

# True Natural Health

SPRING  
2013  
\$5.00

*The Magazine of the Natural Health Society of Australia*



**Wheat - Strife of life**

**Smart Meters**

- Health hazard

**Recipes**

- Gluten free

**Migraine & Other Headaches**

- Prevent and relieve

**Irritable Bowel Syndrome**

**Our Stupid Health System**

**Bladder Troubles**

# Are you getting enough DHA?

Udo's DHA Oil Blend® is an excellent vegetarian source of DHA (Docosahexaenoic Acid) for people who appreciate all the properties of Udo's 3•6•9 Oil Blend® but want the added benefits of DHA. It is also good for those who may not have enough Alpha-Linolenic Acid (ALA), possibly caused by dietary or genetic factors.

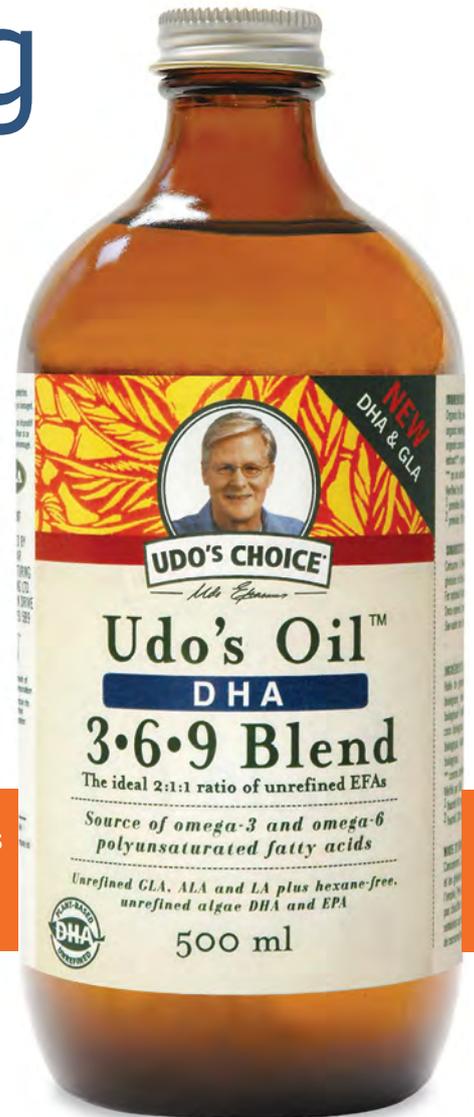
The DHA in Udo's DHA Oil Blend is derived from farmed algae - the same algae that fish eat! This DHA-producing algae is grown in a controlled, patented process that eliminates any risk of environmental contamination and added to Udo's Choice 3-6-9 Oil Blend® to provide all the benefits of a quality source of omega fatty acids with none of the disadvantages.

- ✓ Vegetarian and unrefined formulation
- ✓ NO hexane used in processing
- ✓ NO methyl mercury, PCBs or dioxin
- ✓ NO high-temperature processing
- ✓ NO fishy taste or smell (no fish!)
- ✓ Certified organic, vegetarian ingredients,
- ✓ Produced under Good Manufacturing Practices (GMP)



Order your **FREE COPY** of the new 'Udo's Choice Superfoods Recipe Book'

Email: [mail@ntphealthproducts.com](mailto:mail@ntphealthproducts.com)  
or call 1800 22 55 00



**A balanced source of Omega essential fatty acids for your busy, everyday life.**



TO  
FIRE  
CONTROL  
ROOM

Contains:  
Organic flax seed oil  
Organic Sunflower seed oil  
Organic Sesame seed oil  
Organic Coconut oil  
Organic Evening primrose oil  
DHA algae oil (Schizochytrium sp.)  
Organic Soy lecithin (Non GMO)  
Rice germ and bran oil  
Rosemary extract (antioxidant)

[www.udoshealthproducts.com.au](http://www.udoshealthproducts.com.au)  
Available from all good health food stores or buy online.





We never imagined that wheat could be such a harmful food! The Natural Health Society has recognised since its inception that grains are for the birds, not for humans, but the harm being spelled out by a US cardiologist in 'Wheat the Strife of Life' on page 2 is astonishing.

Although this article is only the introduction to Dr William Davis's book, it shows that wheat flour products – whether white or wholemeal – can exacerbate or be entirely responsible for a host of health problems, often starting with obesity. So many of us believe we are doing the right thing in going for wholemeal products, yet even then we could unwittingly be suffering damaging consequences. This is potentially turning-point information.

Many readers will be well aware of the fallacies of the orthodox health system (actually a disease system). In 'Outrage at the Stupidity of Our Health System', the

prominent lifestyle writer, Cyndi O'Meara, expresses beautifully the differences between the drug-based medical system and the natural therapies whole-health approach.

A potent example of the wrongs of the orthodox system is detailed by a top psychiatrist in his allegation that over-prescribing to children is 'turning childhood into a disease' (page 20). Being aware of these pronouncements by a top medico enables us to more confidently warn other parents of the possible dangers associated with modern psychiatry.

And for both children and adults, the article on smart meters reveals yet another source of harm – one from which we can protect ourselves by not allowing one to be installed.

On a more positive note, this issue contains gluten-free recipes in the centrefold

recipe section, an account by Greg Fitzgerald in his regular column of how to overcome irritable bowel syndrome and also an account by long-time contributor, Lyn Craven, on bladder problems. And, of course, Jo Thompson continues her detailing of Gerson Therapy for cancer.

You are sure to find more than one article in this issue of value, but be certain to read the leading article based on the book, *Wheat Belly*

Enjoy the reading!  
Roger French,  
Health Director and Editor



## 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*;
- \* Discounts on selected books, juicers and other health products;

- \* Discounts on environmentally-friendly household cleaning and personal-care products;
- \* Discounts at our seminars.

### Committee

Elizabeth French, President  
Richard Stepniewski,  
Vice-President  
Amalia Pezzutto, Treasurer  
Vicki Pickup  
Michelle Beech  
Vanessa Zamprogno

### Staff

Roger French, Health Director  
and Editor  
Tracey Priest, Office  
Administrator

**For more information:**  
**Phone 02 4721 5068**  
**Email [admin@health.org.au](mailto:admin@health.org.au)**  
**Website [www.health.org.au](http://www.health.org.au)**  
**or write to Suite 28 Skipton's Arcade, 541 High St, Penrith NSW 2750.**

### Subscription form

Turn to page 42 or use the telephone or website.

**Graphic designer**, Melissa Howard Design 0402 796 254

**Printed** by Focus Press, Port Botany 8218 5300

## Acknowledgement

The Natural Health Society gratefully acknowledges the continuing and generous support of the Australian Youth and Health Foundation, which established the Society.

The publishers, authors and editors of, and contributors to, this publication shall not be liable in any action or proceedings arising out of information provided in this publication, nor shall they be responsible for any error or omission in such information. They expressly disclaim all and any liability to any person or persons arising out of anything done, or omitted to be done, in association with the publication of this magazine. The publication does not purport to provide medical advice or opinion and readers should not rely upon any information which is contained in this publication for that purpose. Any reader wishing to obtain medical advice or opinion should consult his or her own health professional.

## Contents

- [02] Wheat the Strife of Life
- [04] Outrage at the Stupidity of Our Health System
- [06] Detoxing and Destressing Made Easy at Hopewood
- [08] Your Questions Answered
- [12] NHS Notices
- [14] Smart Meters a Health Hazard
- [18] Mindfulness - Why so popular?
- [19] Managing a Stressful Life
- [20] Top Psychiatrist: turning childhood into a disease
- [22] Recipes—Gluten-Free
- [24] Irritable Bowel Syndrome
- [26] Looking after your bladder
- [27] Your Say - Aust. a Quarry
- [28] Daily Massage Therapy
- [29] Gerson Diet - Part 2 Juicing
- [30] Herbs for Every Reason - Pt 3
- [31] News Bite
- [32] Migraine and Other Headaches - how to prevent and relieve
- [38] News Bites
- [39] NHS Health Products
- [40] New Products Restaurant Review
- [41] Tri Nature
- [42] NHS Shop
- [44] Kindred Organisations

# Wheat the Strife of Life

Reproduced from *Wheat Belly* by Dr William Davis, US Cardiologist

FLIP THROUGH YOUR parents' or grandparents' family albums and you're likely to be struck by how thin everyone looks. The women probably wore size-four dresses and the men sported 32-inch (80 cm) waists. Overweight was something measured only by a few kilos; obesity was rare. Overweight children? Almost never. Any 42-inch (106 cm) waists? Not here. Ninety kilogram teenagers? Certainly not.

Why were the June Cleavers of the fifties and sixties, the stay-at-home housewives as well as other people of that era, so much skinnier than the modern people we see at the beach, mall or in our own mirrors? While women of that era typically weighed in at 50 or 52 kilos, men at 68 or 75 kilos, today we carry 20, 35 or even 90 kilos more.

The women of that world didn't exercise much at all. (It was considered unseemly, after all, like having impure thoughts at church.) How many times did you see your mom put on her jogging shoes to go out for a five-kilometre run? Exercise for my mother was vacuuming the stairs. Nowadays, I go outdoors on any nice day and see dozens of women jogging, riding their bicycles or power walking – things we'd virtually never see 40 or 50 years ago. And yet, we're getting fatter and fatter every year.

My wife is a triathlete and triathlon instructor, so I observe a few of these extreme exercise events every year. Triathletes train intensively for months to years before a race to complete a 0.6- to 4-kilometre open-water swim, a 90- to 180-kilometre bike ride, and finish with a 21- to 42-kilometre run. Just completing a race is a feat in itself, since the event requires up to several thousand calories and spectacular endurance. The majority of triathletes adhere to fairly healthy eating habits.

Then why are one third of these dedicated men and women athletes overweight? I give them even greater credit for having to cart around the extra 14, 18 or 22 kilos. But, given their extreme level of sustained activity and demanding training schedule, how can they still be overweight?

If we follow conventional logic, overweight triathletes need to exercise more or eat less to lose weight. I believe that this is a downright ridiculous notion. I am going to argue that the problem with the diet and health of most Americans is not fat, not sugar, not the rise of the Internet and the demise of the agrarian lifestyle. It's wheat – or what we are being sold that is called 'wheat.'



You will see that what we are eating, cleverly disguised as a bran muffin or other flour-containing item, is not really wheat at all, but the transformed product of genetic research conducted during the latter half of the twentieth century. Modern wheat is no more real wheat than a chimpanzee is an approximation of a human. While our hairy primate relatives share 99 percent of all the genes found in humans, but with longer arms, full body hair and lesser capacity to win the jackpot at Jeopardy, I trust you can readily tell the difference that that one percent makes. Compared to its ancestor of only forty years ago, modern wheat isn't even that close.

I believe that the increased consumption of grains – or more accurately, the increased consumption of this genetically altered thing called modern wheat – explains the contrast between the slender, sedentary people of the fifties and overweight twenty-first-century people, triathletes included.

I recognize that declaring wheat a malicious food is like declaring that Ronald Reagan was a Communist. It may seem absurd, even unpatriotic, to demote an iconic dietary staple to the status of public health hazard. But I will make the case that the world's most popular grain is also the world's most destructive dietary ingredient.

Documented peculiar effects of wheat on humans include appetite stimulation, exposure to brain-active *exorphins* (the counterpart of internally derived *endorphins*), exaggerated blood sugar surges that trigger cycles of satiety alternating with heightened appetite, the process of *glycation* that underlies disease and ageing, inflammatory and pH effects that erode cartilage and damage bone, and activation of disordered immune responses.

A complex range of diseases results from consumption of wheat, from coeliac disease – the devastating intestinal disease that develops from exposure to wheat gluten – to an assortment of neurological disorders, diabetes, heart disease, arthritis, curious rashes and the paralysing delusions of schizophrenia.

