

True Natural Health

SUMMER
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The Magazine of the Natural Health Society of Australia

Food Series

- part 6 fats and oils

Mercury Madness

- safe amalgam removal

Bloating

- causes and solutions

True Beauty

- from within

Sunshine For Vitamin D

- save our skins

Free Radicals

- why so toxic

Recipes - Go Nuts!



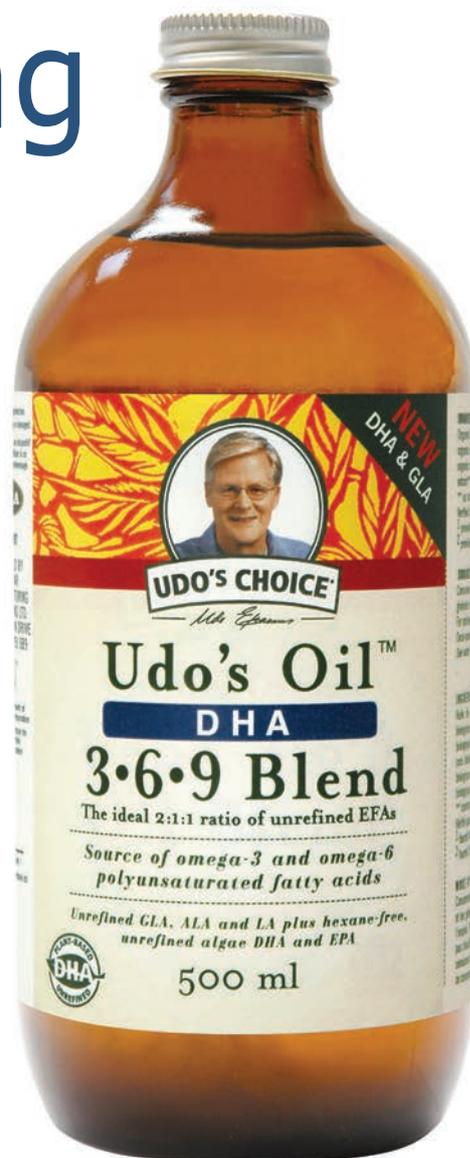
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Sunbathing feels good and for good reason – it is good for us. That is, as long as we don't sunburn. So many people are deficient in vitamin D that, although we covered this topic three years ago, it needs reinforcement. Only exposure to the sun's rays give us just the right kind and right amount of vitamin D, and this is why we give this topic high priority. For most of us, it is easy to protect ourselves from deficiency of vitamin D by using the sun.

A health hazard of great significance is free radicals. They result largely from toxic chemicals, and are probably the most destructive chemicals in our bodies. By using the information presented on pages 6 to 8 their numbers can be minimised, which can make all the difference between harm and safety. It is relatively easy to protect ourselves from harmful levels of free radicals.

Still another toxic substance that we can protect ourselves from is mercury, that is, the mercury in dental amalgams. In this issue, Part 2 by wholistic dentist, Dr Lisa Matriste, details how your dentist can safely remove your mercury fillings. It is very important that this is done correctly as taking short cuts can promote mercury poisoning. It is thus relatively easy to protect ourselves from our mercury fillings.

The 'Food for Feeling Great' series continues in this issue with 'Part 6 – Concentrated Fats, Oils'. Knowing the fatty-acid makeup of a fat/oil (same thing) enables us to know how to use it without unwittingly doing ourselves harm. If an oil is highly polyunsaturated, never heat it. If it is saturated (coconut oil) or mostly

monounsaturated, it can be heated. Otherwise, we benefit by consuming a wide variety of plant fats/oils.

For good measure, we have thrown in an article on nuts and present some great nut recipes that should be fun to use over the holiday period and thereafter.

Enjoy the reading!

Roger French,
Editor and Health Director



About Natural Health Society

The Natural Health Society is Australia's longest established organisation that is 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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- * 4 issues a year of our vital magazine, *True Natural Health*;
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Sunshine to save our skins

Abridged from an article entitled **Sunshine Superman**,
written by **Bryan Hubbard**, and published in an
newsletter, **WDDTY [UK] July 2012 vol 23.4**

Most health advice about exposure to sunshine is wrong – and hiding away from the sun is one of the causes of the epidemic of chronic diseases in the UK. We're told to cover up, seek the shade and wear sunscreen during the summer months to avoid skin cancer, but this advice is not supported by scientific evidence.

Instead, keeping out of the sun depletes our levels of vitamin D, which can lead to heart disease, diabetes and multiple cancers, and covering our bodies with sunscreens is linked to skin cancer – the very disease that the products are supposed to protect us against.

Even the theory that direct sunlight is the major cause of skin cancer is incorrect, as it may account for just 10 per cent of cases. Indeed, far from causing it, regular exposure to sunlight reduces the risk, and several studies have even found that sunbathing when you have melanoma – the deadliest type of skin cancer – may help to overcome the disease.

Although the UK Skin Cancer Prevention Working Party concluded that, "There is no such thing as a healthy tan", studies have found that a deep tan does offer further protection.

In fact, we should be getting at least 20 minutes of direct sun on most of our body – without sunscreen – every three days throughout the summer months to compensate for the long winter months when sunlight in the northern hemisphere is too weak to replenish vitamin D levels. [Some authorities say 15 minutes every day in Australia, provided we build up to this time gradually.] The critical requirement is that we don't burn. Burning could be a cause of skin cancer, although even this has not been conclusively proven.

Casual exposure to the sun – on our heads and hands when we are outdoors – is inadequate, despite the advice of health experts, who have based their opinions on several small and faulty studies.

And sunscreens may be doing more harm than good. A new study has confirmed that the zinc oxide found in most commercial brands reacts with sunlight and creates free radicals that interfere with the skin's DNA, thereby increasing the likelihood of skin cancer developing.

THE RISE OF SKIN CANCER

Skin cancer is the most common form of cancer, accounting for around 75 per cent of all cancer diagnoses. Its most deadly form is malignant melanoma, which is responsible

for around 1,750 deaths in the UK every year, while around 7,000 new cases in the UK and 124,000 in the US are diagnosed annually.

[Australia has the highest rates of skin cancer in the world. In a typical year there are over 1,850 Australian deaths from skin cancer, of which 1,437 were due to melanoma in 2008. In 2006, 10,326 new cases of melanoma were diagnosed. At least 2 in 3 Australians will develop skin cancer by the age of 70. Melanoma is the fourth most common of all cancers in Australia, after prostate, bowel and breast cancers.

However, two other forms of skin cancer – basal cell and squamous cell carcinomas – are far more prevalent and less deadly. More than 60,000 cases of non-melanoma skin cancers are diagnosed each year in the UK, and most are easily treated by having the lesions removed during a simple outpatient procedure. These cancers account for fewer than 200 deaths in the UK each year.

The rate of new cases is accelerating, especially in sunnier regions. Melanoma is six times more common in the northern, more tropical, parts of Australia than in the colder southern regions. Indeed, rates of basal cell carcinoma – the most common of the three types of skin cancer – range from 114 per 100,000 people in Wales in Great Britain to 726 per 100,000 in Australia.

This data, coupled with the fact that melanomas are more common in white people, helped to feed the theory that skin cancer is primarily caused by excessive sun exposure. Orthodox medicine believes that around two-thirds of melanomas are caused this way (*Arch Dermatol*, 1996; 132: 436–42).

Researchers at Memorial Sloan-Kettering Cancer Center in New York say that sun exposure is the "predominant risk factor" for squamous cell and basal cell skin cancers, and is the "only known environmental risk factor" for melanoma – which may be true, but appears to account for just 10 per cent of cases (Haller DG et al., eds. *Cancer Management: A Multidisciplinary Approach*, 14th edn, online only).

The World Health Organization (WHO) says in the introduction to its own InterSun programme that skin cancer is increasing because "As ozone levels are depleted, the atmosphere loses more and more of its protective filter function and more solar UVC [ultraviolet-C] radiation reaches the Earth's

surface" (www.who.int/uv/faq/skincancer/en/index1.html).

Yet, while the statement appears to be uncontroversial, the evidence does not support it. Professor Johan Moan, of the Norwegian Cancer Institute in Oslo, discovered that the rate of melanoma in Norway increased by 350 per cent in men and 440 per cent in women between 1957 and 1984, a period when ozone levels remained stable (*Br J Cancer*, 1992; 65: 916–21).

GET WITH THE PROGRAMME

The high incidence of skin cancer in Australia, and the way the Australian authorities have tackled it, led to the UK's own initiative, *SunSmart*, which is run by Cancer Research UK. This programme adopts almost the identical advice given by the Australian awareness scheme of covering up, seeking shade and wearing sunscreen. The Australian initiative – also called *SunSmart* – claims to have reduced the incidence of sunburn by 50 per cent and to have slowed the rise in skin cancer deaths, although, again, it is a statement that is not supported by the evidence (Cancer Council Victoria. *SunSmart Evaluation Studies* no. 6, 2004).

However, as medical researcher, Oliver Gillie, points out, the Australian sun is far more intense than the UK sun, and children in Queensland are exposed to twice as much sunshine as English children. Reddening of the skin happens in one out of every three days' exposure in Queensland compared with almost zero days in the UK (Gillie O. 'Sunlight robbery'. *Health Research Forum Occasional Reports*: No. 1, 2004).

The UK programme was also influenced by the findings of the UK Skin Cancer Working Party, which made its recommendations back in 1994. At that time, says Gillie, scientists were not as aware of the vital role that vitamin D plays in our overall health, and so the evaluation did not weigh up the proper risks and rewards of sun exposure.

The UK's National Radiological Protection Board put to rest concerns about avoiding the sun when it claimed that we could obtain sufficient levels of vitamin D from casual exposure of our hands and face when we're outside (*Health Effects From Ultraviolet Radiation: Report of an Advisory Group on Non-Ionizing Radiation*. National Radiological Protection Board, 2002).

The SunSmart initiative has spent millions of pounds on public information campaigns, and claims to have raised awareness of the risks of UV exposure and, as a result, fewer people are interested in tanning, according to surveys it has run. Despite this success, the number of melanoma cases has doubled in the UK over the last 20 years or so.

The campaign also ignores some awkward facts that cast doubt on the skin-cancer theory. Several studies have shown that people who spend a great deal of time outdoors (perhaps because of their occupations) are less likely to develop melanoma, despite their far greater exposure to the sun, than people who live and work indoors (*Epidemiology*, 2001; 12: 552-7). Indeed, those who get burned because of infrequent exposure to the sun run a far higher risk of melanoma (*Semin Oncol*, 1996; 23: 650-66).

Essentially, this suggests the very opposite to the advice we're given. It suggests that regular exposure to the sun has a protective effect against skin cancer – and, indeed, against a multitude of other cancers, including those of the breast, colon and prostate – because of the protective effect of high vitamin D levels, which is mainly derived from sunshine (*BMJ*, 2003; 327: 1228).

The sun's cancer-fighting benefits were highlighted in a separate study, which examined 416,134 cases of skin cancer and nearly four million cases of other cancers. This study found that vitamin D production in the skin – that is, from sunlight – decreased the risk of several solid cancers, especially stomach, colorectal, liver, gallbladder, pancreatic, lung, breast, prostate, bladder and kidney cancers (*Eur J Cancer*, 2007; 43: 1701-12).

Higher vitamin D levels due to regular and moderate sunbathing could reduce the number of cancer deaths in the US every year by 30,000, claims one study (*Prev Med*, 1993; 22: 132-40).

Even people who develop melanoma are far more likely to survive if they start getting out in the sun. A study of 528 melanoma patients discovered that those with higher exposures to the sun were far less likely

to die from the cancer (*J Natl Cancer Inst*, 2005; 97: 195-9). There's another problem with the sunbathing-melanoma theory: melanomas occur most commonly on the backs of men and upper legs of women, areas that are not usually exposed to the sun (*Lancet*, 2004; 363: 728-30), while they tend to crop up on the lower legs and soles of the feet of black people (*Br J Cancer*, 1979; 40: 185-93).

Also, people with melanoma often develop it elsewhere on the body, which has allowed researchers to evaluate the significance of skin and eye colour and sun exposure. Skin type is an important factor in determining risk, but exposure to the sun accounts for just 10 to 15 per cent of overall risk, which is far from the current belief that it's responsible for 75 per cent of cases (*Am J Public Health*, 2001; 91: 360-4).

Other risk factors that SunSmart and other initiatives fail to take into account include obesity, lack of exercise and poor diet, including the consumption of fast food and high-fat snacks (*Am J Epidemiol*, 1994; 139: 869-80). Drinking large amounts of alcohol can also increase the risk of melanoma (*Cancer Epidemiol Biomarkers Prev*, 2005; 14: 293), and women who suffer from endometriosis – in which the cells that usually line the womb start replicating in other parts of the body – are twice as likely to develop melanoma (*Arch Intern Med*, 2007; 167: 2061-5).

The rise in cases of skin cancer is in line with increases seen in other cancers, such as breast and prostate cancers and leukaemia and lymphomas, suggesting that, like them, it is a general lifestyle disease rather than one specifically caused by sun exposure.

HERE COMES THE SUNSCREEN

Another part of the official line on sun exposure is the liberal use of sunscreens, but studies are suggesting that the products may be causing the skin cancers that are blamed on UV rays.

Most commercially available sunscreens contain zinc oxide, which generates free radicals when exposed to the sun's rays. In turn, the free radicals kill cells,

which increase the risk of skin cancer.

Dr Yinfa Ma, at Missouri University of Science and Technology, has demonstrated the process in a series of laboratory tests, and has discovered that it accelerates the longer the zinc oxide is exposed to UV rays. After three hours of exposure to UV light, half the cells that had been placed in a zinc-oxide solution had died, and 90 per cent of cells were dead after 12 hours.

Ma discovered that zinc-oxide particles release electrons when exposed to UV light, thereby producing free radicals. These bind to other molecules and damage them. This mechanism is a prelude to skin cancer (*Toxicol Appl Pharmacol*, awaiting publication).

Sunscreens also contain *oxybenzone* (benzophenone-3, or BP-3), a chemical that causes allergic reactions, hormone disruption and cell damage. Although manufacturers insist that the skin does not absorb the chemicals, a report from the US Centers for Disease Control and Prevention (CDC) found that 97 per cent of the 2,517

people they screened had BP-3 in their urine. Higher concentrations were found in girls and women, presumably because they are more frequent users of sunscreens and personal-care products that contain sunblock. The chemical is also used in lipsticks, lip balm and skin moisturizers (*Environ Health Perspect*, 2008; 116: 893-7).

Mothers with high levels of BP-3 are more likely to give birth to children who are underweight, a condition that is associated with coronary heart disease (CHD), hypertension (raised blood pressure) and type-2 diabetes later in life (*Birth Defects Res C Embryo Today*, 2004; 72: 300-12). This chemical also disrupts the hormonal system in fish (*Toxicol Sci*, 2006; 90: 349-61), and causes skin cell damage in humans (*Free Radic Biol Med*, 2006; 41: 1205-12).

To improve the smell of sunscreens and enhance tanning, most sunscreens include a third ingredient – psoralen, a photosensitising agent. However, Harvard researchers have established that this, too, is a carcinogen (*Cancer*, 1994; 73: 2759-64).

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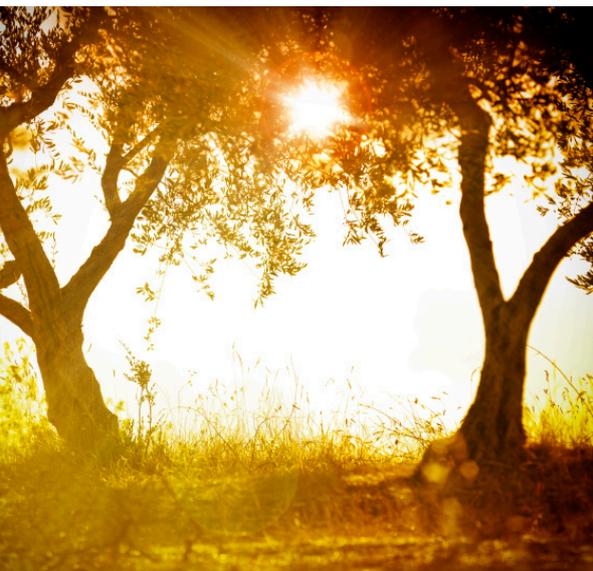
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'D' IS FOR DEFICIENCY

Staying out of the sun dramatically reduces levels of vitamin D, especially for people living in the northern hemisphere [or Tasmania], which has infrequent sunny days and long winters when the sun is feeble.

The optimal level of vitamin D is between 100 to 150 nmol/L of serum. Yet the average level for children in the UK is just 52 nmol/L during the winter months, which rises to 80 nmol/L in the summer, which is still below healthy levels. Elderly people in the UK have average levels of 35 nmol/L in the summer and just 23 nmol/L during the winter – a level so low that rickets, heart attack, reduced muscle strength and the risk of falls become very real possibilities.



UV in sunlight is the most important source of vitamin D. After synthesis in the skin, the kidneys process vitamin D into its active form, which regulates growth in more than 30 different tissues throughout the body. It controls calcium absorption for healthy bones and triggers *apoptosis* (programmed cell death), a vital process that prevents cancer. Vitamin D also restricts cancer growth by stopping the formation of new blood vessels.

Not surprisingly, vitamin D deficiency is associated with the development of 16 different cancers – including melanoma. One study of 502 people with melanoma revealed that, as well as nervous system disorders such as schizophrenia, cognitive decline and Alzheimer's, insufficient vitamin D can also lead to multiple sclerosis (MS), diabetes (both types 1 and 2), high blood pressure (hypertension), heart failure and heart disease, psoriasis, Crohn's and other inflammatory bowel diseases, and rickets, the childhood bone disease.

As we age, we need more vitamin D either from our diet or from sunlight. In a study of 2,099 people aged between 70 and 79 years, those with low levels of the vitamin had more problems with moving about and were twice as likely to be disabled (*J Gerontol*

A Biol Sci Med Sci, 2012; doi: 10.1093/gerona/gls136).

Another study – this time involving 3,262 people aged between 50 and 70 years – found that 94 percent of them had low vitamin D levels and 42 percent had metabolic syndrome, a particular combination of disorders that increases the risk of heart disease and diabetes (*Diabetes Care*, 2009; 32: 1278–83).

BACK TO THE DRAWING BOARD

In 2010, a private memo was circulated through the offices of Cancer Research UK, which oversees the nation's SunSmart programme. The note was triggered by worrying health statistics that demonstrated that between 40 percent and 100 percent of adult Britons were deficient in vitamin D, and this could be a major cause of chronic disease.

The memo suggested that the charity should draw up new guidelines on sun exposure, and recommend that people get some exposure to the midday sun, when it's at its hottest. Several private meetings followed, and a new position paper that recommended that people should get "little and often" sun exposure was explored. However, that was as far as the initiative went.

SunSmart continues to recommend that we stay out of the sun, as does the WHO, government agencies and the UK's Chief Medical Officer (CMO) for Health. In the CMO's 'Ten tips for better health', tip no. 6 recommends that we protect ourselves from the sun – "cover up, keep in the shade ... and use factor 15-plus sunscreen". Each of those recommendations is wrong. Don't follow them – doing so will increase your risk of chronic disease and even skin cancer. Instead, follow the sun.

[End of article by Bryan Hubbard]

ACHIEVING VITAMIN D LEVELS

Sunbathing

The sun is the best source of vitamin D. During the summer months, try to get out into the midday sun for around 20 minutes each time [in Australia around 15 minutes]. Wearing a swimsuit or shorts and for women a tank top, lie on your back for half this time, then on your front for the other half, and repeat this once a day. Do not allow burning. As soon as there is the first tinge of pink, cover up. Do not wear sunscreen. If you have dark skin, your sunbathing time might be more like an hour, six days a week.

Note that these times are for when you are accustomed to the sun. When you commence sunbathing, begin with just a few minutes and build up *gradually* from there.

Supplements

These are another source of vitamin D, although supplements are not always well absorbed, especially in older people or those with inflammatory bowel disease. We need to take at least 1,000 IU/day, but even this amount may not be enough on its own to boost levels to optimum unless you are also regularly sunbathing.

Optimal vitamin D levels

Vitamin D levels are measured as nmol/L of 25(OH)D in blood serum (2.5 nmol/L = 1 mcg/L). Here is an assessment of various levels:

Below 12.5 nmol/L	major deficiency; rickets likely
Below 25 nmol/L	deficiency; rickets and heart attacks are major risks
50 nmol/L	insufficiency; reduced muscle strength, and falls likely in the elderly
50-100	body stores depleted
100-150 plus	adequate levels for optimal health

Healthy eating also helps to protect against skin cancer. Abundant servings of fresh vegetables and fruits every day [as recommended in Natural Health Dietary Guidelines] will help to mop up the free radicals released in the body when exposed to sunlight. The ideal anti-skin-cancer diet supplies abundant quantities of vitamin C, beta-carotene and all the other hundreds of carotenoids, vitamin E, selenium and zinc, all obtained ideally from food. The diet also restricts the consumption of fat to less than 20 per cent of the total calories that we eat. (*JAMA*, 1998; 279: 1427–98).

Sun on Heads, Hands and Arms

The official line has it that we will get all the sun we need for adequate vitamin D levels from casual sun exposure to our heads, arms and hands when we walk outside. This view is based on one small – and faulty – study involving just nine elderly people. The group was in a hospital ward that had a sunny terrace for three months over summer. When the test started, all the participants had vitamin D deficiency, but during the three months their vitamin D levels rose marginally, although only to levels which were still deficient or borderline, and certainly not enough to see them through the next winter. The only participant with healthy levels of vitamin D had been discharged from the hospital during the trial, and had subsequently spent many hours in his garden. (*J Nutr Med*, 1990; 1: 201–7).



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Free Radicals – Why so toxic?

THE NASTIES BEHIND OXIDATIVE STRESS

By Roger French

Most people have heard of free radicals, but what on Earth are they? A little bit of chemistry is needed to explain them, but this need not put us off, because all that we really need to know is how to avoid them, and this is easily explained. So please persevere with what they are, what causes them and how to avoid them.

