

# True Natural Health

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*The Magazine of the Natural Health Society of Australia*



Food Combining

Salad Dressings

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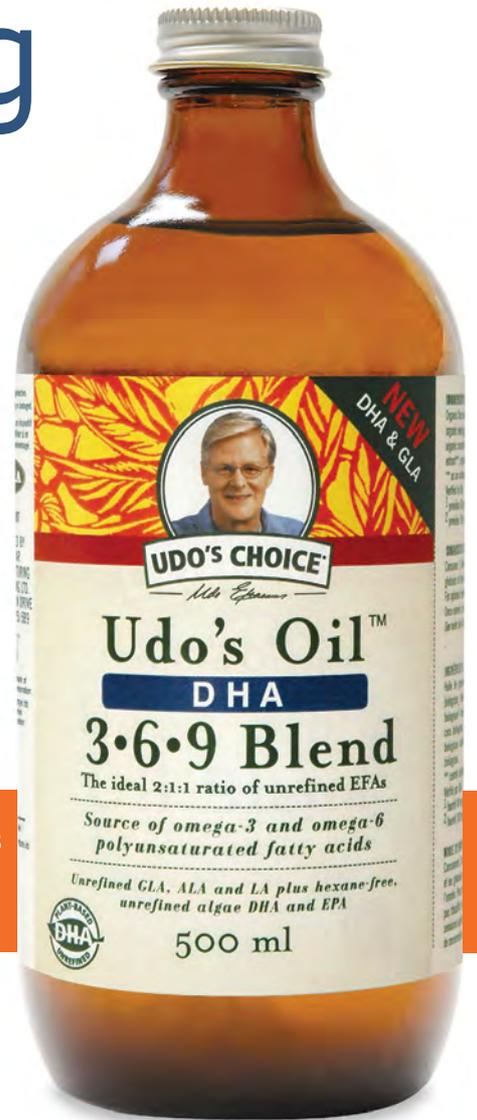
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# NHS Annual Seminar; Salad dressings; Food combining

## Editorial



The Natural Health Society's Annual Seminar comes up this month (March) and will be held in Sydney as usual. We offer apologies to members in other States that we don't have the resources to run seminars elsewhere.

The Sydney function on Sunday 24th March has an exciting program of speakers, and we feel certain that there is something there for everyone. Details are given on page 13. For New South Wales members, a leaflet is included with this magazine.

We have the secret for making bland foods enticing. Recognising that many people find veggie salads and steamed veggies somewhat bland, we present an appealing collection of dressings in the recipe section in the centerfold. The top favourite, super-tasty dressings are the four that we have photographed, commencing with the Flax Oil Dressing, which is a marvelous way to get your omega-3.

For better nutrition through better digestion, the topic of 'Food Combining' can be found on page 4. Based on the work of the world's leading naturopath, the late Herbert Shelton, it is an authoritative statement.

The 'Food for Feeling Great' series concludes in this issue with Part 7 covering 'extra' foods – those that don't fit classically into the categories of fruits, veggies, protein-rich, starch-rich, concentrated sugary and fat-rich foods that were the subjects of Parts 1 to 6. This completes coverage of all the common foods.

Another series that continues in this issue is 'Mercury Madness' with Part 3 on how to assess our own mercury bodily load. Mercury is so incredibly toxic and becoming so widespread, that this topic is vital for all of us.

Do you breathe through your mouth? In 'YQA', page 8, we reveal some extraordinary benefits of breathing through your nose.

Lastly, your editor decided that it was time he had a short detox at Hopewood Health Retreat, so I spent a week there in November 2012. I was mighty impressed with Hopewood, and will leave you to read the details.

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.

### Subscribers to the Society receive:

- \* 4 issues a year of our vital magazine, *True Natural Health*;
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- \* Discounts on environmentally-friendly household cleaning and personal-care products;
- \* Discounts at our seminars.

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### Subscription form

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# Natural Foods that Boost Your Metabolism

BY MAZ PUGOY



Metabolism is comprised of biochemical processes that allow our bodies to use the foods we eat and transform them into energy. Metabolic rate is specifically the rate at which the body is able to convert foods into energy. It is directly related to your basal metabolic rate, which is the rate at which the body uses energy to perform basic bodily functions *when at rest*. It is also related to the amount of energy expended during exercise. A higher metabolic rate results in faster and more effective fat burn, weight loss and weight control.

There are several factors that can improve metabolism including exercise, adequate rest and food intake. Metabolism can be naturally increased by incorporating certain foods into your diet. Foods that are the most effective are commonly known as 'metabolism boosting foods'.

Below are some common natural foods that kick-start and improve the metabolism. These foods are easy to find and are best consumed raw so that all their enzymes and nutrients remain intact.

## Water

Water has zero calories. When consumed cold, it needs to be warmed up by the body before it can be absorbed and used. This heating process requires calories, and over time this can add up to boosting your metabolism. Water also helps you lose weight by encouraging you to feel satiated as your body often confuses thirst for hunger.

## Spicy Foods

Certain spicy foods such as chilli, cayenne pepper and jalapeños contain *capsaicin* which is the component that gives them their fiery kick. Consuming these foods can raise the body's temperature, which is related to metabolism. As energy is burned, heat is released. By increasing your internal body temperature, spicy foods may temporarily raise your metabolism and stimulate the use of stored fat for energy. Add some fresh chillies to your meal or sprinkle a bit of cayenne into a glass of lemon water and consume first thing upon waking in the morning to fire up your metabolism.

## Curry

Like chilli, curry increases the number of calories you burn, which boosts your overall metabolism. Use curry spices as seasoning when making dressings and sauces.

## Leafy Greens

Leafy green vegetables like spinach and kale are low in carbohydrates and calories but some are rich in iron, which helps to improve your metabolism by supporting the process of your red blood cells carrying oxygen around the body. Enjoy raw greens in delicious salads, or, if you have trouble getting them down, try starting off your day with a green smoothie (see recipe below).

## Celery

Celery is what is known as a 'negative calorie food'. This means that it takes more energy to eat and digest the celery than the energy you get from the food itself. Any negative calorie food is going to offer a positive contribution to your efforts to naturally increase metabolism. Celery is delicious with almond butter or raw zucchini hummus.

## Broccoli

Broccoli contains calcium, which triggers your metabolism, and vitamin C, which assists your body in absorbing more calcium. Broccoli is delicious chopped into small florets and added to your favourite salad. You can also add broccoli to your juices and smoothies.

## Grapefruit

Grapefruit is high in fibre and lowers the insulin levels in your body that trigger the storage of fat. Fibre speeds up your metabolism because the body needs to burn extra calories in order to break it down. Enjoy grapefruit peeled and segmented in your salads or eat them on their own.

## Apples

Apples are another high fibre food that can improve your metabolism naturally. Like grapefruit, apples are low in calories and high in fibre, requiring your body to burn additional calories in order to break the fibre down. Fibre-rich foods also help you feel full sooner, which causes you to eat less overall. Enjoy apples as a healthy snack, as part of your daily green smoothie or as raw apple crumble.

## Cinnamon

Cinnamon can help your body metabolise sugars more efficiently and can aid in maintaining steadier blood sugar levels. Add cinnamon to your daily green smoothie or sprinkle it over sliced apples as a quick and delicious snack.

## Recipe

### The Metaboliser Green Smoothie

Serves 2

#### Ingredients

- 2 large kale leaves, shredded
- 1 cup shredded spinach
- ¼ cup broccoli florets
- ¼ cup celery, chopped
- 1 tsp cinnamon
- 1 apple, cored and diced
- 2 bananas, peeled, chopped and frozen
- 2 – 3 cups coconut water (depending on how thick you like your smoothie)

#### Method

Blend all ingredients in a high powered blender on high speed until smooth and creamy. Enjoy as your first meal for the day to kick-start your metabolism.



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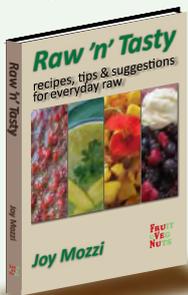
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# FOOD COMBINING

## for good digestion

by Roger French



Adopting food combining principles can sometimes bring an end to heartburn that may have gone on for years. Incompatible mixtures of foods *in the same meal* are a very common cause of indigestion and heartburn, and the first to consider when attempting to overcome this prevalent problem.

Other causes of indigestion (or 'heartburn') include stomach inflammation, excess or deficient stomach acid, poor intestinal muscle tone, lack of fibre, deficiencies of calcium and magnesium, hiatus hernia and stimulants, especially nicotine, caffeine, excessive alcohol and over-use of pepper, salt and spices.

Preventing heartburn isn't the only purpose of good digestion. Our food needs to be fully digested and assimilated in order to provide the fuel and nutrients that our bodies need to be able to carry out the multitude of functions that are the basis of life.

One of the most effective ways to facilitate good digestion is to combine together within each meal foods that digest harmoniously. This is what is meant by *proper food combining*.

Proper food combining is easy enough to apply. It's just a matter of knowing what foods digest well together and preparing meals accordingly.

It needs to be emphasised that food combining depends very much on the *quantities* of the foods involved. Although, as we will see, cheese is not compatible with bread, a thin slice of cheese in a salad sandwich may be of little consequence, but eating a 100-gram chunk of cheese with two slices of bread could be a problem.

It also needs to be emphasised that food combining should be kept in perspective, namely that it is of *secondary importance* compared to eating the right foods in the first place. Some people find it difficult enough to change to wholesome foods, let alone being further restricted by combinations. If this is the case, rather than giving up altogether, forget about food combining and concentrate on changing to natural foods, leaving food combining for later.

However, if you suffer indigestion or want to minimise toxæmia in your system, food combining can pay rewarding dividends. You may choose to apply only the combinations of primary importance, or you may want to go further. A little experimentation could be useful.

The following are the prominent poor combinations.

### AVOID ACIDIC FOODS WITH STARCHY FOODS

#### – of primary importance

Eating acidic foods with starchy grain foods in the same meal is probably the worst combination of all. Saliva contains the enzyme, *ptyalin* or *salivary amylase*, which commences the digestion of starch in the stomach, *provided* the stomach fluids are neutral or only slightly acidic. The acid in some foods is strong enough to inhibit the action of ptyalin, causing the starchy food to sit in the stomach for an extended period and begin to ferment.

Acidic foods include acid fruits, vinegar, pickles, sour cream and yoghurt. The common acid fruits are citrus (lemon, lime, grapefruit, orange, mandarin), pineapple, unripe passionfruit, unripe strawberries and other sour berries, and tomatoes.

The starchy foods are all those based on grains, plus sweet corn, potato, sweet potato, pumpkin and *unripe* bananas.

Poor combinations of this kind are extremely common; for example:

- Orange juice with toast or muesli;
- Orange and unripe banana (as in fruit salad);
- Pineapple or tomato sandwich;
- Tomato and potato;
- Yoghurt with cereal, rice or toast.

If you are dismayed by this discrediting of tomato sandwiches, take heart. If you use thin slices of ripe tomato in a sandwich, preferably with plenty of other salad ingredients, the incompatibility is probably minor.

Orange juice and toast is a very poor combination for many people. The mixture can sit in your stomach for three or four hours feeling quite unpleasant.

Starchy foods digest well with salads or lightly cooked vegetables.

### AVOID PROTEIN-RICH FOODS WITH STARCHY FOODS

#### – of primary importance

For the digestion of protein, stomach fluids become quite acidic, inhibiting the digestion of any accompanying starch, just as do acidic foods. The breakdown of the protein may in

turn be impaired by the fermenting starch, possibly leading eventually to food allergies.

Orthodox nutritionists usually dismiss the food combining theory, pointing out that many foods contain both starch and protein in significant quantities, so these must be able to digest together. They do digest together, and the explanation is that with such foods the stomach initially secretes very little hydrochloric acid in order to allow starch digestion to proceed, and only after this has occurred does the acidity increase to facilitate the activity of the protein enzymes.

There is a considerable difference between the digestion of a single complex food and the digestion of a mixture of complex foods. Early research indicated that the stomach can handle a single complex food by minutely adjusting its digestive juices, but not two such foods at the same time.

Protein-rich foods are nuts, legumes (dried beans and peas), seeds (sunflower, sesame, pepitas, flax seeds, quinoa, chia), eggs, cheese and red and white meats.

This poor combination is standard in a typical Australian 'square' meal. For example:

- Meat with potatoes or rice;
- Fish and chips;
- Hamburger; steak sandwich;
- Cheese sandwich;
- Nuts and bread in the same meal.

If you *do* want to mix protein and starchy foods in the one meal, the incompatibility is believed to be reduced if you eat the protein first, as you do in the case of a protein-based main course followed by a starchy dessert.

### AVOID SUGARY FOODS WITH STARCHY FOODS

#### – of secondary importance

If starch and sugar are eaten together, the starch is disguised by the sugar so that the required quantity of ptyalin is not produced in the mouth for starch digestion, and some fermentation of the starch may begin in the stomach.

In addition, the sugar, which undergoes no digestion in the stomach and would normally leave it promptly, is held there waiting for the starch to digest. While it waits, it may also begin to ferment, producing indigestion and gas. You may not be conscious of the

indigestion, but you will certainly be aware of the gas. Merely reducing the amount of sugary food may make a big difference.

Sugar-rich foods include refined sugar, unrefined sugar, honey, maple syrup and dried fruit. At around 70% natural sugar, dried fruits are much richer in sugar than fresh fruits, the latter causing less trouble with poor combinations.

Typical poor combinations are:

- Bread with jam, honey or dried fruit;
- Breakfast cereal with sugar or honey;
- Rice with sweetening, as in rice pudding;
- Cakes containing sweetening.

## AVOID SUGARY FOODS WITH PROTEIN-RICH FOODS

### – of secondary importance

Sugar tends to inhibit the secretion of gastric enzymes, which is why eating sweets before meals 'spoils' the appetite. Because gastric enzymes are essentially for protein, the digestion of protein is thus inhibited, risking problems such as allergy eventually. Further, as with the sugar-and-starch combination, sugar ferments in the stomach and produces gas while it waits for the protein to digest. Again, reducing the amount of sugary food will help a lot.

Examples are:

- Cottage cheese with honey or dried fruit;
- Cheesecake;
- Nuts and dried fruit;
- Sunflower seeds and honey;
- Nut- and seed-based confectionery, for example a sesame bar.

Nuts and dried fruit seem to go hand-in-hand and are such a delicious mix to some of us that many people will put up with the poor combination rather than miss out on this taste treat. At least you will know what is causing the wind!

## AVOID MIXING VERY DIFFERENT TYPES OF PROTEIN FOODS

### – of secondary importance

Two dissimilar protein foods require different timing and different acidity of digestive juices in the stomach to digest them efficiently. This applies particularly to plant and animal proteins.

Plant proteins – nuts, legumes and seeds – require the least acidity in the stomach, commencing at pH 5.5 and increasing to about pH 4. Cheese and eggs start with pH around 3.5, increasing to 3 or 2. Meats need the highest acidity, a carnivorous animal achieving a pH of 1. The human stomach can only produce enough hydrochloric acid to

reach about pH 2, which is further evidence that we humans are essentially designed to handle plant-based foods. [On the acid-alkali scale, pH zero is pure acid, pH 7 is neutral and pH 14 is pure alkali.]

The very high acidity required to digest meat rapidly may be a factor in gastric ulcers – yet another reason for selecting a largely plant-based diet.

It is therefore better to eat plant protein foods at separate meals from eggs or cheese (or flesh foods if they are eaten). *Similar* kinds of protein *do* digest well together, such as a mixture of nuts or a mixture of legumes or a mixture of seeds.

## AVOID EXCESSIVE FAT WITH PROTEIN FOODS

### – of secondary importance

Even though most protein-rich foods contain high levels of fat, such lipids are emulsified and in suspension and do not interfere with gastric digestion. However, concentrated fats – extracted oils, butter, cream, margarine, dripping and lard – tend to coat the stomach wall, inhibiting its efforts to secrete gastric juice.

This can be quite a problem if high concentrations of gastric acid are required, as is the case with flesh foods. The classic example is deep-fried red or white meat, or any other heavily-fried protein food.



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## EAT FRUITS BEFORE OTHER FOODS

### – of Secondary Importance

Ripe fruits are the easiest foods to digest, requiring no digestion in the stomach and remaining there for a very short time – possibly as little as 30 minutes. Unripe fruits, especially unripe bananas which are starchy, will remain much longer.

If fruit is eaten with or soon after concentrated foods, such as cereal, bread, meat, eggs, cheese, nuts, etc., it cannot leave the stomach until the other food has digested. While it waits it ferments, interfering with the digestion of the other foods and possibly causing the whole mixture to begin to ferment and putrefy. Instead of the fruit being alkali-forming in the system, the meal may then be highly acid-forming.

Fruit is best eaten on an empty stomach so that it will be free to leave the stomach after a short time. So eat fruit alone, or eat it first followed by the other foods after an interval of at least 30 minutes.

If fruit is to be eaten after other foods, Harvey and Marilyn Diamond say in their best-selling book, *Fit for Life*, that the desired interval before eating fruit is: after salad two hours; after a properly combined meal without flesh three hours; after a properly combined flesh meal four hours; and after an improperly combined meal – wait for it – 8 hours!

## EAT MELONS ALONE

### – of secondary importance

Watermelon, sugarmelon, rockmelon and honeydew are excellent foods that normally digest quickly and easily. Their water content is so high that when eaten with other foods, the digestive juices are diluted and digestion of the other foods is likely to be compromised. Also, while waiting for the accompanying food to digest, the sugar in melons tends to ferment.

It is best to eat melons alone or only with other juicy fruit. Even with other fruit, the flavours don't blend very well together – melons taste best alone.

## FRUITS AND VEGETABLES HAVE SLIGHTLY DIFFERENT DIGESTIVE NEEDS

### – of minor importance

Eating fruits and vegetables in the same meal is of minor concern. Merely from the point of view of taste, it is usually more satisfying to eat a mixture of fruits or a mixture of vegetables rather than a mixture of both.

Because fruits contain more sugar but less

fibre, protein and starch than vegetables, they leave the stomach slightly sooner than vegetables and are better eaten separately.

This is why in the *Natural Health Dietary Guidelines* each meal is based on either fruits or vegetables – except where a recipe requires both.

## DRINK MILK ALONE OR LEAVE IT ALONE

### – of primary importance

When milk enters the stomach, the stomach wall secretes rennin which causes the milk protein, *casein*, to clot, and if particles of other foods are present, the curds tend to form around them, insulating them from the digestive enzymes and delaying digestion. Like other fluids, milk also dilutes the enzymes, further impeding digestion.

In nature, the young of each mammalian species drinks its milk perfectly fresh, warm, from its own mother and with no other food. Human infants are meant to do the same. Further, our infants are designed to be weaned at approximately two to three years of age, so the digestive system of an adult is not designed to properly handle milk (hence a lot of allergy to milk). On the other hand, very moderate amounts of cheese or yoghurt – made more digestible by their manufacturing processes – are OK for most people.

Typical poor combinations are:

- Milk on breakfast cereal;
- Sandwiches and milk;
- Milk pudding or milk in recipes generally;
- Milk-based coffee with a meal;
- Ice cream and apple pie.

However, milk does make a good combination with acid fruits because the acidity of the fruit helps clot the milk protein. But basically, drink milk alone or leave it alone.

## AVOID DRINKING WITH MEALS

### – of primary importance

Fluids consumed with meals dilute the digestive juices, interfering with their acidity and concentration, and preventing digestion from proceeding normally.

It is also thought that when the stomach passes the fluid past the solid food and on to the duodenum, the digestive enzymes are carried away with the fluid, so the stomach has to secrete another batch of enzymes, posing a considerable strain on the stomach if drinks are taken routinely with meals.

When should we consume fluids? So that the fluid will have left the stomach well before the next meal commences, take drinks at

least half an hour to one hour before meals. After meals, avoid drinking until digestion is largely complete, that is, two to three hours or more after a meal.

Thin soup is in the same category as drinks and is best consumed an hour before the main course. This may often be impractical, but it is the guideline.

## BUT WE ARE ALL DIFFERENT!

Food combining highlights how different are we all as individuals. People with strong constitutions and strong digestive systems will handle almost any combinations of foods without discomfort, and may find it difficult to accept the food combining guidelines. On the other hand, people with weak digestive systems may obtain considerable relief from indigestion by applying food combining – and will vouch for its merits.

For the majority of us who are in between, food combining will help us achieve better health as long as it doesn't lead to frustration at meal times and do more harm than good. The above guidelines are there to be used according to the individual's needs and wishes.

**Food combining is an aspect of Natural Health that does often require a little compromise, one reason being that if always followed to the letter, most recipes would be ruled out. Many of us like to have the recipes that we are used to, but with wholesome ingredients.**

One of the basic Natural Health nutritional guidelines is to keep meals as simple as possible – for ease of digestion – with as few different food types as will still provide adequate nutrition. Applying food combining will help ensure this simplicity.

**Personally, I (Roger French) follow a meal plan that incorporates proper combining for the major foods, and I am flexible with the minor combinations. When eating out, I tend to forget about food combining.**



# Running Raw Around Australia



Throughout year 2013, veteran raw vegan athletes, Janette Murray-Wakelin and Alan Murray, are running together around Australia. To achieve this mind-blowing feat, they are running a marathon every day for the 365 days between 1st January and 31st December – a total of approximately 15,500 km.

