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The leading article in this issue, 'Statin Deception', is a natural consequence of the warnings we have seen over many years that cholesterol has little to do with the cause of heart disease.

First – way back in 1992 – came the book, *The Cholesterol Myth* by nutritional biochemist, Dr Robert Buist, in which he concludes, after a review of much of the heart disease research, that high cholesterol is not the cause of atherosclerosis (artery disease). Then in 2005 came a book with a similar theme by medical doctor, Sandra Cabot, *Cholesterol: the Real Truth*.

At about the same time we became aware of an organisation of medical scientists, including cardiologists, that also believes there is no connection – 'The International Network of Cholesterol Skeptics', headed by a world authority on cholesterol, Dr Uffe Ravnskov (details www.thincs.org).

Next came Dr Dwight Lundell, an American chief heart surgeon who had carried out 5,000 open-heart operations, writing that he believes that the medical profession have made a huge mistake in blaming heart disease on cholesterol.

So the account on page 2 by Associate Professor Dr Peter Dingle of the deception that goes with the cholesterol-lowering statin drugs is well founded and needs to be published. So here it is.

A topic in a similar vein is the danger of using mercury-based amalgams in dentistry. Wholistic dentist, Dr Lisa Matriste, gives a professional account of the dangers involved under the title, 'Mercury Madness'. If you have or are likely to have mercury fillings, for goodness sake, read this first.

The 'Food for Feeling Great' series continues in this issue with Part 5 – Sugary Carbohydrate foods – dried fruits and sweeteners like honey. The recipe pages present dishes that are all based on these foods; they are pleasantly sweet treats.

In the centre pages is a two-year index. The last index was in Spring 2010, so we are now up to date with the ongoing index, except for this Spring 2012 issue that you are reading now, which will be covered in Spring 2014.

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.

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Contents

- [02] Statin Deception - deception in drugs to lower cholesterol
- [04] Fruit and vegies cancel bad heart genes
Antioxidant in vegies as good as statin drug
- [06] Nuts - the latest research
- [07] The Ladyship Juicer, Blender
- [08] Your Questions Answered
- [12] NHS notices
- [14] State of Australian Climate 2012
- [16] Mercury Madness - time to end mercury in dentistry
- [20] INDEX Spr. 2010 - Wint. 2012
- [26] Recipes - Sweet Treats
- [28] Basics of Juice and Water Fasting - Hopewood Health Retreat
- [30] Food for Feeling Great - Part 5 Sugary Carbohydrates
- [35] Gerson Therapy - Coffee Enema Mystery Solved
- [36] Live Blood Analysis/Screening
- [37] Member story - Yvonne Jones
- [38] News bites. Your Say
- [39] New Products
- [40] Restaurant Reviews
- [41] Kindred Organisations
- [42] Natural Health Society shop
- [43] NHS shop order form
- [44] Tri-Nature cleaning and skin care

Statin deception

THE DECEPTION BEHIND STATIN DRUGS USED TO LOWER CHOLESTEROL

By Associate Professor Dr Peter Dingle, health and wellbeing presenter and consultant. www.dringle.com

Millions of Australians are prescribed cholesterol-lowering drugs called *statins*, such as Pravachol, Zocor and Lipitor, each year at a cost of more than one billion dollars – with very little if any benefit and lots of negative side effects.

Despite the media hype from poor and lazy journalism in Australia and the public relations campaigns of big drug companies, at best these drugs lower the actual risk of heart attack or stroke by less than one percent and at the same time have serious side effects in up to 5% of users. Unfortunately, far too many people take statins and far too many prescriptions are dished out by GPs who do not read or understand the scientific literature or are too busy with their patients and who have simply become the retail arm of the pharmaceutical industry.

The first real hint that something is wrong is that the majority of what we know about statins and their effects (beneficial or otherwise) actually comes directly from scientific trials which were funded by and even coordinated by the drug companies,⁽¹⁾ and not from long-term, independent, evidence-based observations. As a result, all the information we have received is strongly biased.

The cholesterol-lowering program used during the past 30 years has in large part failed to stem the epidemic of cardiovascular disease. At the same time, the focus on cholesterol reduction has deflected interest from other therapeutic aspects of inflammation treatment that provide significantly greater benefit. It has been known for 30 years that despite significant reduction in low-density-lipoprotein cholesterol (LDL-C), large numbers of subjects in the drug treatment groups continue to have heart attacks and strokes.

This myopic focus on LDL alone is not surprising, given the vested interests of the pharmaceutical industry, but it has distracted us from the real problem. Cholesterol is not the notorious substance that it is made out to be, it is just the messenger. Despite this, the statin drugs do have a very small benefit of reducing the risk of heart attack or stroke. One of these effects, that is not related to lipid lowering, is to stimulate nitric oxide (NO) in the arteries,⁽²⁾ which has numerous positive effects on the arteries and blood vessels.⁽³⁾ A number of foods, such as almonds, can also achieve this outcome.

The only other scientifically proven action of statins is their capability of lowering blood levels of C-reactive protein (CRP), a marker of inflammation in the body, and a major risk

factor for heart disease. Raised CRP levels and raised cholesterol levels in the blood are both the symptoms of an underlying problem, but like cholesterol, they are not the cause⁽⁴⁾

Therefore, the reasons that some studies have found statins to bring about a very small 'real' reduction in the risk of cardiovascular disease (CVD) may not be attributed to the reduction in the 'notorious' blood cholesterol level, but rather its effects on nitric oxide and its action as an anti-inflammatory agent. Unfortunately for the drug companies, there are many very cheap and natural ways to reduce inflammation and improve the nitric oxide levels, most of which involve healthy food and lifestyle changes.

Statin therapy is extremely efficient in lowering cholesterol numbers, but unfortunately not without adverse effects on the body.⁽⁵⁾ To prevent a first heart attack, for every life that is saved – 1% over 10 years of use – statins cause an equal number of adverse deaths due to accidents, infection, suicide and cancer: 1% over 10 years use⁽⁶⁾ and significantly greater levels of serious side effects and suffering.

Because statins interfere with major biochemical pathways in the body, they have serious side effects. Statins inhibit the production of many other vital substances besides cholesterol. A recent review on the adverse effects of these drugs cited more than 900 studies.⁽⁷⁾ Statin drugs block Co-enzyme Q10 which is an essential enzyme involved in energy production and also acts as an essential fat-soluble antioxidant.⁽⁸⁾ Co-enzyme Q10 plays a vital role protecting the heart and cardiovascular system^(9,10,11,12) and is our natural defence against atherosclerosis development, the build up of plaque in the arteries that leads to cardiovascular disease. Co-enzyme Q10 inhibits the oxidation of LDL cholesterol, inappropriate clotting of the blood and ultimately lowers blood pressure.^(13,14)

Statin treatment may also lead to serious muscle toxicity.⁽¹⁵⁾ At least 5% to 7% of statin users experience significant muscle problems,⁽¹⁶⁾ more than 10% if higher doses are taken⁽¹⁷⁾ and as many as 25% of statin users who exercise may experience muscle fatigue, weakness, aches, and cramping due to statin therapy.⁽¹⁸⁾ This defeats the purpose when those with elevated risk of heart attack or stroke find it difficult to exercise.

Statins have also been implicated as negatively impacting brain function.^(19,20) Cholesterol is the most abundant organic molecule in the brain.⁽²¹⁾ The housekeeping functions in the brain, synapse function^(22,23,24) and serotonin all rely on cholesterol produced within the brain, because

cholesterol is too large to pass through the blood-brain barrier.⁽²⁵⁾ Unfortunately, the statin drugs can easily pass into the brain and directly interfere with the synthesis of cholesterol in the brain⁽²⁶⁾ No wonder a major side effect of the statin drugs is their impact on memory and thinking.

Amnesia is a known adverse effect from taking Lipitor. A study by the drug company Pfizer found two percent of people taking Lipitor have serious amnesia.⁽²⁷⁾ Ironically, the amnesia was only recognised if it was remembered and reported by the study participants. Many people recorded memory blanks and forgetfulness, but this was not considered as amnesia in the study.⁽²⁷⁾ Even so, the two percent is at least 385 times more likely than the general population to have amnesia.

In a study to discover the effects of raising Lipitor levels from 10 to 80 mg (more sales) on patients, those taking 80 mg had increased liver problems – raised liver enzymes were six times higher than in those given 10 mg of Lipitor. Even though the total deaths due to CVD in the 80 mg group (126) was less than in the 10 mg group (155), the total deaths due to other causes was higher in the 80 mg group (158) than in the 10 mg group (127).⁽²⁸⁾ Consequently, there was no difference in the overall mortality rate.

If statins have so many side effects – and far too many for me to describe here – what are the benefits? While there are many wild and exaggerated claims and a lot of hype about the benefits of statins, there are almost as many studies showing no benefits at all. This is brought about by the misuse of statistics. Various independent studies in prestigious peer-reviewed scientific journals have shown that statin use in primary prevention (that is, no previous history of a heart attack or stroke) has minimal or no value in reducing mortality.^(29,30) To quote one of the papers: "Primary prevention with statins provides only small and clinically hardly relevant improvement of cardiovascular morbidity/mortality."⁽³¹⁾ Another review found: "Current clinical evidence does not demonstrate that titrating lipid therapy to achieve proposed low LDL cholesterol levels is beneficial or safe."⁽³²⁾ So why are we using them and why are doctors so caught up in this drug scam?

We should not be confused by the difference between *statistical significance* and *clinical significance* in the scientific journals. Statistically significant means that the outcome was likely (95% chance) to be a result of the treatment, whether it was 100% effective or less than 0.1% effective. That is if you treat

1,000 people to save one life (0.1%), it may be statistically significant, but it is not clinically significant. Clinical significance is 20 to 30% or more effective. The studies on statins report statistical significance, mostly 1% or less, and none at all have so far found any clinical significance. So they should not be used.

The studies on statins also report relative risk, not absolute or real risk. The relative risk reduction is highly misleading,^(33,34,35,36,37) if not deceptive. An example of relative risk is where, if you have four people in a study who die in the placebo group (no drug) compared to three people who die in the drug treatment group, that is, four were supposed to die, but only three did. This is a 25% relative risk reduction. However, to get this effect of saving one life, you had to treat 1,000 people, so the real risk reduction is 0.1%.

A well known study, The Jupiter Study, found that treatment with statins went from 68 heart attacks in the placebo group to 31 heart attacks in the drug treatment group, a 58% relative risk reduction. Also, there were 64 strokes in the placebo group

compared to 33 strokes in the treatment group, a relative risk reduction of 48%.⁽³⁸⁾ Sounds good doesn't it? In real terms the heart attack risk went from a very low 0.76% to 0.35% and the risk of stroke went from 0.72% to 0.37%. Effectively, if you treat 300 people with expensive and dangerous drugs, you might save one life. Under the best possible scenario, the real risk reduction was well under one half of one percent. The real risk reduction of consuming a handful of raw mixed nuts is around 30% and a relative risk reduction of more than 600%. So why are we using these drugs?

Even when treating people with high cholesterol and other risk factors, the results all come in below 1%.^(39,40,41,42) The Heart Protection Study in the United Kingdom, with over 20,000 participants aged 40 – 80 years with high risk of cardiovascular disease, produce a 25% relative risk reduction over five years.⁽⁴³⁾ The real percentage improvement was actually 1.7% over 5 years. Over the five year study, they saved 25 people per year in people at high risk with previous cerebrovascular disease, peripheral artery disease, renal impairment

or diabetes. These are seriously ill people and they still only obtained a benefit of 1.7% over 5 years. The researchers forgot to mention that around 30,000 people were dropped from the study, and *not* counted in the percentage of people with side affects. There were 10,269 people on statins and 10,267 people on placebos.

More recently, a meta-analysis of 10 randomised clinical trials of about 70,000 people with risk factors for cardiovascular disease, but no history of existing disease, had a relative risk reduction of 12% for total mortality, 30% for coronary event and 19% for a cerebro-vascular event.⁽⁴⁴⁾ However, the real risk reduction was 0.6%, 1.3% and 0.4% respectively. The actual number of people that needed to be treated to save one life was 167.

It is not just the scientists who are jumping up and down over the misuse of statistics and drugs, but also the health economists, who are continually questioning the reason for so much statin treatment. In an economic review of statin use, the authors reported that it is not cost effective to treat low-risk people.⁽⁴⁵⁾ A recent study in the UK found that statins in primary prevention cost £27,828 per life-year gained (LYG), and up to £69,373 per LYG in men aged 35 – 44.⁽³⁴⁾ That is, to add one year to a persons life, the cost is £69,373 (around \$Aus125,000) per year. Economists reported that "Amounts of NHS funding are being spent on relatively less cost-effective interventions, such as statins for primary prevention". Perhaps you might say that every life is worth that. Unfortunately, it is a big economic price to pay and one we cannot afford. On the positive side, nutrition and lifestyle changes can bring about much greater real benefits and at much lower costs – but not when people think drugs are the only solution.

To add another interesting dimension to this issue, the same companies which conduct the research pay the researchers and control what is or is not published. Drug companies engage in censorship, bribery, corruption, fraud, suppression of negative studies and other unscrupulous tactics to sell their products. At the simplest level, most medical research is financed by pharmaceutical companies which are looking for new drugs to produce and sell. How they spin the research and what they look

for is determined by themselves.

The pharmaceutical companies have made a complete farce of the medical system. Many of our doctors blindly accept the information they are given. It is ridiculous to think that when you publish the same information generated by a drug company enough times, it becomes fact, and, despite the overwhelming scientific evidence, it is impossible to convince people otherwise. Cholesterol is not the killer. It is not even a risk factor, it is a symptom.

If this does not convince you that we have a problem with these drugs, I have hundreds of other scientific studies that add weight to my argument.

It is now time for a public debate on this issue. Please go to the NOVA website or www.drdringle.com and print a copy of this and send it to your local GP or cardiologist and distribute it as widely as possible.

ACKNOWLEDGMENT

Thanks to Nadia Unik for doing a lot of the research that has formed the basis of this article.

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Fruit and vegies cancel out bad heart genes

Abridged from **EMPOWERED** newsletter, 1st November 2011, produced by Robyn Chuter

A new study further reinforces the crucial point that our genes are not necessarily our destiny. In a nutshell, eating a diet high in fruits and raw or lightly cooked vegetables was found to cancel out the effect of having a gene variant that is well-known to be associated with an increased risk of developing heart disease.

The research centred on a gene variant called 9p21. Carriers of this variant (known as an *allele*) are well-known to be at much higher risk of heart disease – in fact, the association between being a carrier and developing heart disease, is considered to be one of the most robust by geneticists. In this study, carriers were found to have up to 20% higher chance of having a heart attack.

The researchers analysed variants of 9p21 in over 27,000 individuals who were enrolled in two different studies. The INTERHEART study compared 8,114 men and women

of varying ethnic backgrounds who have suffered an acute non-fatal heart attack (the cases) to similar subjects without heart disease (the controls). Case-control studies are *retrospective* – they involve interviewing people about their health behaviours prior to experiencing a health problem. This makes such studies prone to recall bias – the tendency people have, intentionally or unintentionally, is to be somewhat less than accurate in their recollections about past health behaviours.

To make their study more robust, the authors also included 19,129 participants of the FINRISK study, which is a *prospective* study – participants' diets are assessed at various times before they develop the disease being studied, and the health behaviours of those who do develop the disease are compared to those who don't.

Both arms of the study found the same

outcome. Those who had the dodgy gene variant, but also consumed a diet high in fruits and raw or lightly cooked vegetables, cancelled out their excess risk of heart disease. They had no greater risk than people who had a 'normal' gene. But the combination of the risk allele and a low-fruit-and-veg diet conferred the greatest cardiovascular disease risk of any combination of factors.

When clients tell me they're confused by all the contradictory information out there about healthful eating, I point out to them that this confusion only exists in the popular media. The message coming out of the scientific literature is extremely consistent and crystal-clear – good health is completely dependent on a very high intake of vegetables and fruits. I tell all my clients to centre every meal on vegies and/or fruits. Treat these wholesome, attractive, tasty foods as the main dish – not the garnish!

Antioxidant in Vegetables as Good as a Statin Drug

A natural antioxidant found in fruit and vegetables can protect against heart disease just as well as a powerful statin drug.

The antioxidant – an enzyme called *glutathione peroxidase* (or GPx3) – can dramatically reduce the risk of cardiovascular disease and heart attack. People with high levels of GPx3 were six times less likely to have heart problems, say researchers from the University of Minnesota Medical School.

The antioxidant is found in fruit, vegetables such as broccoli, cauliflower and cabbage, and Brazil nuts, and appears to have the same protective effect as a statin drug, but without the sometimes dangerous side effects. [Note that cooking vegetables will remove most of the glutathione peroxidase.]

The researchers estimate that low levels of GPx3 put one in four adults at risk of a fatal heart attack.

They hope that eventually blood tests for GPx3 levels will become a standard way of assessing heart attack risk.

Abridged from *PLoS One*, 2012; 7: e38901



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Go Nuts for Health – the Latest Research

Abridged from an article supplied by Nuts for Life

Nuts are packed full of beneficial nutrients for good health, including a broad range of important vitamins, minerals, antioxidants and phytochemicals.

Whether it's almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios or walnuts, enjoying a large handful of nuts (80 – 100 gm) several times a week as part of a balanced diet can help to protect your heart and may reduce your risk of developing type-2 diabetes and help manage your weight.

New research continues to endorse the wide-ranging health benefits of regularly eating nuts. Here's the latest nutty nutrition news from around the globe.

SWAP YOUR PROTEIN TO PROTECT AGAINST STROKE

New US research has shown that swapping red meat for

alternate sources of protein such as nuts may reduce your risk of stroke.

The study, by the Wellness Institute of the Cleveland Clinic, followed 84,000 women aged 30 to 55 years and 43,150 men aged 40 to 75 years, who did not have diagnosed cancer, diabetes or cardiovascular disease. The researchers examined the link between the type of protein they ate and incidence of stroke.⁽¹⁾

After 26 years of following the women and 22 years of following the men, the researchers found that those who ate more red meat had a higher risk of stroke, while those who ate more nuts had a lower risk of stroke.

The researchers estimated that swapping one serve of red meat (85 gm) a day with 30 gm of nuts could lower the risk by 17 per cent. Similarly, replacing poultry with nuts led to 27 percent lower risk, fish 17 percent and low-fat dairy 11 per cent lower risk.

SKINS AND ALL

It's important to eat hazelnuts with the skins intact. Testing of dry-roasted hazelnuts – which the skins had fallen off – showed a decrease in antioxidants, phenolic compounds and overall antioxidant capacity compared to nuts with the skins on.⁽²⁾ The skins of hazelnuts are a rich source of phenolics that have antioxidant activity, and also a rich source of fibre.

With the Australian hazelnut season in full swing, now is the time to buy fresh hazelnuts. And make sure you eat your hazelnuts, skins and all.

GO FOR VEGGIES, FRUIT AND NUTS FOR VASCULAR HEALTH

Research by the National University of Singapore⁽³⁾ has shown that a diet rich in vegetables, fruit and nuts may improve endothelial function. The endothelium is a thin layer of cells that lines the inner surface of all blood vessels, from the heart to the smallest capillaries. It helps to keep the walls of blood vessels elastic. Loss of endothelial function can develop into vascular diseases, including atherosclerosis – the artery disease that can lead to heart attack and stroke.

NUTS AND CANCER

Researchers from the Queen Mary University of London, Barts, and The London School of Medicine and Dentistry have reviewed the potential impact of nuts on cancer prevention.⁽⁴⁾

Nuts contain a number of anti-cancer compounds, and emerging research shows they may have chemo-preventive action, especially with colorectal and prostate cancers.

Chemoprevention is chemical compounds interfering in the early stages of cancer and tumour development. Some of the most promising chemoprevention compounds are found in

nuts, fruits and vegetables.

We do know that we can lower our risk of developing cancer by enjoying a healthy diet including vegetables, fruits and nuts, being physically active every day and maintaining a healthy body weight.

AND A REGULAR HANDFUL OF PISTACHIOS KEEPS STRESS AT BAY

New US Research has revealed that eating a handful of pistachios (approx. 40 gm) regularly may help to lower blood pressure during stressful events.

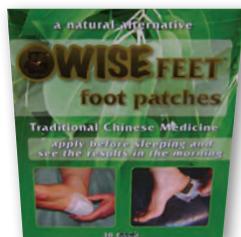
A Pennsylvania State University study, published in the American Heart Association Journal *Hypertension*,⁽⁵⁾ is the first to show that including either unsalted or [lightly] salted pistachios in a healthy diet helps to reduce blood pressure, peripheral vascular resistance and heart rate during acute stress.

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The LADYSHIP JUICER, BLENDER

By Roger French

When we ran a Natural Health Society stand at the Sustain Expo, 20 – 22 July 2012 at Fox Studios, Sydney, we discovered some exciting new products. One of these is the **LadyShip Organic Essence Extractor**, which we have decided to include in the Natural Health Society's shop.

This is a multi-function kitchen appliance that blends, juices, macerates, mixes, grinds and chops for both hot and cold recipes.

The *LadyShip Extractor* is strikingly different from a regular juicer/blender. It has a tap at the base of the bowl and a patented filter system. It comes with two filters – fine and course – and can be operated with a filter in place or with no filter. This enables either separation or simply puréeing so that the whole food is consumed. This versatility is outstanding.

With the fine filter in place, you can make fruit juices, green veggie juices, wheatgrass juice, nut milks like almond milk and cashew milk, soy milk, oat milk and many more.

We saw at the Expo that cleaning the Extractor is quick and easy. With the domestic model (LS-658), all it took was a simple rinse off with both the filter and jar, and it was done.

We were able to watch Mark and Holly Shepherd from LadyShip Australia demonstrate how simple and easy it is to make beautiful fresh juices, and seconds later blend wonderfully healthy green smoothies, or delightful almond milk for its easily digested protein.

TO JUICE OR TO BLEND?

The whole purpose behind juicing or blending is to replace chewing, because we don't and can't chew sufficiently to derive the full benefits from the foods we consume.

The main advantage of juicing is that the rich supply of nutrients in the plant food is released and can be assimilated directly, giving the digestive system a rest. This can be very helpful for someone with irritable colon or ulcers of the digestive system, who cannot tolerate fibre.

On the other hand, it is a great advantage to have the fibre – if we can handle it. Smoothies are simply the whole food puréed, with fibre and other nutrients intact. They are more complete and more filling foods.

