain gluten but studies have shown that it can be tolerated by many people who are normally gluten-intolerant. Allergy testing has shown that when wheat-sensitive individuals are exposed to both wheat and spelt, the majority react negatively only to the wheat. However, people with coeliac disease should not eat spelt.

*Phytic acid*, which is in the bran and therefore present in wholemeal flour, causes malabsorption in a different way. It combines with minerals, rendering them insoluble so that they cannot be absorbed. This applies especially to calcium, zinc and iron. However,

it is possible that the digestive system of a person who regularly eats wholemeal products can adapt and absorb these minerals.

In sourdough breads, the bread-making process converts much of the phytic acid to soluble compounds, so the malabsorption problem is largely overcome.

**Wholemeal flour versus white flour.**

Milling the whole wheat to produce white flour removes the bran and wheatgerm and with them most of the nutrients. Although the carbohydrate and protein contents are similar, there endeth the similarities. Both contain 11 – 12% protein, but fibre and minerals and vitamins are drastically reduced in the white flour – we might call the refining process nutritional vandalism.



From *Nutritional Values of Australian Foods*, produced by ANZFA, here is a comparison of nutrients:

Nutrient	Wholemeal Flour	White Flour	% Loss
Fibre	11.2 gm	3.2 gm	70%
Potassium	315 mg	162 mg	49%
Calcium	30 mg	18 mg	40%
Magnesium	102 mg	34 mg	67%
Zinc	1.3 mg	0.5 mg	62%
Iron	3.0 mg	1.3 mg	57%
Vitamin B <sub>1</sub>	0.42 mg	0.27 mg	36%
Vitamin B <sub>2</sub>	0.11 mg	0.15 mg	[36% more]
Vitamin B <sub>3</sub>	5.5 mg	2.8 mg	49%

Where white flour products are staples in the diet, the resulting mineral, vitamin and fibre contents can be associated with a wide range of health problems. People who eat white bread and pasta, cakes and pastries which are normally made from white flour are putting themselves in this risk category.

In contrast, whole wheat products eaten in moderation are considered to be protective against cancers of the bowel and breast.

Wheatgerm, with its load of vitamin E, is protective against cancers and heart disease generally.

Research by the CSIRO, published in the April 2012 issue of *The Journal of Nutrition*, confirms that the fibre in whole wheat is protective against bowel cancer, of which Australia has one of the highest incidences in the world. Wheat fibre is high in *resistant starch*, which resists digestion and has positive effects on bowel health. “It’s not just the amount of fibre that we eat that’s important, but the diversity of fibre in our diet,” said the head CSIRO researcher. Resistant starch is found in whole wheat, brown rice and other cereals, legumes and potatoes.

**Rye**

Rye is closely related to barley and wheat. It is used to make rye bread, crisp bread, rye beer, some whiskeys and some vodkas. It can also be eaten rolled, similarly to rolled oats.

Rye bread has been eaten for centuries in Europe, Scandinavia and Russia.

Compared to wheat, rye flour contains considerably less gluten. Of the two proteins in gluten, there is plenty of *gliadin* but much less *glutenin*, resulting in lower gluten effect. Rye flour contains a higher proportion of soluble fiber than wheat.

Rye is a good source of the phytoestrogens, *lignans*, that may protect breast tissue from the cancer promoting effects of oestrogen.

Rye is a nutritious grain. For rye flour, the figures are: carbohydrate (almost all starch) 55%, protein 13%, fibre 12%, potassium 430 mg, calcium 44 mg, magnesium 120 mg, zinc 2.1 mg, iron 4.0 mg, vitamin B<sub>1</sub> 0.4 mg, B<sub>2</sub> 0.06 mg and B<sub>3</sub> 1.6 mg.

Be wary with rye bread as it often contains more wheat than rye, because the gluten in wheat makes the bread lighter – in contrast to pure rye bread which is dark and heavy.

If a loaf of so-called ‘rye’ bread is light in weight and light in colour, it will be mostly



wheat flour and the first item on the ingredient list will be “flour” or “wheat flour”, both of which mean refined white flour. If the loaf is light in weight, but dark in colour, it means that colouring has been added. Unfortunately, most rye breads are not 100% whole grain.

To obtain pure rye bread, go for the German-style *pumpernickel*, which is dark, dense, close-textured and made from ground whole rye grains, baked for long periods at low temperatures. Otherwise look for a loaf in which the ingredients are rye flour, water and whatever leavening.

## Oats

Scottish people have thrived on oats as their staple grain for centuries – it is a good grain. Although only cultivated for 3,000 years, it is widely used around the world, mostly as porridge and muesli.

The grains are rolled, flaked or made into oatmeal or flour. ‘Instant’ oats are pre-cooked and cut up finely. The flour can be used to make bread, while the rolled oats are made into porridge and can be the main ingredient in cookies, including the legendary Anzac biscuits.

Gluten is present in oats, but much less than in wheat.

Oats is high in protein, at 10.7%, and it is well balanced. Starch content is 62%, making it a good energy food.

But the most interesting major nutrients are fat and fibre. Its 8.5% fat content is much higher than any other cereal grain, which is why it makes a mouth-watering creamy porridge. Its 7% fibre content is two-thirds soluble – it is one of the richest sources of soluble fibre, called *beta-glucan*. Soluble fibre carries surplus cholesterol out of the body and has been assumed to benefit heart disease, hence a book published in 1999 called *The 8-Week Cholesterol Cure* by Robert E. Kowalski, which was based on consuming oat bran (16% fibre). [Note that the theory of cholesterol causing heart disease is now out of date.]

Oats are quite rich in minerals and vitamins. Potassium is around 300 mg per 100 gm, calcium is 45 mg, magnesium 130 mg, zinc 1.9 mg, iron 3.7 mg, B<sub>1</sub> 0.53, B<sub>2</sub> 0.14 and B<sub>3</sub> 1.0 mg. There are also good levels of manganese (the ‘memory mineral’), copper and the B-vitamins folic acid and inositol which is good for the brain.

Muesli was invented in Switzerland over a century ago by Dr Bircher-Benner. It was mainly grated apple topped with soaked rolled oats, nuts, grapes and a few berries.

Commercial muesli today is nearly all oats and little else. ‘Raw’ rolled oats is actually not raw as it has been lightly steamed during the rolling process. ‘Roasted’ oats has had a lot more heating with consequent damage to nutrients.

Oats is helpful for certain conditions. Its high silica is good for the skin and nails, its low GI make it suitable for diabetes sufferers, and it makes us feel full which helps prevent obesity.

## Barley

Barley was consumed by the Egyptians and other ancient civilisations over 8,000 years ago. In the modern world its main use is for making beer, whisky and vinegar. Barley soup is a favourite in the home kitchen, and barley is also available as rolled barley or flakes for use in porridge, etc, in the same way as oats, and also as flour. Barley has a nice heating effect on the body in winter.

The most nutritious way to prepare this cereal is as barleygrass juice, made in the same way as wheatgrass juice. The nutrition is superb and very easily assimilated.

As with oats, most of the fibre is soluble (as beta-glucan), in fact, there is a higher content than in oats. Similarly, the low GI of barley makes it suitable for diabetes sufferers, and the fibre makes us feel full which helps prevent obesity. Also similarly to oats, there is gluten in barley, but much less than in wheat.

Whole-grain barley is referred to as *dehulled* barley and still has its bran and germ intact, making it highly nutritious. The refined grain is *pearl barley* or *pearled barley*; it is dehulled barley which has been steam processed to remove the bran. It may then be ‘pearled’ or polished.

The only figures at hand for nutrient content are for pearl barley. It would appear that barley is somewhat similar to oats in its nutrition. Protein and starch levels are broadly similar, fat is much lower at 2.4%, whereas fibre is double. Because pearl barley is refined, the mineral and vitamin contents are significantly lower than in the whole grain. Compared to whole-grain oats, barley levels are around half to three-quarters. An exception is vitamin B<sub>3</sub> which is much richer in barley.

## Rice

Rice was first cultivated in China 6,000 years ago and for millennia has been a staple in China and India. Around half the Earth’s population eats rice.

Rice is classified by the size of the grain. *Long-grain rice* is long and slender. These grains stay separate after cooking and are the best choice for a side dish or as a bed of rice. *Medium-grain rice* is shorter and plumper, and works well in paella and risotto. *Short-grain rice* is moist grains that stick together when cooked, and is used for rice pudding and molded salads. Most varieties are sold as either brown or white rice.

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

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A huge benefit of rice compared to other cereals is that it is free of gluten. Also, it rarely causes allergic reactions and is commonly included in diagnostic elimination diets used to detect allergenic foods. Rice cakes/thins are a good alternative to wheaten bread.

As with wheat, the outer layer of the grain is the bran and germ, and contain most of the good nutrition. Milling to produce white rice removes these valuable parts, so that white rice is mainly starch and a little protein.

For the major nutrients, both whole and white rice are close to 78% starch and 7% protein. The protein in rice is the best balanced – the most complete – among the cereal grains. Fat is 2.4% in brown and 0.5% in the white version. Fibre is 3.9% and 2.3% respectively.

But the critical difference lies in the minerals and vitamins. From *Nutritional Values of Australian Foods*, produced by ANZFA, here is a comparison:

Nutrient	Brown Rice	White Rice	% Loss
Potassium	165 mg	49 mg	70%
Calcium	11 mg	7 mg	36%
Magnesium	120 mg	34 mg	72%
Zinc	2.1 mg	1.1 mg	48%
Iron	1.2 mg	0.7 mg	42%
Vitamin B <sub>1</sub>	0.35 mg	0.08 mg	77%
Vitamin B <sub>2</sub>	0.05 mg	0.02 mg	60%
Vitamin B <sub>3</sub>	4.5 mg	2.0 mg	55%

As with wheat, these are big losses for the refined grain. As a nutritionist wrote over 100 years ago, “Man commits a crime against nature when he eats the starch and throws away the mechanism necessary for the metabolism of that starch.” White rice and white bread are close to fitting the description of ‘empty calories’; they almost rate as junk foods. In peoples whose diets are mostly white rice, they must sooner or later develop deficiency diseases such as beriberi from insufficient vitamin B<sub>1</sub>.

B-vitamins are essential for the nervous system, as well as for our energy supplies.

## Millet

Millet grains are tiny, highly nutritious and loved by budgerigars – those little birds aren’t stupid! It is a ‘freak’ among the grains because it is alkali-forming, whereas the others are acid-forming.

Millet is a staple crop in arid or semi-arid regions of the world and is grown widely in India and parts of Africa.

It is a whole grain with no gluten, and does not tend to cause allergy. The flour is suitable for baking. Millet bread is flat bread, due to the absence of gluten.

Compared to other cereal grains, millet is high in protein at around 11%. Starch is 65% and fat 4%. Millet has a good content of tryptophan from which the body makes the ‘feel-good’ stress hormone, serotonin.

Minerals are abundant, although not as much as in buckwheat. Potassium is 200 mg, magnesium 115 mg, zinc 1.7 mg, iron 3.0 mg, copper 0.75 mg and manganese 1.7 mg. Calcium is a mere 8 mg. B-vitamins are well supplied, including a lot of folate. Even though these levels are not outstanding, millet is still alkali-forming, leaving an alkaline residue after metabolism is complete.

The folate and iron contents and alkali-forming properties make millet a good food for pregnant women.



A significant negative with millet is that it is *goitrogenic*, meaning it opposes iodine and the production of thyroid hormone, so can lead to goitre. Other common goitrogenic foods include soya products and cruciferous vegetables. Cooking does not destroy goitrogens, so consuming sea kelp would provide extra iodine.

Millet with its many positives and one negative is a good example of why no one food should be over-eaten and why *variety is the spice of good nutrition*.

A super way to consume millet is as porridge combined with buckwheat and flax seeds. Mix three parts millet with one part each of buckwheat and flax seeds and grind coarsely in a coffee/seed grinder. Mix well with water and cook in a double boiler or in a single saucepan which will require stirring continuously.

For people consuming fruit only for breakfast, this porridge can be renamed ‘pudding’ (as in rice pudding) and eaten as the carbohydrate dish in lunch or dinner.

## Buckwheat

Buckwheat is *not* a cereal grain and is *not* related to wheat. It is actually a triangular-shaped seed related to rhubarb and sorrel. It can be ground into flour, making it a suitable substitute for cereal grains. Another name for buckwheat is its Polish name, ‘kasha’.

It is free of gluten, so is fine for people who are sensitive to it.

Buckwheat can be made into a hearty porridge or tabouli or added to a vegetable-based soup. It can replace rice in dishes. The flour can be made into apple muffins, light and fluffy pancakes or noodles for an Asian stir-fry. Buckwheat is widely used in Japanese cuisine and in western Asia and eastern Europe. Buckwheat pasta is gaining popularity all over the world.

Nutritionally, buckwheat is similar to many other grains. Its protein content is very good at 13%, starch 72%, fat 3.4% and fibre an abundant 10%.

Minerals are richly supplied – potassium is 460 mg, magnesium 230 mg, zinc 2.4 mg and iron 2.2 mg. Calcium is a low 18 mg. B-vitamins are well supplied, including a good dose of folate.

This is a grain that’s good for the cardiovascular system. It is linked to lower risk of high blood pressure and a healthy heart. Buckwheat’s beneficial effects are partly due to its rich supply of flavonoids, particularly *rutin*. Flavonoids protect against disease by extending the action of vitamin C and acting as antioxidants. They help maintain blood flow and prevent excessive blood clotting.

The magnesium relaxes blood vessels and improves blood flow, while lowering blood pressure.