Their overall purpose is to inspire and motivate conscious lifestyle choices by Australian people, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future – along with raising money for a number of charities.

Alan and Janette, originally from New Zealand, are internationally acclaimed endurance athletes and inspirational speakers, who have travelled and lived worldwide. They now live near Melbourne with their son and daughter-in-law and two grandchildren.

When these veteran raw vegan athletes were asked why they are running around Australia, such a mind-boggling distance, they replied, “We can lead by example, we will ‘walk (or in this case run) the talk’. By running a marathon every day for a year, we hope to inspire others to believe in themselves, to follow their dreams, and to achieve their goals through making more conscious lifestyle choices.

“We can be living proof of what can be achieved by making conscious life choices. This is an opportunity to show that by eating raw living plant-based foods, we are healthier, more physically fit and have more energy at beyond 60 years of age than we did in our earlier years.

“We also have the opportunity to raise funds for selected charitable groups that are instrumental in making a difference to the health and welfare of the people, animals and environmental sustainability within Australia and worldwide. Through conscious lifestyle choices, we can make a difference!”

RunRAW2013 is fund-raising for the following charities: Animals Australia, Australian Paralympic Committee, Kids Under Cover and the Gawler Foundation.

Website: <http://www.runningrawaroundaustralia.com/index.html>



Their personal lifestyles through over 43 years of marriage, raising a family and having a successful business partnership, have always been centred around health and wellness and a conscious lifestyle.

Alan and Janette have collectively participated in more than 60 international marathons and ultra runs, and to celebrate the year 2000 and Janette’s 50th year, they ran the length of New Zealand, covering 2,182 km and running 50 marathons in 50 consecutive days.

The next chapter in their lives created the greatest challenge. At 52, Janette was diagnosed with breast cancer and the prognosis was only six months or possibly a year to live with conventional chemotherapy and radiation treatment. Instead, with the support of Alan and her family, Janette chose to take a natural path, which resulted in a journey back to healthy living and the passion to share their extensive knowledge and experience with others and to encourage natural, healthy lifestyles within their community.

They established a highly successful Living Food and Conscious Lifestyle Course through which to share their secrets of good health, which are outlined in Janette’s Story at [www.rawcancure.com](http://www.rawcancure.com)

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# YOUR QUESTIONS ANSWERD



By  
**Roger  
French**

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

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

## **Q. IS NOSE BREATHING IMPORTANT?:**

**I believe it is important to breathe through the nose rather than the mouth. Could you please elaborate on this – F. A., Tuncurry NSW**

**A** Breathing through the nose is essential. Here are the many reasons why.

Because the nostrils are smaller than the mouth, air exhaled through the nose creates back pressure when we exhale. This slows the emission of air, so the lungs have more time to extract oxygen. A study found that nose breathing results in an increase in oxygen uptake of 10 – 20 percent.

Further, this nasal resistance is essential to maintain adequate elasticity of the lungs.

With proper exchange of oxygen and carbon dioxide, the blood will maintain a more balanced acid-alkali level (pH). Mouth breathing ejects carbon dioxide too quickly and oxygen absorption is decreased.

Another remarkable benefit of nose breathing involves the gas, *nitric oxide*, which is produced by the nasal sinuses. The inflowing air picks up this gas and takes it down to the lungs where it potently dilates blood vessels and enhances the uptake of oxygen.

The *turbinate bones* are scroll shaped and extend along the nasal cavity. They are covered with blood-rich mucous membrane and fine hairs which warm and humidify the air and trap bacteria and other foreign particles.

As air is inhaled, it is warmed a little by the turbinate bones, but these bones become cooler. In the lungs, the air is warmed further, and as it is breathed out back through the turbinate bones, it warms these bones ready for the next breath. In cold weather, this is particularly important.

With mouth breathing, the air is not warmed by the turbinate bones, and the lungs are repeatedly cooled by the incoming cold air. This on one occasion caused me to gasp

for air. If inhaling is through the nose and exhaling is through the mouth, the turbinate bones are not warmed by the out breath, and each succeeding breath makes them colder and colder.

When a person breathes through the mouth, the air will not be humidified or filtered or have the proper amount of nitric oxide mixed with it, and the body will not be fully oxygenated.

If mouth breathing is habitual, it can result in moderate hypertension and reduced heart output. Other possible manifestations include snoring, sleep apnoea, headaches, bed wetting, chronic ear or sinus infections, exacerbated asthma, more frequent common colds, sleep disorders and dark patches under the eyes.

Mouth breathing during waking hours carries over into sleep. During sleep, it is a primary cause of loud snoring.

Mouth breathing also severely compromises the sense of smell. A keen sense of smell is very important for enjoying life and for safety.

Mouth breathing can be especially detrimental in children, who may suffer abnormal facial and dental development and sleeping problems. The result can be poor academic performance, which is often misdiagnosed as ADHD.

## **Q. NATURAL COCKROACH AND ANT CONTROL:**

**We avoid chemical treatments so as to protect ourselves and the veggies we grow from contamination, but cockroaches and ants are a major problem. I would appreciate any advice you can offer about safe and effective treatments. – F. P., St Clair NSW**

**A** Firstly, one of the general rules for many pests. Make your home unattractive to pests by keeping it clean, especially the kitchen, by ensuring food storage containers are airtight, by filling gaps where insects may enter and by using fly-screens on windows and doors.

For do-it-yourself pest control, there are relatively safe and effective methods available.

**Ants.** Trace the ant trail back to its entrance point and seal the access. If this is not accessible, place deterrents in the trail, especially near the entrance. These include eucalyptus oil, lemon juice, apple cider vinegar, crushed mint, peppermint oil, tea tree oil, crushed cloves or bicarb soda. Sometimes, just squashing a few ants along the trail will deter them.

To kill ants, mix equal parts of borax with either icing sugar or honey and place along pathways. Remember that borax is poisonous, so keep away from people, especially children, and pets.

**Cockroaches.** Seal all entry points if you can access them. Store food in airtight containers and keep kitchen benches and floor free of food scraps and crumbs.

Repellents include Epsom salts sprinkled about, or eucalyptus oil, tea tree oil or citronella oil smeared around crevices. Baits include pyrethrum powder or borax sprinkled into cracks and crevices. They take two to three weeks to act.

Cockroach traps are easily made and can be remarkably effective. Grease the inside of a mug or glass jar with a smear of cooking oil, margarine, butter or Vaseline. The mug or jar needs to be about 100 ml (4 inches) high. Pour in some red wine and/or a small piece of cake or banana or whatever your cockies go for. The cockroaches will be attracted to the bait and will fall into the jar, but won't be able to climb out. If the *outside* of the jar is slippery, wrap a strip of paper around it and hold in place with a rubber band.

I have used this trap a lot and on occasions have found up to about 15 cockies in the bottle. I put the lid on and feed them to my chooks, which go into a feeding frenzy over them.

This is only saying what you already do, F.P., but the recommendation to all readers for minimising the toxic pesticide menace is – don't bring the toxic ones into your home.

If needing a pest control firm, choose one that combines a variety of safer methods, known as *integrated pest management*. One of the leading Australian firms in this area is Systems Pest Management, based in Epping, NSW, phone 02 9869 3153. Local councils may be able to recommend similar companies in other states.

## Q. AIR FRESHENERS – HOW TOXIC?:

**I have read that many air fresheners contain toxic chemicals. I wouldn't use air freshener, but the people at work want it, so can you tell me of a brand that is non-toxic and safe. – D. P., Randwick NSW**

**A** Yes, many do contain chemicals, some of which are outright toxic. Although the chemicals are highly diluted by the air in the room, we do breathe in a lot of air over months and years, so there could be health problems.

Air fresheners are usually either sprays or solid forms which release scents continuously. Both kinds emit heavily scented chemicals in the form of synthetic perfumes, such as musk, and other aromatic hydrocarbons, to mask unwanted odours.

"Many air fresheners," reports National Geographic's *The Green Guide*, "contain nerve-deadening chemicals that coat your nasal passages and temporarily block your sense of smell".

Some of the most offensive ingredients are known as *volatile organic compounds* (VOCs), many of which have been linked to a range of diseases when inhaled over a long period, even in low concentrations. Particularly potent are pine, orange and lemon scents. VOCs include benzene and formaldehyde, two chemicals which can cause or aggravate headaches, nausea, nerve damage and cancer. VOCs can trigger asthma attacks and allergic reactions such as watery eyes and skin irritation, light-headedness and nausea. These chemicals can accumulate in the body and, most alarmingly, in the placenta.

The chemicals commonly used to disperse the active ingredients into the air are *phthalates*. These can cause hormonal and reproductive problems, birth defects and developmental disorders and cancer. A non-profit US organisation found that 12 out of 14 widely available air fresheners contained phthalates. To add insult to injury, some of these were labelled as "all-natural" or "unscented."

A study of the safety of household products found that air fresheners were the worst offenders out of a range of products. The most serious problems occur when *terpenes* in air fresheners mix with ozone in the air. (Terpenes are plant compounds used extensively for their aromatic qualities.)

Most air fresheners have the potential to make

people ill, especially people with chemical sensitivities. Studies show that pregnant women and little babies are particularly vulnerable to the potent cocktail of chemicals. One-third more babies suffered diarrhoea in homes where air fresheners were used every day, and they also had more stomachaches, earaches and cramps. The mothers who used air fresheners daily suffered significantly more headaches and depression.

## So what can we use safely?

Among the non-toxic alternatives, first and foremost would be opening a window or two, as nothing beats good ol' fresh air. But in winter or polluted cities or with fixed windows, this is not an option.

Don't underestimate the air-cleansing power of plants, which can filter toxins out of the air and release oxygen back into the air. Aloe vera plants can filter out benzene and formaldehyde. Spider plants (*Chlorophytum comosum*) and rubber tree (*Ficus elastic*) are especially good. Spider plants take out xylene and carbon monoxide. NASA (space agency) found that a single spider plant could absorb almost all the toxic chemicals in a room in 24 hours. And gerber daisies excel at removing the trichloroethylene gassing off from newly dry-cleaned clothes.

Aim to remove bad odours instead of masking them. Clean the source of the odour with non-toxic products, such as Tri Nature. Empty the garbage frequently.

### Here are some old-fashioned home solutions to neutralise odours.

**Baking soda.** Place an open box of this in a smelly room. Or fill a small spray bottle with four cups of water and four teaspoons baking soda, shake well, then spray in a fine mist.

**Eucalyptus bunch.** A bunch of eucalyptus leaves from your local florist packs a strong odour-fighting punch. A single bunch of eucalyptus made a room smell fresh for months!

**Tea Tree Oil.** Fill a spray bottle with equal quantities of water and lemon juice and add a few drops of tea tree oil, which is strongly anti-fungal. The aroma will be fresh, clean and non-toxic.

**Organic essential oil.** Mix a few drops of an organic essential oil (lemon, orange or lavender are popular) with distilled or purified water and spray with a mister.

**Aura Cacia grapefruit essential oil.** This smells sweet and citrusy. Mix it with baking soda and let its aroma waft through the room.

**Cloves, cinnamon and/or fresh ginger.** Simply boil in water on the stove.

Herbal bouquets. Leave these standing in open bowls so the fragrance can dissipate throughout the room.

Dried rose petals, pine cones or lavender florets. Place in a bowl and pour over 5 – 6

drops of an essential oil blend.

**Lemons.** To fill your home with a natural fragrance, cut four lemons into quarters and simmer in water on the stove or bake in an oven for about 45 minutes.

**Pure beeswax candles with cotton wicks.** Burn these to purify and clean the air.

**OmniZorb Liquid Odour Eliminator.** This is made from zeolite, an odour-free mineral that is safe for use by people with multiple chemical sensitivities. It doesn't off-gas, and it neutralises most odours on the first application. Unfortunately, I can't find a supplier.

Purchase a **commercial non-toxic air freshener.** Look for non-aerosol canisters and labels such as "Biodegradable", "Plant-based", "Formulated without synthetic fragrance", "Hypoallergenic", "Contains no formaldehyde or phthalates".

Green, non-toxic air freshener (along with a wide range of cosmetics) is produced by an Australian firm, *Miessence*, which was founded in 2003. All Miessence products are organic and certified by BFA (Biological Farmers of Australia). The ingredients of the 'Miessence Rainforest Air Freshener' are purified water, aloe vera leaf juice (*Aloe barbadensis*), bitter orange fruit extract, blue cypress essential oil, *Eucalyptus radiata* essential oil, lemon myrtle essential oil and *Sclerotium rolfsii* gum

Miessence products are available from distributors. Go to [www.miessence.com](http://www.miessence.com). Click on 'Contact us' and a panel 'Store locator' will appear underneath. Click on this, then enter your town/suburb and find a distributor nearest to you. It's a very friendly website.

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## Q. DOES SEA SALT CONTAIN MERCURY?:

I have been told that sea salt contains mercury and is not a good product to consume. If it is high in mercury, what is a good salt to use? – S. P., Parap NT.

**A** It so happens that a brief account of the different kinds of salt is given in the article, 'Food for Feeling Great – Part 7' later in this issue (page 36). For your convenience, here are the key points.

It is important to know whether sea salt is contaminated with this extremely toxic pollutant, mercury, which is present in sea water in its organic form, *methylmercury*. The most common effect of this chemical is damage to our central nervous system, which includes the brain.

An unrefined sea salt with a high reputation for freedom from pollutants is Celtic sea salt. This has been harvested from the salt fields of Brittany, France, which are protected sites to ensure purity. The French Ministry of Agriculture has certified Celtic sea salt as organic, so this is a good indication of freedom from toxic contamination.

An unrefined salt that is claimed to be the cleanest, most pristine salt available on the planet is Himalayan crystal rock salt, mined in the foothills of the Himalayas in Pakistan. The salt was sun-dried from oceans millions of years ago; it is pristine, unrefined and clean.

Regarding mercury in these salts, investigators say that Himalayan rock salt is completely free of mercury. When Celtic sea salt was analysed by a specialist laboratory, the level of mercury was either non-detectable or well under the published safe limit specified by Codex. Ordinary sea salt could have significant levels of mercury; it will depend on the source of the sea salt. It might therefore be wise to consume very small amounts.

## Q. IMPETIGO RECURRING:

My grandson has developed impetigo again after it was cleared up the first time by salt water and Goldenseal. His diet includes a lot of fruit and is mostly vegetarian. He is not given cows' milk, only goats' milk, soya milk, rice milk and oat milk. I would like to get to the bottom of why it has recurred. – S. W., Bendigo Vic.

**A** Impetigo is a superficial bacterial infection of the surface of the skin, associated with the bacterium, *Staphylococcus aureus* (golden staph), and frequently secondary infection by *Streptococcus pyogenes*. Fortunately, it is not a serious condition.

Impetigo is most common among children aged 2 – 6. A warm, humid environment is conducive to developing impetigo. People who play close contact sports such as

football or wrestling are also susceptible, regardless of age. The name derives from the Latin *impetere* (assail). It is also known as 'school sores'.

The two types of impetigo are *non-bullous* and *bullous*.

**Non-bullous impetigo.** This is the more common form, and is associated with both staph and strep bacteria. It initially appears as small red papules similar to insect bites. These lesions rapidly evolve to small blisters and then to pustules that finally scab over with a characteristic yellowy-coloured crust. The entire process takes about a week.

**Bullous impetigo** involves only golden staph bacteria, which cause separation between the top and lower layers of the skin, forming a blister. (The medical term for blister is *bulla*.) Bullae are more likely to appear on the buttocks and trunk.

Eczema or the common cold predispose a child to developing impetigo.

## Impetigo is contagious

Impetigo is contagious, primarily from direct contact with someone who has it, but sometimes from towels, toys, clothing or household items. Impetigo often spreads to other parts of the body, especially in the case of children.

If a child sustains any injury, such as insect bites, scrapes, cuts, rashes, eczema or even inflammation, always keep the affected areas clean and well covered.

## Can impetigo be prevented?

Routine hand washing with soap and warm water is an important and effective mechanism to prevent the spread of impetigo.

## Treatment – medical

In Natural Health, we look for wholistic reversal of a condition. This section is included for completeness only.

Impetigo is very treatable. Medically, mild impetigo can be handled by gentle cleansing, removing crusts and applying a prescription-strength antibiotic ointment.

Scarring is very rare because the crusts and blisters are superficial and generally don't leave scars.

More severe or widespread impetigo, especially the bullous form, would often require oral antibiotics. It is virtually essential to take a live probiotic supplement after any course of oral antibiotics.

Although antibiotics normally provide effective treatment, they can weaken the immune system in the process. Another major problem with staph bacteria is that they have developed resistance to standard antibiotics. With wholistic methods, there is no such dilemma.

## Remedies – wholistic

Wholistic remedies aim to make conditions unfriendly for the bacteria and also boost and strengthen the immune system.

The best results may be obtained by using a combination of some of the following.

**Coconut oil.** This has sometimes been found to work wonders for impetigo. After applying virgin coconut oil, the sores have been known to become dark and dry overnight.

**Goldenseal** (*Hydrastis Canadensis*). This has been found to be very effective against staphylococcus and streptococcus infections, and is extremely useful for drying up and healing impetigo. Goldenseal can be taken as a tablet or can be applied directly to the sores in cream or liquid form three times daily. A combined formula of **Echinacea and Goldenseal** might be more effective. Give a dose to the child four times daily, but don't give Echinacea for longer than 10 consecutive days.

**Calendula** acts as a gentle disinfectant and also soothes the skin. It is applied topically as a tincture, cream or ointment twice daily.

**Olive oil.** This oil – that has been used for centuries – contains two natural 'antibiotics' (*rutin* and *oleuropein*) that can be effective against infectious bacteria, including staphylococcus aureus. A suggested usage is to apply a few drops of the oil on and around the sore four times a day.

**Tea Tree oil (Melaleuca alternifolia).** Tea tree oil possesses potent antibacterial and antifungal properties and is effective against the bacteria. Either apply two to three drops of neat oil to the sores three times a day, or mix about eight to ten drops of the oil in one litre of warm water and apply to infected areas at least twice every day.

**Zinc.** This mineral has a key role in the efficacy of the immune system. In the case of premature babies who have immature immune systems and are more susceptible to impetigo, zinc can make them less vulnerable. Use zinc in the chelated form, for example as zinc citrate.

**Manuka honey.** This honey is extremely effective for treating serious infections, including the dreaded MRSA, so it would be worth trying with impetigo. Manuka honey has no adverse effects on healthy tissue, and is fine to consume. Ordinary honey does not have the healing properties of manuka. One suggestion is to swallow two teaspoonfuls (about 10 gm) before meals. Preferably follow the manufacturer's instructions.

**Eat to support self-healing.** Strengthen immunity and healing with a diet rich in organic fruits and vegetables, and low in animal-based foods. Avoid margarine, other polyunsaturated vegetable oils, hydrogenated oils and deep-fried foods that might contain trans-fatty acids. Instead use coconut oil, extra-virgin olive oil and flax oil (for its omega-3 fatty acids).

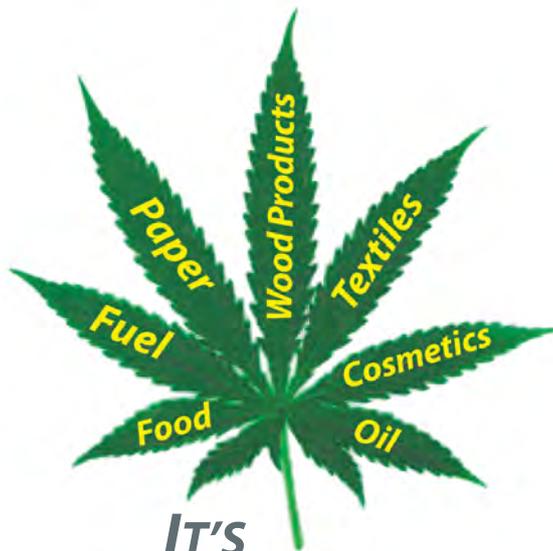
Consume small amounts of ginger and turmeric regularly for their anti-inflammatory effects. Garlic is also a valuable 'supplement', but no more than one clove per day.



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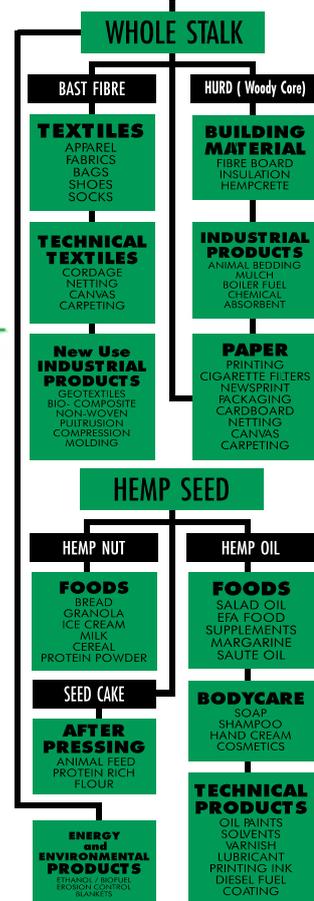


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# NHS NOTICES



## THE NATURAL HEALTH SOCIETY NEW WEBSITE

Members are saying they love the look of our new website. One wrote, "It is clean, fresh and functionally heaps easier to use than the old one." However, it is still having some teething troubles and lots of information is still to be added, which is held up only by time shortage in the office.