IT'S LIKE NINE POWERFUL MACHINES IN ONE

The *LadyShip Organic Essence Extractor* provides you with a professional blender, an excellent juicer, a powerful food-processor, a quality coffee grinder and maker, a first-class smoothie maker, an efficient soy and nut milk maker (no bag required), a quality soup maker, a delicious ice-cream maker and a robust ice crusher.

Two other special aspects of the *LadyShip* are the saving on bench and cupboard space and the cost. To buy separate appliance to do what the *LadyShip* does could cost thousands of dollars.

The *LadyShip* is built tough and retails at \$405 for the domestic model and \$795 for the commercial model, including freight. For Society (NHS and Veg.) members, the price of the domestic model is \$385 including freight.

A couple of our committee members were so impressed with the *LadyShip* at the Expo, that they purchased four on the spot.



The Award Winning LadyShip LS-658 Organic Essence Extractor

It's like nine machines in one:

- It blends;
 - Makes juices (patented filter design);
 - Makes smoothies;
 - Grinds seeds, including coffee beans;
 - Makes nut milks;
 - Makes soups;
 - Makes ice cream;
 - Crushes ice;
- It works with hot or cold recipes.

It will make:

- Almond milk in 10 seconds
- Lemon juice in 10 seconds
- Green smoothies 1 minute
- Ginger tea 1 minute
- and so on...

- Simple and fast to use.
- Quick and effective to clean.
- Cost effective to buy.

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Recipe book and instructional DVD

PRICE including freight

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- Members \$385

**INQUIRIES: NHS phone 02 4721 5068,
email admin@health.org.au**

YOUR QUESTIONS ANSWERED



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

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

13 QUESTIONS ABOUT FOOD AND EATING:

I have a number of questions about food and diet. Could you please clarify the following points? – T. K., Galston NSW

Q.1. Do we need to add unrefined salt to our foods?

A No, we don't need added inorganic salt. What the body does need is the full spectrum of organic minerals, that is, dozens of minerals as they occur in plant tissue. The only reason for adding salt is flavour. Then it is important that it unrefined sea salt. Well known brands are *Celtic* and *Himalayan*.

Q.2. Is stevia nutritious and healthy? Are there any adverse health effects in the long-term?

A Stevia is a natural calorie-free sweetener that is 300 times as sweet as sugar. It came originally from Brazil and Paraguay where South American native tribes have been using it for generations. If it had any harmful effects, they would surely have ditched it long ago.

This sweetener is derived from the leaves of the plant, *Stevia Rebaudiana*, and makes an attractive and safe alternative to artificial sweeteners.

Stevia has been consumed in large quantities in a number of countries for many years with no evidence of harm. Not only is it non-toxic, it is nutritious because it contains a good quantity of antioxidants and other protective phytochemicals. About five years ago the *Journal of Agricultural and Food Chemistry* reported that the stevia leaves contain a variety of antioxidants including *apigenin*, *kaempferol* and *quercitrin*. The antioxidant activity of the leaf extracts has been found to protect DNA against damage by free radicals, damage that has been linked to a variety of diseases right up to cancer.

As far as blood sugar level goes, stevia behaves like a complex carbohydrate and has no effect. Nor does it cause tooth decay; rather, it may inhibit the development of plaque and so help prevent cavities.

In 1991 the United States FDA labelled stevia an "unsafe food additive," but there is good reason to believe that this was to

protect the sales of aspartame, which many people consider to be a dangerous food additive. However, in 2008 the FDA approved stevia as a safe food additive. Compared to the dangers of aspartame and other chemical sweeteners, stevia is far, far safer.

Q.3. If one eats fruits, vegetables, nuts, legumes and fats such as olive oil and flaxseed oil and gets vitamin D from the sun regularly, does that constitute a completely nutritious diet in that no other nutrients from any other source would be required?

A Yes, with one exception – vitamin B₁₂. Normally our 'friendly' gut bacteria ('probiotics' such as *acidophilus*) should manufacture all the B₁₂ we need, but with 'no thanks' to antibiotics, most people have had their massive colony of gut bacteria severely reduced. Hence, on an all-plant diet, we advise that it is essential to have blood tests to establish the adequacy of this vitamin. If it is low, which is risking brain damage, supplements are easily taken and are very effective. However, the supplements don't work in people whose stomachs lack the *intrinsic factor* which carries the B₁₂ through the stomach acid into the small intestine where it can be absorbed. These people need the B₁₂ by injection directly into the bloodstream.

Q.4. Ideally, should fruit and legumes constitute 80% of food consumption?

A No, it should be 80% fruit and veggies – or 75% would be close enough. Very few people in Australia consume these appropriate proportions. Why is this important? The bloodstream has a very specific level of acidity/alkalinity (slightly alkaline at pH 7.4) and if this changes much, we are in deep trouble.

The acid/alkali balance depends mainly on what we put in our mouths. Foods that are *alkali-forming* (leave an alkaline residue in the body) are the fresh, ripe fruits and green, yellow, red and blue vegetables. Those that are *acid-forming* (increase acidity) are almost all the rest – meat, cheese, eggs, nuts, legumes, seeds, grain foods (such as bread, pasta, rice and cakes), refined sugar, coffee, tea and so on.

Because fruits and vegetables have high water contents, we need much more of them to balance the concentrated foods. They need to comprise three-quarters to four-fifths of total food intake (by weight), with the concentrated foods that supply protein, carbohydrate and fat comprising the remaining one-quarter to one-fifth.

The vast majority of Australians consume nowhere near enough fruits and vegetables, paving the way for illnesses ranging from inflammatory conditions like colds and flu to degenerative illnesses like arthritis, osteoporosis and worse.

Q.5. If we eat the above foods, do we still need to address taking supplements for B₁₂, iodine or iron?

A Re B₁₂, yes, as above, we need to check this vitamin. In fact, there are plenty of people with deficiency of the intrinsic factor, so it would be wise for everybody to check their B₁₂, whether eating a plant-based or meat-based diet. While doing the blood test, it would be easy to include a test for iron, which is an extremely important mineral. Testing for iodine would also be a good idea, especially for people who live in mountainous regions well away from the sea. People who eat sea products (whether kelp or seafood) would be expected to have adequate iodine in their diets, although testing could still be a good idea.

Q.6. If we eat the above foods, do we still need to eat yoghurt or have any other source of probiotics?

A No. Plant foods – which are defined by containing fibre – feed the probiotics with their fibre, so the population should be adequate. However, most people these days have taken courses of antibiotics, which can make a large dent in the population of *acidophilus*, *bifidobacteria* and the other probiotics, so they need to be topped up. Even *acidophilus* yoghurt is a weak source, because the density of friendly bacteria will be more like one million per ml, rather than at least one billion per ml needed for a supplement to be effective.

Q. 7. Do dairy products include goats' milk products? Are goat products such as yoghurt and cheese very healthy in the long-term? I understand cow products are mucous forming.

A Goats' milk, yoghurt and cheese are dairy products. Because goats' milk has a finer curd and less calcium than cows' milk, we consider it to be much easier for the body to process than cows' milk. Sometimes goats' milk can be purchased unpasteurised, meaning that many minor nutrients that would have been destroyed are still intact.

In any discussion of milk, remember that we were meant to be weaned at around three years of age, and that we humans are the only creatures on Earth that drink milk after weaning. Fortunately, when milk is manufactured into yoghurt or cheese the digestive difficulties for an adult are largely overcome, so most of us can handle small quantities of these foods without problems, but the emphasis is on *small*.

The Natural Health Society and many naturopaths hold the view that cows' milk is the most mucus-forming of all foods. I experience this myself quite noticeably at times, as did one of my step-daughters.

Q. 8. If one eats veggies, fruits, legumes, fresh nuts and fats, would this be considered a complete diet in nutrition, or does one need to add other foods? If so which foods?

A This could be a complete diet for many people, although perhaps not all. The one major category of foods that is missing is grain foods. Most people enjoy including these (in moderation), especially in winter, because (as we said in 'Food for Feeling Great', part 4, in the Winter 2012 issue of this magazine) starchy foods are heating foods.

Nevertheless, humans are not true grain eaters, so in a perfect diet, they are probably absent. But they do contain some very good

nutrients, so including small quantities – such as 100 – 120 gm per day of wholemeal bread, wholemeal pasta, cooked brown rice or oatmeal, etc – could be advantageous.

Another food category that is not essential, but could be included to advantage, is the protein-rich seeds – sunflower, sesame (and tahini), pepitas, flax, chia and quinoa (see 'Food for Feeling Great', part 3, Autumn 2012 issue). These foods contain many valuable nutrients.

Q. 9. Is wild rice nutritionally different from brown?

A Wild rice is better, but brown rice is still great nutrition. Due to lower carbohydrate content, wild rice has about one-quarter less calories than brown rice. The small but useful protein content of wild rice comes largely from the particularly beneficial amino acids *lysine* and *methionine*.

Wild rice has much more vitamin E and folate and more of the vitamins B₁, B₂, B₃, B₅ and B₆, although slightly less fibre.

There is no denying that both wild rice and brown rice are good nutrition. The total absence of gluten in all rice varieties gives rice a big advantage over wheat.

Q. 10. If we eat, veggies, fruit, legumes, nuts and fats, do we need fish at all?

A We don't need any flesh foods at all if we are having a balance of the above foods, plus possibly the other plant groups mentioned above. Salmon is promoted for its omega-3 fatty acids, but we get more from flax seeds or flax oil. Flax has a different kind of omega-3 (alpha-linolenic acid), but our bodies should be able to convert it to the others we also need (EPA and DHA).

Q. 11. Is it OK to use purchased vegetable stock, as in home-made soups, or is it better to not use them at all?

A Depends how 'purely' Natural Health you want to be. Stocks in general do contain plenty of salt and other imperfect ingredients, but as we use very small quantities, this may not be a big problem.

However, there is a made-in-Australia brand that is free of any nasties. *Massel* (pronounced 'm'sell) is free of gluten, lactose, trans fats, MSG, preservatives and animal content – the flavour comes entirely from the vegetable content. So five stars to Massel Australia Pty Ltd! We hear Massel stock cubes being advertised periodically. Foods manufactured in Aussie are much safer than those from China or Asia generally.

Ingredients of Massel are sea salt, palm oil, sugar, dehydrated veggies (onion, garlic, cabbage, spinach), yeast extract, rice flour, corn maltodextrin (a complex carbohydrate that behaves like a simple one; and added for bulking), natural vegetable flavours and dehydrated parsley. These ingredients are either wholesome or harmless enough in very small quantities.

So if you purchase the right brand, veggie stock is quite OK to use.

Q. 12. If one has to get up during the night to urinate, are there any kinds of diet deficiency which may cause this?

A The most common causes of this *nocturia* are:

- Consuming alcohol, coffee, dark chocolate, artificial sweeteners or too much fluid before bedtime;
- Benign prostatic hyperplasia (enlarged prostate in men); pregnancy in women;
- Chronic urinary tract infections;
- Cystitis;
- Diabetes;
- High blood calcium level;
- Obstructive sleep apnoea and other sleeping disorders;
- Congestive heart failure;

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- Chronic renal failure;
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I am sure that you don't suffer most of these conditions. Hopefully the first point is the cause, because it is so easily corrected. If the cause is cystitis (bladder infection), the way to reverse it is given in the Autumn 2007 issue of *Natural Health and Vegetarian Life*. Consuming cranberry juice can help greatly with infections of the bladder and kidneys. Most inflammatory diseases are preventable through a high intake of fresh veggies and fruits and avoiding refined carbohydrates.

High blood calcium may be due to too high an intake of dairy products or taking calcium supplements without taking magnesium as well. I believe that calcium supplements should always be accompanied by magnesium in the ration of 2:1 by weight respectively.

Diabetes was covered in the summer 2007/08 issue. For sleep apnoea, see *True Natural Health*, Winter 2012, page 10. A practitioner would need to be consulted for the more serious conditions.

Q. 13. If one has *thalassaemia* minor (red blood cells unusually small and irregular, therefore I am prone to fatigue), could one rely on a very healthy diet to maintain recommended iron levels?

A With the minor form of *thalassaemia*, red blood cells appear small and abnormally shaped under a microscope, and there are few or no symptoms.

In *thalassaemia*, iron is very much a two-edged sword. The person needs enough iron, but not too much as this can be harmful.

According to *Thalassaemia Australia*, in *thalassaemia* minor the body cannot form haemoglobin properly, so some iron remains free in the blood as 'unbound iron'. This will not usually cause any problems, but if the sufferer of *thalassaemia* minor takes iron supplements, they will only increase the amount of unbound iron in their bloodstream. High levels of free iron can result in an accumulation of iron in bodily tissues – called *iron overload* – which is dangerous, because free iron is a strong generator of free radicals. Large numbers of free radicals are associated with degenerative nerve diseases, heart disease, cancer and numerous other conditions.

However, if blood tests show that the person is very low in iron, a practitioner may recommend iron supplements, but it is very important that this is done only under professional supervision. As *Thalassaemia Australia* says, iron supplements do not correct *thalassaemia* minor and may possibly cause complications.

The bottom line with *thalassaemia* minor is that iron deficiency is bad, iron overload is worse, and it is virtually essential to have tests and professional guidance.

The implication here is that you may get enough iron from food. The best food iron sources are plant foods, because their *non-haem* iron is mainly only absorbed if the body needs it, otherwise it goes into the toilet. Some iron-rich plant foods are: peapitas (11 mg per 100 gm food), wheatgerm (9.7 mg), soya beans (9.5 mg), parsley (8.4 mg), lentils (7.5 mg), sesame seeds and tahini (5.1 mg), millet (5.0 mg), sunflower seeds (4.6 mg), almonds (3.9 mg), rolled oats (3.7 mg), English spinach (3.2 mg). [Compare these with red meat which is typically only 2 – 3 mg iron.]

Beware of red meat because its *haem* iron is much more readily absorbed than the iron in plant sources. And don't cook with cast iron pots, because the iron can pass into the food.

A supplement that could be helpful with *thalassaemia* minor is a complex of the B-vitamins, as these nutrients enable the cells to burn sugar more efficiently. Again, discuss this with your practitioner.

Q. ELEVATED BILIRUBIN (JAUNDICE):

Why would I have high bilirubin? My doctor just tells me that I have Gilbert's Syndrome and brushes this off because it's quite common. Doctors don't tell me what to do about it. I have days when I'm quite exhausted and at times my skin can be quite yellow. What causes it and what can I do about it? – L. H., Double Bay NSW.

A Bilirubin is a yellow-orange bile pigment which is the end result of the breakdown of red blood cells. The liver excretes excess bilirubin in bile and this is eliminated from the body via the bowel. But if there is impaired functioning of the liver, spleen or gall bladder or if bile is produced in excessive quantities, bilirubin can build up to high levels. Elevated levels of bilirubin (over 30 to 50 µmol/l) usually cause the whites of the eyes and the skin to turn yellow – known as *jaundice* – and the urine may appear the colour of dark tea.

The colour can be seen in the sclera (white of the eye) at high levels and in the skin.

Gilbert's Syndrome is an inherited condition that affects the breakdown of bilirubin and results in elevated levels of circulating bilirubin. It affects about one person in 20. Apart from yellowing of the skin, other symptoms are uncommon. *Gilbert's syndrome* rarely requires treatment.

Another genetic disease that causes bilirubin build-up is *Crigler-Najjar syndrome*. The body cannot produce an enzyme that enables bilirubin to be secreted. In addition to jaundice, other symptoms can be confusion and behavioral changes.

Causes of Obstruction to Elimination

The excretory pathway from the liver is along the bile duct into the duodenum and down to the small bowel then the large bowel. If the bile duct becomes partially blocked, bile and bilirubin back up and bilirubin levels increase in the blood. Obstruction of the bile duct can be caused by gallstones stuck in the duct, cysts, inflammation of the duct lining (*cholangitis*), cancer or damage due to surgery.

Liver damage can decrease the elimination of bilirubin. Possible causes are hepatitis, alcoholic cirrhosis or glandular fever (infectious mononucleosis, Epstein-Barr virus), all of which can be associated with elevated bilirubin. The hepatitis can involve the A, B or C viruses. Hepatitis A viral infection usually produces acute jaundice, whereas hepatitis B and hepatitis C tend to lead to progressive jaundice due liver damage.

Causes of Excessive Bilirubin Production

Deformed blood cells can cause high levels of bilirubin. Normal red blood cells are shaped like discs with concave sides (they curve inwards), but in certain congenital conditions, they become abnormally shaped, and the sides may be convex rather than concave. Red blood cells that are abnormally shaped are easily destroyed, and as they rupture, they release their bilirubin.

Ways to Reduce High Bilirubin Levels

There is no specific medical treatment for high bilirubin; rather it is a matter of dealing with the underlying cause. In newborn infants, mild rises in bilirubin don't require special treatment. For moderate rises, infants are undressed and placed under bilirubin lights.

Back to adults. It could be very useful for your health practitioner to arrange a liver enzyme blood test to assess the state of the liver.

There are a number of nutritional changes that can minimise the load on the liver:

- Have a high intake of vegetables and fruits, and include bitter veggies such as rocket, endive, radicchio and kale. Also include sulphur-rich foods to stimulate liver detoxification – garlic, Brussels sprouts, cabbage, onions, broccoli, cauliflower and radish;
- Drink vegetable juice daily in the form of beetroot, carrot, celery, spinach and ginger juices as these alkalise and cleanse the system and encourage liver detoxification;
- Top up fibre with psyllium hulls, oat bran, slippery elm powder, flaxseed or apple pectin, as the fibre in these foods carries away bile salts via the bowels.
- Use less fat or oil and avoid fried foods;
- Avoid red meat, dairy products and other saturated fat foods;
- Especially avoid trans fats, commonly found in cakes, biscuits, bakery foods, margarine, donuts and deep-fried foods;
- Avoid spices and salt;

- Avoid alcohol and tobacco as they cause a dramatic decline in liver and gallbladder function;
- Take a probiotic supplement to increase the friendly gut bacteria, as these can help the gallbladder and liver;
- Take a herbal liver supplement that will stimulant bile secretion. Such herbs are globe artichoke, dandelion, Golden Seal, St Mary's thistle, citrus peel, agrimony, barberry, yellow dock, chamomile, ginger and turmeric.

A number of natural remedies for lowering high bilirubin are mentioned in the literature. They could be worth trying.

- First thing each day have a glass of warm-hot water with half a lemon squeezed into it. Lemon juice is cleansing and stimulates digestion and the liver.
- Drink barley water. Add one cup of barley to three litres of water, bring to boil and simmer for three hours. Allow to cool, pour off the liquid and drink several cups during the day.
- Try a warm herbal enema twice a day.
- Drink bayberry tea or white oak bark tea.
- Drink Echinacea juice before meals. An alternative is Golden Seal.
- Mix 10 grams turmeric powder with 50 grams yoghurt and consume half in the morning and the other half in the evening. Repeat for 15 days.
- If there is fever accompanying high bilirubin levels, have hot lemon drinks or just hot or cold water every few hours until the temperature is back to normal. The lemon drink is the juice of half a lemon in a glass of hot water.

When using any remedy at home, it is usually wise to consult your practitioner first.

Q. INDUCTION COOKING SAFETY:

Are there any health risks associated with induction cooktops that the experts are aware of? – J. P., Cronulla, NSW

A Firstly, how does induction cooking work?

A wire coil in the element produces a high-frequency (radio frequency (RF)) electromagnetic field, which stops and starts 50 times per second as the mains alternating current stops and starts. This field penetrates the metal of the cooking vessel and, as it 'makes and breaks', it sets up a circulating electric current – an 'eddy current' – in the cooking vessel where it generates heat that cooks the food.

Nothing outside the saucepan or frying pan is heated by the field. The cooktop remains cold, and as soon as the vessel is removed from the element or the element is turned off, heat generation stops. Further, the cooktop is designed so that if there is not a saucepan or frying pan on the cooktop, it won't turn on. A specific requirement with induction

cooking is that all the pots and pans must be made of a magnetic material, that is, cast iron or steel or stainless steel. Pots and pans made of aluminium, copper or Pyrex, etc, won't work.

Chefs like induction cooking because it gives them precise control over cooking temperature and time, because the heating stops the instant the cooktop is turned off. The brand of cookware does not have to be top-of-the-line; many reasonably priced brands are perfectly suited for induction cooking.

Happily, there is no significant safety concern with radiation, because microwave RF radiation peters out after very short distances. With an induction cooker, it fades away to almost nothing at a distance of about 30 centimetres. CHOICE reported in its issue of 15th February 2007 (no. 364): "The magnetic flux radiations of all models [tested] were measured to be lower than the limits in the International Commission on Non-Ionizing Radiation Protection guideline."

To get a high radiation dose, you would need to spend a lot of time with your head within one foot of a running element!

The other aspect of safety is whether the RF radiation affects the food adversely. Because induction cooking is so new, there has been little research on it, but there seems to be no evidence that there is any radiation damage.

CHOICE offered some useful tips on induction hotplate usage:

- Don't leave food cans on the hotplate because they found that some brands may not turn it off automatically.
- Never use a hotplate with a cracked or damaged surface.
- Do not switch on the hotplate until it is ready for use.
- Do not fill a pot with too much soup, so as to avoid boiling over onto the hotplate.
- Cover the pot/pan, if possible, to save energy.

Q. HOME-MADE COTTAGE CHEESE:

I'm a 62-year-old woman who began staying at Hopewood Health Retreat at around age 20. I have lost my Hopewood recipe to make cottage cheese with lemon juice. Many recipes say to heat the milk (goats or cows) but I don't recollect that being stated in the Hopewood recipe. I wonder if you still have the recipe? – S. A., email.

A Quite a coincidence that you should ask for that recipe, because I have just published it in the Autumn 2012 issue of this magazine, page 19. Here it is in more detail. Cottage cheese is remarkably easy to make at home using this recipe:

Add about one cup lemon juice to two litres milk (cows or goats) at room temperature. Wait a few hours for it to clabber (clot); if this is too slow, more lemon juice can be added, but it depends how 'lemony' you want the cheese to taste. Strain off the whey through cheesecloth or a clean old tea towel. The semi-solid cheese is in the cloth. Delicious!

If the milk is cold, the reaction will be very slow. But don't make the milk hot, let alone boil it, because this kills many delicate nutrients. Warm room temperature is all that is required for the chemical reaction to proceed efficiently; stirring helps too. It is intriguing to watch the curds forming promptly in the whey.

A simple technique for the draining process is to line a big basin with the tea towel or cheesecloth, pour in the curds and whey, then collect up the sides of the cloth to make a bag, and tie string around the top. Hang this above the basin so the whey can drain into it. After a few hours, the cheese will be in the bag. A short time for draining will give a moist cheese; a long time (such as overnight) will give a dry cheese. For a long drain time, the bag and basin will probably need to be in the fridge to prevent the cheese going off.