If this thing called wheat is such a problem, then removing it from the diet should yield outsized and unexpected benefits. Indeed, this is the case. As a cardiologist who sees and treats thousands of patients at risk for heart disease, diabetes and the myriad destructive effects of obesity, I have personally observed protuberant, flop-over-the-belt belly fat vanish when my patients eliminated wheat from their diets, with typical weight loss totalling 9,

14 or 22 kilos just within the first few months. Rapid and effortless weight loss is usually followed by health benefits that continue to amaze me even today after having witnessed this phenomenon thousands of times.

I've seen dramatic turnarounds in health, such as the 38-year-old woman with ulcerative colitis facing colon removal who was cured with wheat elimination – colon intact. Or the 26-year-old man, incapacitated and barely able to walk because of joint pain, who experienced complete relief and walked and ran freely again after taking wheat off the menu.

Extraordinary as these results may sound, there is ample scientific research to implicate wheat as the root cause of these conditions – and to indicate that removal of wheat can reduce or relieve symptoms entirely. You will see that we have unwittingly traded convenience, abundance and low cost for health, with wheat bellies, bulging thighs and double chins to prove it. Many of the arguments I make in the chapters that follow have been proven in scientific studies that are available for one and all to review. Incredibly, many of the lessons I've learned were demonstrated in clinical studies decades ago, but somehow never percolated to the surface of medical or public consciousness. I've simply put two and two together to come up with some conclusions that you may find startling.

## IT'S NOT YOUR FAULT

In the movie, *Good Will Hunting*, Matt Damon's character, possessing uncommon genius but harbouring demons of past abuse, breaks down in sobs when psychologist, Sean Maguire (Robin Williams), repeats, "It's not your fault," over and over again.

Likewise, too many of us, stricken with an unsightly wheat belly, blame ourselves: too many calories, too little exercise, too little restraint. But it's more accurate to say that the advice we've been given to eat more "healthy whole grains" has deprived us of control over appetites and impulses, making us fat and unhealthy, despite our best efforts and good intentions.

I liken the widely accepted advice to eat healthy whole grains to telling an alcoholic that, if a drink or two won't hurt, then nine or ten may be even better. Taking this advice has disastrous repercussions on health.

It's not your fault.

If you find yourself carrying around a protuberant, uncomfortable wheat belly; unsuccessfully trying to squeeze into last year's jeans; reassuring your doctor that, no, you haven't been eating badly, but you're still overweight and pre-diabetic with high blood pressure and cholesterol; or desperately trying to conceal a pair of humiliating man breasts, consider saying goodbye to wheat.

**Eliminate the wheat, eliminate the problem.**

What have you got to lose except your wheat belly, your man breasts or your bagel butt?

*The above is reprinted from Wheat Belly by William Davis, MD. Copyright (c) 2011 by William Davis, MD. With the*

**permission of Rodale Books. It is, in fact, the 'Introduction' to the book.**

*Note: American Imperial measurement units have been converted to metric units.*

To provide readers with further insight into the depth of this ground-breaking book, we print the chapter headings, which say it all. Here they are:

**PART ONE – WHEAT: THE UNHEALTHY WHOLE GRAIN**

Chapter 1. *What* Belly?

Chapter 2. Not Your Grandma's Muffins: The Creation of Modern Wheat

Chapter 3. Wheat Deconstructed

**PART TWO – WHEAT AND ITS HEAD-TO-TOE DESTRUCTION OF HEALTH**

Chapter 4. Hey, Man, Wanna Buy Some Exorphins? The Addictive Properties of Wheat

Chapter 5. Your Wheat Belly is Showing. The Wheat/Obesity Connection

Chapter 6. Hello Intestine. It's Me, Wheat. Wheat and Coeliac Disease

Chapter 7. Diabetes Nation: Wheat and Insulin Resistance

Chapter 8. Dropping acid: Wheat as the Great pH Disrupter

Chapter 9. Cataracts, wrinkles and Dowager's Humps: Wheat and the Ageing Process

Chapter 10. My Particles Are Bigger Than Yours: Wheat and Heart Disease

Chapter 11. It's All in Your Head: Wheat and the Brain

Chapter 12. Bagel Face: Wheat's Destructive Effect on the Skin

**PART THREE – SAY GOODBYE TO WHEAT**

Chapter 13. Goodbye, Wheat: Create a Healthy, Delicious, Wheat-Free Life

**DR WILLIAM DAVIS is a cardiologist and "seeker-of-truth in health". In addition to writing, speaking, and practising preventive cardiology in Milwaukee, Wisconsin, he is Medical Director and founder of the Track Your Plaque program for heart disease prevention and reversal. Dr Davis is currently serving as Vice President for Cardiology for ObesityPPM (ObesityPPM.com), a consulting firm to industry and government to provide solutions to overweight and obesity.**



**deeks**<sup>TM</sup>  
HEALTH FOODS

deeks health foods – more than just a bakery.

**Gluten-free bread and other bakery items**

Based on quinoa, a protein-rich seed, the 'gold of the Incas'. Delightful texture, different from other gluten-free breads.

Marathon World Champion, Rob de Castella, and Clinical Biologist, Bill Giles, joined forces to produce delicious and nutritious 100% gluten-free and grain-free foods. Low GI. No artificial additives, colours or preservatives.



Mail Orders Australia Wide & Wholesale Enquiries  
02 6286 9444 | mailorders@deeks.com.au | www.deeks.com.au

*deeks health foods – a delicious investment in your health.*



# Outrage at the Stupidity of Our Health System

Written by Cindy O'Meara, with added sub-headings.

I've just spent the last three weeks on a speaking tour of the North Island of New Zealand, Ipswich, Toowoomba, Dalby, Brisbane, Sunshine Coast and Caboolture. During this time, what became painfully clear to me is that we are in trouble with regards to health.

After every talk, I spent up to two hours talking to people individually, and they told me their darkest health woes. At times I felt helpless as their problems were so monumental and I knew it meant time and education in order for changes to happen.

## BLIND FAITH IN MEDICINE IS DISASTROUS

The biggest thing I noticed was the absolute blind faith people have in science, medicine and food companies. For those I spoke to, this blind faith has resulted in depression, misinformation and severe health problems.

One young lady told me that she was 27, a single mum and was trying to get off the anti-depressants that she had been put on by her doctor when she was 17 and doing year 12. She wasn't coping with the stress of her final year at school so her doctor prescribed anti-depressants. Now 10 years on, no matter how she tries, she cannot get off the anti-depressants.

I had another lady in her 60's who told me that when she turned 50 she went to her doctor for a check up. At that stage she was fit, healthy and full of life. The doctor gave her a blood test and told her that her cholesterol was high, so he prescribed statin drugs to lower her cholesterol. From then on, she couldn't sleep, so sleeping tablets were prescribed. Over a period of time, she was prescribed one medication after another, and now is on a concoction of drugs. She told me that she doesn't want to live anymore, and thinks that it would be easier to just die.

Another story was from a beautiful woman who told me her son had acne and had been prescribed medication. At university he was a happy young man, loving life and with no signs of depression. After he started taking the medication, he committed suicide. The mother said that when she read the product information for the drug, it stated that suicidal tendency was one of the side affects.

Another mother told me about her 20-year-old daughter who had been on dexamphetamine for the previous 15 years. She was not coping with university and was now being prescribed anti-depressants.

## A NEED FOR MEDICAL DRUG REHABILITATION

Story after story like this emerged and I thought that what we need now is a drug rehabilitation program for people on prescribed medications. I believe there is a bigger legal drug problem than an illegal drug problem, and that people like these need a place to find sanctuary and to withdraw from the psychotropic, beta-blocking, cholesterol-lowering, blood pressure, diabetes and other drugs. There is evidence that a human body can live without these, but precautions must be taken, since withdrawal can sometimes be deadly, so there should be medical as well as nurturing supervision.

The refined, industrialised foods that people eat do not nourish our bodies or our minds and so we become sick. The normal response is to see a doctor – a doctor who has been taught to diagnose the problem and prescribe medication. The average doctor does not teach diet or lifestyle changes; in fact, it is rare for them to ask what you eat.

I was talking with a friend recently who told me her 22-year-old son was diagnosed with Crohn's disease [inflammation of the gastrointestinal tract], and the doctor immediately prescribed medication without even asking the young man what he ate. I shook my head in disbelief.

The average dietitian will prescribe a diet that is low in fat, salt and sugar, and suggest that you use the heart tick for your food choices or recommendations by the diabetic association to use artificial sweeteners and low-fat foods (usually high in sugar) – hmmm.

There is a belief out there that breakfast cereals are the best thing for breakfast, that margarine is better than butter, that salt is bad for you, that milk should be pasteurised, skimmed and homogenised, that sugar causes diabetes, that saturated fats should be avoided at all costs, that cholesterol-lowering drugs will help us live longer and that science is infallible.

## SCIENCE AND DRUGS vs WISDOM AND HEALTH

There are two trains of thought. One is that science knows all, technology is our saviour, there are drugs to cure all diseases and you have no control of your destiny because your genes are fixed and your destiny is predetermined from the day you are born.

The other way of thinking – which is the minority – is that the body has the wisdom to be healthy, given the right resources by way of food, sunlight, water, air, activity, avoiding toxic chemicals and so on. And in case of emergency seek medical advice. Otherwise feed the body nourishing foods that it has evolved to eat, and the human frame and health will abound.

These two different trains of thought cannot live together; you either have to be in one camp or the other, and when you try to talk across the fence a war erupts, as the belief systems are so different and opposing. I've learned the hard way not to try to convince the other camp, but rather work with people who have a belief in the wisdom of the body and the role of natural foods.

## SICK AND SAD OR HEALTHY AND HAPPY

Is it ever going to change, I wonder? Are people ever going to wake up to the fact that the foods they are eating out of the grocery store, in colourful packages, adorned with health claims and filled with non-food items, are making them fat and sick? And that if they take medications to deal with the health problem, this will just perpetuate a life of obesity, sickness and sadness?

There is war in the dietary advice realm of health as well. One camp believes that technology foods are the answer to our health problems; the other believes that we should eat foods from nature and nothing out of a package.

So which camp would you like to be in? Would you like to be in the camp that seems to be full of people who have a life that goes like this: sick – sad – sick – sad – sick – sad – sick – dead!

Or would you rather be in the camp where people have a life like this: healthy – happy – healthy – happy – healthy – happy – healthy – happy – dead! Yes we are all going to die, but the question is how do you want to live in the meantime?

**Cyndi O'Meara provides healthy lifestyle advice through her company, Changing Habits. She issues regular newsletters, which can be accessed through her website, [www.changing-habits.com.au](http://www.changing-habits.com.au).**

## A NEWS Bite

### REFINED SUGAR AS ADDICTIVE AS HEROIN

Fat, salt and refined carbohydrates are well known causes of health problems, but now nutritionists are saying that Australia's increasing 'epidemic' of obesity is more to do with foods loaded with sugar than foods high in fat. It is being suggested that refined sugar is more addictive than heroin – and the more sugar we consume, the more we crave.

It was reported in the *Daily Telegraph*, July 27, 2013, that foods high in sugar could be making us more prone to long-term illness. Nutritionist, Jacqueline Alwill, is quoted as saying that diabetes, rapid ageing, low energy levels and obesity are all at increased risk with high sugar intake.

"The impact of sugar on our hormones," said Jacqueline, "is a huge issue and we can see this with the increasing number of individuals with obesity, diabetes, metabolic syndrome and cardiovascular disease."

Refined sugar is in soft drinks [like 'liquid diabetes'?), lollies, chocolates, cakes, pastries, bottled sauces and condiments, hamburger buns, take-away foods and many other food items.

Australians on average consume about 145 gm of sugar per day, and if we allow for waste, it is could still be at least 130 gm per day.

Sugar addiction can be sent packing. The less we eat, the less of it we crave, so breaking the addiction can be achieved by making small, frequent changes. Another way is to throw all sugar-laden foods out of the house and go cold turkey.

## Natural Paints & Oils

Quality natural products made from nature's abundant plants and minerals are your healthiest choice.

Our natural paints are durable, washable, low-allergy and there are so many great colours! Beautiful.



Natural Finishes - designed for healthy living.