Free radicals are basically oxygen molecules that have gone wrong by becoming super-reactive so that they damage other molecules by oxidising them and starting a chain reaction of damage. This damage can destroy cells in nerves, joints, muscles, arteries and organs anywhere in the body, resulting in neurodegenerative diseases like Alzheimer's and Parkinson's, arthritis, heart disease, organ damage and cancer.

These rogue molecules are caused by toxic chemicals and radiation that can be largely avoided once we are aware of their potential harm. Their damage can also be prevented and reversed by nutrients that are abundant in plant foods – antioxidants.

By minimising the causes and maximising our defences, we can save ourselves a lot of painful and debilitating suffering.

The theory of free radicals and their association with disease was first proposed in the 1950s by a Dr Denham Harman, a professor emeritus at the University of Nebraska.

WHAT ARE FREE RADICALS?

In plain language. We breathe oxygen from the air every minute of our lives, and without it we die. But even this life-giving element can go wrong. The most common free radical is an oxygen atom that has lost an electron and become so reactive that it oxidises an adjacent molecule and starts a chain reaction of damage. If vast numbers of free radicals are formed, they can kill large numbers of cells and destroy tissue leading to serious degenerative diseases.

It's not as though free radicals are designed to cause harm. They are basically unstable molecules looking to be stable again. That is all. The harm they can cause is basically an unfortunate consequence of vastly too many of them forming in the wrong places.

In technically correct language. A free radical is an atom or group of atoms that has at least one *unpaired* electron and is therefore unstable and highly reactive. A normal atom

has every electron in its outermost shell balanced by a complementary electron that spins in the opposite direction. If the atom has no balancing electron, it is a free radical.

Having an odd number of electrons makes a free radical unstable, short-lived, and highly reactive.

Consequently, the free radical steals an electron from an adjacent compound or molecule, causing a new free radical to be formed in its place. In turn, the newly formed radical balances itself by stealing an electron (with opposite spin) from another adjacent compound or molecule, so that the chain reaction continues and can be thousands of reactions long.

TYPES OF FREE RADICALS

[This short section is also a bit technical.]

There are numerous types of free radicals, but the most important are those involving oxygen. Free radicals centred on oxygen are known as a *reactive oxygen species* (ROS).

The most common ROS include:

- The *superoxide anion* (O_2^-);
- The *hydroxyl radical* (OH^-). These are short-lived, but the most damaging radicals within the body;
- *Singlet oxygen* (1O_2);
- *Hydrogen peroxide* (H_2O_2)

Hydrogen peroxide (bleach) is unique in that it can be converted to the highly damaging hydroxyl radical or be broken down and excreted harmlessly as water.

Singlet oxygen is not a free radical, but can be formed during radical reactions and cause further reactions. Singlet oxygen can act as a catalyst for free radical formation.

Catalysts

The interaction of copper or iron and H_2O_2 can produce hydroxyl radicals.

Iron and copper are two common catalysts of oxidation reactions. Iron has the critical role in the body that it is a major component of *haemoglobin*, the pigment in red blood cells. It is thought that certain kinds of stress may break down haemoglobin releasing free iron, which can generate free radicals that damage cell membranes through oxidation.

Zinc, in contrast, is believed to prevent free radical formation by displacing those metals.

Several hundred years ago we did not have the burden of toxic metals that we have today. Toxic metals in the body increase the number and activity of free radicals. The more toxic

metals contaminating the body, the higher the free radical activity. It is believed that heavy metals in the body multiply the free radicals' chain reactions several thousand times – or possibly several million times.

MEASUREMENT OF FREE RADICALS

Free radicals have very short half-lives, which makes them very difficult to measure. Nevertheless, multiple methods of measurement are available today.

CONSTRUCTIVE ROLE OF FREE RADICALS

Free radicals do have a constructive and beneficial role in the body. The immune system uses them to tag foreign invaders, including bacteria and viruses, or damaged tissue. This enables determination of which tissue or microbes need to be removed from the body.

There are other positive roles as well. Free radicals occur naturally as products of the oxidation process through which the cells obtain their energy from sugar and fat. They are also produced naturally during some other normal chemical processes.

DAMAGE AND DISEASE CAUSED BY FREE RADICALS

If the generation of free radicals is much greater than can be dealt with by the antioxidant defence system, the radicals can reach sufficient numbers to cause damage.

Because cell walls ('membranes') contain fat and cholesterol which are very prone to oxidation, cells can be destroyed in large numbers. If the damage occurs in a joint, the eventual result can be arthritis; in the lungs, the result can be emphysema or bronchitis; in the blood vessels, atherosclerosis that leads to heart disease or stroke; in the stomach, peptic ulcer; in the skin, wrinkling and early ageing. Free radicals cause random damage to structural proteins, enzymes and other molecules, and play major roles in inflammation and hyperoxidation.

The cells in vital organs can become so damaged that the organ can cease to work effectively. Almost every disease, including diabetes, kidney problems, liver problems, Alzheimer's disease, Parkinson's disease and other organ diseases, is at least partly contributed to by the damage caused by free radicals.

In the nucleus of each cell in the body is the DNA, which is typically more than 100 million units in length and carries our genes. If free radicals damage the DNA, the genes are mutated and a number of researchers believe that the cell has become a cancer cell. If enough cancer cells are created and if the body's defences are down, cancer can take off.

The food we eat can contain oxidised fat and cholesterol and other oxidised ingredients. But even if we make an effort to consume fresh, non-oxidised food, certain components can oxidise inside our bodies, and this will be the work of free radicals. Here are some examples.

Free radicals attacking food

Fat. Unsaturated fat molecules contain double bonds which allow oxygen to combine with the molecule and oxidise it. The more unsaturated the fat/oil, the more readily it can be oxidised – or, in everyday language, turn rancid. The higher the temperature, the more easily it oxidises, making deep-frying a very risky process for health. Rancid fat is highly toxic and increases the risk of colon and other cancers.

Inside the body, polyunsaturated fatty acids are abundant in cell membranes as well as in low-density lipoproteins (LDL cholesterol). Free radicals readily attack these lipids – known as *lipid peroxidation* – and this can continue in a chain reaction.

Cholesterol. We constantly hear that high cholesterol is a danger for heart disease, but it is not fresh (or normal) cholesterol which causes the problem, but the oxidised cholesterol which has been damaged by free radicals. As with rancid fat, this is very toxic to the arteries.

Meat. According to one source, a meat-based diet causes excessive free radical production. This helps to explain the significantly increased risks of cancer and heart disease associated with high-meat eating, which does not occur with a plant-based diet.

Alcohol is a substantial generator of free radicals, which may be part of the reason why it damages the liver, heart and brain.

Free radicals from smoking and stress

Smoking creates a lot of free radicals, hence its strong association with lung cancer, other cancers and heart disease. Most smokers are candidates for bronchitis and emphysema sooner or later, but not every smoker gets cancer because it takes longer to develop.

Mental stress is linked to over production of free radicals. Anger, anxiety, tension or other forms of stress create chemicals (*cortisone* and *catecholamines*) which ultimately create free radicals.

Free radicals cause premature ageing

Premature ageing will not occur without a cause. If we have many years with high levels of free radicals, they will kill cells in the skin and organs and produce the signs of early ageing. Free radical damage accumulates with age, so as we get older, the signs of ageing accelerate.

Young people have stronger defences against free radicals. As we become older, these defences don't work so well, and ageing occurs. If we are largely free of damaging free radicals, we will remain relatively youthful – as did those primitive populations, like the Hunzas, who lived entirely natural lifestyles.

Heart disease and free radicals

Heart disease is not caused by cholesterol. It is caused by inflammation of artery walls of which one prominent cause is free radicals. The free radical damage cannot be prevented or cured by drugs; in fact, many drugs themselves can cause free radicals.

Heavy physical exercise can produce free radicals

We use much more oxygen during intense physical activity than when we are resting – oxygen consumption can increase 10 to 20 fold. Consequently, our bodies are likely to greatly increase production of free radicals. However, *regular* aerobic exercise can stimulate the antioxidant defence system, which can counter the extra free radicals and protect against damage.

But if free radical production exceeds the capacity of the defence system – as it could, for example, in a marathon – oxidative damage occurs and the body becomes more susceptible to disease and injury. A large amount of muscle could easily be damaged, accompanied by fatigue. One of the body's first steps in healing after exercise-induced muscle damage is acute inflammation. Free radicals are involved in this inflammatory response and appear greatest around twenty-four hours after completion of a very strenuous bout of exercise.

CAUSES OF FREE RADICALS

The processing of food and the other chemical changes within the body (*metabolism*) can produce free radicals naturally at times. In addition, the body's immune system uses them to destroy bacteria and viruses. But when environmental factors produce them, they can reach vast numbers and do the damage described above.

A list of causes – that is not exhaustive – gives an idea of the potentially harmful environmental factors:

- Cigarette smoke;
- The UV radiation in strong sunlight, which results in ageing of the skin;
- Nuclear radiation, including X-rays;
- Highly toxic pesticides;
- Other toxic chemicals such as solvents and chlorine;
- The benzene in petrol (fill your car with the fumes blowing away from you);

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- Toxic industrial chemicals;
- Drugs – both recreational and prescription;
- Surplus iron in the free state (that is, *not* chelated), a powerful generator;
- Processed foods;
- Ozone layer depletion;
- Air pollution – this is usually a weak effect, except, for example, in the case of motor vehicle fumes in an enclosed space;
- Inflammation;
- Daily stress – both emotional and physical.

Pesticides kill pests by generating free radicals; if we take in pesticides, some of our cells will be killed also.

Chemotherapy and radiation kill tumour cells by producing large numbers of free radicals; they also damage normal cells.

The larger the number of toxic metals present in our bodies, the higher the free radical activity. Heavy metals can multiply the chain reactions several thousand times or possibly several million times.

DEFENCES AGAINST FREE RADICALS

Antioxidants have the ability to destroy free radicals and so prevent damage. Remarkably – and fortunately – they also have the ability to *repair* existing damage to cells.

The human body has an elaborate antioxidant defence system. Antioxidants are manufactured within the body and are also obtained from the food we eat, particularly vegetables, fruits, nuts, legumes and seeds.

Antioxidant means 'against oxidation'. They especially protect lipids from peroxidation by radicals. Antioxidants work by giving up their own electrons to free radicals and so neutralising them and cancelling their aggressive activity. Thus the chain reaction of oxidation is broken. After donating an electron, the antioxidant itself looks like a free radical, but is *not* harmful because it is in a stable form and not reactive.

Antioxidants are sometimes referred to as 'free radical scavengers'.

Two Lines of Defence

Our cells have two lines of antioxidant defences. As soon as free radicals are created, they are checked by these defences, providing the defences are adequate and the free radicals are not in overwhelming numbers.

Firstly, in the lipid-rich cell walls there are vitamin E, beta-carotene, other carotenes and coenzyme Q10. Vitamin E is probably the most potent of these. The second line of defence is inside the cells; it consists of water soluble antioxidants that include vitamin C and three antioxidant enzymes (*glutathione peroxidase*, *superoxide dismutase* (SOD) and *catalase*).

Put another way, *the body uses antioxidants to quench the biochemical fire!*

Vitamin E is the most abundant fat-soluble antioxidant in the body and one of the most efficient antioxidants available. It is a primary defender against oxidation, including lipid peroxidation. It thus provides potent protection against cardiovascular disease.

Vitamin C is the most abundant water-soluble antioxidant in the body. It acts primarily in cellular fluid and strongly combats free radicals caused by pollution and cigarette smoke. Vitamin C also helps convert vitamin E back to its active form. Many studies have correlated high vitamin C intakes with low rates of cancer.

What about supplements of antioxidants? There is abundant evidence that they are effective in increasing the protection against free-radical damage. But before purchasing *mega-doses*, we need to be aware that *more is not always better, in fact, often worse*. The long-term effect of large doses of antioxidants has not been proven, and there are other phytochemicals in plants that may also contribute beneficial effects.

Most significantly, believing that antioxidant supplements can compensate for the deficiencies of a junk-food diet is a dangerous mistake. In this situation, the antioxidants can reverse their mode of behaviour and become *pro-oxidants*, which is exactly what we are trying to avoid. The explanation of this is technically complicated.

The moral of the story is: eat your veggies and fruits – and in abundance!

Where the Antioxidants Are Abundant

Antioxidants are abundant in vegetables and fruits, as well as nuts, legumes, seeds and grains [and also occur in some flesh foods]. A properly balanced lacto-ovo-vegetarian diet supplies an abundance of antioxidants to protect the body. In contrast, a meat-based diet creates free radicals and also provides carcinogens, all of which will be damaging.

Vitamin C, or ascorbic acid, occurs in abundance mainly in vegetables and fruits. Its richest sources (in order) are ripe (red) capsicum, broccoli, Brussels sprouts, parsley, watercress, kiwifruit, cauliflower, red cabbage, pawpaw, orange, grapefruit.

Vitamin E, or *tocopherols* and *tocotrienols*, is found in plant foods high in unsaturated fats, such as wheatgerm, nuts, soya beans, sunflower seeds, sesame seeds and corn.

The beta-carotene group of around 600 *carotenoids* is found in a wide range of veggies and fruits. Carotenoids include beta-carotene, lycopene, lutein and zeaxanthin.

Beta-carotene is responsible for the orange-yellow colour of many fruits and veggies, although this can be masked by green. 'Beta-carotene equivalent' is highest in (in order, richest first) carrots, parsley, pumpkin, mangoes, English spinach, red capsicum, sweet potato, rockmelon, kale, lettuce, silverbeet, peas, broccoli, green

beans, tomatoes, zucchini, avocados and sweet corn.

Lycopene is a potent antioxidant, known for greatly reducing the risk of prostate cancer. It is found mainly in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges and capsicum.

Lutein is best known for its protection against, and partial reversal of, macular degeneration of the eyes. It is richest in kale, collard greens, spinach, broccoli, Brussels sprouts and egg yolks.

Zeaxanthin, the other carotenoid that prevents MD, is present in a range of green and yellow veggies, including sweet corn, spinach, turnip greens, celery, zucchini, kale, broccoli, green beans, Brussels sprouts, lettuce, green peas and sweet potatoes. Fruit sources include goji berries, stone fruits, mandarins, honeydew, mango and kiwifruit. An animal food source is egg yolks.

Selenium is the mineral which enables the body to manufacture the antioxidant enzyme, *glutathione peroxidase*. Australian soils are low in selenium, so locally grown foods deny us this invaluable defence. But from Brazil we import Brazil nuts which are the richest of all foods in selenium. It is a good idea to eat a couple of Brazils every day, but don't eat too many because excess selenium is toxic.

Anthocyanins and **proanthocyanidins** are bioflavonoid antioxidants more powerful than vitamin C by between 15 and 40 times. These bioflavonoids also help prevent blood clots forming. They give the distinctive colour to dark red, purple and blue veggies and fruits. Veggies rich in these are eggplant, purple cabbage and beetroot. In the fruits, richest of all are blueberries followed by bilberries and other berries – blackberries, mulberries, raspberries, cranberries, strawberries and acai berries – and plums, cherries and red grapes. Interestingly, the juice of red grapes is white, but in the making of red wine, the skins are included, so this wine contains anthocyanins.

We are told that a glass of wine every day keeps heart disease at bay, but this ignores the toxic effect of alcohol on the liver and brain. However, for those many Australians who like their little drink, if they can be happy with red wine, the benefits of the antioxidants somewhat offset the toxic effects of the alcohol.

Another protection from free radicals is to reduce the burden of toxic metals in our bodies. Lowering the toxic metals burden can be achieved through chelation.

Curry herbs (like turmeric), red pepper, nutmeg and cloves have very powerful antioxidant properties. Combinations can be found in Indian, Asian and health food stores. Small quantities can be quite adequate.

It has been reported that cold-pressed sesame oil contains powerful antioxidants.



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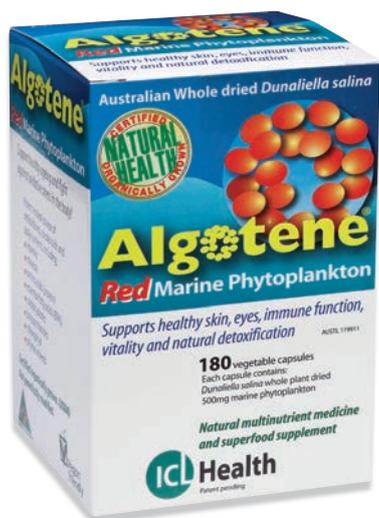
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YOUR QUESTIONS ANSWERD



By
**Roger
French**

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

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

Q. DO SOLAR PANELS EMIT EMR?:

I'm wondering if solar panels on the roof cause high levels of EMR in the rooms below. I'd love to know the answer to this. – M. B., email

A The current generated by sunlight in the solar panels is *direct* current, meaning that it does **not** change direction 50 times every second as does *alternating* current, which is the electricity in our homes and workplaces.

Electromagnetic radiation is caused by the alternating current 'making and breaking' 50 times every second. The mechanism is that the electric field around the conducting wire forms then reverses 50 times in a second, and as it forms and reverses, it cuts across our nerves and interferes with the minute electric currents in our nerves.

It is this interference to our nerves (and those of animals) that causes health problems, which can include irritability, restless sleep, insomnia, headache, etc, and even increased risk of cancer.

With direct current, the flow of electricity is steady, there is no making and breaking and, at normal levels, there are no health effects.

There is alternating current in the inverter for the system, because the role of this is to convert the direct current from the solar panels to alternating current to be fed into the street mains or the house wiring. The inverter is usually located in a box on the wall of the house, typically in the main fuse box, and may produce some very small electromagnetic fields. However, these are normally not of any significant consequence.

I have put solar panels on the roof of my house with no thought of any problems. The only feeling my wife and I have is satisfaction that we are producing a small amount of pollution-free electricity.

Q. GRAPE SEED OIL:

Grape seed oil has become the 'in' oil in recent years. Does it have some kind of super nutrition as far as oils go, or is this just a fad? – J. P., Oxley Qld

A This oil has a clean, light taste and a high polyunsaturated fat content. It is used for cooking, as an ingredient in salad dressings and mayonnaise and as a base for oil infusions of garlic, rosemary or other herbs or spices.

Many retailers of grape seed oil claim that it is highly suitable for baking, sautéing and stir-frying due to an exceptionally high smoke point. But its smoke point is not as high as that of a number of other oils – see an explanation of smoke point in the next question. More significantly, this oil is high in polyunsaturated fatty acids which oxidise easily (turn rancid) at high temperatures, so this fat is decidedly *not* suitable for frying or even baking.

The typical fatty acid composition of grape seed oil shows that it is a fairly average kind of vegetable oil:

- Polyunsaturated linoleic acid (ω -6) 72%
- Monounsaturated oleic acid (ω -9) 16%
- Saturated fatty acids 11%
- The valuable ω -3 just 1%

This make-up shows that grape seed oil is a typical polyunsaturated oil, somewhat like sunflower and soya oils.

Although grape seeds are renowned for their high content of the very powerful antioxidants, *anthocyanins* and *proanthocyanidins*, grape seed oil contains insignificant quantities because they are insoluble in fat. Similarly, another valuable antioxidant, *resveratrol*, is almost entirely absent in the oil.

Grape seed oil has been used for centuries in the wine producing regions of the world as it is a by-product of wine production. It is often considered to be a healthy cooking oil like olive oil, but it is not. For cooking, we want the oil/fat to be as close to saturated as possible to minimise rancidity. Olive oil with its high concentration of monounsaturated oleic acid is much healthier for cooking than grape seed oil which is mostly polyunsaturated fatty acid (72%).

Provided it is not heated or is not rancid, grape seed oil is a good, healthy oil, because we need all three of monounsaturated (ω -9), polyunsaturated (ω -6) and highly

polyunsaturated (ω -3) fats. However, we may *not* need to include ω -6 oils, because sunflower, safflower, soya and corn oils are widely used in packaged foods, especially poly margarine. In fact, many people are consuming too much ω -6, which, in excess, increases the risk of blood clots. If we stay with natural, unprocessed foods, then this kind of unintended excess should not occur.

Q. SMOKE POINT OF FATS AND OILS:

We are starting to hear more about the smoke point of fats and oils, including the claim that grape seed oil has a very high smoke point. What does it mean in relation to the health and safety of fats and oils? – J. P., Oxley Qld

A The *smoke point* of a fat/oil is the temperature at which the fat begins to break down and produce smoke. It is no longer suitable for consumption because the fat is sure to be oxidising rapidly and becoming carcinogenic. [Remember that oil is simply fat in a liquid form.]

Fats heated above their smoke point can reach their *flash point*, the point at which they ignite and can start a fire. The risk of fat catching fire is a major hazard in our kitchens, and one of the primary reasons why we should all keep a fire blanket and fire extinguisher handy to our kitchens.

If a fat/oil is heated beyond its smoke point, it will have a burnt smell and a harsh taste, which will carry into the food it's cooking. This fat should be disposed of and a fresh batch used, but make very sure that the temperature of the new batch is kept well below the smoke point.

Interestingly, the refining of oils tends to raise the smoke point, but at the price of removing much of the vitamin E, carotenoids and other fat-soluble nutrients that, among other things, prevent rancidity.

Here are the smoke points of most of the common fats/oils. [Source *The Smoke Points of Various Fats* by Michael Chu. The second figure is from another source.]

Avocado oil	271°C
Safflower oil	266°C, 232°C
Soya oil, refined	232°C
Peanut oil, refined	232°C
Palm kernel oil	232°C
Sunflower oil	227°C, 232°C
Peanut oil	227°C
Almond oil	216°C
Grape seed oil	216°C, 200°C
Cottonseed oil	216°C
Sesame oil, refined	210°C, 232°C
Sesame oil, unrefined	177°C
Coconut oil	177°C
Butter	177°C
Soya oil, unrefined	160°C
Peanut oil, unrefined	160°C
Olive oil, extra virgin	160°C
Corn oil, unrefined	160°C
Sunflower oil, unrefined	107°C
Safflower oil, unrefined	107°C
Flax oil, unrefined	107°C
Canola oil, unrefined	107°C

Q. 'PERMEATE' ADDED TO COWS' MILK:

What is the 'permeate' that is added to cows' milk when they want to make the composition uniform throughout the year? Is it to balance out the protein or the minerals or what does it do? – V. Z., Mulgoa NSW

A Permeate is a watery by-product of milk processing. Some dairy companies add it to milk to dilute the protein levels so as to make them uniform throughout the year.