For a short drain time, a simple trick is to place a stick of wood or a rod on a table with one end protruding over the edge. Place a weight like a saucepan full of water on the other end. Hang the string and bag over the wood at the table edge and place the basin on the floor or on a chair under the bag. Simple trick, works so well!

Have fun making this delightful cheese!

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NHS NOTICES



SYDNEY CITY DINNER

Next dinner: **Saturday 22nd September** at 7.00pm.

Venue: **Harvest Vegetarian Restaurant**, 71 Evans St, Rozelle

Meal: **2-course set menu with some choice.** Interspersed with informal discussions.

Cost: **\$32 per head**, paid in advance.

Bookings: NHS head office, phone 4721 5068 or email admin@health.org.au. Please book as early as possible.

PENRITH DINNER

Next dinner: **Sunday 7th October** at noon.

Venue: **Hopewood Health Retreat**, Greendale Rd, Wallacia (1 km from Wallacia Hotel)

Meal: **Vegetarian buffet lunch.**

Cost: **\$25 per head**, paid in advance

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

NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2012 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 25th September 2012**, at **7.30 pm**, at **CBs Café, 1 Gibbes St, Penrith NSW**.

Business

- Reports of President and Health Director
- Receipt and adoption of Treasurer's report
- Election of National Committee members
- Transactions of any other business in accordance with the Constitution.

A committee meeting will follow the Annual General Meeting.

Members please notify the office if planning to attend.

MEMBERS SUPPORTING THE NHS

Thoughtful donations from members are helping to keep the Natural Health Society's finances stable. For recent donations, we say a big 'thank you' to: *Cynthia Handley and Barry Hastie* (for another very large donation), *Romayne Westwood, Robert Greeney, Annie Linnegar, Sharyn Peters, Angela Milne, Jeanne Silverson and Ruth Rinot.*

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 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. 29th September: Elizabeth French – Laughter Workshop.

Sat. 27th October: Cherie Strudwick, 'Mindfulness Meditation'.

Sat. 24th November: Angela Sciberras, 'Good Vibrations – Vitality Through Music'.

Phone Marilyn, 9606 2203, 0410 627 556

RICHMOND NSW

VEGETARIAN COOKING WORKSHOPS

Monthly, Conducted by **Ling Halbert**

Ling emphasises the many benefits of eating vegetarian. All her dishes are prepared with love, laughter and team effort. Her dishes are very simple, nutritious and yum yum! She includes a short tour of a nearby community garden.



2012 dates and themes:

Times 11am to 1pm

Sept 15th Healthful spring Lao salads

Oct 20th Malvern specials

Nov 17th Totally Asian cookery

Dec 15th Delightfully RAW

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

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

Bookings: phone Ling on **0410 688 499** or email ling300ppm@gmail.com

Love Food, Hate Waste Vego cooking workshops

With **Ling Halbert**

Over the next 12 months the Henry Doubleday Research Association will host a series of cooking workshops, the aim of the program being to highlight simple methods of food production and how to manage the waste through composting, worm farms, etc.

Ling will partner with the NSW EPA and the UWS to present the program.

The sessions will begin with a tour of the extensive gardens.

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

Info and bookings: contact Ling on **0410 688 499** or ling300ppm@gmail.com

MOSTLY-RAW FOOD CLASSES

By **Aileen Sforcina**, author of **Rainbow Recipes**

Tumbulgum, far north coast NSW

Commence 9th Sept 2012

Don and Aileen Sforcina's recipes include nutrient-rich, fresh, RAW juices, full fruit sorbets, crisp sprouted crackers, delicious salads, creamy dips, salad dressings, burgers and cakes, plus tips and hints and more

MOST of these recipes are RAW. ALL recipes are plant based, sugar-free, yeast-free and gluten-free. Recipes will be supplied.

Date: Sunday, 9th September 2012, 2:00pm – 4:00pm

Venue: Tumbulgum Adventist Church Hall, Dulguigan Road, North Tumbulgum

Cost: \$15.00 per person

Bookings: 0429 613 546

COOKING DEMOS AROUND 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 5014, email 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

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State of the Australian Climate 2012

An abstract from CSIRO NEWS, 13th March 2012

Australia's land and oceans have continued to warm in response to rising carbon dioxide (CO₂) emissions from the burning of fossil fuels. This is the headline finding in the *State of the Climate 2012*, an updated summary of Australia's long-term climate trends released by CSIRO and the Bureau of Meteorology on 14th March 2012.

CSIRO Chief Executive, Dr Megan Clark, said the latest analysis painted a clear decade-to-decade picture of Australia's climate, while at the same time noting its highly variable nature from one year to the next. "Much of Australia may have lurched from drought to floods since the previous *State of the Climate* report, but this has occurred against a backdrop of steadily increasing air and ocean temperatures and rising sea levels. What's more, the rate of change is increasing.

"The fundamental physical and chemical processes leading to climate change are well understood, and CSIRO and the Bureau of Meteorology observations demonstrate that change is occurring now," said Dr Clark.

Bureau of Meteorology Acting Director, Dr Rob Vertessy, said this updated summary was based on improved understanding drawn from detailed analysis of our national climate record, which goes back more than a hundred years. "Ground, ocean and satellite-based observations are giving us highly consistent observations of this warming trend.

KEY POINTS

Temperature

- Each decade has been warmer than the previous decade since the 1950s.
- Australian annual-average daily maximum temperatures have increased by 0.75°C since 1910.
- Australian annual-average daily mean temperatures have increased by 0.9°C since 1910.
- Australian annual-average overnight minimum temperatures have warmed by more than 1.1°C since 1910.
- 2010 and 2011 were Australia's coolest years recorded since 2001 due to two consecutive La Niña events

Rainfall

- South-west Western Australia has experienced long-term reductions in rainfall during the winter half of the year.
- There has been a trend over recent decades towards increased spring and summer monsoonal rainfall across Australia's north, higher than normal rainfall across the centre, and decreased late autumn and winter rainfall across the south.

Oceans

- Global-average mean sea level for 2011 was 210 mm above the level in 1880.
- Global-average mean sea level rose faster between 1993 and 2011 than during the 20th century as a whole.
- The heat content of the world's oceans has increased during recent decades, increasing the volume of ocean waters and contributing to sea-level rise.
- Sea-surface temperatures around Australia have increased faster than the global average.
- Sea-surface temperatures in the Australian region in 2010 were the highest on record.
- Sea-surface temperatures have increased by about 0.8°C since 1910.

Greenhouse gases

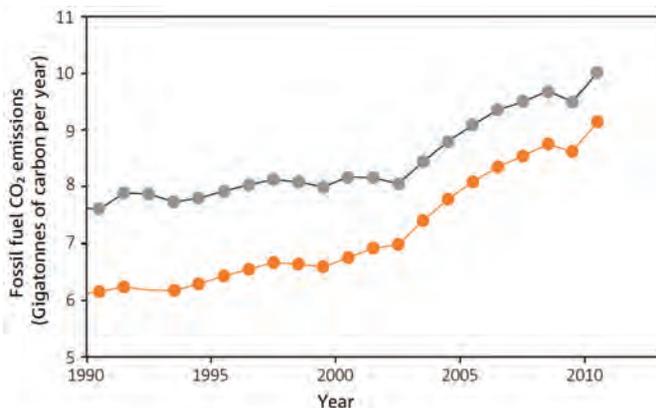
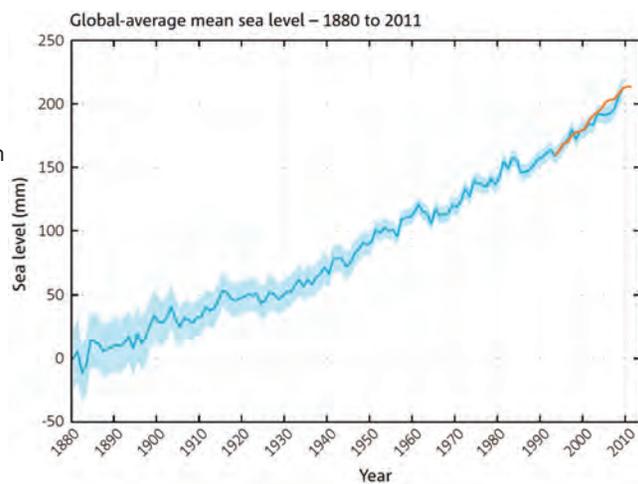
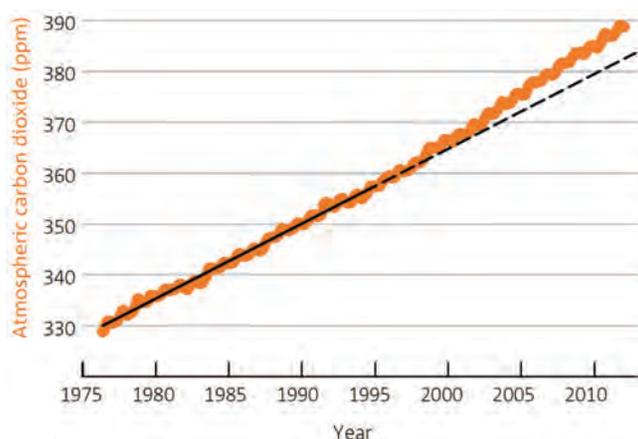
- Fossil-fuel CO₂ emissions increased by more than 3 per cent per year from 2000 to 2010.
- The concentration of CO₂ in the atmosphere in 2011 was 390 parts per million – higher than at any time for the past 800,000 years.
- The main cause of the observed increase in CO₂ concentration in the atmosphere is the combustion of fossil fuels since the industrial revolution.

Understanding global warming

- Both natural and human influences have affected climate over the past 100 years.
- It is very likely that most of the surface global warming observed since the mid 20th century is due to anthropogenic increases in greenhouse gases.
- Human activities also have influenced ocean warming, sea-level rise, and temperature extremes.
- There is evidence of changes in extreme temperatures globally.
- No significant trends in the total numbers of tropical cyclones or in the occurrence of the most intense tropical cyclones have been found in the Australian region

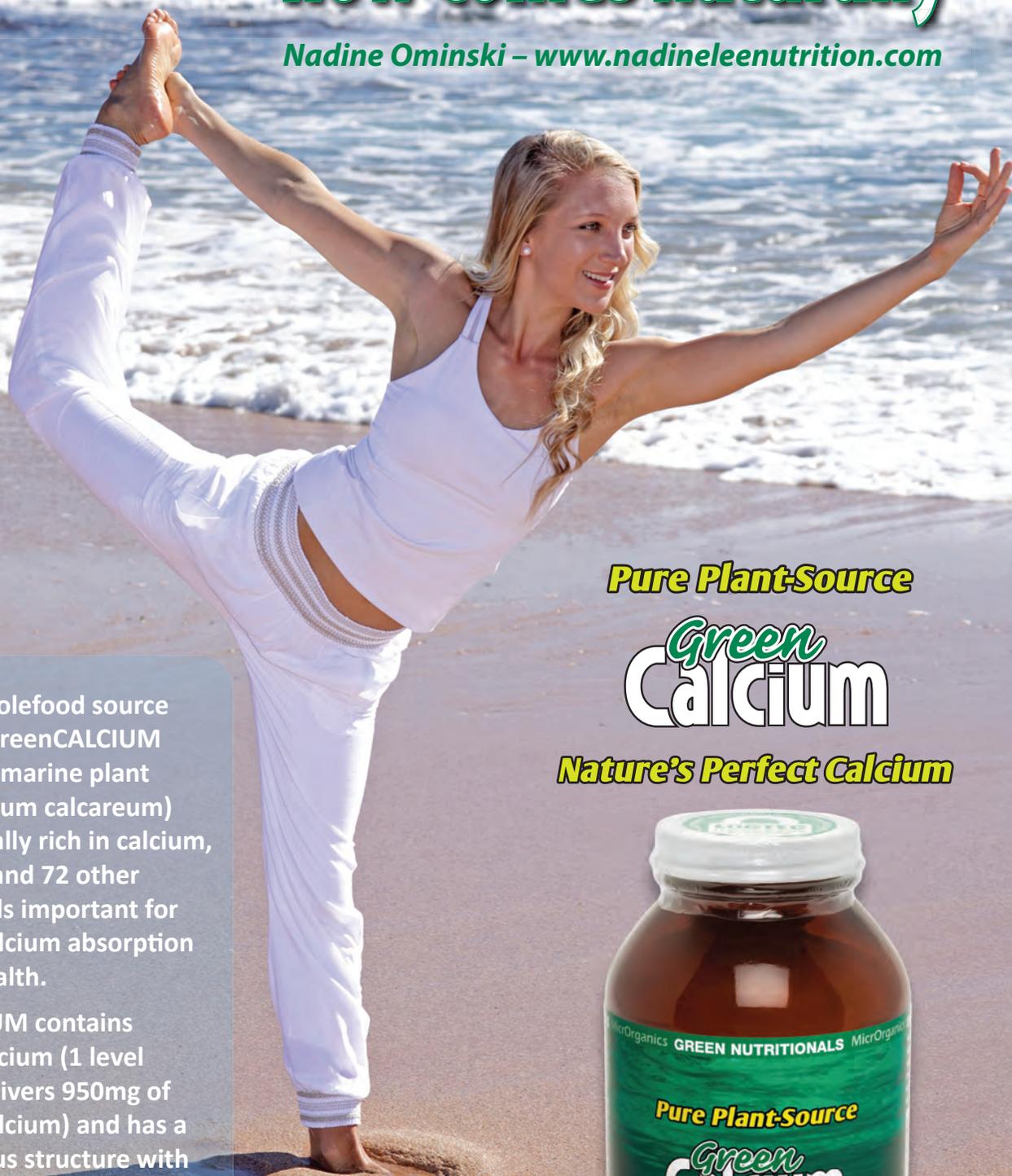
Future changes

- Australian average temperatures are projected to rise by 1.0 to 5.0°C by 2070 when compared with the climate of recent decades.
- An increase in the number of droughts is expected in southern Australia, but it also is likely that there will be an increase in intense rainfall events in many areas.



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MERCURY MADNESS

It's time to end the mercury age of dentistry

By **Dr Lisa Matriste**, BDS Sc Hons (Uni of Qld)

Director, Australians for Mercury Free Dentistry; Environmental Committee, International Academy of Oral Medicine and Toxicology

Mercury, a potent neurotoxin that is also known as *quicksilver*, is one of the most poisonous substances on earth, known or believed to cause scores of conditions such as irritability, liver and brain damage, muscle spasticity, autistic behaviour, chronic fatigue and Alzheimer's disease. Depending on the type of mercury and type of exposure, poisoning can lead to delirium, hallucinations, suicidal tendencies, psychosis, brain death and, of course, death outright, as was witnessed at the Minamata tragedy in Japan a number of decades ago.

People have been seduced by its mystical qualities for centuries. It is the only lustrous metal that is liquid at room temperature, and this property is the reason for its high toxicity, as it easily vaporises. Mercury vapour has no taste or colour but it can definitely be measured. The other unique features of this metal compared to the other heavy metals are that it is bioaccumulative, and it passes through the placental barrier, thus affecting our most innocent children, who inherit our toxic legacy. Mercury is lipid soluble, so it targets neurological and renal organs of the body. Elemental (inorganic) mercury is transformed by microorganisms to the more toxic form, organic mercury (*methylmercury*). This occurs when mercury pollutes the environment and also within our bodies' gastrointestinal systems.

History has proven time and time again that exposure to mercury, whether it is from the elemental or organic form, is always harmful. *There is no safe level of mercury exposure.* The level of mercury in our environment is escalating, giving rise to global concern about the negative health impact for every living creature on our planet. Elevated mercury levels are being detected in the umbilical cord blood of our newborn babes, and high levels of mercury have been documented in mother's breast milk. The message is clear... wherever possible, reduce your exposure to mercury. You'll be mad if you don't.

Currently there is a treaty being negotiated by the United Nations Environment Programme (UNEP) to coordinate global efforts to reduce mercury pollution. The coal, oil, gas and gold mining industries that use mercury have been identified and the dental industry is no exception. Most people are not aware that the so-called 'silver' fillings are actually composed of a mixture of 50 percent liquid elemental mercury and 50 percent silver alloy powder. This material is commonly known as dental 'amalgam'.

The dental profession has been using this primitive, poisonous, polluting product for almost 200 years and it is hoped that as a result of the UNEP negotiations, there will be a turning point, followed by dental reform from 2018. Many countries (most of Europe, the African continent, Arab nations, Brazil, Thailand and Vietnam) are committed to seeing the phase-out of dental amalgam in order to protect their citizens from the harmful consequences of mercury exposure, wanting to adopt the precautionary principle and cease the implantation of mercury amalgam fillings into human mouths.

A QUICK HISTORY OF QUICKSILVER AND DENTAL AMALGAM

For centuries mercury has been used to extract gold and silver from their ores, and in many other industries, notoriously the manufacture of felt hats. It has been documented that anyone who works with mercury will be poisoned by it.

In early dentistry, gold, silver, tin, lead, platinum and other more obscure materials were used for filling teeth. Then, in 1819, the first amalgam of mercury and silver was invented by an English chemist, and its use in clinical dentistry commenced in England and Europe in the 1820s.

The use of this product for fillings, which conservatively contain at least half a gram of elemental mercury each, plus the silver, tin, copper and zinc alloy powder, caused controversy back then and it continues today. Just over 10 years after dental amalgam was first taken to America from Europe in the 1830s, the US dental establishment of the time declared its use to be malpractice. By the late 1850s, the new American Dental Association had been formed. It took out three patents for the product and has strongly defended its use ever since.

In spite of concerns about the safety of amalgam, it did provide a relatively cost-effective and efficient solution for the filling of decayed teeth compared to the expensive gold foil or cast gold inlays. Patients did not seem to manifest signs of acute poisoning, so amalgam became very popular. Today, although we are well informed of the bioaccumulative nature of mercury, many people do not, unfortunately, make the connection between their illnesses later in life and a dental event that occurred many years before.

IN AUSTRALIA

Australian dental practices followed those of England, with the use of dental amalgam becoming entrenched despite warnings in the late 1990s by our leading health authority, the National Health and Medical Research Council (NHMRC), and even by the dental amalgam manufacturers themselves, such as this Dentsply statement:

"The use of amalgam is contraindicated: in proximal or occlusal contact to dissimilar metal restorations; in patients with severe renal deficiency; in patients with known allergies to mercury; for retrograde or endodontic filling; as a filling material for cast crown; in children six and under; in expectant mothers."

Thirty years have passed since I attended university and I am mortified that there has not been any change to the dental curriculum. Dental students are being kept ignorant of the harm that mercury can do to the people who receive amalgam fillings, and they are not taught about the environmental damage caused by the tonnes of mercury amalgam waste entering the waterways each year. The students themselves are exposed to massive levels of mercury and forced to work with this toxic product without any appropriate protection. The reluctance of the dental profession to discontinue the use of mercury amalgam implies failure to protect the public, the dental workers and our environment.

Although all dentists must be competent in the placement of mercury-free alternatives prior to graduation, the emphasis at Australian universities is on the use of amalgam. (In Switzerland, amalgam restorations have not been taught to dental students for 13 years!) In clinical practice, most patients are receiving misinformation about the composition of amalgam, with dentists referring to 'silver' fillings and thus implying that the material has a 'precious' value. Furthermore, by remaining silent about amalgam's 50 percent liquid mercury content and the risks of being treated with a mercury product, dentists are not obtaining informed consent from their patients.

Yet the large dental supply company, SDI, *fully informs dentists* via the Material Safety Data Sheet for its amalgam product: "...contains mercury, a chemical known to the State of California to cause birth defects or other reproductive harm... Inhalation of mercury vapours, dusts or organic vapours or skin absorption of mercury over long periods can cause mercurialism. Symptoms include tremor, inflammation of the mouth

and gums, excessive salivation, stomatitis, blue lines on gums, pain and numbness in extremities, weight loss, mental depression and nervousness. Exposure may aggravate kidney disorders, chronic respiratory disease and nervous system disorders.”

Given the manufacturers' warnings quoted above, the ultimate irony is that amalgam has never been subjected to the strict regimen the US Food and Drug Administration has enforced for all new medicines over recent decades. Amalgam was approved ('grandfathered' in) without actually ever having been tested for toxicity. A post-market review is required today by our own Therapeutic Goods Administration to validate the safety of dental amalgam, and patients who feel they have suffered harm from dental amalgam need to alert the TGA of their adverse reaction.

To their credit, however, half of Australia's dentists have stopped using amalgam, and the proportion of fillings undertaken using mercury amalgam fell from 68 percent in 1983 to 30 percent by the end of the 1990s. If the public were fully informed of the composition of mercury amalgam fillings, and dentists were aware of the negative environmental impact and health hazards of this material, this proportion would drop even further.

Despite younger dentists tending to move away from the use of mercury amalgam fillings, the profession as a whole has

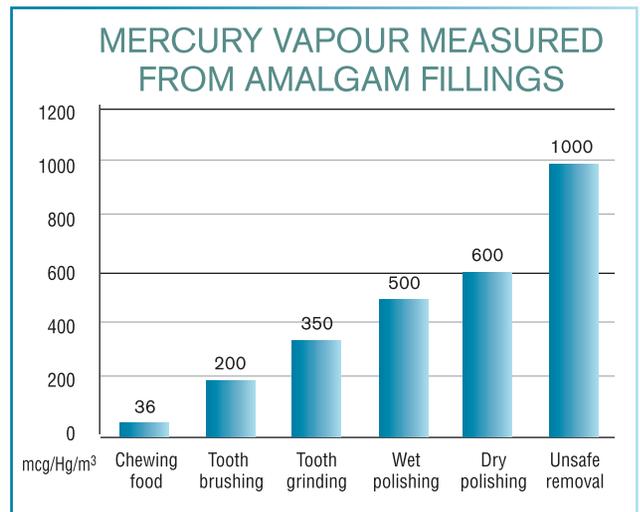
been resistant to adopting cost-effective alternative materials and phasing out amalgam altogether. The majority of amalgam fillings being placed today in Australia are in the public sector and teaching institutions that serve medically and/or financially challenged citizens, indigenous populations and the armed services and their families. The standard practice is that if an adult tooth has a hole in it, mercury amalgam should be inserted irrespective of age, gender or pre-existing health problems. This indiscriminate use of mercury needs to stop immediately. It is crucial to increase the public awareness of this issue.