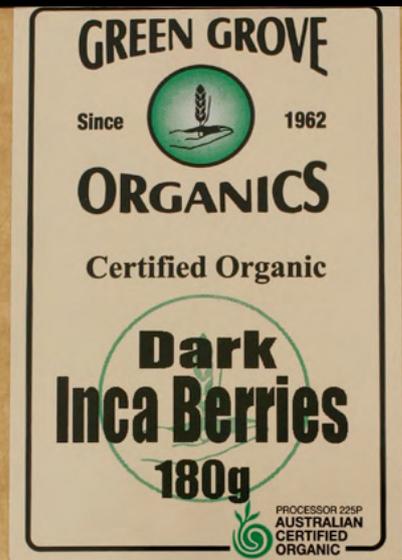
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## Ingredients

Inca Berries  
Rapadura whole cane sugar  
Cocoa mass, cocoa butter, soya lecithin  
At least 55% Cocoa  
Organic glazing agent 414

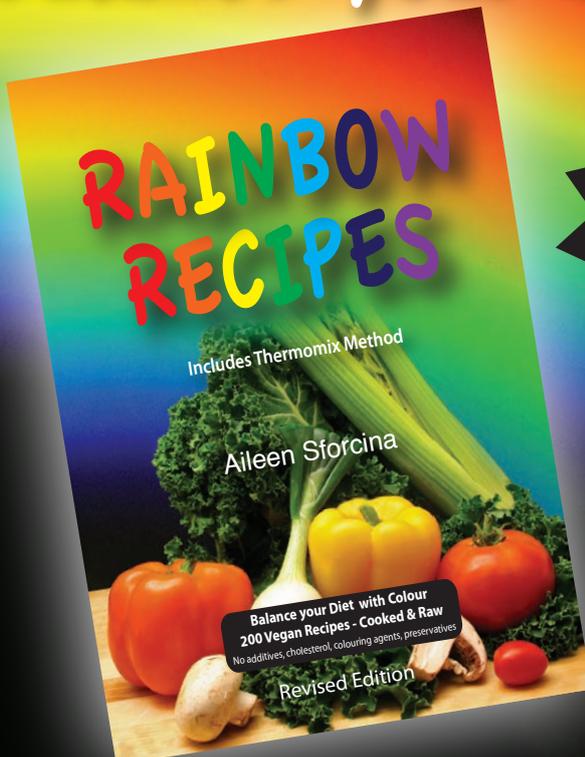
## Range - dark choc coated

Inca berries  
Goji berries  
Sultanas  
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## APPLE ROASTED PARSNIP SOUP

### INGREDIENTS

1 kg parsnips  
 50 gm butter  
 Extra-virgin olive oil for roasting and sautéing  
 2 Pink Lady apples, cored and roughly chopped  
 1 brown onion, chopped  
 300 gm potatoes, roughly chopped  
 ½ tsp each ground ginger, cumin and nutmeg  
 1 tsp coriander seeds, crushed  
 3 litres vegetable stock  
 Sea salt to taste  
 Freshly ground pepper to taste

### Garnish

1 small pink lady apple, sliced into matchsticks  
 4 – 6 pieces roasted parsnips  
 2 Tbsp chives, snipped  
 150 gm thick cream



### METHOD

Pre heat the oven to 180°C.

Peel, core and roughly chop the parsnips and place on a roasting tray. Drizzle with a little extra-virgin olive oil and season with sea salt. Roast for about an hour, until crispy and golden brown. Remove from the oven and set aside.

Melt the butter in a large, heavy-based pot, add a dash of olive oil and sauté the onion until tender. Add the spices and continue to cook for a minute or two – being careful not to burn the spices. Add the chopped potatoes, apples, parsnips (reserving 4 – 6 pieces of the crispy tops for garnish) and vegetable stock. Bring to the boil, then turn the heat down and simmer for about 30 – 40

minutes. Once all the ingredients are tender, remove from the heat, and puree until smooth. Taste for seasoning and adjust if necessary.

**To make the garnish**, just before serving, slice the apple into matchsticks, add the reserved crispy parsnip, snipped chives and a little olive oil. Pour soup into bowls, add a spoonful of cream, top with the apple garnish and serve immediately.

## BEETROOT AND APPLE WINTER SALAD

*A Quick and easy side recipe idea*

Serves 4. Preparation time 10 minutes

### INGREDIENTS

2 beetroots peeled  
 2 green apples cored  
 ½ lemon, juiced  
 Black pepper to taste

### METHOD

Grate the beetroot and apple on the thickest setting, and mix them together with the lemon juice and black pepper.

Tip: Wear gloves to protect the hands from the colour of the beetroot.

## HONEY BAKED APPLES

Makes 6. Cooking time: 30 – 40 minutes

### INGREDIENTS

3 Granny Smith or Pink Lady apples  
 2 Tbsp unheated ('raw') honey or sufficient dates  
 Water

### METHOD

Pre-heat oven to 180°C  
 Cut the apples into halves vertically and remove the cores to form a cup shape.  
 Place the apples in a roasting dish large enough to hold all six pieces.  
 Place a teaspoon of honey (or a few dates) in each apple half.  
 Pour enough water around the base of the apples approximately 1 – 2 cm deep and bake for 30 – 40 minutes or until tender.  
 Remove from the oven and leave to cool slightly. Serve with some of the baking juices and cream or ice cream.



***This apple dessert recipe is a 100-year-old recipe shared by a family of South Australian Apple growers***

# TRIPLE APPLE THAI SALAD

Preparation time: 10 minutes



## INGREDIENTS

50 gm raw cashews  
2 shallots, cut into thin strips  
150 gm sugar snap peas, ends trimmed  
1 cup wild / baby rocket  
1 red chilli, seeds removed, finely chopped  
5 Wombok (Chinese cabbage) leaves, finely shredded  
¼ cup fresh coriander leaves  
¼ cup fresh mint leaves  
2 Fuji apples  
2 Jonathon apples

## Dressing

1½ Tbsp sesame oil  
2 Tbsp apple cider vinegar  
1 Tbsp shoyu (pure soy sauce)  
3 cm piece fresh ginger, grated

## METHOD

**Make the dressing.** Whisk together the dressing ingredients in a bowl and put to one side.

**Toast the cashews.** Place cashews in a frying pan over a medium heat. Toast until browned on all sides. This takes about 3 – 4 minutes. Be careful to watch the nuts closely, as they turn from toasted to burnt very quickly.

**Make the salad.** Put the shallots, sugar snap peas, rocket, chilli, Wombok and herbs into a bowl. Quarter and core the apples (leaving the skins on). Cut into thin slices and add to the vegetables. Pour over the dressing and toss to combine.

**To serve.** Serve immediately with the toasted cashews sprinkled on top.

**Alternatives.** If you don't like chilli, add some thin strips of red capsicum instead. And try making this salad with one sweet and one more tart apple, such as Pink Lady and Granny Smith.

# APPLE OAT BARS

Makes 18 bars. Cooking time 45 minutes

## INGREDIENTS

2 cups wholemeal self-raising flour  
1 tsp baking soda  
3 tsp mixed spice  
1 cup oats  
2 Granny Smith apples, coarsely grated  
½ cup sultanas  
½ cup low-fat natural yoghurt  
1 egg  
¼ cup apple juice  
½ cup honey or maple syrup  
30 gm walnuts or flaked almonds

## METHOD

Preheat oven to 150°C. Grease and line a 3 cm deep, 16 cm x 28 cm (base) baking pan with baking paper.

Mix together the dry ingredients – sift the flour, baking soda and spices into a large bowl. Add the oats, apple and sultanas and stir to combine.

Mix together the wet ingredients – in a separate bowl, whisk together the yoghurt, egg, apple juice and honey (or maple syrup). Add to the flour mixture and using a metal spoon, fold until just combined. Do not over-mix.

**Cooking:** Spoon this mixture into the prepared baking tray and sprinkle with walnuts or flaked almonds. Bake in a preheated oven for 40 – 45 minutes, or until a skewer inserted into the centre comes out clean. Remove from the oven and allow the apple oat bars to cool completely before cutting into 18 pieces.



# LOW-FAT BAKED APPLE CRUMBLE



## INGREDIENTS

2 Golden Delicious apples  
¼ cup (40 gm) rolled oats  
2 Tbsp (15 gm) almond meal  
1½ Tbsp (20 gm) hazelnuts, chopped  
1 tsp cinnamon  
1 Tbsp orange juice  
2 Tbsp maple syrup  
Zest of ½ lemon

## METHOD

Preheat the oven to 180°C.

Using a small sharp knife, remove cores from apples. Cut each apple in half horizontally and place in a greased baking dish. Add 2 Tbsp water, cover with foil and place in the oven. Cook for 10 minutes.

## Apple crumble topping

While the apples are cooking, place the oats, almond meal, hazelnuts and cinnamon in a bowl. Stir to combine. Add the orange juice, half the maple syrup and lemon zest. Mix together well.

## Finish the apples

After 10 minutes take the apples out the oven. Divide the apple crumble mixture into four. Push some of this mix into the centre of each apple and then pile the rest on top. Drizzle over the rest of the maple syrup. Re-cover the apples and cook for 10 minutes. Remove the cover and continue cooking for another 10 minutes, or until the topping is golden brown and the apple is cooked through.

# It's Crunch Time for Aussie Apple Lovers

Information supplied by Aussie Apples



This year's first *Royal Gala* apples arrived in stores in March, starting off the 2012 Aussie Apple season. The sweet, juicy *Royal Gala* variety has been a favourite in Australia for 30 years.

*Fuji*, *Red Delicious* and *Jonagold* were also picked in March, followed by *Granny Smith*, *Braeburn* and *Jazz* in April, and *Pink Lady®* and *Sundowner* in May.

It's not just about the taste. Buying Aussie Apples is a great way to support local farmers, especially as 2012 is the Australian Year of the Farmer.

Apples are grown in every state, and all major metropolitan areas have an apple growing region within 200 km.

According to Victorian grower, Brad Fankhauser, although the industry is facing one of its biggest challenges – the opening of the local market to imports for the first time in 90 years – Australian growers are united under the 'Aussie Apples' brand.



"This will be the first full season for the Aussie Apple stickers, which were introduced in late 2011. This simple tool empowers consumers to make the choice to support local growers.

"The Aussie Apple industry is made up primarily of family businesses, many of them fourth-generation, and together the industry makes a valuable contribution to the national economy," continued Mr Fankhauser.

"We generate up to \$600 million a year in economic activity.

"We employ about 4,500 people in regional areas, and thousands more casual workers during the picking season.

"Our farmers are leading the world in orchard management practices, and by choosing fruit with the Aussie Apples label, shoppers are supporting a sustainable industry and know they are eating clean, green fruit."

Australia's great climate and longer sunlight hours, combined with the use of white groundsheets to reflect extra sunlight up to trees, produces deeper coloured fruit. And darker, deeper coloured fruit means more of the beneficial antioxidants.

In fact, new Australian research shows that eating two whole flavonoid-rich apples like *Pink Lady* each day significantly reduces the risk factors for heart disease, including high blood pressure.

The large, crisp *Pink Lady* remains our most popular apple, with more than 500 million eaten each year.

*Granny Smith* and *Pink Lady* are both Aussie Apples born and bred, and both are eaten all around the world.

Australian farmers grow more than 1.6 billion apples or 270,000 tonnes of fruit a year.

The 2012 season is looking to be a good one, although there has been significant hail damage in the *Batlow*, NSW, growing region and also some in *Gippsland*, Victoria. Floods have caused issues on some farms.

Fortunately, the many growing regions around the country mean we have a buffer when there is adverse weather in some regions. However, there is a great crop, so there are plenty of delicious Aussie Apples to go around.

For recipes or more information about Aussie Apples visit [www.aussieapples.com.au](http://www.aussieapples.com.au) or like us on [Facebook.com/aussieapples](https://www.facebook.com/aussieapples)

## Aussie Apples Around the Land

**NSW** – Some of the first apple trees in Australia were planted 1788 in the kitchen garden small farms located on the site that is now the *Sydney Royal Botanic Gardens*. One of NSW's best known apple growing regions is *Batlow*, where the industry flourished to meet the demand of the population boom during the gold rush. In 1922 the *Batlow Fruit Cooperative* was formed to help local growers market their fruit.

**QLD** – *Stanthorpe*, near the NSW border, is the key apple-growing region in Queensland. The first apple trees were planted in the early 1870's. After the region's tin mining boom had passed, the apple industry rapidly grew in importance.

A key benefit was the ability to transport fruit to *Brisbane* by rail that was initially established to service the mining industry.

**SA** – Apple trees were first planted in South Australia at *North Adelaide* in 1837, just a year after settlement. The industry spread to the cooler climate of the *Adelaide Hills*. It has since earned a reputation for innovative growth techniques to maximise production.

**TAS** – Tasmania has long been known as the 'Apple Isle'. A flourishing apple industry developed shortly after settlement, and by the turn of the 20<sup>th</sup> century, the apple industry was dominant. Tasmania soon led the way in exports, initially domestically, and following the invention of refrigeration, internationally in 1887.

**VIC** – Victoria grows more apples than any other state, producing 39 percent of all apples grown in Australia. One of the first growing regions in Victoria was around *Harcourt*.

**WA** – The first commercial apple orchard in Western Australia was planted in *Bridgetown* in 1862. The west is prominent in Aussie Apple exporting and has also bred two of Australia's most popular varieties, *Cripps Pink* and *Cripps Red*, sold under the *Pink Lady®* and *Sundowner®* trademarks respectively.

## Aussie Apple Growers' Management

- Aussie Apple growers carefully monitor their apples so they are picked, stored and released at exactly the right times to ensure maximum sweetness and crispness.
- In the last five years there's been a major shift in apple growing techniques in Australia, with Aussie Apple growers amongst the world leaders in the production of clean, 'green' fruit.
- Aussie Apple growers have moved to high-density orchards, which reduce the industry's carbon footprint by using fuel and water resources more efficiently.
- Five years ago Aussie Apple growers were producing 20 tonnes of apples a hectare. They now produce 30 tonnes on average with the top 25 percent of growers producing more than 50 tonnes a hectare.