507 Willoughby Road  
Willoughby NSW 2068

P 02 9958 0412  
EcoAtHome.com.au



# NEOLIFE



## Nutritional supplements from natural wholefood sources, not synthetic

The NeoLife brand name is being used once again to represent GNLD's range of nutritional products

The GNLD philosophy is based in nature – backed by science

The nutrients are delivered in highly bio-efficient forms in exclusive, clinically proven formulae that maximise nutrient absorption, utilization and benefits.

No Nutrient is offered alone if it always occurs with other nutrients in wholefood. For example, no B-vitamin is offered individually, only the B-Complex is available.

### The GNLD Difference

**NATURAL NOT SYNTHETIC.** 'Nature's Blueprint' foods means based-in-nature, wholefood supplements of high density and great diversity to provide the proper balance of nutrients. Non-GMO ingredients are routinely tested for potential contaminants.

**PURITY, POTENCY AND PROOF.** For over 50 years, GNLD has produced rigorously tested products, proven effective by millions of satisfied customers. State-of-the-art technology is used to concentrate and standardise the active ingredients. Animals are not used for testing where it would involve pain or suffering to the animal.

**ORDERING.** Orders received before 12 noon week days will be posted same day, Australia wide.

### Robyne and Stanley Smith

Independent GNLD Distributors  
3 Church Crescent, WINGHAM  
NSW 2429

**Web:** robynstanley.gnld.net  
**Email:** robstan@bigpond.net.au  
**Mobile:** 0427 534 585  
**Phone:** 02 6553 4585

 People Empowering People

# Detoxing and Destressing Made Easy at Hopewood



## What's your favourite way to relax naturally?

Hopewood, in the foothills of the Blue Mountains on the banks of the Nepean River near Wallacia, is one of Australia's original natural health retreats. Established over fifty years ago, Hopewood has an enviable reputation for achieving genuine results using Natural Health practices to optimise wellbeing.

"It's a simple philosophy and it works," says Sharon Beavon, Hopewood's General Manager. "We encourage our guests to rest, eat freshly prepared vegetarian food, drink

We asked Carolyn about her favourite way to relax. "The word 'relax' is somewhat foreign to my genes," she explained, "because there's always something or someone needing my attention."

"If I were to really think about how to relax and unwind, the image of a warm sun, a soft divan and a good book immediately comes to mind. If I could extend that beyond a few stolen hours, then my thoughts drift towards an escape of calming indulgence, to a place where the body is pampered, the mind turns inward and the everyday is forgotten. I imagine a very personal place, one of restoration and natural healing. My mind takes me back to Hopewood."

"I love the fact that a program is chosen just for me," said Carolyn. "I can select my body pampering, take my rest, choose my exercise and, most delightfully, enjoy a smorgasbord of fresh and healthy food at every meal, prepared with care, to restart my inner health!"

Although her eating is not vegetarian, Carolyn has taken a genuine interest in preparing vegetarian meals since her first visit to Hopewood. She often makes dishes from the Hopewood@Home recipe book. She said, "I have to admit to feeling much healthier and more energetic when I eat more vegetables. I used to think vegetarian cooking was very limiting, but Hopewood



Carolyn



The Nepean River at Hopewood.



Walking through bushland to the Nepean River at Hopewood.

plenty of water, do some gentle exercise every day and enjoy a little pampering, while taking time to reconsider their approach to the rigors of today's increasingly fast paced lifestyle. Our Natural Health practitioners and lifestyle coaches provide guests with the tips and tools they need to continue along a healthy path when they return home."

Carolyn Tooth is a remarkable business-woman who manages a complex rural enterprise, which is definitely a 24/7-type operation. It's a mentally and physically demanding career for men, and even more challenging for a woman. Some years ago the stresses associated with Carolyn's life resulted in a nasty attack of shingles. She took some time out at Hopewood and was soon back on track.

"Hopewood is an exceptional health retreat. It offers absolute relaxation! It's unpretentious and genuine. I really enjoy its simplicity.

"The staff take a personal interest in me and yet they don't hover too much. There are lots of interesting talks to attend, or exercise classes to join, but there's no pressure and guests are encouraged to do as little or as much as they like.

"Yoga is one of my personal favourites. Swimming is something I rarely have time to do, but at Hopewood the outdoor pool is so deliciously warm that it's actually rather fun to try some aqua-aerobics. I also like taking long walks in the wooded surrounds, going down to the river and back, while I listen to the bellbirds.

has helped me to appreciate the diversity and flavours that are possible."

A naturally engaging person, with lots of interesting stories to tell, Carolyn, not surprisingly, makes friends easily. It's another thing she likes about staying at Hopewood. "People of all ages and backgrounds stay at the retreat," she says, "and the relaxed atmosphere is very conducive to making new connections. Chatting around the fireplace in the evening is a lovely way to end the day there."

Carolyn concluded, "After a few nights at Hopewood, I feel rested, recharged and ready for the next challenge."

**For all package details and special offers visit [www.hopewood.com.au](http://www.hopewood.com.au) or telephone 02 4773 8401.**

# A Hopewood Recipe

## Eggplant Curry

### INGREDIENTS

3 large eggplants  
1 large onion, finely diced  
1 red capsicum, sliced into strips  
2 tins coconut milk  
2 Roma tomatoes, finely diced  
1 stick of celery, finely diced  
3 crushed garlic cloves  
1 tsp grated ginger  
1 tsp cardamom  
2 tsp coriander  
1 tsp cumin  
½ cinnamon stick  
1 tsp turmeric  
1 fresh green chili, seeded and chopped  
1 cup yoghurt  
200 gm cashew nuts  
1 tsp garam masala  
Coriander to garnish

### METHOD

Stir-fry onion, tomato and chopped celery in water or 2 tbsp butter until soft.

Slice and roast eggplant and capsicum in oven until brown.

Add spices and garlic to the onions and cook for five minutes, stirring continuously to avoid burning the spice mix.

Add coconut milk and bring to the boil, then reduce heat to simmer.

Add cooked eggplant and capsicum, stir in yoghurt and cook for another 10 minutes (thicken if necessary with 2 tbsp arrowroot and ¼ cup of cold water).

Place in serving dish, sprinkle garam masala and cashew nuts (raw or roasted) on top.

Garnish with coriander leaves.



**FRUIT** Incorporate tasty, living,  
**UVEG** raw, fresh foods into your current  
**NUTS** lifestyle with **Fruvenu**

### Raw Vegan Food Workshop

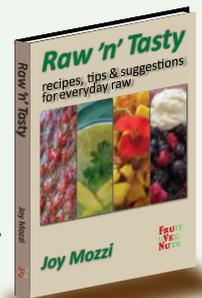
Be motivated to enjoy increased energy levels and weight loss. Workshops provide a full menu plan with food tasting and recipe handouts.

Joy offers Raw/Fresh Living Foods Classes in your home.

### Get started straight away with Joy's new Raw Food E-book and Bonus Menu Planner

Lots of recipes with colour photos, tips and suggestions.

Only \$12 in an easily downloadable format.



**Take Control! Doing something, no matter how small, is more rewarding than doing nothing.**

Phone: 0428 582 258

[www.fruvenu.com.au](http://www.fruvenu.com.au)  
[fruvnu@gmail.com](mailto:fruvnu@gmail.com)



### The Solution - Pure Simplicity

choose 1 Australian Cleanwater kit for travel or Water filters for home  
- the ultimate health choice

**Zero Plastic bottles equals zero landfill**

Contact us on  
02 9787 2241  
0411 241 582  
[www.cleanwaterkits.com.au](http://www.cleanwaterkits.com.au)

# YOUR QUESTIONS ANSWERED



By  
**Roger  
French**

Send your questions to Your Questions Answered,  
Natural Health Society, 28/541 High St, Penrith  
NSW 2750 or email [rfrench@health.org.au](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. CELTIC SALT – RAISE BLOOD PRESSURE?:**

I know that ordinary table salt raises blood pressure, but what about an unrefined salt like Celtic sea salt? Does it *lower* blood pressure? – A. McG., email

**A** Surprisingly, this is a ticklish question. Public health experts tell us not to add salt at all. On the ABC 'Health and Wellbeing' program, 23-11-2010, Professor Bruce Neal, chair of the Australian Division of World Action on Salt was asked if sea salt is a healthy exception to this advice. His reply was, "No. These fancy salts are just a more expensive way of doing yourself harm."

As with plain salt, continued Prof. Neal, the vast majority of 'designer' salts are mostly sodium chloride. They're about 40 percent sodium, and it's sodium that raises your blood pressure.

However, there is also medical opinion that is quite the opposite.

Dr David Brownstein, MD, delves into the merits of sea salts in his book, *Salt Your Way to Health*. He writes:

"A review of the research literature, as well as my own clinical experiences, have convinced me that unrefined salt is vital to good health. I began to research the medical literature about salt, and what I found was astounding. There is little data to support low-salt diets as being effective at treating *hypertension* [high blood pressure] for the vast majority of people. None of the studies looked at the use of unrefined sea salt, which contains many valuable minerals, including magnesium and potassium, which are vital to maintaining normal blood pressure.

"Many minerals, including magnesium and potassium, have a direct anti-hypertensive effect. The government-conducted National Health and Nutrition Examination Survey (NHANES) revealed that low mineral intake, specifically of magnesium, potassium and calcium, is directly associated with hypertension. Repeated measurements over 20 years have confirmed the relationship between low mineral intake and elevated blood pressure."

Altogether, unrefined sea salt contains around 84 minerals, including iodine, calcium, magnesium, manganese, potassium, iron and zinc. In contrast, refined table salt comprises just two minerals, sodium and chlorine, making it extremely unbalanced.

"Unrefined salt will not cause elevated blood pressure," declares Dr Brownstein. "In fact, due to its abundance of minerals, it can actually help lower the blood pressure in hypertensive patients."

An adequate supply of magnesium ensures that unused sodium is promptly eliminated via the kidneys.

"However," continues Dr Brownstein, "hypertensive patients can improve blood pressure moderately by limiting their sodium intake. Too much of anything can be a problem for the body. Salt, like any other substance, should not be taken in excess. Since refined salt is a toxic substance, there should not be any refined salt in anyone's diet."

One view is that the blood-pressure-raising effect of table salt can be due to its high content of sodium without enough magnesium to balance it. The high sodium has a magnesium-lowering effect that can constrict the arteries and raise blood pressure. (For more details see <http://drwilson.com/Articles/salt.htm>)

Nevertheless, sodium is an essential nutrient for the body, being necessary for fluid balance, nerve operation and other functions. Some is needed, but not too much.

So where do these opposing views leave us? I believe that there is enough evidence to show that *refined* table salt is a big problem for blood pressure, fluid retention, arthritis, hardened arteries and kidney problems.

But *unrefined* sea salt, containing a wide range of minerals, is much better. This applies particularly to unpolluted sea salts like Celtic and Himalayan Rock Salt. Regarding blood pressure in particular, I can only conclude that these might not affect it at all or may even help lower it slightly. On the other hand, *large* amounts of any sea salt may very likely cause blood pressure to go up. Although it is not possible to be certain, modest quantities may be fine, whether there is hypertension or not.

## **Q. NATURAL PROGESTERONE:**

Where can I purchase natural progesterone? I have all the symptoms of oestrogen dominance that were listed in your magazine in the Autumn 2006, page 55. – S. M., Hurstville Grove NSW.

**A** We would expect that the answer to this question would be straightforward enough, but when I located a trained nurse, Jenny Birdsey, who appears to be a 'guru' in this field, I discovered that it is complex.

Firstly, we were long ago advised that the answer lies in using wild yam, but Jenny Birdsey explains that this is a misconception. Quoting her:

"Natural progesterone is often confused with wild yam, because ... drug companies use wild yam extract (*diosgenin*) as their precursor to progesterone. This has led some people to market wild yam extract as 'natural progesterone', claiming it is the precursor to the progesterone in the body.

"However, it requires a chemical laboratory to do this conversion, your body cannot do it from diosgenin. Wild yam is a plant substance; it produces phytoestrogenic effects in the body, but not the progesterone benefits."

Jenny favours using only progesterone cream applied topically. Her experience is that this is the best way to use it by far. She is not in favour of consuming this hormone.