The new website has the same address as previously: [www.health.org.au](http://www.health.org.au).

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. If all else fails, contact Tracey in the office between 9.00am and 2.30pm.

### OFFICE HOURS, PENRITH NSW

Opening hours Monday to Friday 9.00am to 5.00pm. For administrative issues, our Admin Officer, Tracey, is available only between 9.00am and 2.30pm.  
Office closed weekends.

## RICHMOND NSW

### Lao vegetarian cooking workshops Presented by Ling Halbert

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



#### Dates and themes:

- Saturday 16<sup>th</sup> March – Oz Lao pie and rolls
- Saturday 20<sup>th</sup> April – Curries and more
- Saturday 18<sup>th</sup> May – Traditional Lao soups
- Saturday 15<sup>th</sup> June – Traditional Lao deserts
- Saturday 20<sup>th</sup> July – Lao BBQ

**Time:** 11am to 2pm Saturdays

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

**Where:** Hawkesbury Earth Care Centre, UWS Hawkesbury Campus, Richmond NSW

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

## MEMBERS SUPPORTING THE NHS

Thoughtful donations from members are making a big difference to keeping the Society's finances stable. For recent donations, we say a big 'thank you' to:

*Cynthia Handley and Barry Hastie, Jean Westwood, Jennie Burke, Mark Bowman, Marian Winser, Pam Robinson, Catherine Harris, John Stevenson, Stuart and Heather Carter, Sandra and David Norman, Bill and Dorothy Williamson, Judy Wood, Elaine McDonald, Kaye and Alistair Millar, Vicki Cain, Nan Meynink, Gary Owens, Phillip Miller, Norma Steele, James and Elizabeth Lanham, John Smith, Pam Robinson, Errol and Lauren Harding, Joseph Monage.*

If other members would like to add their support – no matter how great or small – we would be very grateful. Simply call our office on 02 4721 5068 or send a cheque to Natural Health Society, 28/541 High Street, Penrith NSW 2750, or go to our website at [www.health.org.au](http://www.health.org.au) and click on the 'Donate' link.

[Please note: donations not tax deductible.]

## MACARTHUR AREA NSW

Vegetarian group **meets monthly**, usually Sunday lunchtime, **at each other's homes**. Based in Campbelltown, includes people from the Southern Highlands to Liverpool. Each brings a plate and own crockery. Organiser, Glenys Hierzer, says, "We would love to meet new people whether you follow vegetarian or just enjoy the food." Phone Glenys 4625 8480

## DARLINGHURST NSW

'Cooking with Kurma', dubbed 'Australia's vegetarian guru'. Also author.

Gourmet vegetarian cuisine, hands-on class.

**Sunday 7<sup>th</sup> April**, 10.00am to 3.00pm, lunch included.

**Govindas Restaurant**, 112 Darlinghurst, Darlinghurst, Sydney

**Cost:** \$165

**Inquiries:** phone Tony 0425 333 086

## Vegetarian Food Preparation Classes

### LEPPINGTON NSW

#### Wellness Support Groups, 2013

Conducted by Marilyn Bodnar (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. 23<sup>rd</sup> March – Bronwyn Hancock on 'Vaccinations – an Objective Risk Comparison'

Sat. 13<sup>th</sup> April – Breading workshop with Marilyn including gluten-free. Also how to balance meals.

Sat. 25<sup>th</sup> May – Helen Johnson – 'The body's addiction to adrenalin and how to reverse chronic disease'

**Phone Marilyn, 9606 2203, 0410 627 556**

### MERRYLANDS NSW

#### Healthy Meat-Free Meet Up Also presented by Ling Halbert

First Saturday each month, March to December, at Malvern Ave, Merrylands  
Bring a plate of vegetarian food to share.

**Bookings:** Ling 0410 688 499 or email [ling300ppm@gmail.com](mailto:ling300ppm@gmail.com) one week in advance.

### 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.

"There is a big trend towards healthier, more plant-based eating," says Natalie. "People are wanting new ideas or simply a place to start. Or they may have health issues that have led them to require a more restricted diet. I create most of the recipes I use, and explain a lot about the nutritional aspects of the foods."

For more information, visit [www.cookingupastorm.com.au](http://www.cookingupastorm.com.au) or phone (08) 8386 1672 or 0403 555 011.

**'COOKING FOR THE FAST + THE FURIOUS'**  
How to survive and cook healthily in the real world



**Teresa Cutter, qualified chef and nutritionist and founder of the Healthy Chef**  
Our lifestyle can be pretty hectic these days. The oft-delivered excuse for not eating properly is lack of time. Well, that won't wash anymore. The healthiest recipes are often the easiest to make, and just by taking control of your kitchen and with a little strategic planning, you can create delicious, quick + healthy meals that could literally save your life.

**'Migraine And Other Headaches – What You Can Do'**

**Dr Carole Hungerford, General Practitioner with a strong interest in Natural Health**



For one in ten of us, migraine and tension headaches are debilitating health issues.

This talk is about identifying dangerous headaches from the rest, some reasons behind headaches, and what we can do about prevention and treatment without depending on the medicine cabinet.

**'Gerson Therapy – A Unique Opportunity For Recovery'**

**Jo Thompson, RN, natural medicine practitioner**



Having recovered from brain cancer herself and having seen the suffering of patients in palliative care, Jo developed a passion for helping people to become healthy.

Jo will outline Gerson Therapy and will also relate some inspirational success stories.

Jo has her own live-in clinic at Forresters Beach near Terrigal.

**'the real healthcare challenge'**

**Leslie Embersits, graduate of Yale University and founding director of Mindd Foundation**



Australian children are struggling with an epidemic of chronic illness, particularly ADHD, allergies, asthma, autism, cancer, diabetes, obesity and depression.

Many modern diseases are driven by environmental factors, including diet, exercise, lifestyle, pollution and radiation. The Mindd approach is to address these underlying causes through integrative healthcare, which integrates a wide range of natural therapies.

**NATURAL HEALTH SOCIETY**

**ANNUAL SEMINAR 2013**

**Sunday, 24<sup>th</sup> March 2013, 9.30am to 4.15pm**

**VENUE: North Ryde Golf Club, North Ryde, Sydney NSW**

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

**We have an exciting program of topics and speakers**

**Oh My Aching Back!**

**Greg Fitzgerald, Naturopath, Osteopath and Chiropractor**



Greg will present practical strategies for overcoming back and neck pain. With around 50% of his patients suffering musculo-skeletal problems, Greg has had a great deal of experience and success in treating back and neck pain.

Because Greg is also a three-year-trained naturopath, patients can expect a truly holistic recovery. His nutritional and lifestyle advice can mean a quicker and less costly recovery.



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# The Confidence Muscle



By Lisa Phillips, Life Coach

After ten years as a Life Coach, I can say hand-on-heart that one of the most common issues I assist my clients with is the lack of self-love and self-confidence.

It doesn't matter whether the external manifestation is poor relationships, a shortage of money, the imperfect career or struggling with negative emotions – confidence, or should we say the lack of it, seems to rear its ugly head.

For me, confidence is about standing strongly in who you are. It's about releasing the need to seek happiness and approval through others and having a knowing that you are not broken, in fact, you are OK just as you are – warts and all!

So why as humans do we find this so difficult? Why do we often have this belief that everyone else seems to be far more confident than we are and that in some way we are fatally flawed, doomed to spend the rest of our life beating ourselves up for not being good enough? Why do we waste so much energy comparing ourselves to other people? Why do we find it such a chore to boost our own confidence and praise ourselves for our accomplishments?

Before I go on, let me point out that I wasn't one of those people born with an unshakeable confidence. My own lack of confidence had dragged me through a hurtful divorce, an abusive relationship and several other painful major life experiences. However, it was due to this lack of confidence that I took the confidence bull by the horns and gave my own confidence 'muscle' some well-deserved attention. I can't tell you how good it now feels to stand up for myself, put some boundaries in place and feel confident of deserving the best in life! Hurrah, bring it on!

We all know that our level of confidence may have something to do with how we were raised as children, but how can we as adults shake those old beliefs and transform into a confidence butterfly?

Seeing my clients take ownership of and embrace their inner confidence is a guilty pleasure of mine. It is such a beautiful revelation when they discover that confidence is simply like a muscle, use it or lose it. It is just amazing to watch clients

step into a new space of happiness, and in many cases learn to respect their own needs and desires.

Everyone's circumstances are different, but there are a few general things that we can all do to raise our level of confidence. Stop for a minute and imagine what your life could be like if you improved your confidence level by just 15%. How would your life be different? What challenges could you take on? What could you let go of? How would you feel about yourself?

In 2013, my goal is to increase the confidence level of 5% of the Australian population by sharing my top ten one-minute tips for confidence. How great would it be if we could begin to increase the confidence vibration across Australia? Can you imagine the difference it would make if just 5% of the population looked in the mirror each day and affirmed '*I am confident and loved.*'

Here are a few of my top tips to build up that confidence muscle:

- 1) Acknowledge the fact that everyone suffers from a lack of confidence at some time in their life. You are not fatally flawed and broken. Take responsibility for building up your own confidence today.
- 2) See increasing your confidence as a step-by-step challenge. Don't scare yourself by thinking that you have to become a confidence guru overnight. Enjoy the journey.
- 3) Let go of old beliefs and stories. We often cling so hard to old patterns of behaviour, such as '*It is my parents' fault that I am not confident*' or '*It is too difficult for me to do that*'. You are not a child anymore. Love yourself enough to feel good about yourself.
- 4) Focus on how good you are going to feel with increased confidence. Write a confidence goal if you wish.
- 5) Let go of worrying what other people think about you. This is one of the most damaging things to our own confidence. Seriously, don't worry about other people; they are too busy worrying about themselves to notice you anyway.

6) Write a list of things you need to do in order to increase your confidence. These could be anything from attending an assertiveness course, talking to someone new, practising affirmations, mirroring other confident people or learning to stand up for yourself. It could also be just a willingness to give up on old thought patterns and beliefs. Every little step you take does really make a difference.

7) Give up the need to criticise yourself. Every critical thought knocks your confidence. Every positive thought about yourself increases your confidence. Why not start by writing down five nice things about yourself every day, or even praise yourself every time you look in the mirror?

8) Give up the need to be perfect. You are human, so perfection is never going to happen. Learn to encourage and soothe yourself instead. Learn to laugh at yourself and don't take life too seriously.

9) Face a small fear. Be brave, hold the hand of fear and take it on. You will be amazed at how fabulous you will feel afterwards. Start small and build yourself up.

10) Accept that it is OK for you to shine and feel good about yourself. When you shine, you also give other people the incentive to shine!

In conclusion, confidence is something we all have within us. Yes, it may have been downtrodden and crushed over the years, but it is still a part of you. Don't give away your power to situations or people who may have crushed your confidence in the past. Take responsibility for your own life. You are so worth it.

**Lisa Phillips is a Life Coach based in Sydney, Australia. She is regularly featured in the media and has her own 'Spiritual and Irritable' radio show. For more information on Lisa and her popular range of ebooks see [www.amazingcoaching.com.au](http://www.amazingcoaching.com.au)**

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# The Magic of Compassionate Relationships

By Eryka Sklivas



Believe it or not, a 'happy ever after' is possible! Despite the high rate of separations and divorces these days, you really do have a fighting chance at having the fairy-tale ending. The good news is that your relationship does not have to be perfect for it to work. The bad news is that when the caring and the conversation stops, so does the relationship. So how do you ensure this does not happen to you?

We've all heard it before that 'communication is the key' to a good relationship, but this is only partly true. A successful relationship cannot be built on healthy conversation alone. There is a very essential ingredient required to ensure your relationship is built in an environment where passion, problem solving, affection and love can flourish – and it's not a great sex life, it's compassion!

I first learned about the power of compassion from a hip Western monk who told me that compassion comes from remembering that everyone is human. He continued to say that we develop compassion by understanding other people's reasons for doing what they do, and this helps frustrations diminish, as we then stop judging and start seeing into another's soul. So simple, yet so profound.

This reminds me of the quote by his Holiness the Dalai Lama XIV, who stated, "If you want others to be happy, practise compassion. If you want to be happy, practise compassion." We can all apply this philosophy by showing compassion in our relationships and to ourselves. Start by choosing to see and experience relationships as a sacred and precious gift.

Did you know that most anger in relationships is caused by a lack of expressed compassion? Life is busy and sometimes you may drop the ball and forget to see things from your partner's point of view, especially if it is a view you strongly disagree with. Learning to take a breath and to listen instead of lashing out is crucial.

## KEEP THE CONNECTION

Communication and compassion make relationships stick! Have you ever wondered how those happy couples remain in love? There is something magical that goes on between them – 'a deep connection'. Imagine compassion as being the emotional bridge between you and your partner that allows you to connect on a deeper level, by expressing care, respect and understanding.

I spend a lot of my time as a coach talking to people about how to use communication and compassion as a means of building or re-building their emotional bridge. This also involves making people aware that expectations, demands and judgements are communication and compassion blockers that only serve to erode love in relationships.

Recently I had a husband and wife tell me they are "good at communicating, but have just grown apart. We speak our minds, and talk about day to day things all the time". My job is to break the news that a strong connection cannot be sustained only by sharing, speaking honestly and listening attentively. Growing apart usually happens if either or both individuals are refraining from nurturing one another and communicating feelings and have stopped seeking a deeply emotional connected state.

## GOING SOUTH: HEAD TO HEART

Did you know that it's the way you *feel*, more than the way you *think* that motivates you to communicate? E-motions are 'energy in motion' and communication is the active exchange of this energy. You can start to communicate compassionately simply by shifting your focus from 'thinking' about what your partner is *saying* to 'feeling' what your partner is *expressing*. I refer to this as 'Going South' as it requires people to move their awareness from their mind to their heart. This way you have your *heart* present in conversation, not just your *mind*. This will ensure that your relationship not only survives, but thrives!

Your ability to express feelings depends on being connected to them in the first place. Many people have a habit of ignoring or sedating and suppressing strong emotions like anger, sadness and fear. If you operate only from the mind and communicate only on a rational level, it will impair your ability to fully understand others, resolve conflicts or build an affectionate connection with your partner. The aim is to find a balance between your intellect (thoughts) and your emotions (feelings).

## TAMING THE EGO

Practise self-awareness and tame the great beast – your ego! Take the time and have the courage to 'get in touch' with YOU. Start paying attention to your body, become

attuned to its signals, find out what are your needs and desires, notice your emotions and reactions, your moods and triggers. Identify your values and beliefs, get to know how your ego rears its head! Begin to make a conscious effort to respond to your partner with emotional awareness rather than with anger, denial or avoidance, etc., which are the main demons of the ego that often distance you from your partner. Your main mission is to try to understand the emotion *behind* the information and words that you and your partner are exchanging.

For example, if your partner is upset or angry because they feel you've been ignoring them, your becoming defensive feeds the cycle of anger and your state of mind keeps you unaware that he or she may be feeling abandoned. It is here you must take the time to manage your own emotional state so that you can see the hurt or fear driving the anger. Dropping your automatic guard and putting your ego aside gives you a much better chance of being able to discuss what is really going on, and you can attend to what matters to each person.

## EXPRESS NOT SUPPRESS

Don't bottle things up! Apart from damaging your health, not expressing how you feel often leads to frustration, misunderstandings and conflict. What's really bothering you? Take the time to crystallise your thoughts, otherwise you run the risk of becoming caught up arguing with your partner about the towels on the floor! Clearly you are venting your frustration for unspoken truths.

When we have things on our mind and go on without discussing them, this can manifest as hurt, loneliness and resentment. It is important to always be open to exploring what needs to be shared. This is impossible to do if a person is emotionally shut off or if our ego dominates the exchange. In this case the relationship will be all about words.

In arguments, try to bring some playfulness into the conversation and be emotionally present. Don't dig up the past. By being emotionally present, you are better able to get in touch with your own thoughts and feelings and read your partner. This includes the emotions they're feeling and the unspoken messages they're sending, so you can respond in ways that show others that you understand, notice and care.

## COMPASSION WITHOUT MARTYRDOM

Operating with a compassionate heart should not lead you down a path of martyrdom. Being compassionate does NOT mean tolerating abuse, becoming a victim, needing to fix problems on your own or simply agreeing with others. It means you are making the effort to acknowledge your partner's needs, emotions and values and considering that your partner is different from you without seeking to change them.

I am often asked, "How can I possibly have compassion for my cheating partner?" I always shock them by replying that it is possible to have compassion if someone has hurt you or others, while still holding them accountable for their actions. If your partner had an affair, for example, you might try to understand how that situation developed, but you don't have to accept the behaviour as being OK.

When Kate and her husband of eight years moved to Sydney a few years ago, she found herself to be alone often while her husband worked late nights and travelled for weeks on end. Although Kate felt her husband was her best friend, she felt that the spark, passion and emotional connection had been gone for some time, yet she hung on in the hope that things might change.

Kate, concerned about their relationship, often initiated conversation about the way she was feeling in the hope that they could work on reviving their relationship. Much to her disappointment, Kate felt that her husband always seemed too busy to really pay attention to her feelings and advised her to keep busy, thinking she was just missing her friends and unsettled after moving home.

After some time, Kate grew closer to a male friend and began to have an affair. She told me, "He gave me all the things my husband wasn't at the time – attention, connection and affection".

Kate's actions were no doubt a betrayal; however, this is where the magic of compassion happens. Instead of responding with only anger and hurt, Kate and her husband were coached to be able to use the power of compassion to bring them closer than ever. Kate and her husband had no choice but to now confront all the issues present within the marriage and their own unspoken suffering that was not being attended to.

Kate's husband, although hurt, was able to recognise that she was feeling abandoned, unloved and unappreciated, which led Kate to choose this affair. In turn, Kate was able to acknowledge her husband's feeling of inadequacy that led him to place his work before their marriage.

As each moved away from fighting to win the victim trophy, they were better able to offer their spouse the compassion they needed

to allow forgiveness and healing to take place. This gave birth to a new cycle – one of understanding, connection, validation and true compassion. Together they can now create a life and relationship in which they are better able to love and attend to each other's needs. Kate and her husband now enjoy a more bonded and attentive relationship.

In this way, Kate and her husband learned that compassion begins with understanding the reason for one another's suffering and actions. The secret to understanding your spouse is being able to understand the root of your own suffering first. When you can compassionately acknowledge your own suffering, you are then able to go deeper and learn to understand more about your partner's needs also.

## GET STARTED

Why wait to perform an autopsy on a relationship once it has ended? Examine what is going wrong before it is too late. If your relationship has lost the connection or you are feeling isolated, start to apply these lessons now. I have helped relationships rise from the ashes as the partners have learned to embrace compassion as a tool to overcome changes and challenges.

Other relationships have been swallowed up by the shame and blame that often accompanies the fear and insecurities triggered by the relationship. Don't let that be you!

## TOP TIPS

**Consider what would be different in your relationship if you were to:**

- **Treat your partner as your best friend;**
- **Tame your ego;**
- **Choose to stop feeling defensive;**
- **See your relationship as sacred, as a coming together of souls;**
- **Extend love, care and compassion to your partner.**

Choosing to show compassion in your relationship helps you to consciously make the choice to honour your relationship as a powerful vehicle of love, inspiration and evolution. Our relationships are, after all, a sacred container for transformation where we discover what needs healing within ourselves, provided we learn to honour them as such.

Learn, practise and apply the art of conscious and compassionate communication, and watch how much love, passion and power you will begin to yield in your relationships.

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## ABOUT ERYKA

*Eryka is a professionally trained Life Coach, NLP Practitioner, Time Line Therapist, Hypnotherapist, Archetype Consultant, Reiki Practitioner and founder of Empowered Living. Above all else, Eryka is passionate about helping people become the full expression of who they truly are.*

*Eryka's approach is unique in that she believes in the integration of body, mind, spirit and soul as needing to work in harmony together to allow for lasting positive transformation! With a proven track record of success, Eryka is becoming known for her unique guidance skills, knowledge and ability to move clients forward to get results.*

**Eryka – Mind Body Soul Life Coach and Director of Empowered Living**

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

# Detoxing and Destressing Made Easy at Hopewood

By Roger French



We would all benefit by a detox every so often, and in November 2012 I decided that it was time that I did. I would have a week at Hopewood doing juices. I checked in on Sunday 11<sup>th</sup> and stayed seven nights.

Although I give talks to Hopewood guests every Sunday night, I discovered that the only way to properly experience Hopewood's service is by being a guest and going through a program personally. Perhaps I was conditioned by the way the Retreat operated in the 1970s when I was manager, but I was very pleasantly surprised by just how professional and thorough are the services for guests in 2012. Although the main building may be old (so what! – it is well finished), the care provided for guests is very detailed, personalised and modern.

## ON ARRIVAL

The Receptionist welcomed me as though she had been waiting for me all day. I was given a detailed explanation of all I needed to know to commence my stay. To initiate my program under the 'Revive' package, I was to see the health support staff promptly to work out my nutrition for the day prior to my first consultation with the naturopath the next morning. My introductory written material included a couple of hefty discount vouchers for treatments with therapists, which was a very nice touch.

In my suite, the 'Welcome to Hopewood' manual covered every detail that I might need to know during my stay. And, happily, it was clear, well laid out and not too lengthy.