HEALTH IMPACTS

The liquid mercury in dental amalgam is not locked into a set filling but escapes continuously during the entire life of the filling in the form of vapour, ions and abraded particles which are ingested. The internet video 'Smoking Tooth' (www.iaomt.org) shows this vapour casting a shadow on a phosphorescent screen as it escapes from a filled, extracted tooth. You can see the vapour increase if the amalgam is subjected to abrasion or heat. In your

mouth, that is the equivalent of tooth brushing, tooth grinding (very common), chewing food or gum, or having a hot drink. Imagine what happens in the dentist's chair if such a filling is removed or repaired via drilling and chipping without any protection!

The health risks of mercury amalgam fillings to dental patients arise during their initial placement and any subsequent treatment or removal of those fillings, and long term exposure through trace amounts of vapour being released, as described above, and ingestion of particles via mastication. Mobile phone usage and X-ray irradiation of the head and neck also accelerate vaporisation.



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A plethora of ill-effects and symptoms

Mercury vapour from amalgam fillings passes readily through cell membranes, across the blood-brain barrier and into the central nervous system, where it causes immunological, neurological and psychological problems.

Children and foetuses, whose brains are still developing, and people with impaired kidney function are most at risk, as well as certain genetically susceptible groups.

In addition to causing general oxidative damage, mercury plays havoc with metabolic enzymes, nutrient uptake (zinc, thiamine, probably methionine and more) and important detoxification systems.

Methylmercury, a far more toxic form of mercury, may result from the methylation by bacteria of amalgam-related mercury in the mouth or gastrointestinal tract. Also, the toxic effects of mercury are amplified synergistically if it is combined with other metals such as zinc, lead or cadmium.

Galvanism, an electrochemical process, occurs *within* an amalgam filling, since it is not just one metal, and *with other metals* in the mouth if they are present (such as gold fillings or metal crowns), due to differences in the electrical potential of the various metals. This process changes mercury into different forms which are easily absorbed or transported by and to different systems and tissues, right up to the highly susceptible immune cells – which is why mercury is implicated in numerous autoimmune diseases.

Symptoms of chronic mercury poisoning are non-specific and varied, and may include chronic fatigue, chemical sensitivities, fibromyalgia, immune dysfunction (including autoimmunity), diabetes, cardiovascular disease, allergies, digestive disorders, hormone imbalances, infertility, insomnia, tinnitus, psychiatric disorders and neurodegenerative problems.

Tooth and gum damage

Amalgam fillings also cause direct dental problems. Most patients don't know and are not informed that a large amount of the perfectly healthy portion of the tooth is drilled away. For instance, a pinhead sized cavity may require the destruction of a third of the tooth. Undercuts are required to hold the filling in place by mechanical means only, because amalgam fillings are not secured by adhesive bonding.

The electrical and thermal conductivity of the metal fillings constantly causes nerve irritation, and in time can lead to death of the pulp tissue. Also, because of the metallic properties of amalgam, the filling will expand and contract with temperature changes from food and beverages. While the filling will remain intact, this can lead to stress fractures and loss of the cusps of the natural tooth, requiring more drilling and filling in the future. Teeth that have died and have root



Mercury amalgam filled tooth that has cracked and lost two cusps.

canal fillings with amalgam cores will remain a reservoir of mercury as the tooth no longer has a blood supply to detoxify it. One of the signs of mercury toxicity is gum disease with bleeding gums and mobility.

Occupational exposure

All workers involved in any way with the amalgam industry – mining, smelting, handling, manufacturing, packaging, dentistry, laundering, disposal, plumbing, sewerage – are exposed to the great health risk that mercury poses. Dental assistants, who are primarily women of reproductive age, are exposed to mercury vapours with few or no precautions to protect them. Dentists, their staff and their children have been harmed by their occupational mercury exposure.

ENVIRONMENTAL POLLUTION

Dental mercury pollutes the environment – and ultimately us – in five different ways. Some are quite surprising, and this will be outlined in a future edition of *True Natural Health*.

NEXT ISSUE – PART 2

Safe amalgam removal and alternatives

Assessing mercury exposure

Detoxification

If you want to have your amalgam fillings removed before reading the Summer article, I cannot stress strongly enough the importance of having this procedure carried out with the utmost safety.

If not done properly, both you and your dentist are in danger. Many people have become very ill, not necessarily straight away, after unsafe removal. For a copy of the safe removal protocol and assistance in finding an endorsed Mercury Safe Dentist, please contact Australians for Mercury Free Dentistry – see box below.

Dr Lisa Matrize is a Melbourne dentist and leading international advocate for speeding up the phase-out of mercury amalgams in dentistry in order to protect dentists, their patients and the environment from mercury exposure. She recently lobbied at the Nairobi and Uruguay negotiating sessions for the UN Global Treaty on Mercury as part of the World Alliance for Mercury Free Dentistry delegation. Dr Matrize founded the Australian chapter to offer an informed alternative viewpoint to that of amalgam manufacturers and the pro-amalgam Australian Dental Association.

Sources and Further Reading:

mercuryfreedentistry.com.au
(Australians for Mercury Free Dentistry);
iaomt.org (International Academy of Oral Medicine and Toxicology);
www.aima.net.au/wpcontent/uploads/2012/02/mercury_aima_position_paper_on_mercury_amalgam-final_20111.pdf
(Australasian Integrative Medicine Association Inc.);
www.stanford.edu/~bcalhoun/amalgam.htm;
quecksilber.net;
robertgammal.com; toxicteeth.org;
mercola.com;
mercuryexposure.info;
dentalwellness4u.com (Dr T. McGuire);
mercurypoisoned.com;
www.drwolfe.com/dentistry/mercury_fillings;
pregnantdentist.org;
asomat.com
(Australasian Society of Oral Medicine and Toxicology)

Protect yourself, others and our planet ... SAY NO TO MERCURY AND GIVE YOUR SUPPORT TO Australians for Mercury Free Dentistry

It takes courage to stand up for what you believe is right in the face of overwhelming bias, prejudice and fear of recrimination from your peers. I believe that the organisation I have founded represents the voice of the silent majority of Australians who **no longer** want to have the primitive, polluting, poisonous product of mercury dental amalgam implanted into their bodies. NOW is the time for Australians to find their voices and to shout out loud, **NO TO MERCURY!**

The final UNEP negotiation session for the Minamata Treaty will be held in Geneva in January 2013. The world is currently divided between countries which are committed to a phase-out of dental amalgam and those that want to continue using it during a long-term phase-down. With less than six months to go, Australians for Mercury Free Dentistry needs resources to continue active lobbying both in Canberra and internationally.

You can pledge your support to PHASE OUT MERCURY AMALGAM and end the mercury age of dentistry in 2018 by:

1. Registering as a member on our website, www.mercuryfreedentistry.com.au
2. Making a donation
3. Signing our petition at www.change.org
4. Becoming a district leader for our national campaign

The Australian Chapter of the World Alliance for Mercury Free Dentistry

Website: www.mercuryfreedentistry.com.au

Email: info@mercuryfreedentistry.com.au

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ALPHABETICAL INDEX OF TOPICS

Natural Health and Vegetarian Life, Spring 2010 and Summer 2010/2011; True Natural Health, Autumn 2011 to Winter 2012

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
ACAI, THE REMARKABLE PURPLEBERRY	Benefits/antiox./organic/sustainable	10/11	Summer	36-37
ACID FRUIT, PARTICULARLY LEMON	Alkalisng; Your Questions Answered	2011	Autumn	7
ACID/SUB-ACID/NEUTRAL FRUIT; MELONS	Food for Feeling Great, Part 1	2011	Spring	2-4
ADDICTION TO FOOD, HIDDEN	Junk food; emotions	2010	Spring	48-50
AGEING – fantastic heart test results	Due to Natural Health; Roger French	10/11	Summer	19
AIR PURIFICATION AND CLEAN WATER	Joe Ciancio's chronic fatigue recovery	2011	Spring	14
ALUMINIUM	Autism and toxic minerals/metals	2010	Spring	23
AMERICAN 'HEALTH' (DISEASE) SYSTEM	Reflections on a stay at Hopewood	2010	Spring	28-29
AMSLER GRID TEST	Detection of macular degeneration	10/11	Summer	15
ANAEMIA FROM IRON DEFICIENCY	Recommended intake, absorption etc	10/11	Summer	48-50
ANAESTHETIC, DETOXING AFTERWARDS	Your Questions Answered	2010	Spring	22
ANDI (Aggregate Nutritional Density Index)	Healthy plant-based eating for children	10/11	Summer	30-31
ANGER AND OTHER EMOTIONS	How to take the distress out of stress	2010	Spring	56-61
ANGER, BOTTLED UP IN TEENAGERS	Why and what to do about it	2011	Spring	26
ANGINA AND LYSINE	Your Questions Answered	2010	Spring	20
ANIMAL CRUELTY/INTENSIVE PIG FARMS	Inhumane and un-Christian practices	2010	Spring	53
ANIMALS AUSTRALIA	'Save Babe' campaign; intensive farms	2010	Spring	53
ANTIOXIDANTS AND OTHER NUTRIENTS	That reduce risk of cataract & glaucoma	2011	Autumn	23-24
APP FOR IPHONE AND ANDROID, FREE	Veggie phrases in 60 languages	2011	Autumn	14
APPLES	Crunch time for Aussie Apple lovers	2012	Winter	24-25
AREDS (Age-Related Eye Disease Study)	Macular degeneration	10/11	Summer	17
ARTHRITIS AND RHEUMATISM	How to be free; causes; types; recovery	2012	Winter	34-37
ARTHRITIS IN HANDS	Your Questions Answered	10/11	Summer	19
ARTHRITIS	Massage therapy may help	2012	Autumn	28
ASPARTAME, MIGRAINE AND VERTIGO	Your Questions Answered	2011	Spring	8
ASSIMILATION/DIGESTION/ENZYMES	You are what you assimilate	2010	Spring	54-55
AUSBUY – CONCERNS, GUIDE, RESEARCH	Origin, labelling and food security	2011	Spring	10
AUTISM AND TOXIC METALS/MINERALS	Your Questions Answered	2010	Spring	23
BAILEY, L.O.	Founder of N.H. Society and Hopewood	2010	Spring	14-16
BAKEWARE, SILICONE AND ENAMEL	Your Questions Answered	11/12	Summer	9
BAYER CROP SCIENCE	Honeybee deaths	10/11	Summer	51
BECHAMP AND PASTEUR	Béchamp in line with emerging medicine	10/11	Summer	54
BEES – WORLDWIDE HONEYBEE DEATHS	Research: financial ties to pesticide mfr	10/11	Summer	51
BELL'S PALSY: benign, but frustrating	Causes; recovery; nutrients; therapies	2012	Autumn	34-35
BIG PHARMA AND U.S. 'HEALTH' SYSTEM	Reflections on a stay at Hopewood	2010	Spring	28-29
BIRCHER-BENNER CLINIC, ZURICH	Early history of Natural Health in Aust.	2010	Spring	15
BLOATING IN THE STOMACH	Your Questions Answered	2012	Winter	8-9
BLOOD FLOW RESTRICTION IN EYE	Could be primary cause of glaucoma	2011	Autumn	23
BOOKS ON NATURAL HEALTH	Book reviews; NHS Bookshop	ALL	ALL	
BOWEN THERAPY	What it is, what it's used for; cortisone	2011	Spring	12-13
BRAZIL NUTS CHEMICALLY TREATED?	Your Questions Answered	10/11	Summer	20
BREAST SCREENING SAFE?	Your Questions Answered	2011	Spring	6
BRONCHIECTASIS	Your Questions Answered	11/12	Summer	8
BRONCHITIS	Your Questions Answered	10/11	Summer	18
BUCKWHEAT	A seed rather than a grain	2012	Winter	20
BUETTNER, DAN	Longevity expert/explorer; Blue Zones	2010	Spring	6-8
BUTTER OR NUTTELEX	Your Questions Answered	2012	Winter	9-10
BUTTER VS MARGARINE	Your Questions Answered	2011	Winter	7-8
BUTTER, SOFT	Your Questions Answered	2011	Winter	6-7
CADMIUM	Autism and toxic minerals/metals	2010	Spring	23
CAFFEINE IN COFFEE, TEA AND 'RED BULL'	Your Questions Answered	2012	Autumn	8-9
CALCIUM	Healthy plant-based eating for children	10/11	Summer	30
CANCER RECOVERY IN FOUR MONTHS	Member Rosemarie Scarpignato's story	2011	Winter	4
CANCER TREATMENT	Chemo/radiotherapy: nutritional support	10/11	Summer	20-21
CANCER	Dr Eva Hill, pioneer holistic doctor	2010	Spring	18-19
CANCER	Dr Mercola: 'Sleep mistake' boosts risk	2011	Autumn	18
CARBOHYDRATE FOODS, STARCHY	Food for Feeling Great, Part 4	2012	Winter	16-20
CARBS AT NIGHT & UNREF. PLANT FOODS	Help weight loss	2012	Autumn	29
CAROTENOIDS	Macular degeneration	10/11	Summer	15
CARPAL TUNNEL SYNDROME	What it is, causes, med./nat'l treatment	2012	Autumn	32-33
CASE STORIES	'Dr' Giselle Cooke's natural med. cases	10/11	Summer	58-59
CASE STORIES	See Member Story entries as well			
CASE STORY: Dr Eva Hill	Cancer recovery and medical battles	2010	Spring	19
CASE STORY: Joe Ciancio	Chronic fatigue; air, water and food	2011	Spring	14
CASE STORY: Robert McIlroy, Naturopath	Enzymes, miracle workers	2011	Winter	15-16
CATARACT AND GLAUCOMA	Causes and prevention	2011	Autumn	22-25
CATARACT AND GLAUCOMA	Medical approach/help; nat'l therapies	2011	Autumn	24-25
CELLULAR HEALTH ANALYSIS/CELL AGE	Hopewood Health Retreat	2011	Winter	10
CELLULAR HEALTH	From the book, A Return to Healing	10/11	Summer	54
CFL LIGHTING	Eco-friendly living	10/11	Summer	27
CHEESE	Food for Feeling Great, Part 3	2012	Autumn	19-20
CHEESE – RENNIN: animal or vegetable?	Your Questions Answered	2012	Autumn	10

ALPHABETICAL INDEX OF TOPICS – SPRING 2010 TO WINTER 2012

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
CHEMICAL USED FOR FRUIT FLY CONTROL	Your Questions Answered	2012	Autumn	10
CHEMO/RADIOTHERAPY: nutr. support	Your Questions Answered	10/11	Summer	21
CHEMOTHERAPY	Minimal side effects on vegan diet	10/11	Summer	6
CHEMOTHERAPY	Reducing effects through natural diet	2011	Winter	4
CHILDREN – CONTAGIOUS DISEASES	Your Questions Answered	10/11	Summer	18-19
CHILDREN AND YOUTH AT RISK	Mental health screening: licence to drug?	2011	Spring	24-25
CHILDREN BEING TARGETED BY DRUG Cos.	Mercola: Alarming prescription increase	2011	Autumn	19
CHILDREN, VEGETARIAN	Healthy plant-based eating	10/11	Summer	28-31, 57
CHLORINE HAZARD DURING SHOWERING	Your Questions Answered	10/11	Summer	19
CHOLESTEROL, IF HIGH IN WOMEN	Means fewer heart attacks and strokes	11/12	Summer	33
CHRONIC FATIGUE CASE STORY	Joe Ciancio: air, water and food	2011	Spring	14
CLEANING PRODUCTS, SAFE	Tri Nature's hard surface cleaners	2010	Spring	74
CLIMATE CHANGE	Meat, methane and being vegan	2010	Spring	45
CLIMATE CHANGE	Organic farming best way to mitigate	10/11	Summer	57
CLOTHES MOTHS, ETC: SAFE CONTROL	Your Questions Answered	2011	Spring	7-8
COCKBURN, MADGE	50th Anniversary of NHS	2010	Spring	15
COCONUT WATER	'New' wholesome drink; benefits	10/11	Summer	42
CONTAGIOUS DISEASES	Your Questions Answered	10/11	Summer	18-19
COOKE, 'DR' GISELLE	Case stories with natural medicine	10/11	Summer	58-59
COOKE, 'DR' GISELLE	Where has the heart of medicine gone?	2010	Spring	5
CORTISONE	Interferes with Bowen & other therapies	2011	Spring	13
CRUCIFEROUS VEGETABLES	Food for Feeling Great, Part 2	11/12	Summer	12-13
CYTOMEGALOVIRUS & GLANDULAR FEVER	Similar but far more serious	2012	Winter	32
DENTAL HEALTH	Hopewood children's world record	2010	Spring	14
DETOX, DIFFERENT TYPES; HOW TO	At home or at Hopewood	2011	Spring	20-21
DETOXIFICATION	From the book, A Return to Healing	10/11	Summer	54-55
DETOXIFYING OR 'CLEANSING' DIETS	For recovery from arthritis & rheumatism	2012	Winter	36
DETOXING AFTER SURGERY & ANAESTH.	Your Questions Answered	2010	Spring	22
DIABETES AND LOW-FAT DIET	Your Questions Answered	2011	Winter	8
DIABETES TYPE 2 NOW HISTORY	Claire Penley's story; diet and exercise	2011	Autumn	6
DIABETES TYPE 2	Plant-based diets; risk test/reduction	2011	Autumn	4-6
DIABETES TYPE 1 AND OMEGA-3 OILS	Your Questions Answered	2010	Spring	21-22
DIABETES	Glaucoma more prevalent	2011	Autumn	23
DIABETES, 9 TIPS TO REDUCE RISK	Hopewood Health Retreat	10/11	Summer	24
DIGESTION/ENZYMES/ASSIMILATION	You are what you assimilate	2010	Spring	54-55
DRUG COMPANIES TARGETING CHILDREN	Mercola: Alarming prescription increase	2011	Autumn	19
EAR HEALTH AND CANDLING	Pressure/immune system/results	2011	Winter	22-23
ECO-FRIENDLY LIVING	Roger & Elizabeth French's home	10/11	Summer	26-27
ECOVILLAGE, SYDNEY COASTAL	Sustainable living	10/11	Summer	38
EFT – PAIN-FREE	Mercola: Fibromyalgia; Gary Craig	2011	Autumn	19
EGGS	Food for Feeling Great, Part 3	2012	Autumn	20
ELECTROMAGNETIC RADIATION	Gauss meters; protection from EMR	2012	Autumn	2
ELECTROMAGNETIC RADIATION	Mobile phones etc; carcinogenic?	11/12	Summer	20
ELECTROMAGNETIC RADIATION	Wireless; radiation; carcinogenic?	2012	Winter	6-7
EMOTIONAL ADDICTION TO FOOD	Brain and body changes; EFT	2010	Spring	50
EMOTIONAL FREEDOM TECHNIQUES	How to take the distress out of stress	2010	Spring	60
EMOTIONAL FREEDOM TECHNIQUES	Addiction to food; junk food; emotions	2010	Spring	50
EMOTIONAL FREEDOM TECHNIQUES	See EFT			
EMOTIONS; ANXIETY AND WORRY	How to take the distress out of stress	2010	Spring	56-61
EMR/EMF	See Electromagnetic Radiation			
ENDORPHINS: EXERCISE; LAUGHTER	How to take the distress out of stress	2010	Spring	60
ENZYMES, MIRACLE WORKERS	Robert McIlroy's story	2011	Winter	15-16
ENZYMES, VARIOUS TYPES	You are what you assimilate	2010	Spring	54-55
EPSTEIN BARR VIRUS AND GLAND. FEVER	Diagnosis; nat'l therapies; prevention	2012	Winter	30-32
EVIDENCE-BASED MEDICINE	Neither good evidence nor good med.	2012	Autumn	30-31
EXERCISE AND WATER	Over-hydration dangerous, not dehydr'n	2012	Winter	38
EXERCISE	Insulin/cortisol/fructose/obesity	2011	Winter	3
EXERCISE	Motivating answers to the top excuses	10/11	Summer	46-47
EXERCISE: ENDORPHINS	How to take the distress out of stress	2010	Spring	60
EYE HEALTH FOR CHILDREN	Optimising; nutrition; TV guidance	2012	Autumn	6
EYES: PROTECTING; LIGHT	Nat'l, artificial; sun/vit.D/melatonin	11/12	Summer	2-3
FALSE APPETITE AND OBESITY	For both adults and children	2011	Winter	2-3
FASTING: WHY WOULD ANYONE WANT TO?	Your Questions Answered	2012	Autumn	11
FAT INTAKE, HIGH	Macular degeneration	10/11	Summer	15
FATS, GOOD, VS SATURATED	Leptin resistance/false appetite/obesity	2011	Winter	3
FATTY ACIDS IN NUTS AND SEEDS	Your Questions Answered	2011	Autumn	8
FDA AND PHARMACEUTICAL COMPANIES	Ethics issues	10/11	Summer	53
FEET: OUR AMAZING FEET!	Problems, pain, caring, posture, walking	2011	Spring	30-31
FEVER, YOUR CHILD'S BEST FRIEND	Myths and facts about fevers	2011	Winter	20-21
FLESH FOODS	Food for Feeling Great, Part 3	2012	Autumn	20
FLUORIDATION: DENTIST AGAINST	Your Say: experienced dentist's opinion	2011	Autumn	14
FOOD FOR FEELING GREAT, Part 1	Fresh Fruits	2011	Spring	2-4
FOOD FOR FEELING GREAT, Part 2	Fresh Vegetables	11/12	Summer	12-17
FOOD FOR FEELING GREAT, Part 3	Protein-Rich Foods	2012	Autumn	14-20
FOOD FOR FEELING GREAT, Part 4	Starchy Carbohydrate Foods	2012	Winter	16-20
FOOD MILES/LOW ENERGY PRODUCE	Eco-friendly living	10/11	Summer	27
FOOT SPA DETOX, IONIC; 'TOXIKLENZ'	Your Questions Answered	2011	Spring	6-7
FORESTS AND FOSSIL FUEL EMISSIONS	Absorb one-third of emissions; CSIRO	2012	Autumn	28
FREE RADICAL DAMAGE	Macular degeneration	10/11	Summer	14
FREE RADICAL DAMAGE, MINIMISE	To reduce risk of cataract and glaucoma	2011	Autumn	24
FRUCTOSE, KEY TROUBLE MAKER	False appetite and obesity	2011	Winter	2-3
FRUIT AND VEGIES	Cancel out bad heart genes	2012	Autumn	38
FRUIT FLY CHEMICAL FOR MANGOES	Your Questions Answered	2012	Autumn	10
FRUIT VEGETABLES	Food for Feeling Great, Part 2	11/12	Summer	13-14