- Have you ever wondered why Aussie Apple growers use netting over their trees? It is to protect fruit from hail damage, but it has the added advantage of creating a micro-climate which produces a better, more consistent apple.
- Aussie Apple growers use white sheets on the ground between the rows of apple trees to reflect extra sunlight up to the trees. This means better and more consistently coloured fruit and more antioxidants.

## Apples and Health

- The apple could well be the king of fruits. Red apples contain the extremely powerful antioxidants, *anthocyanins*, the benefits of which include reducing the risks of heart disease, stroke and cancer. New Australian research

looked at Pink Lady apples and their impact on heart health and found that eating two whole, flavonoid-rich apples a day significantly improved blood vessel elasticity, which reduces the risks for high blood pressure and heart disease.

- Apples are the richest fruit in the flavonoid, *quercetin*, which provides powerful antioxidant effects.
- Apples contain an excellent supply of the soluble fibre, *pectin*, concentrated in the peel, which stimulates and cleanses the digestive system and slows the absorption of sugars, making the apple low GI (36) and very suitable with diabetes. Australian research published last year found that eating apples is associated with a lower risk of colon cancer.
- One or two apples a day – when in season – could do wonders for wellness and wellbeing.



# Clean purified water for travelling

By Karen Rivers

Clean water is an essential need for us to maintain health and wellbeing every day of our lives.

Water-borne diseases account for one third of all deaths in developing countries. In Australia and NZ we take it for granted that our water is safe. Interestingly, creek and river water (used when camping), tank water and flood water can be adversely affected by weather conditions, resulting in drastic changes to our precious water. The Australian Bureau of Meteorology website has scientific information relating to water-borne diseases and problems within Australia – [www.bom.gov.au/lam/climate](http://www.bom.gov.au/lam/climate).

Equally important is water quality when we travel away from Australia.

On my early trips, which began in 1979, I always backpacked. In that year, I purchased my first portable water filter which used colloidal silver and charcoal to purify drinking water. My trips were fantastic with many fond memories, and, best of all, I stayed completely healthy, yet I met so many people who were or had been sick.

Last year I planned a trip to Bali with my son. I discovered a new Australian adaptation of a water filter designed for travelling or the home, and it is fantastic. So good is it that I am now selling them. I have set up a few in an orphanage in Bali and they are very happy. Many people have purchased them and had healthy, happy holidays in South America, Africa and other places.

The following testimonial reflects two things:

1. My passion to encourage changes in the way people travel.
2. How fantastic is the Cleanwater filter.

“The TOPtoTOP Global Climate Expedition was founded in 1999 in Switzerland and started its epic journey in 2002. So far four children have been born on the expedition. Clean water is the most critical aspect when you travel with newborns and small children, especially now in Africa. Thanks to Karen Rivers with her simple technology to purify the water, we have been able to explore some of the most remote places in Africa as a family. Thank you so much Karen!

– *Dario and Sabine Schwoerer, Salina, Andri, Noé and Alegra.*”

I wish everyone safe, healthy and happy holidays – and, yes, my surname is Rivers!

[For details and purchasing of the Cleanwater filter, see the above advertisement. You can phone Karen on 0411 241 582 or email [cleanwaterkits.rivers@gmail.com](mailto:cleanwaterkits.rivers@gmail.com) or go to [www.cleanwaterkits.com.au](http://www.cleanwaterkits.com.au).]



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1 Cleanwater filter costs \$95 +  
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- **Easy to assemble at point of use;**
- **Requires no power and works in minutes;**
- **The natural taste is exceptional;**
- **Very reliable food-grade bag to hold the water and keep the unit very light weight.**

Save with a zero carbon footprint:  
1 Cleanwater kit + 1 stainless steel bottle = zero carbon footprint.  
On average, one person on holidays spends approx. \$8.00 a day buying bottled water, and the bottle is left behind as landfill.

**Contact Karen Rivers on**  
02 9787 2241 or 0411 241 582  
Email [cleanwaterkits.rivers@gmail.com](mailto:cleanwaterkits.rivers@gmail.com)  
[www.cleanwaterkits.com.au](http://www.cleanwaterkits.com.au)

# If You Feel OK, Maybe You Are OK.



By H. Gilbert Welch | Published 28<sup>th</sup> February 2012, *The New York Times*

EARLY diagnosis has become one of the most fundamental precepts of modern medicine. It goes something like this: The best way to keep people healthy is to find out early if they have (pick one) heart disease, autism, glaucoma, diabetes, vascular problems, osteoporosis or, of course, cancer. And the way to find these conditions early is through screening.

It is a precept that resonates with the intuition of the general public: obviously it's better to catch and deal with problems as soon as possible. A study published with much fanfare in *The New England Journal of Medicine* last week contained what researchers called the best evidence yet that colonoscopies reduce deaths from colon cancer.

Recently, however, there have been rumblings within the medical profession that suggest that the enthusiasm for early diagnosis may be waning.

Most prominent are recommendations against prostate cancer screening for healthy men and for reducing the frequency of breast and cervical cancer screening. Some experts even cautioned against the recent colonoscopy results, pointing out that the study participants were probably much healthier than the general population, which would make them less likely to die of colon cancer. In addition there is a concern about *too much detection and treatment of early diabetes*, a growing appreciation that *autism has been too broadly defined* and scepticism toward new guidelines for universal *cholesterol screening of children*.

The basic strategy behind early diagnosis is to encourage the well to get examined – to determine if they are not, in fact, well. But is looking hard for things to be wrong a good way to promote health? The truth is, the fastest way to get heart disease, autism, glaucoma, diabetes, vascular problems, osteoporosis or cancer – is to be screened for it. In other words, the problem is over-diagnosis and over-treatment.

Screening the apparently healthy potentially saves a few lives (although the National Cancer Institute couldn't find any evidence for this in its recent large studies of prostate and ovarian cancer screening). But it definitely drags many others into the

system needlessly – into needless appointments, needless tests, needless drugs and needless operations (not to mention all the accompanying needless insurance forms).

This process doesn't promote health; it promotes disease. People suffer from more anxiety about their health, from drug side effects and from complications of surgery. A few die. And remember: these people felt fine when they entered the health care system.

It wasn't always like this. In the past, doctors made diagnoses and initiated therapy only in patients who were experiencing problems. Of course, we still do that today. But increasingly we also operate under the early diagnosis precept: seeking diagnosis and initiating therapy in people who are not experiencing problems. That's a huge change in approach, from one that focused on the sick to one that focuses on the well.

Think about it this way: in the past, you went to the doctor because you had a problem and you wanted to learn what to do about it. Now you go to the doctor because you want to stay well and you learn instead that you have a problem.

***In the past, you went to the doctor because you had a problem and you wanted to learn what to do about it. Now you go to the doctor because you want to stay well and you learn instead that you have a problem.***

How did we get here? Or perhaps, more to the point: Who is to blame? One answer is the health care industry: By turning people into patients, screening makes a lot of money for pharmaceutical companies, hospitals and doctors. The chief medical officer of the American Cancer Society once pointed out that his hospital could make around \$5,000 from each *free* prostate cancer screening, thanks to the ensuing biopsies, treatments and follow-up care.

A more glib response to the question of blame was Richard Nixon. It was Nixon who said, "We need to work out a system that includes a greater emphasis on preventive care." Preventive care was central to his administration's promotion of health maintenance organisations and the war on cancer. But because the promotion of genuine health – largely dependent on a healthy diet, exercise and not smoking – did not fit well in the biomedical culture, preventive care was transformed into a high-tech search for early disease.

Some doctors have long recognised that the approach is a distraction for the medical community. It's easier to transform people into new patients than it is to treat the truly sick. It's easier to develop new ways of testing than it is to develop better treatments. And it's a lot easier to measure how many healthy people get tested than it is to determine how well doctors manage the chronically ill.

But the precept of early diagnosis is too intuitive, too appealing, too hard to challenge and too easy to support. The current rumblings show that this is beginning to change.

Let me be clear: early diagnosis is not always wrong. Doctors would rather see patients early in the course of their heart attack than wait until they develop low blood pressure and an irregular heartbeat. And we'd rather see women with small breast lumps than wait until they develop large breast masses. The question is how often and how far we should get ahead of symptoms.

For years now, people have been encouraged to look to medical care as the way to make them healthy. But that's your job – you can't contract that out. Doctors might be able to help, but so might an author of a good cookbook, a personal trainer, a cleric or a good friend. We would all be better off if the medical system got a little closer to its original mission of helping sick patients, and let the healthy be.

*H. Gilbert Welch, is a professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice, and author of 'Overdiagnosed: Making People Sick in the Pursuit of Health'.*

# Pomegranates

- beautiful on the inside



## Information on behalf of Perfection Fresh

One of Australia's most intriguing fruits must surely be the pomegranate – a fruit highly prized since ancient times for its health benefits and versatility and now widely available here during the cooler months. Perfectly timed to be available for winter, this distinctive Australian-grown fruit is available from April to October.

A robust and large fruit, the pomegranate is identified by its ruby, waxy skin and distinctive crown-shaped stem. But it's what is inside the tough, outer skin that counts.

Pomegranates are laden with hundreds of juicy, scarlet, entirely edible seeds, known as *arils*. With their extraordinarily high antioxidant content, pomegranates offer sweet and healthy rewards for fruit eaters longing for something special during winter.

There are boundless ways to enjoy the arils, either fresh, scooped straight out of the fruit or as a key ingredient in an array of dishes. The sweet-sharp flavour of pomegranates works equally well across the culinary spectrum. Fresh pomegranate juice can be extracted in the same way as orange juice and has

External scarring may be caused by tree branches or leaves rubbing against the rind as the fruit grows in the orchard. With pomegranates, beauty is on the inside.

Perfection Fresh Australia produces Australian-grown pomegranates.

## How To Use Pomegranates

Use pomegranates to colour or flavour salads, sweet and savoury sauces and dressings, baked dishes or rice dishes. They are brilliant in cocktails, mocktails and desserts.

## How to open a pomegranate in three easy steps

Step 1: Cut off the crown, then cut the pomegranate into even sections.

Step 2: Immerse sections in a bowl of water and roll out the arils with your fingers or a spoon.

Step 3: Discard everything else and strain the water with a sieve.

antioxidant content, it looks as if pomegranates are becoming the next 'super fruit'.

It's easy to see why when we look at their impressive line-up of different *polyphenols* (a group of antioxidants), matching some of those found in red wine, berries, green tea and pink grapefruit.

For example, there are:

*Punicalagin* and *punicalin*, the two most abundant polyphenols (both tannins) unique to pomegranates.

*Anthocyanins*, which give pomegranates their bright pink colour and have been extensively studied in blueberries where they help delay ageing and boost brain power.

*Ellagic acid*, also found in berries and dark grapes. This keeps arteries flexible.

*Quercetin*, *kaempferol*, *catechins* and *gallic acid*, big-name polyphenols with well-known anti-inflammatory properties.

*Chlorogenic acid* for healthy liver and gallbladder function.



an intense crimson colour and tangy, mildly astringent flavour. Enjoy it straight as a healthy tonic or use it to colour or flavour sauces, dressings, glazes or beverages. Most large pomegranates will yield about half a cup of juice.

It takes just a few minutes to open a pomegranate and extract the arils. Nestled inside a white membrane bed, the arils easily give way and can be gently rolled or tapped out. Think of pomegranates like passionfruit – simply scoop out the seeds and discard the rest. And like passionfruit, the appearance of their protective rind bears no relationship to the quality of arils inside.

## Ripe and ready

Pomegranates are tested for maturity when picked and are sold ripe and ready to eat. Choose a smooth, large fruit that is heavy for its size – a sure sign it is full of juicy arils. Keep pomegranates in a cool spot or in the fridge where they will last for several weeks.

## Pomegranate Antioxidants

Accredited Australian nutritionist, Catherine Saxelby, believes that with their incredible

## Where to Find Pomegranates

Pomegranates are widely available in leading supermarkets and independent retail outlets, including fruit shops, across Australia between April and October. Look for them loose or in packs of three or four.

## About Perfection Fresh

Founded in 1978, Perfection Fresh is serviced by fresh produce growers across Australia and supplies specialised fruit and vegetable lines.



# Gerson Therapy Facilitation Comes to NSW

By Jo Thomson



As a Registered Nurse managing a natural health clinic, I see over and over again the effects of the Australian standard diet and lifestyle. Diabetes, cancer, asthma, auto-immune disease and obesity are in epidemic proportions. Thus my passion for learning, educating, motivating people to wellness and empowering them to become healthy has led me to Gerson Therapy, designed by Dr Max Gerson to facilitate healing for cancer.

I was so excited when I discovered the Gerson Therapy, a regimented and well structured therapy. Gerson takes the guesswork out of what to eat and when, and which supplements the body requires to assist the healing process. To me it is a black-and-white therapy that can be fully embraced by most people.

## HOW WE CONDUCT THE THERAPY

We provide a full and comprehensive health/medical assessment before anyone undertakes the program. We need to determine the strength of the body, immune system and liver, so we can assess the ability of the body to undertake this therapy. The assessment allows the person to then make an informed choice as to which are the best options for treatment that is right for them. Our aim is to ensure that we bring you to a point where the resistance of the body is greater than the resistance of the disease.

This is achieved through a four-pronged approach, developed by Dr Max Gerson:

1. Restoration of the entire metabolism;
2. Initiate and support the healing inflammation;
3. Eliminate tumour tissue and its toxic byproducts;
4. Restoration of tissues (their structure and function).