## THE WONDERFUL STAFF

The Hopewood staff are wonderful. From the receptionists to the practitioners, health support staff, room service staff, kitchen staff and ground staff, I found every one of them to be warm, friendly, caring, courteous and

professional. Whenever I went to reception with a question, they had a ready answer as though anticipating my request. They were on the ball.

## A SPACIOUS SUITE, BEAUTIFUL SURROUNDINGS

My River Balcony Suite was spacious, clean, freshly painted and tastefully furnished, complete with TV and internally relayed movies. A very thoughtful notice behind the bathroom door stated that if you wanted your towel washed, leave it on the floor. As a person concerned about the amount of waste of water and electricity in Australia, I was impressed.

The air was alive with the sweet sounds of bellbirds dinging away, and on the lawn below my balcony wallabies grazed in the early mornings and evenings.

## MY PERSONAL PROGRAM

In my first consultation with the naturopath, Doug Evans spent 40 minutes finding out what I wanted to achieve from my stay and suggesting program options from which I made the final choice. He also prescribed some VibroSaun sessions for my particular needs, which proved to be very beneficial, as intended.

Other guests expressed that both naturopaths are highly professional and very caring.

As I had already prepared myself over the weekend by consuming fruit and salads only, I was able to go straight onto juices which I stayed on until Thursday. Friday reintroduced fruit and salads and Saturday added starchy veggies and later some protein foods.

I saw the naturopath regularly while I was on juices and also at the end of my stay.

## EXTRA PAMPERS

Hopewood has a team of therapists offering treatments ranging from Swedish massage to herbal clay wraps, reflexology (pressure point massage of the feet),



aromatherapy, facials, manicures and Reiki.

These treatments are therapeutic and wonderfully pampering. I found the therapists to be delightful people – warm and friendly and also very professional. The reflexologist, Kelli, told me that I had a band of tension between my shoulder blades, which I had previously been told by a masseuse. How could she tell this by feeling my feet! Amazing!

## ACTIVITIES PROGRAM FOR GUESTS

Every day has a program of activities that can keep a guest almost constantly occupied if he or she wishes. I enjoyed yoga, yogalates, Swiss ball, spinal fitness exercises, a herbs for healing tour of the garden, food preparation demonstrations and on my second last day a car trip to Warragamba Dam.

Plenty of other activities were on the weekly program – walk and stretch, understanding fitness equipment, dancercise, boxercise, stretchercise, Tai Chi and aquaerobics. Some activities are not suitable for guests water fasting or on a juice program.

The instructors were tuned in to the needs of each guest. If someone was low in energy, they would advise him/her to sit and watch for parts of the session. Once again, very caring and professional.

Lectures by practitioners and coaches were about nutrition, food combining, detoxing, weight management, stress management and meditation.

## DETOXING – SEEING IS BELIEVING

What did I achieve for my week of detoxing? I felt clearer in body and mind and reinvigorated. The tiredness that had been bothering me for some time had vanished.



Also, an area of inflammation at the base of a tooth that had been making eating painful for a couple of months cleared up soon after the stay. This was a huge relief as I want very much to keep that tooth.



I recall my first stay at Hopewood way back in 1968, the benefits of which were even more spectacular. That original detoxing cleared my foggy brain, improved my memory, dramatically increased my stamina and ended the blood poisoning bouts that I had been experiencing. When a doctor looked at one of these hot, red, angry-looking streaks spreading up my forearm, he exclaimed, "This is blood poisoning. This only happens to old people, what is wrong with

you at the age of 26!" I am so glad that I had that first detox many years ago; all I need these days is to fine-tune. Thanks to Hopewood, my original severe health problems are distant history.

The daily urine tests during my recent stay confirmed that my body was detoxing well. The urine became quite acidic, dark in colour and high in excreted wastes as indicated by specific gravity tests. My resting pulse rate was always good and my blood pressure fell – as is normal during detoxing – and later returned to a textbook-perfect level, about which I am immensely pleased as you might imagine.

People have asked me, "Roger, why would you, living the Natural Health lifestyle, need to detox?" Well, I don't live under a rock. I live in the real world with all its pressures, temptations and toxic chemical contamination, so some degree of toxemia is inevitable. Of course, if I had had something serious like rheumatoid arthritis, I would have needed a very big detox. Happily, I have nothing like that.

My only criticism of Hopewood's practices is that cheese is too frequently an ingredient in the meals. But when you consider how challenging it is to cater for people used to meat-based diets, this is understandable.

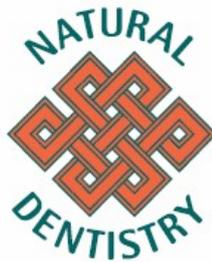
## A FAREWELL TO REMEMBER

The final touch of Hopewood's generous care was an invitation – as is standard for all guests – to clear my room by 10am, but feel welcome to stay for the buffet lunch. This lunch, which is super on a Sunday, is a real treat, so I departed feeling well satiated, pleased with myself for the benefits of the week and happy!

## CONGRATULATIONS TO HOPEWOOD

I am inspired to congratulate the General Manager, Sharon Beavon, and the practitioners, health support staff, receptionists and other staff on the service Hopewood is providing – as it has done for 52 years. With programs for guests that are so sophisticated, caring and modern, while guiding people to better health without any influence from vested interests compromising the programs, Hopewood is doing a truly wonderful job. I know that the Retreat has helped a lot of people over its 52 years.

Why Hopewood is not booked out three months ahead seems ridiculous to me!



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# How Can Bach Flower Remedies Help You?

BY LYN CRAVEN

Bach Flowers are often incorporated into herbal medicine and naturopathy. They are classified as energy-based remedies or vibrational remedies. This is due to the fact that you are partaking of the 'energy' of the flowers which are in the specific remedy and not the physical component as you do with herbal remedies.

Bach Flowers have been used for over 70 years. They were discovered in the 1930's by Dr Edward Bach, who had spent many years in practice as a medical doctor in conjunction with homeopathic medicine. It was during this time that he began to explore the local countryside where he lived, and he became acquainted with the relevant plants that would formulate the 38 Bach Flower Remedies.

Dr Bach observed in his practice that what was presenting as a physical disorder in many people was more in line with the psychological condition that generated the presenting physical ailment. The emotions were always apparent and conventional medicine was not addressing this.

Bach discovered that from the plant kingdom he could create remedies that would assist in restoring vitality to anyone who was suffering from any of a myriad of physical disorders. He experimented and tested the relevant plants on himself.

## OUR EMOTIONS AFFECT OUR HEALTH

The emotional psyche of a person will always impact on the physical body; it will also hinder the healing process. These remedies work by balancing and healing the emotional issues that arise, such as worry, anger, depression, anxiety, frustration, fear, etc. If the mind is in a state of unrest, this will always hinder full recovery. Emotional pain and suffering will always drain the physical resources of the body, and they are far more tiring than physical activity.

In all health circles now, it is known that if emotional issues such as worry, anxiety and fear are allowed to continue, they will deplete that person's vitality and life force energy. The immune system is depleted greatly and then cannot assist in supporting the body to be in vital health.

Bach Flowers liken to homeopathy, whereby the whole person must be treated, particularly their state of mind and their emotional nature – not just a focus on treating the physical ailment. This is applicable to even the common cold.

## HOW SAFE ARE THE REMEDIES?

Bach Flowers are safe to be taken by everyone, from newborn babies to frail and elderly people. They do not clash with any other medication, whether pharmaceutical, herbal or homeopathic. They are simple and easy to take with hardly any taste.

## HOW ARE THEY PRESCRIBED?

Some people make up their own remedies and that is safe and fine to do, but to obtain optimum results it is better to see a practitioner who is trained in treating with Bach Flower remedies, since they can professionally assess you and be totally objective. It is often very hard to assess yourself emotionally – especially when you are caught up in inner turmoil. Clarity is important for maximising optimum results.



I have observed some remedies assist in stubborn constipation when nothing else was appearing to work. The person in question was highly stressed and mentally driven. The mind was tense and in overdrive, with constant internal chatter. Once the correct remedies were administered, these emotional/mental symptoms began to ease and the physical problem of constipation was resolved within an amazing 48 hours or less. They truly are remarkable remedies.

The 38 remedies also include 'Rescue Remedy', which many people may have heard of. I recommend that you obtain a bottle for your first aid cupboard, since it can be used in many situations quite safely often with quick results. Excellent to have around in any crisis and can be given to assist in calming and soothing the person until additional help is sought – in particular after accidents. Topical applications in the form of a cream are also available.

The remedies are not usually taken directly from the tiny stock bottles, but are dispensed in larger bottles whereby up to 5 or 7 other Bach Flowers could be incorporated depending on the person's situation. Obviously, you do need to know what quantities to use in making up your remedies.

The remedies are usually taken 4 drops, 4 times a day, but in acute cases I may administer in higher doses or more frequently. In some cases I may instruct the person to apply them topically, also depending on the emotional/mental state.

Bach Flower remedies are excellent to give to animals, since they do not have much taste. The remedies are created with brandy as a preservative, since brandy is matured traditionally in a cask from the oak tree. Dr Bach realised the affinity here in using brandy. If animals do detect the smell or taste of alcohol, you can put the drops on their food and it will still be effective.

Naturally, if you are treating someone who is allergic to alcohol (including yourself), or maybe the person has experienced alcoholism, or wishes to avoid alcohol due to spiritual/religious reasons, then the drops are placed in a dispensing bottle with pure spring water. It is recommended that these are kept in the fridge, especially in warm weather, to counteract fungal growth. Otherwise the remedies based on brandy do not need to be kept in the fridge. Usually you are only given a bottle that will last up to around 3 – 4 weeks, depending on your needs and how the individual practitioner dispenses.

## SOME INTERESTING RESULTS

I have seen a lady, who was very unhappy and despondent with her life, spark up and become very motivated and bright within a week of taking the remedies. She had tried a number of things prior, but it's all about selecting the correct flowers to formulate the remedy for the person.

People who constantly dwell on the past leave their 'energy' in the past; they are not living in the present moment and enjoying what is before them. Spiritually (Buddhist philosophy also states this), if you spend too much time in the past – or in the future – you are not living in the present moment (often referred to as being 'Zen' in Japanese culture). A part of your energy is in the past and the rest is in the future, leaving little for present focus and attention.

When you live in the present moment, you are able to seize opportunities that are presented to you and they in turn will create your future. It's what you do now that is important, and when your energy is not present, you become drained, tired, anxious or irritable, and may experience poor quality sleep, self doubt, etc, and you always find it difficult to make the right decisions.

The Bach Flower remedies can help you here – they can assist you to stay focused on the present, gain self-esteem and positivity, they free up the emotional turmoil of past events and allow you to let go and move forward on your chosen path. They will assist you to become more aware of your life's calling and direction, and generate motivation, inspiration and energy to make those changes. They also help you to deal with life's various transitions, whether puberty, menopause, the ageing process, job changes, relationship endings, grief and those about to pass on, etc. Often some of these life situations put people into a state of panic and fear, with feelings of insecurity regarding their future; this is all fear of the unknown. The remedies will soothe you and ease the way for positive outcomes.

The remedies can also be formulated to assist with confidence and study performance, instilling inner power, inspiration and the motivation and drive to follow through successfully.

## EMOTIONAL RELEASE

Bach Flowers can be taken indefinitely, they are not designed to be taken just for 2 or 3 weeks. Often we find that a strong emotion is relieved and begins to become resolved after a week or so of taking the remedies. Another assessment would then allow the practitioner to decide what remedies are required for the next few weeks. In some cases the remedy could be repeated, or maybe just one flower is changed.

It's like the layers of the onion, as each emotion is eased and resolved, another may come to the surface, for we have many underlying emotions that trigger the prominent one that we are experiencing currently. This is another reason why it is better to seek a consultation with an experienced practitioner.

I often incorporate these remedies with herbal medicine and diet and lifestyle changes. I also find that they work tremendously well when the person is trained in meditation or receives Reiki energy healing, for these therapies quieten the mind and deeply relax you.

Bach Flowers can also be applied topically. Depending on each situation, I may recommend that people do this. It is more relevant for states of anxiousness and fear and for re-establishing your Inner Power.

Sometimes people may have experienced unpleasant situations many years previously and their emotions were not fully resolved. Our bodily cells hold onto the energy and memory of that emotion which can, over time, contribute to muscular pain and unrest, illness and/or negative outlook on life. Life's emotional blows impact on us and are deeply embedded in our psyche.

This topic is quite in-depth and the Bach Flowers will always offer a wonderful healing remedy to assist you through life's transitions and traumas. When you share your inner worries and concerns with someone, you lighten your load and open yourself to receiving positive feedback.

No matter what things trouble you, it is always important to explain them as clearly as you can to the practitioner so that he/she can gain good understanding and insight and create the right formula for your needs.

**Lyn Craven is a practitioner of naturopathy and Bowen therapy and is an Energy/ Reiki Therapist. Lyn is a corporate health consultant and specialises in stress management and has created a meditation CD to assist in relaxation.**

**Lyn has researched and written articles on a variety of health topics and runs a private practice in Sydney. She can be contacted at [lyncraven@bigpond.com](mailto:lyncraven@bigpond.com) or 0403 231 804. Website [www.lyncraven-corporatehealth-naturopath.com](http://www.lyncraven-corporatehealth-naturopath.com). And join me on Facebook.**



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'tbsp' = tablespoon. 'dsp' = dessertspoon. 'tsp' = teaspoon

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- 1 dsp tamari (pure soya sauce)

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

### SWEET-AND-SOUR PEANUT BUTTER DRESSING

*Serves 2 approximately*

- 2 heaped tsp unsalted peanut butter
- 1 tsp honey
- Juice of 1/2 lemon
- Water if required

In a cup mix peanut butter and honey, then add lemon juice and mix to a smooth consistency. Adjust quantities of honey and lemon juice to suit taste. Add water if necessary to obtain semi-liquid consistency.

### TAHINI DRESSING

- 1/2 cup tahini
- 1 tbsp tamari
- juice of 1/2 lemon
- 1 tsp honey (optional)
- garlic if desired

Mix together all ingredients. Mix in enough water to obtain desired consistency.

### TAHINI-ORANGE

- 1/2 cup fresh orange juice
  - 1/2 cup tahini
  - 3 tbsp tamari
  - 2 tbsp honey
  - 4 tbsp safflower or sesame oil
- Blend all ingredients together.

### TAHINI-AVOCADO

- 1/2 cup tahini
  - 1/2 avocado
  - 2 tbsp lemon juice
  - 1 tbsp tamari
  - 1 clove garlic
  - 1/2 cup water
- Blend all ingredients together.

### QUICK OIL AND LEMON

Combine equal quantities of lemon juice, oil and honey (optional). Mix well.

### TAHINI MAYONNAISE

- 1/2 cup tahini
- Juice of 1 lemon
- 1/2 cup water
- 1 clove garlic, crushed
- fresh herbs: parsley, chives, basil
- 1 tsp vinegar
- 1 tsp honey

Combine tahini and lemon juice in blender at medium speed. Add water a little at a time to achieve desired consistency, then add garlic, vinegar and honey. Keeps up to 5 days in airtight jar in refrigerator.

### CURRIED AVOCADO DIP

- 1 or 2 avocados (to suit your taste)
- 1 cup orange juice
- 1 tsp curry powder
- 2 tsp vegetable stock powder
- 1 clove garlic
- a few lovage leaves, parsley, fresh basil or marjoram

Blend the avocado flesh with the orange juice in a food processor and add the seasonings to taste. Adjust the amount of orange juice to get a thick dip or a thin dressing.

### SPICY AVOCADO SAUCE

- 1 avocado
  - 1 spring onion
  - 1 clove garlic
  - 1/8 cup apple cider vinegar or 1/4 cup lemon juice
  - 2 tsp tamari
  - 1 tsp cayenne pepper
- Mix well in blender. Add water if required.

### FRENCH SUNFLOWER

- 1/2 cup lemon juice
- 1/2 cup tamari
- 2 medium tomatoes, chopped
- 1 tbsp honey
- 1 tsp basil
- 1 tsp oregano
- 1 tsp paprika
- 3 cloves garlic
- 3/4 cup sprouted sunflower seeds

Blend all ingredients together, starting with liquids first. For extra nutrition, a handful of alfalfa sprouts can be added with the lemon juice into the blender at the beginning.

### COTTAGE CHEESE

- 1/2 cup lemon juice
  - 3 or 4 heads of mint
  - 1 cup cottage cheese
  - 1 dsp honey (optional)
  - 3 or 4 slices onion (optional)
- Place lemon juice in blender then add honey and blend. Gradually add other ingredients. Blend about 1 minute.

### ALMOND/BANANA

Macerate a ripe banana with a fork till creamy and smooth, add the same amount of almond butter and thin with half as much cold water. When well beaten, add a teaspoon of honey or maple syrup and beat again.

### NECTAR DRESSING

- (serves 10 to 15)*
- 100 gm cream cheese
  - 2 tbsp honey
  - 1 tsp grated lemon rind
  - 3/4 cup salad oil
- Beat all ingredients except the oil with a whirl type beater until smooth. Then add oil 1 tsp at a time, beating well. Chill and serve immediately.

### FRENCH DRESSING

- 3/4 cup vegetable oil (flax oil or olive oil are good)
  - 1/4 tsp of dried basil
  - 1/4 cup lemon juice
  - 1/2 tsp vegetable salt or 1/4 tsp sea salt (optional)
- Pour all ingredients into screw-top jar, shake well. Store in refrigerator. Shake well before using.

### TOMATO SAUCE

- 2 ripe tomatoes
  - 1 small onion, chopped
  - 1 tsp basil
  - 1/2 tsp honey
- A little wholemeal flour to thicken if desired
- Place tomato, onion, basil and honey in blender. Liquefy. Place in saucepan and heat through. Thicken with flour and reheat.

### APRICOT DRESSING CREAM

- 1/2 cup dried apricots cut into small pieces
  - 1/4 cup raisins cut into small pieces
  - 1 cup water
  - 2 tbsp cottage cheese
- Place apricots, raisins and water in saucepan and cook until all the water has been absorbed. Allow to cool, then mix all ingredients together in a blender.

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# Gerson Therapy Case Studies

By Jo Thomson

Dr Max Gerson created a nutritional therapy to address the two reasons that cause imbalances to occur in the body, imbalances being the leading causes of disease.

1. **Toxicity in the body.**
2. **Deficiencies in minerals, other nutrients and enzymes.**

Gerson therapy alleviates the body from the burden of disease by increasing the body's vitality, boosting the immune system and supporting the liver and elimination channels.

The juices and diet address the deficiencies, giving the body the essential ingredients to return cells to a healthy status.

The coffee enemas and supplements support the liver and elimination channels to remove toxins from the body.

In my clinic I treat clients suffering cancer, arthritis, MS, Crohn's disease and other inflammatory bowel disorders, just to name a few.

Clients are fully assessed medically. We look at blood reports, pathology and vitality, and complete a full medical history.

We then develop a treatment plan that will be effective and which the individual can cope with. Some clients manage a treatment regime of six juices and two enemas daily, plus meals and supplements.

## Two Case Studies

Here are the case studies of two clients I have treated with nutritional therapies the Gerson way.

A 31-year-old female consulted with me via Skype in October last year. She had been diagnosed with nasal pharyngeal cancer, which had spread to her lungs and pelvic bones. She had completed six rounds of chemotherapy and had had radiotherapy to her pelvis. She was extremely toxic after all her treatment and medications. She was deficient in nutrients, enzymes and minerals as she was eating and drinking very little. She was extremely weak, her vitality was low and she was taking morphine for pain. We commenced the program with three juices daily and one coffee enema. We introduced oats for breaky, special soup for lunch and slow-cooked veges for dinner.

After four weeks she had stopped the morphine, as the coffee enema and nutritional program had reduced her pain. But over the following weeks, she let the therapy slip and became weak, unwell and extremely lethargic. She contacted me early January and asked to come and stay. When she arrived, she was unable to walk from the car to the bedroom without stopping. She was breathless, weak and coughed consistently.

We reintroduced the therapy and within two days had her back on five juices, two or three enemas daily and the diet. By day three, she had stopped coughing, was rarely breathless and was walking freely around the house, making her own juices and doing her own enemas. She returned home after two weeks a much stronger, more vibrant and healthier young lady.

Another young female, aged 38, with breast cancer, commenced the full Gerson therapy. She had other underlying health issues as well. She was taking 10 – 11 juices daily, five enemas and supplements and following the diet protocol. Three months into her therapy, the blood pathology report was impressive. Her liver enzymes had returned to normal and her kidney function had also improved, giving her strength and the right environment to heal. Her blood sugar levels were within normal ranges and she felt energetic, positive and healthy.

I have many more cases that illustrate the powerful benefits of Max Gerson's therapy. I love seeing the outcomes when people embrace a new lifestyle and take control of their own journey

For more information or consultation please phone 02 4384 1501 or email [jojo@bn2health.com.au](mailto:jojo@bn2health.com.au) or visit [www.bn2health.com.au](http://www.bn2health.com.au).

# 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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# Herbs For Every Reason

## Part 1 – Basil

By Margie Hare

I have been working with herbs for over 25 years. I love the way they honour us and are so forgiving even when we ignore them, forget to water them or don't prune them back. Pruning they just love – the more you trim them back, the bushier they grow and the more leaves they offer you for harvesting.