A number of dairy companies include *permeate-free* milk in their range. Dairy Farmers say that their market research revealed that the majority of Australians are more concerned about how much their food has been processed. Dairy Farmers' range of milks that are boldly labelled 'Permeate Free' includes 'Original Milk', 'New Milk', 'Lite White' and 'Skim Milk'.

Another permeate-free brand is a2 Milk™ based in Botany in Sydney. This brand proudly reassures its customers that their a2 Milk™ always has been permeate free, and always will be.

Milk consists of water, protein, fat, sugar (lactose), minerals and vitamins. It is normal for dairy manufacturers to standardise the fat content. The purpose of using permeate is to also standardise the protein content to a constant value throughout the year.

The composition of milk is governed by the Food Standards Australia New Zealand (FSANZ) Code, which does allow manufacturers to add or withdraw milk components to standardise the composition. As far as fat and protein are concerned, the Code requires that packaged whole milk contains at least 3.2% fat and 3.0% protein.

Manufacturers say that adding permeate is to meet consumers' expectations of a consistent product, but it also makes the milk a lot cheaper to produce. So probably the real reason it is being added is to help consumers get the low prices they want. Supermarket 'milk wars' have certainly put pressure on manufacturers to boost permeate levels.

Internal documents from Australia's biggest supplier, National Foods – which makes Pura, Big M and Dairy Farmers and supplies both Woolworths and Coles brands – reveal that its milk can contain up to 16 percent permeate.

Using permeate also saves dairy processors the cost of disposing of it. Increasingly stringent environmental regulations mean that discarding permeate into waterways is no longer an option for most companies.

What is milk permeate? It is a by-product of cheese making. Milk is ultra-filtered to extract the protein and fat used to produce cheese, and the permeate that is filtered off consists of water, lactose, vitamins and minerals. It is greenish in colour due to the presence of B vitamins.

The addition of permeate to milk has caused controversy. In 2008, dairy farmers in Australia accused food producers of "watering down" milk with permeate to save costs by reducing the volume of milk required from farmers. But is the demonisation of permeate really driven by consumer concerns? Dietitian, Rosemary Stanton, says food vilification is a routine marketing ploy used to sell new products. Choice says, "Some people decided to market their milk as permeate free ... to make ordinary milk sound horrific."

Is permeate bad? There are no known health risks associated with adding permeate to milk. Nor should there be, because adding permeate is simply taking part of the milk used for cheese-making and adding it back to liquid milk. The one negative is that any extra process exposes the milk components to the air containing oxygen and increases the degree of oxidation of the more delicate constituents.

Q. GLUE EAR IN INFANTS:

Is there a way to clear a baby's middle ear of excess fluid – otherwise known as 'glue ear' – through diet or other natural method? – V. Z., Mulgoa NSW

A As you would know, this is a very common problem in infants and young children. It usually occurs in young children, but can develop at any age and can affect one or both ears.

Causes. Mucous membranes protect all structures that have openings to the exterior – mouth, throat, stomach, intestines, nose, bronchial



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tubes, lungs, eyelids and, via the Eustachian tubes, the ears, or at least, the middle ear. When toxins are generated excessively by over-eating in general or consuming refined starchy and sugary foods or over-cooked foods, the mucous membranes are typically used by the body to unload some of the excess. The membrane becomes inflamed, swollen and sore and mucus is copiously secreted to literally wash waste products and toxic chemicals out of the body. Stress, toxic chemicals and local irritants can trigger off the process.

An emergency elimination is exactly what is happening in the case of the common cold or gastritis, enteritis, colitis or dermatitis. In the middle ear, it is called *otitis media* or, in everyday language, *glue ear*.

If a mucous condition is chronic, it is known as *chronic catarrh*

The process is exacerbated when medical drugs, most of which are toxic in nature, have been used to suppress previous minor ailments, especially fevers. Repeated courses of antibiotics have often been implicated. The drugs simply cause the toxins to be dispersed back into the organs and tissues to cause trouble later on, instead of being eliminated at the time when the wisdom of the body intended.

Also relevant are the lymph glands, the tonsils, which guard the throat and surrounding tissues, and often become enlarged and inflamed in response to their excessive workload. When these are surgically removed, the defences and detoxifying mechanisms in the upper body are significantly impaired.

I realise, Mrs Z., that your children would *not* have been fed a lot of junk food. However, there can be plenty of negative influences even in a healthy household, such as stress, toxic chemicals and possibly residual effects from the mother's childhood and adolescence.

It is often disappointing for 'Natural Health' mothers to find that their children suffer some of the typical childhood illnesses. But as the children get older, the benefits of their healthy upbringing begin to show, and later in life the rewards can be enormous – as I know first-hand.

Facilitating healing. The full-blown way to pull the rug out from under the toxemia is to cease intake of the foods that produce large amounts of toxic wastes – the foods that give us protein, carbohydrate and fat. To keep the body ticking along comfortably, give the child (or adult) a juice-only diet.

Every three hours of the day give the child diluted juice of fruits that are in season and ripe. In winter, citrus juices are very good for mucous conditions – lemon, grapefruit, mandarin and orange. Begin the day with half a lemon in a glass of warm/hot water.

Use orange juice sparingly as it can upset the liver in large quantities. Apple and pear juices are also suitable as is pineapple if properly ripened. In summer, neat watermelon juice and very dilute grape juice (at least half water) are excellent. The length of the juice diet would be three to five days, depending on the severity of the condition.

Follow the juice diet with a softer version of a detox diet, consuming only fruit, salads and lightly steamed veggies. Don't include the starchy veggies – potato, pumpkin and sweet potato. Eating garlic, onions, celery and parsley may help reduce mucus. This diet can go for up to a week.

It will no doubt strike you that the above program will require a lot of self-discipline and a very cooperative child. However, I have spelled out the program in full so that parents know what to aim for. A period on a cleansing diet shorter than the above should still bring results. It all depends on the severity of the glue ear and the amount of pain it is causing. The worse the pain, the more willingly will a child/adult accept a restricted diet.

Please be aware that if the pain flares up in the first few days, this may well be a sign that the detox is under way – it's working! The symptom should ease within a day or two or three at the most. If it continues, contact a naturopath or wholistic doctor familiar with detox diets.

The build-up of mucus may have been in response to food sensitivity, which is very common with wheat or dairy products. If you suspect food sensitivity, use trial-and-error; eliminate the particular food and watch for any improvement. Try replacing cows' milk and its products with goats' or soy milk (use soya milk only with older infants and as a last resort).

In addition to the detox diet, there are alternative treatments that can help with glue ear.

For relief of earache, one natural therapist suggests the following. Warm 1 teaspoon grape seed oil or sweet almond oil in a metal egg cup placed in a bowl of hot water. Stir in 1 drop of tea tree essential oil and 3 drops German chamomile or lavender. With the child lying down and with the affected ear uppermost, use a dropper to put several drops into the ear and seal with a little plug of cotton wool. Do this in the morning and at bedtime. To further ease the earache, place over the ear a hot water bottle wrapped in a towel (to avoid burning).

Ear candling can help open the tubes to allow air to circulate into the middle ear. An ear candling kit, complete with instructions, can be purchased from a health food store or a naturopath.

A supplement that some people find helpful is Goldenseal, a herb which slows the excessive release of mucus inside the inner ear. Add drops of Goldenseal to water and use a dropper to place one-quarter to one-and-a-half teaspoons into the ear daily.

Tissue salts or other homeopathic remedies may also help. Consult a natural therapist or some pharmacists for what to use.

Cranial osteopathy can be very beneficial if there is cranial misalignment, which can occur in children or adults. The practitioner can determine if there is misalignment.

CAUTION WITH INDUCTION COOKTOPS

In the preceding Spring 2012 issue of *True Natural Health*, page 11, I reported that induction cooktops are relatively safe. However, a recent comment by a concerned body urges more caution.

An emagazine, *Powerwatch*, in its 11th June 2012 issue, reports a study showing that induction cookers can often exceed European and UK exposure guidelines for electromagnetic radiation.

The researchers say that while most of the cooktops tested complied with the public exposure limits at the distance of 300 mm (one foot) specified by the International Electro-technical Commission, the majority exceeded these limits at closer distances.

In other words, as long as your body is at least 300 mm from the cooktop, the radiation should be low enough to be generally safe for most adults. But if you stand closer to the cooktop – presumably as when stirring a saucepan – the radiation can be too high.

They say that in the worst case – where the person remains very close for a considerable time – the radiation density can exceed the basic restrictions by many times. For vulnerable young children, the brain tissue can be over-exposed by a factor of two. The foetus of a pregnant woman is even more vulnerable.

Most modern induction cooktops use low radio-frequency energy, which makes them very efficient, but does expose nearby people to high EMR.

Powerwatch concludes, "We believe that induction cooktops, if used at all, should be used with great caution and that pregnant women, women trying to become pregnant and children should keep out of the kitchen while induction cookers are in use." This extremely cautious advice might be the wisest course.

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LightAir Ionflow 50 has helped thousands of people world wide who are suffering from on going health issues linked to many of these indoor contaminants as shown above.

Many of these common symptoms often stem from unhealthy, dirty and poor indoor air quality....

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- Headache & depression
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NHS NOTICES



NEW NATURAL HEALTH SOCIETY WEBSITE

The Natural Health Society has a brand new website. You can still find our website at the usual address of www.health.org.au, but everything else has now changed – a whole new look, new features, an easier membership system, new online store, more news and articles and our exciting new Discussion Forums.

All existing members have access to the new site, but for your first login, you will need to reset your password, etc. For more information about how to set up your access, there is a dedicated page on the website; look for the prominent link on the new home page.

We hope you like the new site and look forward to chatting with you in the new forums and continuing to build an even better online resource for our members.

PENRITH DISTRICT DINNER

We are planning a new year gathering in the form of lunch at **Hopewood Health Retreat**, Greendale Rd, Wallacia, on **Sunday 10th February 2013**. It will be an enjoyable social occasion with excellent food.

NHS ANNUAL SEMINAR 2013

ADVANCE NOTICE

Tentative arrangements for our 2013 Annual Seminar are:

**DATE: SUNDAY,
24TH MARCH 2013**

**VENUE: NORTH RYDE GOLF CLUB, NORTH RYDE,
SYDNEY NSW**

Our seminars are great social occasions and full of interesting information.

Mark this date in next year's diary and keep it free!

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: *Marion Kraemer, Jean Stuart-Watt, Gudrun and Doris Ockerlander, Lynda Rona, Lani Imhof, Shirley Drake and Melva Fleming, Jill Johnson, Arthur Scheikowski, Derek Tully, John Murphy, Eduard Affolter, Bonnie Hawkins and Deborah Wilson.*

If other members would like to add their support, we would be very grateful. Call our office on 02 4721 5068 or send a cheque to Natural Health Society, 28/541 High Street, Penrith NSW 2750, or go to our website at www.health.org.au and click on the 'Donate' link.

[Please note: donations not tax deductible.]

MACARTHUR 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

Vegetarian Food Preparation Classes

LEPPINGTON NSW WELLNESS SUPPORT GROUPS, 2013

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

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, January 19th – Dr Marilyn Golden on 'Reversing Ageing and Illness Naturally'

Sat. February 23rd – Roger French on 'Detoxing and Self-Healing – the only real 'cure''

Sat. March 30th – Bronwyn Hancock on 'Vaccinations – an Objective Risk Comparison'

Phone Marilyn, 9606 2203, 0410 627 556

1. Hands-on, how to make simple, delicious and nutritious meals
2. Tips on making vegetarian meals appeal to the whole family
3. Includes a tour of the community garden

Dates and themes:

- Saturday 15th Dec – Delightfully raw
- Saturday 19th January – Simply delicious dim sim
- Saturday 16th February – Buns and more buns
- Saturday 16th March – Oz Lao pie and rolls
- Saturday 20th April – Curries and more

Time: 11 am to 2pm Saturdays

Cost: \$35 (we share the lunch we cooked)

RICHMOND NSW LAO VEGETARIAN COOKING WORKSHOPS

Presented by Ling Halbert



Where: Hawkesbury Earth Care Centre / Community Garden, cnr Campus Drive and Science Rd, UWS Hawkesbury Campus, Richmond NSW.

Bookings: Ling 0410 688 499 or ling300ppm@gmail.com

ADELAIDE, SA

COOKING UP A STORM Vegetarian with style Presented by Natalie Playford

Cooking Up a Storm is unique to Adelaide. It was initiated in 2006 by Natalie to teach people how to cook nutritious, delicious vegetarian food. Natalie is a professional cook and trained teacher and has eaten vegetarian for over twenty years.

Natalie offers:

- Cooking classes in your home;
- Cooking classes at venues, such as the WEA (in Adelaide);
- Fabulous, easy vegetarian cuisine.

For more information, visit cookingupastorm.com.au

or phone (08) 8386 1672 or 0403 555 011.



COOKING DEMOS IN OTHER PARTS OF AUSTRALIA

READERS, if you know of other classes demonstrating healthy, plant-based dishes in cities and towns in Australia, would you please advise Editor Roger French, phone 02 4721 5014, email rfrench@health.org.au.

New to the Natural Health Society's Shop

LADYSHIP LS-588F Organic Essence Extractor



By Roger French

This is like a junior version of the Ladyship Extractor (the LS-658) that we announced in the Spring issue of this magazine. The LadyShip LS-658 has been well received by members, and now we are pleased to be able to offer another model at a lower price.

STILL STRIKINGLY DIFFERENT FROM A REGULAR JUICER/ BLENDER

Like its big sister, the new LS-588F has the tap and patented filter system, 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.

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 more.

THE DIFFERENCES BETWEEN THE TWO

The LS-588F jar is slightly smaller and the blade sits a little higher up from the base.

The safety switch that is on the lid of the LS-658F has been moved down to the base of the jar of the LS-588F.

The LS-588F has 4,000 rpm more blade speed, meaning faster processing.

The 'little sister' fits into a smaller cupboard. Its 2.5 kgs total weight and compact size make it suitable for travelling.

The LS-588 is lower cost. (Do note the Christmas specials offered at right for both models.)

The Award Winning LadyShip Organic Essence Extractors

Like nine machines in one:

It blends; Crushes ice; Makes smoothies; Makes juices (patented filter design); Grinds seeds, including coffee beans; Makes nut milks; Makes soups; Works with hot or cold recipes. Simple to use, easy to clean. Bonus recipe book and instructional DVD

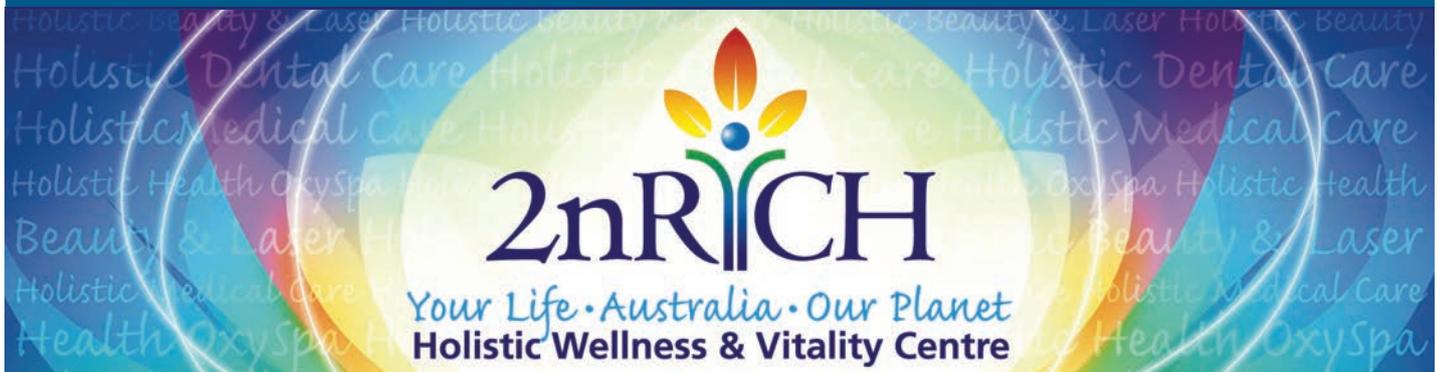
LS-588F PRICE including freight

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LS-658 PRICE including freight

Retail \$405 Members \$385 Christmas Special \$354

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The Basics of Juice and Water Fasting

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



Continuing from last month's introduction to water fasting and juice diets, we are now taking a deeper look into what actually happens in your body during a fast and how to end a fast. Remember, fasting should be carried out only under proper supervision.

During a fast and to a similar degree when on juices, the body needs to spare the breakdown of muscle and enzymes to conserve its body mass. As the body undergoes a series of hormonal and metabolic changes, energy is drawn from adipose tissue (body fat).

THREE BASIC PHASES OF FUEL/ENERGY SUPPLY DURING A FAST

Biochemical changes during fasting

When we look more closely at fasting, we see that the body typically goes through three different stages:



Stage 1 – Glucose 'burning'

Firstly, the body will draw its energy from glucose. Initially this comes from your last meal, then from glycogen stores in your liver (*glycogenolysis*). This stage usually lasts for approximately 12 hours.

During the first few days of a fast, the body is primarily devoted to reorientating itself. No longer can it rely on food coming in to fuel itself. It has a lot to come to terms with!

The pH of the stomach and upper gastrointestinal tract changes to a much more alkaline level. The stomach contracts and the digestive tract begins to cleanse. During this stage the most rapid weight loss is experienced primarily due to the excretion of accumulated excess

sodium (salt) and water. This may result in 2 kg or more weight loss on the first day. However, the average is more like 500 grams lost per day for a 10-day fast. As well as water and minerals (especially sodium and potassium), traces of protein and water-soluble vitamins are excreted during the early days. Bowel movements may be frequent or non-existent. It all depends on the individual. It is common to experience hunger, headaches, light-headedness, sweating and increased urination during this stage. The poorer that the diet and lifestyle were prior to the fast, the more likely and severe these symptoms will be.

Stage 2 – Amino acids

The next stage is the use of amino acids (*gluconeogenesis*), which provide a fuel source particularly from the 10th to the 40th hour. They come from free amino acids in the circulatory system, digestive tract, liver and traces from muscle protein. These amino acids are converted in the liver to glucose for energy, which is also vital for brain function.

During the second phase of the fast, the liver begins to purge itself of its chemical and toxic load, dumping these into the bloodstream for elimination. Toxins and poisons sting twice, once on the way in and then again on the way out. This process often involves briefly feeling worse before you begin to feel better. As the saying goes, it's always darkest before dawn!

This toxic elimination may have been from chemical or agricultural residues in food, artificial colours and flavours, prescription medications, smoking including passive smoking, illicit drugs, poor food choices and so on. You may experience muscle aches and pains or flu-like symptoms such as exhaustion, nervousness, nausea, diarrhoea, shortness of breath, bad breath, body odour and skin eruption.

Stage 3 – Fat 'burning'

Lastly, and most importantly, your body will burn fats from approximately the second day onward, but particularly from the third day onward. Adipose tissue begins to be broken down; fats are used directly as are their by-products, *ketones*, and both become the primary source of fuel. On a juice diet this stage kicks in a day or so later, and the conversion to fat burning is less complete.

During this phase deep tissue cleansing begins and the kidneys flush out toxins and debris. This stage also continues with the symptoms from the first and second stages,

interspersed with bursts of energy. This is a time of organ detoxification and regeneration.

As ketone levels rise in the bloodstream, they substitute for glucose as the source of energy for the brain and central nervous system. This greatly reduces the body's need for glucose, sparing protein and tissue catabolism (break down).

The brain, heart and muscles now begin to use ketones as fuel instead of glucose. Muscle is now conserved, fatty tissue breaks down and atheromas begin to be removed as well as toxins stored in fatty tissue. (An *atheroma* is a fatty deposit on or within the lining of an artery, often causing obstruction to blood flow.) At this stage most people experience a settling of appetite, increase in energy and generally feeling better.

BREAKING A FAST

As it is during fasting, rest is important when breaking a fast. Your body has become used to fasting, with the digestive system shutting down. Food must be introduced very gradually. Having heavy food or too much too soon can be detrimental.

Juices are the best way of breaking a fast. Once you feel comfortable with juices, gradually introduce fresh fruits, then salad vegetables. Next gradually add cooked vegetables and more substantial foods soon after this, such as potato, sweet potato and pumpkin, and later whole grains, such as brown rice, and legumes. The longer the fast, the longer will be the breaking and recovery period.

During this period, appetite can return with a vengeance and it can be very difficult to adhere to the correct program, which is another reason why supervision is essential. Please be well aware that any binge on unhealthy food will ruin most or all of the health benefits of the fasting.

It is worth remembering that when breaking a fast, physical activity should be resumed gradually rather than suddenly, as your muscles have lost their tone and muscle tone needs to be gradually rebuilt.

Care must be taken at this stage so that the full benefits of a fast can be realised.

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

Revive Your Health, 7 – 10 NIGHT PACKAGE

A Hopewood Recipe

Apple and Chlorophyll Juice

INGREDIENTS

60 ml apple juice

30 ml juiced chlorophyll (i.e.,
lettuce, celery, spinach, endive,
parsley or wheatgrass)

30 ml water

METHOD

Combine and serve.

Health Tip

Apple is a natural multi-purpose
vitamin and mineral source. It
acts as a good support for the
nervous system.

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- Blood sugar level checks
- Cellular Health Analysis
- Detox Facial
- Silky Smooth and Revitalise Exfoliation and Wrap
OR OrganicSpa Divine Detox Body Wrap Treatment

*If recommended by a Naturopath

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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Purple – it's the New Green!

By Susie Mooratoff

Why have we decided to feature the acai berry?