She advises women to be aware that not all progesterone creams are the same. It is important to obtain the right product. While she declares that she is in no way endorsing any particular pharmacy or brand of cream, she explains that the only company in the world that manufactures under drug quality control conditions is an Aussie company, Lawley Pharmaceuticals. Other firms may not necessarily have the same quality controls. Lawley's product is Pro-Feme®-Progesterone supplement for women. Contact details are:

Lawley Pharmaceuticals  
672 Beaufort St, Mt Lawley WA 6050  
Phone 1800 627 506  
lawleyph@arach.net.au  
www.lawleypharm.com.au

A reputable compounding chemist producing natural progesterone cream is:

Visionary Health Compounding Chemist  
136 Beaumont Street, Hamilton NSW 2303  
Phone (02) 4969 5081; fax (02) 4969 5091  
info@visionarychemist.com.au  
www.visionarychemist.com.au

(This chemist also makes a high-grade vitamin D.)

Other progesterone creams are made by various compounding chemists throughout Australia and NZ. But, notes Jenny, even though they would all contain micronised real progesterone, creams can vary in performance and consistency considerably.

If you reside in Australia or New Zealand you are required by law to have a prescription to purchase natural progesterone cream. Residents outside Australia and New Zealand can purchase online.

Jenny Birdsey, who is a trained nurse and a hormonal health and weight consultant, says that she has helped hundreds of women over the years to understand the benefits of natural progesterone. Her website in conjunction with her two books will give you valuable information and support. The titles are *Natural Progesterone – the World's Best Kept Secret* and *Natural Progesterone – More Secrets Revealed*, and they are available from her. However, she does not sell creams.

Jenny owns the Natural Progesterone Advisory Network (NPAN), but is **not** affiliated with the website, Natural-Progesterone-Advisory-Network.com. She advises women to look for the NPAN logo as it assures them that they are receiving information endorsed by her. It is:



Jenny offers consultations in person or over the phone. Before having a consultation, she urges people to read her books, or at least read *Natural Progesterone – the World's Best Kept Secret*. **The price of one book, including postage is \$59.95 and the posted price of both is \$99.90.**

To assist women in obtaining a script with the full co-operation of their doctor, a chapter in the first book is dedicated to how to approach and work with your doctor.

In addition, her website has a link to a source of user-friendly doctors and other health practitioners – the Australasian College of Nutritional and Environmental Medicine (ACNEM), which can provide the names of holistic doctors in your area.

To buy her books or arrange a consultation with her, Jenny can be contacted via her website or by phone/fax on 03 5222 7145 (the best times to phone her are between 9.00am and 10.00am Monday to Thursday).

Her mailing address is: 8 Normanby St, East Geelong Vic 3219

Web sites are: [www.jennybirdsey.com](http://www.jennybirdsey.com) and [www.npan.com.au](http://www.npan.com.au)

Jenny's website explains why mainstream medicine misses the point regarding natural progesterone. Orthodoxy is blinded by trial results or 'evidence-based medicine', but unfortunately the evidence is funded by drug companies. Because drug companies cannot patent natural progesterone, they have not funded the necessary trials.

Consequently little is known about natural progesterone in mainstream medicine, so many doctors are reluctant to prescribe it out of fear of negligence, malpractice and/or peer pressure. They choose to err on the side of caution, and also they may not be covered by their insurance if they prescribe 'untried drugs'.

It is the courageous women who have rebelled against the use of conventional HRT and chosen to use natural progesterone who appear to know much more about its benefits than do many doctors. The truth is that in the USA, where natural progesterone can be purchased over the counter without a script, women have been using it for over 20 years and continue to report long-term benefits.

## Q. WHAT IS PURSLANE:

What is purslane and can it help meet the body's needs for omega-3 fatty acids? – G. H., Springfield NSW

**A** Purslane is a herb with a long history of use as both a vegetable and a medicinal herb. It is both tasty and exceptionally nutritious.

Common purslane (*Portulaca oleracea*) is also known as *pigweed*, *duckweed*, *fatweed*, *pursley* or *pussley*. In spite of being highly nutritious, it is the most widespread 'weed' species in the world. However, a frequently overlooked approach to controlling this weed is to eat it!

It has an earthy, slightly acidic, lemony flavour and crisp, succulent stems and leaves. Some people liken it to watercress, lettuce or spinach, and it can substitute for spinach in many recipes. Young, raw leaves and stems are tender and are good in salads and sandwiches as an alternative to lettuce or in addition to it. The leaves can also be lightly steamed or stir-fried.

Purslane may be a common weed, but it is uncommonly good for you.

The particular value of purslane is that it tops the list of plants rich in the omega-3 fatty acid, *alpha-linolenic acid* (ALA). 100 grams of fresh leaves provide about 350 mg of ALA. There are even trace amounts of another omega-3, EPA. Purslane is also high in vitamins C, E and some of the B-complex and carotenes. Minerals include iron, magnesium, calcium, potassium and manganese.

Purslane is an excellent source of carotenes, one of the highest among green leafy

vegetables. From carotenes our bodies make vitamin A. Both carotenes and vitamin A are powerful antioxidants, and vitamin A is essential for vision.

Also present are two very special antioxidants – the reddish beta-cyanins (as in beetroot) and the yellow beta-xanthins. Both are potent anti-oxidants that have been found to inhibit mutations of genes.

Unfortunately, purslane is very high in oxalic acid, so it is better not to eat large quantities every day. It also contains malic acid, the same acid as in apples.

As with most vegetables, purslane is very low in calories – carbohydrate is just 3%, protein under 2% and fat less than 0.5%, consequently there are just 20 Kcal per 100 gm. Fibre is abundant, and water content is 93%, close to lettuce at 95%.

Because of its high water content, purslane greatly reduces in volume during cooking, so pick more than you think you will need.

So there it is. Purslane is another of those 'weeds', like dandelion, milk thistle, stinging nettle and pennywort, which are actually very nutritious and therapeutic.

## Q. KERATIN PROTEIN FOR RIDGING NAILS:

My fingernails began ridging quite rapidly in the last year. The ridges run along the nails and the nails have gone soft at the tips whereas they used to be strong. A doctor thinks it might be *Candida albicans* and has given me a fungal cream. I am wondering if keratin protein would help and where can I get it. I am aged 80. Can you help me? – D. M., Darling Point NSW

**A** Fingernails can to some degree be a barometer of overall health in that changes in their appearance can be the first signs of a health problem, such as a circulatory

### Detox and nourish your body with minerals

#### ADYA WATER

(Black Mica Extract)

has all the minerals we need to maintain natural health. It also helps to remove toxic substances from your body.



The other health drinks we have are:

#### ZENMAI

Roasted brown rice drink-great coffee alternative

#### BIO TEA

Refreshing healthy organic green tea

#### ZENFOODS

[www.zenfood.com.au](http://www.zenfood.com.au)  
T:(02)49684825 (07)41595647



disease, respiratory disorder, iron deficiency anemia or thyroid problem.

Ridges can be horizontal or longitudinal. The more significant are horizontal ridges (across the nail), which can be the result of a previous injury to the nail bed, malnutrition, certain medications or diabetes. Interruptions to nail growth, by factors such as brief changes in nutritional status or slight trauma to the nail matrix, can result in horizontal ridges.

The longitudinal (or vertical) nail ridges that you have are quite common and usually don't indicate poor health or a serious illness. In rare cases, these ridges can be associated with *alopecia areata* (hair falling out – an autoimmune disease), *lichen planus* (there is a 'lichen-like' appearance of affected skin or nail bed), rheumatoid arthritis or peripheral vascular disease

It can be challenging to keep fingernails and toenails healthy, especially as we get older. Because the natural moisture in our skin tends to dry up as we age, fingernails and toenails are often the first parts of the body to reflect lack of moisture. Longitudinal ridges on fingernails and/or toenails or brittleness can be a sign of moisture depletion. Sometimes the remedy is quite simple.

Because nails grow lengthwise from the cuticle, subtle vertical ridges are normal, but when the vertical ridges are quite noticeable, the first thing to do is rehydrate the fingernails both from the inside and the outside.

Make sure that you drink adequate water. This hydration should also help your hands, feet, hair, skin and your face.

For moisturising your fingernails (and toenails) from the outside, products based on oils that include Jojoba and vitamin E could be ideal. Apply the oil liberally to the nails, especially to the cuticle areas, and do this twice daily.

With diligence, you may find that the longitudinal ridges decrease and the fingernails and toenails become healthier.

The source of part of the above information is *Cosmetology Today*, 2008: pp. 78-83.

Now to the question of **keratin**. Keratin is an insoluble structural protein found in skin, hair and nails. Having plenty of it can make nails stronger and healthier. But eating edible animal skins (like pork rind!) is definitely not recommended, and, in any case, we don't need to consume keratin in order to have keratin. All the proteins we eat are digested down to their building blocks, amino acids, and from this pool of amino acids our bodies make the thousands of different proteins that they need, including keratin. All we need to do is consume adequate protein, including the right amino acids, namely, lysine, histidine and arginine. Sources are:

**Lysine.** Best vegetarian sources are dried beans, particularly black beans, chickpeas, lentils, kidney beans and soya products (including tempeh), wheatgerm, cheese, eggs, quinoa, pistachio nuts, cashews and spirulina.

**Histidine.** Readily available in a wide variety of foods, including dairy products, soybean products, other beans, some grains including rice, wheat and rye, eggs, buckwheat, corn, mushrooms and bamboo shoots.

**Arginine.** Plant sources are the richer in this amino acid (in descending order): peanuts, sunflower seeds, almonds, walnuts, hazelnuts, Brazil nuts, cashews, pistachios, pecans, lentils, flax seed, kidney beans, French beans, tofu, whole-wheat flour and garlic. Eggs are also rich.

In reality, the thing to do is have a healthy, balanced diet that supplies adequate (not excess) protein in wide variety, and also supplies abundant vitamin C, B-vitamins, especially B<sub>12</sub>, carotenoids, iron, zinc, folate and essential fatty acids (as in nuts and seeds). Vitamin D needs to be obtained from safe sunbathing (essentially no sunburn and build up sun exposure gradually).

What about keratin-based creams applied directly to the nails? The nail is not an impermeable barrier; in fact, it is much more permeable than the skin. One brand of nail conditioning lotion proclaims that it "is infused with a keratin-enriched formula that penetrates deeply into nails, making them at least 30 per cent stronger, so they are less likely to split, chip or crack." This may well be true or it may not, but in any case, at the very least it is likely to be harmless.

## Q FUNGAL RASHES IN GROIN:

I am a male and am prone to fungal rashes of the groin in summer. I use body powder after showering to absorb moisture, and when the red rashes occur, I apply an anti-fungal cream which is effective. Recently I read that body powder, such as talcum powder, can lead to cancer and there are chemicals in the cream which I am keen to avoid. I would like to know if there are natural alternative treatments. – D. W., Neutral Bay NSW

**A** Yes, there are non-toxic methods for fungal and yeast infestations. [Note that yeast is a form of fungus.]

Fungal infestations of the skin are quite common and often involve a combination of both fungi and bacteria to which the skin is reacting, as well as to fungal toxins. The most common of all fungal infestations, whether inside the body or on the skin is *Candida albicans*.

These skin infestations commonly occur where opposing skin surfaces contact each other and rub. Typical warm, moist areas are the groin, underarms, creases under pendulous breasts, the folds of the skin of the abdomen in obese people, the creases of the neck and between the toes. This kind of superficial skin disorder has the name, *intertrigo*.

Another kind of fungal skin infestation is 'jock itch' (*Tinea cruris*), also called 'crotch rot' or 'ringworm of the groin'. This red, itchy rash is more likely to occur in men who sweat a lot. The itching can be intense and there may also be small blisters and small white scales on either side of the scrotum. The rash can involve the entire groin area.

With jock itch, the most commonly associated fungus is *Trichophyton rubrum*, which is likely to be accompanied by *Candida albicans*, *Trichophyton mentagrophytes* and/or *Epidermophyton floccosum*.