Having lived in South Africa where I gained my passion for gardening from my mom and then studied for 10 years under Joan Lawrence Symons at the Herb Association of Southern Africa, growing and working with herbs is part of me. It is definitely easier gardening with herbs and vegetables in South Africa than it is here in Australia. Here in Oz it is all about systems to beat the four-legged thieves!

At night the possums munch on the ripening fruit, field mice bite through the netting and eat the tomatoes that are still green, and rabbits even eat the feverfew down to the root. My friend in Turrumurra has had to deal with all of the above as well as bush turkeys which scratch all the mulch covering off the potatoes in their mission to find worms, and dig up all the seedlings as well. Not to mention the bower birds during the day that eat the chilies and strip the bushes to sticks.

There is no other way. If you want a vegetable garden, you need to companion plant with herbs and secure the area with fine-meshed chicken wire, closed over the top as well to stop the thieving night creatures.

There is more to BASIL than just pesto!

### INSECT REPELLENT

**How BASIL can help when there are insects around.**

Basil is one of my most favourite herbs. It brings bees into the garden, yet it can be used as an insect repellent with great success. Just grab a bunch, crush the leaves and rub on your exposed arms, legs and ankles. *No more bites!* Try strewing basil leaves around when you are outdoors entertaining. As you walk over the leaves and crush them with your shoes, the aromas of the pure essential oils in the leaves drive the mozzies away.

For more information, see my YouTube video on insect repellents. YouTube Margie Hare.

### MEDICINAL

In Ayurvedic medicine, basil is a sacred healing plant. Many simple healing self-help methods can avoid the use of therapeutic

drugs with all their side effects.

Here are just a few ideas:

The leaves drunk as tea are a nerve tonic and also sharpen the memory. It also has a strengthening effect on the heart and purifies the blood. Drink a cup of basil tea after dinner to aid digestion, but take care not to drink this too close to retiring as basil stimulates and addresses mind fatigue. A sprig of basil and mint together in a teapot is a wonderfully refreshing pick-me-up. Pour a cup, then top up the teapot again and again. Good enough for 4 – 6 cups.

Basil leaves have *adaptogenic* properties, meaning they increase the body's resistance to physical, biological, emotional and environmental stressors. By chewing a dozen leaves a day, you can reduce the effects of



stress in the body. Talking of chewing basil leaves, you can chew a few to relieve and cure mouth ulcers.

Here's a recipe for colds, flu and fever. Place a bunch of leaves with one teaspoon powdered cardamom and five cloves in half a litre of filtered water. Boil gently until half the water is left, then add a cup of soya, rice or oat milk. Strain, then add honey to taste. Do not boil once you have added the milk. Sip to bring temperature down.

Have you tried making your own toothpaste? Cut back your basil bush, strip the leaves and dry them out of direct sunlight. Pound them to powder then add enough mustard oil to make a

paste. Great for maintaining dental health and counteracting bad breathe. Massaging into the gums can be useful for *pyorrhoea* (inflammatory disease of the tissues that surround the teeth).

For headaches pound the leaves in a mortar and pestle with 3 drops sandalwood pure essential oil. Apply to the forehead and rest for half an hour with a cool eye pad on.

*Please note that all the above suggestions are guidelines for first aid. Always see a practitioner if conditions continue. These are my views and are techniques I have used over the years with great success.*

### LOVE

For many cultures Basil is associated with love. And why not? We need as much love around as possible. Every garden should have basil growing in abundance. In times gone by, a pot of basil was placed at the front doorstep to welcome your lover. This is a great tradition, so let's reinstate that right now in Australia. Let's spread love around!

### GARDENING

What I notice in so many gardens I visit is basil bushes gone to seed with few or no fresh, lush leaves to use in the kitchen. Trim back regularly – daily in hot weather if necessary – so as to have a bushy, leaf-abundant basil crop ready for pesto making.

I love to grow the variety, *Ocimum basilicum*, every year. This is the soft green variety most suitable for pesto, but it only grows in summer. I also grow the perennial basil to see me through the winter for fresh basil.

For more information on organic gardening and growing herbs, go to [www.divinetouch.info](http://www.divinetouch.info)

### COOKING

Basil is generally associated with Italian cooking and is the best known ingredient for pesto.

Basil does not dry too well, so use fresh basil in oils and vinegars. Another way to store basil is to chop it finely, although tearing is better, and put it into an ice tray, cover with water and freeze immediately before it turns black. Once frozen, empty it into a zip-lock bags for use on demand. Add the basil to sources, dips, etc.

There are many pesto recipes. Here is my favourite one. It's delicious and easy.

### Margie's Pesto

- 4 handfuls basil leaves, washed but not bruised
- 2 cloves garlic, peeled and cut in half
- 1 handful pine kernels
- 2 tbsp Parmesan cheese
- ½ wine glass good quality extra-virgin olive oil
- Salt and pepper to taste.

Use mortar and pestle or food processor reduce basil, garlic and salt and pepper to a smooth paste. Add pine kernels and cheese and blend. Now add the oil a little at a time till smooth and creamy.

Pour over pasta or steamed vegetables, use as spread, add to dips and soups. The list is endless. Be creative and enjoy.

Yes be creative. Serve delicious sundried Tomato and Basil Muffins. Take your favourite recipe for muffins, replace the banana or raisins or nuts with ½ cup basil leaves and ¼ cup sundried tomatoes. Then bake as per recipe. Totally divine.

For more information on Italian cooking and use of basil and other herbs, read Jamie Oliver's book, *Jamie's Italy*. It is such a good read. You almost feel you have been there with him. I felt inspired to start cooking right away, not to mention planning my next overseas trip – to Italy of course!

## QUARTERLY GARDENING TIPS

### For tomato pests

Keep your tomatoes healthy and free from insect damage in general.

Blend a handful of tomato leaves in your blender. Place in a garden bucket, then add 2 litres hot water. Allow to cool, then strain. Spray on your plants undiluted. Repeat as necessary throughout the season.

I also feed my tomatoes with a different matured organic manure every six weeks through the growing season – cow, pig, horse, chicken and rabbit if you can get it. Healthy, well nourished plants are more disease and pest resistant than weak and under-nourished plants.

### Snail bait

One tablespoon each of Epsom salts, ammonia and dishwashing liquid. Mix and place in glass jars and sink these into the ground at strategic spots. Do not leave too long without emptying out your catch – the smell becomes rather ghastly. I recommend that you refresh the jars every couple of weeks until the balance in your garden has been restored. If you have a few ducks or chickens, there will be no need for the bait.

### Aphids and fruit fly

Wormwood spray works a treat. Pour 5 litres boiling water onto 300 gm fresh or 50 gm dried wormwood. Allow to infuse for about 10 minutes as it cools. Strain and spray the entire content immediately. Add the discarded leaves to compost heap. If any mixture is left over, wait a while and pour over your compost heap for added nutrients. The active ingredients lose their insect repellent effect after time.

## ANY QUESTIONS

I would welcome any questions from readers and will publish the answers in Part 2 in the next issue. Email your question/s to margiehare18@gmail.com

## GROW YOUR OWN FOOD WORKSHOPS:

If anyone is interested in hosting a vegetable and herb workshop in their garden for friends, family, neighbours and interested gardeners, I would be delighted to discuss with you. The host or hostess receives a free herb garden consultation valued at over \$500.

Until the next issue, use herbs for every reason.

**NEXT ISSUE: Part 2 – the herb, sorrel; medicinal herbs for colds and flu; gardening tips; Q and A**



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# MERCURY MADNESS

It's time to end the mercury age of dentistry

## Part 3 – Have You Been Mercury Poisoned?

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

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

**Mercury Madness Parts 1 and 2 (TNH Spring 2012 and Summer 2012/13) covered the use of dental amalgam in Australia and worldwide, and its safe removal from the mouth. In this issue, I will provide the information you need in order to establish the extent of your exposure to mercury from ALL sources and take steps to protect yourself and your family against the escalating global levels of heavy metal toxicity.**

Identifying my own mercury exposure was a pivotal moment in restoring my own health. From this experience, I developed a very simple health philosophy for myself and my patients: Firstly, eliminate your toxic exposure, personally and environmentally; secondly, ensure you have optimal cellular nutrition and oxygenation; and finally, enjoy sound, restorative sleep.

### “Do I need to be tested for mercury exposure?”

As early as 1974, the World Health Organisation stated that at least 80 percent of diseases are related to heavy metal exposure. Mercury pollution is relentlessly increasing in air and water, to the extent that there may no longer be any pristine, uncontaminated wilderness areas left on Earth.

### Mercury taint rises

GENEVA: Mercury pollution in the top layer of the world's oceans has doubled in the past century, part of a man-made problem that will require international co-operation to fix, the UN's environment agency says.

A report by the UN Environment Program showed hundreds of tonnes of mercury had leaked from the soil into rivers and lakes around the world.

Communities in developing countries faced health and environmental risks linked to exposure to mercury, the agency said.

The Advertiser, January 12, 2013

## TOXICITY IS A MODERN HEALTH EPIDEMIC

... and mercury poisoning is a health issue that few know how to diagnose, let alone treat or manage. This needs to change.

Mercury is constantly bioaccumulating within our bodies. Whether you are in good health or suspect the possibility of mercury toxicity, I believe it is important to evaluate the extent to which heavy metal exposure may be a (or *the*) cause of health problems now or, potentially, in the future. If you are suffering from one or more of the symptoms or conditions listed below and also in Parts 1 and 2, thorough testing to ascertain mercury levels and monitor detoxification may be very wise, even essential.

### Mercury toxicity can masquerade as the following conditions

Infertility and miscarriages; fatigue and mental exhaustion; enlarged tonsils, post nasal drip; metallic taste, bleeding gums, bone loss around teeth; food intolerances, multiple chemical sensitivities and allergies; autoimmune conditions such as inflammation of the joints and gastrointestinal system; lupus, multiple sclerosis, Sjögren's syndrome, Crohn's disease, thyroid problems; skin conditions such as cellulite, eczema and psoriasis; kidney, liver, lung and cardiac disease; neurological/psychological problems like insomnia, short term memory loss, anxiety/depression, autism, Alzheimer's disease and dementia; movement disorders such as tremors, Parkinson's disease, motor neuron disease and numbness in the limb extremities.

### Mercury poisoning starts here

Mercury has been proven to be a reproductive and developmental toxin in humans. It crosses the placental barrier and is readily transmitted during breast feeding. The baby's detoxification systems will not be developed for many years after birth, which is why mercury is commonly found in the foetus at higher levels than in the mother and why our children are the most vulnerable population for mercury toxicity. Antibiotics (especially penicillin) are potent chelators for heavy metals. Taking them during pregnancy will shower the developing baby with mercury, and could cause spontaneous abortion or birth defects. On the father's side, it is documented that even very low levels of mercury exposure can cause an almost unbelievable array of health problems, including damage to sperm, genetic mutations and infertility.

The quickest way to reduce the body's burden of mercury is to have amalgam

fillings safely removed (before, *not during*, pregnancy) and to stop eating fish and sea produce. Supervised detoxification for both prospective parents is advised for 3 – 6 months prior to conception.

**Beyond genetic inheritance, gestation and lactation, the many sources of mercury exposure throughout life are equally unrecognised, ignored and frightening.**

## SELF-ASSESSMENT QUESTIONNAIRE

### 1. Do you or did you, or your mother, live or grow up in an area with high levels of mercury in the air?

These will be in the fall-out zones of crematoria, industrial coal stations, chemical plants, burning at dump sites and historical gold mining towns. Other hotspots are rural areas using mercury-based fungicides or pesticides, bushfire districts, active geothermal/volcanic regions and houses that were dental clinics.

### 2. Did you or your mother ever have mercury amalgam fillings placed in your/her teeth? Did you or your mother have amalgam fillings removed unsafely?

In 2010, the FDA found that 120 million Americans were over the daily 'safe' dose of mercury from amalgam fillings. Autopsies and animal experiments have shown higher levels of mercury in the tissues of humans and animals with amalgam fillings.

### 3. Were you breastfed?

The more maternal dental amalgam fillings, the higher the concentration of mercury in umbilical cord blood and breast milk. Fish consumption will increase the levels. One day breastfeeding may be deemed detrimental to your baby if environmental mercury levels are not reduced.

### 4. Have you been vaccinated or used mercury containing medical products?

Many vaccinations use the preservative known as *thimerosal* (or *thiomersal*), a form of ethylmercury, yet the World Health Organisation is *still* advocating its use. Most veterinary vaccinations also contain it, which might account for gum disease and kidney problems in many cats and dogs.

Mercury is used as a preservative or biocide/fungicide in literally HUNDREDS of everyday pharmacy items, including contact lens

solutions, throat lozenges and contraceptives such as creams and lubricated condoms. The word mercury doesn't appear on the label because it is assumed that 'everyone knows' it's in the product. In reality, this fact is far from being common knowledge, as are the widespread dangers of mercury, not to mention the specific risks of sterility, infertility and permanent damage to future babies from using a bioaccumulative poison in the genital region while engaging in so-called safe sex.

### 5. Do you eat fish more than three times a year or take fish oil supplements?

In Sweden, three fish meals per annum is the upper limit recommended for women who want to have children and prevent neurological damage to their babies. Fish, sea crustaceans, sea salt, seaweed and fish oil supplements all have elevated levels of mercury, yet fish and fish oils are naively regarded as good for us. Unless the fish oil manufacturer guarantees mercury removal by distillation, I would not recommend this supplement. With whole fish, the smaller the better, to avoid the bioaccumulation higher up the food chain. Feeding your cat tinned fish day after day will poison your precious pet.

Another source, **high fructose corn syrup**, which is detrimental enough on its own, is manufactured in large mercury lined vats.

### 6. Do you work with or manufacture mercury containing products?



The ideal dental protection apparel during mercury amalgam removal.

In the past, gold and silversmiths and felt hat makers, who all constantly inhaled poisonous mercury fumes, got very sick, went mad and died young. Our modern day equivalents are small scale gold miners and members of my own profession. A 1996 study found that dentists had a suicide rate six times higher than for other professionals in the same socio-economic group. This is usually attributed to the stress of causing pain and being feared by patients, but another, overlooked factor is evidenced by brain autopsies that reveal massive amounts of the neurotoxin mercury. Contaminated worksites and certain manufacturing and disposal industries are other high risk areas (see question 1).

### 7. Have you been exposed to elemental mercury?

Has a fluorescent bulb, thermometer or mercury containing device broken in your presence? Did you 'play' with mercury in the school science lab?

Mercury is used in the production of many household products, but the most ubiquitous is the energy saving light bulb, containing 6 – 12g of elemental mercury. If broken, there is major exposure and the mercury will reside indefinitely in the area, especially in carpet. The general public lacks the information and materials to deal with this common hazard. Landfill is full of mercury, which results in massive amounts of methylmercury entering the environment. The number one polluter is light bulbs. Very disturbingly, many premature baby humidicribs are equipped with mercury filled thermometers.

### 8. Have you ever used mercury containing cosmetics or hair dyes?

Mercury may be found in skin lightening creams, mascara, lipstick, rouge and the red/brown/black pigments in some hair dyes. Hair dryers vaporise the mercury.

### 9. Have you ever had a tattoo or had one removed?

The red pigments in tattoos are created from mercury, which is, therefore, needled into the skin. During removal, therapist and client will inhale mercury vapour.

## Hair Tissue Mineral Analysis

# Nutrient and Toxic Element Testing



## Don't play a guessing game with your health!

Are toxic or heavy metals like mercury or lead affecting your health?

Are you Calcium, Magnesium, Zinc or Iron deficient?

Which vitamin or mineral supplements, if any, would benefit you?

### Why test for minerals

Minerals are essential for growth, healing, vitality and wellbeing. They provide structural support in bones and teeth, muscle contractions and enzyme functions. Minerals participate in almost every metabolic process.

### What is a Hair Tissue Mineral Analysis?

Hair Tissue Mineral Analysis (HTMA) is an analytical test that measures the mineral composition of hair. It is regarded by many doctors, naturopaths and nutritional therapists as one of the most valuable screening tools.

Don't play a guessing game with your health. Ask your practitioner for a HTMA from InterClinical Laboratories; the leaders in tissue mineral analysis pathology. Or alternatively, contact InterClinical direct:

Unit 6, 10 Bradford Street Alexandria NSW 2015

P: +61 2 9693 2888 F: +61 2 9693 1888 E: lab@interclinical.com.au

[www.interclinical.com](http://www.interclinical.com)



## InterClinical Laboratories

The Leaders in Hair Tissue Mineral Analysis

**So many people are unaware of how frequently or constantly they are exposed to mercury. Your answers should indicate whether you have reason to be concerned about your lifelong exposure and the possibility of toxicity, even though you may feel fine right now. It's an essential health practice to identify and deal with contaminants.**

My life was transformed by an enlightened naturopath who diagnosed my own mercury toxicity from a Hair Tissue Mineral Analysis. Similarly, when my sister was diagnosed with renal failure at the age of nine and given less than three months to live, it was a naturopath's sound advice to detoxify her body of heavy metals that healed her.

## **TESTING: ACCURATE MEASUREMENT AND MANAGEMENT**

The quest for health can be bewildering, wasting precious resources of time and money. Testing provides objective data and, if mercury poisoning is diagnosed, allows you to target and decrease your toxic burden by way of a definitive management plan. Subsequent testing will evaluate the effectiveness of detoxification and nutritional solutions.

Professional expertise is required for the interpretation of the test results and it is essential to consult a practitioner who has undergone specific training in heavy metal and mercury toxicity. The laboratories listed under 'Testing Services' (next page) may be able to give you names of such naturopaths or integrative medical doctors in your area.

Mercury concentrates in many organs, but it is not practicable to conduct tissue biopsies in order to assess mercury levels. Instead, the *excretion* of mercury is measured as an indicator of possible body stores/bioburden.

## **Hair Tissue Mineral Analysis (HTMA)**

Hair is the tissue of choice for detection of recent (i.e. up to three months) exposure to toxic metals such as arsenic, aluminum, cadmium, lead, antimony and mercury. These elements are incorporated permanently into the hair, where they may be 200 – 300 times more concentrated than in blood or urine. Mercury that is excreted in hair is both methyl and inorganic mercury. If head hair is dyed, permed or lacking, pubic hair or nail clippings can be tested instead. Interestingly, baldness and hair loss in both men and women can indicate mercury toxicity. This test is ideal for pregnant women and infants.

HTMA also evaluates the levels of nutrients such as magnesium, chromium, zinc, copper, sulphur and selenium, which are used in thousands of chemical reactions essential for the structure, growth, healing, vitality and

wellbeing of our bodies. Supplementation may be recommended and this will facilitate detoxification. If there is a history of mercury exposure but no mercury is excreted in the hair, this means that the person is binding mercury and will have impaired ability to detoxify naturally. Further investigation of genetic profiling would be recommended.

## **Comprehensive Urine Elements Profile (CUEP)**

This test assesses the retention of heavy metals in the body and also the status of essential nutrient elements. Urine is collected over 24 hours to provide a baseline of excreted inorganic mercury from the kidneys (the sources being amalgam fillings and vaccinations). A pharmaceutical chelation agent (either intravenous DMPS or oral DMSA) is then administered, followed by another 24-hour collection phase. This is called a 'challenge test'. There are limitations: organic methylmercury is not measured; it is best not done while amalgam fillings are still present in the mouth. Nutrient elements may also be excreted and supplementation will be ordered to prevent deficiencies.

## **Porphyryns**

Specific urine porphyrin profiles are associated with high level exposure to mercury, arsenic, lead and some toxic chemicals. This test may be ordered in conjunction with CUEP if fatigue is a symptom.

## **Blood**

This is the standard pathology test used for checking on a recent mercury exposure, e.g., eating contaminated fish or breathing in mercury after an accident. It will provide a measure of methylmercury but it is NOT a measure of body stores. Elevated blood mercury levels without a recent event means that the ability of the tissues to store mercury has been exhausted. This is a critical situation and medical chelation is needed.

## **Faeces**

This test is used to establish the excretion of dietary sources of mercury (both inorganic and organic) via the natural route of toxic metal elimination from the body. The major source of dietary mercury is dental amalgam fillings. The faecal metals test provides an alternative to CUEP where urine collection is problematic or chelation agents are not tolerated. Faecal mercury levels are highly correlated to the number of amalgams in the mouth. The levels for people with dental amalgams are remarkably similar from day to day and approximately ten times higher than in people who do not have mercury amalgams.

## **RELATED TESTS**

### **MELISA® (Memory Lymphocyte Immunostimulation Assay)**

This simple blood test will determine if you are hypersensitive ('allergic') to certain metals, the most common being nickel and mercury. It is important to make a distinction between allergy and toxicity. The former requires only a minute amount of allergen (bee venom, peanuts, etc) to trigger a pathological reaction, whereas with the latter there is an accumulation of toxin that eventually exceeds the cellular capacity to remain healthy.

If you react to metal jewellery, you need this test and definitely should not have any metal implanted in your mouth or possibly other body parts. The constant immunotoxicological stimulation from the metals used in dentistry will increase your risk of autoimmune disease later in life.