Perfectly purple fruit and vegetables are creating an explosion of colorful nutrition next to our groovy green friends. Our greens are great for their alkalising effect on the body; however research has now discovered that darker purple foods are shown to have a far richer concentration of antioxidants and vital flavonoids.

Antioxidants are crucial to the health and wellbeing of our body's internal and external organs. They are important for maintaining beautiful vibrant skin, they oppose free radicals, they contribute to longevity and anti-ageing, can enhance memory and are said to assist in weight management.

Purple foods are powerful antioxidant storehouses, jam-packed with an abundance of vitamins and minerals, among other nutrients. They contain the important anthocyanin compounds, which are antioxidant and anti-inflammatory flavonoids responsible for many of the colourful pigments in plant foods and flowers that range from pink and red through to blue, purple and indigo. Purple foods also contain resveratrol, another powerful anti-ageing compound. These antioxidants protect many bodily systems, including the cardiovascular system, digestive organs, brain and bloodstream. Research has shown that acai berries have apoptotic effects, meaning they support the body's ability to destroy cancer cells.

More and more nutritionists, naturopaths and doctors are now recognising and recommending the nutritional and healing benefits of purple foods.

Luckily for we humans, purple fruits and veggies are popping up everywhere. Some great purples to look out for are: acai berry, purple carrots, purple fleshed potatoes, purple cabbage, eggplant, beetroot and all other red to purple foods, including blueberries, mulberries, blackberries, raspberries, cranberries, cherries, red grapes and passionfruit.

Our feature purple food and the super food that stands out as the 'berry' best of the bunch is the acai berry (pronounced ah – sigh – ee). The acai berry could be among the most potent of all purple foods. It is the fruit of the palm tree, *Euterpe oleracea*, which grows in the rich, dark, organic soils of the Amazon River Basin in Brazil.

We chose this fruit because it is sustainable, Fair Trade and has a quite remarkable nutrient composition. This deep purple or even black looking berry contains over 50 different nutrients including 16 types of antioxidants, 19 essential and non-essential amino acids, significant levels of omega-3, 6 and 9 fatty acids, plus vitamins A, C, E, B₁, B₂ and B₆, folic acid and inositol and minerals including calcium, copper, iodine, magnesium, manganese, potassium, selenium, sodium and zinc.

Acai certainly is a mouthful in more ways than one!

Freeze dried Acai has an ORAC (Oxygen Radical Absorbance Capacity) value of 124,000 in comparison to dried goji berry at 23,000 and fresh blueberries at 6,550. In other words acai has almost 20 times more antioxidants than fresh blueberries.

Among this wide array of nutrients, acai is one of the richest sources of anthocyanins and proanthocyanidins. Anthocyanins are the pigments that make red wine red. Remarkably, freeze dried acai has been shown to contain between 10 and 30 times the concentration of anthocyanins in red wine. You can see the anthocyanins bursting out of this fruit through the deep purple to black colour complex.

As green foods work predominantly on alkalising, purple foods are well known to clean and detoxify the blood, which, as we know, nourishes the whole body, including every organ. This is why purple foods can be so valuable for our health.

The surprising element and the further reason to feature acai was the sustainability and abundance of this beautiful berry.

"Acai grows on over six million acres in the Amazon Basin and is literally the most abundant naturally occurring food" says Dwayne Martens, CEO of Amazonia (Australia's largest supplier of acai products). "We are very proud to have the only certified Fair Trade hand-gathering system in place. This in turn provides real financial incentive to keep these acai trees standing."

Now is summer salad and smoothie time, purple is the colour, and here are some suggestions to get more purple into your life.

For a delicious salad, roughly chop purple and green kale, beetroot, purple carrots, avocado and fresh beans, and sprinkle with roasted pepitas, a splash of olive oil and a squeeze of fresh lemon juice. (Note – when using fresh kale, gently massage the leaves with olive oil for a few minutes, then add the rest of the ingredients).

You might have noticed acai being served at your local juice bar, so why not blend some tasty acai into your super-food mix. Blend Acai Freeze Dried Powder or frozen Acai Smoothie Packs with coconut water or juice, a banana, a few goji berries and – voila! – you have yourself a simple, delicious, nutritious and purely purple power punch!

Susie Mooratoff,
Superfood Chef/Nutritionist
www.thesuperfoodheroes.com

REFERENCES:

- <http://www.chiro.org/nutrition/FULL/Anthocyanins.shtml>
- <http://lpi.oregonstate.edu/infocenter/phytochemicals/resveratrol/>
- <http://www.ncbi.nlm.nih.gov/pubmed/22535616>
- <http://www.newswise.com/articles/view/532497/>
- <http://www.cancer.org/MyAcs/Illinois/ProgramsandServices/the-color-of-prevention>
- <http://www.raysahelian.com/anthocyanins.html>
- <http://www.chiro.org/nutrition/FULL/Anthocyanins.shtml>
- www.amazonia.com.au
- <http://www.perriconemd.com/>

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For more information visit: amazonia.com.au and Shine Brighter.

Available at your local health food store.





GERSON THERAPY

Will Gerson Therapy Cure Me?

By Jo Thomson

Every day I receive phone calls from people all over Australia, sometimes desperate to turn their health status around. My dream would be that we implement healthy lifestyle practices so we don't get to this point.

For some of us, we still battle cancer, diabetes, arthritis, allergies, etc, even though we try to live a 'pristine' lifestyle. Past chemical exposures, viruses and infections, thus causing toxicity, can come back to haunt us, changing the cell structure and making us more susceptible to disease. Many of my clients don't absorb those beautiful nutrients they put into their bodies, so they become deficient in nutrients, or even malnourished at the worst end of the spectrum.

Gerson Therapy is based on the premise that people are either deficient or toxic. If we can alleviate these conditions, we can cure the body. Dr Max Gerson, the founder of this amazing therapy, spent many years fine-tuning each part of the program so that healing would take place and the disease could be eliminated. He found, among other things, that without the coffee enemas people became more toxic and sicker. There is clear rationale as to why certain foods are not permitted.

Our human tendency is to twig things, leave out parts or just do the parts of the therapy that we can cope with or think will work. This therapy *in its entirety* will assist the body into a healing crisis, boost the immune system and restore full functioning of the liver so that the body's natural ability to heal is stimulated, supported and working at its optimal level.

CASE STUDY

An 82-year-old male presented to me with prostate cancer. It was in its early stages and was contained. His oncologist was insisting that he complete six weeks of radiotherapy to kill off any rogue cancer cells. This gentleman didn't want the radiotherapy and thus sought my professional guidance and expertise.

He was a frail man, his energy was low and his diet was the standard Australian diet. His wife suffered with severe arthritis and lymphoedema and had a previous history of breast cancer. The gentleman's PSA was 94, which is high and an indicator of active prostate tumours. The levels of his liver enzymes were also raised, indicating damage and stress to the liver.

Five weeks after commencing the Gerson Therapy, he revisited the radio-oncologist, who was amazed at the blood report, and stated that he wanted to pin it up on the wall. All levels were within normal ranges. The oncologist decided this man no longer required radiotherapy.

The gentleman continues with a plant-based diet, juices and some supplements. He is energetic, happy and living an active life.

Another amazing part to this story is that his wife also embraced the new therapy, with the result that she reduced her pharmaceutical drugs, became more mobile and lost weight.

I have many case studies that illustrate that Gerson Therapy, when implemented correctly, can reverse lifestyle diseases.

For more information or consultation please contact me.

Jo Thomson 02 4384 1501

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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In a Nutshell: Nuts Reverse Metabolic Syndrome

A conclusion from the landmark PREDIMED study, issued on behalf of nuts for life, September 2012

[Readers please note: this study is based on the Mediterranean diet, high in vegetables, fruits, legumes,

nuts and grains, with a high fat content from olive oil. Our interest here is in the findings regarding nuts, not in the flesh components of the diet. Natural health dietary guidelines do not include flesh foods of any kind.]

BYE BYE BELLY FAT

If you suffer from extra belly fat – one of the key symptoms of Metabolic Syndrome – it may be time to develop a nut habit. Spanish researchers have shown that eating a traditional Mediterranean diet enriched with a handful of nuts (30 gm) daily can reverse Metabolic Syndrome, also known as Syndrome X.⁽¹⁾

Within a year, the prevalence of Metabolic Syndrome was reduced by 13.7 per cent among participants consuming the Mediterranean diet plus a handful (30 gm) of nuts a day. (At the start of the study 61% of the participants had Metabolic Syndrome.)

Metabolic Syndrome is a cluster of health conditions including abdominal obesity, high blood pressure, high blood glucose and high blood cholesterol. If left untreated, it can increase the risk of heart disease and diabetes. It is estimated that around a third (29 percent to 34 percent) of Australians aged over 25 have Metabolic Syndrome.^(2,3)

30 GM – A HEALTHY HANDFUL

Eating 30 gm or one handful of nuts a day is the amount that research consistently shows benefits for heart health⁽⁴⁾.

HALVE YOUR RISK OF DIABETES

A Mediterranean diet enriched with either nuts or olive oil can lower your risk of diabetes by 52 percent, compared to following an orthodox low-fat diet.⁽⁵⁾

The PREDIMED study has shown that participants following an enriched Mediterranean diet for four years halved their risk of diabetes – results achieved even without any extra physical activity or weight changes.

Diabetes is Australia's fastest growing chronic disease with an Australian diagnosed every five minutes. 3.6 million Australians have diabetes or prediabetes.⁽⁶⁾

BETTER HEALTH IN A HEART BEAT

Enriching your diet with a handful of nuts could improve your heart health in just three months.

This is the time frame in which Spanish researchers first noted heart health benefits among participants of the PREDIMED study – the world's most comprehensive study on the benefits of the Mediterranean diet.⁽⁷⁾

At their first check as part of the trial, the participants eating the Mediterranean diet plus 30 gm of nuts a day showed reduced levels of blood glucose, blood pressure and cholesterol.⁽²⁾



GO NUTS TO SHED CENTIMETRES

It seems that a handful of nuts a day could make all the difference in losing centimetres off your waist. Spanish researchers examined the link between food intake and BMI and waist circumference. Nuts were linked with decreasing both BMI and waist, independently of other lifestyle factors such as exercise.⁽⁸⁾ In fact, it was estimated that BMI decreased by 0.78 kg/m² and waist circumference by 2.1 cm for each 30 gm serving of nuts eaten regularly.

FOOD FOR THOUGHT

If you have an unfortunate habit of forgetting people's names just after being introduced, go for the good oil, as it seems that olive oil may help with immediate verbal memory.

Or if reasoning and comprehension are your weak point, grab a handful of walnuts, as they may improve working memory.

Cracking the specific brain health benefits of nuts and olive oil was explored as part of the PREDIMED study. The study also found that foods like nuts, which are rich in antioxidants, especially plant polyphenols, may help boost brain health and in particular cognitive functions such as memory, attention span, problem solving and decision making.⁽⁹⁾

For more information on the PREDIMED study visit <http://predimed.onmedic.net/eng/Home/tabid/357/Default.aspx>

For more information on nuts and health, as well as recipes and tips for adding nuts to your diet, visit www.nutsforlife.com.au.

[A few nut recipes are presented next page.]

The above is issued on behalf of Nuts for Life and the International Nut and Dried Fruit Council. Nuts for Life is a nutrition communications initiative of the Australian Tree Nut Industry and Horticulture Australia, providing information about the nutrition and health benefits of regular tree nut consumption.

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BEANS WITH PECANS AND MACADAMIAS

VEGAN OPTION | Serves 6 as a side



INGREDIENTS

- 175 g green beans, trimmed
- 1 tbsp lemon juice
- 1 tbsp macadamia oil
- 1 teaspoon honey OR Agave nectar
- ½ teaspoon Dijon mustard
- 50 g raw pecans, roughly chopped
- 50 g raw macadamias, roughly chopped
- Cracked black pepper to taste

METHOD

Place beans in a saucepan of boiling water and blanch for 1 – 2 minutes. Drain well and place on a serving plate. Heat a small saucepan over medium-low heat. Add the lemon juice, macadamia oil, honey, Dijon mustard and nuts. Season with pepper to taste. Heat for 1 – 2 minutes, stirring until honey has dissolved.

Spoon warm dressing and nuts over the beans and serve immediately.

ROASTED CHAT POTATOES WITH PECANS AND ROSEMARY

VEGAN OPTION | Serves 6 as a side



INGREDIENTS

- 750 g chat potatoes unpeeled, halved
- 1 cup whole pecans
- 4 sprigs rosemary
- 5 whole garlic cloves
- Cracked black pepper to taste
- Olive oil spray

METHOD

Preheat oven to 200°C. Steam potatoes for 5 minutes then transfer to a tray lined with non-stick baking paper. Spray with olive oil spray. Add pecans, rosemary, garlic and plenty of black pepper.

Cook for 10–15 minutes or until potatoes are cooked through and tender. Serve immediately.

SWEET POTATO SOUP WITH FETA CHEESE AND PINE NUTS

VEGAN OPTION | Serves 6



INGREDIENTS

- 600 g orange sweet potato, peeled and cut into 3 cm cubes
- 6 cups vegetable stock (gluten free if needed, salt reduced if available)
- 1 medium onion, chopped roughly
- ½ teaspoon ginger, finely grated
- 1 long red chilli, seeded and finely chopped
- 50 g raw pine nuts
- 100 g feta cheese OR soya cheese or 'Notzarella', roughly crumbled
- 1 tbsp baby basil leaves, to serve
- 6 slices dark rye bread, to serve

METHOD

Place the sweet potato, onion, ginger, chilli and stock in a large saucepan over medium heat. Bring to the boil, reduce the heat and simmer for 20 minutes or until sweet potato is soft. Remove from heat.

While the soup is cooling, heat a small saucepan over low heat. Add the pine nuts and cook until golden. Remove from the heat and set aside. Once cooled slightly, process the soup in batches in a food processor or blender and return to the pan. Heat again, then divide between bowls and top with cheese, basil leaves and pine nuts.

Serve with dark rye bread.

GRILLED BANANAS WITH MACADAMIAS

VEGAN OPTION | Serves 4



INGREDIENTS

- 2 tbsp Rapadura (unrefined) sugar
- 1 tbsp vanilla essence
- 15 g butter OR margarine
- 4 medium bananas
- ¼ cup macadamias, chopped
- ½ cup low-fat Greek-style yoghurt, to serve [OPTION – try coconut cream]

METHOD

Heat a barbecue or stovetop grill to high heat. Mix together the brown sugar, vanilla and butter OR margarine until fully combined. Peel the banana skins back, but do not take them off the bananas. Spoon a little brown sugar mixture onto each banana, then fold the skins back around the flesh to enclose. Cover the bananas in foil.

Place the bananas on the grill and barbecue for 10 minutes. Remove from the grill and allow to sit for 5 minutes before removing the foil. Carefully peel away the skin from the bananas. Place bananas on serving plates and spoon over any melted margarine mixture left in the skins. Sprinkle liberally with macadamias and serve with a spoonful of the low-fat Greek-style yoghurt or coconut cream.

ROASTED PUMPKIN AND PISTACHIO SALAD

VEGAN | Serves 6 as a side



INGREDIENTS

- 700 g peeled and seeded pumpkin
- Cracked black pepper to taste
- 100 g baby English spinach leaves
- 75 g pistachio kernels
- 1 avocado, cut into wedges
- 1 small Spanish red onion, thinly sliced
- ¼ cup basil leaves
- 2 tbsp red wine vinegar, to serve

METHOD

Preheat oven to 200°C. Slice the pumpkin into thin wedges and place on a baking tray lined with non-stick baking paper. Spray with oil spray and sprinkle with pepper. Cook for 20 – 25 minutes or until tender and golden. Remove from the oven and set aside to cool slightly.

Arrange the pumpkin on a serving plate with baby spinach, pistachio, avocado, Spanish onion and basil. Drizzle with red wine vinegar and serve.

CASHEW AND BRAZIL NUT BURGERS

VEGAN OPTION | Serves 4



INGREDIENTS

- 1 cup dry cous cous
- 1 tbsp extra-virgin olive oil
- 100 g raw cashews, chopped
- 100 g raw Brazil nuts, chopped
- ¼ cup mint, chopped
- 2 green onions, sliced
- 1 tbsp flat leaf parsley, chopped
- 2 medium eggs, lightly beaten OR soak flax seeds in water, drain off the liquid and use the liquid (½ cup)
- 1 tablespoon wholemeal plain flour
- Cracked black pepper to taste
- ¼ teaspoon ground cumin
- 3 cups rocket and baby English spinach leaves
- 4 tablespoons hommus

METHOD

Place cous cous in a heat-proof bowl and pour over boiling water. Water should come about 2 cm above the level of cous cous. Cover with plastic wrap and stand for 5 minutes. Remove plastic, add olive oil and fluff up the cous cous with a fork. Refrigerate until cooled. Place the Brazil nuts, mint, green onions, basil, egg, flour, pepper and cous cous in a large bowl and mix together until fully combined.

Using wetted hands, divide the mixture into eight and shape into patties. Place patties on a baking tray lined with non-stick baking paper and chill for 10 minutes. Heat a non-stick frying pan over medium heat and spray with oil spray. Cook the patties for 3 – 4 minutes on each side or until golden brown. Serve with rocket and baby spinach and a tablespoonful of hommus.

True beauty really does come from within

Five tips to slow down the physical signs of ageing

By Victoria O'Sullivan, Naturopath

Ever wondered how you can keep your skin looking young without regular visits to Mr Botox? Anti-ageing solutions are in high demand, and natural ways of looking young are being overlooked in favour of cosmetic surgery and enhancements. Whatever happened to true beauty coming from within?

Cosmetically enhancing those disliked physical signs of ageing ignores the underlying causes of ageing and won't fix the actual problem. To combat ageing you need to address what you're putting into your body and fight the process from the inside out.

Current research shows that there is strong connection between ageing and inflammation in the body, which manifests in the appearance as a loss of muscle mass and wrinkled, sagging skin. Inflammation is the body's normal response to injury and is necessary for healing. Symptoms include pain, redness, heat, swelling and loss of mobility. This type of inflammation is referred to as acute, and is a normal response. But there is a second type – chronic inflammation, which is a reaction in the body without an immediate injury to repair.

Chronic inflammation results from both genetic and lifestyle factors. While we can't control our genetic disposition, we can control our lifestyle. The greatest factors contributing to chronic inflammation are excessive weight, poor food choices, cigarette smoking, UV radiation, stress and environmental toxins such as pesticides.

Ageing commences well before we see the physical manifestations and experience symptoms. The good news is that if eat well and reduce environmental toxins and stress, we can address the physical signs of ageing. Make good food and a positive environment your top priorities and you'll be rewarded with radiant skin.

My top tips to combat chronic inflammation and slow down the physical signs of ageing

- 1. Reduce your intake of pro-inflammatory foods.** All forms of sugar and most starchy foods are pro-inflammatory. So steer clear of sweets, pastries, biscuits, milky chocolates, chips, breads and snack foods, including rice and corn cakes. When we eat sugary or starchy foods, we trigger a pro-inflammatory release of sugar into our bloodstream, which causes our body to store fat. Eating sugary foods also triggers a spike in insulin levels, which in turn increases our appetite and sets up a vicious cycle of overeating. Elevated levels of insulin can lead to accelerated ageing of the skin as well as vital organs.
- 2. Up your intake of blueberries, garlic, spices and leafy greens.** Antioxidants are *anti-inflammatory*. Berries of all types, but particularly blueberries, are delicious antioxidant super-foods. Spices such as cinnamon and turmeric are also super-foods, as with garlic, onions and horseradish. These foods contain high concentrations of cancer-fighting phytochemicals. Lower amounts are also found in whole grains, other vegetables and beans. Dark leafy greens are another important antioxidant source, and they are also high in folate which assists cell-regeneration, an important factor in fresh looking skin. By replacing pro-inflammatory processed, starchy and sugary foods with food high in antioxidants we work to neutralise inflammation in the body and slow down the ageing process.
- 3. Add more leafy greens to your diet.** Another secret for glowing skin is to eat foods with a high alkaline mineral content, such as leafy greens, avocados, soya beans, radish and broccoli. These foods work to help regulate the pH of our bloodstream,

the ideal state being an alkaline level of pH 7.3 or 7.4. When we eat too much acid-forming food, the body is forced to draw on its alkaline stores to balance the surplus acid. The acid then creates nasty things like yeast infestation, harmful microforms, mycotoxins and bacterial infections. The body is then forced to remove these highly pro-inflammatory toxins through the skin.

- 4. Control your cortisol levels.** In today's lifestyle stress can be almost a daily occurrence for some people. When we feel stressed, our nervous system is affected and we can have trouble sleeping. Both stress and lack of sleep raise levels of the hormone, *cortisol*, in our bodies, which regulates the anti-inflammatory response. Over time, in periods of high stress and little sleep, our body becomes less sensitive to cortisol and inflammation takes over. Try to get eight hours of undisturbed sleep each night and take up activities that reduce stress. Pets work wonders for highly stressed people.
- 5. Control your weight.** People carrying excess weight are in a permanent state of inflammation. Research shows that fat isn't just the storage of excess energy that the body has not used. Instead, when not maintained at an ideal level, fat functions like an endocrine organ releasing hormones into the system and prompting an inflammatory response. Excess weight also reduces the body's ability to cope with inflammatory foods. The only answer is weight loss to reduce the body's pro-inflammatory activity and allow it to more readily regulate the effects of pro-inflammatory foods.

For more information, visit www.victoriaosullivan.com.au, (02) 9460 0479.

Victoria O'Sullivan (B.Bus; B.Sc; Dip Naturopathy) is a leading health expert, specialising in naturopathy, with more than 14 years' experience in the wellness industry. Her Sydney-based practice runs programs focussed on weight loss, hormonal balancing and reducing stress. Victoria has played a pivotal role in the establishment of a family-owned chain of health food stores, O'Sullivan Health Foods.



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Are you tired of experiencing bloating?

BY LYN CRAVEN, NATUROPATH

This is such a common problem and often overlooked. It can manifest in other disorders if the symptom of bloating is not addressed.