## GENERATE A HEALING CRISIS

Dr Max Gerson stated that malignancy (cancer) is cell adaptation to local conditions, an adjustment to the preceding pathologies. So if we can change the

internal environment so that malignancy or disease can't survive, if we can bring the body to a level of vitality where it can generate a healing crisis, and if we can eliminate toxicity from the body, we would indeed see the establishment of optimum health.

So what does this nutritional therapy entail?

## COMPONENTS OF THE PROGRAM

There are four parts to the program: diet, vegetable juicing, enemas and medications. We establish from your comprehensive assessment and medical reports a program to suit your healing needs and health status. The diet program is a low-fat, low-protein, high-nutrient diet. The nutrients come from easily digestible vegetables, juices and slow-cooked foods. The aim is to fill the cells with nutrients and enzymes from potassium-rich foods, without putting any stress on the digestion process.

## PERHAPS OVERWHELMING AT FIRST

Most clients are overwhelmed when they first read the full therapy. Thirteen juices daily, 4 – 5 coffee enemas and a very strict diet. With support, education and monitoring, the therapy is achievable. Some clients start off on a modified version, and embrace the full therapy within a few weeks. People usually feel alive, full of energy and happy within a few days of commencing the therapy.

We are so fortunate to have such a therapy – one that is not invasive, toxic or stressful on the body. Many people now use Dr Max Gerson's work as a benchmark in detoxification and nutritional therapy. It is through his work that we are able to understand the principles required to initiate and sustain a healing by the body.

The bases of his therapy are to detoxify the body and refill the cells with nutrients and enzymes so as to allow the body to engulf and eliminate tumours and other disease. The therapy boosts the immune system, supports the liver and increases the body's ability to initiate a healing crisis (inflammation).

## TAKE CONTROL OF YOUR HEALTH

Taking control of your own health and destiny is what I learned while I was unwell. Battling against the odds is what most people are up against when facing cancer. How do you overcome the gripping terror that you may be going to die? How do you find the energy to fight and stay alive? How do you stay positive when everyone else is telling you that your time is nearly up? How do you know which treatment is best for you?

My desire to live and be present for my children was so strong that I surrounded myself with love, joy and an extremely healthy lifestyle. I juiced daily, ate only vegetables and fruit and gave myself coffee enemas. At first the thought of a coffee enema was scary, unreal and invasive. But after an enema you feel alive, so clear in your mind and energetic.

## MY DESIRE TO EMPOWER OTHERS

I have embraced the Gerson Therapy in my life as well as in my health practice, and I would now like to share this amazing, enlightening and life-giving therapy with you. Here on the Central Coast of NSW we facilitate the therapy. We teach you how to prepare the meals and give yourself an enema, and we explain the theory and rationale behind the treatment. We will then support, monitor and educate you on your journey, once you return home.

You can stay at our beautiful retreat or have a consultation in our clinic. We do find it best if people stay for a few days to really experience the therapy and iron out any problems on the spot. Our passion is to empower you to take control of your health, to improve your outcomes and to assist you in making an informed decision as to which are the best treatments for you.

**Our contacts are 02 4384 1501; 0404 280 446; info@bn2health.com.au (see advertisement next page ->)**

## A NEWS ITEM

### Heart Foundation tick a joke!

By Cyndi O'Meara, nutritionist and best selling author of *Changing Habits, Changing Lives*, 21st September 2011

Today the Heart Foundation has put out a media release that they will be changing their criteria for the tick and that McDonalds and fast food restaurants will no longer be getting the tick. Lyn Roberts, Heart Foundation CEO, said on today's Today Show that they were then looking at the ingredients of foods, rather than just the nutritional panel.

However, in the story that we did on September 7th 2011, 'Heart Tick for Sweet Treats', the spokesperson for the Heart Foundation said that the ingredients and suspect numbers were not their responsibility, but rather the buyers' responsibility, and that they had no intention of changing their tick criteria.

In 2007 the Heart foundation asked for a change in the way margarine was made with partially hydrogenated vegetable oil and trans fats. Yet the tick was given to this food for many decades, even though since 1978 we have known about the dangers of trans fats.

And what about breakfast cereal? One cereal I looked at with the heart tick was full of flavours,

additives and refined sugar, plus it declared that it would lower cholesterol re-absorption. The Heart Foundation is still in the dark ages! Change is afoot but it is not fast enough for the health of the Australian people.

### US looks to ban growth-enhancing antibiotics in livestock

BFA, 24th April 2012

The practice of feeding antibiotics to enhance growth of livestock has led to a judge's order that moves toward ending that use of the drugs.

*The New York Times* reported that the Obama Administration has warned that they may soon ban agricultural uses of some popular antibiotics that many scientists say encourage dangerous infections and potentially jeopardise public health.

Nutritionist, Shane Heaton, said, "In Australia more antibiotics are prescribed to animals for preserving their life and sustaining feed conversion ratios than the amount prescribed to people. When humans consume antibiotics through the food chain you increase the risk of becoming resistant to superbugs."

Under the Australian Certified Organic Standards incorporating antibiotics in feed is prohibited.

The US order comes two months after the Obama administration announced restrictions on agricultural uses of Cephalosporins, a critical class of antibiotics commonly used to treat pneumonia, strep throat and skin and urinary tract infections in humans.

### Merck ordered to pay \$321 million in criminal Vioxx probe

Source ONE CLICK, 23rd April 2012, quoting Reuters

A Boston federal judge this week sentenced Merck and Co. to pay a \$321 million criminal fine for improperly marketing its Vioxx painkiller a decade ago.

The US drugmaker pleaded guilty in recent months to having illegally promoted Vioxx for the treatment of rheumatoid arthritis before it was approved for that use in 2002. The pill, approved in 1999 as a painkiller, was withdrawn from the market in 2004 after it was linked to risk of heart attack and stroke.

In a related settlement reached in November 2011, Merck agreed to pay more than \$600 million to the US federal government, 43 states and the District of Columbia for a wider range of alleged improprieties.

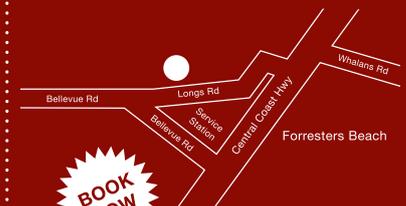
# Bn2 health

## 'Gerson Therapy' The missing link in vital health

*I would like to share this amazing, enlightening and life giving therapy with you. 'Gerson Therapy', designed by Dr Max Gerson, is to facilitate the healing for cancer. My passion is to empower people to take control of their health, to improve your outcomes and to assist you in making an informed decision as to which are the best treatments for you.... Embrace your health & your life!*

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# GLANDULAR FEVER

## How Epstein Barr Virus Can Contribute To Health Disorders

BY LYN CRAVEN, NATUROPATH

Epstein Barr virus (EBV) is becoming quite common, yet is often mistreated. EBV can result in *mononucleosis* (glandular fever or 'mono') or it can attack the liver causing *hepatitis* (inflammation of the liver) along with the spleen causing *splenomegaly* (enlarged spleen). In the worst case scenario, it can present with jaundice or meningitis.

EBV is a form of herpes virus, is a highly contagious virus. It initially 'attacks' lymph nodes in the neck and throat, making them less effective in fighting infection, and creating very hot, dry, sore throats and fever.

The virus enters the lymph nodes and attacks the white blood cells (*lymphocytes*), causing them to change shape and multiply. Initially there are no symptoms, since it often takes several weeks before enough altered cells accumulate to generate infection.

Our glands do not function as well as we would like when this occurs due to the viral attack. Inflammation results in various parts of the body. Tear ducts do not function properly, thrush can occur and sweat glands do not appear to create perspiration as they would normally. Every gland in the body is under attack, along with the entire immune system. It can be quite debilitating for some people, depending on the severity of viral attack and the amount of fatigue.

Glandular fever is often referred to as 'the kissing disease', since it is transmitted by saliva. Younger people – adolescents – are more prone to encountering EBV; however adults can suffer from it also.

Let me point out that many viruses normally only take up residence in the host when your inner resources are drained. If you have been subjected to ongoing stress, have had an unhealthy diet, had limited sleep and so on, then the immunity is drained and is less able to fight the virus.

Along with impaired immunity, the somewhat toxic state that

the body is in – referred to in Natural Health as 'toxaemia' – provides a fertile ground in which the virus can multiply. If the diet is far from natural and we also burn the candle at both ends, the increase in toxaemia is greatly accelerated. Because it is the function of the lymph system to drain the wastes from every cell in the body, the likely result is that the lymph system will become so congested that the lymph glands – the 'garbage disposal units' – become so clogged up that the wastes cannot get back to the bloodstream for elimination from the body. We now begin to feel tired and 'toxic'.

Sooner or later, we must come down with one disease or another as the body tries to force us to stop what we are doing and allow it to clear away the congestion and carry out repairs. If we have come into contact with the Epstein-Barr virus, this is the germ that will infect us ('attack' us) and glandular fever is the disease that we are likely to 'catch'.

To avoid becoming infected with this virus, we need to avoid sharing drinking glasses, eating utensils and toothbrushes, or touching anything that has been near the mouth of an infected person. So it is wise to keep our utensils separate from any friend/family member who shares home with you. Hygiene is very important – wash hands all the time and avoid kissing, especially on the mouth. I have spoken with many people who have been diagnosed with EBV, yet they have never been told to take care regarding the above. They may go back to work too soon, often when they are still in the infective state, and pass the virus on to other people.

The incubation period for the disease is approximately 7 to 14 days in children and adolescents and longer in adults, often from 30 to 50 days. If the disease lasts longer than 6 months, it is referred to as 'chronic EBV'.

### FIRST SIGNS AND SYMPTOMS

The infection develops slowly, with mild symptoms that could be suspected to be a simple cold or dose of flu with malaise. As the condition progresses, the symptoms may include:

A sore throat lasting two weeks or more.

Swollen lymph nodes in the neck, armpits and groin.

Persistent fever – usually about 39°C (102°F).

Great fatigue follows with constant need to sleep.

Symptoms can be mild or so severe that the sore throat and pain impede swallowing and the fever reaches 40.5°C (105°F).

Mouth ulcers and tiny blisters on the back of the throat may occur.

Some people also experience a rash, eye pain, photophobia (discomfort with bright light) and swollen spleen and infected liver, which are often tender to palpate.

Headaches may also plague some people, resulting in painful, hot migraines (especially if the liver is attacked by the virus (hepatitis)).

Glandular fever can be accompanied by streptococcal infection of the throat.

Weight loss occurs – even if you are still eating normally.

I think this is quite a nasty virus, since although symptoms may resolve in most cases in one to two months, the EBV remains dormant in cells in both throat and blood for the rest of the person's life! Every now and then the virus can reactivate and be found in the saliva of the infected person. This reactivation can occur without producing symptoms. EBV also establishes a *lifelong* dormant infection in some cells of the body's immune system. It is a virus that, once exposed to, we cannot totally get rid of!

If the spleen is affected, it may be enlarged and the ribs will put pressure on the spleen. In this case the person is advised not to bend over to pick things up – the pressure of the rib cage against the spleen could bruise and irritate it further or, worse still, rupture it. Lifting and pushing are also best avoided. Regarding sport, most people do not have the energy to be active with sport.

Hospitalisation is necessary if there is a serious complication, such as rupture of the spleen, jaundice or meningitis.

If hepatitis results when infected with EBV, the inflamed liver needs appropriate nutrients to support it both during the illness and afterwards.

If jaundice does occur, there will be a yellowing of the skin, due to liver and gall bladder being affected.

In the worst cases, there may be inflammation of the *meninges*, which is a system of membranes, consisting of three layers, that envelope the central nervous system (CNS). The primary function of the meninges is protection of cerebrospinal fluid and CNS, so care must be taken to counteract this inflammation (*meningitis*) as soon as possible.

When I had EBV over 30 years ago, I was advised to wear dark sunglasses and a wide-brimmed hat when outdoors in the sun until fully recovered. The eyes can experience great sensitivity to light and the skin is more photosensitive and can burn more easily.

Remember – our skin is an organ. Many people forget this or don't even realise it. During my illness, I was sitting in the garden relaxing one day, about 3 to 4 weeks into the illness. After just half an hour of exposure, the soles of my feet were burnt quite red in just mild winter sun. I had not allowed for the possibility of photosensitivity.

## HOW IS EBV/MONO DIAGNOSED?

Please do not attempt to diagnose yourself using the abovementioned information. It is very important to see a GP and have the appropriate blood tests. Only then, will you know the extent of the viral attack on your body. The doctor will inspect your throat and the lymph nodes in the throat and groin areas, and may palpate around the spleen and liver area to check for tenderness and inflammation.

## HOW IS EBV/MONO TREATED?

Many doctors may merely tell you to have bed rest and drink plenty of fluids and perhaps you will be signed off from work for a week or two. They may prescribe antibiotics for any streptococcal infection of the throat on the basis that this can be very serious. However, there is no drug that is usually prescribed to clear up this virus. Doctors will tell you that the virus has to run its course, though some do like to offer antibiotics – they will all vary in their approach.

If you have chosen the medical path and taken antibiotics, probiotics are excellent to take to help restore the beneficial gut bacteria, and there are natural remedies that you can back up with.

If the doctor happens to have knowledge of and belief in the effectiveness of natural therapies, he/she may recommend that you take relevant remedies. Antibiotics will not help eliminate a virus.

## NATURAL THERAPIES CAN HELP

Overcoming the illness involves assisting the body in every possible way to detoxify itself. The better it can do this, the sooner we will be well again, and the more completely the body can do this, the longer we will stay well. To commence detoxification in the early stages of the illness is essential for a swift recovery.