ALPHABETICAL INDEX OF TOPICS – SPRING 2010 TO WINTER 2012

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
FRUITS, FRESH	Food for Feeling Great, Part 1	2011	Spring	2-4
GARDENING – SEE HOME GARDEN				
GAUSSBUSTING; EMR	Measuring; prevention/protection	2012	Autumn	2
GENETIC DEFECTS	From the book, A Return to Healing	10/11	Summer	55
GENETICALLY MODIFIED WHEAT IN AUST.	News release from Greenpeace	10/11	Summer	9
GENETICALLY MODIFIED/ENGINEERED	See GM			
GERMS: WHEN CONTAGIOUS?	Your Questions Answered	10/11	Summer	18-19
GERSON THERAPY FACILITATION IN NSW	Live-in retreat and clinic consultations	2012	Winter	28
GINGER	Food for Feeling Great, Part 2	11/12	Summer	17
GLANDULAR FEVER AND EPSTEIN BARR	Diagnosis; nat'l therapies; prevention	2012	Winter	30-32
GLAUCOMA AND CATARACT	Causes and prevention	2011	Autumn	22-25
GLOBAL WARMING SOLUTION FOR AUST.	Zero Carbon Australia 2020 Plan	2010	Spring	34-37
GLUTEN & GLUTEN-FREE GRAINS	Your Questions Answered	11/12	Summer	7
GLUTEN AND GRAIN-FREE DIET/FOODS	Quinoa and amaranth seeds; pasta	2011	Winter	12
GM CONTAMINATION	Landmark legal wins for U.S. farmers	2012	Autumn	3
GM/GE HAS RUINED W.A. ORGANIC FARM	Farmer Steve Marsh's fight-back	11/12	Summer	4
GOUT	How to be free of arthritis & rheumatism	2012	Winter	35-36
GRAIN FOODS, STARCHY	Food for Feeling Great, Part 4	2012	Winter	17-20
GREEN SMOOTHIES	How to make; fantastic health benefits	10/11	Summer	43
HAPPINESS AND MEDITATION	Your Questions Answered	2012	Winter	14
HAPPINESS IN ANY WORKPLACE CULTURE	Tips and strategies to achieve it	2012	Autumn	4
HAPPINESS WITHIN OUR CONTROL	Your Say	2011	Winter	26
HAPPINESS	Sadness; change; anxiety; control	2011	Autumn	2-3, 6
HEAD LICE	Natural remedy – tea tree gel	2012	Autumn	7
HEART DISEASE AND NATURAL HEALTH	Your Questions Answered	10/11	Summer	19
HEART DISEASE, PREVENTING	DOs and DON'Ts	2010	Spring	30-31, 33
HEAVY METALS	Cataracts	2011	Autumn	23
HERBS	For stress	2010	Spring	61
HIGH CARBOHYDRATE DIET	Bad for leptin resistance and obesity	2011	Winter	3
HIGH GI FOODS	Macular degeneration	10/11	Summer	15
HILL, DR EVA, pioneer holistic doctor	Health wisdom and cancer recovery	2010	Spring	18-19
HIMALAYAN ROCK SALT & CRYSTAL LAMPS	Your Questions Answered	2011	Autumn	7-8
HODGKIN'S LYMPHOMA	Minimal side effects from chemotherapy	10/11	Summer	6
HOME GARDEN, Part 1	Compost systems	2011	Winter	24-25
HOME GARDEN, Part 2	Starting; spring gardening guide	2011	Spring	28-29
HOME GARDEN, Part 3	What, how, holiday care, pests	11/12	Summer	32-33
HOME GARDEN, Part 4	Autumn harvest: seeds, herbs, pests	2012	Autumn	36
HOPEWOOD AND NATURAL HEALTH	Osteopath Peter Ray's story	2011	Spring	16
HOPEWOOD CHILDREN'S DENTAL HEALTH	World record	2010	Spring	14
HOPEWOOD HEALTH RETREAT	Reflections on my stay – Murray May	2010	Spring	28-29
HOPEWOOD HEALTH RETREAT, NSW	Natural Health guidance and recipes	ALL	ALL	
HOPEWOOD@HOME RECIPE BOOK	How to order	2011	Autumn	17
HYDROLYSED VEGETABLE PROTEIN (HVP)	Your Questions Answered	2011	Winter	6
HYDROS WATER FILTERS	Your Questions Answered	2010	Spring	22 & 68
HYDROTHERAPY AND OTHER THERAPIES	Pain & symptom relief; shingles; healing	2011	Winter	30
HYDROTHERAPY FOR PAIN RELIEF	In arthritis and rheumatism	2012	Winter	36
HYDROTHERAPY: HOPEWOOD GUIDANCE	To promote healing and pain relief	2011	Autumn	26-27
IF YOU FEEL OK, MAYBE YOU ARE OK	Problems with early and over-diagnosis	2012	Winter	26
INCABERRIES, South American superfood	Nutrients, benefits, recipes	11/12	Summer	28
INDEX: Natural Health and Veget'n Life	Spring 2008 to Winter 2010	2010	Spring	38-44
INFLAMMATION: Your 'Dangerous' Friend	Acute helpful; chronic can be deadly	2011	Autumn	20-21
INFLUENZA	Your Questions Answered	10/11	Summer	18
INIKA COSMETICS	Founder, Miranda Bond; company; range	11/12	Summer	26
INSECT REPELLANT, NATURAL	Your Questions Answered	11/12	Summer	7
INSULIN	Direct role in obesity	2011	Winter	3
IONISER/PURIFIER, AIR	Nature's Lifeorce	2010	Spring	66
IRON	Healthy plant-based eating for children	10/11	Summer	29
IRON, DIETARY – GETTING ENOUGH?	Types/sources/absorption/supplements	10/11	Summer	48-50
JUICE PLUS NUTRITION	Interview: John Blair, Senior V-P, NSA	10/11	Summer	34-35
JUNK FOOD ADDICTIVE	What makes it so?	2010	Spring	48
KIDNEY TROUBLE: preventable/repairable	Causes; restoration; kidney stones	11/12	Summer	34-38
LADYBIRDS	Beneficial 'wolves'; CSIRO research	2011	Spring	29
LAUGHTER: ENDORPHINS	How to take the distress out of stress	2010	Spring	60
LEAD	Autism and toxic minerals/metals	2010	Spring	23
LEAF VEGETABLES	Food for Feeling Great, Part 2	11/12	Summer	12
LEAKY GUT SYNDROME	Causes and treatment	10/11	Summer	32-33
LEGUMES	Food for Feeling Great, Part 3	2012	Autumn	14-15
LEMONS, WHY SO GOOD	Benefits and uses; Your Qs Answered	2011	Autumn	7
LEPTIN AND LEPTIN RESISTANCE	False appetite and obesity	2011	Winter	2-3
LIGHT AND LIGHTING	Eye health; general health	11/12	Summer	2-3
LIGHTAIR PURIFIER AND IONISER	Joe Ciancio's chronic fatigue recovery	2011	Spring	14
LIGHTING, CFL	Eco-friendly living	10/11	Summer	27
LIGHTS/LAMPS: CFLs VS HALOGEN	Your Questions Answered	2012	Autumn	9-10
LONELINESS	Versus happiness	2011	Autumn	3
LONGEVITY/BLUE ZONES	Dan Buettner, longevity expert/explorer	2010	Spring	6-8
LOW-FAT DIET FOR DIABETES	Your Questions Answered	2011	Winter	8
LYCOPENE, POWERFUL ANTIOXIDANT	Benefits; research; food sources	11/12	Summer	24
LYSINE FOR ANGINA	Your Questions Answered	2010	Spring	20
MACULAR DEGENERATION	Causes/prevention/treatment	10/11	Summer	14-17
MANIPULATION IN THE WORKPLACE	Their tactics; your protective strategies	2011	Winter	27
MANUKA HONEY	Hospital MRSA; Your Qs Answered	2011	Autumn	9
MARGARINE AND VEGETABLE OILS	Macular degeneration	10/11	Summer	14
MARGARINE VS BUTTER	Your Questions Answered	2011	Winter	7-8
MASSAGE THERAPY	May help arthritis	2012	Autumn	28

ALPHABETICAL INDEX OF TOPICS – SPRING 2010 TO WINTER 2012

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
MEAL PLAN FOR CHILDREN	Healthy plant-based eating for children	10/11	Summer	31
MEAT, METHANE AND CLIMATE CHANGE	On being vegan	2010	Spring	45
MEAT/POULTRY/FISH	Food for Feeling Great, Part 3	2012	Autumn	20
MEDICAL DIAGNOSIS	Problems with early and over-diagnosis	2012	Winter	26
MEDICINE AT WAR WITH NATURE	From the book, A Return to Healing	10/11	Summer	55-56
MEDICINE, HOW SCIENTIFIC IS IT?	From the book, A Return to Healing	10/11	Summer	52-56
MEDICINE, NATURAL	'Dr' Giselle Cooke's case histories	10/11	Summer	58-59
MEDICINE, WHERE HAS THE HEART GONE?	Summary of talk by 'Dr' Giselle Cooke	2010	Spring	51
MEDITATION AND HAPPINESS	Hopewood Health Retreat	2012	Winter	14
MEDITATION AND RELAXATION	How to take the distress out of stress	2010	Spring	59
MELATONIN	Light/darkness/sleep/health	11/12	Summer	3
MEMBER STORY: Claire Penley	Diabetes 2 now history	2011	Autumn	6
MEMBER STORY: Jean Phillips	Recovery: asthma/pesticides/injuries	2012	Winter	37
MEMBER STORY: Michelle Beech	Why I became a naturopath	11/12	Summer	30
MEMBER STORY: Peter Ray, Osteopath	My quest for health & its understanding	2011	Spring	16
MEMBER STORY: Rosemarie Scarpignato	How I cured my cancer in four months	2011	Winter	4
MENINGITIS	Your Questions Answered	10/11	Summer	18
MENTAL HEALTH SCREENING	Your child at risk; a licence to drug?	2011	Spring	24-25
MERCOLA, DR, U.S. OSTEOPATH	Items from recent e-newsletters	2011	Autumn	18-19
METALS/MINERALS, TOXIC, AND AUTISM	Your Questions Answered	2010	Spring	23
MIGRAINE AND VERTIGO; ASPARTAME	Your Questions Answered	2011	Spring	8
MILLET	Only alkali-forming grain	2012	Winter	20
MOBILE PHONES AND OTHER DEVICES	'Talking to death'; EMR; carcinogenic?	11/12	Summer	20
MONONUCLEOSIS	See Glandular Fever	2012	Winter	30-32
MONSANTO AND BAYER	Landmark legal wins for U.S. farmers	2012	Autumn	3
MRSA HOSPITAL INFECTION	Manuka honey; Your Questions Answered	2011	Autumn	9
MULTI-VITAMINS, NON-SYNTHETIC	Dr Mercola: Case for	2011	Autumn	18
MYOPIA (NEAR-SIGHTEDNESS) EPIDEMIC	Eye health for children; screen time	2012	Autumn	6
NAILS BRITTLE, SPLITTING AND RIDGED	Your Questions Answered	2012	Winter	8
NASAL POLYPS	Your Questions Answered	10/11	Summer	20-21
NATTY FOODS	History/currently/business opportunity	2011	Spring	22
NATURAL HEALTH AND VEGETARIAN LIFE	Replaced by True Natural Health	2011	Autumn	1
NATURAL HEALTH SOCIETY OF AUST.	50th Anniv.; history; accomplishments	2010	Spring	14-17, 24
NATURAL HEALTH SOCIETY OF AUST.	Editorial; changes in 2011	10/11	Summer	5
NATURAL MEDICINE	'Dr' Giselle Cooke's case stories	10/11	Summer	58-59
NATURE'S LIFEFORCE	Air purifier/ioniser	2010	Spring	66
NATUROPATHIC DOCTOR REFLECTS	Your Say	2011	Winter	26
NEW GOOD LIFE, THE	John Robbins; book review	2010	Spring	63
NHS PAGES	Meetings, benefits, news, bulletins, etc	ALL	ALL	
NHS SHOP AND BOOKSHOP	N.H. books/products/discounts	ALL	ALL	
NUTRIENTS, IMPORTANT	For recovery from arthritis & rheumatism	2012	Winter	36
NUTRITION COURSES AROUND AUST.	Your Questions Answered	2011	Spring	8
NUTRITION/PROPER NOURISHMENT	From the book, A Return to Healing	10/11	Summer	54
NUTS	Food for Feeling Great, Part 3	2012	Autumn	16-17
NUTS, AN IMPORTANT FOOD	Plant-based eating	2011	Winter	14
NUTTELEX OR BUTTER	Your Questions Answered	2012	Winter	9-10
OBESITY AND FALSE APPETITE	For both adults and children	2011	Winter	2-3
OBITUARY: Dr Chris Reading	Organic psychiatrist and author	2012	Autumn	27
OBITUARY: Wallace Henry Bowles	Inventor of In-Lieu	11/12	Summer	8
OMEGA-3 FATS WITHOUT FISH	Non-fish-eaters' high ALA-EPA convsn	10/11	Summer	39
OMEGA-3 OILS AND DIABETES	Your Questions Answered	2010	Spring	21-22
OMEGA-3s IN NUTS AND SEEDS	Food table; Your Questions Answered	2011	Autumn	8
ONION FAMILY	Food for Feeling Great, Part 2	11/12	Summer	16-17
ORGANIC FARM IN W.A. RUINED BY GM	Farmer Steve Marsh's fight-back	11/12	Summer	4
ORGANIC FARMING	Best means of mitigating climate change	10/11	Summer	57
ORGANIC STRAWBERRIES	Superior in every way; good for soil	10/11	Summer	57
OSTEOPOROSIS: phosphorus/plant v meat	Your Questions Answered	2012	Autumn	8
PAIN-FREE THROUGH EFT	Dr Mercola: Fibromyalgia; Gary Craig	2011	Autumn	19
PASTEUR AND BECHAMP	Béchamp in line with emerging medicine	10/11	Summer	54
PESTICIDES	Honeybee deaths	10/11	Summer	51
PHARMACEUTICAL COMPANIES	FDA; ethics issues; drug deaths	10/11	Summer	53
PIGS: CRUELTY OF INTENSIVE FARMS	Inhumane and un-Christian practices	2010	Spring	53
PLACEBOS WORK, even without secrecy	Dr Mercola: Astonishing studies	2011	Autumn	19
PLANT FOODS, UNREFINED	Help weight loss	2012	Autumn	29
PLANT-BASED DIETS	Type 2 diabetes	2011	Autumn	4-6
PLANT-BASED EATING FOR CHILDREN	Health benefits	10/11	Summer	28-31, 57
PLANT-BASED EATING	Nuts, health-giving and protective	2011	Winter	14
PNEUMONIA	Your Questions Answered	10/11	Summer	18
POMEGRANATES	How to open & use; antioxidant benefits	2012	Winter	27
POWER 9, THE – 'secrets' to longevity	Dan Buettner, longevity expert/explorer	2010	Spring	8
PROTEIN AND PROTEIN COMBINING	Healthy plant-based eating for children	10/11	Summer	29
PROTEIN FOR VEGETARIAN CHILDREN	Healthy plant-based eating	10/11	Summer	29
PROTEIN, DAILY QUANTITY; COMBINING	Your Questions Answered	2010	Spring	20-21
PSYCHOSPIRITUAL STATE	Affects our cellular health	10/11	Summer	55
QUINOA AND AMARANTH	Gluten & grain free diet, foods, recipe	2011	Winter	12-13
RECIPE	Amanda Rootsey's raw zucchini pasta	10/11	Summer	7
RECIPES	Apples	2012	Winter	22-23
RECIPES	For Spring	2010	Spring	46-47
RECIPES	For Summer	10/11	Summer	40-41
RECIPES	Gluten-free and quinoa	2011	Winter	18-19
RECIPES	Holiday season	11/12	Summer	22-23
RECIPES	Hopewood@Home – how to order	2011	Autumn	17
RECIPES	Lao Recipes	2011	Spring	18-19
RECIPES	Protein-rich	2012	Autumn	22-23

ALPHABETICAL INDEX OF TOPICS – SPRING 2010 TO WINTER 2012

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
RENNET IN CHEESE: animal or vegetable?	Your Questions Answered	2012	Autumn	10
RESTAURANT REVIEW	Bodhi Restaurant & Bar, Sydney	2012	Winter	39
RESTAURANT REVIEW	Heart and Soul Café, Cronulla (Sydney)	2011	Spring	27
RESTAURANT REVIEW	JK Thai Vegetarian, Crows Nest, Sydney	10/11	Summer	65
RESTAURANT REVIEW	Joy Discovery Vegetarian Café, Adelaide	2011	Spring	27
RESTAURANT REVIEW	My Heart-Garden, Brisbane	2012	Winter	39
RESTAURANT REVIEW	Nourishing Quarter, Redfern, Sydney	10/11	Summer	60-61
RESTAURANT REVIEW	Peasant's Feast Organic Café, Newtown	2012	Autumn	39
RESTAURANT REVIEW	Vego and Lov'n It, Adelaide	2012	Autumn	39
RESTAURANT REVIEW	Zen House Tea Corner, Adelaide	2011	Spring	27
RETURN TO HEALING, A	Book: Radical Health Care Reform	10/11	Summer	52-56
RHEUMATISM AND ARTHRITIS	How to be free; causes; types; recovery	2012	Winter	34-37
ROBBINS, JOHN	Vegan author; book, The New Good Life	2010	Spring	32
ROOT VEGETABLES	Food for Feeling Great, Part 2	11/12	Summer	15-16
ROOTSEY, AMANDA	Vegan model; Vegan Era website	10/11	Summer	5-8
RUSSIAN COMFREY	Your Questions Answered	11/12	Summer	9
SEEDS	Food for Feeling Great, Part 3	2012	Autumn	17-19
SHINGLES: NATURAL HEALTH WAY	Virus/toxaemia/med. & nat'l treatment	2011	Winter	28-30
SHINGLES: QUICK SOLUTION	Your Say	2011	Spring	3
SILICONE ADHESIVES	Your Questions Answered	2011	Winter	8
SLEEP APNOEA	Your Questions Answered	2012	Winter	10-11
'SLEEP MISTAKE'	Dr Mercola: Risk of cancer	2011	Autumn	18
SLOW FOOD	Farmers' markets; organic; grow own	2012	Autumn	26
SMOKING	Cataract and glaucoma	2011	Autumn	22-21
SMOKING	Glaucoma	2011	Autumn	22-23
SOLAR: heating/cooling; hot water; elec.	Eco-friendly living	10/11	Summer	26
SPROUTS	Food for Feeling Great, Part 2	11/12	Summer	16
STARCHY CARB FOODS: Vegetables/Grains	Food for Feeling Great, Part 4	2012	Winter	16-20
STATINS AND OTHER DRUGS	Cataracts	2011	Autumn	23
STATON, KYM	Vegetarian triathlete	10/11	Summer	44-45
STEM CELLS: WHAT THE HECK ARE THEY?	True role; healing; support for our own	2012	Winter	2-4
STEM VEGETABLES	Food for Feeling Great, Part 2	11/12	Summer	14-15
STREP THROAT	Your Questions Answered	10/11	Summer	18
STRESS, DEALING WITH	For recovery from arthritis & rheumatism	2012	Winter	37
STRESS, HOW TO TAKE THE DISTRESS OUT	Emotions; managing/preventing stress	2010	Spring	56-61
STROKES	Dr Mercola: Lack of Vitamin D	2011	Autumn	19
SUGAR	Cataracts; diabetes	2011	Autumn	23, 24
SUGARS	Leptin resistance/false appetite/obesity	2011	Winter	3
SUNBATHING	Health and longevity; eyes	11/12	Summer	3
SURGERY, DETOXING AFTERWARDS	Your Questions Answered	2010	Spring	22
TEA TREE GEL	Natural remedy for head lice	2012	Autumn	7
TEENAGE ANGER, BOTTLED UP	Why and what to do about it	2011	Spring	26
TEXTURED VEGETABLE PROTEIN (TVP)	Your Questions Answered	2011	Winter	6
THOUGHTS AND FEELINGS	Affect our cellular health	10/11	Summer	55
TOXAEMIA	Main culprit in shingles; how to lower	2011	Winter	29-30
TRANS FATS	Macular degeneration	10/11	Summer	14
TRAVEL	Japan's Green Belt	10/11	Summer	62-64
TRAVEL	Vegan 15 Peaks Challenge in Wales	2010	Spring	64-65
TRUE NATURAL HEALTH	New magazine; editorial	2011	Autumn	1
TURMERIC/CURCUMIN: anti-cancer/inflam.	Your Questions Answered	11/12	Summer	6-7
ULTRAVIOLET RAYS	Cataract and glaucoma	2011	Autumn	22
VACCINATION	Aust. study of unvaccinated adults	2011	Spring	1 & 13
VEGAN 15 PEAKS CHALLENGE IN WALES	Travel	2010	Spring	64-65
VEGAN DIET AND LIFESTYLE	Time for change – M. Butterflies Katz	2010	Spring	52-53
VEGAN ERA WEBSITE	Amanda Rootsey	10/11	Summer	5-8
VEGAN, ON BEING	Meat, methane and climate change	2010	Spring	45
VEGETABLES AND FRUITS	High intake reduces risk of cataract	2011	Autumn	23
VEGETABLES, FRESH	Food for Feeling Great, Part 2	11/12	Summer	12-17
VEGETABLES, MISCELLANEOUS	Food for Feeling Great, Part 2	11/12	Summer	16
VEGETABLES, STARCHY	Food for Feeling Great, Part 4	2012	Winter	16-17
VEGETARIAN CHILDREN	Healthy plant-based eating	10/11	Summer	28-31, 57
VEGETARIAN DIET	Diabetes 2 meds affect vitamin B ₁₂	2011	Autumn	5
VEGETARIAN TRIATHLETE, Kym Staton	Her story and accomplishments	10/11	Summer	44-45
VEGETARIANS, WHERE ARE THEY?	Your Questions Answered	2011	Winter	8
VEGGIE PHRASES IN 60 LANGUAGES	Free iPhone and Android app	2011	Autumn	14
VIRAL GASTROENTERITIS (stomach flu)	Your Questions Answered	10/11	Summer	18
VITAMIN B ₁ DEFICIENCY	Glaucoma	2011	Autumn	23
VITAMIN B ₁₂ ABSORPTION	Affected by diabetes 2 meds; veg'n diet	2011	Autumn	5
VITAMIN B ₁₂	Healthy plant-based eating for children	10/11	Summer	30
VITAMIN C – TOOTH ENAMEL DAMAGE?	Your Questions Answered	2011	Spring	7
VITAMIN D	Eye health; general health	11/12	Summer	2
VITAMIN D	Healthy plant-based eating for children	10/11	Summer	30
VITAMIN D	Dr Mercola: Lack linked to strokes	2011	Autumn	19
VOICELESS	Intensive pig farming	2010	Spring	53
'WAR' AGAINST DISEASES, FAILURE	Book: A Return to Healing	10/11	Summer	56
WATER AND EXERCISE	Over-hydration dangerous, not dehydr'n	2012	Winter	38
WATER FILTERS/PURIFIERS	Your Questions Answered	2010	Spring	22
WATER: IS 8 GLASSES A DAY A MYTH?	Your Questions Answered	11/12	Summer	6
WIRELESS WORRIES	Radiofrequency radiation; carcinogenic?	2012	Winter	6-7
WOMEN'S HEALTH: HIGH CHOLESTEROL	Means fewer heart attacks and strokes	11/12	Summer	33
WORLD HEALTH & OTHER ORGANIS'NS	Announcements re mobile phones	11/12	Summer	20
YEAST, NUTRITIONAL	Your Questions Answered	11/12	Summer	7-8
YOUR QUESTIONS ANSWERED	Roger French, Editor	ALL	ALL	
ZERO CARBON AUSTRALIA 2020	Stationary Energy Plan (ZCA2020 Plan)	2010	Spring	34-37

OBITUARY Christine Smith

Christine Smith passed away on 8th July 2012 at the age of 92 years.