WHAT IS BLOATING?

Abdominal bloating occurs when unexpected gases are produced as a result of incomplete digestion or when you are not able to properly digest particular foods (food intolerance). Bloating also occurs when people eat on the run, gulp food down or drink fluid during or straight after consuming solid food.

Bloating can occur when you are mentally stressed, experiencing anxiety and feeling generally uptight due to stressful situations. Bloating can result from stress due to inadequate or insufficient sleep. Any stress that is affecting the gastrointestinal tract can contribute to bloating. It can be a painful, distressing symptom that happens during or after almost any meal.

In Ayurvedic medicine they refer to it as 'Vata rising' ('Vata' represents air). If this is not resolved, it becomes stagnant and is often referred to as Ama – resulting in toxicity within the system. Vata (air) should not rise, it should flow downwards – which equates with elimination. So bloating is an indicator of Vata derangement. Air is cold, dry, light and mobile, so Vata is treated by introducing warming remedies and those that offer moisture and promote weight. We need to establish a calming influence since Vata is a sign of stress and hyperactivity.

Remedies that assist in balancing Vata would lean towards being sweet, sour, salty and nutritive in action along with offering moisture. Slippery elm is one good example that many people have heard of.

Depending on each situation, some herbs with a pungent flavour can decrease Vata, but should not be used in excess as this will aggravate Vata states. You need to take care in choice of remedies. Pungent herbs are often considered the hotter tastes, but moderation is the key, and the bloating you are experiencing may not always require this approach.

Pungent herbs

- Anise
- Allspice
- Basil
- Bay leaves
- Caraway
- Cloves
- Galangal

- Horseradish
- Marjoram
- Paprika
- Parsley
- Sassafras
- Thyme
- Valerian
- Watercress

Pungent/sweet herbs/spices that can help, depending on your constitution and symptoms

- Angelica
- Cardamom
- Chia
- Ginger
- Lemon balm

If you are unsure which of the spices to use and how often in conjunction with appropriate herbs, see a practitioner who is qualified to assist you. Not all naturopaths work with Ayurvedic energetics or Ayurvedic medicine.

WHAT TRIGGERS BLOATING?

Intolerance to certain foods or additives such as:

- Dairy – especially cows' milk products
- Grains containing gluten – wheat, rye, oats, barley
- Sensitivity to fructose – from fruit or white sugar, which can be a trigger for flatulence and bloating
- Allergic reaction to yeast and all foods and drinks containing it, including alcohol
- Preservatives, chemicals and colourings that are added to foods
- Plants from the nightshade family – tomatoes, potatoes, capsicum, sweet and hot peppers, eggplant, tomatillos, pimentos, paprika and pepinos.
- Combining foods that are not compatible – for example, dairy eaten with grains/pasta, fruits cooked with animal food, nuts with grains. Creative recipes are not always conducive to our digestive systems, despite the elaborate dishes/dressings we see on TV!

Emotions, behaviours, conditions such as:

- Emotional/mental stress, which has impact on the entire gastrointestinal function. For example, eating when angry, upset, feeling anxious or pressured –

especially in a work environment when eating and meeting deadlines at same time.

- Rushing through your meal, not chewing it thoroughly, drinking during eating.
- Drinking/eating cold foods can contribute to bloating if cooked food follows.
- Bowel disorders, such as ongoing constipation, diarrhoea, irritable bowel disease, colitis, diverticulitis.
- Parasites.
- Inadequate digestive enzymes.
- Some women feel bloated prior to their menstrual cycle. This is often hormonally related and means the hormonal system is out of balance. Fluid retention can occur as well as congestion of blood flow to the uterus, often described as stagnant chi energy. Hormonal activity/imbalance can affect gastro-intestinal function.

Every person's sensitivity and metabolism vary. Some people may find they can tolerate the things mentioned here without distress – for a while – but eventually problems may arise if the cause becomes a habit.

Obviously, each of the above examples of bloating would need to be treated differently. Some are easier to treat than others, but natural remedies and a change in diet or lifestyle choices would be necessary.

Pharmaceutical remedies often create side effects that require additional drugs to treat them. Antacids contain aluminium and other harmful chemicals, contributing to further gut derangement.

WHAT TO DO

- Consider food allergy testing to see what you may be reacting to.
- If there is menstrual cycle bloating, check levels of hormones such as oestrogen, progesterone, LH and FSH.
- Stool test – usually conducted by a functional lab at your expense. A kit will be sent out to you.
- Practise yoga, tai chi and meditation to relax the mind and body and help with underlying anxieties, mood swings and any sleep problems.
- See a naturopath who can formulate the correct remedies for gut/bowel function, including healing of mucous membranes. You will also need the appropriate probiotic – many different formulas have been created to cater for particular states

of *dysbiosis* (breakdown in the balance between protective versus harmful intestinal bacteria) and bowel problems.

- You may require anti-parasite treatments – stool tests can ascertain if parasites are present. Some parasites live in the body for decades. We may kill off the adult parasites, but there are often hundreds of eggs that are likely to hatch, so remedies must be taken consistently over a period of time. Parasites can contribute to many intestinal problems, resulting in bloating and sometimes colicky pain and fatigue.

Once the relevant tests have offered a clearer picture of what is causing the bloating, the right protocol can be put in place with natural remedies. It may mean that you have to omit one or more of your favourite foods for quite a while or for good. Often the food we crave is contributing to our problem.

If you are not drinking sufficient water, increase to at least 1.5 litres a day; in hotter weather you may need up to two litres. Drink water at room temperature, never cold.

Hormonal imbalance can be helped greatly with appropriate herbs and homeopathics. Often the pituitary is slightly out of sync and requires 'fine tuning' to restore a state of equilibrium. Adrenals may also be affected, which in turn can contribute to fluid imbalance. Chronic stress can be a trigger.

Include good quality oils in your diet such as olive oil, flaxseed oil, coconut oil and also unsalted butter.

If your bloating is due to stubborn bowel function, please don't use laxatives even if natural. Constipation can occur for many reasons. Laxatives on an uptight, stressed colon will irritate the mucous membranes further and exacerbate the bloating. Moisturising herbs, such as slippery elm and flaxseed oil, need to be included. Psyllium makes bloating worse in many people. If the constipation is stress related, relaxant herbs need to be included. If symptoms persist see a qualified naturopath, as there are so many herbs that could be selected for any gastrointestinal tract problem.

Spices – in moderation – can be helpful when digestive bloating occurs, especially if there is a lot of trapped air (Vata). I find they can be easily combined with herbal remedies and beverages, along with foods you cook.

If you know that stress is triggering the constipation, a hot Epsom salts bath at night with about 4 – 5 drops of vetiver essential oil and a handful of rock salt can help relax the intestinal organs. Epsom salts are full of magnesium and have a slight laxative effect. Epsom salts are too harsh to be taken orally.

The bath is deeply relaxing and some people even find elimination occurs the next day and the temporary bloating subsides. Make sure you do a spot test with vetiver on the wrist first, to make sure you won't have a skin reaction. Usually it is OK. Again it really depends on your type of colonic function

and why you are constipated. The bath is more suitable for the uptight tense/spastic colon and for those people who have a very narrow colon.

If you have dysbiosis in the intestines, you will need live bacteria that are formulated specifically for this problem. The majority of people experience very loose bowels rather than constipation. The underlying trigger needs to be found and addressed. I recommend that you are assessed and possibly tested to ascertain the correct probiotic formula.

YOGA AND PILATES CAN ASSIST

Some yoga and Pilates exercises can be helpful in expelling trapped wind in the intestines; this is an easy and great way to release the excess air (Vata). Trapped air can prevent the bowel eliminating properly.

An easy exercise is to lie on your back on a yoga mat, bend the knees up the chest, hold onto your upper thighs and hug your bent legs close to your chest. Gently roll back and forth, but don't roll onto your neck, only your upper back. Practised first thing in the morning, this will eliminate any trapped air and assist any remedies you are taking. Don't do this exercise if you have any injuries past/present or you have acute back pain.

See a practitioner who practises sports massage, Bowen therapy or acupuncture or a physiotherapist for advice. Any spinal misalignment can affect how the body's organs are working. Low to mid back problems usually affect digestion and bowel function as well as the reproductive system.

TOO MUCH EXERCISE!

Too much of a good thing is not always what you need! Practise moderation, know your limits. To push yourself constantly can trigger not only adrenal and nerve depletion but stress on the GIT and therefore Vata derangement can occur. This is more prevalent in people who rush to the gym at lunchtime, do a workout, then rush back to work and quickly eat lunch, and in people who have a quick snack, then pump away at the gym. We need to relax after we have eaten.

If you stress your body with too much exercise, you drain your resources in many ways; you hinder the efficiency of the digestive system, which can contribute to bloating and flatulence.

If you are troubled with colitis, diverticulitis or parasites, you will need specific remedies and dietary changes to treat these. I recommend slippery elm powder for all gastrointestinal disorders. Use around 2 heaped dessertspoons a day. It can be mixed with pre-soaked cereal (brown rice flakes, quinoa, amaranth, barley, etc) or can be added to goat's/sheep's/coconut yogurt. Don't use

soya products because soy interferes with thyroid function.

DIGESTIVE ENZYMES CAN HELP

Some people have deficiency in digestive enzymes. This is more common in older people or those who have been on pharmaceutical medication for many years or people who have had a very bad diet of fast foods and many sugary confectioneries. Eating the same food over and over again can affect how digestive enzymes work.

Many different types of enzyme supplements are available. We are born with a certain number of enzymes for digestive function and over the years they are used up, so an older person would have far less enzymes than when they were younger. Poor diet or long-term medications can cause a lessening of enzyme activity due to enzymes dying off sooner.

Enzyme supplements are formulated for a variety of symptoms/disorders. Ask a health professional which to take.

Your case could be resolved quite easily, but if chronic, it is more complex and will take longer. I have seen really good outcomes with people experiencing constant bloating.

YOUR BUSY WORK SCHEDULE CAN CONTRIBUTE TO DIGESTIVE/BOWEL PROBLEMS

Some people want to get rid of the bloating, but are not always able to make the necessary work related changes, such as long-distance driving where they cannot stop regularly for the toilet, or erratic work hours such as shift work (this always impacts on the nervous system, which in turn affects digestion). This includes people working in the airline industry (I have observed GIT and CNS disorders in many people working in this industry – we are meant to be on the ground, not in the air). A common problem is rushing meals due to limited breaks. The practitioner will need to work with you around your erratic schedule and you may need to take remedies ongoing.

Some people have a predisposition to succumb to stress, which is why I quote the Ayurvedic approach, since we are classed as one of three main constitution types – Vata, Pitta and Kapha. The first is nerve based and these people can live off their nerves and adrenals. They are of slighter build, have a tendency to rush around, have quick mental activity and are alert and intelligent – but not really stayers when it comes to late nights. They are often sensitive people who are easily stressed. Know your limits and ensure that you get at least 7 – 8 hours undisturbed sleep a night. A Vata person will need to



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observe these things more than others. If a Vata constitution suffers Vata derangement (too much air in the gastrointestinal system), they will suffer much more than a Pitta/Kapha type. All types of constitution can experience bloating if any of the above disorders are present.

PROPER FOOD COMBINING CAN HELP

Some people experience improved digestive function by following proper food combining. First, you need to know which foods combine well with others and which don't. Foods that don't resonate with one another can contribute to putrefaction and fermentation in the intestines, resulting in bloating and bowel problems.

If eating wrong combinations is continued, this may instigate allergies, headaches, upper/lower respiratory disorders and other conditions.

[An article on food combining is planned to be published in the next issue.]

BOWEN THERAPY CAN HELP

Bowen therapy has proved helpful with digestion and bowel function. It can also assist with constipation, so regular treatments along with appropriate remedies can help establish normal peristalsis. This in turn can help eliminate any parasites or worms and help move excess Vata.

Since Bowen therapy works with the energy of the body as well as providing a physical application, it lends itself to a complete healing.

MEDITATION HELPS

Daily meditation can help greatly by de-stressing the entire physiology of the body. It calms and soothes the mind and the entire nervous system. It is a fantastic healing tool that can be included with any of the above approaches. I recommend that everyone learn it and practise it daily. Find the style of meditation that is right for you, and which you enjoy. Meditation is quite easy to learn, but does require discipline in setting time aside each day, even if just 15 minutes.

I have found that creative visualisation is an easy form of meditation; it is fun and imaginative. Guided journeys to take you into a place of peace and tranquility help every system in your body to gain a well earned break, restore and rejuvenate. This will help with reducing Vata which in turn will lessen/reduce Ama, since none of us want any toxicity in our bodies!

FINALLY ...

My advice is: do not ignore this common symptom and put up with it. The longer you ignore it, the more health issues will arise, including malabsorption in which you fail to absorb the nutrition from all that food you eat!

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

Join her on Facebook – www.facebook.com/NaturopathandBowenTherapy

Narara Ecovillage



The Narara Ecovillage Co-operative Ltd (NEV) has just secured 63 hectares of land at Narara on the Central Coast of NSW. This beautiful, historical land was previously the Gosford Horticultural Institute.

The property consists of undulating land backed by state forest. About 12 hectares is zoned for residential development. The remainder will be left as useable space, with orchards, greenhouses and heritage buildings to be maintained and renovated. There is also a large dam, a creek and natural bush, with native habitat that will be protected.

Public transport is easily accessible. A school bus and regular bus service operate nearby and the railway is about two kilometres away. Narara Valley High School is within walking distance and Niagara Park Public School is 2.5 kilometres to the north.

NEV plans to create a modern, environmentally sustainable, residential community of approximately 120 dwellings. This will be

achieved in three stages of forty dwellings per stage. Stage one will be individual dwellings with granny flats allowed. So far, 25 blocks have been sold. Plans to build a swimming pool, tennis courts, coffee-shop and art gallery are on the future agenda and wish list.

With a focus on building community, skills sharing, permaculture and environmental sustainability, the project is already proving popular with an inter-generational mix of families, singles and couples.

If this exciting development interests you in any way, please get in touch with us. Open days are held regularly - see website for details.

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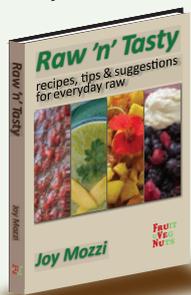
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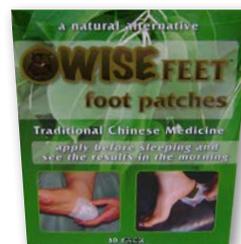
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MERCURY MADNESS

It's time to end the mercury age of dentistry

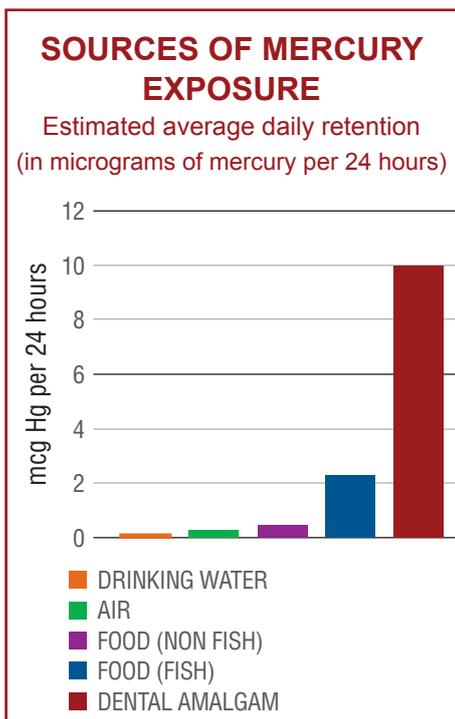
Part 2 – Safe Amalgam Removal

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

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

In *Mercury Madness (True Natural Health, Spring 2012)*, the first of a series of articles, I wrote of the extreme dangers of implanting one of the most toxic substances on earth into our mouths, in the form of dental amalgam fillings, and the international campaign to phase out the use of this mercury product in dentistry worldwide. I will pick up where I left off, by exploring the topic of reducing or eliminating your own mercury toxicity and repeating my grave warning about unsafe removal of these so-called silver fillings, which are actually made up of 50 percent mercury.

It is not uncommon to see patients who have had 4–8 grams or more of elemental mercury placed into their teeth in the form of dental amalgam fillings. This is a massive exposure. In the USA, less than one gram of elemental mercury, if dropped into a ten acre lake, is enough poison to ban fishing in it due to the unsafe mercury contamination of the fish. There is no invention, drug or technology known that can easily remove the huge bio-burden of heavy metal constantly entering our bodies. The mercury from these fillings enters via mucosal absorption directly into the blood stream, ingestion of particles during chewing and inhalation of its vapours. Only mechanical intervention by dentists using mercury safe protocols can prevent further build-up.



The other source of mercury contamination in our bodies comes from eating poisoned fish. As early as 1991, the World Health Organisation recognised that the major dietary source of mercury was from amalgam fillings and not fish. The Swedish government, having already banned dental amalgam, issues warnings to women to eat only two or three pieces of fish per year! In other countries, pregnant women are warned to avoid certain types of fish, but are not given any information or warnings about the poison in their mouths and the very real risk of neurological damage to their babies.

“Should I have my mercury amalgam fillings replaced?”

Remember there is no safe level of mercury in any form. Given the ever-present source and the continuous, accumulative absorption of mercury from amalgam fillings, yes, it would be very prudent to reduce the body's most significant stores of heavy metals. Reducing your risk also provides many potential benefits.

In 1993, Sam Ziff of Bio-Probe Inc. in America evaluated the health symptoms of 1,569 subjects before and after amalgam filling replacements. Common sense should tell us that if a symptom was not related to mercury exposure, no health improvement would be expected. You can see the results for yourself above right. (Table shows 20 of 31 symptoms studied.) The general conclusion was that around 80 percent of subjects had an 80 percent health benefit after removal of their amalgam fillings.

Whether you have your dental amalgam fillings removed all at once or on a spaced schedule is very much a matter of your individual state of health and your available finances. People who have an already documented specific allergy to mercury, as verified by the MELISA® test*, need medical support and should have their amalgam fillings removed in one session.

Finding a mercury safe dentist

A mercury free clinic is not necessarily a mercury safe clinic. Mercury free means the clinic does not place mercury amalgam fillings. There are, however, four requirements for safe dentistry in relation to mercury amalgam:

Symptom	Number of participants with symptom	Improvement or cure	
		No.	Rate (%)
Fatigue	705	603	85.5%
Headache	531	460	86.6%
Vision problem	462	289	62.6%
Depression	347	301	86.7%
Dizziness	343	315	91.8%
Lack of concentration	270	216	80.0%
Memory loss	265	193	72.8%
Metallic taste	260	247	95.0%
Intestinal problem	231	192	83.1%
Allergy	219	195	89.0%
Ulcer (oral)	189	162	85.7%
Insomnia	187	146	78.1%
Irregular heart	159	139	87.4%
Nervousness	158	131	82.9%
Irritability	132	119	90.2%
Gum problem	129	121	93.8%
Muscle tremor	126	104	82.5%
Numbness	118	97	82.2%
Multiple sclerosis	113	86	76.1%
Blood pressure problem	99	53	53.5%

Bio-Probe Inc., 1993

- not using any of the material ever; using mercury free filling materials exclusively
- knowing how to remove it safely
- providing occupational protection and observing mercury hygiene standards
- utilising amalgam separator technology to reduce mercury waste into our waterways, thereby offering some environmental protection.

A worldwide phase-out of amalgam in dentistry would ensure universal mercury free dentistry, but not necessarily mercury safe dentistry. Even if there was an immediate ban on this noxious product, dentists would still need to know for at least another two generations how to deal with the millions of mercury fillings that have been implanted into human mouths.

Unfortunately, there are hardly any dentists in Australia who possess the knowledge about mercury toxicity and even fewer that know how to practise mercury safe techniques responsibly. One of the objectives of Australians for Mercury Free Dentistry is to assist dentists in accessing this information, provide training and ultimately endorse and promote dentists who are skilled in mercury safe protocols. You can feel assured that a dentist who has been endorsed and carries

the registered logo of Australians for Mercury Free Dentistry has met the criteria to practise mercury safe dentistry. (See contact information in separate box at end of article.)

If there is no mercury safe dentist in your area on what we hope will be our ever-growing list, you will be in the unenviable position of having to quiz possibly several dentists about every point in the protocol and asking if they would be willing to adopt it in their practice. Should these dentists express a willingness to protect you from mercury exposure, please direct them to Australians for Mercury Free Dentistry so we can provide professional support and mentoring.

SAFE REMOVAL PROTOCOL CHECKLIST

It is well established that massive amounts of mercury vapours are emitted during the removal of amalgam fillings. For this reason, many mercury safe dentists overseas and some in Australia have developed their own protocols for safe removal. For the sake of lessening confusion, **the minimum standard of care** to prevent harm is described below.

- mercury protective protocols for the patient, dental staff and the environment
- cooling and chunking amalgam drilling technique
- high volume evacuation of water and air
- alternative air source
- non-latex rubber dam
- surgery and office ventilation
- nutritional support during the process
- whole body mercury detoxification after the removal of amalgam fillings

Negative ion generators and mercury air filters should be fitted in all surgeries to keep the air as clean as possible, extracting it from the dental surgery and venting it outside in a safe manner.

A mercury safe practice will have an amalgam separator installed on the premises. This device captures some of the solid mercury containing amalgam waste and thus reduces the amount of mercury directly entering the wastewater lines.

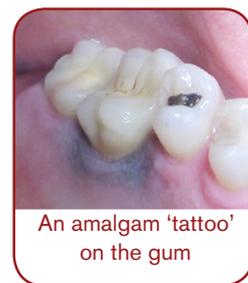
During the process

More likely than not, when a dentist removes an amalgam filling, there will be dental decay under it. This is due to inadequate removal of decay just prior to placement of the original filling or the margins of the filling not being sealed properly. It can be difficult to see this recurrent decay by X-ray due to the bright white appearance of the amalgam filling blocking the darkened shadow of the decay.

The same can be said for the discovery of cracks within the tooth structure. These cracks are caused by thermal expansion and contraction of the amalgam filling. If cracks are found, the dentist will most likely recommend a full crown over the tooth to provide a better long-term prognosis.