A dry, healthy skin effectively blocks yeast infestations, but there are a number of adverse factors that may allow the yeast or fungus to gain a foothold. They include:

- Your immune system is depressed;
- You have recently had a course of antibiotics (or are taking steroids);
- You have high blood sugar levels, as in diabetes;
- Your peripheral blood circulation (to the extremities) is compromised and/or there are lowered oxygen levels in your bloodstream;
- You are overweight or obese;
- You don't dry yourself thoroughly after bathing or sweaty activity;
- You excessively use soap and shampoos that remove the natural, protective acid coating from the surface of the skin;
- You wear tight or synthetic clothing that holds perspiration on the skin;
- You have previously suffered fungal skin infections;
- You have a weakened immune system due to general toxemia of the system.

Healthy skin normally secretes very weak acid, which acts as a protective barrier against microorganisms. But if the skin becomes unhealthy, it can then become vulnerable to fungal or yeast infestation.

We all have fungi (or yeasts) inside us, some are 'good', others are 'bad'. It is when they get out of balance that the 'bad' ones come to dominate. To restore the right balance, they should all respond to an anti-Candida program. This involves detoxing, natural foods, supplements, probiotics and natural anti-fungals.

## Natural treatments

Topical treatments may provide immediate relief, but the problem will not be completely overcome until the immune system is back to full strength, which depends mainly on detoxing and good nutrition. Here are things to do that can be expected to bring relief sooner or later.

Take probiotics to displace the fungi in the intestines. If on antibiotics, this is especially important.

Avoid refined sugar and other concentrated sugary foods, which feed fungi. With an entrenched infestation, even fruit will need to be limited, but entirely avoid three fruits that often contain mold – oranges, grapes and melons. Avoid white rice and white flour products that also feed fungi.

Avoid foods containing yeast so as to minimise the load on the immune system – fermented foods, cheese (other than cottage or ricotta), beer, wine, cider, ginger ale, mushrooms, soya sauce, bread made with yeast, any food containing breadcrumbs, stale nuts and seeds, dried fruits, MSG.

Garlic is a powerful anti-fungal. It is most

potent when consumed raw, but is still effective if cooked. Or even take garlic capsules.

If the rash is persistent enough, it will be desirable to have a few days consuming exclusively vegetable salads and fruit. This detoxing will strengthen the immune system.

For topical treatment, rub an anti-fungal into the rash twice a day. A non-toxic remedy is easily made: mix 4 – 6 drops of tea tree oil, oregano oil and/or clove oil (any or all of these) with 1 tablespoon of coconut oil.

If you are willing to take the trouble, spread over the rash the remarkable Manuka honey, being sure to purchase genuine Manuka honey with strength at least UMF 10. Cover with a bandage or wadding and leave in place for hours or the entire day. Repeat as necessary.

Wash with only coconut-oil-based soap or just plain water.

After showering, wipe over the rash with water made acidic with lemon juice or apple cider vinegar. Stir either the juice of half a lemon or 2 tablespoons apple cider vinegar into 2 cups warm water. Pat dry and leave as is. The purpose here is to restore the natural acidity of the skin.

Wear loose, pure cotton underwear. Change if it becomes damp or sweaty. Avoid synthetics.

Sleep in loose pyjamas or nightie, so that the area does not become sweaty.

After any physical activity that causes sweating, wash the area with plain water. It is best to avoid the use of soap whenever possible. You could then wipe the rash with the lemon juice or apple cider vinegar solution mentioned above. Again, pat dry, but don't wash it off.

Wipe coconut oil over the rash as often as is convenient.

Because fungal skin rashes usually reflect Candida overgrowth elsewhere in the body, particularly in the intestinal tract, rectum and vagina (thrush), it would be wise to have a check-up by a naturopath or wholistic medical practitioner. If the infestation is widespread, the Candida program, as outlined above, will need to be applied in depth and probably for months.

A detailed program for *Candida albicans* is presented in the Spring 2008 issue of *Natural Health and Vegetarian Life* magazine, page 50. Copies are available from the Natural Health Society.

Restaurant offering vegetarian, overlooking the Parramatta River and grassy banks

# Sahra by the river

- We cater for all social and corporate occasions and can seat 30 to 300 people.
- Gluten-free dishes on request. • Fully licensed

Sahra is a restaurant like no other, where you leave fuller, happier, healthier and wiser, whether you eat vegetarian or not.

We liken Sahra to the Shangri-La of Parramatta – unique menu, location and ambience and memorable times and memorable meals with many choices.

We offer Vegetarian Banquets and an à la carte menu for both lunch and dinner.



## HOURS

Lunch: Tuesday – Friday, noon to 3.30pm  
Dinner: Tuesday – Saturday, 5.30pm till late  
Sunday – open all day.  
Monday – closed

## LOCATION

2/76 Phillip Street, Parramatta

## INQUIRIES

Phone 9635 6615  
[www.sahrabytheriver.com.au](http://www.sahrabytheriver.com.au)

**Mention this  
advert and receive  
a \$20 voucher  
redemable on your next visit**

Sahra was reviewed by Roger and Elizabeth French in the Winter 2013 issue of True Natural Health – we were most impressed. And prices are very reasonable.

# NHS NOTICES



## 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 and Barry Hastie, Melva Fleming and Shirley Drake, Richard and Philomena Watkins, Sandra Dunnington, Sharyn Peters, Maureen Cane, Jeanne Silverson, Bonnie Hawkins, Marion Kraemer, Ruth Rinot, Yvonne McConachie, Robert Greeney, Bridget Houseman, Nicole Ramsden, Peter Townsend, Dijana Jevremov, Merylyn Marel, June Coleman and Maria Santa.*

If other members would like to add their support, 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 [www.health.org.au](http://www.health.org.au) and click 'Donate'. [Please note: donations not tax deductible.]



Follow Natural Health Society of Australia on Facebook

## LUNCH AND FARM TOUR, PICTON NSW

We are planning a social lunch and farm tour just north of Picton NSW

(For members in regions and other states, we regret that we are unable to organise social functions.)

DATE: **Sunday 15th September 2013**

FARM TOUR: **Peppercorn Creek Farm**, Hume Highway at the foot of Razorback Mountain, Picton side, on left-hand side of the highway

LUNCH: The **Common Ground Café**, a few kilometres further towards Picton on right-hand side

COST: Farm tour is free. Lunch is individually ordered from the menu. Prices are very reasonable.

We have dined at this café a number of times and find it excellent. Much of the food is organic and the staff, who belong to a religious order, are very caring.

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

## MACARTHUR AREA NSW

Vegetarian group **meets monthly**, usually Sunday lunchtime, **at each other's homes**. Based in Campbelltown, each person 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 on 4625 8480.

## NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2013 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 24th September 2013, at 7.30 pm, at CBS Café, 1 Gibbes St, Penrith NSW.**

### Business

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

A committee meeting will follow the Annual General Meeting.

*Members please notify the office if planning to attend.*

## Vegetarian Food Preparation Classes

### LEPPINGTON NSW

#### WELLNESS SUPPORT GROUPS

Conducted by Marilyn Bodnar (naturopath) and Cecil Bodnar.

#### WORKSHOPS

Sat. 14th September and Sat. 19th October – Raw Tasty Sweets – Healthy Treats Hands-On Workshop.

Fri. 20th September, Fri. 25th October and Fri. 29th November – Bread Making Workshops



#### FOOD PREPARATION DEMONSTRATION AND TALKS

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. 21st September** – Greg Fitzgerald, Naturopath and Osteopath – 'Have No Fear Of Alzheimer's Disease'

**Sat. 26th October** – Doug Evans, Hopewood Naturopath and Osteopath – 'Understanding, Avoiding and Overcoming Osteoporosis'

Sat. 30th November – Marilyn Bodnar – Festive Foods Preparation Demonstration

To book, phone Marilyn, 9606 2203 or 0410 627 556

### RICHMOND NSW

#### LAO VEGETARIAN COOKING WORKSHOPS

Presented by Ling Halbert

Hands-on, how to make simple, delicious and nutritious meals. Straightforward and easy-to-prepare recipes

• Saturday 21<sup>st</sup> Sept – Spring salad in two rainbows

• Saturday 19<sup>th</sup> Oct – Sustainability cookery

• (Oct will be the last workshop for the year.)

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)



### 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.

# “Relax... getting enough calcium now comes naturally”

Nadine Ominski – [www.nadineleenutrition.com](http://www.nadineleenutrition.com)



A unique wholefood source of calcium, GreenCALCIUM is an organic marine plant (Lithothamnium calcareum) that is naturally rich in calcium, magnesium and 72 other trace minerals important for maximum calcium absorption and bone health.

GreenCALCIUM contains 34% pure calcium (1 level teaspoon delivers 950mg of elemental calcium) and has a unique porous structure with a large surface area for greater absorption and utilisation of the calcium in the body.

**Pure Plant-Source**

**Green Calcium**

**Nature's Perfect Calcium**



Available at leading HEALTH FOOD STORES and Natural Therapists in POWDER and vegetarian CAPSULES



[www.greencalcium.com.au](http://www.greencalcium.com.au)  
[www.facebook.com/GreenCalcium](https://www.facebook.com/GreenCalcium)  
For information call 1300 135 702

# ARE SMART METERS A HEALTH HAZARD?

By Maureen Kirsch



The day smart meter transmissions were enabled in her neighbourhood, Maria collapsed. Later she discovered what had caused her to suddenly develop an erratic and life-threatening heart arrhythmia.

Her astute GP told her to go out of the area, away from smart meters. Within hours of doing this, she gradually began to feel better. She spent a month away from her home, being cared for by her family before she could return.

The inside walls of her home have now been painted with protective shielding paint. The windows are covered with radio-frequency (RF) reflecting curtains. All wireless devices are now turned off. Although she has made her home a 'safe haven' she still develops symptoms when in public places.

Recalling that time is still traumatic for her, as she thought she was going to die. "Since the completion of the roll-out of smart meters in my area, I have been very, very sick. I have continuous palpitations, chest pain, a weird taste in my mouth, loss of appetite, lethargy, dizziness, fainting attacks, an inability to concentrate and chronic insomnia.

"I'm not able to function, I can't work, I can't look after my family. My symptoms disappear when I'm in an area without smart meters."

Maria is a medical doctor, specialising in women's health and is currently unable to work.

## What is a Wireless Smart Meter?

A wireless smart meter is an electronic meter that measures household electricity usage and relies on *wireless* technology, through the use of pulsed microwaves, to send meter data back to the power utility.

These meters give the power companies the ability to remotely collect data and to control our power usage. They can disconnect and reconnect our power supply from afar for their own purposes and charge different prices for electricity depending on the time of day it is used.

Since the roll-out of smart meters began in Victoria, there has been much controversy over their privacy and security, billing errors and simply the fact that there was no public consultation and no customer choice.

By far the most concerning issue is the growing cost to human health and the environment.

"In Victoria, and elsewhere in the world, people are becoming sick after wireless smart meters are connected to their electrical systems, even

people who were not hypersensitive." (See [www.stopsmartmeters.com.au](http://www.stopsmartmeters.com.au))

The symptoms most commonly reported are insomnia, tinnitus, headache, fatigue, dizziness, agitation, nausea, memory problems, visual disturbances, palpitations, nose bleeds and prickly skin sensations.

There is a growing body of anecdotal evidence and an overwhelming amount of credible scientific evidence from noted doctors, scientists, epidemiologists and neurologists from around the world that indicate proven negative biological effects on living tissue from radio-frequencies, which are emitted from smart meters. Despite this, government authorities in Australia continue to ignore the warnings.

"We have evidence ... that exposure to radio-frequency radiation ... increases the risk of cancer, causes damage to the nervous system, causes electro-sensitivity and has adverse effects on reproductive systems," says Dr David Carpenter, Director of the Institute of Health and Environment, University of Albany, New York.

The World Health Organisation (WHO) has classified radio-frequency electromagnetic fields as possible human carcinogens (Group 2B), based on an increased risk of *glioma*, a malignant type of brain cancer associated with wireless phone use (IARC – International Agency for Research on Cancer 2011). These are the same frequencies as are deployed by smart meters.