Detoxification involves physical, physiological and mental rest. Physiological rest means a diet

that is free of any substantial amount of protein, fat or carbohydrate – in other words, a 'cleansing' diet consisting exclusively of fruit and salads or fresh fruit or fruit juices. If there is fever or no appetite, then consuming nothing but water for a few days will usually provide the greatest degree of comfort and detoxing under the circumstances. If the temperature does not drop in that time, a natural therapist or GP should be consulted to ensure that no other serious disorder has manifested, such as meningitis.

People who are experienced in juice/vegetable diets or water fasting may consider doing this until the fever abates. However, many people may still prefer to eat something. In this case I would emphasise the need for highly nutritious foods, including fruit and vegetable juices each day, and plenty of spring/filtered water. Select good quality organic protein with plenty of raw salads and lightly steamed vegetables. Depending on how the virus has impacted on your body, your nutrient need will vary.

Herbal remedies can be taken to build strength in the immune system. I recommend that you see a qualified herbalist or naturopath who will be able to formulate the appropriate herbs for you. Many of these herbs would not be available in health food stores due to their high potency and low dosage requirements. 'Practitioner only' limitations are for your safety. Herbalists/naturopaths train for up to three to four years in the skill of formulation of herbs and homeopathics. Certain highly potent herbs can combat streptococcal and other toxic bacteria sometimes more effectively than the antibiotics that some doctors may offer.

Looking back to my EBV 30-odd years ago, I believe I was fortunate to encounter a GP who recommended vitamin A due to the hepatitis and also B-complex. However, one must take care with dosage because of the risk of jaundice, so do not overdose on vitamin A. Since the liver is vulnerable due to inflammation, high doses can be counterproductive. Take vitamin A in accordance with the brand you purchase. The GP also recommended (as I do now) vitamin C at 1000 – 2000

mg a day (the buffered type is best so it will not affect the bowels) along with *Lactobacillus acidophilus* probiotics.

Also consider consuming:

Anti-oxidant fruits – dark berries are excellent.

Olive leaf extract excellent for strengthening immunity.

Garlic in your food and mashed raw, perhaps with hot lemon drink and tiny pinch of cayenne.

Plenty of rest and sleep are imperative when you have this disorder. Remember, you can sleep yourself to wellness.

To assist the overworked liver, place hot-and-cold fomentations over it (on the lower part of the right rib-cage and below), morning and evening, during the cleansing diet. The standard procedure is three minutes hot and one minute cold, repeated three times altogether.

Soreness and swelling in the glands in the neck can be partially relieved by placing a cold compress around the neck until it warms up, which may take half-an-hour or so. To prevent toxins being drawn to the neck from around the body, it is necessary to also place a cold compress right around the waist to draw toxic wastes to the

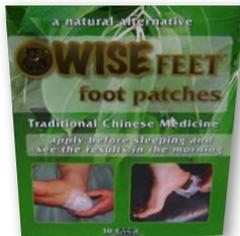
eliminative organs. Apply these compresses a couple of times a day, at times well separated from the hot-and-cold fomentations over the liver.

A cold compress consists of a cold, moist piece of cotton sheeting, wrung out lightly so as not to drip, and placed over the affected area. It must be completely covered (literally every single square centimetre!) by a piece of *woollen* material – a strip of an old pullover or an old blanket will do, but it must be wool, not synthetic, to be effective. Use cold tap water, not ice, except that in summer the water can be cooled a little with ice. The compress can remain in place for 10 to 20 minutes or even overnight.

## EMOTIONAL WELLBEING

Practise goal manifestation. While you are resting, meditate and focus on something wonderful you would like to do in the near future. Keep visualising yourself as strong, healthy and well and enjoying yourself at this event or activity.

Your mind is powerful, so take the opportunity provided by this



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# Add three years to your life with 15 minutes exercise daily

Research, published in the *Lancet* in 2011, shows that even short bursts of exercise can lengthen your lifespan by three years. The study involved more than 400,000 people who were placed into one of five categories of different 'exercise volume' groups ('inactive', 'low', 'medium', 'high' and 'very high'). On average, those in the 'low-volume' group exercised for 15 minutes per day.



Compared with those in the inactive group, life expectancy for those in the low-volume group was 2.55 years longer for men and 3.10 years longer for women. "If inactive individuals engage in low-volume daily exercise, one in six all-cause deaths could be postponed" said the lead researcher. The results were similar to the benefits of quitting smoking, he added.

While the initial exercise reduced death rates by 14 percent, each additional 15 minutes of activity further reduced the rate by four percent. This trend continued until a person was exercising for 100 minutes a day [that's a lot!], after which no further benefit was seen. More vigorous activity for shorter periods of time had the same effect as less intense exercise carried out for longer.

Exercise was also seen to have a very protective effect against cancer. People classified as 'inactive' had an 11 percent higher risk of dying of cancer than those in the 'low-volume' activity group. Cancer deaths fell by one percent for each additional 15 minutes of daily exercise after the first 15 minutes.

Cynic's comment: That's all very well, but to achieve that extra three years, I've spent four years of my life exercising!

'down time' while resting to use it constructively and positively.

## TAKE CARE NOW, PREVENT FUTURE CHRONIC TIREDNESS

When people go back to work too soon with this disorder, they often take longer to recover. They can also leave themselves open to developing chronic fatigue syndrome (CFS) which can be extremely debilitating. It creates limitations for you in many ways physically; you don't have the same strength and resilience for everyday tasks, let alone anything strenuous like manual work or sporting activities. You experience constant tiredness, tire very easily and lack zest for life. You may succumb to illnesses far more often.

Be patient with your body. Don't 'soldier on' when you are sick. You need to rest and sleep and the body will then have a greater opportunity to draw on its own innate resources and heal.

People who experience hepatitis may find that their ability to drink alcohol in the future is limited. Some may only manage one drink, others may find they cannot tolerate any alcohol at all. A viral attack on any part of the body can hinder its ability to function as previously. In some cases people may experience blood sugar disorders due to enzyme activity being affected by the EBV/hepatitis. Similarly, viral attack on the pancreas can cause the hormone, insulin, to be affected. Some people may experience plummeting levels of blood sugar the day after their glass of wine. The liver is involved with stabilising blood sugar just as much as is the pancreas.

Other people may experience ongoing headaches/migraines for many months – sometimes years. In both Chinese medicine and naturopathy, we would pay great attention to the liver, which oversees the smooth flow of Chi in all organs in the body and has been compared to the 'general of the army', responsible for planning all the body's functions. It is easy to see how an inflamed liver would have trouble functioning and helping the body to run smoothly and efficiently.

If the spleen has been affected by the virus, this would also require attention. The spleen is considered the 'Earth organ' in Chinese medicine. A strong spleen ensures we are well nourished; a weak spleen may result in being undernourished. You may eat a good diet, yet be unable to convert food into balanced nourishment.

Even when you have been advised that you are no longer contagious and are well enough to return to work and everyday activities, your body and any affected organs may experience ongoing weakness. This is where natural therapies are very important to consider taking on board, not short term but in the form of a 'maintenance' wellness program. In particular, employ naturopathy (which includes herbal and homeopathic remedies and nutrition), Bowen therapy, reflexology and acupuncture (the last three working on the Chi energy and meridian systems). If you can take longer time off work and daily activities, this is better for recovery of strength.

I was off work for over three months and took a few more months to regain normal energy levels.

However I did not know then what I know now regarding natural therapies. Everyone is different; recovery depends on the impact of the virus and your ability to recoup and heal.

The more you rest, the more you are ensuring that organs like the spleen, pancreas and liver will work more efficiently for you in the future. Sometimes underlying weakness can result because viruses can cause havoc with the body.

I cannot see how anyone can drag themselves to work when experiencing EBV. I had no energy, so I allowed my body to rest and have continual sleep.

Articles on EBV often give the impression that it is not a serious virus and that you are back on your feet within a couple of weeks. It really depends on the individual. The person may have genetic flaws/weaknesses, which can be exposed by a viral attack like EBV. It is not a virus to be underestimated.

I have seen excellent results with recovery from EBV/glandular fever and with chronic viral infection that resulted in inflammation and later deficiencies in organ function.

Natural therapies can play an excellent role in helping people who suffer from EBV/mono/CFS. Remember, the longer you wait to treat your disorder, the more chronic it becomes and the longer and more complex it is to resolve.

## NOTE RE CYTOMEGALOVIRUS

Cytomegalovirus (CMV) is a prevalent viral pathogen. The majority of persons with acute CMV will experience a non-apparent infection. Primary CMV infection will cause up to 7% of cases of mononucleosis syndrome and manifest symptoms almost indistinguishable from those of EBV-induced mononucleosis.

CMV is a member of the *Herpesviridae* family of viruses, which includes Epstein Barr, herpes simplex, varicella zoster (chicken pox) and herpes virus 6, 7 and 8. CMV remains latent within the host, reactivating and shedding small amounts of virus into the bodily fluids when the host's immune system is compromised. CMV is highly contagious.

It is possible to be diagnosed with EBV and CMV simultaneously. CMV is far more serious, with more complications arising, and can result in the same disorders as EBV, along with pneumonia, thrombocytopenia and other conditions.

**Lyn Craven is a practitioner of naturopathy and Bowen therapy and is a Reiki energy therapist, meditation teacher, corporate health consultant and presenter for health expos. She has produced a meditation CD for stress, anxiety and insomnia. Lyn runs a private practice in Sydney and can be contacted on 0403 231 804 or email at [lyncraven@bigpond.com](mailto:lyncraven@bigpond.com) [lyncravencorporatehealth-naturopath.com](http://lyncravencorporatehealth-naturopath.com).**

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# How to be Free of Arthritis and Rheumatism

By Roger French

Arthritis and rheumatism are 'diseases of civilisation', almost unknown in countries that do not consume the typical Western diet. So let's look at the causes of this group of diseases and see how they can be prevented or overcome.

The drugs for arthritis marketed by the drug companies have suffered a turbulent history in recent years. On 30 September 2004, Vioxx, one of the latest and 'greatest' wonder drugs for arthritis, was suddenly withdrawn from the market because of evidence that it increases the risk of heart attack and stroke. Celebrex and Bextra, two other drugs in the same class of COX-2 inhibitors, were made the subjects of a 'Public Health Advisory' in relation to heart problems by the US Food and Drug Administration.

Arthritis is not life-threatening, but some of the drugs to treat it can be.

Nature can't be cheated. A lifestyle-caused disease cannot be overcome by chemicals that are toxic or otherwise detrimental.

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

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

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

Dealing with these causes has been the basis of the methods employed by the big natural health centres around the world over the last century. Their successes point clearly to the methods required to bring about long-term recovery.

It must be emphasised that no guarantees can be given for recovery from any illness. There are hundreds of relevant factors in lifestyle and no two human bodies are exactly the same, so outcomes can never be predicted with certainty.

We are told that there is no cure for arthritis, but this really means no *drug* cure. Through lifestyle methods, whole or partial recovery is available to many sufferers.

## What are Arthritis and Rheumatism?

*Arthritis* means inflammation of joints. Altogether there are over 100 different forms, of which the common ones are *osteoarthritis* (degenerative joint disease), *rheumatoid arthritis* and *arthritis gout*.

*Rheumatism* is a general term applying to conditions involving pain in muscles, joints and fibrous tissues that is not due to infection or injury.

*Polymyalgia rheumatica* (meaning 'pain in many joints') develops usually in people over 60 and is characterised by pain and stiffness in the back, shoulders, neck, buttocks and thighs.

*Rheumatoid arthritis* means chronic inflammation of cartilage, synovial membranes and other tissues in a joint. Synovial membranes trap synovial fluid, which acts as a shock absorber between the bones of the joint.

Even in its worst forms, the disease constantly fluctuates in severity, with days or weeks in which there may be a decrease in, or complete freedom from, symptoms.

*Osteoarthritis* or, more correctly, *degenerative joint disease*, is the most common type of arthritis in Australia, affecting more than 50% of persons over the age of 65 and almost 100% of persons aged 85 and over. It affects more women than men. Osteoarthritis of the hip and knee are among the most significant causes of pain and disability in adults.

What is commonly referred to as 'osteoarthritis' does not involve inflammation and is therefore not true arthritis. It involves physical damage to the joint, hence the correct name *degenerative joint disease*. This is more frequently seen in joints that are the most used and abused, that is, weight-bearing joints, especially the spine, hip joints or knees. Usually only one or two joints ever become affected. It is more common in older people.

The smooth cartilage that lines the ends of the bones is destroyed partially or wholly, producing deformity. There is often mineral deposition in the joint and inflammation of bone adjacent to the cartilage, which may complicate the picture. Typically pain appears with activity and subsides with rest. Eventually the ends of denuded bones may become united and the joint is then *fixed* or *ankylosed* and frozen permanently.

*Spondylitis* is inflammation of the joints between the vertebrae, following injury, infection or rheumatoid arthritis. If the vertebrae become fused together, it is called

*ankylosing spondylitis*. With this condition the back cannot bend in the affected region and backache may be severe.

*Gout*, *gouty arthritis* and *arthritis gout* all refer to inflammation of the joints caused specifically by excess *uric acid* in the blood. Some of the excess, usually in the form of sodium urate, precipitates into the tissues, especially those adjacent to the joints and also the tissues of the kidneys.

The exceedingly painful swelling caused by this precipitation occurs most commonly in the feet, especially at the base of the big toe, and in the hands. Other common sites are ear lobes, knees and forearms.

*Other Forms of Arthritis*. There are many other forms of arthritis. However, they are not really different diseases, but merely different sets of symptoms resulting from similar underlying causes.