There are other conditions that need to be considered and managed as part of the mercury removal process:

1. Pre-existing jaw joint problems may be aggravated by lengthy dental appointments.
2. Root filled teeth that have amalgam cores have lost their blood supply, innervation (nerve supply) and lymphatic drainage. Even with removal of the amalgam core, the tooth can no longer detoxify itself from mercury absorption in the root system and will remain a significant reservoir of mercury.
3. Mercury may also be hidden under crowns, causing high galvanic potentials. Radiographs cannot determine if amalgam cores are underneath full, metal-lined crowns. Only good clinical notes by the original dentist and sectioning of the crown will determine if an amalgam core is present. These cores need to be rebuilt using mercury free alternatives and new, all-ceramic crowns inserted.
4. Galvanism and the electrolytic process associated with mixed metals in the mouth draw mercury into the surrounding tissues, giving rise to blue-black amalgam 'tattoos' that can sometimes be confused with melanoma. These lesions should be excised, which is best done by laser for a speedy recovery with less pain.
5. Amalgam fillings that have the highest galvanic reading and/or largest volume of mercury deposits should be removed first for the greatest health impact.



An amalgam 'tattoo' on the gum

In more detail



Piped-in air (1) will prevent the patient from breathing the air directly above the mouth during amalgam removal. A positive pressure respiration device such as a nitrous oxide nose hood (2), or a similar ventilation device, is the best way to provide clean air. A nasal cannula is totally inadequate.

A non-latex rubber dam (3) will help contain the majority of the debris of amalgam grinding. Mercury vapour will diffuse through latex and vinyl rubber dams. Nitrile material is a more effective diffusion barrier and is available in rubber dam and gloves.

The best method for removing mercury vapour and amalgam particulates from the operating field is high volume evacuation (HVE). The air pipe (4) should be positioned next to the patient's tooth until the removal and clean-up process is finished.



The filling to be removed contains at least 1 gram of mercury.

6. Active chelation using synthetic drugs should be avoided if amalgam fillings are still present. High doses of antioxidants, minerals and glutathione are recommended as adjunctive measures for the preparation leading up to amalgam filling replacements and during the process.

Afterwards

Following filling replacement, many patients report a transient hypersensitivity of their teeth to heat and cold, and when chewing. The majority of these symptoms naturally resolve within three weeks. A small number of teeth seem to remain sensitive for up to three months and then settle.

As mentioned above in the protocol checklist, following removal, whole body detoxification should be carried out, which I will cover in a future issue of True Natural Health. Time and space have prevented me from including this promised topic now (also assessing mercury exposure), and I do apologise. For those who are ready to embark on a mercury detox, please ensure that you find a naturopath or integrative medical doctor who has expertise in this area.

AMALGAM ALTERNATIVES

During my career I have listened to many stories from frustrated patients who have been bullied and ridiculed into accepting the continued placement of amalgam fillings by dentists who use the excuses that alternatives don't exist, or they are too costly or too weak. These excuses are not valid. Mercury free alternatives and cost effective options definitely do exist and they are readily available. My own experience is that I have never needed to use an amalgam filling to treat dental decay in over 24 years. In the USA, the placement of composite adhesive white fillings had already overtaken amalgam placements seven years ago.

Rather than presenting the studies that have favourably compared white filling materials to dental amalgam, I would ask you to ask your dentist this: "What are the dentists using in countries that have already banned amalgam (Scandinavia, 2008) or stopped training dental students in amalgam placements (Switzerland, 13 years ago)? You might just have to do some consumer research to find a dentist who will respect your wishes and is willing to protect you and your family. You deserve to be treated by a dentist who observes the highest duty of care to their patients.

NEXT ISSUE – PART 3

Assessing mercury exposure Detoxification

Dr Lisa Matriste 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 Matriste 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:

www.mercuryfreedentistry.com.au
(Australians for Mercury Free Dentistry)
www.toxicteeth.org
www.interclinical.com.au
Sam & Michael Ziff, Bio-Probe Newsletters:
www.keytoxins.com/bibliography/part-4/
<http://www.exodontia.info/AmalgamTattoo.html>
http://iaomt.guideadmin.com/wp-content/uploads/Real_cost_of_Dental_Mercury_April_2012-FINAL1.pdf
www.melisa.org
*A MELISA® (Memory Lymphocyte Immunostimulation Assay) test is a blood test that detects Type-IV allergy to metals, chemicals, environmental toxins and moulds.
Also see list in Part 1, TNH Spring 2012.

Australians for Mercury Free Dentistry: UPDATE

There is a growing consensus internationally that developed countries should mandate the installation of amalgam separators in all dental clinics. This is certainly one of the key objectives of Australians for Mercury Free Dentistry. The Australian Dental Association (ADA) supports this recommendation in principle, acknowledging that mercury from dental amalgam does contribute to environmental pollution, but presently in Australia, only dentists in Victoria and Canberra are 'encouraged' to install separators by their ADA branches.

This acknowledgement, however, highlights a ridiculous conundrum. The ADA is desirous of protecting fish from the harm of this waste product, but refuses to acknowledge that the very same material could also be causing harm to the people in which it is embedded and the dental staff who handle it and take in its vapours and microscopic particles every day. Dental amalgam is labelled as a poisonous product by its manufacturers, with the recommendations, 'to be kept away from children' and 'not to be stored above 25 degrees Celsius'. The leftover filling material or an extracted tooth with an amalgam filling in it is categorised as highly toxic waste.

So... dental amalgam is officially poisonous before it goes in the mouth and highly toxic when it comes out... surely some critical thinking must prevail! But no, the current position of the Australian Government's Department of Health and Ageing supports the continued use of this poisonous and polluting product.

Australians for Mercury Free Dentistry is seeking to end the Mercury Age of Dentistry by 2018. This timeframe is in alignment with the European stand for a **complete phase-out** of dental amalgam. The governments of the world meet in two months in Geneva for the final negotiating session of the United Nations Minamata Treaty. We seek your urgent support to influence a positive global outcome that will ensure the definitive end of the use of mercury in dentistry. Your support now will make a difference!

Say NO to mercury by:

1. Registering as a member on our website, www.mercuryfreedentistry.com.au
2. Making a donation
3. Signing our petition
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

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AUSTRALIANS
FOR MERCURY FREE
DENTISTRY



by Marilyn Bodnar

Member Story

How my body self-healed from psoriasis, sinusitis, hay fever, bronchitis, asthma, diverticulitis, allergies and chronic fatigue.

I am presently enjoying wonderful health and vitality at 56 years of age, which was not so when I was 22.

I am the eldest of 10 children, and we were raised to not leave any food on our plates. Basically, we ate lots of starches – potatoes and the refined flour products, bread, pastas, cakes and biscuits. Cows' milk was provided free at school, and I loved dairy products until the time I began to study naturopathy at 23 years of age, when I discovered that milk is the most mucus-forming food and causes much inflammation and disease.

I began studying because my curiosity was raised when a nursing colleague loaned me a book by Adele Davis, *Let's Eat Right To Keep Fit*.

Having commenced my nursing training at 17 years of age, I had followed what the doctors had advised for constant congestion in the sinuses and lungs and for urinary tract infections – antibiotics! I had also suffered constipation from a very young age, as I remember my mum giving us laxatives.

In my first year of nursing, I was diagnosed with benign adenomas in the right breast, and was quickly whipped off to surgery to have the lumps removed. More lumps appeared after surgery, but I was glad to be consulting an elderly GP who did not recommend more surgery, but a “wait and see” approach. The lumps disappeared of their own accord. My appendix was also removed when I was 22 years of age.

To be brief, I now understand what all those symptoms meant – my body was congested from mucus-forming foods, toxic wastes, animal products and overeating, as well as the stimulants, coffee, tea and alcohol, and lack of sufficient proper sleep.

I am blessed to have met Roger French in my nutrition class at college, and to hear about the Natural Health Society,

through which I met my husband, Cecil, and also Sr Joyce Lubke. Sr Lubke was my mentor for advising parents on how to produce and raise healthy children, which she did for 40 years, and which I have been doing for 30 years.

In my fourth year at the naturopathic college, I heard Mr Kenneth S. Jaffrey lecture on Natural Health and healing, and I went on to do further studies with him to become a Nature Cure Naturopath. This is where no supplements, herbal solutions or any remedies are used, but only employment of the Natural Health principles, which meant nourishing the body well with mostly raw, organic fruits and vegetables.

I gently exercised and corrected the spine, drank pure water when thirsty, breathed plenty of fresh air, did deep abdominal breathing, enjoyed sunshine and contact with the earth, and kept a positive mental attitude. Every time my temperature rose over 37°C, I allowed my body to cleanse by fasting on pure water only and having total rest.

My husband called me the “sleeping queen”, as I slept lots – this is when our bodies do the most healing and repairing. With each fast, I eliminated heaps of mucus, and shed lots of dry skin.

In this way, I regained my health and vitality over the ensuing three years. I no longer have any of the symptoms mentioned above. All it takes to achieve this is discipline with correct knowledge. Ken taught that no disease is incurable – the only incurables are people who will not change bad living habits!

I had all eight amalgam fillings and osteitis in my right jawbone removed 19 years ago after I completed breastfeeding our second son. This saw symptoms of itchy, painful big toes on both feet gradually dissipate each year, to the state today in which all my toes are straight, no longer painful, and nails are healthy-looking.

Gravity has a way of pulling toxins, like the heavy metal mercury, down to the extremities.

Today, I enjoy living on 90% raw, whole, plant foods, having just a few raw nuts, seeds, young coconuts, dried fruits, very small quantities of cooked legumes, homemade gluten-free breads, quinoa, millet, buckwheat and amaranth. I follow the *no breakfast plan*, whereby I have only two meals a day, eating only when hungry. I have chosen to eat vegan for the last five years, and I do not take any supplements or consume any powdered or packaged foods.

My memory, suppleness and energy have improved greatly since living a Natural Health lifestyle!

So that I can share what I have learned with other people, I regularly run *Wellness* gatherings. If you would like to learn about Natural Health and Nature Cure – and you live within reach of my home in Leppington, NSW – we will welcome you to our gatherings, which are usually held on the last Saturday of each month. We begin at 5pm with a natural foods preparation demonstration of all fresh, organic, vegan foods, followed by a buffet meal, then a health talk at 7pm.

My website is healthandvitalitycentre.ntpages.com.au

[For details of Marilyn's forthcoming Wellness Support Groups, see page 14 in this issue. Editor]

EXERCISE COUNTERS DEPRESSION

The number of people suffering major depression and bipolar disorder is about 6.2% of those aged between 16 and 85 years, according to the Australian Bureau of Statistics.

Studies show that about 60% of people halve their degree of depression by exercising and that more than 40% stay that way for at least three months, says Exercise & Sports Science Australia (ESSA). Studies also show that active people have nearly 45% less chance, on average, of experiencing depressive symptoms than inactive people.

Most people feel happier and more positive after a workout, due to the natural release of endorphins when you exercise.

The mental health benefits of structured exercise are not limited to depression. Regular exercise can have positive effects on serious mental conditions, including schizophrenia, post-traumatic stress disorder and substance abuse.

ESSA notes that people who exercise at home are more likely to continue their exercise routine than those who exercise at a centre.

To find a local accredited exercise physiologist, you can visit the ESSA website at www.essa.org.au and enter your suburb or postcode.

EXERCISE PROTECTS THE HEART IN YOUNG AND OLD

Recent research has shown that exercise protects the heart, irrespective of what age you are and when you start. It's never too early or too late to start exercising to ensure a healthy heart, reports Exercise & Sports Science Australia (ESSA).

The American Heart Association's journal, *Circulation*, reported that previously unfit individuals in their 50's, 60's, 70's and even 80's can reduce their chances of heart attacks by engaging in regular, moderate-intensity exercise.

We don't need to go to a gym. Gardening, housework and/or brisk walks totalling around two-and-a-half hours of exercise per week can make all the difference.

For children, as little as 10 minutes of vigorous exercise daily appears to provide significant heart protection, and this can set them up for good health in adult life.

The website of ESSA is www.essa.org.au

STATIN DRUGS CAUSE MAJOR ARTERY DAMAGE

Statin drugs, the predominant drugs for lowering cholesterol, have been found to harden the main arteries, cause type-2 diabetes in healthy people, and accelerate the major symptoms in diabetic sufferers, according to researchers at the Phoenix Veterans Affairs' Healthcare System.

They studied almost 200 patients with type-2 diabetes, most of whom were taking statins. The regular statin users suffered more rapid coronary artery hardening (calcification) compared to those who were occasional users. After non-users began taking statin drugs regularly, they rapidly developed hardening of the aorta, the main artery leaving the heart.

The researchers are concerned that these discoveries may be the tip of an iceberg of the side effects of statin drugs. They already have a list of 300 side effects, including decline in heart strength and increased risk of type-2 diabetes by 48 percent in post-menopausal women.

Source: *Diabetes Care*, 2012, reported in WDDTY enews, 6-9-12.

STATINS NOW LINKED TO CATARACTS

Still another side effect of statin drugs has become apparent – they increase the risk of developing cataracts. And they increase the risk of eye problems to the same level as for a diabetes sufferer.

The risk of cataract in a person with type-2 diabetes is 82 percent, whereas in a person taking statins, the risk rises by 57 percent. When other possibilities are allowed for, the risk is about the same for both diabetes and statin users. These conclusions were arrived at by researchers at the University of Waterloo in Ontario.

Source: *Optometry and Vision Science*, 2012; 89: 1165-71, reported in WDDTY enews, 16-8-12.

RED MEAT CAN CAUSE PROSTATE CANCER

Red meat can contribute to prostate cancer, but when it is fried at very high temperatures [as is common in frying], it becomes a major cause. Men who regularly consume fried red meat have an increased risk of developing prostate cancer of 40 percent.

University of Southern California researchers say that cooking meat at high temperatures generates strong carcinogens in the meat [presumably heterocyclic amines].

The researchers looked at 2,000 men, and among them more than 1,000 had advanced prostate cancer. The men who consumed two or more servings a week of red meat cooked at high temperature had a 40 percent higher incidence of prostate cancer. Even the men eating the meat once or twice a week had 30 percent higher incidence.

Source: *Carcinogenesis*, e-published, reported in WDDTY, 23-8-12.

RED MEAT LINKED TO DIABETES

A large European study of 12,400 people with diabetes that ran for 12 years found that a high intake of red meat and processed meats can significantly increase the risk of developing type-2 diabetes.

Individuals consuming an average of 186 grams of meat and meat products daily had a greater incidence of diabetes than those consuming an average of 50 grams daily.

The researchers suggested that the saturated and trans fats in meat might be the cause of the onset of type-2 diabetes, and that the nitrites used to cure ham, bacon, salami, corned beef, etc, may have a toxic effect on the pancreatic beta-cells that produce insulin.

Diabetologia 2012, online 16-9-12, reported in *Medical Observer* newsletter, 21-9-12

DOCTORS LOSING CONFIDENCE IN BIG PHARMA AFTER RECORD FINES

Drug companies have paid record fines of \$1 billion for criminal wrongdoing in the last three years. Consequently, they are starting to lose the confidence of their delivery system, the doctors.

Doctors are becoming sceptical about 'scientific trials' that demonstrate the effectiveness of drugs because vital – and sometimes inconvenient – data is left out.

This could mean that doctors stop prescribing new drugs, say researchers from Brigham and Women's Hospital in Boston, and this would dry up the major source of profits for the pharmaceutical industry.

Sources: *New England Journal of Medicine*, 2012; 367: 1082-5, and 1119-27, reported in WDDTY, 2-10-12.

FOOD FOR FEELING GREAT

PART 6 - CONCENTRATED FATS, OILS

By Roger French

Oil and fat are the same thing – oils are simply liquid fats. A classic example of this is coconut fat, which is solid fat in winter and liquid oil in summer.

Concentrated fats refers to extracted fats – vegetable oils, butter, cream and fish oil – and processed fats, notably margarine.

Although some fat is essential in the diet, we don't need to include these particular foods because most protein-rich foods contain substantial amounts of fat. In fact, the plant proteins – nuts, seeds and legumes – provide excellent *unsaturated* fat, which is good for us. A variety of these foods will usually supply all the essential fatty acids (building blocks of fat) we need, except that many people will benefit by extra omega-3 fats as supplied by flaxseed oil.

We would probably be better off without concentrated saturated animal fats – butter, cream and the fat in meat – or the highly processed polyunsaturated margarine which has been hydrogenated. Because the typical Australian diet is too high in fat, the challenge is usually to reduce fat intake, not increase it.

Using these foods only as a garnish and limiting their quantity to around 30 grams per day in total would be fine for most people, provided there is not a triglyceride problem (blood fats too high). As a source of omega-3 fatty acids, flax oil is much preferred over fish oil.

When purchasing oils, select *cold-pressed* and *unrefined* if possible – for example, 'extra virgin, cold-pressed' olive oil. 'Cold-pressed' means that the oil has been squeezed from the seed using pressure rather than a petroleum solvent (hexane) as used in the heated solvent-extraction method.

The refining of extracted oils removes most of the carotenoids, vitamin E, chlorophyll and some lecithin. In the absence of the vitamin E, manufacturers normally add undesirable chemical antioxidant to prevent rancidity. Virgin oils are purified by washing with water, settling, filtering and centrifuging only. 'Extra virgin' is the least refined.

Vegetable oils in processed foods, especially polyunsaturated margarine, are often hydrogenated, which produces detrimental *trans fats*. These are commonly removed by a process called *inter-esterification* which has its own health concerns. Watch for processed foods containing added fat, especially if the fat is hydrogenated or has been over-heated.

Particularly avoid deep frying. If frying is desired, use as little oil as necessary and keep the temperature low. The most suitable fat to use is coconut fat which is extremely resistant to oxidation. Second best are olive oil, macadamia oil and almond oil which are highly monounsaturated and slow to turn rancid.

Structure of fats and saturation

[This section is a bit technical, but could be enlightening.]

A fat molecule is composed of three fatty acids joined at one end by *glycerol*, which is why their technical name is *tri-glycerides*. A fatty acid is a row of carbon atoms with hydrogen atoms along both sides. Each carbon atom has four bonds (like four arms reaching out), and there must be another atom at the end of each bond.

When every carbon atom in the chain has its full complement of two hydrogen atoms, it is called *saturated* and all the bonds between the carbon atoms are *single bonds*. But when there is a *double bond* between two carbons, two hydrogen atoms have been displaced and the fatty acid is called *unsaturated*.

This is where *omega-3*, *omega-6* and *omega-9* come into the picture. For some strange reason, chemists have numbered the position of the first double bond in a fatty acid from the free end, not the glycerol end. Hence:

Omega-3. If the first double bond occurs between the third and fourth carbon atoms, this is referred to as omega-3 and there can be 5 or 6 double bonds along the row of carbons.

Omega-6 (commonly referred to as *polyunsaturated* fatty acids (PUFA)). The first double bond occurs between the sixth and seventh carbon atoms, and there can be 2 or 3 double bonds. (So omega-6 has three double bonds, whereas omega-3 has six double bonds – sounds back-to-front, but this is how it is.)

Omega-9. The first double bond occurs between the ninth and tenth carbon atoms, and there is room for only one double bond, hence *monounsaturated*.

Omega-9, omega-6 and omega-3 fatty acids are all unsaturated.

Some fatty acids cannot be synthesised in our bodies and are known as the *essential fatty acids* or EFAs. Only two fatty acids are truly essential for humans: *linoleic acid* (omega-6) and *alpha-linolenic acid* (omega-3)

In general, the higher the degree of unsaturation of an oil, the more susceptible it is to oxidation, that is, *turning rancid*. This and its nutritional merits are the reasons that it is desirable to know the composition of the fatty acids of an oil or fat.

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 given are per 100 grams of the food.

VEGETABLE OILS

Olive oil

This oil has been made popular by its prominent use by Greeks, Italians, Spaniards and other Mediterranean populations who consume large quantities of it, yet have very low rates of heart disease and cancer. This is largely to do with three things about the oil – cold-pressing, minimal refining ('extra-virgin') and the fact that it consists mainly of monounsaturated oleic acid, which does not oxidise (turn rancid) easily. It must also be said that the low rates of disease are also to do with consuming a lot of veggies and little meat.

The fatty acid composition of olive oil is: saturated 13%; monounsaturated 74%; omega-6, 9%; and omega-3, 1%. Smoke point 160°C. Vitamin E

content is between 5 and 50 mg per 100 gm oil depending on degree of refining.

Replacing saturated animal fats in the diet with olive oil would be a great advantage. Mediterranean people dip their bread in olive oil instead of using butter. A mix of olive oil and lemon juice makes a simple and wholesome salad dressing.



Canola oil

There is a plant called *rape* that produces a seed oil that is high in a fatty acid called *erucic acid* which is toxic, so this oil is only used to lubricate machinery. But because the oil is highly monounsaturated, the Canadians used plant breeding to reduce the erucic acid to less than 2% of total fats. They called this new oil 'Canada oil' or *canola* for short.

The advantage of this oil is that it is cheaper than olive oil, but the problem is that there is still some erucic acid present. Whereas olive oil is tried and true from thousands of years of use, canola is relatively new. It might be preferable to stay with the oil with the track record and pay the extra for olive oil.

Fatty acid composition: sat'd 8%; monounsat'd 59%; omega-6, 20%; and omega-3, 9%. Smoke point 107°C. Vitamin E is rich at up to 65 mg per 100 gm. Note the substantial content of omega-3, which might compensate somewhat for the erucic acid problem.

Flax oil (linseed oil)

Fatty acid composition: sat'd 9%; monounsat'd 20%; omega-6, 13%; and omega-3, 53%. Smoke point 107°C.

Look at this level of omega-3! Flax oil is more abundant in omega-3 than any other oil (or food), except chia seed oil. It is much richer than fish oil, containing twice as much omega-3 as cod liver oil.

The oil content of flax seeds is 34%.

The omega-3 fatty acid in plants is *alpha-linolenic acid* (ALA), which our bodies convert to EPA and DHA.