The Seletun Scientific Panel, comprising international experts on the biological effects of electromagnetic fields (EMFs), states that "New biologically-based public exposure standards, taking into account long-term as well as non-thermal exposures, are urgently needed to protect public health worldwide" (Seletun Scientific Statement, page 1). The statement recommends standards that are approximately 50,000 to 60,000 times lower than the current International Commission on Non-Ionising Radiation Protection (ICNIRP) standard on which Australia bases its standards.

Therein lies the problem. Using their "current prescribed exposure limits" based on the standard set by the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA), Victoria's Department of Primary Industry (DPI) concludes that "Compliance with the ARPANSA limits (which mirror those of ICNIRP) would deem the installation of smart meters safe with respect to radio-frequencies."

Unfortunately, the limits adopted appear to fail to take into account sensitive populations,

people with metal and medical implants, elderly people, frail people, pregnant women and children.

"There are no current, relevant public safety standards for pulsed radio-frequency radiation involving chronic exposure of the public" says Dr Poki Namkung, former Public Health Officer, County of Santa Cruz, California, in her report entitled, 'Health Risks Associated with Smart Meters'. "Exposure is additive, and consumers may have already increased their exposure to RF radiation through voluntary use of wireless devices ... It would be impossible to know how close a consumer might be to their limit, making safety an uncertainty with the installation of smart meters."

## Alarming Effects On Children

Even more alarming are the effects that smart meters can have on children.

Dr Davra Davis, epidemiologist and founding director of the Toxicology and Environmental Studies Board at the US National Academy of Science, says "... children's heads can absorb double or more of the radio-frequency energy of adults' heads."

ARPANSA has recently produced a fact sheet with advice for parents on how to reduce their children's exposure to electromagnetic radiation (EMR) from mobile phones and other wireless devices, stating, "This technology is so new that it's impossible to be completely sure that there isn't some risk. This is particularly true for children for whom there is little research evidence." Notably, neither ARPANSA nor the DPI has given any advice on how to reduce exposure to smart meter emissions, especially from meters that are installed near bedrooms.

The BioInitiative Report of 2012 concludes that, based on 1800 new studies, there is "reinforced scientific evidence of risk from chronic exposure to low-intensity EMF and to wireless technologies (electromagnetic fields including microwave radiation).

"Public fears about wireless smart meters are well founded," says Dr David Carpenter in his article, 'Smart Meters: Correcting the Gross Misinformation'. These public fears are backed by worried medical authorities who are seeing a growing number of citizens developing electromagnetic sensitivity (EMS), especially since, for many of them, these symptoms developed dramatically after the installation of a smart meter.

## Tamara's Story

### Teacher, 47 years old

Tamara says she was just a normal person, working part time and running her home, when she became suddenly ill, suffering pains in her head, heart palpitations, pains in her bones, tinnitus, poor short-term memory, red skin and eyes, a rash on her arms, difficulty sleeping and a general feeling of fatigue and being unwell.

A few months later, she discovered that a smart meter had been installed in her next-door neighbour's house, directly opposite, and only a few metres from her kitchen window. The timing of the installation coincided with the time Tamara became ill.

Attached to the outside of the meter box was a small disc which contained extra aerials.

Tamara has now been diagnosed with EMR sickness and is under medical care. She has a metal medical implant, and hopes that this complication will not further compromise her health.

Tamara has had to rearrange her whole house, moving her bed into a small room at the back of the house. She is not able to work due to being unable to spend any length of time near WiFi emissions.

Like hundreds of others, she has written letters and phoned government authorities, met with State and Federal Ministers and contacted her power company seeking help.

She is refusing to have a smart meter in her home and has locked her meter box, cutting a viewing hole in the cover so that the old analogue meter can be read manually. She has also erected 'no trespass' signs at the entrance to her property.

Her power company finally complied by removing the outside aerial from her neighbour's smart meter (not the actual meter) and promising a postponement of her installation until December 2013.

After that date, the power utilities current mandate to install smart meters will have expired and the Victorian government will have to determine a new strategy.



Tamara, outside her neighbour's meter box

## Steve's Story

### IT professional, 44 years old

Steve discovered he was sensitive to EMR well before he found, through his own research, that there is a label for this condition – *electromagnetic hypersensitivity* (EHS).

He noted that, consistently, within minutes of using a wireless router he would feel a pressure in his head and chest, tingling sensations in his hands and face and would be left with a headache that could last days. He also experienced severe discomfort when using a mobile phone.

Subsequently, he was able to function quite happily by minimising his mobile phone usage and using only wired devices in his home.

In 2011 smart meters were rolled out in Steve's street. Although he resisted having one at his home, he has been severely affected by his two neighbour's smart meters, which were installed some three metres from his bedroom.



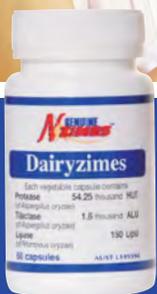
**POOR DIGESTION  
CAN RESULT IN LOSS  
OF NUTRITION**

Eating cooked and processed foods, inadequate chewing of food, ageing, stress and eating on the run may result in incomplete digestion.

Help maintain healthy digestive functions. With every meal take our meticulously formulated **GENUINE n-zimes™** which are wonderful in the field of Enzyme Nutrition.

High potency 100% vegetarian multi-enzyme formula to assist with the breakdown of PROTEINS, CARBOHYDRATES, FATS and FIBRE.

Always read the label, use only as directed.



## DAIRYZIMES

**MAKE THE MOST OUT OF YOUR DAIRY INTAKE**

A blend of PROTEASE, LIPASE, and TILACTASE enzymes designed to help address the digestion of proteins, fats and lactose found in dairy products.

AVAILABLE AT SELECTED HEALTH FOOD STORES AND PHARMACIES.

[www.maczimes.com.au](http://www.maczimes.com.au)

LIFESTYLE ENZYMES PTY LTD PHONE (07) 5474 2909

ALSO FROM **GO VITA** Your Health Shop  
govita.com.au

CHC52679-10/12

Soon after their installation, he experienced a consistent pattern of waking up at night with a severe sharp pain in his head and great difficulty falling back to sleep.

He says, "Every morning I would wake up with a serious headache, which would make concentration and performing simple duties quite difficult. On a number of occasions I would wake up with my heart beating irregularly."

2012 was an ongoing health battle for Steve, with increased sensitivity to wireless devices. Even things that normally would not have bothered him – such as laptops, phone chargers and light dimmers – increased his suffering from constant headaches and lethargy.

He underwent many tests with his GP and neurologist, with all results negative for any brain disorders or tumours.

Steve says, "I know it is wireless that is causing these issues, because when I go to areas that have very low EMR and no smart meters I feel fine after several days."

Steve has recently painted his house with shielding paint and installed RF blocking curtains. This action, he says, has helped immensely to reduce his sensitivity to a manageable level.

Although Steve has taken precautionary measures in his own home at great expense, he is concerned at the lack of support, care and understanding by his power utility and the various government departments that he has been in contact with over this issue. He has effectively become a prisoner in his own home, because to venture out into the neighbourhood for extended periods of time leaves him drained and feeling unwell.

## Maureen's Story

Maureen knew nothing about smart meters when she became sick. Initially, she did not even know that one had been fitted in her home.

Quite suddenly, she developed chronic insomnia and could not fall asleep. She began to get severe pressure in her head, but this feeling would come and go depending on where she sat in her house. She also began to suffer vision disturbances.

These problems continued for about a month, when by chance she saw a news report on smart meters concerning a woman who had developed health problems similar to her own.

"I phoned my power distributor," said Maureen, "and they came to my home and assured me that the smart meter they had fitted complied with government regulations. They did, however, admit to me that some people seem to be more sensitive than others and promised to turn down my meter by 90%."

Over the next four months Maureen's health did not improve. She found she had become sensitised to all wireless technology. "At the school where I taught, I could not even stand in the classroom because the wireless routers and laptops would give me such extreme head pressure, blurred vision and a kind of brain fog that I could not think clearly. The symptoms would continue for many hours, and while at home it would feel as though my skin was radiating."

After four months of battling this problem, she felt that she could not continue teaching and gave up work. Six weeks later she moved out of her house and into one that did not have a smart meter fitted.

"I feel better while in this new house, but my problems continue because in my neighbourhood I am surrounded by smart meters. I have done all I can to reduce my EMR exposure – no microwave oven, no DECT cordless phones and no WiFi devices – but going out anywhere is now quite difficult and stressful. I can feel the smart meter emissions when driving or walking down the street. I also have a constant high-pitched ringing in my ears."

Maureen experiences pain in her teeth, which react to the pulsing signals from smart meters, and also when near mobile phone towers. She has spent six months having all her amalgam fillings replaced in an attempt to alleviate these symptoms.

Because many public places, like shopping centres, libraries, cafes, etc., have WiFi hotspots, she tends to avoid going out, or only going out if necessary to do a quick 'dash and grab' shopping trip.

"For fifteen months now," declared Maureen, "I have been researching to try to resolve my problems, and what I have discovered is astounding. I have collected more than 150 stories about health concerns with smart meters and have met many other people in Victoria who have also been suffering serious, debilitating health effects."

## Rosemary and Vic's story

Rosemary and Vic had lived in their home for twenty years. Shortly after the installation of a smart meter, they noticed ringing in their ears, dizziness, nausea, headaches and heart palpitations. When away from home, their symptoms would subside, but would come back with a vengeance every time they re-entered their home.

"We phoned our power distributor to ask to have the smart meter removed," they reported, "but the company refused, despite our desperate pleas and having a doctor's certificate. The power distributor admitted that they were aware that 5% to 10% of the population are really sensitive to these radio-frequencies."

Out of desperation, Rosemary and Vic moved into their van, away from the smart meter. They lived in the van for six months, while trying to resolve the problem by again contacting their power distributor, the Energy and Water Ombudsman and Energy Safe Victoria with no resolution. They have been forced to move interstate, leaving their friends and family behind, just to get away from smart meters.

## Tim's story

### Graphic designer, 22 yrs old

Tim had just started a new job as a graphic designer in a small inner-city terrace studio in Melbourne. Over a period of three weeks, he became quite unwell, suffering headaches, dizziness, blurred vision, heart palpitations,

severe kidney pain and inability to concentrate. He found that after leaving work or having a few days off, he would gradually recover, only to have the symptoms recur each time he went back to the studio.

Tim then discovered that there was a smart meter on the studio wall opposite his head, hidden in a wooden meter box. To eliminate other causes, he underwent medical tests, namely, ECG, blood tests and a kidney scan, which were all clear.

His symptoms continued and became worse the longer he stayed at work. Fearing permanent health damage, he resigned.

He feels fine when away from these pulsing emissions, but has now become sensitised to wireless radiation and becomes quite dizzy when exposed.

## Dr Alexander McDonald

### A Principal Research Scientist at the CSIRO

A landmark Australian legal decision may pave the way for sufferers of electromagnetic hypersensitivity (EHS) to receive compensation for workplace injuries. In Melbourne, and for the first time in Australia, in a Federal workplace compensation case handed down on 28<sup>th</sup> February 2013, the Administrative Appeals Tribunal has provided qualified legal recognition of the health effects of electromagnetic radiation (EMR) also known as electromagnetic fields (EMF).

The Tribunal found that "Dr McDonald has suffered either an aggravation of his sensitivity to EMF or an aggravation of his symptoms by reason of his honest belief that he suffers from the condition of EMF sensitivity and that his exposure to EMF associated with the trials (in his workplace) has worsened his sensitivity."

There will be more of the details surrounding this important decision in the next issue of this magazine.

## Conclusion

Stop Smart Meters Advocate, Janobai Smith, sums up the situation as follows:

"Given the current scientific studies and the adverse health outcomes evidenced as a consequence of radio-frequency exposure, is the continuation of the smart meter roll-out worth the gamble?"