### **DNA Testing (Nutrigenomics/ Toxicogenomics)**

Our bodies have been preprogrammed to deal with environmental toxins and heavy metal exposure, such as mercury from volcanic eruptions, bush fires and eating fish. However, at least 85 percent of the world's population has a genetic tendency to accumulate mercury in their tissues because of impaired excretion through the blood-brain barrier. In addition, at least 50 percent of Caucasians and 80 percent of Asians will not have one or more of the eight gene classes that allow mercury to bind to glutathione for excretion.

**Gene function reduces with age. Therefore we are accumulating more toxins, but losing our ability to detoxify. Is it any wonder that neurodegenerative diseases like senile dementia and Alzheimer's present later in life? These conditions are NOT inevitable. They may be preventable via early identification of familial risk and genetic vulnerability, and then by making the SMART decision to implement specific nutritional and lifestyle interventions based on your individual genetic blueprint.**

## **FUTURE ISSUES**

### **Mercury Detoxification; Mercury Pollution of our Environment**

Dr Lisa Matrister is a Melbourne dentist and founder of the Australian chapter of the World Alliance for Mercury Free Dentistry.

## Australians for Mercury Free Dentistry: BREAKTHROUGH!

In January 2013, governments of the world convened in Geneva for the final session of the United Nations Minamata Treaty. Australians for Mercury Free Dentistry is a member of The World Alliance for Mercury Free Dentistry and our persistent dedication to this important issue has yielded results. In less than two years, we have seen our Australian Government reverse its position from wanting to have mercury amalgam excluded from these treaty talks to acknowledging that it is a source of harmful mercury exposure and a toxic environmental pollutant.

**There is now a global mandate that continued use of mercury amalgam in dentistry be regulated and reduced.**

I believe that Australians want to be protected from continued mercury exposure and no longer want to have dental amalgam implanted into their mouths or their children's. As founder of Australians for Mercury Free Dentistry, I recommit to fulfilling the objectives of our organisation, one of which is to educate the public about the harm that mercury from dental amalgam causes.

By supporting the Australians for Mercury Free Dentistry campaign and its objective that mercury amalgam be phased out by 2018, you have the opportunity to make a significant contribution to changing the dental health policy of our nation and reducing global mercury pollution. Remember that 2013 is an election year, in which the government will be particularly sensitive to the collective voice of Australian voters.

### Say NO to mercury!

1. Go to [www.mercuryfreedentistry.com.au](http://www.mercuryfreedentistry.com.au) and register as a member to show your support to end the mercury age of dentistry.
2. Register your protest to the Australian Government for allowing the continued use of mercury amalgam.
3. Contact the Australian Dental Association, the Australian Dental Industry Association and the Australian Medical Association to request that they support a phase-out of mercury amalgam by 2018 to protect dental health care workers and the Australian public from continued mercury exposure.
4. Contact all dental health care workers and medical practitioners you know to explain why they should support a phase-out.
5. Contact the Australian manufacturer of amalgam, Southern Dental Industries, to demand the cessation of amalgam production and export before 2018.
6. Donate to support the work of our volunteers by boosting our resources and effectiveness.
7. Become a district leader for our national campaign.

#### The Australian Chapter of the World Alliance for Mercury Free Dentistry

[www.mercuryfreedentistry.com.au](http://www.mercuryfreedentistry.com.au)  
[info@mercuryfreedentistry.com.au](mailto:info@mercuryfreedentistry.com.au)

Telephone: 03 9939 9932  
Fax: 03 9078 0397



### Testing Services

[www.interclinical.com.au](http://www.interclinical.com.au) – Hair Tissue Mineral Analysis (HTMA)

[www.researchnutrition.com.au](http://www.researchnutrition.com.au) – wide range of testing, including blood, urine, faecal, nutritional, HTMA

[www.smartdna.net.au](http://www.smartdna.net.au) – wide range of DNA/genomic testing

[www.dorevitch.com.au](http://www.dorevitch.com.au) – MELISA® testing

[www.melisa.org](http://www.melisa.org) – Memory Lymphocyte Immunostimulation Assay

### Sources and Further Reading

[www.mercuryfreedentistry.com.au](http://www.mercuryfreedentistry.com.au) – Australians for Mercury Free Dentistry

United Nations Environment Programme's 2013 publication, 'MERCURY: TIME TO ACT'

[http://www.unep.org/PDF/PressReleases/Mercury\\_TimeToAct.pdf](http://www.unep.org/PDF/PressReleases/Mercury_TimeToAct.pdf)

<http://www.scribd.com/doc/56000751/An-NGO-Introduction-to-Mercury-Pollution>

[www.acnem.org](http://www.acnem.org) – Australian College of Nutritional and Environmental Medicine

[www.aima.net.au](http://www.aima.net.au) – Australasian Integrative Medicine Association Inc.

<https://iaomt.org/understanding-risk-assessment-mercury-dental-amalgam/>

<http://www.mercuryexposure.info/science/risk-assessment>

<http://www.dentalwellness4u.com/mercurydetox/testformercury.html>

<http://www.oasisadvancedwellness.com/health-articles/2008/05/debate-over-hazardous-vaccine-side-effects-continues-in-court.html>

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# From Dr Mercola

**Dr Joseph Mercola is a licensed osteopathic physician in Illinois USA. He has been practising natural medicine since 1990, and believes that most orthodox medications provide only temporary relief at best, and he seeks to treat the whole person, not just the symptoms.**

**Dr Mercola issues regular free newsletters. His website is [www.Mercola.com](http://www.Mercola.com). The following are some items summarised from recent newsletters.**

## A SUPERSTAR ENDORSES BAD LIFESTYLE CHOICES

9<sup>th</sup> January 2013

Food and beverage companies spend around \$2 billion a year promoting unhealthy foods to kids, and celebrity endorsements make parents' responsibility with food much more difficult.

The latest example is that of Beyonce, who has just signed a \$50 million deal with Pepsi as its global brand ambassador.

Beyonce's new Pepsi deal has earned her a lot of criticism, which can be seen as a sign that the tide is finally turning. People seem to be getting sick and tired of role models who don't act like role models.

A magazine wrote, "Fans view the campaign as a momentous accomplishment for the singer, while others chide Beyoncé for supporting a sugary-soda brand which is a health affront to many American consumers."

## WHEN IT COMES TO BACTERIA, THINK FERMENTED FOODS

31<sup>st</sup> December 2012

We have become germophobic, attempting to sterilise ourselves and our children into a sealed bubble. But we live in a world of microorganisms – bacteria, viruses and fungi – and our lives depend on *living with them*, rather than avoiding them.

Our gut is home to approximately 100 trillion bacteria, mostly good and some bad, and maintaining the ideal balance between these sets the foundation of health – physical, mental and emotional.

While a few members of this microscopic zoo can wreak havoc, most are good, helping to digest our food, strengthening our immune systems, and even helping to prevent autoimmune diseases like asthma, allergies and diabetes.

Besides avoiding unnecessary antibiotics, balancing our gut flora is vital for health. This requires 're-seeding' the gut with probiotics and naturally fermented foods.

Fermented vegetables are teeming with good bacteria and essential enzymes and are easier to digest than raw or cooked vegetables. Cultured foods help to alleviate digestive disorders, strengthen immunity, help pregnant and nursing mothers transfer beneficial bacteria to their infants, and regulate appetite (and weight) by reducing sugar cravings. Fermented foods are excellent chelators, and their bacteria are potent detoxifiers, capable of drawing out a wide range of pesticides, heavy metals and other environmental toxins.

Commence fermented vegetables eating very small amounts and work your way up to about a quarter to a half cup a day.

## NEWEST DIABETES DRUG CAN INCREASE CANCER RISK

20<sup>th</sup> December 2012

Studies of the newest best-selling drug for diabetes, *Januvia*, have implicated it as a cause of different cancers.

Acknowledged side effects of *Januvia* and *Janumet*, include anaphylaxis and acute pancreatitis, both of which can be lethal.

This new class of drugs inhibits an enzyme that is a tumour suppressor. Studies have shown that suppressing this enzyme allows cancer cells to proliferate. None of the safety studies on *Januvia* addressed its impact on tumour growth.

Drug companies like Merck could make massive amounts of money from these dangerous drugs while cancer slowly and quietly grows in patients taking them.

These drugs should never be used as they fail to treat the cause of the disease. A healthy eating plan will radically improve, if not completely resolve, diabetes

## RECENT BLOCKBUSTER DIABETES DRUG CAN INCREASE RISK OF HEART ATTACK

20<sup>th</sup> December 2012

Unlike the US FDA, British regulators ruled that the benefits of the diabetes drug, *Avandia*, no longer outweighed the risks, and so in September 2010 they told 90,000 British diabetes patients to stop taking it. At the same time, the US FDA restricted access to

*Avandia*, but didn't take it off the market.

A US Senate Finance Committee report asked why the FDA allowed a clinical trial of *Avandia* to continue even after the agency estimated that the drug had caused approximately 83,000 heart attacks between 1999 and 2007.

In 2007 the *New England Journal of Medicine* linked *Avandia* to a 43 percent risk of heart attack and a 64 percent increased risk of cardiovascular death compared to patients treated with other methods.

Last year, GlaxoSmithKline agreed to a record-breaking \$3 billion settlement over the sales and marketing practices of several of its drugs, including *Avandia*. *Avandia* was found to be profoundly dangerous, a fact hidden by GSK for over 10 years, as they knew it would adversely affect sales.



### VITAL INFORMATION ON PROSTATE PROBLEMS

#### A THREAT OF MEDICAL COMPULSION

I understand that Australia is a secular democracy with a constitution which prohibits forced medical procedures and mass medication. Therefore, I am deeply disturbed to learn via GP contacts that there is a government committee drafting legislation to mandate vaccination as is the case in the USA.

I presume that lawyers will be working on setting up a multi-million-dollar vaccine damage compensation fund. I have studied vaccine damage for twenty years since I went down with bone cancer which I later found was directly attributable to polio vaccines contaminated with monkey viruses, two of which I have in my system. I cannot get tested for the worst one, SV40, as this is only done in the USA.

Why, I wonder. I am one of the millions of Australians who choose to stay healthy without vaccines. I became severely ill as a child and teenager every time I had a jab. I know many children who suffer in the same way.

Therefore, I and many other people would like to be assured that no such compulsory agenda is being pushed onto this country, no doubt due to pressure from the World Health Organisation, which, in my opinion, is just a marketing arm of the giant pharmaceutical industry.

We have a right to choose whatever healthcare we feel comfortable with, whether it be orthodox or alternative, and I feel sure that the vast majority of Australians would want it to stay that way.

Alex Hodges, Birdwood SA  
14-11-2012

## Are you an Emotional Eater?

**From Sandy Brocking**  
**Posted 15th November 2012**

**Next time you want to drown your sorrows in chocolate or whatever, read this first ...**

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than 80% of the world.

If you have money in the bank, a few dollars in your pocket and spare change in a dish somewhere, you are among the top 5% of the world's wealthy.

If you woke up this morning with more health than illness, you are more blessed than the two million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation, you are better of than one billion people in the world.

If you attend church or can practise your faith without the fear of harassment, arrest, torture or death, you are more blessed than 3.5 billion people in the world.

If your parents are still alive and still married, you are somewhat rare, even in Australia.

If you can hold your head high with a smile on your face and be truly thankful, you are blessed because the vast majority of people can, but most choose not to do it.

If you can hold someone's hand, hug them, kiss them or even touch their shoulder, you are blessed because you offer a healing touch.

If you can read this message, then you have just received the double blessing that someone was thinking of you and you are more fortunate than over one billion people in the world who cannot read at all.

Have an amazing day, breathe deeply, smile, love and be thankful for all that you have.

*I found this philosophy from Nova Scotia on one of my favourite blogs.*

*Take care of yourself and your body*

## FAST-FOOD JACKS UP TEENAGERS' ASTHMA RISK

Children and teenagers who eat more than three servings of fast food a week are at increased risk of severe asthma, eczema and rhino-conjunctivitis, according to a large international study of 319,000 children.

Three or more servings of fast-foods, such as burgers, increase the risk for severe asthma by 39 percent in teenagers and 27 percent in younger children.

Fruit has a protective effect, and a child is less likely to suffer from asthma the more fruit he or she eats.

**Source WDDTY,**  
**17th January 2013**

## Classifieds

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# FOOD FOR FEELING GREAT

## PART 7 - Extras - Some Goodies, Some Baddies

By Roger French

This is the final part of a series covering all the common food items in their categories. Part 7 covers food items which did not fit directly into any of the major food categories that were covered in Parts 1 to 6.

For quick reference, the earlier parts were as follows:

**Part 1 – Fresh Fruits, *True Natural Health* Spring 2011 issue;**

**Part 2 – Fresh Vegetables, *Summer 2011/12* issue;**

**Part 3 – Protein-Rich Foods, *Autumn 2012* issue;**

**Part 4 – Starchy Carbohydrate Foods, *Winter 2012* issue;**

**Part 5 – Sugary Carbohydrates, *Spring 2012* issue;**

**Part 6 – Concentrated Fats, Oils, *Summer 2012/13* issue.**

In Part 7 we cover drinks, condiments, sea kelp, garlic, spreads, confectionery, food additives and nutritional supplements.

Some of these items are highly constructive to health and wellbeing, while others are destructive to health – as explained.

## DRINKS

### Water

Thirst is nature's way of telling us how much water we need. However, the thirst mechanism has usually been distorted by the taste of coffee, soft drinks, etc, and the 'busy-ness' of our lives, where we don't even notice the desire for water. Therefore, it seems wise to err on the side of drinking too much rather than too little.

Our water requirements vary greatly. They are increased by:

- Vigorous physical activity;
- Hot, dry weather;
- High-fibre diet, especially if much of it is soluble fibre;
- High caffeine and alcohol intake, as these are diuretics;
- A diet high in concentrated foods (almost every food other than fruit and vegetables);
- High altitude.

The usual recommendation of eight glasses

a day of pure water may suit some people, although some of us find it difficult to fit that much water into a day. At times this quantity may be excessive and at other times, like hot dry days when we're active, we may require much more. If we consume a lot of fruit and salads, which are all high in water, we need to drink less. Eating one-and-a-quarter kilos of fruits and veggies in a typical day provides us with over a litre of pure water. It does seem ridiculous to give a flat recommendation for quantity of water, regardless of climate, temperature, body size, diet and so on.

On the other hand, if we drink too little water, we become dehydrated, often without realising it. Early signs include headache, fatigue, loss of appetite, flushed skin, heat intolerance, light headedness, dry mouth and eyes, burning sensation in the stomach and dark urine with a strong odour.

The bottom line is, the best approach is to listen to your body and ensure it is adequately hydrated.

Water purity is a critical factor because the quantities we consume are relatively great. If there are impurities, their amounts will also be great. Tap water contains chlorine, fluorine, often aluminium and possibly other impurities. In large amounts, these chemicals can have significant adverse effects.

The ideal water is spring water, which contains useful minerals. For most of us the options are bottled water, rainwater if pure, filtered tap water or distilled water (which uses a lot of electricity). Buying bottled, purified water can be OK provided the brand is reliable and free of fluoride. Tank water is fine, provided your home is located well away from industrial areas, traffic concentrations or pesticide spraying in country areas.

A home filter will provide pure water if it employs the *reverse osmosis* method, which removes very high levels of virtually every impurity. The very low cost *activated carbon* filters remove chlorine but not fluoride or aluminium compounds.

Bottled water is going out of favour because of the disposal problem of the mountains of discarded bottles and the fact that if the plastic is polycarbonate resin ('7' in a triangle on the bottom of the bottle), the water can be contaminated with oestrogen-mimicking BPA (bisphenol A).

When is it best to drink? The long-term view of Natural Health is that drinking any fluid with meals interferes with digestion and is better avoided. Whether it is water, fruit juice, soft drink, tea, coffee, alcohol, etc, the fluid dilutes the digestive juices and impedes digestion. If the fluid is very hot or very cold, this further impedes digestion. (See 'Food Combining' page 4 in this issue.) It is best to drink at least an hour before meals or 2 – 3 hours afterwards.

### Mineral water

Carbonated mineral water is pleasantly refreshing and provides a safe alternative to alcohol at parties.



However, it is possible to drink too much mineral water because of the acidity associated with the fizziness. 'Carbonated' means that carbon dioxide has been pumped into the water, forming carbonic acid and being held there by the pressure in the bottle. This acid could excessively increase the acidity of the stomach, and, with prolonged consumption, cause the breakdown of calcium in the body, resulting in weak tooth structure and contributing to osteoporosis.

The high inorganic mineral content could risk kidney or bladder stones and aggravate conditions like arthritis or atherosclerosis. A high sodium content – more than around 80 ppm – is something to beware of.

Sparkling mineral water is a classic case of a little may be safe, but a lot may be harmful. An estimate is that a glass a day could be harmless for most of us, but a bottle a day could be risky. And mineral water does make an excellent alternative at a party.

## Soft drinks

Carbonated water plus refined sugar and artificial colourings and flavourings, and caffeine in some cases, constitutes soft drink (in America, 'soda'). 'Diet' soft drinks replace the sugar with artificial sweeteners, the most common being aspartame, which some nutritionists believe to be far more harmful than refined sugar.

Because soft drinks can be swallowed in large quantities without the need for chewing, they can pour relatively vast amounts of sugar into the body, that is, sugar which contains zero minerals and vitamins. Metaphorically speaking soft drink could be labelled 'liquid diabetes'.

Mineral water is a far safer option than soft drinks.



## Soy milk, rice milk, oat milk, almond milk

These 'milks' are not milk, but components of soya beans, rice, oats or almonds dissolved in water. Their nutritional merits reflect those of the seed that they are made from.

Because soya beans are very rich in nutrients, there is little doubt that soya milk is a beneficial food in small quantities. These beans are packed with minerals, vitamins and plant oestrogens (phyto-oestrogens) at very high levels compared to other foods.

But be sure to purchase soya milk made with whole beans and not soy isolate, which is the extracted protein and lacks a lot of the minerals and vitamins. In the ingredient list look for "Water, whole soya beans ...etc." If you want to 'buy Australian', a number of local brands are readily available.

Large intakes of soya products can be detrimental to health, so they should be consumed only in moderation. Asian peoples who use soya products widely don't consume large amounts. They have small quantities, typically no more than around 100 – 120 grams of beans per week. In terms of the milk, a rough guide would be one glass a day at the most.

For infant feeding if mother's milk is not available, soya formula is a poor food due to digestive difficulties and high aluminium content, according to Dr Judy Ford of Queen Elizabeth Hospital in Adelaide. Soya formula is probably the last resort for an infant allergic to cows' milk.

## Fruit and veggie juices

These are excellent sources of minerals, vitamins and pure water, as well as being refreshing. But fruit juice quantities need to be in moderation.

Vegetable juices are so high in minerals

and vitamins, with no significant amount of fat, protein or carbohydrate, that they are like a mineral and vitamin cocktail, the ideal supplement. Exceptional nutrition is provided by consuming the juices of a range of veggies, including the green, red, yellow and blue/purple varieties such as spinach, silverbeet, purple kale, celery, parsley, broccoli, cabbage, carrot, beetroot and any others that are palatable in juice and in season. Juicing releases much more of the nutrients from the veggies than does chewing.

Fruit juices have a natural sugar content well balanced with minerals and vitamins. The sugar ranges from about 6% in watermelon juice to around 15 – 18% in grape juice. Remember that fruit juices are part water and part food, so limit the quantity consumed and make allowance by eating less of other foods.

Fruit and veggie juices, especially veggie juices, are highly alkali-forming and ideal for combating the acidity that is par for the course for most Australians.

Outstanding among the juices are wheatgrass juice and barleygrass juice, both being exceptionally high in minerals and exceptionally alkali-forming. They are rich sources of potassium, magnesium, calcium, iron, zinc and vitamin C. According to the prominent nutrition firm, Melrose, these grasses are free of gluten. The well known Anne Wigmore, of the Hippocrates Health Institute in Boston, 'immortalised' wheatgrass juice as being strongly anti-cancer.

Juices made from organically-grown fruits and vegetables are far superior. Home-extracted is best because all packaged juices have been preserved by pasteurisation, whether or not preservative-free, and this destroys the enzymes and life-force.

When buying juice, look for 'pure' as in 'pure apple juice', indicating that there is juice in the container and nothing else (although refined sugar may be used to bring the sugar content up to its 'normal' level). The word 'drink' as in 'apple juice drink' means that water and refined sugar have been added, and often comprise three-quarters of the contents.

## Herbal teas

These are the ideal hot drink as they are refreshing and often nutritious. Many contain antioxidants naturally and are also therapeutic.

One of the advantages of herb teas over ordinary black tea is their freedom from caffeine. Green tea and

white tea do contain caffeine, but they also contain catechins which are beneficial antioxidants.

Peppermint tea is a digestive aid, while lemon grass is refreshing and high in carotenes. Chamomile tea is calming and good for inducing sleep. Rosehip is exceptionally rich in vitamin C, while red clover tea is good for the liver and for blood cleansing. Sage tea is particularly therapeutic for rheumatic complaints, strengthening brain and heart, and quickening memory. Ginseng is believed to regulate the hormonal system and act as a mild stimulant without being followed by depression, as occurs with caffeine and other stimulants. Ginseng also promotes mental functions including memory, but should not be consumed if there is high blood pressure.