However, some of us make this conversion less efficiently, especially if there is diabetes or a high consumption of saturated fat or alcohol. These people need to reduce saturated fat and consume plenty of flax seeds or oil.

ALA is anti-inflammatory, good for bone health, reduces high blood pressure, protects against diabetes, heart disease and cancer, and can increase fertility.

Most Western people are deficient in omega-3s and so have very adverse omega-3 to omega-6 ratios. Flax seeds or oil can effectively correct this imbalance.

Vitamin E content of flax oil is between 6 and 40 mg per 100 gm depending on degree of refining.

A super-tasty way to consume flax oil is in a dressing for salads or steamed veggies as follows:

(Serves one, takes one minute to make)

2 dsp flax oil

1 dsp apple cider vinegar (or 2 dsp lemon juice)

1 dsp tamari (pure soya sauce)

Mix all ingredients in a small screw-top jar, shake well and drizzle over salad.

Flax oil, once regarded as the richest of all oils in omega-3, has now been trumped by chia seed oil, which is relatively new in Australian cuisine. Chia seeds are 31%, oil of which 57% is the omega-3, ALA.

Sunflower oil

Fatty acid composition: sat'd 10%; monounsat'd 20%; omega-6, 66%; and omega-3, nil. Smoke point 232°C.

Sunflower oil is conspicuous for its very high content of omega-6 in the form of linoleic acid. In the unrefined oil, there is a good supply of vitamin E (27 mg per 100 gm oil) which nature puts there to protect the oil from oxidation. This oil has almost no taste.

Because of its omega-6 content, sunflower oil is commonly used to make polyunsaturated margarine. It is also consumed as hardened vegetable oils in processed foods and as liquid oil for salad dressings.

There is a big negative associated with an excessive intake of omega-6 oil – unless it is balanced by adequate omega-3. Omega-6 causes blood to clot readily, while omega-3 inhibits clotting, so balance is vitally important. Unbalanced omega-6 also inhibits the conversion of alpha-linolenic acid (omega-3) to EPA and DHA, two important omega-3 fatty acids. If blood clots too readily, it increases the risk of stroke and macular degeneration. Sunflower oil needs to be balanced by omega-3 oil, especially flax oil

Safflower oil

Fatty acid composition: sat'd 6%; monounsat'd 14%; omega-6, 75%; and omega-3, nil. Smoke point 240°C

This oil is the richest of all oils in omega-6, being even richer than sunflower oil. Linoleic acid is, as usual, the prominent omega-6.

Safflower oil commonly accompanies sunflower oil in poly margarines.

Sesame oil

Fatty acid composition: sat'd 14%; monounsat'd 40%; omega-6, 41%; and omega-3, 0.3%. Smoke point 232°C.

With half of its unsaturated fatty acids being monounsaturated (omega-9) and half being poly, this oil is like a mixture of olive oil and sunflower oil.

It has a distinctive nutty flavour, making it desirable for salad dressings and in cooking.

A natural component of sesame oil is *sesamol*, an antioxidant that inhibits rancidity of the oil and helps protect the body from free radical damage.

Just one cold-pressing produces high-quality oil. This is a good all-round oil.

Soya oil

Fatty acid composition: sat'd 14%; monounsat'd 23%; omega-6, 51%; and omega-3, 7%. Smoke point 232°C. Vitamin E is richly supplied at between 60 and 100 mg per 100 gm oil, depending on refining.

Linoleic acid is just over half of this oil, with significant amounts of monounsaturated and saturated fatty acids. Soya oil has a bland taste and is used widely in the food industry in margarines, salad dressings and cooking fats.

Adding two teaspoons of flax oil to five teaspoons of soya oil will achieve a much better balance of omega-6 to omega-3.

Corn oil

Fatty acid composition: sat'd 13%; monounsat'd 27%; omega-6, 54%; and omega-3, 1%. Smoke point 160°C. Vitamin E content is around 43 mg per 100 gm oil.

Very similar in composition to soya oil, except for almost nil omega-3. This is also a good general purpose oil with abundant vitamin E to protect against rancidity. Corn oil alone is too rich in omega-6, and is much improved by adding equal quantities of flax oil.

Corn oil is extremely rich in *plant sterols*, which carry spent cholesterol out of the body via the bowel. Most other oils have very little. Only wheatgerm and olive oil have significant, though lesser, levels.



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Like sunflower, safflower and soya oils, this oil is also used in poly margarine manufacture, as well as in salad dressings and supermarket oils labelled "vegetable oil".

Almond oil

A good content of vitamin E is probably the reason why this oil has been used for thousands of years as a cosmetic.

Fatty acid composition: sat'd 8%; monounsat'd 70%; omega-6, 17%; and omega-3, nil. Smoke point 216°C.

Almond oil is almost as high in monounsaturates, mainly oleic acid, as the 'standard bearer', olive oil, and is easily digested. Hence it can be used in dressings and in cooking with good resistance to rancidity.

Macadamia oil

Fatty acid composition: sat'd 15%; monounsat'd 80%; omega-6, 3%; and omega-3, 1%. Smoke point 210°C.

Macadamia oil is much higher in monounsaturates, mainly oleic acid, than is olive oil. Because of its high resistance to rancidity and high smoke point, it is suitable for stir frying (but remember – keep the temperature low-ish) and is also used in cosmetics as an emollient.

The extremely low levels of omega-6 and omega-3 give this oil a very long shelf life, possibly up to two years when stored properly in an airtight container in the refrigerator.

Some people find the taste of maca oil very hard to beat, so it makes an excellent ingredient in salad dressings.

Walnut oil

The quality of walnut oil that stands out is that it is richer in omega-3 than any other nut oil, and is one of the very few foods with a good level of this valuable fatty acid. Among the plant oils, it is the third richest after chia and flax oils.

Fatty acid composition: sat'd 9%; monounsat'd 23%; omega-6, 53%; and omega-3, 10%.

Walnut oil is 90% unsaturated, with abundance of all three kinds of unsaturated fatty acids. It is one of the most well balanced oils for good nutrition – with the proviso that it must be kept fresh as the omega-3 and omega-6 will oxidise readily, turning a nutritious oil into a toxic one. Keep it airtight and cold, because it is heat and air that cause rapid oxidation.

This oil is also one of the significant sources of plant sterols.

Hazelnut oil

Fatty acid composition: sat'd 7%; monounsat'd 78%; omega-6, 10%; and omega-3, nil.

This composition is close to that of macadamia oil, so its behaviour would be somewhat similar. This uncommon oil has a strong flavour and a high price.

Peanut oil

This oil has been used in South American and African cooking for thousands of years. It has a pleasing, light, nutty flavour

Fatty acid composition: sat'd 17%; monounsat'd 46%; omega-6, 32%; and omega-3, nil. Smoke point 232°C. Vitamin E is between 21 and 50 mg per 100 gm oil, depending on refining.

Being predominantly monounsaturated, peanut oil is reasonably stable. This and its high smoke point are why it is one of the world's traditional deep-frying oils. It can be heated to a high temperature which keeps the outside of the food crisp and the inside moist. But people are unaware that the omega-6 component would almost certainly begin to oxidise. Deep-frying is the most harmful form of cooking.

In this oil there are good levels of plant sterols, especially *beta-sitosterol*, which tend to reduce the risk of heart disease and prostate enlargement. There is also resveratrol, a valuable, protective antioxidant.

Wheat germ oil

Fatty acid composition: sat'd 17%; monounsat'd 15%; omega-6, 55%; and omega-3, 7%. Vitamin E 190 mg per 100 gm oil.

Wheat germ oil is 'legendary' because of this vitamin E content, the highest content of any natural food. Half a teaspoon of the oil twice a week would provide a useful intake of vitamin E to help protect against pollution and free radicals.

The oil is strongly flavoured and expensive. It is very perishable because of its high omega-6 content and substantial omega-3.

The oil is extracted from the tiny germ found inside the wheat kernel. It is a heavy oil, and most likely to be used as a supplement rather than as dressing.

Although derived from wheat, the oil contains very little gluten, the wheat protein that causes reactions in sensitive individuals.

Rice bran oil

This oil, a by-product of rice milling, has been making waves in recent years, but is it so special? Look at its constituents:

Fatty acid composition: sat'd 19%; monounsat'd 39%; omega-6, 33%; and omega-3, 2%. Rice bran oil is rich in the various forms of vitamin E (tocopherols and tocotrienols), containing up to 42 mg per 100 gm, and is also rich in plant sterols. This fatty acid composition is very close to that of peanut oil, so it is really just a good all-round oil, except for its high antioxidants.

There is an antioxidant unique to rice bran oil called *oryzanol*, which could be as effective in stopping free radicals as vitamin E. So due to both these antioxidants, this oil would be very effective in preventing and repairing free radical damage.

Rice bran oil is a good oil to use in salad dressings. It is resistant to smoking at high temperatures and also moderately resistant to oxidation, making it popular for baked goods and stir-frying. However, with significant omega-6 and omega-3 contents, there must be some rancidity unless the cooking temperature is kept low.

The delicate flavour of rice bran oil will complement most foods without compromising their taste.

Grape seed oil

Fatty acid composition: sat'd 11%; monounsat'd 16%; omega-6, 72%; and omega-3, 1%. Smoke point 250°C. Vitamin E content is up to 40 mg per 100 gm.

This make-up shows that grape seed oil, a by-product of wine production, is a typical polyunsaturated oil, somewhat like sunflower and soya oils. Anyone using poly margarine as a spread would be wise to avoid this oil, because they will most likely already be consuming too much omega-6.

Many retailers of grape seed oil claim that it is highly suitable for baking, sautéing and stir-frying due to its exceptionally high smoke point. But its very high content of omega-6 make this fat decidedly *not* suitable for frying or even baking.

Grape seed oil does *not* contain levels of the powerful antioxidants, anthocyanins and proanthocyanidins, that are rich in the seeds.

This oil has a clean, light taste and is good for salad dressings and mayonnaise and is used as a base for oil infusions of garlic, rosemary and other herbs and spices.

Avocado oil

Fatty acid composition: sat'd 12%; monounsat'd 70%; omega-6, 13%; and omega-3, 1%. Smoke point at 270°C is outstandingly high.

This oil is very similar to olive oil, being rich in monounsaturated fatty acids (mostly oleic acid) and low in saturated fat.





Beta-sitosterol, which is protective against heart disease and enlarged prostate, is richer than in olive oil or even saw palmetto oil, saw palmetto being one of the standard herbs for enlarged prostate.

Cottonseed oil

Fatty acid composition: sat'd 26%; monounsat'd 18%; omega-6, 52%; and omega-3 nil. Smoke point 220°C. Vitamin E is up to 65 mg per 100 gm. This composition is somewhat similar to that of soya oil.

Cottonseed oil has a mild taste. Its clear, light golden colour is due to refining; the darker the colour, the less refining has occurred – as with all oils.

We don't find cottonseed oil in supermarkets because it mostly goes to restaurants, where it's popular because it doesn't go rancid easily during storage. It has about twice the shelf-life of peanut oil.

However, people assume that the high smoke point makes it desirable for frying, but this is overlooking the susceptibility of the omega-6 to oxidation when heated to high temperatures.

Pesticide residues are an obvious concern with cotton. Fortunately, they may not be much of a problem. As with many crops, pesticide usage is decreasing. In the case of cotton, this is because (a) Pest control for the main pest, the heliothis caterpillar, is not normally necessary within 3 to 4 weeks of harvesting; (b) Genetically-modified cotton is much less susceptible to pests; (c) If pesticide was used, it wouldn't get to the seeds because they are inside the boll which is covered with 3 to 4 centimetres of cotton; (d) The pesticides normally used are not systemic – they don't get into the sap of the plant; (e) The permitted Maximum Residue Levels, set by FSANZ, are very strict; (f) Many growers are now employing *Integrated Pest Management* using chemicals that kill pests but don't harm the beneficial insects. Some are even harmless to humans. In short, no pesticide residues or very little will be found in the seeds, and therefore the oil.

Apricot kernel oil

Fatty acid composition: sat'd 6%; monounsat'd 60%; omega-6, 29%; and omega-3, nil.

Apricot kernels are the richest source of a remarkable anti-cancer vitamin, *amygdalin* or vitamin B₁₇, or the synthetic form, *Laetrile*. Because all B-vitamins are water-soluble, it is unlikely that any significant amount is in the oil.

With over 90% of the oil unsaturated, this oil is susceptible to turning rancid, so while it is excellent to consume as salad dressings, etc, it should not be heated. It contains only a modest level of vitamin E to protect the oil and provide shelf life.

When purchasing for consumption, make sure the label says "edible" so that there

have been no stabilising agents added to extend shelf life.

Apricot kernel oil, made legendary by the Hunza people, is used in many different cosmetics and as a massage oil because it is ideal for sensitive skin. Unlike some oils, this oil is readily absorbed without leaving a greasy residue.

Coconut fat

There is a great deal of emerging interest in coconut fat, one of the few saturated plant fats. It appears to have significant health benefits and is particularly resistant to oxidation (rancidity), making it suitable for frying – if frying must be used.

Fatty acid composition: sat'd 86%; monounsat'd 6%; omega-6, 2%; and omega-3, nil. Smoke point 177°C. Vitamin E is negligible.

Saturated fatty acids are found almost exclusively in animal products, while unsaturated fats are typical of plant products. The exceptions among plant products are coconut fat and palm kernel oil, which are highly saturated – in the case of coconut fat, even more saturated than beef fat, in fact, the most saturated of any food.

However, the saturated fats in coconut and palm kernel fats are different from those in animal products in that the fatty acids are *short-chain* and *medium-chain*, in contrast to the *long-chain* fatty acids in the saturated fats in red meat, chicken and dairy products, which are not so good for us.

Whereas the animal fats are stored in the body's cells or as fat deposits, the fatty acids in coconut oil are sent directly to the liver where they are immediately available for energy. So the tendency is for coconut oil to be used immediately for energy rather than stored as body fat. This is a huge advantage for the coconut fat.

Coconut fat has a high smoke point and, being highly saturated, is extremely resistant to oxidation and rancidity. It has been reported that coconut oil kept at room temperature for many months showed no evidence of rancidity. It would appear that the saturated components have an antioxidant effect on the small quantity of unsaturated fatty acids. This indicates that coconut fat/oil could be safely used for all home cooking, including frying and sautéing.

Coconut fat, coconut butter and coconut oil are the same thing. Below about 20° – 25°C coconut fat is solid ('butter') and above this temperature it is liquid.

When the coconut fat is extracted, the least processed is *extra-virgin* and *cold pressed*, whereas the oil used in baked goods and for popping corn is usually refined, bleached and deodorised, and is to be avoided as far as possible. If coconut fat has been hydrogenated, it may contain trans fats.

Coconut fat/oil has numerous health benefits in addition to not adding to body fat:

- It speeds up metabolic rate, resulting in our being slimmer than if we consume the equivalent calories from other fats.
- When consumed in moderation, coconut fat reduces the risk of heart disease.
- It is helpful with diabetes because it helps regulate blood sugar levels.
- It is anti-inflammatory.
- It is powerfully antibacterial, antiviral and antifungal.
- It rejuvenates the skin and helps prevent wrinkles, because it protects against free radicals, the underlying cause of skin damage.

When buying coconut fat/oil, check the labelling for no refining, no hydrogenation, no chemical additives, no bleaching, no deodorisation and no genetic modification.

In home cooking, coconut oil can replace other oils, margarine, butter, shortening, etc., for all food preparation needs.

Palm kernel oil

Palm kernel oil is derived from the kernel of the fruit of the oil palm, while palm oil is derived from the fleshy fruit of the oil palm.

Fatty acid composition: sat'd 49%; monounsat'd 37%; omega-6, 9%; and omega-3, 0.2%. Smoke point 232°C

Polyunsaturated margarine

Margarine is simply oil made semi-solid by partially saturating polyunsaturated oils through the process of *hydrogenation*, in which hydrogen is bubbled through the oil with a nickel catalyst. Unfortunately, this produces the harmful trans fatty acid, *elaidic acid*, containing *trans bonds* between its carbon atoms. Trans fats are known to contribute to heart disease, obesity, diabetes, cancer and other degenerative diseases. In addition, trans fats have been linked with lower birth weight as well as declined fertility.

Most margarine labels now declare "Virtually free of trans fats", but the process used to achieve this, *inter-esterification*, creates its own problems and could be just as bad.

Also, the fat in margarine is not nearly as unsaturated as it was before hydrogenation, so some of the benefits of polyunsaturated have been lost. Nickel, the catalyst, is a metal known to cause cancer, and it is possible that traces remain in the oil.



The view that margarine is a superior spread has been reversed by studies that found that polyunsaturated margarine increases the risk of heart disease by around 40 – 50%. A strong advocate of this view is a chief heart surgeon in Arizona, USA, who has stated that atherosclerosis is caused by inflammation and this is caused mainly by refined carbohydrates and excessive intake of omega-6 oils, of which the greatest source is often poly margarine.

In 2004 one of Sydney's leading ophthalmologists asked the question: can margarine send you blind? He then outlined how large amounts could contribute to macular degeneration. A high intake of omega-6 can cause blood to clot too readily. It also inhibits the conversion of the omega-3 fatty acid (*alpha-linolenic acid*) to DHA, which is needed especially by the brain. Most people are consuming far too much omega-6 fats in the form of margarine, other hardened vegetable oils and liquid vegetable oils in bottles. Omega-3 fatty acids have the opposite effect; they oppose blood clotting. Because omega-3s are relatively scarce, while omega-6s are abundant, most people are consuming omega-6s and omega-3s in a potentially dangerous ratio.

The usual polyunsaturated margarine is 80 – 84% fat and 14 – 16% water, with milk powder, salt, added vitamins (A, D and in some brands E), emulsifier (usually lecithin) and artificial additives in the form of preservatives (202 – potassium sorbate) and colours (beta-carotene, annatto or curcumin). Poly margarine is not a natural food; it is highly processed.

The fat in margarine is vegetable oil – any of canola, sunflower, safflower, soya, palm kernel and possibly corn or cottonseed. Some brands list only “Vegetable oils”, so the buyer can't tell what oils are used.

The extraction of the oils from the seeds is usually done using petroleum-based solvents that can include carcinogenic benzene. Apart from hydrogenation, the oils can be treated with a number of processes that may include degumming, bleaching, fractionation, deodorisation and interesterification.

The Natural Health view is that unsalted butter is highly preferable to margarine, but if there is high blood pressure, high triglycerides or artery disease, both need to be avoided. Alternative spreads are mashed avocado, tahini, peanut butter, mashed banana (goes with sweet fillings), olive oil and maybe egg-free mayonnaise.

ANIMAL FATS

Butter

Similarly to margarine, butter is approximately 81% fat and 16 – 18% water. Its smoke point is 177°C. The fat composition is sat'd 63%; monounsat'd 26%; polyunsat'd 4%. Trans fats 4%.



Unlike margarine, there are no chemical additives, except salt. By choosing unsalted butter, we avoid this too. Although butter is not hydrogenated, there are trans fats present naturally.

Again, *unlike* margarine, the predominant trans fat – *conjugated linoleic acid* (CLA) – is a potent preventive agent for cancer and artery disease, so it is beneficial, not harmful.

Leaving the salt out of butter enables us to detect the taste of rancidity should it develop. However, there is relatively little unsaturated fat in butter, so it is reasonably resistant to rancidity.

While unsalted butter is much preferred over margarine, in a vegan way of eating, there are alternatives to both – as mentioned above under ‘Polyunsaturated Margarine’.

What about the ‘soft’, easily spread butters? One Australian brand mixes water and canola oil with the cream and salt to make its ‘Soft’ butter. The ‘Extra Soft’ variety of this brand adds a lot more – water, canola oil, vegetable gum, emulsifier, preservative, food acid and flavour. Obviously, the soft version is more natural. A New Zealand brand uses only cream, water and salt and softens the butter physically.

A great way of reducing saturated fat intake from butter without involving processing is home-made ‘Extended Butter’. Allow a packet of butter to warm up to room temperature, then place it in a blender and add one cup of olive oil (or other preferred oil) and one cup of water. Blend until smooth, transfer to airtight container and store in fridge. This is as spreadable as poly margarine.

Cream

Cream is typically 36% fat, 60% water, 2% protein, 3% milk sugar and some minerals and vitamins.

Like butter, cream is free of additives. In contrast to butter, cream has less than half the fat and a lot more water – as is expected, since butter is made from cream by churning the cream until it thickens and draining off the liquid as ‘buttermilk’.

Fish oil

[This oil is included only for completeness.]

The great popularity of fish oil is its high omega-3 content, but there is more in chia seeds and flax seeds, so we don't need to depend on fish oil to obtain the valuable omega-3 fatty acids.

It is argued that the plant omega-3s don't supply the vital EPA and DHA, but this can be misleading. We *do* have the ability to convert alpha-linolenic acid to EPA and DHA, provided we are not eating a lot of meat or excessive amounts of omega-6 oils.

Fish oils have their critics. One writer says that the US FDA neglected to evaluate their anti-thyroid, immuno-suppressive, lipid oxidising, light sensitising and cancer promoting effects. It would be safe to assume that to produce these effects, large intakes of fish oil would be required.

It is known that large intakes can result in: increased risk of bleeding; contamination with methyl-mercury, PCBs and dioxin from some types of fish (however, most fish oil supplements have been filtered and don't have these toxins); toxicity from vitamins A and D; allergic reactions in people who have allergies to fish; and gastro-intestinal effects – diarrhoea, heartburn, bad breath, stomach pain, bloating and indigestion.

Hence, the plant oils are much safer bets.

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Why not give a gift that, for a health-minded person, could enhance quality of life or even save a life – or at the very least make inspiring reading.

How about a gift subscription to the Natural Health Society, or one of the books described below, or a product or appliance from our shop

GIFT SUBSCRIPTION VOUCHER

For the usual Society subs rate of single \$32 or family \$40, we will supply a gift subscription voucher to provide subscription to the Society for 15 months. We supply the voucher/s to you and you give it to your recipient. See order form page 42.