She was a great advocate for Natural Health, having been involved with the Natural Healthy Society in Wollongong for over 40 years. She regularly attended the Wollongong Branch monthly meetings, never failing to contribute to the healthy afternoon tea.



Christine suffered ill health during her last 10 years. However she was able to utilise mostly natural therapies (including visits to Hopewood Health Retreat) with minimal orthodox remedies. Christine opted for a better quality of life rather than accepting invasive treatments offered by the medical profession. She certainly was a good example of wholistic living. She believed not only in the benefits of a healthy body, but understood the value of a healthy mind and solid spiritual belief. Discussions on the value of family life and social justice were always robust.

She will be sadly missed by her Natural Health community.

Janet Pezzutto (her good friend)

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MUESLI SLICE

INGREDIENTS

- 1/2 – 3/4 cup honey
- 1/2 cup cold-pressed oil
- 4 cups raw, very fruity muesli (or use rolled oats mixed with raisins, sultanas, dried pineapple and dried pawpaw)
- 1 cup grated apple or mashed banana (apple gives moister slice)
- 1 cup wholemeal plain flour

METHOD

Mix together honey and oil. Add other ingredients and mix thoroughly. Spread onto greased shallow baking dish 2 – 3 cm deep and smooth with wet knife. Bake at 180°C for 30 – 40 minutes or until brown.



PEANUT BUTTER FUDGE

! (Be alert for peanut allergy, and if present avoid this recipe) !

INGREDIENTS

- 1 cup unsalted peanut butter
- 1/2 cup honey
- 1 cup dates, chopped
- 1 cup dried apricots, chopped
- 1 cup soya milk powder (or powdered milk)

METHOD

To make honey easier to mix, warm in cup sitting in moderately hot water for 5 minutes or so. Mix peanut butter, honey and fruit with a wooden spoon in a large bowl. Gradually stir in milk powder to make a stiff, dry mixture, then knead by hand. Add extra milk powder if necessary. Press into a shallow baking tray 2 cm deep and smooth with a wet knife. Chill and cut into small squares.



SESAME BARS

INGREDIENTS

- 2 cups sesame meal (use seed/coffee grinder and 1 1/2 cups seed)
- 2 cups desiccated coconut
- 1 cup honey

METHOD

Mix sesame meal and coconut, then add honey. Spread over well-oiled oven tray about 2 cm deep. Bake in slow oven approx. 20 minutes until golden brown. When half cooled, cut into bars. When fully cooled, the bars will set and may then be removed from the tray.



FRUIT BALLS

INGREDIENTS

250 gm ground nuts or seeds such as sunflower and/or sesame (can grind in food processor)

500 gm mixed dried fruit, minced (Compact juicer will do this with blank in place)

3 tbsp soya milk powder

3 tbsp desiccated coconut plus extra for coating



METHOD

Mix all ingredients, and roll into balls about the size of a 10 cent coin. Roll the balls in the extra coconut.

CAROB-TAHINI LOG

INGREDIENTS

2 tbsp tahini

½ cup honey

⅓ cup carob powder

1 cup soya milk powder (or powdered milk)

desiccated coconut



METHOD

Combine all ingredients except coconut. Knead until well mixed. Form into logs, roll in coconut and refrigerate. When firm, slice at an angle (for appearance) and serve.



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The Basics of Juice and Water Fasting

PART ONE | by **Doug Evans, naturopath and osteopath**



Simply put, fasting is a rest from food that just about anybody can benefit from. The human body has an incredible healing capacity, and fasting – going without food – can eliminate 'poisons' or toxins and balance the body's chemistry, improving overall health through the process of cleansing.

Toxins can be caused by adverse nutritional habits, environmental pollutants, stress and the general strains of life, meaning that even those who live a relatively healthy lifestyle still develop a build-up of toxins.

When the body is not exhausted by physical activity, not continually drained by digesting food or overstressed by emotional concerns, it has the opportunity to provide internal organs with a much-needed rest and rejuvenation. Under proper supervision, fasting can help to restore and normalise glandular, metabolic and nervous-system functions, at the same time accelerating new cell and tissue generation and enhancing cell oxygenation.

Many people experience adverse symptoms when fasting, such as headaches, muscle aches, backaches and nausea. These are often due to withdrawal from caffeine, alcohol and/or cigarettes. It is very important that you consult with a naturopath before and during your fast.

At Hopewood Health Retreat, we guide our guests through two types of fasting – water fasting and juice therapy.

WATER FASTING

This is often the most effective way to increase elimination of wastes and enhance the healing processes of the body. Water fasting involves abstaining from all food and drinks, except for water, for a specified amount of time. The process spares essential tissues (vital organs) while utilising non-essential tissue (primarily fatty tissue, but also adhesions and swellings) for fuel.

JUICE DIET

Fresh juice is referred to as 'live' food because it still contains active enzymes, which is indicative of how fresh and nutritious it is. The juice is packed full of vitamins, minerals and antioxidants and requires minimal energy to digest, with maximum absorption and assimilation. Some people may prefer a juice diet to water fasting as it comes with fewer of the uncomfortable effects often associated with a full fast, for example, weakness, dizziness and headaches. Juice fasting provides similar benefits to those of a full fast but to a lesser degree.

LENGTH OF A FAST

Because there are many circumstances that determine how long a fast can continue, the length is decided on an individual basis. Generally, an acute disease such as a cold requires only a short fast, whereas chronic diseases such as arthritis require a longer fast. It's very important to consult with a naturopath before starting your fast.

CONDITIONS THAT CAN BE IMPROVED BY FASTING

Fasting can be beneficial to many common health problems, including arthritis, chronic back pain, fatigue, headaches, impaired immunity, eczema, chest congestion, allergies, high blood pressure, gastrointestinal problems, polyps, ovarian cysts and liver and kidney functions. In addition, fasting can also help with the elimination of the chemicals in our body, mental clarity, kick starting a new lifestyle change, and providing an opportunity to give up smoking.

WEIGHT LOSS AND FASTING

Fasting is not a solution for obesity. The fat you lose during a fast can easily be replenished if you do not resume a good diet and regular physical activity. Repeated fasts or repeated crash diets are not advised, because they may have the lasting effect of slowing your metabolism. In this regard, it is better to have longer fasts less often than frequent short fasts.

Stay tuned for 'Juice and Water Fasting Part Two' in the next issue, in which we take a look at the chemical changes that occur in the body during fasting and also the best method for breaking a fast.



A Hopewood Recipe

Tang-licious Berry Juice

INGREDIENTS

- 50 gm blueberries
- 4 strawberries
- 1/2 fresh lime
- 1 passionfruit
- 40 – 50 ml water

METHOD

Place selected ingredients in a blender and blend until smooth. Pour into glasses.

Health Tip

This is a high antioxidant, refreshing juice, which helps prevent damage via free radicals, supports eye conditions (glaucoma, macular degeneration), helps strengthen veins and arteries and cleanses the liver. The addition of passionfruit helps to calm nerves.



Hopewood Health Retreat in Wallacia, NSW, offers naturopathic consultations throughout the course of your fasting treatment. We can help to identify health issues; provide ongoing guidance, care and support; and prescribe individual nutritional programs. Book today on (02) 4773 8401. Or visit www.hopewood.com.au for more information.

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FOOD FOR FEELING GREAT

PART 5 - SUGARY CARBOHYDRATES

By Roger French

Sugary carbohydrate foods refers to the *concentrated* sugary foods, meaning dried fruits and the natural sweeteners that include honey, maple syrup, agave nectar and so on. Their chief characteristic is that they are all very sweet. Their chief negative is that their high sugar concentration can lead to hypoglycaemia (low blood sugar) and possibly eventually to diabetes (high blood sugar).

Although the *fresh* fruits are sweet, sugary foods, they are nothing like as sweet as these concentrated foods, because the fresh fruits are high in water, their water contents ranging typically from 75% in bananas to 93% in watermelon. In contrast, the water in dried fruits ranges from 12% in raisins to 37% in prunes and their sugar contents from 31% in prunes to 70 – 73% in raisins and sultanas. (For details of the fresh fruits, see Part 1 in the Spring 2011 issue.)

How much concentrated sugary carbohydrate do we need each day? We don't really need any. Dried fruits are nice as a treat or to provide sweetness in baking. They are also very useful as light-weight, high-energy foods for travelling. Upon arrival, they can be soaked to restore them to something like the original fresh fruit. But they are not essential foods.

Honey and the other sweeteners are useful where sweetening is desired. The natural ones are nutritionally much superior to refined sugar.

There is an *upper* limit to the amount of concentrated sugary foods to be consumed in a day. Honey, etc, should be eaten very sparingly, whereas dried fruits can be eaten in larger quantities. For an adult of average size, a reasonable upper limit for dried fruits would be of the order of 60 gm, or at least no more than this amount *at any one time*, so as not to upset blood sugar level. If a person suffers sugar reactive hypoglycaemia, the upper limit needs to be nil.

Hypoglycaemia is a big issue with concentrated sugary foods because they can elevate blood sugar level very rapidly. The body is not geared for high blood sugar levels, and the pancreas tends to 'panic', over-react and release too much insulin. Consequently, blood sugar level drops rapidly and over-shoots to too low a level. This produces a craving for sugar and the person goes for another sweet treat. Blood sugar rises rapidly and the cycle is repeated all over again. This can happen a number of times through the day, and if it goes on for months or years, the pancreas enlarges to cope with the endless excessive demand. The enlarged pancreas now reacts to even small amounts of sugar, and the person now has chronic low blood

sugar, that is, hypoglycaemia.

Apart from physical and mental fatigue and feeling hungry sooner after a meal, hypo also encourages the body to turn ingested carbohydrates into fat stores.

Much later down the track, the pancreas could become exhausted and the result is then the opposite, diabetes.

The measure of how rapidly a food raises blood sugar is called *Glycaemic Index* or simply GI. Many of these concentrated sugars are high GI and need to be used accordingly.

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.

DRIED FRUITS

'Nature's confectionery'! And there's plenty of choice. First up is dates, then there are the dried grapes – raisins, sultanas, currants and Sunmuscats. The common dried stone fruits are apricots, peaches and nectarines. Also commonly dried are apples, pears, figs, cranberries, goji berries and acai berries.

Australian dried grapes are considered to be among the finest in the world, because of the very high quality standards that Australian growers maintain under the guidance of their association, Dried Fruits Australia (www.driedfruitsaustralia.org.au).

Up to four kilograms of fresh grapes are required to produce just one kilo of dried vine fruit.

What is the difference between raisins, sultanas and currants? They are dried from different kinds of grapes. Seedless raisin varieties include Thompsons, Flames and Sultana. The sultana grape is generally smaller than the normal raisin, but larger than currants, which are made from the Zante grape.

Dates

Not only are dates super sweet, they also contain an impressive array of nutrients. The sweetness is, of course, sugar – in fact, two simple sugars glucose and fructose. With a sugar content of typically 66%, dates are very high glycaemic index, so to be avoided by people with diabetes. The GI can be reduced by dipping a date in tahini, by adding a dab of peanut butter or by inserting an almond or cashew into the centre vacated by the seed.

Fresh is the ideal way to consume dates, but they are expensive. Dried dates, in which the water content is reduced to typically 16%, are still highly nutritious.

Protein at around 2% is not very significant. But fibre at 10% provides excellent bulk, which prevents constipation and carries spent cholesterol out of the body.

Most dried fruits, because of their concentration, are high in the important alkaline mineral potassium, and dates (dried) are typical at 730 mg per 100 gm. Also well supplied are calcium (47 mg), magnesium (50 mg), iron (2.6 mg), manganese and copper.

This dried fruit is rich in the carotenoids, lutein and zeaxanthin, which are concentrated in the retina at the back of the eye and protect against macular degeneration.

There is no vitamin C in dates, probably due to long storage time between harvest and reaching the consumer.

Dates are an energy-rich snack, ideal to carry when travelling or bushwalking. For freshness, choose dates that are plump, glossy and not too wrinkled, and avoid those that are hard, black or have sugar crystals on the skin.

Raisins

Like the grapes they are dried from, raisins are excellent nutrition. They have a very cleansing effect on the bloodstream, are high in antioxidants and are good for high blood pressure.

But raisins are highly concentrated. Whereas grapes are typically 80% water, raisins are only 12%, with a high sugar content (mainly glucose) at around 70% similar to dates. They should be eaten in relatively small quantities – no more than approximately 60 gm at a time.

Fibre is a mediocre 5%.



Raisins are one of the richest foods in potassium, containing a hefty 1,050 mg, and second only to dried apricots. Calcium and magnesium are modest at 41 mg and 35 mg respectively. However, iron is an impressive 4.2 mg,



justifying the reputation of raisins as a good source of iron. Raisins are also one of the top sources of the trace mineral, boron, which provides protection against osteoporosis in post-menopausal women.

Raisins that have been derived from dark red/black grapes contain moderate levels of *anthocyanins* and *proanthocyanidins*. The levels are lower than in fresh grapes because of losses in the drying process. These phytonutrients are antioxidants more powerful than vitamin C by 15 to 40 times. They are anti-inflammatory and prevent and repair free-radical damage. In contrast, raisins contain no vitamin C.

As with grapes, raisins are also rich in *resveratrol*, which is antioxidant, anti-inflammatory, anti-cancer and reduces the risk of stroke and heart disease.

A question commonly asked is: are raisins, sultanas and currants sulphured or not. The answer is 'no', in Australia, no sulphur is used in the drying process. Sulphur is used with dried stone fruits, but not in drying grapes.

The grapes are harvested in late summer and early autumn. Individual bunches are picked and laid out on drying racks in the sun, or fruit-laden canes are cut and left in place on the trellises to dry. Either way, the grapes dry in the sun. To expedite drying, the grapes are first sprayed with an emulsion of refined vegetable oil and potassium carbonate. This alters the natural wax layer on the skin of the grapes and allows more rapid drying. The hot, dry summer air does the rest, except that some growers finish off the process using drying tunnels – the racks are enclosed in plastic sheets through which hot air is circulated or the grapes are finish dried in bin dehydrators.

Raisins sold as 'natural' have *not* been sprayed with potassium carbonate emulsion, take longer to dry and turn darker in colour.

At a local processing company, each grower's delivery of dried grapes is carefully checked to ensure that they meet rigorous quality standards. During packing, just two drops of a preserving chemical are added to each 12 kilogram box that then goes to market.

Most raisins, sultanas and currants would almost meet organic standards. This is because the only pesticides that are usually required are copper and sulphur treatments for downy and powdery mildew. In the uncommon case of caterpillar infestation, the usual choice is Bt, a bacterial biological control.

Sunmuscats

These are a newer variety of Black Muscat grapes, which are late maturing and dark in colour with a seed. They are dried in a way that retains the true Muscat flavour.

Sultanas

These are smaller than raisins, and can be light or dark in colour, depending on conditions during the drying process.

Nutrient content is very similar to raisins. Any small differences would be individual variation due to variety of grape, growing conditions, drying, etc. Sugar content is typically 73%, potassium is 910 mg, calcium is 56 mg and magnesium is 37 mg. Iron at 2.0 mg is about half that in raisins. Vitamin C is absent, presumably because it decays with long storage – but there is very little in fresh grapes anyway.

Currants

Currants ('Zante currants' in the United States) are dried small, seedless grapes of the variety, Zante or Black Corinth. Zante currants are not true currants and are *not* related to black, red or white currants, which are berries of the genus *Ribes* and grow on a bush rather than a vine.

Zante currants are slightly less sweet than raisins or sultanas, having a sugar content of around 63%. Other minerals and vitamins are similar to sultanas, except for much higher calcium at 87 mg. Like raisins, they contain modest levels of anthocyanins, proanthocyanidins and resveratrol.

Blackcurrants

These are the true currants and are available in black, red and white varieties. They are loaded with vitamin C, one source stating 155 – 215 mg per 100 gm or around four times that of oranges. Their content of anthocyanins and proanthocyanidins – responsible for their dark colour – is almost double that of the super-food blueberries, making this dried fruit powerful protection against free radicals and strong support for the immune system.

Other minerals and vitamins are at modest levels.

Blackcurrants are anti-inflammatory, powerfully antioxidant and preventive against cancer and tend to reduce the effects of arthritis.

These true blackcurrants are used in blackcurrant-and-apple juice and in the brand, *Ribena*, for which the berries are grown in the UK.

Dried Figs

This sweet treat is not overpoweringly sweet like dates. At typically 53% sugar, figs with GI 60 are much lower than dates.

At 14% fibre, dried figs have more fibre than any other fruit and are helpful at preventing constipation. Figs have been known for centuries to provide a natural laxative effect. This is due to the presence of *mucin*, a carbohydrate-protein combination that lubricates the intestines.

Dried figs have a similar claim for their calcium and magnesium contents. At 200 mg calcium per 100 gm fruit and 73 mg magnesium, these values are higher by a long way than in any other fruit, making dried figs solidly alkali-forming. Potassium is abundant at 780 mg, but not so in iron which at 1.4

mg is lower than in other dried fruits. There are useful levels of manganese, copper and silicon. Once again, there is no vitamin C.

Prunes

Prunes are dried plums, usually the d'Agen variety, with most coming from California. This fruit is well known for its natural laxative properties, but less recognised are its powerful antioxidant properties.

The laxative effect is due to the fibre content (8%) plus a substantial content of *sorbitol*, a sugar alcohol which is a mild stimulant to the colon. Prunes can provide great benefit for people suffering constipation, with its associated risks of haemorrhoids and bowel cancer.

Much of the antioxidant power of prunes can be attributed to high levels of *hydroxycinnamic acids* (phenolic compounds), which are highly effective at scavenging free radicals. Although plums are rich in anthocyanins, prunes have much less, or even none, because the anthocyanins degrade rapidly during the drying process and more rapidly with higher temperatures.

FEELING GENEROUS RE YOUR WILL?

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

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

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

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



Compared to dates and raisins, for example, prunes contain much less sugar at around 40%, giving them a medium-to-low GI rating of around 35, which is very beneficial.

At good levels, but not huge, are potassium (700 mg), magnesium (42 mg) and calcium (52 mg). There is also some copper and boron.

Dried Apricots, Peaches and Nectarines

Dried apricots are 'famous' for their potassium content, which, at around 1,500 mg, is far higher than in any other fruit. The bright orange and yellow colours of fully ripe apricots reflect their rich content of carotenoids, the particular ones being beta-carotene, beta-cryptoxanthin, lutein and zeaxanthin. The last two protect the eyes against macular degeneration.

With a sugar content of 40%, similar to prunes, the GI would be medium-to-low. Fibre is a generous 9%.

Besides potassium, there are high levels of other minerals – calcium is 67 mg, magnesium 57 mg, iron 3.1 mg and zinc 0.8 mg. There is a lot of vitamin B₃.

Dried peaches and nectarines are broadly similar to dried apricots, except that minerals and vitamins are not quite as rich.

These three fruits have sulphur added during drying to preserve their lighter colours. This sulphur – in the form of sulphur dioxide (labelled 'E220' when used as a food additive) – is better avoided and can be a serious problem for sufferers of asthma. Dried apricots, peaches and nectarines should be free of sulphur if they are labelled 'organic', 'natural' or 'unsulphured'. This is easily determined by the colour – if they are dark like dates, they are unsulphured, the reason being that sulphur prevents oxidation at the surface of the fruit.

Dried Cranberries

Fresh cranberries, dried cranberries and cranberry juice are 'famous' for their ability to help prevent and treat urinary tract infections (UTIs). Recent research has shown that this is due to the unusual structure of their proanthocyanidins, which act as a barrier to prevent bacteria latching onto the urinary tract lining. No other fruit is as effective as cranberries. Consuming approximately 300 ml of cranberry juice daily is believed to be sufficient to achieve these benefits.

Cranberries have recently been found to have substantial anti-cancer properties due to high contents of proanthocyanidins, anthocyanins and other powerful antioxidants. Some of these trigger the programmed cell death of cancer cells. Cancers that can be helped are breast, colon, lung and prostate. It is the anthocyanins that give cranberries their robust red colour. Although the antioxidants are

richest in the fresh fruit – giving a high ORAC rating of 9,580 – some remain in the dried cranberries, which could still have a good rating.

Cardiovascular disease and certain stomach ulcers can also benefit from cranberries.

Dried cranberries contain 25% sugar, much less than the other dried fruits, and they have a strong acidity which can overwhelm their natural sweetness. For this reason, cranberries are usually sweetened with refined sugar; however, some brands use organic apple juice concentrate, which is much preferable.

Dried Bananas

This sweet treat is a potassium feast with almost as much as dried apricots. Depending on the degree of drying, the level could be up to 1,490 mg. Similarly, magnesium can be up to 130 mg depending on drying conditions. Sugar content is typically around 50 – 60% and fibre 6 – 10%.

Banana chips are different from the pure dried bananas, as they may be deep fried. Be aware that even though banana chips are frequently labeled "dried", the vast majority are deep fried, usually in coconut or palm oil, so they have added fat. They are no doubt considerably less wholesome than pure dried bananas.

Other minerals and vitamins in dried bananas are at modest levels. Nevertheless, a properly dried banana is a treat for banana lovers.