Some herbal teas should not be used during pregnancy. They include juniper, pennyroyal, raspberry, sage and yarrow. Russian comfrey contains toxic alkaloids and is better not used as a tea.

## Cereal 'coffees'

The ingredient list of a typical cereal 'coffee' says roasted barley, rye, chicory and perhaps beetroot. Dandelion is based on dried dandelion root, which is a tonic for an overworked liver and the kidneys. The complete freedom from caffeine, theobromine and other undesirables found in coffee is a substantial health benefit.

Other health benefits are minor because the roasting process that makes them instant destroys much of the nutrition, although no doubt some heat-resistant nutrients will still be intact. Chicory is included because it is a liver tonic.

On the score of caffeine alone, replacing coffee with a caffeine-free beverage is something that body and mind will greatly appreciate.

## Alcohol

Many primitive populations, such as the Hunzas, indulged in very moderate drinking of alcohol and still had great health and longevity. However, unlike us, they had few other lifestyle vices.

While many people thoroughly enjoy their occasional or regular glass of alcohol – and we don't want to spoil their fun! – the fact is that alcohol is a toxic substance and unless the person is extremely healthy or the consumption very moderate, damage is likely to eventually result.

The New South Wales Cancer Council reported in 2009 that excessive alcohol is associated with increased risk of cancers of the mouth, pharynx, larynx, oesophagus, colo-rectum in men and breast in women. Alcohol probably also increases



the risk of liver cancer. In women the risk of breast cancer increases significantly with three to four standard drinks a day.

Brain damage can result from just three standard drinks a day, four days a week. If eight or more are consumed daily for 10 years, the person is very likely to suffer brain damage. Short-term memory is affected, with the drinker typically being unable to recall what happened a few moments ago and unable to organise even the simplest of tasks.

For a pregnant woman, as few as four drinks a day can cause the child to be permanently and severely handicapped. 'Foetal alcohol syndrome' is a slight risk when the mother consumes as little as one drink a day, and the child is slightly more likely to develop leukaemia if the mother drinks just one or two glasses a week during the last six months of pregnancy.

The bottom line with alcohol is its effect on the liver. The livers of many people are already burdened with processed foods and toxic chemicals, and the last thing they need is an additional burden. Heavy drinking can cause structural damage to the liver, *cirrhosis*, which may eventually be fatal.

A 'consolation prize' is that alcohol in the form of red wine contains significant levels of powerful antioxidants – *anthocyanins* and *resveratrol* – which reduce the risk of heart disease and stroke.

## CONDIMENTS

### Salt

Salt is a powerful irritant – put a pinch on the tongue or a wound and feel the sting!

In Australia, our high salt intake provides far too much sodium, which upsets the natural balance between sodium and potassium. Every single natural food contains much more potassium than sodium, yet Australians consume on average around five times as much sodium as potassium. The consequences can include fluid retention, high blood pressure, hardened arteries, kidney damage and arthritic tendencies. Using unrefined salt is a safer alternative.

Table salt is available in a variety of forms – refined table salt, rock salt and unrefined sea salt.

**Refined salt** is the widely used table salt. It is commonly obtained by evaporation of sea water by sunlight, which is refined to produce pure sodium chloride. Processors normally add anti-caking agents that make it free-flowing, such as sodium aluminosilicate or magnesium carbonate. The aluminium compound is one that we want to avoid.

**Rock salt** is mined underground from deposits formed by the evaporation of

ancient salt lakes. It is then refined to produce pure sodium chloride, to which anti-caking agent would normally be added.

**Sea salt** tends to imply unrefined, but the discerning buyer needs to check that it actually is. Unrefined salt contains a wide variety of minerals, reflecting the range that occurs naturally in sea water.



An unrefined sea salt with a high reputation for freedom from pollutants is *Celtic sea salt*. This has been harvested from the salt fields of Brittany, France, which are protected sites to ensure purity. The French Ministry of Agriculture has certified Celtic sea salt to be organic. It supplies 24

minerals that are essential for us, including abundant iodine for normal thyroid hormone production.

*Himalayan crystal rock salt* is claimed to be the cleanest, most pristine salt available on the planet – and it probably is. The salt was sun-dried from oceans millions of years ago, and then under tremendous pressure and heat, the salt crystals were produced. The salt is pristine, unrefined and clean. It is also believed to contain all the minerals needed by the human body.

The salt range is located at the foothills of the Himalayan Mountains in Pakistan.

It is important to know whether sea salt is contaminated with the most toxic pollutant, mercury, which is present in sea water in its organic form, *methylmercury*. The most common effect of this chemical is damage to our central nervous system, including the brain.

Investigators say that Himalayan rock salt is completely free of mercury. When Celtic Sea Salt was analysed by a specialist laboratory, the level of mercury was either non-detectable or well under the published safe limit specified by Codex. Ordinary sea salt could have significant levels of mercury; it will depend on the source of the sea salt. It might be wise to consume very small amounts.

### Pepper

Pepper is also a powerful irritant. Its sharp bite and irritant properties are due to an alkaloid called *piperine*, which in large amounts can be harmful. Small amounts are unlikely to cause harm, either short term or long term, and may beneficially stimulate elimination.

Heavy use of pepper may not produce symptoms initially, because any damage is insidious, but when the harm is eventually apparent, it may be substantial.

### Spices and Pickles

Garlic, onion and ginger are good for us, but what about spices such as chilli, mustard, turmeric, fenugreek, cumin, etc.? As with garlic, onion and ginger, a little can be beneficial, but a lot is harmful. Moderation is the key. In small amounts they tend to stimulate elimination and are powerful antioxidants, but with heavy usage, their irritating effects outweigh their benefits, and they can harm the eliminative organs, liver and kidneys.

Stomach cancer is a problem in Japan as a result of the heavy use of pickled foods, and among the Indian Fijians there has been an 'epidemic' of kidney stones from overdoing the spices.

Each spice has its own special attributes:

*Chilli* is good for promoting circulation and digestion. Ask the Mexicans!

*Turmeric* contains a derivative, *curcumin*, which gives turmeric its yellow-orange colour. Chinese and Indians have employed its outstandingly beneficial properties for thousands of years. It is potently anti-inflammatory and antioxidant and, states Dr Joseph Mercola (enews 14<sup>th</sup> September 2011), curcumin has more research backing it as an anti-cancer nutrient than any other nutrient. Curcumin inhibits brain tumours, breast cancer cells and pancreatic cancer cells without affecting healthy cells. It appears that curcumin inhibits the transformation of normal cells to cancer cells and helps the body prevent cancer cells from spreading.

*Cumin*. Cumin and curcumin sound as though they might be the same – and they do have many antioxidant and anti-inflammatory qualities in common – but they are different. Unlike curcumin, which is obtained from the root of the turmeric plant, cumin is a seed-derived spice. The seeds have been used since antiquity to promote digestion and treat flatulence, diarrhoea, toothache and jaundice.

*Fenugreek* helps regulate blood sugar level and is anti-catarhal for respiratory problems.

*Mustard* is a digestive tonic, but only very little should be used at a time. Mustard greens are much better than the seeds because they are anti-cancer, along with the rest of the cabbage family.

*Nutmeg* has made headlines for producing a 'nutmeg high'. One of its constituents, *myristicin*, if ingested in large doses, has mind-altering effects that can last one to two days. However, nutmeg eaten very sparingly does have therapeutic uses. They include: strong antibacterial properties; benefit for the heart; improving



memory; reducing flatulence; combating asthma; relieving toothache; and as an aphrodisiac.

Reiterating, spicing foods *mildly* is probably safe and beneficial. On the negative side, spices may stimulate appetite and overeating. Because they increase the peripheral circulation – which is why curry makes us perspire – they may lower blood pressure, which could be risky if there is already low blood pressure.

## Tamari and miso

Tamari, a pure form of soya sauce, is traditionally made by fermenting soybeans with salt and enzymes in spring water. Some brands use a chemical process, so look for the traditionally made sauce.

Fermenting soya beans dramatically improves their nutritional qualities. It diminishes allergenic reactions, increases the number of essential amino acids, destroys phytic acid and reduces the disruptive plant oestrogens, *genistein* and *daidzein*, which in large amounts tend to be toxic in oestrogen-sensitive tissues and also oppose the thyroid hormone (are 'goitrogenic').

These plant oestrogens are particularly detrimental to fetuses and young infants, who are not meant to be exposed to high levels of female hormones. Unfermented soya products, including soya milk, are most unsuitable for infants.

The belief that soya products must be healthy because Asians use them extensively is misleading. Asians consume only relatively small quantities, and what they do eat has mostly been fermented. As one writer said, the fermentation process turns an otherwise indigestible food into something quite nutritious.

Healthy fermented products include:

- tempeh – fermented whole soya beans.
- natto – traditionally made from soya beans fermented with *Bacillus subtilis*;
- miso – fermented soya bean paste, very salty;
- traditional tamari;

The recommended way to use soya products is in the fermented state as the Asians have been doing for thousands of years – and in small quantities.

## SEA KELP

Sea kelp is a simple plant that absorbs nutrients from sea water through its entire surface. Dried sea kelp contains more than 60 essential vitamins, minerals and trace elements, including virtually all the minerals that our bodies need in an organic form and close to the right proportions. Sea kelp can help compensate for the deficiency of minerals and vitamins in the typical Australian diet.

An outstanding mineral in sea kelp is *iodine*. If this is deficient, we get *goitre* which involves low thyroid function and all the problems of slow metabolism.

Iodine toxicity is rare, but *excessive* iodine intake can interfere with normal thyroid function. Pregnant or nursing women or anyone with a thyroid disorder, especially an overactive thyroid, should check with a health practitioner before taking kelp.

The abundance of sea-kelp in the Japanese diet would be a good part of the reason why the Japanese have been such healthy people, with a level of breast cancer about five to ten times less than for American women.

Kelp has been found to be helpful with headaches, constipation, obesity, indigestion and malfunctions of kidneys, liver, respiratory system and thyroid gland.

If sea kelp comes from polluted seas, *arsenic* can be a problem, so the kelp needs to be harvested from 'pristine' ocean. An all-Australian brand that is harvested from the very clean beaches of Narooma, NSW, was founded by a Natural Health Society member, Betty Long, 35 years ago. It is Sea Health Products, PO Box 108, Narooma NSW 2546. Phone 02 4476 1453 or email [kelp@seahealthproducts.com.au](mailto:kelp@seahealthproducts.com.au). Website [www.seahealthproducts.com.au](http://www.seahealthproducts.com.au)

## GARLIC



Garlic warrants special mention because of the outstanding health benefits it offers. Being a natural, whole food, but highly concentrated, it is more like a natural supplement.

Garlic has heaps of benefits, mostly due to its remarkably high natural sulphur content. In the book, *Garlic the Miracle Nutrient*, Dr Earl Mindell lists the benefits as:

- Is anti-bacterial, and helps the body overcome infection;
- Stimulates the immune system;
- Acts as a decongestant and expectorant;
- Contains substances that help prevent cancer;
- Thins the blood, reducing the risk of blood clotting;
- Tends to dissolve blood clots;
- Lowers blood pressure;
- Helps reduce high blood triglycerides (blood fats).

Dr Mindell reports that garlic is the most powerful agent for preventing blood from becoming sticky, even more powerful than aspirin.

The pungent compound in garlic is a sulphur compound called *allicin*, a highly effective antibiotic. However, there is no allicin in raw garlic, only *alliin*. When garlic is crushed, *alliin* converts to *allicin*, which is garlic's way of protecting itself from microbial attack after injury.

Garlic needs to be consumed in very small amounts. When raw garlic is consumed in large amounts, *allicin* can damage not only bacteria, but healthy bodily cells as well. The harmful effects can include irritation to the mouth, throat and stomach; anaemia; destruction of friendly gut bacteria; reduced absorption of nutrients and impaired liver function.

So how much *raw* garlic is safe to consume on a regular basis? The long-held Natural Health view is a clove or two a day. Harmful effects are likely at around five cloves a day (approximately 25 gm) on a regular basis.

The bottom line is that a little is very good, but too much can significantly add to the load on the liver. One clove a day is believed to be tolerable to the liver for most people.

## SPREADS

### Vegemite, Marmite, Promite

These are very salty spreads and all three are plant based, there are no animal ingredients. Because the quantities used are small, the choice between them is a matter of individual taste.

*Vegemite*. The ingredients have been the same for 80 years, says Kraft. They are:

- Yeast extract from bakers' and brewers' yeasts
- Malt from barley
- Vegetable extract from celery and onion
- Salt (sodium 153 mg average per 5 gram serve)
- Potassium chloride (from a rock source)
- Natural colour – caramel (150, derived from sugar)
- Vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub> and B<sub>9</sub> (folate)

*Marmite* is Australia's original yeast spread. It is manufactured in New Zealand by the Sanitarium Health Food Company, which produces only plant-based foods. Ingredients are:

- Yeast extract (a by-product of beer brewing)
- Sugar
- Salt (sodium approx. 200 mg per 5 gram serving)
- Wheatgerm extract

- Potassium chloride (from a rock source)
- Colour – caramel (150, derived from sugar)
- Herbs
- Spices
- Vitamins: B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, abundant folate and B<sub>12</sub>

Marmite is currently scarce in shops because the Sanitarium factory was damaged by earthquakes in 2011 and had to close for several months, creating a shortage.

*Promite* is a vegetable and yeast extract with a high salt content. Its flavour is milder than that of Marmite, much milder than Vegemite, and sweeter than both due its sugar content. Ingredients are:

- Hydrolysed vegetable protein (HVP)
- Sugar
- Yeast extract
- Water
- Salt (sodium is 242 mg per 5 gm serve)
- Colour (caramel 150C, from wheat)
- Wheaten cornflour
- Glucose (from wheat)
- Emulsifier (glycerol monostearate)
- Food acid (citric acid)
- Added vitamins
- Vegetable gum (carrageenan)
- Spices, herb and spice extracts

Other similar products include *MightyMite* and *AussieMite*,

## Honey

Honey is a very concentrated food, a typical analysis being 82% sugar and 16% water with only traces of minerals, no significant vitamin content and no fibre.

When honey is heated to above 48°C after filtering, its very substantial enzyme content is completely destroyed. Honey that is genuinely 'raw', unheated or 'unfiltered' has not been heated and should have its enzymes, and therefore its *life force*, intact and be much better for us.

Honey is much preferable to refined sugar. Its life force and mineral content apparently give it some capacity to promote healing. For example, it tends to help healing a skin ulcer, but white sugar makes no difference.

A caution with honey is that it is totally unsuitable for newborn babies and infants under about 12 months. Being antiseptic, it can cause havoc to the newly developing friendly gut bacteria.

Speaking of bacteria, one special kind of honey, *manuka*, from New Zealand, has antibiotic properties so powerful that it can destroy a wide range of bacteria including superbugs such as MRSA (Methicillin-resistant *Staphylococcus aureus*) when antibiotics fail. Further, bacteria do not

develop resistance to manuka.

This particular honey is also effective for wounds, cuts, burns, ulcers, insect bites and fungal infections. It is a very therapeutic honey.

## Jam

Jam is fruit, refined sugar, fruit pectin for gelling and water – all 'boiled to death'. With white sugar often being the major ingredient, jam is definitely not a health food.

However, there are on the market 'fruit spreads' made "With no added sugar" and this is a big improvement. The ingredients are typically fruit, apple juice concentrate, pear juice concentrate, pectin, food acids and water.



## CONFECTIONERY

### Chocolate

Chocolate lovers will no doubt have been delighted to hear in recent years that chocolate, despite being loaded with fat and refined sugar, can have some good points. The stuff is so nice that one study revealed that 50% of women prefer chocolate to sex.

Chocolate is made from fermented, roasted and ground cocoa beans. The shelled bean is ground to powder, and the fat is squeezed out of this *cocoa mass* (or *cocoa liquor*) and is called *cocoa butter*. The residue is dried and is the *dehydrated cocoa powder* that we have in our kitchens.

In ingredient lists on packaging, *cocoa solids* is the total of all cocoa bean products in the chocolate – cocoa mass + cocoa powder + cocoa butter. The cocoa fat is more than 50% saturated, which is why chocolate is solid at room temperature.

The proportion of cocoa butter in a chocolate determines its fluidity. Cocoa butter has a melting point of 34 to 38°C, so that chocolate is solid at room temperature but melts readily in the mouth.

Cocoa solids contain high levels of antioxidants, which is why the healthier chocolates are those that are high in cocoa solids and low in cocoa butter.

Dark, milk and white chocolates contain different proportions of cocoa powder and cocoa butter. *Dark chocolate* contains cocoa solids, cocoa butter and sugar. *Milk chocolate* also contains milk powder, so has less antioxidant than dark chocolate. *White chocolate* contains no cocoa solids at all. *Cooking chocolate* is milk chocolate with a higher content of sugar.

The more expensive chocolates often have cocoa powder as the main ingredient, resulting in less fat and more antioxidants. The percentage of cocoa solids could be as high as 70% or even 85%. A 70% cocoa-solids chocolate will contain 30% sugar, whereas with 85% cocoa-solids, the sugar would be only 15% – but cocoa is 45%, which is very bitter.

How good or bad is chocolate. In a Dutch study, men with an average age of 72 were assessed between 1985 and year 2000. One-third of the men who consumed the largest amounts of cocoa-containing food had a 45 to 50% lower death rate than did the one-third who consumed no cocoa. Also, the high-cocoa group had a similarly marked reduction in deaths from heart disease. The amount of chocolate that had beneficial effects was just two or three squares per day – not the whole box!

The powerful antioxidants in cocoa are *flavonoids*. Dark chocolate has the highest levels of flavonoids, which is why there is a health preference for bitter-sweet dark chocolate.

Cocoa (like coffee) is also mood boosting due to its content of *methylxanthines* in the form of *caffeine*, *theobromine* and *theophylline*, which make us feel good. However, caffeine is a powerful nerve stimulant that can flog our nerves and leave us drained later.

Chocolate does *not* rate as a 'health food'. If we indulge in anything other than small quantities of dark chocolate, it is quite possible that the unhealthy ingredients will outweigh the beneficial antioxidants. However, if the 'chocolate' is nuts or dried fruit coated with chocolate, then at least a good part of this treat is wholesome. Overall, it is wise to limit chocolate to small amounts of dark chocolate a few times a week.

### Sesame bars, etc

Most confectionery is very high in refined sugar and often also artificial colourings and flavourings, hence it rates as full-on junk food.

However, if the major ingredient is sunflower seeds, sesame seeds, nuts or dried fruits, etc, then, as with chocolate, the benefits of the wholesome ingredients will offset to some degree the junk qualities of the other ingredients.

## FOOD ADDITIVES

### Artificial colours, flavours, preservatives

These and other additives have been linked to many health problems, such as hyperactivity, hypersensitivity, asthma and all too often (with large doses) cancer. Even those additives currently thought to be safe may be found in the future to be harmful.

Contamination of foods with *pesticides* (unintended 'additives') is a significant risk to health, although it is being reduced in many foods, thanks to growing public concern about harm from man-made chemicals. Because of biological concentration, animal foods often contain higher levels of pesticides than do plant foods.

With allergies and food and chemical sensitivities increasing rapidly, the wise course is to avoid food additives and minimise synthetic chemical intake wherever possible. Using natural, unprocessed foods is a good start, or, if a food is packaged, check the ingredient list and avoid foods with numbers. A great little book, pocket-sized, gives in a few words ratings for all food additives. It is *Food Additives* written by Sue Treffers and available from the Natural Health Society's bookshop.



### Low-cal sweeteners

Low-cal sweeteners can be another health disaster, especially if the sweetener is *aspartame*. Chris Wheeler of New Zealand wrote the following:

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

"There is growing evidence to suggest that aspartame may be a causative factor in

the increasing incidence of irrational and anti-social behaviour, such as road rage, assaults on hospital and ambulance officers, school playground incidents, teenage and adult suicides and the almost endemic depression."

Safe low-cal sweeteners do exist. Most notable are *stevia* and *xylitol*. Stevia is natural, calorie-free and 300 times sweeter than white sugar. It is derived from the leaves of a South American plant, *Stevia Rebaudiana*. Stevia has been consumed in large quantities for many years with no evidence of harm. Not only is it non-toxic, it contains antioxidants and other protective phytochemicals.

For a comprehensive coverage of all sweeteners, refer to the Summer 2008-09 issue of *Natural Health and Vegetarian Life*, pages 14 – 19, available from the Natural Health Society.

## NUTRITIONAL SUPPLEMENTS

### Nutrients

A prominent question is, do we have the best health and longevity by taking nutritional supplements or by not taking them.

An authoritative study, conducted at the University of California in 2007, found that the wider the range of supplements a person takes, the healthier they are (*Nutrition Journal* 2007, 6:30doi:10.1186). The study was partly aimed at finding whether large amounts of supplements might lead to adverse effects from overdosing. While it is well known that toxicity can result from excessive intakes of the fat-soluble vitamins A and D and also the mineral selenium, this study found that for a wide range of other nutrients, there were startling health benefits and disease risk reductions, with no apparent downside.

This study and many others strongly suggest that popping a range of supplements daily is likely to 'add years to your life and life to your years'. These days, many people are doing just this.

An important warning. Some people assume that by taking supplements, they can indulge in a largely junk food diet. But it doesn't work that way. Antioxidants taken with a lot of junk foods reverse their mode of action and become *pro-oxidants* and do the very harm that antioxidants are intended to prevent. It's a dangerous thing to do.