Surely the government of Victoria, given the magnitude of what is at stake, should be heeding the call from the public for precaution,"

## Sources and FURTHER reading

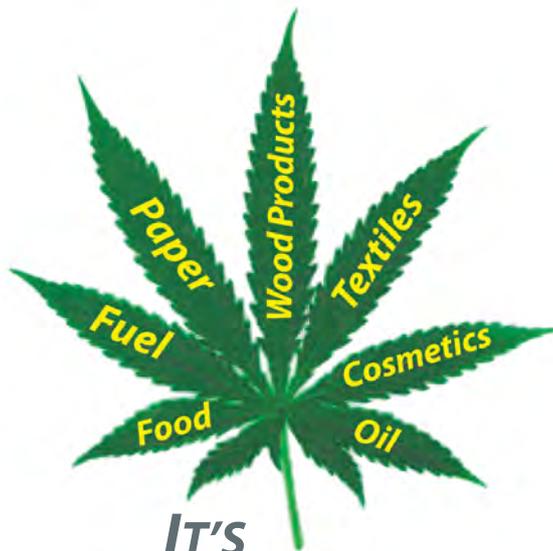
- \* Stop Smart Meters Australia – 'Smart Meters in Victoria: Information and Concerns'
- \* Seletun Scientific Statement 2011
- \* Biolnitiative Report 2012
- \* ARPANSA Fact sheet 14
- \* Johansson, O, 2011
- \* Carpenter, D 2012 – 'Smart Meters: Correcting the Gross Misinformation'
- \* Jamieson, 2011 'Smart meters – Smart Practices'



# If **YOU** are not part of the **SOLUTION** **YOU** are part of the **PROBLEM!**

- **Superior** Food source. Complete range of essential amino acids (protein), 80% Essential fatty acids in a perfect ratio. Includes GLA. Delicious nutty flavour. Easier to digest than any other form of protein. Suitable for ALL animals. **#1 Best Survival Food.**
- **Superior** Body products that replenish cells topically.
- **Superior** pulp for paper. Produces higher quality fibre at a faster rate than trees with far less chemicals and water. Can be recycled up to 8 times (Tree paper only 2 times). Can replace ALL tree products.
- **Sustainability** Cultivated for at least the last 12,000 years. Out yields cotton 400%. Grows using 1/4 the water of cotton and uses virtually no chemicals. Lasts longer than any other textile. Longest, strongest fibre. Hemp clothes dated 6000 years on mummy.
- Biodegradable plastics.
- Organic cheap building products.
- Biodiesel + Ethanol

## THE SOLUTION

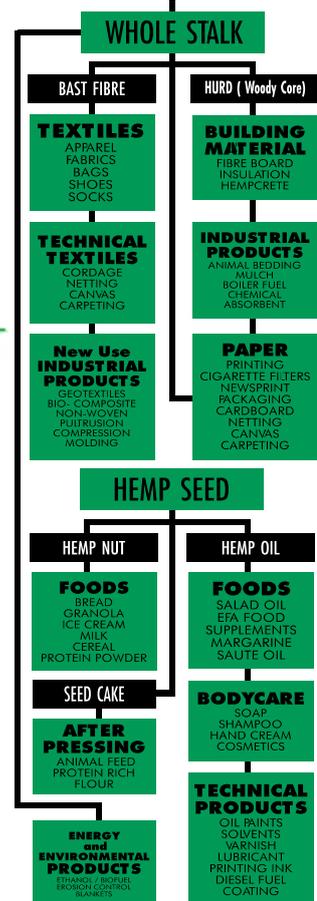


IT'S  
**PURE DELIGHT  
HEMP**

WE ARE DEDICATED TO A PLANETARY VISION OF ECOLOGICAL SUSTAINABILITY, CONSCIOUS EVOLUTION AND AVAILABILITY OF PURE, SUPERIOR HUMAN FOODS.

**SAVE THE PLANET - BUY HEMP PRODUCTS**

## MODERN USES OF INDUSTRIAL HEMP



For retail & wholesale enquiries:

Order directly online [www.puredelighthemp.com.au](http://www.puredelighthemp.com.au)

Ph: (07) 4097 6191 or Email: [puredelight@y7mail.com](mailto:puredelight@y7mail.com)

PO Box 338 Ravenshoe Queensland 4888 Australia

Call for a  
**FREE**  
Hemp  
DVD



By Caryn Cridland

# Why has mindfulness become so popular in recent years?

Mindfulness is a bit of a buzz word at the moment, with mindfulness practices popping up in every area imaginable – mindfulness meditation, mindful eating, mindful listening, mindful therapies and mindfulness at work, to name just a few.

Ten years ago, it was reported that over 240 hospitals, clinics and other health-related settings worldwide were offering some type of mindfulness training. In 2013, this figure could now represent the number in Australia alone!

Personally, I am looking forward to the day when the mindfulness concept spreads into other areas of life too. Can you imagine if mindfulness was introduced into pubs and bars so that people pay more attention to their bodies when ingesting harmful substances? Perhaps this might reduce the number of hangovers! Considering that wine tasting is all about savouring delicate flavors slowly, then maybe this is not as bizarre a concept as it at first seems.

## So what is mindfulness?

Mindfulness is simply awareness of what is taking place in the present moment. This applies to events taking place within the body, the mind and external environments. Mindfulness has been described as “*Paying attention on purpose, in the present moment and non-judgmentally to the unfolding of experience, moment by moment*” (Kabat-Zinn, 2003).

Mindfulness is a non-judgmental, receptive mind state where individuals observe their thoughts and feelings as they arise, without trying to change them or push them away, and without letting them take over. Some describe mindfulness as a meta-view or a helicopter view of ourselves, others and our environment. It is seeing things from above – for example, watching a conversation unfold between ourselves and another person – perceiving the emotions in our self and the other, listening to each of our words, noting what we are both saying and not saying.

## What are the benefits of mindfulness?

The benefits of mindfulness are wide, diverse, and clear.

To name just a few, mindfulness has been associated with increases in compassion, emotional wellbeing and relaxation, overall quality of life, awareness of beliefs and emotions, self-regulation, self-exploration and self-actualization. It has also been seen to increase productivity in business.

The reported health benefits are vast, including decreases in anxiety, stress, pain and depression, and increased cardiac output, slower heart rate, decreased blood pressure and increased longevity.

*Note that much of this kind of research is conducted on people who are regularly practising mindfulness over a period of time – months or years.*

## Research is great – but what about real-life?

What is important is not so much what the research says, but are you going to take up meditating one hour a day? Great if you are. It is highly recommended, but what if you are time poor and/or you can only manage a few minutes a day? Well, every little bit counts, and it is more about what you do as a result of the meditation or mindfulness practice than it is about the actual practice itself.

An alternative to throwing yourself fully into meditation is starting small and training yourself to enjoy richer moments throughout the day. Even seconds are better than nothing!

## Mindfulness is simple!

Mindfulness is not a concept that is complex, unattainable or even requiring a great deal of practice. What mindfulness is – is waking up to life. Being here right now. Or as Thich Nhat Hanh would say – turning up for our appointment with life (Thich Nhat Hanh,

2010). Mindfulness is being aware of how we are actually feeling, what we are thinking and what we are doing, without believing that our feelings, thoughts and behaviours are us.

We can observe them, sure, and they are an important part of the person we call “I” or “me”. They are not, however, all of us (or all of “me” or “I”).

We are so much more than our fears, our hopes or our dreams. For despite our fears, our hopes and our dreams, we are alive, living in this moment. Our fears, hopes and dreams change over time; we, however, always remain. (At least until we pass on!).

## Why not try some mindfulness today?

Notice what is happening for you in this moment? Is there someone talking beside you at work? Can you hear the birds singing?

At home is the TV on? Can you smell food being cooked in the kitchen? Can you feel the cool night air of winter? Can you hear the breath of your sleeping child on your chest as you read your emails? Can you see the moon breaking through the trees? Can you taste the flavour in your food? Are you tired, hungry or angry?

Spend a couple of minutes each day checking-in with yourself and commence your journey into mindfulness and wellness.

**Caryn Cridland is the Founder of Mindful Mediation. She is a registered psychologist, lawyer and nationally accredited mediator with close to 10 years combined international experience in workplace, family and community mediation. Caryn specialises in workplace mediation, facilitation, coaching, training, team building and leadership. She runs a range of workplace mediation training programs and is also a professional speaker. You can find out more about Caryn at [www.mindfulmediation.com.au](http://www.mindfulmediation.com.au)**



# Managing a Stressful Life

By Lisa Phillips, Business and Life Coach

Let's face it, we all suffer from stress at some point in our life, in fact, many of us feel stressed on a daily (or even hourly!) basis. However, the good news is that we can learn to manage our stress, before it manages us!

Within this article, I would like to share with you my top tips for learning to deal with stress. Remember, stress will always be evident in our life, but we do have a choice in how we react to it.

So what is stress really? A good definition is: 'Stress is an emotionally disruptive or upsetting condition which occurs in response to a situation'. Note, the stress is not the situation, but your response to it.

Everyone responds to stress in different ways, and stress triggers will be different for everyone. The degree of stress in your life and your ability to cope with stress will depend on your personality type, your health, mood, belief system, your attitude and whether you are having a good day or not.

I am sure it is no surprise that stress has an effect on our body, and some of the more common effects can be:

- Lack of concentration
- Stomach upset
- Insomnia and fatigue
- Feeling fuzzy
- Irritability
- Dry Mouth

It is interesting that when we are feeling stressed out, we often blame the person who we perceive has caused the stress or the stressful situation we are in. However, as previously mentioned, we can learn to manage our stress, before it manages us!

## HERE ARE 11 OF MY TOP TIPS FOR REDUCING STRESS

1. If you are a born worrier, write your worries down and get them out of your body. Long-term stress can cause 'dis-ease' in your body. Another helpful tip is to tell yourself that you can only worry between the hours of 4pm and 4.30pm. By that time you may have forgotten what you were even worrying about!
2. Know your boundaries – Learn to say NO!! We often cause our own stress by being a people pleaser and doing too much. Then we spend our time stressing that we are too busy. If you have a habit of saying 'yes' when you really mean 'no', challenge yourself to say 'no' at least three times in the next week.
3. Give up trying to be perfect. Nobody is perfect – and you are setting your expectations too high if you expect to be. Give yourself a break and learn that it is OK to be average sometimes. Also, remember that mistakes require correction, not punishment.
4. Know your priorities – You are the author of your own diary. If your diary is too busy, take steps to reduce it. It's up to you!
5. Take time to relax and breathe. Your body is like a car; if you run it without fuel or maintenance, it will break down. So stop regularly to relax and refuel.
6. Get some exercise – Even ten minutes a day will help. Get off the bus one stop earlier and use the stairs instead of the lift.
7. Affirm 'I handle stress easily' 10 times a day.
8. Work off your anger. If you are angry, get it out of your body. Write it down, beat the bed with a pillows or scream. I guarantee you will feel much better and your body will thank you for it.
9. Plug into positivity. When you wake up in the morning, instead of plugging into how bad your day will be, plug into positivity and be grateful that you are alive!
10. Accept that stress is part of your life and that you can't control most things, so surrender to them and let them go.
11. Take action. Write down three top stress triggers in your life and commit to taking action to manage them in a better way.

Have a stress-free week!

**Lisa Phillips is a Business and Life Coach based in Sydney. Lisa appears regularly in the media and is the author of three books. To find out more about Lisa or to subscribe to her free newsletter, please check out her website at [www.amazingcoaching.com.au](http://www.amazingcoaching.com.au)**




- Ancient natural therapies for the 21st Century
- All natural quality ingredients
- Popular Australia wide
- ARTG 156884 & ARTG 171812
- Personal, efficient service & sales support




Call today to discuss your needs  
 Wisdom for living (int) P/L  
 02 4334 6868  
 PO Box 890 Terrigal NSW 2260  
 bewell2@bigpond.com.au  
[www.wisewellstrong.com](http://www.wisewellstrong.com)

## TOP PSYCHIATRIST:

# 'We are turning childhood into a disease'

By John Naish

For any parent, having to accept that your child needs psychiatric drugs must be agonising. But when Susan Bevis's 13-year-old daughter, Amy, suffered a breakdown after a vicious campaign of school bullying, drugs seemed the only option – as instructed by psychiatrists.