CONCENTRATED SWEETENERS

Honey

Honey is a very concentrated food, typically 82% sugar and the remainder mainly water. Its energy level is 310 kcal per 100 gm, but you wouldn't eat 100 gm in a single day – that is a lot!

There is no fibre, just a trace of protein and small but significant amounts of minerals. Vitamins B and C are absent. The small quantities of minerals are: potassium 62 mg, calcium 8 mg, magnesium 3 mg, zinc 2.6 mg and iron 0.2 mg. Considering honey comes from the nectar of flowers, these levels are surprisingly low.

When honey is heated for filtering, it's very substantial enzyme content is likely to be completely destroyed by the heat, and its life-force also destroyed. When buying honey, look for 'raw', 'unheated' or 'unfiltered' honey. Raw honey is slightly alkali-forming, whereas heated honey is slightly acid-forming.

A caution with honey is that it is totally unsuitable for newborn babies and infants

under about 12 months. Being antiseptic, it can cause havoc to the newly developing gut bacteria, so it should be given only to infants over 12 months of age.

Honey is much preferable to refined sugar. Both honey and white sugar contain the simple sugars, glucose and fructose. In white sugar they are combined to form sucrose, whereas in honey they exist separately and require no digestion. The life force and mineral and enzyme content of honey give it a capacity to promote healing – as it tends to do with a skin ulcer, for example, which white sugar won't do. Another plus for honey is that it contains antioxidants.

All honeys have antibacterial properties due to bodily moisture causing the release of the antiseptic, hydrogen peroxide. This is effective against bacteria without damaging tissue.

A remarkably beneficial kind of honey is Manuka honey, which comes from the New Zealand manuka bush or tea tree (*Leptospermum scoparium*). True manuka honey is unique to New Zealand.

Manuka honey is a much stronger antibacterial than ordinary honey. Hydrogen peroxide is easily destroyed by heat, sunlight and fluid, so is broken down in the body. But in manuka honey, another compound, called *methylglyoxal*, provides extra antibacterial activity and does not break down. Methylglyoxal reacts synergistically with other compounds in the honey to be powerfully antibacterial, and this is referred to as the *Unique Manuka Factor* or UMF.

Not only is the UMF property very stable to heat and bodily fluids, but bacteria do not develop resistance to it, as is inevitable with conventional antibiotics. This applies even with superbugs such as the flesh-eating bacteria. Further, the UMF can reach deep-seated infections, which hydrogen peroxide cannot. Whereas antibiotics have side effects, this special honey has none.

The UMF property has been found to be effective against a wide range of bacteria including *Helicobacter pylori* (causes stomach ulcers), *Staphylococcus aureus* ('golden staph') and *Escherichia coli* (common cause of infected wounds), MRSA (methicillin-resistant *Staphylococcus aureus*) and *Streptococcus pyogenes* (causes sore throats). MRSA is a serious problem for hospitals all over the world.

For a manuka honey to be therapeutically effective, it must have a rating of UMF 10 or more. The higher the UMF rating, the higher the antibacterial activity.

Besides serious infections, manuka honey can also be used for the treatment of wounds, cuts, burns, ulcers, yeast infections, insect bites, various skin conditions such as acne, eczema and psoriasis, and fungal infections ranging from ringworm to athlete's foot. Researchers say that they haven't found any infectious organisms that manuka honey doesn't work on.



Agave Nectar

Agave nectar is a low-calorie, low-GI sweetener that tastes like honey, but is even sweeter, and has a slight caramel overtone.

Agave nectar, or Agave syrup, is obtained from the plant, *Agave tequilana*, also called Blue Agave, from which tequila is made. It is produced in Mexico and can be purchased in Australia.

Extraction and conversion of starch to sugar is done with or without chemicals. One brand in Australia that uses no chemicals and is organic is Loving Earth

This sweetener is typically 70% fructose, 10% glucose and 10% inulin (a complex fructose), although these proportions can vary considerably. It is high in minerals including potassium, calcium, magnesium and iron.

Agave nectar can be used to sweeten any type of food or beverage. In cooking or baking, just substitute one-quarter cup of nectar for every one cup of refined sugar in a recipe.

There could be some concern about the health effects of this amount of fructose. Like all sweeteners, agave nectar should be consumed in sparingly.

Maple Syrup

Maple syrup is a close-to-natural sweetener, being the concentrated sap of the maple tree – it takes 40 litres of sap to make one litre of syrup, hence it ain't cheap!

Maple syrup has an exciting sweetness with a unique flavour. It contains broadly similar calories to honey at 330 kcal per 100 ml, but more minerals. Sugar content is typically 65% and water is 35%. There are modest levels of minerals, particularly potassium, calcium, magnesium, manganese and zinc. Surprisingly, there are no vitamins.

The maple trees that produce syrup are found only in the Canadian provinces of New Brunswick, Nova Scotia and Quebec and the US states of Vermont and New York.

Containers of maple syrup should be kept in the refrigerator once opened. If any mould appears on the surface, the entire contents may be contaminated.



Pancakes topped with maple syrup is a classic dessert, but be sure to make the pancakes wholemeal or buckwheat.

Beware of imitation maple syrup, which is mainly water, refined sugar and chemical additives. An Australian-owned brand of pure maple syrup is 'Queen', located in Alderley, Qld.

Apple and Pear Juice Concentrates

These are simply the concentrated juices of their respective fruits with a similar balance of nutrients to the original fruit minus the fibre and any vitamins affected by the evaporation process. They are very wholesome sweeteners, with a natural balance of minerals and vitamins. People with diabetes may be able to use them.

Rice Syrup

'Rice syrup' or 'brown rice syrup' is made by using enzymes (from dried barley sprouts) to break down the starches in cooked rice to simpler carbohydrates. The liquid is strained off and concentrated by heat until the desired consistency is obtained.

The syrup has a smooth, delicate sweetness and buttery flavour. Its carbohydrate is approximately 50% soluble complex carbohydrates, 45% maltose and 3% glucose. Because brown rice is abundant in vitamins and minerals like magnesium, manganese and zinc, the syrup contains these nutrients and is a reasonably well balanced food. It has a low GI, so does not cause blood sugar surges.

Brown rice syrup is reasonably mild and wholesome, and suitable for sweetening a variety of foods, including baked dishes and desserts.

Rice syrup can also be made from white rice, in which case the syrup will be much lower in nutrients than brown rice syrup, except for carbohydrate which is much the same. The GI is still significantly lower than for white sugar.

Malt Extract

Barley is soaked in water and allowed to germinate (sprout) so that the starch is converted to the sugar, *maltose*. This is then dried and filtered to produce *malt*, which is used as the basis of beer making. Maltose, or 'malt sugar', is simply two molecules of glucose bonded together.

The *malt extract* used in food is made by soaking malt in water, boiling to sterilise, and then heating to 40°C under vacuum to concentrate the liquid. This is *liquid malt extract*, consisting typically of 80% solids and 20% water. The sugar content is mainly maltose. Spray drying produces *powdered*

malt extract which is typically 95% solids and 5% water.

Because the original barley has not been refined, malt extract contains the ingredients of the whole barley, except for some insoluble minerals lost with the husk and some vitamins adversely affected by heat. Consequently, malt extract is to some degree a balanced food.

Rapadura Sugar

Sugar cane is juiced and dehydrated to produce Rapadura sugar. It is unrefined and so retains the full spectrum of the minerals, vitamins and phytonutrients present in sugarcane. All that is missing are the water, fibre and any nutrients destroyed during dehydration. Organic Rapadura is available, which avoids the problem of pesticide contamination.

Whereas white sugar is devoid of any nutrients other than sucrose, Rapadura sugar contains the molasses and is naturally sweeter than white sugar. It contains high levels of potassium, magnesium, calcium, iron, zinc and chromium and modest amounts of B-vitamins.

As a result of these nutrients, Rapadura is lower GI than white sugar.

If a recipe calls for a crystalline sugar to be used, this is the best of the bunch.

Black or Dark Brown Sugar, Demerara

This is white sugar with some of the molasses added back, so it does contain some minerals and B-vitamins. Unfortunately, molasses is likely to contain some of the pesticides from growing the sugarcane, unless it is organic.

Demerara is a name that can refer either to refined sugar with molasses added or to evaporated cane juice. In both cases, it contains some degree of balance of nutrients and has a subtle molasses flavour. It has relatively coarse crystals. If the crystals are very fine, it is called *muscovado*

Glycaemic index is just a little better than for white sugar.

Palm Sugar

This is the dehydrated and crystallised nectar of the flowers of the coconut palm. It has many of the same nutrients as Rapadura and offers similar benefits. Palm sugar contains potassium, magnesium, zinc, iron, vitamins C and some B's. Its GI is a little lower than for cane sugar.

The sweetness of palm sugar is also similar to Rapadura, except that its flavour is more like mild caramel rather than molasses.

Molasses

When white sugar crystals are removed from concentrated sugarcane juice, the difference is molasses. In other words, molasses contains all the many hundreds of nutrients and phytochemicals that are in sugarcane, except the fibre, sucrose and water. Consequently, it is loaded with good nutrition. Here is one analysis: sugar 55%, other carbs 20%, water 23%, potassium 2,500 gm per 100 gm, calcium 860 mg, magnesium 215 mg, zinc 1.0 mg, iron 18 mg, manganese 2.6 mg, copper 2.0 mg and selenium 18 micrograms. B-vitamin levels are low.

Blackstrap molasses is a thick, dark, strongly flavoured molasses.

The one big negative with this food is that the herbicide and insecticide residues normally present in sugarcane are concentrated during the production of molasses. Fortunately, organic molasses is readily available from brands that include Melrose and Spiral Foods.

In summary, molasses is absolutely loaded with minerals, but needs to be organic to avoid possibly high pesticide residues.

Glucose Syrup

Also known as 'grape sugar' or 'dextrose', this sugar is found in grapes, some other fruits and honey. The end result of human digestion of most of the sugars and starches in our foods is glucose, so it is the sugar in our bloodstreams. Consuming it in place of white sugar has no nutritional benefits because pure glucose is devoid of minerals, vitamins and other nutrients, as is white sugar, hence glucose syrup is virtually a junk food. Further, it is very high GI.

Fructose

Although fructose – or 'fruit sugar' – is one of the natural sugars in fruit and is fine in 'natural' quantities, we are not designed to take in the large quantities that are in processed foods.

Fructose is being added to soft drinks, 'sugar-free' jams and some other processed foods. When food manufacturers add white sugar to our foods, they are indirectly adding fructose because sucrose digests to yield glucose and fructose.

As explained in the Winter 2011 issue of this magazine, fructose does three things in the liver that are particularly bad – it promotes uric acid production (and therefore gout), it initiates fat production in the liver, and it initiates an enzyme called junk one, which stops the insulin receptors in the liver from working, causing insulin levels all over the body to rise. This renders useless a protective mechanism in the brain that tells our bodies when to stop eating and when to exercise more.

By adding fructose or white sugar to processed foods, food manufacturers are unwittingly fuelling the obesity epidemic.

Although fine in moderate quantities, as in fruit, fructose in excessive amounts becomes harmful.

Raw Sugar

This is a late stage in the refining of white sugar, and is very close nutritionally to white sugar. It is about 96% sucrose and 4% water with insignificant traces of minerals and vitamins. Raw sugar is so close to white that it can be considered to have virtually the same gross deficiency of nutrients.



White Sugar

White sugar is around 99.9% pure sugar in the form of sucrose, and therefore the 'purest' food on Earth and the most unbalanced nutritionally. Nowhere in nature does sugar exist in a pure form without the accompanying minerals and vitamins that enable the sugar to be properly metabolised in the body.

Because refining has removed all the minerals and vitamins that are necessary for 'burning' the sugar and neutralising its acidic residues, white sugar is often appropriately labelled 'empty calories'. The body can only metabolise it by dipping into its reserves of vitamins and minerals. But if a person consumes a lot of refined carbohydrates, there may not be any reserves.

Although small quantities of refined sugar are probably harmless enough, the average refined sugar consumption in Australia in 2010 was around 130 – 160 grams per person per day. This is equivalent to the amount of sugar contained in over a kilogram of apples, which would be very filling. Yet this amount of white sugar is consumed in addition to a lot of other carbohydrate-rich foods along with fat and protein.

This amount of pure sucrose yields, on digestion, unnaturally large quantities of glucose and fructose. A very recent discovery – as mentioned under 'Fructose' above – is that unnaturally large amounts of fructose create problems with appetite mechanism, obesity, fat deposition in the liver and gout.

White sugar is used extensively in processed foods and is a major concern for obesity, hypoglycaemia, diabetes, dental caries and other conditions. Some years ago, the Professor of Nutrition of London University, John Yudkin, wrote a book extolling the non-virtues of refined sugar – he titled it *Sweet and Dangerous*.

Special Offer re the Society's book

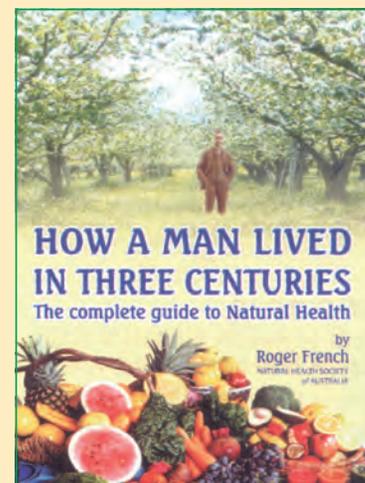
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GERSON THERAPY

Coffee Enema Mystery Solved

By Jo Thomson



So you have decided to embrace a new and healthy lifestyle and undertake a detox, or you have decided to undertake Dr Max Gerson's therapy to assist you in healing from an illness like cancer, diabetes, arthritis, asthma or hormonal issues. You are really excited and enthused and then you read that the therapy requires an enema. Not only that, it is a coffee enema!! Why can't I just drink the coffee? Will it hurt? Will I be going to the toilet all day? Do I really have to have the enema?

These are the most common reactions and questions I am asked regarding this part of the therapy. It really does take a bit of time to get your head around it. I know, because it took me a few weeks before I could undertake this bizarre practice. I can tell you that I still have an enema at least once a week to keep me healthy, and I feel awesome, clean and energised for many days afterwards.

The coffee enema is an integral component of Max Gerson's therapy. It is essential in supporting the detoxification of the body via the liver. As we embrace the therapy, our body begins to eliminate toxins from deep within the cells, toxins that have often been held there for years.

Without supporting the liver, these toxins can be reabsorbed by the body, increasing the burden on the liver and causing you to become extremely unwell. It can in some cases worsen your condition. It is paramount that you support the liver and body to eliminate the toxins through this simple and effective technique.

The mixture of coffee and distilled water is inserted into the rectum. Once absorbed, it is transported to the liver via the mesenteric vein, where the caffeine, theobromine and theophylline dilate bile ducts and cause increased bile flow. We also see an increase in the enzyme, *glutathione S transferase*, which increases the mixing of toxins with the bile. This is then eliminated from the body via the rectum. The enzymes in the coffee prevent the re-absorption of toxins by the liver, and are therefore eliminated with the coffee. The enema mixture is held in the rectum for 15 minutes – this allows the blood to be cleansed five times, as the body's entire blood circulation flows through the liver every 3 minutes.

Before commencing this part of the therapy, it is essential to rule out any contra-indications. So please seek medical advice first. If you have bleeding from the rectum, hypertension or tachycardia (racing of the heart), please seek medical advice, as these conditions are contra-indicated. Those with cardiac, respiratory or renal insufficiency should also seek advice.

I have found the coffee enemas to be most helpful in those clients with chronic constipation, bloating or foggy brains, as well as those with chronic diseases. The enema is not painful, uncomfortable or difficult. It is a cost-effective treatment in enhancing the health of your body.

Overcoming the mental block to this procedure is the biggest hurdle. I have seen 75- and 80-year-old men embrace this therapy, improving their wellbeing and energy.

For assistance, advice or to purchase the kit with instructions please contact Jo Thompson, 02 4384 1501 or info@bn2health.com.au. [See further details below]

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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www.bn2health.com.au 'You wont look back'



Live Blood Analysis/Screening

BY LYN CRAVEN, NATUROPATH



Live Blood Analysis/Screening (LBA) examines living blood under a microscope.

A tiny prick is made on the patient's finger and a droplet of blood is added to a sterile slide. The blood is not drawn from the veins as with other blood tests that doctors perform. So for those of you who loathe having your blood taken the traditional medical way, you will find this quite a painless experience.

The LBA test screens for haematological status using dark-field, phase contrast and bright-field microscopy. The individual blood cells can be evaluated, allowing for an assessment of various nutritional deficits as well as digestive tract dysfunction. The benefit of having a microscopic blood analysis is that many nutritional deficits can be detected before standard blood tests could detect any chemical changes.

LBA CAN PROVIDE THE FOLLOWING INFORMATION

The relative sizes of *erythrocytes* (red blood cells) can reveal important factors in cytogenesis (the origin of cells), which can affect all bodily cells. Vitamins including folic acid and B₁₂ are essential for the synthesis of nucleic acids. A deficiency in both of these vitamins can lead to asynchronous development of all body cells as the development of the nucleus will be delayed while the maturation of the cytoplasm continues relatively unaffected.

This pathogenic (disease) process may progress as new generations of abnormally large cells are formed. The relatively uniform size of normal red cells provides an unambiguous and ready contrast from the generation of cells affected by such a state of deficiency, which are larger sized cells. These large red cells are called *macrocytes* and display diameters exceeding normal values and in the range of 8.5 – 9.0 µm. This erythrocyte abnormality is the principle characteristic of frank folate and/or vitamin B₁₂ deficiency in pernicious anaemia, where the macrocytes take on an oval conformation.

The relatively short life of red blood cells provides for this characteristic before many other tissues are significantly affected. If the deficiency state is not corrected, an overt disease termed *megaloblastic anaemia* will ensue. Similarly, white blood cells and platelets will be an abnormally large size that can further assist the screening of the haematologic condition. This can be discerned under dark-field illumination microscopy.

LBA also provides for discerning abnormally small red blood cells by a physical contrast with normal sized cells. *Microcytes* are red cells that are usually less than 6 µm in diameter and are liberated into the peripheral blood or may be the result of cellular fragmentation. Microcytes are the classical hallmark of iron deficiency anaemia.

Dark-field illumination microscopy also enables the observer to distinguish all the major sub-types of white blood cells. This leads to a complete differential screening/analysis of the leukocytes and hence a significant insight into the immunologic function of the patient.

LBA can also indicate any dysfunction of the digestive system and liver metabolism.

Unlike most medical testing, LBA allows you, the patient, to be present as well as being an observer during the entire procedure. You get a physical look at your blood and learn about what is happening inside yourself. The technician/practitioner will discuss with you the variations in the size, shape, ratios and fine structures of both red and white cells, platelets and other structures in your blood. This information allows the practitioner to provide more accurate recommendations on the present state of your health. LBA enables early detection of problems and therefore is often used as a preventive measure.

The test must be done efficiently and quickly because many of the features of the live blood will degrade with time.

WHAT CAN LIVE BLOOD ANALYSIS TELL ME ABOUT MY HEALTH RIGHT NOW?

- Nutritional status of your blood
- Organ system dysfunctions
- Gut permeability and digestive health
- Blood cell integrity
- Chronic infections such as *Candida albicans*
- Allergic reactions
- Antioxidant levels and free radical load
- Some biochemical imbalances
- Any inflammatory process
- Your immune system activity
- Any increased toxins, for instance as a result of smoking
- Your hydration levels

WHY WOULD YOU WANT TO HAVE A LIVE BLOOD ANALYSIS?

LBA detects functional imbalances – otherwise known as 'precursors' to disease (inflammation, sluggish immunity, poor red cell structure, etc.) – quite early, and in some instances well before standard blood pathology would detect them. By displaying your live blood on a monitor, you can see how your blood picture is affected by poor diet and lifestyle choices. You are given professional recommendations to assist you in resolving any disorders while they are still in their initial stages, giving you the opportunity to look at prevention, rather than wait for things to go wrong and then take longer to resolve. The practitioner gives you a specific treatment regime for your unique requirements.

LBA is based on one of the oldest and most highly developed of medical sciences – haematology. It can help screen for a number of risk factors that may be affecting your blood, including:

- High-fat diets
- Poor nutrition
- Smoking, alcohol
- Stress

LBA is known as a functional test and will show how your liver is functioning. Standard Liver Function Tests do not necessarily show any abnormal function of the liver, but usually show liver damage. You don't really want to wait until the stage where damage is indicated. What we really need to know for preventive measures is how the liver is functioning right now. LBA can give you that information.

Also, LBA is done on the spot and the blood is not altered in any way by chemicals or staining solutions as happens with conventional blood testing, in which it is dried/fixed on a slide.

The test is very useful for people who have poor digestive function, allergies, fatty livers (usually had a history of above normal intake of alcohol) and a variety of other gastrointestinal problems. It is an excellent test and offers a much clearer picture of the person's present state of health, so the practitioner can then formulate the correct remedies.

At the conclusion to the test, you receive a copy of the results, along with a copy for your practitioner.

Research indicates that 90% of the community have underlying nutritional deficiencies contributing to health problems. Recent reviews suggest that nutritional supplementation may be a necessary prerequisite for chronic disease prevention, since all the nutrition you need may not be acquired from your diet – especially if an illness is present.

Another efficient method for establishing mineral balances (other than general blood testing) is hair mineral analysis, which shows the levels of minerals and toxic elements in your body's tissues – but not the blood. Your LBA may indicate discrepancies with endocrine-immune-digestive function, and minerals are often part of the healing program to create balance in the functioning of your entire metabolism.

Having the same health disorder and similar LBA results as another person may not necessarily mean that you require the same

minerals and other supplements, so further investigations may be required, particularly if the case is chronic or serious.

SOME ADDITIONAL INFORMATION ABOUT BLOOD

- A red blood cell can circumnavigate your body in less than 20 seconds!
- There are 2.5 trillion red blood cells in your body at any given moment, so to maintain this number, about 2.5 million new ones need to be produced every second by the bone marrow.
- The average blood cell lives for only 120 days.

- Red blood cells are about seven micrometers (7 µm) in diameter.
- Haemoglobin, which transports oxygen, is the pigment in red blood cells that gives blood its red colour.