## The Causes of Arthritis Are Known

The most thorough study ever conducted was reported in *The Lancet*, 12 October 1991 issue, under the title, 'Controlled Trial of Fasting and One-Year Vegetarian Diet for Rheumatoid Arthritis'. In the study, 27 patients were allocated a four-week stay at a residential health centre, and for the first 7 to 10 days were put on a diet of the juices of carrots, beets and celery, vegetable broth, decoction of potatoes and parsley, herbal teas and garlic.

This was followed by an individually adjusted, gluten-free, all-plant diet for three and a half months, the patients entirely avoiding gluten, meat, fish, eggs, dairy products, refined sugar, citrus fruits, salt, strong spices, preservatives, alcohol, tea and coffee.

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

The Natural Health Society has witnessed hundreds of recoveries through lifestyle methods. Like all diseases involving inflammation, arthritis is very much related to lifestyle. We don't inherit the disease, although we can inherit a predisposition to it, but we also almost invariably 'inherit' our parents' cookbooks.

Muscular rheumatism often worsens after exposure to cold, but this is not the primary cause and healthy people will not develop the disease.

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

Regular excessive consumption of **grain foods**, including bread, cereal, cakes, pastries, pasta, muesli and rice, and too much starch and sugar combined (such as cereal and sugar or bread and jam), are considered to be major factors in producing rheumatism and arthritis. The current orthodox push to eat plenty of grain foods may be producing very painful consequences in a lot of people.

Strongly acid-forming are **white sugar** (with its total absence of alkaline minerals), the grain foods, red and white meats, coffee and chocolate. When these foods form the greater part of the diet, which is the norm in Australia, their acidic waste products are formed faster than they can be eliminated, so they accumulate in the body. Stimulants like coffee, black tea, tobacco, salt, pepper and strong spices speed up the metabolic processes, increasing the toxaemia.

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

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

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

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

Dr John McDougall in his book, *McDougall's Medicine – A Challenging Second Opinion*, connects antigenic foods and high blood fats with auto-immune consequences. The foods that most frequently have antigenic effects are dairy products, eggs, beef, wheat and corn, as well as a host of food additives.

According to Dr David Collison in his book, *Why Do I Feel So Awful?*, where food is not the primary cause of the arthritis, *chemical intolerance* accounts for almost all other cases,

## RHEUMATOID ARTHRITIS

As a consequence of prolonged irritation, whether caused by toxaemia or the bursting of white blood cells, the synovial membranes and other tissues in the joint become inflamed (as they attempt to heal themselves), swollen, painful and eventually hardened. Other tissues, including cartilage, may be involved and further complicate the picture. This is rheumatoid arthritis.

**Nightshade vegetables.** A group of foods well known for aggravating arthritis is the deadly nightshade or *Solanaceae* family. These foods, which contain the toxic alkaloid, *solanine*, include potatoes, tomatoes, capsicum, red and green peppers and eggplant. Green potatoes are exceptionally high in solanine, high enough to cause symptoms, even including miscarriage. It is probable that Solanum foods do not *cause* arthritis, but in some people aggravate existing symptoms. Ripe tomatoes and ripe capsicum (red when ripe) are nutritious vegetables that are alkali-forming, so they should help to neutralise the acidity that underlies arthritis. They are good foods to consume if they don't cause a flare-up in symptoms.

**Free-radical damage.** It is now known that rheumatoid arthritis involves free-radical damage. Free radicals, known as *reactive oxygen species* induce the production of *rheumatoid factor*, alter immune function and damage lipids and lipoproteins.

Californian researchers as early as 1995 expressed the view that **overload of the mineral, iron**, may be one of the most causative factors in the development of a number of degenerative diseases, including arthritis. The most common source of excessive iron is a high intake of red meat, from which iron is more readily absorbed than from plant foods. (A blood test for iron status could be very helpful.)

**Elevated homocysteine.** Another factor that appears to contribute to rheumatoid arthritis is elevated blood levels of the amino acid, *homocysteine*, which is known to be a major cause of heart disease and stroke. Increasing intake of B-complex vitamins reduces homocysteine.

Another contributing cause of free radical damage could be **deficiency of selenium**. Rheumatoid arthritis sufferers have been found to have low levels of this mineral, indicating that their bodies will be unable to manufacture enough of the key enzyme, *glutathione peroxidase*, which stops the chain reaction of damage caused by free radicals.

## OSTEOARTHRITIS

The degeneration of cartilage may be due to problems with the cartilage itself or to external problems in the form of increased strain or load on the joint.

**Important nutrients for cartilage** are vitamins A, C and E and the minerals zinc, copper, manganese, sulphur and silicon. All except sulphur are often lacking in the modern diet.

*Glucosamine* is a normal component of cartilage, and if it is insufficient, cartilage is more likely to degenerate. Its colleague, *chondroitin*, provides a constant supply of the nutrients needed to repair damaged protein and build new cartilage.

**Damage to cartilage** may commence with rheumatoid arthritis due to the effects of prolonged irritation and inflammation, or result from hormonal imbalances, crystal deposition in the joint or a bone fracture.

Possible causes of **joint overload** include obesity, poor posture, running on hard surfaces, ballet, weightlifting, trauma and overuse of joints such as those in a masseur's hands and arms.

**If exercise is too severe**, it can cause damage to joints and adjacent muscles and tendons.

**Vitamin D** is a key nutrient in bone and joint health. Deficiency is well known to be associated with a greater incidence of hip fractures, but it has very recently been found that vitamin D is also required for cartilage. In 2009 researchers at the Menzies Research Institute in Hobart, Tasmania, found that people who do not have enough vitamin D quickly lose the cartilage in their knees, accelerating the development of osteoarthritis.

Roughly half the adult population of Tasmania is deficient in vitamin D, and the researchers estimate that if this was remedied, knee replacement would be delayed by an average of 14 years. The national trend of avoiding the sun, they said, is causing widespread mild levels of vitamin D deficiency, even in sunny Queensland.

When an affected joint is examined under a microscope, the surface of the cartilage shows tiny fractures. A possible cause of these minute fractures is lack of oxygen due to **poor circulation** resulting from high levels of fat thickening the bloodstream.

## GOUT OR GOUTY ARTHRITIS

Certain foods are high in purines which are the building blocks of DNA and RNA in the nuclei of cells. Purines are degraded by the liver into *uric acid*, which is removed from the body via the kidneys. Consuming excessive amounts of purines will result in high levels of uric acid in the blood and the risk of uric acid or urate compounds depositing as crystals in joints.

**Foods rich in purines** include organ meats, particularly liver and kidneys, shellfish, poultry, red meat, legumes and yeast. Yeast is particularly high in purines.

The more protein that is consumed, the more efficient is the conversion of purines to uric acid, so the risk spirals. Further, large amounts of the sugar, **fructose**, arising from the digestion of large amounts of refined sugar or from high-fructose corn syrup, also increase the uric acid level. Alcohol and deficiency of vitamin B<sub>1</sub> inhibit the excretion of uric acid. Liquid protein diets, low-carbohydrate diets, obesity and kidney disease can all increase blood uric acid level.

When the level reaches a certain point, uric acid or sodium urate precipitates out of solution to form minute, needle-like crystals which tend to deposit in joints that are low in the limbs. The resulting irritation causes inflammation, localised fever and pain that can be excruciating.

**Heredity is not the cause** of gout, although our genes can make us more susceptible. High uric acid levels and gout do not occur in people who eat low-protein and low-purine foods.

Gout is known as the 'disease of kings' because kings consume an abundance of rich meats, highly sweetened foods and alcohol, the hallmarks of affluent living. Unfortunately, the consequent suffering is not what kings would choose, and no amount of money can buy back good health.

## Recovery is Possible

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

However, there is room for optimism. Experience has shown that, *provided the tissues of the joints are still intact*, the self-healing power of the body has the potential in most cases to restore the joints partially or wholly to their normal state.

What is needed is the appropriate guidance, along with determination and persistence in removing the



causes and doing what is necessary to facilitate healing.

Nutrition is a primary factor in recovery from arthritis. However, other possible factors may also require attention, prominent among these being stress, ongoing anger, ongoing resentment, deep-seated negative emotions and joint overload.

Through reducing the acidity of the system – even by a surprisingly small degree – the 'attacks' of rheumatism, rheumatoid arthritis or gout can be expected to diminish. Recovery will depend on the severity of the condition, the robustness of the body and the effort put into it.

## DIETARY MODIFICATIONS

To reduce the acidic toxæmia, it is necessary to reduce the acid-forming content of the diet. This is done by increasing the amount of alkali-forming foods to between three-quarters and four-fifths of total food intake (by weight), which means for the average-sized adult about one to one-and-a-half kilograms daily of green, yellow and red vegetables and fresh fruits.

Correspondingly reduce the intake of acid-forming foods, which are most other kinds of foods [see chart 'Acid-Forming and Alkali-Forming Foods', *How a Man Lived in Three Centuries* Chapter 7]. Aim towards a plant-based diet (which may need careful monitoring for a heavy meat eater of many years), but be sure to maintain a proper balance of protein, carbohydrate and fat.

There needs to be avoidance of salt, refined sugar and alcohol. If foods of the *Solanum* family aggravate symptoms, omit them initially.

These dietary requirements are built into the *Natural Health Dietary Guidelines*, which are spelled out in Chapter 7 of *How a Man Lived in Three Centuries*.

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

## DETOXIFYING OR 'CLEANSING' DIETS

The most worrying symptom of rheumatoid arthritis is pain. This is particularly benefitted by fasting, German researchers stated in 1993 that the effect of complete fasting is "remarkable" – even though not fully understood. Other German researchers stated in 2002 that short-term fasting in patients with pain is safe and well tolerated.

There is no doubt that great inroads into the level of toxæmia may be made by short, well-spaced periods of nutritional detoxification. How to do this was detailed in Chapter 15 of *How a Man Lived in Three Centuries*. To some degree, detoxing can be done at home, but experienced supervision is highly desirable. This is available at the affiliated Hopewood Health Retreat at Wallacia, NSW, which is owned by a registered charity (see pages 3 and 14).

Arthritis sufferers are often advised by practitioners to avoid acid fruits. However, as was explained in Chapter 7, acid fruits don't increase the body's acidity, provided the fruit is ripe and the metabolism is functioning normally.

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

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

## HYDROTHERAPY FOR PAIN RELIEF

Hydrotherapy is marvellous for drug-free pain relief and for increasing local circulation (see Chapter 15).

If a joint is hot, a *cold pack* (cold moist strips of cotton sheeting completely covered by woollen fabric) is appropriate.

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

## SOME IMPORTANT NUTRIENTS

Certain nutrients are particularly significant for recovery. Cartilage needs vitamins A, C and E and the minerals zinc, copper, manganese, sulphur and silicon. (Note that our bodies make vitamin A from beta-carotene and other carotenoids, and also that mineral supplements are best in the chelated form.) The demands of stress require abundant vitamins C, B<sub>5</sub>, B<sub>6</sub> and other B vitamins.

Vitamin C and the carotenoids are abundant in fresh, raw vegetables and fruits. A balanced diet containing a wide variety of foods should supply all the necessary nutrients. *Provided* the diet is based on whole, natural foods, topping up with supplements of the nutrients listed above (plus others possibly) could be very beneficial.

Very helpful for many arthritis sufferers is a combination of glucosamine sulphate and chondroitin sulphate.

Also good for joints is the herb, *Boswellia*, which has been found to reduce inflammation as effectively as NSAIDs. The enzyme, *bromelain*, found in pineapples, has a somewhat similar effect.

Taking supplements and herbs is best done under professional supervision.

## STRESS

Dealing with *stress* is less straightforward than dietary changes. Top of the list of techniques is meditation, followed by stress management courses, yoga, relaxation tapes and regular physical activity.

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

## RHEUMATOID ARTHRITIS SPECIFICS

Rheumatoid arthritis is a true inflammatory illness and responds well to detoxification and balanced diet. Even some badly crippled cases have been seen to recover.

Nutrition is critical in protecting the body against free radical damage (oxidation). The antioxidant defence systems depend on enzymes such as glutathione peroxidase (which contains selenium) together with the antioxidant vitamins C, E, A and the carotene family. Besides selenium, some of the minerals involved in these defence mechanisms are zinc, magnesium, copper and manganese.

Fresh vegetables and fruits, along with legumes, nuts, seeds and whole grains, can supply good amounts of these nutrients in virtually complete safety. In 2002 University of Singapore researchers reiterated the well documented finding that diets rich in vegetables and fruits decrease oxidative damage. This benefit applies to rheumatoid arthritis.

A food with potent antioxidant properties that can help arthritis is *garlic*. It can be taken raw, cooked or as supplement.

The omega-3 fatty acids in flax oil have significant anti-inflammatory effects.

## DEGENERATIVE JOINT DISEASE SPECIFICS

With degenerative joint disease, recovery is not possible if the cartilage has worn away completely. However, if some cartilage is still present, considerable improvement is possible. If crystals have deposited in affected joints, it is possible that

they can dissolve away and bone inflammation fade away, either of which can bring considerable improvement and relief.

The oxygen supply to the joints is all-important, and therefore changing to a low-protein and low-fat diet is a primary requirement. Because oxygen and nutrients are supplied via the joint fluids, exercise is important for pumping the fluids around the joints. Suggested exercises are walking, cycling, jogging on a mini-trampoline, dancing or swimming. *Exercise only to the point where pain is not made worse.*

Osteoarthritis requires the same basic lowering of acidity/toxaemia as do all other forms of arthritis.

It is recognised that elderly people with a predisposition to osteoarthritis often suffer from a generalised vitamin deficiency. Vitamins that have been shown to be particularly beneficial include vitamins E, C and the B-complex.

If there is joint strain or joint overload, the repeated injury must cease before healing is possible. As appropriate, this will require posture correction, loss of weight, or cessation of a particular activity such as running on hard surfaces or doing massage.