The only way to use supplements for full benefit is to have a very healthy diet and top up with *modest* doses of a wide range of nutrients. The prominent supplements that could be taken regularly include *vitamins C, E, B-complex, a carotenoid complex* (manufactured by GNLD, Algotene, Juice Plus), a *multi-mineral, chelated zinc, chelated*

*calcium plus magnesium* (in ratio 2:1 by weight), *chelated selenium* (no more than recommended doses), *co-enzyme Q10, digestive enzymes and betaine HCl*. It is probably a good idea to take supplements only five or six days a week, skipping a day or two so as not to create dependency.

### Probiotics

A supplement of probiotics can be enormously beneficial. These bacteria digest plant fibre, manufacture B vitamins, especially folic acid and B<sub>12</sub>, they kill off the bacteria responsible for cholera, typhoid, dysentery, Clostridium, golden staph and salmonella, they prevent the growth of *Candida albicans*, and they help detoxify cancer-causing chemicals.

Probiotics dwell in a *healthy* intestine by the trillion. In the large bowel, there can be up to one hundred billion per ml. The best known are *Lactobacillus acidophilus* and the *Bifidobacterium* species.

The enemies of the friendly bacteria are antibiotics and chemotherapy. Any course of oral antibiotics should be followed by supplements of at least acidophilus and Bifidobacteria.

Supplements of friendly bacteria need to be live bacteria from the shop refrigerator and the concentrations should be at least one billion per ml. They should not be taken indefinitely – maybe for three to six months and then take a break.

### Psyllium hulls

Psyllium hulls (or husks) are possibly the best fibre supplement. Psyllium is extremely high in fibre, both soluble and insoluble. Because of the soluble fibre, psyllium hulls absorb several times their own weight of water, which creates bulk and stimulates the prompt expulsion of bowel matter. Not only are psyllium hulls extremely effective for chronic constipation, they also firm up loose motions.

A bonus with psyllium hulls is that they help weight control by reducing appetite. They can also help diabetes, haemorrhoids, ulcerative colitis and other conditions.

Normally there are no significant side effects, except for rare allergic reactions.

Psyllium hulls absorb so much water that they must be taken with water or fruit juice, otherwise they will dehydrate the intestines.



# NEW PRODUCTS

## botanical cuisine

### Raw vegan food

Creative Director and Founder of botanical cuisine, Omid Jaffari, wants to change the world: one jar at a time. The recent launch of a take-home range of gourmet treats takes him one step closer.

Born in Tehran, Omid has a solid cheffing background, including stints working with Ruth Watson in London and The River Café. He started botanical cuisine in 2010 as a training school and catering company. The catering arm looked after Serena Williams's exacting requirements at the 2012 Australian Open.

The launch of 20 different products under the botanical cuisine brand is his foray into the mainstream. Omid just loves working with 'raw' ingredients, and the range has found a real niche. Far from being preachy or hippie, this is a gourmet range that provides a healthy alternative. Omid's passion is quite simply 'Flavour, flavour, flavour!' and this is evident in every mouthful. "I wanted to create products that allow 'ordinary' people a simple way to enjoy raw, vegan food and I wanted to help the more health conscious people with a simple way to access superb flavours. Lack of flavour is a common criticism of vegan cuisine!"

As any budding raw-foodist will tell you, there is a lot of time spent in the kitchen: Soaking. Waiting. Sprouting. Waiting. Dehydrating. Waiting. This was where the seed of the 'take home' range took root: "I'd been thinking for a while," says Omid, "that there must be a way to help people become excited about raw foods from a flavour perspective, from an angle of, "Oh is this raw? I didn't know raw food could taste like this". The idea is to give people flexibility in adapting to a healthier lifestyle, by choosing to use 100% raw, vegan products that are naturally cane-sugar free. The key for me was yes, it's in a jar, but no, we are not compromising on flavour, no way, not one iota!"

The range includes cheeses, pesto's, sauces, pâtés, desserts and ice cream.

You'll find detailed information on the product range at [botanicalcuisine.com](http://botanicalcuisine.com).

Stockists are growing nationally, but you can buy on-line and they deliver across Australia, utilising specialty cold packs as required.



# Restaurant Review

## NEWTOWN, SYDNEY: Sadhana Kitchen

Situated in the bohemian inner-west suburb of Newtown, Sadhana Kitchen is Sydney's first organic raw vegan café. Raw or living foods are made from organic wholefoods and are prepared in a multitude of creative ways to produce delicious and nutritious dishes. The food is prepared below the temperature at which most enzymes are lost (approximately 40° – 48°C) and is consumed the way nature intended. This ensures that all vitamins, minerals and proteins that degrade or become destroyed when heated to higher temperatures remain in-tact.

Sadhana Kitchen calls on us to take sovereignty over our own wellbeing by making more informed choices about what we put into our bodies. The café shares its space with Jivamukti Yoga Sydney, so you can enjoy a yoga class before dining on nutrient packed dishes that are full of flavour. You can choose to sit indoors with the 'goddess' Lakshmi or outside in the courtyard by the biodynamic garden under the protective eye of Ganesh.

The menu offers a wide range of breakfast and lunch dishes, superfood infused

beverages, mouth-watering desserts, hand-blended organic tea and cold-drip coffee. Favourites include the raw vegan crepes served with fresh berries, banana and vanilla ginger cream drizzled with superfood caramel and chocolate sauce. For lunch the tejas tacos made with a spicy walnut mince, salsa, guacamole and home-made fermented cashew cheese is a popular choice.

All items are raw, vegan, organic, gluten-free, wheat-free and refined sugar-free. Even the decadent desserts are completely guilt-free and are actually good for you; try the popular mango float, which is made of layers of coconut-cashew cream, caramelised walnut crumble and fresh organic mangoes.

So next time you're wondering where you should eat with your friends, make your way down the graffiti'd laneways of Wilford street and enjoy a green smoothie and some of the other offerings inside the tranquil walls of this hidden urban oasis.



76A Wilford Street Newtown NSW 2042 Phone +61 2 9516 1334

[www.sadhanakitchen.com](http://www.sadhanakitchen.com) [www.facebook.com/sadhanakitchen](http://www.facebook.com/sadhanakitchen)

[www.twitter.com/sadhanakitchen](http://www.twitter.com/sadhanakitchen) Hours: Tuesday to Sunday 8.30 am – 4.30 pm



# Natural Health Society Shop

Books, health products and Tri Nature products

Book prices include postage and members 10% discount



## FOOD COMBINING MADE EASY

By Herbert M. Shelton

\$18.00

We consider the late Dr Shelton to be the world's most prominent naturopath as well as being an author of numerous books. He founded the Natural Hygiene Society of the United States and operated Dr Shelton's Health School in San Antonio, Texas. He departed this Earth in 1985, having made huge contributions to our knowledge about the lifestyle causes of disease and self-healing.

Food Combining is one of his most practical topics. He explains how random combinations of foods eaten together in the one meal prevent proper digestion and contribute to disease. By understanding which foods digest well together, we can make a significant difference to our nutrition.

Chapters cover digestion, right and wrong combinations, how to take proteins, starches and fruits, the benefits of a salad a day, and an eating plan for a week.

The article, 'Food Combining,' on page 4 in this issue, is based on *Food Combining Made Easy*.



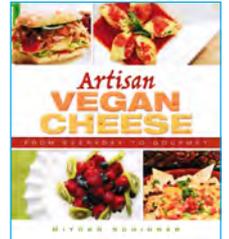
## ARTISAN VEGAN CHEESE

From everyday to gourmet

By Miyoko Schinner

\$34.00

How could anybody write a whole 150-page book about a subject as narrow as vegan cheese? The answer is provided by the chapter headings: 'Artisan and Aged Cheeses'; 'Air-Dried Cheeses'; 'Meltable Cheeses'; 'Almost-Instant Cheeses'; 'Other Dairy Alternatives'; 'Cheese Sauces and Fondue'; 'First courses and Small Plates'; 'Entrees and Accompaniments'; 'Sweet Cheese Dishes and Desserts'.



Miyoko, a gourmet restaurateur and vegan food expert, shares her secrets for making non-dairy cheeses that retain all the complexity and sharpness of dairy cheeses, while incorporating nutritious nuts and plant-based milks. The process of culturing and ageing the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm.

The book offers more than cheese recipes – it presents almost 50 recipes that incorporate the vegan cheeses into Miyoko's favourite dishes. These are delectable appetisers, entrees, fondue, main dishes, sweet cheese dishes and desserts.

"Miyoko works miracles in the kitchen," wrote a reviewer. "Her vegan cheeses are so delicious and so much like dairy cheese, that it's hard to believe no cows are harmed in their production"

## CUT POISON BURN [DVD]

In the war on cancer, the disease is only half the battle

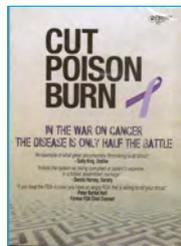
Supplied by Food Matters

\$25.00

This film illuminates the grim truth about America's so-called 'War on Cancer' and leaves the reader feeling angry. Forces that conspire to thwart the meaningful advances in cancer research and treatment include the US government, drug companies eager to suppress alternative treatments, and powerful industry organisations that place profit over human lives.

The story centres on a family struggling to keep their young son alive, and we see how the US Food and Drug Administration holds a vice-like grip on treatment options.

Heart-wrenching and informative, the film expresses the hope that we will ultimately create a new paradigm in medical freedom and usher in a more enlightened era in cancer prevention and treatment.



## WIRELESS-WISE KIDS

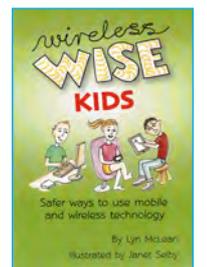
Safer ways to use mobile and wireless technology

By Lyn McLean

\$18.70

Illustrated by Janet Selby

"Today's kids love their wireless technology. It's not unusual for them to spend hours each day on their mobile phones, cordless phones, wireless laptops and tablets," said Lyn McLean, author and head of the Electromagnetic Radiation Association of Australia. "But until now there's been no accessible information about how they can use these devices more safely."



"So what do the techno-savvy youngsters of today's wireless generation need most of all?" asks Lyn McLean. "To know how to use wireless devices more safely".

Today's children are using wireless technologies more than ever before, yet children are more vulnerable than adults to the radiation they emit and know less about how to protect themselves.

*Wireless-Wise Kids* shows children how to use wireless technologies more safely. The practical and beautifully-illustrated suggestions echo recommendations by world experts that we should be taking precautions to help keep our children safe.

The first book of its kind anywhere in the world, *Wireless-wise Kids*, includes dozens of colourful, animated pictures and cartoon characters designed to appeal to kids of all ages.

It is 36 pages with full colour.

## HUNGRY FOR CHANGE [DVD]

A Food Matters film

\$38.50

A film exposing shocking secrets that the diet, weight loss and food industries don't want us to know, including deceptive strategies designed to keep us coming back for more. Find out what's keeping us from having the body and health we desire and how to escape the diet trap forever.

*Hungry for Change* features interviews with best-selling health authors and leading medical experts, including Dr Christiane Northrup, David Wolfe, Dr Joseph Mercola, Mike Adams, Frank Ferrante and Harvey Diamond.

There are also real life transformational stories from people who know what it's like to have been sick and overweight. Learn from those who have been there before and continue your health journey in a more informed way.



# 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
<b>NATURAL HEALTH SOCIETY'S OWN BOOK</b>				
How a Man Lived in Three Centuries	Roger French	\$34.00		
<b>NEW TITLES</b>				
Food Combining Made Easy	Herbert M. Shelton	\$18.00		
Cut Poison Burn [Dvd]	Food Matters	\$25.00		
Hungry For Change [Dvd]	Food Matters	\$38.50		
Artisan Vegan Cheese	By Miyoko Schinner	\$34.00		
Wireless-Wise Kids	By Lyn McLean	\$18.70		
<b>NUTRITION &amp; LIFESTYLE</b>				
Activate Your Life	Andrew McCombe	\$28.00		
Coconut Oil	Siegfried Gursche	\$23.00		
Improving on The World's Greatest Invention [In-Lieu toilet converter]	Wallace Bowles	\$10.00		
Let's Play	Shelagh McGovern	\$25.00		
Mushrooms For Health And Longevity	Ken Babal	\$23.00		
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		
What's the GI?	Catherine Proctor	\$13.00		
Work Wonders – Feed Your Dog Raw Meaty Bones	Tom Lonsdale	\$20.50		
<b>RECIPE BOOKS</b>				
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		
<b>GERSON CANCER COLLECTION</b>				
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		
<b>BOOKS by DR SANDRA CABOT</b>				
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		
<b>HEALTH ISSUES</b>				
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		
Herbal Healing For Children	Demetria Clark	\$27.50		
Natural Prostate Cure	Roger Mason	\$20.50		
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		
<b>MIND ISSUES</b>				
Awakening – Authentic Meditation	Yogi Brahmamshara	\$30.00		
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		

<b>PRODUCTS/EQUIPMENT/APPLIANCES</b>				
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		\$208		
Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265				
HEALTHSTART ION-70 AIR PURIFIER (non-member's \$499)		\$479		
FOOD DEHYDRATOR – SNACK MAKER (non-member's \$199)		\$179		
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		
<b>BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25</b>				
Non-members \$50; NT & WA \$55. Members \$45; NT & WA \$50				
Tri Nature Products (total from page 44)				
				<b>TOTAL \$</b>

## SUBSCRIPTION APPLICATION or RENEWAL

New member  Renewal  Gift  **GIFT VOUCHER**

Single one year \$32  Family one year \$40  Practitioner 2-for-1 \$40   
Overseas airmail add: Asia/NZ \$15, other countries \$25

Are you a practitioner? Yes  No

**GRAND TOTAL \$**

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Email: \_\_\_\_\_

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- Safe for flora, fauna, ecology, children and most sensitivities.
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- Truth & transparency in marketing & labelling.
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Retail prices below include GST. Subscriber Discount: 10% Prices and products subject to change.

Please post order with cheque, money order or credit card details to Natural Health Society, 541 High Street, Penrith 2750; or order on-line: [www.health.org.au](http://www.health.org.au); by phone: 02 4721 5068; by fax: 02 4731 1174; or email: [admin@health.org.au](mailto:admin@health.org.au)

Code	Product	Qty	\$	Total
<b>KITCHEN PRODUCTS</b>				
1	Chemfree Dishwashing Liq. (1.4L-tray) 1l		19.95	
2	Citrus disinfect Machine Dish Pad 2kg		40.95	
2F	Refill 1kg Q:	18.95	2A. Refill 2kg Q:	34.95
20	Citrus Rinse Aid 500ml		15.95	
<b>LAUNDRY CARE</b>				
13	Alpha Plus Pre-Wash Soaker Bucket 2kg		37.95	
13D	Refill 1kg Q:	17.95	13A. Refill 2kg Q:	31.95
14	Alpha Plus Laundry Powder Bucket 2kg		38.95	
14D	Refill 1kg Q:	18.95	14A. Refill 2kg Q:	32.95
15	Angelica Fabric Softener 1l		23.95	
16	Alpha Plus Laundry Liquid 2l		31.95	
17	Alpha Plus Gentle Wash 2l		29.95	
61	Essence Pre-Wash Spray 500ml		13.95	
<b>CLEANING PRODUCTS</b>				
3	Optimise Benz Disinfectant 1l		21.95	
4	Optimise Multi Purpose Cleaner Eucalyptus 1l		19.95	
4D	Optimise Multi Purpose Cleaner Eucalyptus 500ml		19.95	
3D	Optimise Floor Cleaner (light citrus scent) 1l		19.95	
5	Milks Cream Cleanser 500ml		11.95	
6	Excel Bactericidal Cleaner/Descaler 500ml		12.95	
37	Milks Cream Cleaner & Descaler 1l		18.95	
7	Hyaline Glass & Window Cleaner 500ml		10.95	
8	Heritage Furniture Polish 500ml		15.95	
48D	Optimise Hoopline/Sluice/Over/BHQ Citr 500ml		10.95	
67	Milks Cream Stainless Steel Polish 500ml		15.95	

Code	Product	Qty	\$	Total								
<b>KYPHI HAIR AND PERSONAL CARE</b>												
848	Family 2in1 Shampoo/Conditioner 500ml		21.95									
841	F.Sh. 500ml Q:	17.95	841A. F.Citr 500ml Q:	17.95								
845	Anti Itch Shampoo – Sulfate Free 250ml		17.95									
Also 250ml Shampoo & Cds for -Normal/Kily -Dry/Damaged -Sensitive												
21	Golden Silk Shower Balm (regular) 500ml		21.95									
21C	Orange 250ml Q:	12.95	21D Citr 250ml Q:	12.95								
882	Bath Balls (with heavenly, pure-essential oils) 400g		16.95									
Further products in all lines, plus KYPHI Skin/Body/Aroma, LITTLE ONE Baby&Kids, CARMA Car Care, PUMPS etc, HALF, large, bulk & travel sizes.												
<b>TOTAL FOR ALL ITEMS</b>				\$								
Less 10% subscriber discount if applicable				\$								
<b>SUBTOTAL</b>				\$								
Plus Freight (flat rate)				\$ 17.80								
<b>TOTAL AMT to pay by:</b> CHQ <input type="checkbox"/> MO <input type="checkbox"/> C/C <input type="checkbox"/>				\$								
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First Tri Nature order <input type="checkbox"/> Please send full product/price list <input type="checkbox"/>												
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Place all orders with the Natural Health Society of Australia, by internet, phone, fax or email.

Products are highly concentrated, long-lasting, economical and effective. Please refer to containers and usage guides.

More information: [www.health.org.au](http://www.health.org.au); [www.trinature.com](http://www.trinature.com); email [customerservice@trinature.com](mailto:customerservice@trinature.com); Tri Nature FREECALL 1800 263 214  
Tri Nature's Australian made, plant-based products are guaranteed to give satisfaction when used as directed. If dissatisfied, contact NBSA within 30 days & 25% refund.

# Kindred Organisations

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



## AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339  
Email [veg@veg-soc.org](mailto:veg@veg-soc.org)  
Web [www.veg-soc.org](http://www.veg-soc.org)

## VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap QLD 4061

Phone 07 3300 9320  
Email [vegsocq@tpg.com.au](mailto:vegsocq@tpg.com.au)  
Web [www.vegsoc.org.au](http://www.vegsoc.org.au)

## VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

PO Box 311, Kent Town SA 5071

Phone 08 8260 2778  
Email [info@vegsa.org.au](mailto:info@vegsa.org.au)  
Web [www.vegsa.org.au](http://www.vegsa.org.au)

## NATURAL HEALTH SOCIETY (SA) Inc.

7 Emily Ave,  
Clapham SA 5062

Phone 08 8277 7207

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

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

### Simple, Tasty, Good

Plant-based recipes for top taste and vital health

**By Rachael Krutulis**

**\$30 with postage up to \$11.40**

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]

**By John McDougall MD & Mary McDougall**

**\$33 + postage up to \$11.40**

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

### Forks Over Knives DVD [New]

**\$23 + \$1.20 postage**

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

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

### Vegan for Life [New]

**By Jack Norris, RD & Virginia Messina, MPH, RD**

**\$23. 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.

### Divine Vegan Desserts (New)

**By Lisa Fabry**

**\$25 with postage up to \$11.90**

Beautiful, wholesome and delicious desserts such as Double Chocolate Layer Cake with raspberry puree. Mouth-watering favourites like Sticky Date Pudding, New York Style

Lemon Cheesecake, Double Fudge Pecan Brownies, and Tiramisu. A divine experience.

### The Ultimate Book of Vegan Cooking. 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 granting a secondary significance to animals, their (alleged) lack of reasoning and linguistic capacities argue for treating them with the care and concern that we extend to our very young.

### Peaceable Kingdom: The Journey Home. [New]

**(DVD 78 mins)**

**\$18 with postage of \$1.20**

Five farmers, an animal rescuer and a humane police officer each embark on a riveting journey of awakening conscience in this artful tapestry of memory, music and personal truth. A life-changing film.

### 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

### Green Smoothie Revolution

**Victoria Boutenko**

**\$26 includes postage**

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

200 recipes

### Sweet Gratitude

**M.Rogers & T.A.Tamborra**

**\$36 Postage up to \$11.40**

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.

# Health Products

Available from the  
**Natural Health Society**  
**28/541 High Street**  
**Penrith NSW 2750**  
**Phone (02) 4721 5068**  
**Fax (02) 4731 1174**  
**admin@health.org.au**

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

## Compact Juicer

- Comes with Bonus Mincer
- Lifetime warranty on motor
- 5-year warranty on parts
- White and burgundy colours
- Quick and easy to clean.
- Simple assembly and disassembly
- Low 80 –100 rpm to keep enzymes alive and ensuring high nutrient absorption
- Mill-type single auger making less juice foam
- High yield, dry pulp.
- Extracts pure concentrated juice.
- Juices vegetables, fruits, sprouts, ginger, wheatgrass, etc
- Also makes noodles, pasta, salsa, frozen fruit dessert, baby food, nut butters, fruit and nut balls, etc



Posted price to members\* **\$279**  
 non-members **\$299**

## In-Lieu Toilet Converter



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

Phone Natural Health Society for price

## 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**

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

## 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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