PRODUCTS

The available products are:

- **Compact juicer** – uses an auger to crush the food;
- **Ladyship LS658 and LS588 juicers/blenders** – like a blender with screen and tap;
- **Champion juicer** – uses a spinning cutter;
- **ReboundOz rebounder** – strong, super convenient for exercising;
- **Healthstart Ion-70 air purifier** – purifies air thoroughly;
- **Snackmaker food dehydrator** – has multiple trays;
- **Wise Feet foot patches** – detox you while you sleep;
- **Easy pH Test Kits** – measure your acidity/alkalinity in seconds;
- **Tri Nature household cleaning and skincare range** – see page 39

For ordering and prices (including members' discount and freight), see ORDER FORM page 42):

BOOKS

Popular Titles

JAZZY VEGETARIAN

Lively Vegan Cuisine That's Easy and Delicious

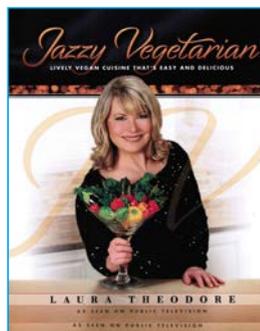
By Laura Theodore

\$41.00

The recipes replicate those demonstrated on Laura's television shows in the US, in which she has an infectious passion for plant-based eating.

She has the goal of appealing to people transitioning to more plant-based meals.

Laura transforms regular favourites into meatless versions – soups, sandwiches, entrees, salads, mains, pastas and desserts. The recipes in the numerous colour plates look awesome. Indexed and hard-cover. Could be a great gift.



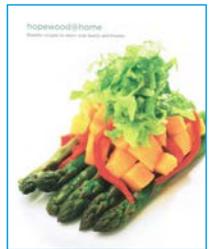
hopewood@home

By Hopewood Health Retreat

\$27.00

Developed by Hopewood's experienced vegetarian chefs with the guidance of naturopaths, Hopewood's recipes have been awarded five-star ratings by many guests.

The mouth-watering vegetarian recipes are easy to prepare and delicious. *Hopewood@Home* presents a collection of scrumptious breakfast ideas, healthy drinks, soups, salads, main meals appetising snacks and dinner party ideas.



EAT TO LIVE

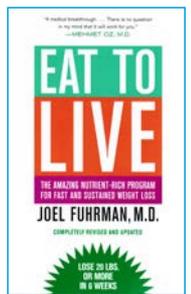
By Joel Fuhrman, MD

\$39.00

Sub-titled 'The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss', this is the work of medical doctor with a full understanding of Natural Health.

Dr Fuhrman's plan is to supply optimal nutrition while the person loses weight quickly. Many of his patients have also recovered from angina, high blood pressure, diabetes, asthma, fatigue, allergies, arthritis and other illnesses.

Dr Fuhrman's 90 percent rule provides scope for a relaxed approach! Fully indexed.



FATTY LIVER

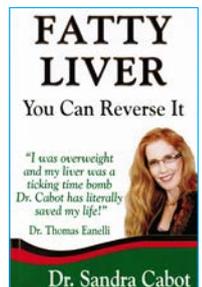
You Can Reverse It

By Dr Sandra Cabot

\$29.50

"I was overweight and my liver was a ticking time bomb. Dr Cabot has literally saved my life!" declared a medical doctor. This book could save a lot of other lives. The eating plan is not entirely vegetarian, but plant-based options are always given.

Dr Sandra's principles for reversing fatty liver are: low carbs, plenty of raw plant foods, fresh juices, first-class protein (nuts, legumes and seeds included), healthy fats, meals not very large, a daily liver tonic, plenty of fluids and regular exercise.



RAW JUICES CAN SAVE YOUR LIFE!

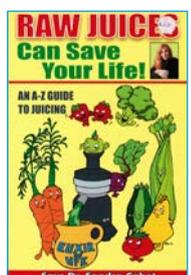
By Dr Sandra Cabot

\$29.00

Juices, particularly vegetable, are the true health cocktail – and this book does them justice. It is compact, telling us just what we would want to know about juices, including the appropriate juice mixtures for a wide range of common health problems.

The bodily acidity from processed foods can be neutralised by raw juices, and this can "dramatically increase energy and wellbeing". There are also smoothies purely for enjoyment.

A marvellously easy book to use.

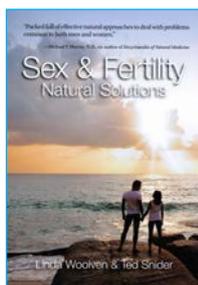


SEX & FERTILITY

Natural Solutions

By Linda Woolven and Ted Snider **\$28.50**

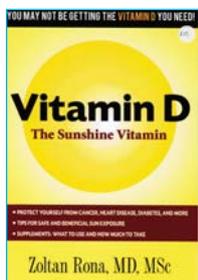
Answers questions about reproductive health, male and female infertility and libido, erectile dysfunction, premature ejaculation, vaginal dryness, post-partum depression and low libido after birth. Easy-to-follow practical advice, including plant-based nutritional advice, is interspersed with amusing stories and facts. The authors claim to put the fun back into having sex and making babies.



VITAMIN D - The Sunshine Vitamin

By Zoltan Rona, MD, MSc **\$20.00**

This is a brief, but valuable book, on a subject that has been one of the top health topics of this decade. Most people are deficient in vitamin D, but it has so many life-improving or life-giving roles that restoring levels could save the reader a lot of unnecessary illness. This could especially apply to anyone who is betrothed to 'slip, slop and slap'. Dr Rona also explains the wide range of diseases that are preventable and treatable with vitamin D. Fully indexed.

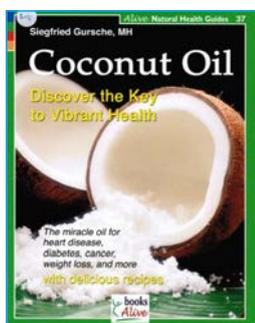


COCONUT OIL

By Siegfried Gursche **\$23.00**

"The miracle oil for heart disease, diabetes, cancer, weight loss and more" claims the cover. In view of the mounting evidence for the health benefits of coconut fat, this may well be fair comment. In many tropical cultures around the world, coconut oil has been a traditional source of fats, fat being an essential nutrient. If oil is to be heated, coconut oil is the best oil to use.

This thin book spells out what highly saturated, extra-virgin coconut oil can do for us and why, as well as how to choose high quality oil. A compact 64 pages.



New Titles

WHAT'S THE GI?

By Catherine Proctor **\$13.00**

This little book is a gem – and it is little, measuring just 16 cm high by 11 cm wide to fit comfortably into a trouser pocket or handbag.

The author is a writer of health and cookery books who runs a cookery school on Sydney's Northern Beaches.

GI – glycaemic index – is a measure of how quickly carbohydrate foods (sugary and starchy foods) affect our blood sugar levels. Over half the book is devoted to listing the GI levels of almost every imaginable common food. The list is presented in two sections – food categories and alphabetically.

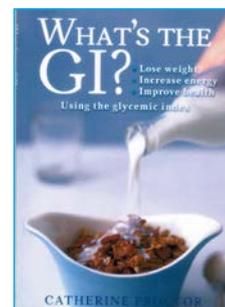
The lists have four columns: Low GI foods that are good for us; Low GI foods that are bad for us; Medium GI foods and High GI foods.

The introductory sections tell in the plainest possible language:

- How do carbs affect blood sugar levels?
- What is GI?
- What makes some foods lower in GI than others?
- Not all high GI foods should be avoided.
- Not all low GI foods are healthy.
- What is a GI diet?
- Ten reasons to eat low GI foods.

Catherine Proctor makes some very good points. Firstly, GI is not the only determinant of what is a healthy food. Secondly, some high GI foods are fine; for example, watermelon is high GI, but has so little sugar that its 'glycaemic load' is low. Thirdly, most fresh fruits, in spite of their sugar contents, are medium or low GI.

A most useful booklet to carry with you when shopping.



THE NATURAL PROSTATE CURE

A practical guide to using diet and supplements for a healthy prostate

By Roger Mason **\$20.50**

By age fifty, three out of four men have enlarged prostates, and one in three men has cancer cells in his prostate. Traditional medical treatments can include surgery, radiation, chemotherapy and even castration. These methods can have drastic results, but worst of all, they fail to address the real cause of prostate problems.

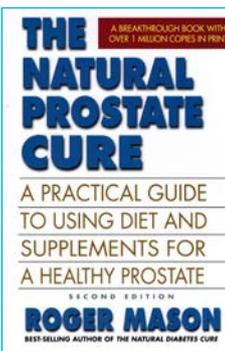
In this updated edition of *The Natural Prostate Cure*, Roger Mason provides effective alternative treatments. Based on years of research, this book explains how most prostate problems originate from poor nutrition.

The book opens with a basic lesson in proper diet, quoting research that shows a direct relationship between animal foods and prostate cancer, with animal fat being the main trouble maker. In addition, the author says that the proof is overwhelming that cows' milk causes prostate disease. Insulin resistance is another factor.

He presents the best supplements for maintaining a healthy prostate, including *beta-sitosterol*, a vital key to prostate wellbeing, and then talks about steps that can be taken to cure prostate disease, and even self-healing for cancer.

Finally, it is explained how hormone imbalances – caused largely by poor diet – are major factors contributing to prostate issues, and there are hormone treatments that can prevent and combat these conditions. It is possible to treat prostate problems safely, effectively and naturally.

Roger Mason is a research chemist, and strong advocate of natural alternatives to drug therapies.



Classifieds

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

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

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

NATURAL HEALTH SOCIETY BOOKSHOP ORDER FORM

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

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

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

TITLE	AUTHOR	\$	NO.	TOTAL
NATURAL HEALTH SOCIETY'S OWN BOOK				
How a Man Lived in Three Centuries	Roger French	\$34.00		
NEW TITLES				
What's the GI?	Catherine Proctor	\$13.00		
The Natural Prostate Cure	Roger Mason	\$20.50		
NUTRITION & LIFESTYLE				
Activate Your Life	Andrew McCombe	\$28.00		
Australian Vegetarian Food Guide 2011	Aduki Independent Press	\$23.00		
Coconut Oil	Siegfried Gursche	\$23.00		
Eat To Live	Joel Fuhrman	\$39.00		
Improving on The World's Greatest Invention [In-Lieu toilet converter]	Wallace Bowles	\$10.00		
Let's Play	Shelalagh McGovern	\$25.00		
Mushrooms For Health And Longevity	Ken Babal	\$23.00		
Organic Vegetable Gardening	Annette McFarlane	\$42.00		
SEX & FERTILITY Natural Solutions	By Linda Woolven and Ted Snider	\$28.50		
Soak Your Nuts	By Karyn Calabrese	\$29.50		
The Force - Living safely in EMR	Lyn McLean	\$38.50		
Vitamin D, The Sunshine Vitamin	Zotan Rona	\$20.00		
Vitamin E	Remi Cooper	\$10.00		
Work Wonders - Feed Your Dog Raw Meaty Bones	Tom Lonsdale	\$20.50		
RECIPE BOOKS				
Delicious Vegetarian Food (Recipes)	Family Circle	\$25.00		
Friendly Food	RPA Allergy Unit	\$30.00		
Golden Energy - Recipes For Rejuvenation	By Dr Marilyn Golden	\$34.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Jazzy Vegetarian	Laura Theodore	\$41.00		
Rainbow Recipes		\$38.50		
Superfruits	Paul Gross	\$30.00		
GERSON CANCER COLLECTION				
A Cancer Therapy - Results of 50 Cases	Max Gerson, MD	\$31.00		
Healing the Gerson Way	Charlotte Gerson	\$47.00		
The Gerson Therapy Full DVD Set	Gerson Institute	\$95.00		
BOOKS by DR SANDRA CABOT				
Can't Lose Weight? You Could Have Syndrome X		\$24.50		
The Healthy Liver & Bowel Book		\$24.50		
Hormone Replacement - The Real Truth		\$24.50		
HEALTH ISSUES				
A Modern Woman's Guide to a Natural Empowering Birth	Katrina Zaslavsky	\$38.50		
Censored Health	By Dr Gabor Lenkei	\$29.00		
FATTY LIVER -You Can Reverse It	Dr Sandra Cabot	\$29.50		
Gentle Birth, Gentle Mothering	Dr Sarah J Buckley	\$27.00		
Herbal Healing For Children	Demetria Clark	\$27.50		
Protecting Your Fertility	Gabriela Rosa	\$27.00		
Raw Juices Can Save Your Life	Dr Sandra Cabot	\$29.00		
The ADD and ADHD Cure	Jay Gordon, MD	\$32.00		

Think Smart & Lose Weight	Sandy Brocking	\$29.50		
You and Your Hormones	Dr Peter Baratosy	\$34.00		
MIND ISSUES				
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End Your Addiction Now	C. Gant & G. Lewis	\$34.00		
Five Good Minutes in the Evening	J. Brantley, W. Millstine	\$22.00		
Fix Your Phobia in 90 Minutes	Anthony Gunn	\$23.00		
Letting Go of Anxiety (CD)	Sarah Edelman, PhD.	\$20.20		
Making a Killing (DVD)	CCHR	\$19.50		
The Book of Affirmations	Sharon Elaine	\$27.00		
The Five Minute Mediator	Eric Harrison	\$26.00		
The Marketing of Madness (DVD)	CCHR	\$19.50		

PRODUCTS/EQUIPMENT/APPLIANCES				
LadyShip Organic Essence Juicer, Blender LS658		\$354		
LadyShip Organic Essence Juicer, Blender LS588		\$224		
COMPACT JUICER (non-member's price \$299)		\$279		
CHAMPION JUICER (non-member's price \$620)		\$595		
CHAMPION GRAIN MILL		\$165		
REBOUNDOZ rebounder - 4 Packages available (Phone NHS or visit www.health.org.au)				
Package 1 (inc freight) (non-member's \$240)		\$220		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265		\$208		
HEALTHSTART ION-70 AIR PURIFIER (non-member's \$499)		\$479		
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STAINLESS STEEL WATER BOTTLES - 500 ml		\$23		
WISE FEET FOOT PATCHES box of 30 (non-members \$65)		\$59.50		
box of 90 (non-members \$145)		\$131.50		
EASY PH TEST KITS (inc frt) (non-members \$22)		\$20		
BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE - Approx 25				
Non-members \$50; NT & WA \$55. Members \$45; NT & WA \$50				
Tri Nature Products (total from page 44)				
TOTAL \$				

SUBSCRIPTION APPLICATION or RENEWAL

New member Renewal Gift **GIFT VOUCHER**

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

QLD GOLD COAST: The Cardamom Pod

Relaxed, casual, a tad upmarket – that's the Gold Coast, and The Cardamom Pod fits right in. I attended this restaurant as part of the Vegetarian/Vegan Society of Queensland's lunch on a Sunday, and boy! am I glad I made the trek from Brisbane!

Despite its location in the chic Broadbeach food district, the restaurant does not attempt to hide its philosophy: "Vegetarian" is loudly and proudly displayed on the shopfront. It is run by Hare Krishna people, so I was expecting the usual Govinda's style dining – decent food quickly, but not exactly fashionable. The Cardamom Pod, however, transcends the usual vegan dining experience with its amazing food and trendy environment. There is an outside area which is BYO.

In a swanky location surrounded by tough competition, something draws you into this place. Perhaps it is the colourful décor that includes an artificial grass bench seat with cushions – really funky. Or perhaps it's the huge plates that accommodate enormous servings.

About half the dishes are vegan and some are gluten free, all dishes being labelled accordingly. The food is

mostly Indian style and my set meal consisted of two curries, two salads, two kofta balls and rice – enough to keep a very big eater more than sated.

The curries were delicious, with a full, round flavour that is often lacking in even the most authentic Indian restaurants. The kofta balls were also tasty, but the real winners were the salads, particularly the Fried Tofu Salad, which does something wonderful to the humble sweet potato!

A buffet style restaurant, The Cardamom Pod has menu choices to suit most budgets and appetites – from the 'Not Too Hungry' for \$12 (two hot dishes or two salads) to a \$26 option for the ravenous. The addition of drinks and desserts to your meal, however, could start to get pricey, though I do recommend trying the raw, vegan Tiramisu.

If you like simple, good food served in a pleasant environment, you will love this place.

Rachael Krutulis, member, Vegetarian/Vegan Society of Queensland



Shop 11, 110 Surf Parade,
Broadbeach, Gold Coast.
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Open: Monday-Friday 12-9pm
Sat and Sun 11.30am-9pm
www.cardamompod.com.au

FaceBook: The Cardamom
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NEW PRODUCTS

...well naturally, Sugar Free Dark Chocolate

...well naturally is an Australian-owned brand providing better-for-you snack foods that are made in Australia from local and imported ingredients.

Their Sugar Free Dark Chocolate includes seven flavours: *Rich Dark, Mint Crisp, Valencia Orange, Almond Chip, Caramel Crisp, Cherry Delight and Licorice Classic.*

The ingredients in these dark chocolate bars are: cocoa mass and cocoa butter (70% cocoa solids), polydextrose (soluble fibre), erythritol, processed fruit or nut pieces, soy lecithin, natural flavour, hazelnut flavour, stevia and vanilla flavour. Some bars include other additives such as an anti-stick agent of vegetable oil and wax.

Erythritol (additive no. 968) is two thirds as sweet as white sugar, supplies almost no calories and is generally free of side-effects; it is low GI and tooth-friendly and most is excreted in the urine. It occurs naturally in fruits and fermented foods. Stevia, from the stevia plant, is one of the best natural, low-cal sweeteners. It has no calories, yet is around 300 times sweeter than white sugar and suitable for people with diabetes.

Consuming small amounts of dark chocolate that is at least 70 per cent cocoa can be of net benefit, provided there is no significant amount of refined sugar. Cocoa is rich in flavonoids, which include powerful antioxidants that protect against free radicals. The natural cocoa fat is a good fat when consumed in moderation.

... well naturally Sugar Free Dark Chocolate is available in 45 gram bars (RRP \$2.69), with the popular Mint Crisp variety also sold in 90 gram blocks for sharing (RRP \$5.20). These chocs can be found in the health food aisles of major supermarkets and in some pharmacies and health food stores Australia-wide.



These chocolates are brought to us by **Vitality Brands Worldwide**, an Australian owned and operated company

founded in 2003 by Mr James Wright, a man with a strong passion for helping others live happier, healthier lives. This passion was born out of James' own journey from poor health to wellness.

Website www.vitalitybrands.com

New Non-Stick Cookware ROTTERDAM COLLECTION

From GreenPan

This collection of three frypans, wok and sauté pan is made non-stick by an interior coating of non-toxic Thermolon™ Rocks Professional.



This is a natural ceramic coating with a 'safety point' of 450°C, meaning that it is essentially safe up to this temperature, which is a long way above cooking temperatures. The whole point of Thermolon™ is to have non-stick without using the potentially toxic PTFE (Teflon) or PFOA. The manufacturer claims Thermolon™ is durable and has been independently rated as one of the strongest and most abrasive-resistant non-stick coatings in the world.

The Rotterdam Collection boasts a super tough, hard, anodised exterior which resists scratches and dents. An aluminium core offers excellent heat distribution for even cooking and browning.

Other unique features are extra long, triple-riveted stainless steel handles and removable silicone handle sleeves for heat protection.

In this Collection the three frypan sizes are 20 cm, 26 cm and 30 cm. The wok is a deep 30 cm and the sauté pan 28 cm. Prices range from \$100 upwards.

Two other collections have a range of other pans – the Stockholm and Kyoto Collections.

GreenPan pans are not suitable for induction cooktops and are oven safe when the silicone handle sleeve is removed.

They are stocked nationally in David Jones and leading independent retailers. To find a stockist, phone 1800 099 012.

Kindred Organisations

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



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PO Box 56, Surry Hills NSW 2010

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Email veg@veg-soc.org
Web www.veg-soc.org

VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap QLD 4061

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

VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

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Phone 08 8260 2778
Email info@vegsa.org.au
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Plant-based recipes for top taste and vital health

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Great recipes for every meal of the day, with beautifully coloured photos for every recipe.

500 Vegan Dishes. (New)

By Deborah Gray.

\$19.95 + 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)

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

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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. 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 postage \$6.65

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

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

By Tony & Yvonne Bishop-Weston

\$40 + postage up to \$11.40 postage

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

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 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 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 Postage \$6.65

Lose weight, Get Healthy, Change the World

VEGSA 60TH BIRTHDAY CELEBRATION

Our 60th birthday celebration was attended by members from age 9 to 90-plus. It was interesting to hear how the early newsletters were roneoed off by hand, and to look at some of the oldest newsletters and magazines, including the first issue of Australian Vegetarian, dated 1948. It was pleasing to see that many health principles hold as true today as they did then.

There was a great atmosphere and mounds of vegan food, including birthday cake. The day was voted a real success thanks especially to a great team of volunteer cooks and other helpers.

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

Green Smoothie Revolution

Victoria Boutenko

\$26 includes postage

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

200 recipes

Sweet Gratitude

M. Rogers & T.A. Tamborra

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

The China Study

By T. Colin Campbell PhD

& Thomas M. Campbell

\$25 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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* NB 'Members' means financial members of the Natural Health and Vegetarian Societies

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- 5-year warranty on parts
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- Mill-type single auger making less juice foam
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- Extracts pure concentrated juice.
- Juices vegetables, fruits, sprouts, ginger, wheatgrass, etc
- Also makes noodles, pasta, salsa, frozen fruit dessert, baby food, nut butters, fruit and nut balls, etc



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 non-members **\$299**

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- 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

Ladyship Juicer, Blender

Two models - LS658 and LS588F

Like nine machines in one



- Makes juices, smoothies, nut milks and soups
- Bends, grinds seeds and crushes ice
- Works with hot or cold recipes
- Simple to use, easy to clean
- Bonus recipe book and instructional DVD

LS-658 PRICE including freight
 Members **\$385**, Non-Members **\$405**
 Christmas Special **\$354**

LS-588F PRICE including freight
 Members **\$249**, Non-Members **\$274**
 Christmas Special **\$224**

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**

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
 Members **\$479**
 Non-Members **\$499**



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