## ARTHRITIC GOUT SPECIFICS

Arthritic gout, like all other inflammatory conditions, also responds well to the lowering of toxaemia. When the dietary causes of gout are avoided, uric acid levels can be expected to fall. As the systemic acidity eases, the sharp crystals begin to dissolve and the inflammation can then fade away.

Initially it is essential to avoid all major sources of purines, along with alcohol and refined sugar. Drinking plenty of *pure* water, but within sensible limits, will tend to flush out of the kidneys any urate stones that may have formed.

Researchers have concluded that weight reduction along with reducing sources of purines and reducing calorie intake are beneficial in reducing the uric acid levels and lipid abnormalities associated with gout.

# Member Story



## Jean Phillips, Denmark WA

Having been a chronic asthmatic all my life, today at age 78, I realise that what is most lacking in our lives is knowledge about health for life. Like other people, I used the medical system to relieve the bronchial asthma and the usual childhood diseases of my large family. We followed the normal cooked meals and fruit diet. Then along came the chemicals. As we were market gardeners and banana growers, my husband accepted and used, without protection, all the proffered toxic sprays.

We ate the toxin-impregnated food. Soon I suffered two miscarriages with a sickly baby in between. Four of my girls later had endometriosis. I began to have allergic reactions, and then, as arthritis crept into my bones, painkillers became the order of the day.

After 22 years I shifted south to the suburbs, where even a specialist could not give my lungs relief from the polluted air, so bad were my reactions. A botched operation for carpal tunnel syndrome left me with two claws for hands and no voice for six months – a reaction to the rubber tubing used in the operation

My home was resumed for a subdivision, and with my children all grown up, it left me free to travel in my old Kombi van.

At that stage I had been taking selenium for some years, which I obtained from New Zealand. Around me, my friends and relatives were being diagnosed with cancer and I was determined not to join them. Other supplements were added as my knowledge grew. I tried to avoid all sugary foods and ate very little meat. I seldom drank coffee or tea.

I now needed glasses for reading. In Queensland I discovered the Atherton Tablelands, and a whole lot of beautiful alternative people living simple lifestyles. I decided to stay there for a while.

With tropical fruits in abundance and health conscious people to advise me, I no longer had to

constantly attend a chiropractor. My glasses were put aside and I began to learn about alternative healing and organic food. I joined a biodynamic group and purchased organic fruit, and seldom ate cooked food.

With Atherton's mild weather all year round, my asthma was forgotten except for one encounter with yellow box wood smoke. Free of pain, I lived in my van in the fresh open air.

On returning to the West to help my family, cooked foods became the norm once again, although I continued taking supplements. I learned how little of our nutrient needs are supplied by denuded, processed, cooked foods. I took supplements for my immune system and medication to ward off the asthma and allergies. Toxic smoke gave me a SARS-like reaction, I felt as if I was drowning. In desperation, I took every precaution I could and eventually recovered.

Then disaster struck. While shovelling a sand heap, I twisted the tendons in both knees. Later, I twice tripped and fell onto concrete, landing on my stiff, sore knees. That was it – no more hard work!

Then at 77 and barely able to walk, I moved south to a cooler, cleaner environment and began again to naturally heal myself. I learned that one ounce (28 ml) of seawater daily supplies all the ionic minerals we need. I rubbed *Bitterns* into my knees along with oils. Barley green was added along with raw juices, flax seeds, hemp meal, Evening Primrose oil and olive leaf extract. [Bitterns is concentrated seawater that has had approximately 70% of the sodium chloride removed. It is high in magnesium and potassium salts. Its name originates from its bitter taste.]

The result is that these days at age 78, I still read all but the tiniest print without glasses. The pain has left my knees, although they are still a little stiff. I now enjoy being able to help others who are suffering as I used to be.

## During exercise, over-hydration not dehydration is the danger

Abridged from an abstract, 'Hydration, hyponatraemia and the lessons of the past'

by Timothy David Noakes, Discovery Health Professor of Exercise and Sports Science, Department of Human Biology and Sports Science Institute of South Africa, April 2012.

Prior to 1969 athletes were advised to avoid drinking during exercise since it was assumed that such drinking impaired performance. However a number of related events produced a dramatic change in this approach.

In 1965 Dr Robert Cade developed the world's first sports drink at the University of Florida. He believed that only by drinking during exercise could athletes optimise their performances and protect themselves from heat stroke.

Then in 1982 and 1984 scientists from the United States Army proposed that soldiers who drank at very high rates would be prevented from developing "heat illness".

In 1987 the American College of Sports Medicine (ACSM) proposed that athletes should drink at high rates during exercise in order to optimise their performance and to reduce their risk of developing "heat illness". In 1996 the ACSM went further, proposing that athletes should "drink as much as tolerable" so that they did not lose any weight during exercise.

The ACSM received funds from the US sports drink industry (Gatorade).

By proposing that all the weight lost during exercise must be replaced, the 1996 proposals, in effect, require that all exercisers begin drinking "as much as tolerable" the instant they begin any exercise, regardless of its duration or intensity.

Predictably these guidelines were associated with a 10-fold increase in annual turnover of Gatorade from \$217 million in 1985 to \$2.69 billion, eighteen years later.

In order to produce the commercial windfall that would result from this radical change in the drinking behaviour of athletes, a new dreaded disease, 'dehydration' had to be created. This was especially challenging since cases of ill health in athletes who drank little or nothing during exercise were extremely rare. Further, our studies had already established (by 1991) that the over-consumption of fluids can produce a fatal outcome since it is the sole cause of exercise associated low-sodium encephalopathy.

The evidence shows that:

- (i) Most studies claiming to study 'dehydration' fail to measure the total body water;
- (ii) There is no evidence that 'dehydration' causes anything other than thirst;
- (iii) There is no evidence that drinking more than the dictates of thirst aids athletic performance;
- (iv) The most successful athletes are usually those who drink the least, lose the most weight and finish with the highest body temperatures during competitive sport;
- (v) Exercise-associated low-sodium levels (hyponatraemia) and the associated encephalopathy are due solely to fluid overload without any contribution from sodium losses in so-called 'salty sweaters'.

The conclusion is that athletes need only to be told that they should drink according to the dictates of thirst during exercise. All the rest is detail.

## NEW PRODUCTS

### ALL NATURAL AVOCADO SPREAD

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Instead of searching the shops for that perfectly ripe avocado, we can enjoy the goodness of fresh, perfectly ripened avocados pre-packed for convenience.

Each pack of Fressure Foods All Natural Avocado Spread contains two fresh avocados, with no additives or preservatives – just 100 percent pure avocado.

Salmonella, Listeria and other bacteria are destroyed by a technique known as ultra high-pressure processing, which does not use heat. This retains the nutrients, natural taste, texture and colour, and the food stays fresh longer.

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Available from Coles Supermarkets nationwide. RRP \$4.00.



### ESKAL FREENUT BUTTER

A first of its kind in Australia, Eskal FreeNut Butter is a nutritious spread made from specially selected, ground, roasted sunflower seeds. Peanut-free, dairy-free and gluten-free, this 'butter' can be a direct replacement for peanut butter and is the ideal alternative for people with nut allergies.

About 1 in 200 children (0.5%) have had a reaction to peanuts by 5 years of age. Many Australian schools are banning peanuts, but Eskal FreeNut Butter enables children to enjoy a peanut-free, nutritious spread. Each batch is tested for traces of peanut protein.

#### Ingredients

**Smooth:** sunflower seed (85% minimum), sugar, emulsifier (471 – processed fatty acid), salt and antioxidant (306 – vitamin E)

**Crunchy:** sunflower seed (85% minimum), sugar, dried honey (honey and maltodextrin), emulsifier (471), salt and antioxidant (306)

Eskal has created over 70 food products that are high quality, allergy-friendly foods that include gluten-free, nut-free and reduced-sugar products. For more information, visit [www.trialia-foods.com.au/eskal](http://www.trialia-foods.com.au/eskal)

Eskal FreeNut Butter is available in selected Coles and Woolworths stores. RRP \$5.69 for a 450g jar.



# Restaurant Reviews

## Eating out in Sydney and Brisbane

### SYDNEY: Bodhi Restaurant/Bar

This is one of Sydney's longest established, family-run, Buddhist, vegan restaurants. It was founded in 1986 by Ms Lee-Leng Whong and has in recent years been operated by her daughter, Heaven Leigh.

Bodhi is a 300-capacity venue, adjacent to open parkland and giant Moreton Bay fig trees. Bodhi pioneered and specialises in vegan Yum Cha during the day and has an a-la-carte evening menu of Pan Asian cuisine.

"Bodhi has become more than just a restaurant," says Heaven. "It's become a lifestyle. We are creating a business that is eco-friendly and sustainable, and uses as much organic/biodynamic produce as possible in our food and wines.

"We want to show people the rich variety of foods available to us in this wonderfully lucky country of ours and provide the same quality and standard of service as some of the best restaurants in Sydney."

#### Some favourite dishes are:

##### Dinner

Vegan Peking duck and sweet snow pea dumplings in an oriental medicinal broth with angelica root, ginseng, goji berries and ginger (a new signature winter dish).

Smoked soy, orange, coriander and chilli betel leaf.

Dry-roasted salted peanut spices topped on fried eggplant with a celery and Asian mushroom stuffing.

Mushroom, asparagus, red capsicum, soft tofu and cashew nuts tossed in a creamy coconut lemongrass sauce and served in an Asian pastry nest.

##### Lunch (general yum cha) (pictured)

Wild mushroom and truffle gow.

Baby Bok Choy and glass noodle dumplings.

Savoury sticky rice and peanut flower buns.

Japanese konyaku noodles with spicy tom yum sauce.



Lower Mezzanine Level of Cook and Philip Park, 2 – 4 College St, Sydney (between St Mary's Cathedral and the swimming pool)

Phone 9360 2523 | [bodhireservations@gmail.com](mailto:bodhireservations@gmail.com) | [www.bodhi.id.au](http://www.bodhi.id.au)

Yum Cha 7 days, 10am – 4pm | Dinner Tue – Sun, 4pm – 10pm | Functions until 1am

### BRISBANE: My Heart-Garden

My Heart-Garden Cafe draws its inspiration from the spiritual teacher, Sri Chinmoy, who encouraged his students to serve the world by opening vegetarian restaurants and cafes, and providing food served in a peaceful atmosphere that nurtures both body and soul.

With all food made on-site from fresh ingredients, My Heart-Garden focuses on putting perfection on a plate. A large range of drinks and smoothies, as well as designer juices, offers mood-boosting pick-me-ups in addition to the more substantial fare. For a full meal, this vegetarian cafe caters for all tastes, with dishes inspired by various countries around the world. Asian-inspired food shares the menu with Mexican dishes, highlighting the diverse range of food styles on offer.

Owner and head chef, Kapila Moses, calls the style of food-making "cooking with consciousness". This imbues the food with the positive energy that characterises this café. Kapila says that they strive to serve food that is nourishing to both body and soul. Vegan and gluten-free are catered for.

The bread for the breakfast menu is prepared in house, using organic spelt and rye flours. The award-winning Bliss Burger (pictured) is sure to please, or try the fresh Thai Salad or the Sri Lankan Platter. Delight in a fresh smoothie or the locally roasted coffee and enjoy the melt-in-your-mouth apple, date and walnut cake for desert.



5/225 Hawken Drive, St Lucia Qld 4067. Phone 07 3870 8898  
Open Mon – Sat, 7am – 3pm. Dine in or take-away



# Natural Health Society Shop

Books, health products and Tri Nature products

Book prices include postage and members 10% discount



## GOLDEN ENERGY

- RECIPES FOR REJUVENATION

By Dr Marilyn Golden

\$34.00

This mighty-compact little book has a mere 35 recipes, but they pack a punch as super nutritious recipes.

Author, Dr Golden gave a fantastic account of food and nutrition at the NHS Autumn Seminar in April. She is a medical practitioner highly qualified in plant-based nutrition and natural therapies, and has herself enjoyed a raw vegan diet for nine years.

*Golden Energy – Recipes for Rejuvenation* was published in 2011 in response to her patients' requests for tasty, healthy, energising recipes. The result is this excellent guide to preparing easy, raw vegan meals and snacks. Non-raw options are also given.

By including these recipes in our daily meal plans, we will be increasing our intake of a wide variety of fresh fruits, veggies, sprouts, nuts and seeds.

Sections are: 'Breakfasts', Dairy Substitutes', 'Starters', 'Soups', 'Salads', 'Vegetable Dishes', 'Desserts' and 'Snacks'.

Buckwheat Crisps are made with buckwheat, raisins, medjool dates, frozen berries, desiccated coconut and agave nectar (available in health shops).

Almond Milk is made with almonds, dates and water, while High Calcium Milk Substitute has tahini, agave nectar, dates, vanilla, cacao powder, carob powder and water. The main ingredient in Yummy Yoghurt is cashew nuts, and there is Mock Cheese.

Spinach Salad is made of baby spinach, berries, mushrooms, nuts and olives.

The sweet/salty/sour Asian Salad Dressing looks wonderful.

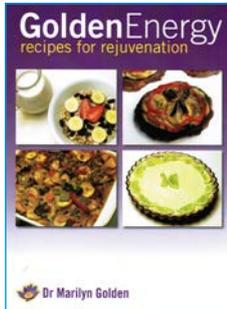
In the main dishes are Mexican Chili Vegetables and Living Lasagne.

The desserts are decadence without decadence.

The Chocolate Living Ice Cream is based on bananas.

There is Carrot Cake with a thick cashew-based icing, and Chocolate Fudge Cake based on walnuts, avocado, carob and cacao powders and dates.