Lyn Craven is a Natural Medicine Practitioner – naturopathy, Bowen therapy, energy/Reiki therapy and meditation teacher, with over 18 years experience. She is a corporate health consultant and has written articles on a variety of health topics. She has a private practice in Bondi, Sydney, and is available for locum consultations in Noosa, Qld. Lyn can be contacted on 0403 231 804 or by email lynraven@bigpond.com. Website www.lyncravencorporatehealth-naturopath.com



by Yvonne N. Jones

Member Story

How I was cured of Arthritis

I am presently 91 years old, am very healthy and don't take any form of medication. I was brought up on a sheep and cattle property in Western New South Wales. Our lives revolved around feeding animals; the ewes and lambs had the best pasture; working horses were fed extra chaff and oats, and every morning the chooks had to be let out of their yard to graze freely in the paddocks. The dogs were fed and the cows were milked all before breakfast, which was a hearty two- to three-course meal of fruit, porridge, eggs or chops and toast. We had a large vegetable garden and a prolific orchard, all fertilised with the animals' manure.

My father, Cherry Willis, declared that the animals were only as healthy as the food they ate and if we wanted energy, vitality and good health, we had to eat good food. He was very sceptical about the new chemicals that were being introduced to local crops, so he would not let any onto our property.

Because our nearest doctor and school were over a hundred miles (160 km) away, we never got into the habit of visiting doctors. After I was married and living in suburban Sydney, we were not able to grow all our fruit and vegetables, so supplemented with produce from the local greengrocer. I was always conscious of what the family members were eating, but in my early 50's I developed arthritis in my hands that caused extreme weakness, and I also had twinges in other joints around my body.

The local GP told me that it couldn't be cured and would only get worse. He offered me Indocid, which I refused to take, deciding instead to see Dr Jenny Litchfield in Surry Hills, because she had studied alternative medicine. Jenny gave me a diet which I followed strictly for six weeks, by which time all my symptoms had disappeared – that was 38 years ago.

I have always adhered to the principles of that diet, as well as preparing all my own food to avoid preservatives. I only grow (or buy) organic fruit and vegetables and take some supplements (multi-vitamins, minerals and amino acids), as I believe our bodies are not as efficient at absorbing nutrients from food sources as we age.

I make fresh carrot, celery and apple juice every day and only eat Oxhill organic eggs, because I know that these hens spend all day in the fresh air and sunshine (and get vitamin D) eating grass and insects. I was so impressed with Jenny's diet that I decided to do a course in nutrition at the Nature Care College in St Leonards and I am a member of the Natural Health Society because the Society does a great job keeping me up to date and providing me with ongoing education on food and health.

My favourite holiday resort is Hopewood at Wallacia, because it has great food and good company, and where else can you get a wonderful massage every day? Which reminds me, I must book another week there soon and get this old body toned up for summer!

MY ARTHRITIS DIET

STOP the following foods:

- Meat – especially liver and kidney (causing high uric acid)
- Shellfish
- Dairy products – particularly yellow or cream cheese
- Tea, coffee and alcohol
- Sugar and salt
- White flour; not too much cereal

What you CAN eat:

- Nuts and seeds (sunflower, pepitas, sesame.)
- Tofu
- Occasional free-range eggs
- Ricotta or cottage cheese in small amounts
- A little low-fat yoghurt, soy milk
- Brown rice, wholemeal bread, unprocessed cereal
- All vegetables
- All fruits, but limit acidic ones, including pineapples, oranges and strawberries. Lemons are OK
- Herbal teas (peppermint, rosehip, etc.)
- Replace coffee with Ecco or other barley products
- Replace refined sugar with honey, but use sparingly
- Drink 6 – 8 glasses of filtered water a day

DIET SOFT DRINKS CAN CAUSE STROKES

People who drink diet soft drinks daily may be 43 percent more likely to suffer from a vascular event, including a stroke or heart attack, according to new research. Previous research has already revealed very serious long-term health consequences of consuming diet soft drinks, including weight gain, increased waist size, diabetes and metabolic syndrome.

Diet soft drinks are not healthy alternatives to regular soft drinks, and eliminating them from your diet may help you significantly reduce your risk of stroke and heart attack.

Vascular events like strokes and heart attacks typically occur suddenly without any warning, which is why prevention is so important

Up to 80 percent of strokes are preventable by making lifestyle modifications. These includes not only diet changes, but also optimising your vitamin D levels, as research recently found that people who receive less than the midpoint level of sun exposure were at a 60 percent increased risk for stroke.

Source: Dr Mercola, Mercola.com, 20th February 2012

GLAXOSMITHKLINE: FINED \$3 BILLION IN US FOR HEALTH FRAUD

One of the biggest news stories relating to health right now is the finalisation of the biggest lawsuit yet by the American government against a pharmaceutical company.

On 2nd July 2012 the British drug maker, GlaxoSmithKline, pleaded guilty to three counts of criminal misdemeanor and other civil liabilities relating to the prescription drugs Paxil, Wellbutrin and Avandia, and agreed to pay a total of \$3 billion in fines – \$1 billion to settle criminal charges, and \$2 billion to cover civil liabilities.

The payment is the largest fraud settlement in US history, and the largest fine ever paid by a drug company.

According to a 2010 report by the Public Citizen's Health Research Group, just four companies, including GlaxoSmithKline, accounted for more than half of all financial penalties imposed against pharmaceutical companies over the past two decades

It has become abundantly clear that fines don't work. To dampen the rampant criminal behavior enveloping the drug industry, individuals responsible for and complicit with these criminal acts should face criminal charges.

Source: Dr Mercola, Mercola.com, 16th July 2012

RADIATION FROM FUKUSHIMA MELTDOWN WILL CAUSE 2,500 CANCER CASES

Radiation from the Fukushima nuclear disaster in Japan last year will claim around 1,300 deaths and cause 2,500 cases of cancer, say researchers. This is in stark contrast to Japanese government assurances that the leak wouldn't have any impact on health.

Around 80 per cent of the radioactive material was dumped into the Pacific Ocean, and some has washed up on the shores of North America and Europe. The main death toll will be in Japan, estimate Stanford University researchers, and there will be only a small risk to health among people living in Asia and North America. Indeed, the researchers estimate that just 30 Americans will die from exposure to the dumped material.

Source: *Energy and Environmental Science*, 2012; doi: 10.1039/C2EE22019A.

Reported by WDDTY, 24th July 2012

Your SAY

VITAL INFORMATION ON PROSTATE PROBLEMS

A couple of years ago I found a book entitled, *Sex and the Healthy Prostate*, published in 1967 by Rodale Press. A summary stated that this is "A vital book based on scientific studies that explain, simply, the relationship between male sexual activity (that is, ejaculation) and the prostate gland, and describes sensible methods of avoiding prostatic disorders in later life."

After reading it, I cannot understand why GPs seem reluctant to discuss this vital information with men, because it seems that the phrase 'use it or lose it' applies to the prostate gland.

There has been shown to be a definite causal link between stagnation of seminal fluid in the prostate gland and inflammation

(prostatitis), urination difficulties and ultimately cancerous tumours.

The book also advises that surgery should be used only as a last resort, and that, in order to boost zinc, magnesium and amino acid levels, the diet should include eggs, wheatgerm and pumpkin and sunflower seeds.

The prostate gland is not only affected by any heavy metal contamination in the body, but is also irritated by an over-acidic environment, so white flour and white sugar products should be avoided.

Recently, I picked up a copy of *Australian Men's Health* magazine, November 2011 issue. It included a very interesting article

on the latest prostate treatments, and to my amazement, a paragraph was entitled, 'Ejaculation Reduced Cancer Risk'. A study published in the *Journal of the American Medical Association* stated that "A man who ejaculates regularly is probably clearing out the toxins that could be in the semen, and many urologists believe that infrequent ejaculations can lead to prostatitis, which might be a risk factor for prostate cancer".

It is good to see that this important information is finally getting out to men, so that they can take some steps towards preventing this distressing condition.

Alex Hodges, Birdwood SA

NEW PRODUCTS

PILLOWS AND INVERSION TABLE

From badbacks®

NATURAL BUCKWHEAT PILLOW

We need sleep to survive. And we need good sleep to thrive.

A Bad Backs therapeutic pillow may be just what is needed to achieve a restful night's sleep. Buckwheat pillows are an ancient custom from Japan.

The Buckwheat Pillow is filled with buckwheat hulls, which maintain a stable form, so that once you achieve a comfortable position, your head stays there effortlessly for a good night's sleep.

The filling lasts for many years, making the pillow probably the best value cervical pillow on the market. Long after other pillows have collapsed and worn out, a buckwheat hull pillow will still be fully functional.

**Pillow \$79.95 plus freight;
1 kg refill pack \$25 plus freight**



CORE WATER PILLOW

This is a new water pillow from US market leader, Core International, and exclusive to Bad Backs in Australia. The unique Core design reduces the sound of the water, giving you a peaceful night's sleep.

Some people have said, after trying every type of pillow, this water pillow is 'a dream!' For people who have experienced similar frustrations, it is worth a try.

Pillow \$99.95 plus freight

BAD BACKS CPAP SLEEP AID PILLOW

Sleep apnoea often causes interrupted sleep. This pillow is specially designed for the comfort of CPAP users. It allows freedom of movement and can be used by side, back, and stomach sleepers.

Pillow \$139 plus freight

TEETER HANG UPS

This equipment enables the body to be inverted.

Why is inversion good for us? Subject to approval by an osteopath, chiropractor or medical practitioner, inverting the body may have benefits including: relief of back pain; improved circulation; accelerated cleansing of the blood and lymph; increased oxygen flow to the brain; flexibility; workout recovery (can help alleviate lactic acid build-up in muscles. The US Army uses inversion therapy at the end of each day).

Conditions that may be helped include: degenerated and herniated discs, spinal misalignment, pinched nerves, sciatica, lower back pain, poor circulation in the lower limbs (notably varicose veins)

The company has over 30 years experience with these tables. Their safety is vindicated by their being the only table on the market to possess the UL Certification for safety.

There are two models of Teeter Hang Ups – the 950 model and the 550 model (pictured). The 550 model has a number of features for effective use and safety. The 950 model has all these features plus extras – foot gear that is more automatic and handles that are more accessible. Otherwise the frame, tables, and 'swing' are all the same.

Bad Backs has four stores in Australia:

CROWS NEST, Sydney NSW
phone 8014 5696

ALEXANDRIA, Sydney NSW
phone 8014 5695

HAWTHORN, MELBOURNE Vic
phone 9020 2080

NEDLANDS, PERTH WA
phone 9386 7788

Prices

EP-550, RRP \$699 plus freight

EP-950, RRP \$799 plus freight

For orders or more information, visit a store or go to www.badbacks.com.au or phone 1800 615 666 (within Australia only).



NATURAL CAROB FOODS

Produced by The Australian Carob Company

A new food company, the Australian Carob Co, has recently launched a range of natural carob products into the Australian market. The carob goodies include kibble snack food, roasted and raw carob powder for cooking, and a delicious syrup (no added sugar) for desserts and drinks.

After months of research and development, owners, Michael and Jam Jolley, are the largest commercial carob producers in the country. Their business includes a 6,000-carob-tree orchard, mill, carob roaster and processing plant, and is located at Booborowie, SA.

The carob tree is technically a legume, so carob pods are high in protein, high in fibre, contain vitamins A, B₁, B₂, B₃ and D and are good antioxidants for children and adults alike. You can satisfy your sweet tooth without the guilt!

"Striving for quality is the main objective for our business," said Michael. "We hand-select every carob pod, and maintain quality control through the entire process from paddock to plate." Celebrity chef, Edward Halmagyi ('Fast Ed' on Channel 7), has endorsed the company's carob syrup:

"It's only every so often that a new product comes along that can really shake things up for a chef," said Ed. "Michael's carob syrup in particular is just that – rich, earthy and distinctively sweet-sour."

These products are available in selected retail shops or online. For more information visit www.australiancarobs.com or phone **0408 891 994**.



Restaurant Reviews

Eating out in Sydney and South Australia

SYDNEY: Harvest Vegetarian Restaurant

Gourmet vegetarian and vegan cuisine and specific dietary requirements are the guiding principles of this restaurant. Harvest uses no animal products, except for dairy, the cheeses are rennet free, the eggs are free range, and when possible the food is organic.

All desserts and polenta mix bread are made on the premises.

With seating for 50 people, Harvest is fully licenced, but does allow BYO wines.

Owner, chef and restaurateur for 17 years, Adam de Ath, is a Commercial Cookery teacher for TAFE NSW, and author of *Harvest Vegetarian Cookbook*. He has also been involved in numerous media appearances. Adam grew up in a bakery and has extensive

experience in a-la-carte cookery, recipe development, function planning and catering. He enjoys sharing his knowledge through private cooking classes.

The menu is super mouth-watering. Entrees include: Green Split Pea Soup, Goats Cheese Roulade, Roasted Vegetable Patties, Three Mushroom Ravioli, Feta Parcels, Thai Spring Rolls.

Main dishes include: Nutty Leek and Cheese Tart, Zucchini Boats on Sea of English Spinach, Harvest Curry, Skewers of Tofu and Roasted Vegetables with Peanut sauce, Mediterranean Aubergine Tower, Savoury Mushroom Pancake Stack, Risotto Cakes with Roasted Red Pepper Sauce, Individual

71 Evans Street, Rozelle 2039

Ph 9818 4201; fax 9818-4332

harvestvegetarianrestaurant.com

Open for dinner Tues-Sat from 6.00pm

Lasagne with Mozzarella, English Spinach and Kumara Gnocchi, Soba Noodle Stir Fry.

Desserts include: Apple, Berry and Nut Crumble, Three Chocolate Terrine, Mixed Ice Cream or Sorbet, Frangelico and Cointreau, White and Dark Truffles, Sticky Date Pudding with Butterscotch sauce, Chocolate and Hazelnut torte, Zesty Orange and Almond Cake.



SA: The Green Room on High Street

The Green Room at Wilunga is in the heart of South Australia's 'Southern Vales' wine producing area, about one hour south from the centre of Adelaide. It is a pleasant tourist area and lunch at The Green Room would be a bonus.

The menu is mainly standard vegetarian lunch-time fare: wraps, burgers, focaccias, some hearty soups, etc. A number of dishes, including all-day breakfasts, contain egg or cheese, but many come with vegan options. Prices and portion sizes are about average, but do budget at least \$20 for a hearty lunch.

A busy Farmers' Market operates each Saturday morning on the street nearby. This is worth a visit for local produce - fruit, vegies, wood-fired organic bread and wines (of course!). If planning to visit The Green Room on the market day, it would be a good idea to book, more so than on other days.

It is advised to phone in advance to check for changes in opening times.

The Green Room has a nice atmosphere and friendly staff.

2 High St, Willunga.
Phone 8556 4994

Open: Mon 9am – 3pm;
Tues – Fri 8am – 5pm;
Sat 8am – 4pm.

For a full list of vegetarian eating places in SA, see "Eateries" on VegSA website:

www.vegsa.org.au



Kindred Organisations

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



AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc

PO Box 56, Surry Hills NSW 2010

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

VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap QLD 4061

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Email vegsocq@tpg.com.au
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VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

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

NATURAL HEALTH SOCIETY (SA) Inc.

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

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500 Vegan Dishes. (New)

By Deborah Gray.

\$19.95 plus up to \$11.40 postage

The only compendium of vegan dishes you will ever need.

Some recipes are vegan adaptations of familiar dishes.

(Not to be confused with *500 Vegan Recipes*)

The Starch Solution (New)

By John McDougall MD & Mary McDougall

\$33 plus postage up to \$11.40

Eat the foods you love, regain your health & lose the weight.

The Ultimate Book of Vegan Cooking. (New) Hard Cover

By Tony & Yvonne Bishop-Weston

\$40 plus postage up to \$11.40

Everything you need to know about going vegan, from choosing the best ingredients to practical advice on health & nutrition.

Forks Over Knives DVD (New)

\$23 plus \$1.20 postage

Based on the best-selling book. *Heart disease, Cancer, Stroke.*

The leading causes of death around the world. Diabetes is at epidemic levels even amongst adolescents. An important film.

Vegan for Life [New]

By Jack Norris, RD & Virginia

Messina, MPH, RD

\$23 plus postage \$6.65

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

The Complete Guide to Vegan Food Substitutions [New]

By Celine Steen & Joni Marie Newman

\$25 plus postage \$6.65

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

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 plus 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 Get Healthy, Go Vegan Cookbook [New]

By Dr. Neal Barnard and Robyn Webb

\$25 plus 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 plus postage \$6.65

Philosophically astute, theologically sensitive and eminently readable. Andrew Linzey's innovative thesis is that, far from grounding 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.

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

E. Palmcrantz & I. Lilja

\$35 plus postage up to \$11.40

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

Becoming Raw: The Essential Guide to Raw Vegan Diets

B. Davis and V. Melina

\$35 plus postage up to \$11.40

This is the definitive book on health & 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.

Veganist

Kathy Freston

\$23.50 plus postage \$6.65

Lose weight, get healthy, change the world

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

VegSA turns 60 this year, but evidence suggests that our original message still holds good today. There will be a celebratory lunch in North Adelaide on Sunday 7th October and we hope older members will attend to help us remember yesteryears and join us in looking forward to future activities.

For details see Diary dates on VegSA web site: www.vegsa.org.au or contact:

Vegetarian and Vegan Society (VegSA) Inc, PO Box 311, Kent Town, SA 5071.
Phone 08 8260 2778

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The China Study

By T. Colin Campbell, PhD

& Thomas M. Campbell

\$25 plus postage up to \$11.40

Special price RRP \$35

Startling implications for diet, weight loss and long-term health. Findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American dietary dogma.



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FATTY LIVER You Can Reverse It

By Dr Sandra Cabot

\$29.50

"I was overweight and my liver was a ticking time bomb. Dr Cabot has literally saved my life!" These words by medical doctor, Thomas Eanelli, are a fair comment on the effectiveness of this book. With fatty liver being such a widespread occurrence in our overweight Aussie society, this book could save a lot of lives.

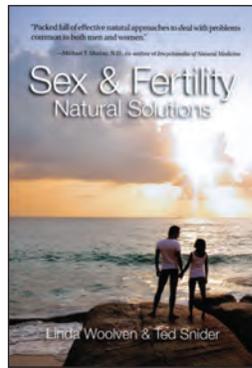
We hasten to point out that the content is not entirely vegetarian, but there are always plant-based options given. Because this book could be so important for sufferers of fatty liver and because Dr Sandra Cabot is such an experienced holistic doctor, we feel this book is a must for our bookshop.

Dr Sandra's basic principles for reversing fatty liver are quite do-able: a low-carbohydrate way of eating, plenty of raw plant foods, first-class protein (nuts, legumes and seeds included), healthy fats, meals not very large, a daily liver tonic, plenty of fluids and regular exercise. The carbs in fruits, veggies, nuts and legumes can be quite adequate.

The menu plan is designed to reduce the fat in the liver and repair liver damage, lower blood sugar levels, make weight loss easier and reduce addictive eating habits. To make the plan really simple, 10 or more options are given for each of breakfast, lunch and dinner. Breakfast does feature natural yoghurt for its protein content.

Fresh juices feature strongly. There are juice recipes for liver cleansing, for gallstones, for diabetes and for fat burning.

There are inspiring testimonials. One man writes, "The doctors at the hospital gave me no advice. All they said was fatty liver. I haven't had time to go back and freak them out yet, but when I do, I will have a copy of your book in my hands, and will explain how we did it."



SEX & FERTILITY Natural Solutions

By Linda Woolven and Ted Snider

\$28.50

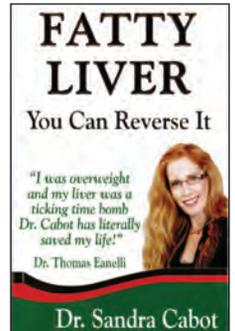
Combining traditional methods with natural therapies, this book answers questions about reproductive health, male and female infertility and libido, erectile dysfunction, premature ejaculation, vaginal dryness, post-partum depression and low libido after birth. Easy-to-follow practical advice is interspersed with amusing stories and facts. The authors claim to put the fun back into having sex and making babies.

'Ten steps towards fertility' are mostly to do with eating. Avoid trans fats; increase unsaturated veg. oils; increase plant protein, decrease animal protein; eat lots of complex carbs; get iron from plants, not red meat; take a multi-vitamin that contains folic acid, etc.

The nutritional advice is high quality. For example, the huge Nurses Health Study found that women who eat the most animal protein are the most likely to suffer infertility, whereas those who eat the most plant protein are the most likely to be fertile. Also, milk is not nature's perfect food – no other animal drinks milk after infancy, let alone the milk of another species.

And on a teasing note, they suggest that the harder a woman tries to get pregnant, the harder it gets, meaning the more stressed she becomes.

Linda Woolven is a master herbalist and acupuncturist and counselor practising in Toronto, Canada.



SOAK YOUR NUTS Cleansing with Karyn

By Karyn Calabrese

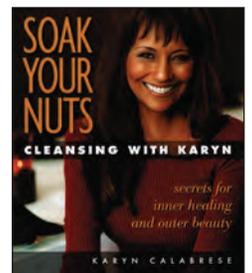
\$29.50

The author has been a natural health advocate and wellness counselor for over 35 years. She declares that thousands of men and women have used her 28-day 'Nature's Healing System' to relieve a host of conditions, including depressed metabolism, digestive problems, fibromyalgia, headaches, insulin dependence, obesity, sinus problems, uterine fibroids and many other chronic and degenerative illnesses. Her program is based on cleansing, fasting and a raw vegan diet to remove years of accumulated toxins and rebalance the body.

Chapters 2 to 5 cover one week at a time. In each chapter are details of the things that you can have and those you can't. Karyn is very strongly against animal products – she calls animal agriculture "a horror story". Supplements like chlorella, fenugreek, psyllium and digestive enzymes play a significant part.

She lists the symptoms of cleansing, and in week two the cleansing reactions. Karyn is enthusiastic about wheatgrass juice.

She has impressive testimonials – for example, "As a medical doctor, I am impressed by Karyn's knowledge ... I have followed her program with unbelievable results."



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POSTED PRICE TO MEMBERS* \$279
NON-MEMBERS \$299

In-Lieu Toilet Converter



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

Phone Natural Health Society for price

Healthstart ION-70 Air Purifier

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



POSTED PRICE TO MEMBERS \$479
NON-MEMBERS \$499

Snackmaker

5 Trays – Expandable to 15

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



POSTED PRICE TO MEMBERS* \$179
NON-MEMBERS \$199

The Champion Juicer

Superior to the standard centrifugal juicers

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



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

RAW NUTRITION



PROCESSOR 10927P
AUSTRALIAN
CERTIFIED
ORGANIC



- ✓ We believe nutrition is the key and simply aim to provide the most nutrient dense products available
- ✓ 42 times the antioxidants of fresh blueberries
- ✓ Raw, Whole food nutrition the body readily absorbs...
- ✓ Vital essential nutrients many of which are unique to the amazon rainforest...

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