Bonbon Allsorts look just like rum balls, but without the rum.



## CENSORED HEALTH

By Dr Gabor Lenkei

\$29.00

We have often reviewed books that are amazing for the quality and thoroughness of their material, and this is another one. The author, a Hungarian trained medical practitioner, after six years of practice, rejected orthodox medicine and began searching for the reasons for its ineffectiveness and poor results. He found them.

Some poignant questions he answers are:

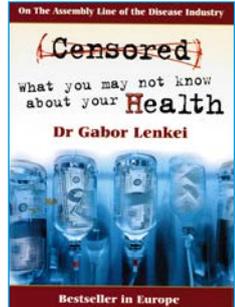
- Why do we only live half as long as we could?
- Who is hiding the most important scientific health discoveries from us?
- How can a fortune be made by inventing a childhood disease?
- What are the most common reasons for gaining weight?
- Who concealed the cure for cancer?

The facts and insight into the deception of the big drug companies is breathtaking. For a start, drug companies don't like nutritional supplements because they produce healthy people who don't take their drugs. Recommended Daily Intakes are often below proper requirements so people won't be healthily nourished.

One reason for the huge profits of the companies is the rip-off prices of drugs. The active ingredient in Prozac costs \$0.11, but the retail price is \$247.47. For Lipitor the respective figures \$5.80 and \$272.37.

Artificial fertilisers, herbicides and food processing can have devastating effects on health. More than 60,000 chemicals contaminating our water supplies.

Section 2 is about how to stay healthy. Some great testimonials inspire the reader. There are many pages devoted to supplementing minerals and vitamins, including how to get the right amounts and in the proper balances. All very valuable information.



## DIAGNOSTIC AND STATISTICAL MANUAL - DVD

Produced by the Citizens Commission on Human Rights

\$23.00

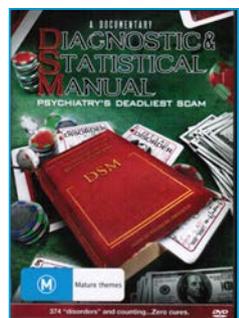
Sub-titled 'Psychiatry's deadliest scam', this documentary hits hard at the psychiatric 'industry' around the world.

It lists 374 mental "disorders" and is the basis of mental illnesses listed in the International Classification of Diseases that is used throughout the world. Unlike physical diseases, psychiatrists do not have specific tests to establish the kind of mental illness. Their judgements tend to be subjective and often result in misdiagnosis.

The DVD says that through the DSM, psychiatrists can enforce psychiatric drugging, seize your children and even take away your personal freedoms.

The DSM, it says, is the engine that drives a \$330 billion psychiatric industry. Then it asks, "Is there any proof behind the DSM? Or is it nothing more than an elaborate pseudo-scientific sham?"

The DVD package also contains a 'Psychiatric Diagnosis Abuse Report Form'.



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# Kindred Organisations

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



## AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email [veg@veg-soc.org](mailto:veg@veg-soc.org)

Web [www.veg-soc.org](http://www.veg-soc.org)

## VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap QLD 4061

Phone 07 3300 9320

Email [vegsocq@tpg.com.au](mailto:vegsocq@tpg.com.au)

Web [www.vegsoc.org.au](http://www.vegsoc.org.au)

## VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

PO Box 311, Kent Town SA 5071

Phone 08 8260 2778

Email [info@vegsa.org.au](mailto:info@vegsa.org.au)

Web [www.vegsa.org.au](http://www.vegsa.org.au)

## NATURAL HEALTH SOCIETY (SA) Inc.

7 Emily Ave, Clapham SA 5062

Phone 08 8277 7207

## The Vegetarian/Vegan Society of Qld Inc. Books and Products

For orders: [www.vegsoc.org.au](http://www.vegsoc.org.au) [maureen@vegsoc.org.au](mailto:maureen@vegsoc.org.au) Phone 07 3300 9320

### The Food Revolution: How your diet can help save your life and the world [New]

By John Robbins

Foreword by Dean Ornish, M.D.

\$27 + postage up to \$10.70

In this 2001 classic of food politics, John Robbins documented the devastating impact that eating animal products has on humans, animals and the land. More and more people are turning toward plant-based diets. In his introduction to this 10<sup>th</sup> anniversary edition, Robbins issues a new call to arms, urging us to a more compassionate and sustainable world, bite by animal-free bite.

### Vegan for Life [New]

By Jack Norris, RD & Virginia

Messina, MPH, RD

\$23 + postage \$6.65

Everything you need to know to be healthy and fit on a plant-based diet.

### Healthy at 100 [New]

By John Robbins

\$23 + \$6.65 postage

Increase your life and health span with caring, science and inspiration.

### The Complete Idiot's Guide to Vegan Eating for Kids [New]

By Dana Villamanga M.S.J and

Andrew Villamanga M.D., M.Sc.

\$18.50 + postage \$6.65

Bring delicious, nutritious vegan dishes to your child's plate. "They will thank you and so do I." (Dr Neal Barnard, PCRM)

### The Complete Guide to Vegan Food Substitutions [New]

By Celine Steen & Joni Marie Newman

\$25 + postage \$6.65

Foolproof methods for transforming any dish into a delicious new vegan favourite. Includes recipes.

### The Get Healthy, Go Vegan Cookbook [New]

By Dr. Neal Barnard and Robyn Webb

\$25 + postage \$6.65

125 easy, delicious recipes to jump-start weight loss and help you feel great.

### Why Animal Suffering Matters (Hard Cover) [New]

By Reverend Professor Andrew Linzey

\$45 + postage \$6.65

Philosophically astute, theologically sensitive and eminently readable. Andrew Linzey's innovative thesis is that, far from granting a secondary significance to animals, their (alleged) lack of reasoning and linguistic capacities argue for treating them with the care and concern that we extend to our very young.

### Dr McDougall's Digestive Tune-up [New]

Dr John McDougall

\$27 + postage \$6.65

Get relief from bad breath, indigestion, ulcers, colitis, diverticulitis, gallbladder disease, haemorrhoids, constipation, IBS and much more. Dr McDougall breaks through cultural taboos with a candid, humorous look at how the digestive tract functions.

### The New Good Life

By John Robbins

\$38 + postage up to \$10.70

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

### Rainbow Recipes Includes Thermomix Method

By Aileen Sforcina

\$35 + postage up to \$10.70

Balancing your diet with colour. 200 vegan recipes – cooked and raw. No additives, cholesterol, colouring agents or preservatives.

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

E. Palmcrantz & I. Lilja

\$35 + postage up to \$10.70

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

### Becoming Raw: The Essential Guide to Raw Vegan Diets

B. Davis and V. Melina

\$35 + postage up to \$10.70

This is the definitive book on health and the benefits of adding more raw fruits and vegetables to your diet. A treasure chest of easy-to-read, well-researched information on raw food.

### The Raw Transformation

By Wendy Rudell

\$45 + postage up to \$10.70

Energising your life with living foods – over 300 recipes to increase health and well-being. Wendy Rudell has more than 35 years as a nutritionist.

### Green Smoothie Revolution

Victoria Boutenko

\$26 includes postage

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

200 recipes

### Sweet Gratitude

M. Rogers & T. A. Tamborra

\$36 + postage up to \$10.70

A new world of raw desserts. This book contains fresh takes on old favourites like Pumpkin Pie and Tiramisu plus ingenious new creations including Goji Berry – Chocolate Cheesecake and Brazil Nut Ganache Truffles. Beautifully illustrated.

### Foods That Fight Pain

By Neal Barnard, M.D.

\$30 + postage up to \$10.70

## Natural Health Society (SA) Inc. 50th Anniversary

We welcome NHS (SA) to this 'Kindred Organisations' page. And we congratulate them on their 50<sup>th</sup> Anniversary – as at March 2012.

The inspiration to form the NHS of South Australia came from American, Martin Pretorius, ND, who, on a lecture tour, suggested, "If you folks are keen enough about this natural health thing, you might want to get together and form a group and have regular meetings." So they did, in December 1961, calling themselves the Adelaide Health Club. The instigator of this was John Fielder, a prominent Australian naturopath (now practising in Cairns).

In March 1962 it is believed that the inaugural meeting of the Natural Health Society (SA) was held, the first president being Claude Lawrence, who held the position for nine years. Claude had had heart attacks in 1958 and 1962, and after giving natural therapies a try, he became a strong supporter of natural methods.

Incorporation was carried out in late 1963 and the letters "Inc." were added to the name.

In 1970 Claude Perrin began operating his 'Fruit and Nut Stall' at meetings. The stall became a good source of funds for the Society, but ceased operations upon his death in 2000.

NHS (SA) combined with the Soil Association to present an Organic Festival in October 1977. It was a great success and drew an attendance of 1,500.

Claude Perrin served in the capacity of Treasurer from 1970 for a phenomenal 29 years until failing health due to mesothelioma caused him to stand down. Claude's wife, Yvonne, took on the Presidency from 1992 to 2002.

The workhorse of the organisation, the Secretary, was Elinor Dunstone, who accepted the role in 1979 and is still doing the job today after an even more phenomenal 33 years. A special congratulations to Elinor for a stunning effort!

Membership reached a peak of 300 in 1985. The well known scientist, Sir Mark Oliphant, accepted the position of Patron from 1981 to 1987 when he was moved to Canberra.

International health celebrities who presented at Society meetings included the legendary Ann Wigmore of wheatgrass fame, Aussie author Ross Horne, American Elizabeth Baker and American Hal Huggins speaking on mercury amalgam dental fillings.

In 2012 the President is Ron O'Reilly, Secretary is Elinor Dunstone and the Society continues to meet monthly and issue a monthly newsletter. And in a

monumental effort, a 25-page history of the Society has been written by Vice-President, Victor Woodrow.

Again, congratulations to all members involved in achieving the 50<sup>th</sup> Anniversary of Natural Health Society (SA).

## About VegSA

THE VEGETARIAN AND VEGAN SOCIETY (VegSA) INC. began in 1952 as the Vegetarian Society of South Australia. Its aim has always been to offer opportunities for vegetarians (including vegans) to mix socially and to share meals and ideas. The Society has acted as a source of information for its members and to the general public and the media. VegSA has, in addition to True Natural Health magazine, a quarterly newsletter that goes to its members and other organisations. It also has a website ([www.vegsa.org.au](http://www.vegsa.org.au)) that includes its newsletters, current Diary Dates, list of local vegetarian eateries and links to other organisations.

VegSA still holds events for its members, but its four sub-groups (Northern, Southern, Vegewise and Vegetarian Singles) organise most of the regular social events.

VegSA also joins with other like-minded groups in helping to organise and publicise events, the groups including Animal Liberation SA, Adelaide Vegans and Adelaide's Vegan Festival.

## From the Australian Vegetarian Society (NSW)

### HOW TO FIND RELIABLE HEALTH INFORMATION ON THE INTERNET

by Mark Berriman, President, Australian Vegetarian Society (NSW)

Apart from in *True Natural Health*, it can be difficult to find reliable information on health on the web. From unverified pet theories to corporate and pharmaceutical vested interests, the web can be less of a mine of information and more of a minefield of misinformation.

Fortunately, however, some websites offer reliable health information and are well worth investigating. Readers may be aware of the work of Dr Mercola ([www.mercola.com](http://www.mercola.com)) and his stance against many orthodox practices. He has a popular following and has appeared extensively in the US media.

Another active natural health reformer is Mike Adams, 'The Health Ranger', who sources interesting and

often provocative information on his website, Natural News (<http://naturalnews.com>). You can also subscribe to his frequent emails, click on a topic that interests you and get a summary of the article with sources. If you find regular emails too time-consuming, you can also source health information directly from the website by searching on topics.

For excellent information on practical issues, such as how to ensure a healthy vegetarian diet for you and your family, the Vegetarian Resource Group is a one-stop shop ([www.vrg.org](http://www.vrg.org)). This not-for-profit organisation is dedicated to educating the public on vegetarianism and the related issues of health, nutrition, ecology, ethics and world hunger. It has articles by health professionals, activists and educators who work with businesses and individuals to bring about healthy changes in schools, the workplace and the community. Registered dietitians and physicians aid in the development of nutrition-related publications and answer questions about vegetarian and vegan diets.

One of my favourites is the new website by Dr Michael Greger called 'Nutrition Facts' (<http://nutritionfacts.org>). Dr Greger scours the world of nutrition-related research, as published in all the major peer-reviewed scientific journals, and brings that information to us in short, easy to understand video segments. He pores through literally thousands of research articles to do this. The website also provides links to the original journal articles so that you can source the information directly. New videos are added each day and Dr Greger includes a blog as well as answering readers' questions after doing the research for them.

Furthermore, each year he produces a new volume of a DVD called *Latest in Clinical Nutrition*, which is the source of the individual nutrition segments he uploads onto the Nutrition Facts website. If you are as fascinated with nutrition research as I am, or cannot wait for the segments to be uploaded, you can buy the DVDs from his own website very cheaply ([www.drgreger.org](http://www.drgreger.org)) and he donates all proceeds to charity. He has some other informative and well-researched DVDs, a book on avian flu and a book, *Carbophobia*, in which he debunks the high-protein, low-carbohydrate diets which have gained popularity in recent years.

There are probably many other worthy websites, but the above are sure to keep your nutrition knowledge up to date between issues of *True Natural Health*.

Happy and healthy web-surfing!



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13D	Refill 1kg Q: 15.95	13A	Refill 2kg Q:	29.95										
14	Alpha Plus Laundry Powder Bucket 2kg		36.95											
14D	Refill 1kg Q: 16.95	14A	Refill 2kg Q:	31.95										
15	Angelica Fabric Softener 1lt		22.95											
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Plus freight (flat rate)			\$	17.00										
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