Amy's ordeal began when she simply fell out with a clique of girls. The situation steadily worsened and she faced constant online bullying as well as being physically attacked in class. Gangs started to follow her home, and the family house and car were damaged. Neither the police nor the school seemed able to do anything.

Under this terrible strain, Amy began to break down. After months of sleeplessness and extreme anxiety, she said she'd begun to hear voices in her head. Her mother sought medical help. Instead of being offered counselling and social support, Amy was diagnosed by a psychiatrist as having 'first-rank schizophrenia', which means she had signs of the condition.

Susan was initially sceptical, but was so anxious to get help that she reluctantly agreed to Amy being given medication – this was *Risperdal*, an antipsychotic that changes the way chemicals in the brain work.

## THE EFFECTS OF THE MEDICATION

"The results were shocking," recalls Susan. "After only a matter of weeks, her slim body ballooned, her legs were like tree trunks, her eyes became dead-looking, her hair was lank and she felt constantly tired."

Although Amy's 'schizophrenic' symptoms were relieved, she was bullied even more. Worried, Susan researched the drug. "The official information said it had never been trialled on children. I was shocked. Amy wanted to come off it, so I agreed" she said.

Worryingly, Amy seemed to relapse, suffering from hallucinations again. "But in fact, she was suffering withdrawal symptoms from the drug," says Susan. After weeks of agony, the symptoms began to subside. The solution to her problems was to move school.

Susan scrimped and saved to send Amy to a theatre school – "It was the making of her," she says. "My daughter has wanted to be an actress since she was four. It gave her an interest – and a distraction from the trauma."

Amy is now 22 and, says her mother, "is happy and on top of the world". She's starting her career on the stage, having graduated with a university degree in theatre arts. "The truth is that my daughter never had 'first-rank schizophrenia' – she was being bullied and was under terrible stress."

Susan is full of scorn for the psychiatric community's readiness to label children as mentally ill and then give them powerful and potentially damaging drugs. She's become a vociferous critic on the subject, appearing at conferences and pressure groups.

She is particularly dismissive of the way psychiatrists often make their diagnoses using the profession's 'bible' – the Diagnostic and Statistical Manual (DSM), just published in its fifth version (DSM-5).

## INSIDE DSM-5

The manual is written by an influential committee of American psychiatrists and lists official diagnoses and symptoms – its clinical definitions are used by professionals the world over as a guide for labelling psychiatric illnesses, and giving drug treatment.

One of the major criticisms is that the number of new psychiatric diagnoses added to it is rising exponentially. In 1952, the manual was 130 pages long. This fifth edition has 992 pages and has controversially added new diagnoses, such as 'Disruptive Mood Dysregulation Disorder', which essentially makes children's temper tantrums a mental illness.

Critics believe the manuals are 'disease mongering' – inventing labels for conditions that don't really exist, but are normal, albeit difficult, facets of human nature.

"If you look at the DSM-5, there is a diagnosis for everyone. But there is no scientific proof to back many of them," says Susan, adding, only half in jest: "No doubt they would have a diagnosis for me, as I have challenged the psychiatrists about their care."

One might expect such scepticism from a mother with a bad experience of the psychiatric profession. But the fact is that spiralling numbers of children are being diagnosed with 'mental health problems' that may often be merely behavioural.

Take ADHD as an example. According to the Royal Australasian College of Physicians, ADHD affects about 6.8 percent of Australian children. Other estimates suggest the prevalence rate among six to 17-year-olds in Australia is around 11 percent.

## THE PSYCHIATRIST WHO AGREES

Now, one of the world's leading psychiatrists has blown the lid off this burgeoning problem.

Dr Allen Frances chaired the taskforce that wrote the previous version of the DSM, in 1994. At the time, he was described by *The New York Times* as "the most powerful psychiatrist in America". But now he admits that his version of the manual helped open the floodgates for an epidemic of over-diagnoses of children's

mental illness and mass over-medication, with potentially devastating side-effects.

"In the past 20 years, diagnosis rates of Attention Deficit Hyperactivity Disorder have tripled, while autistic disorder and childhood bipolar disorder have each increased by a remarkable 40-fold," says Dr Frances, an emeritus professor at Duke University School of Medicine in South Carolina.

"This is not because our kids have suddenly become sicker, it's just that diagnoses are applied to them more loosely."

He fears that the latest edition of the DSM will make the problem even worse. The result has been a bonanza for the pharmaceutical industry. For example, over the past 20 years, the worldwide value of the market for ADHD drugs alone has grown from \$18 million to \$18 billion a year.

And the long-term effects of these drugs on children remain a perilous unknown, because rigorous safety checks were not performed on children before the medicines were launched.

"It is a mass public health experiment that has been done without anyone's informed consent," says Dr Frances. "We have no idea about the long-term effects."

"We do know that, in the short term, antipsychotic drugs cause tremendous weight gain. A child weighing 50 kilograms will put on 5.5 kilograms in only 12 weeks. This is bound to be a factor for diabetes and heart disease. There is also controversy over whether the long-term use of brain-stimulating drugs causes children to grow up likely to become adult drug abusers."

The fear is that Ritalin-type medications are so similar to amphetamine or cocaine that they create addictive yearnings in young brains that may lead to later drug abuse. There are also concerns that ADHD medication damages young brains in similar ways to cocaine, which, ironically, may make them into impulsive and antisocial adults.

There is more medication on the way. In February 2013 drug regulators in the UK granted a licence for a new class of ADHD drug, *Elvanse*, approved for children six and older who haven't responded to Ritalin-type medication, despite a list of known side-effects, such as anxiety, weight loss, stunted growth and heart problems. The drug is not yet available in Australia.

As Dr Frances knows only too well, it is very easy to add new diagnoses and drugs for children. But it is very difficult indeed to reverse this pharmaceutical tide. He warns, "We are turning childhood into a disease."

**REPRODUCED with permission from the Daily Telegraph, news.com.au, 16th July 2013**

# Kids Health 1st

Become a Mindd Member and receive discounts on top brands & Mindd events as well as ongoing information and much more...

Australian children are struggling with an epidemic in chronic illness with ADHD affecting 10%, allergies 30%, asthma 25% and Autism nearly 1%. Childhood cancer, diabetes, obesity and depression have more than doubled over the past 2 decades.

Emerging research points to malnutrition and environmental toxins harming our children and their DNA going down the generations. Over 50% of Australian children are deficient in iodine which directly impacts on IQ and nearly as many are low in zinc affecting mood, concentration and immunity.

Mindd Foundation fast-tracks effective treatments to children during key growth periods by training practitioners, educating families and connecting the two groups. Our practitioners use diet and nutrient therapy to treat food sensitivities that are often misdiagnosed as ADHD and to treat digestive disorders that drive; allergies, asthma, ADHD, autism, anxiety, auto-immune disease as well as sleep, weight, mood and learning problems.

Enjoy member discounts while helping Australian children

\*visit [mindd.org](http://mindd.org) for membership, research references, practitioners, recipes and more



 25% OFF	 25% OFF	 20% OFF	 20% OFF	 20% OFF	 20% OFF	 15% OFF	 15% OFF	 15% OFF	 15% OFF
 15% OFF	 15% OFF	 15% OFF	 15% OFF	 15% OFF	 15% OFF	 10% OFF	 10% OFF	 10% OFF	 10% OFF

## Food is Medicine

Seminar and Cooking Demos

Featuring Chef Pete Evans



BUY TICKETS

 **Mindd Foundation**  
Healthy Cells for Life™

## LEMON AND SPICE CARROT SOUP

I created this soup on finding an abundance of carrots in my fridge one day. Organic carrots are abundant and available all year round. The flavours of cumin and lemon really shine here and the coconut cream adds a wonderful creamy texture.

A hearty, healthy soup that's packed full of antioxidant-rich winter greens. Recipe created by executive chef Andrew Mirosh of Sirromet Winery, Brisbane.

### INGREDIENTS

- 600g organic carrots, peeled and roughly chopped
- 1 med brown onion, roughly chopped
- 1 tbsp ghee or coconut oil for frying
- 1 ½ tsp cumin seeds
- ¼ tsp mild cayenne pepper
- 1 tbsp finely grated ginger
- 2 cloves garlic, finely chopped
- 1 litre filtered water
- ½ cup coconut cream (Ayam is a good brand)

### METHOD

On a low heat in a medium sized pot, fry onion in the fat for a couple of minutes till soft.

Add cumin seeds and cayenne pepper and fry for another minute.

Add the rest of the ingredients (reserving the lemon juice) to the pot and cover with a lid. Cook for 20 – 30 minutes or until the carrots are soft.

Using a stick blender, blend the soup until smooth. Taste and season with extra salt and pepper as desired.

Note: As with most soups, this soup tastes wonderful the following day.



## COCONUT ROUGH

This quick and simple recipe offers a sweet, nourishing and rich chocolate alternative ... it is delicious!

### INGREDIENTS

- ¾ cup melted organic coconut butter
- ¾ cup melted organic extra-virgin coconut oil
- 1 cup sifted organic carob powder
- ¼ cup organic raw honey
- 3 heaped tbsp organic hulled tahini
- Small pinch of salt
- 1 ½ cups organic desiccated coconut

### METHOD

Line a medium-sized square tin with baking paper and set aside.

Combine the coconut butter and coconut oil in a medium bowl. Leave to cool for a couple of minutes before adding the honey and tahini. Stir well until the honey and tahini are well mixed in. Set aside.

Whisk the sifted carob and desiccated coconut together in a medium bowl and pour in oil mixture.

Mix well, then pour into prepared tin. Use a spatula to spread evenly to create a flat top.

Refrigerate for about an hour or until completely cold and firm to the touch. Cut into 5 or 10 cm squares, depending on desired size, and store in the fridge in a sealed container.

Note: These will melt at room temperature on a moderately warm day, so best to enjoy straight from the fridge.



## CHIA PUDDING

Simple and quick to make, this recipe is a nutritious breakfast or snack option. The chia is very gentle on the stomach and the honey and vanilla add beautiful flavours.

### INGREDIENTS

- ⅓ cup white chia seeds
- 2 tbsp raw honey
- 2 tbsp desiccated coconut
- 1 tsp vanilla
- 1 cup plain organic yoghurt

### METHOD

In a medium bowl, combine all the ingredients and stir well. Cover and place in the fridge overnight. Serve with fresh fruit or my favourite, blueberries, cooked with a little fresh lime juice.





## APPLE-BERRY CRUMBLE

Grain free, dairy free and gluten free

(Taken from forthcoming recipe app, available November 2013)

This is a delicious and simple dessert, or, by removing the sugar, a great breakfast in winter. It's warm both in temperature and with its gentle use of cinnamon and nutmeg.

### INGREDIENTS

#### Apple Filling

- 7 large red apples (approx 1kg), peeled
- 6 Medjool dates (soft, large dates), finely chopped
- 1 tsp finely grated ginger
- 1 tsp cinnamon, ground
- Zest of 1 medium lemon
- Pinch sea salt
- 2 cups fresh or frozen blueberries
- 2 tbsp tapioca or true arrowroot to thicken

#### Crumble

- ½ cup amaranth flour
- 3 tbsp tapioca or true arrowroot
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 tbsp coconut sugar or pure maple syrup
- ¾ cup roughly ground almonds (for nut allergies replace with quinoa flakes)
- ¾ cup desiccated coconut
- ½ cup extra-virgin coconut oil (measured in melted state)
- 2 tsp natural vanilla essence

### METHOD

#### Crumble Mix

Combine flour, tapioca, coconut sugar (or maple syrup), almonds, coconut, cinnamon and nutmeg in a large bowl until evenly mixed through.

Melt coconut oil then pour over crumble mix. Add vanilla essence and stir through.

Ensure all ingredients are moist and mixture has a crumbly texture.

#### Apple Mix

Peel and core apples, then cut into rough 1 – 2 cm cubes. Place apples in large saucepan with about ½ cup water and gently simmer covered with lid on low heat, carefully rotating apples bottom to top every so often until apples are just tender but not too soft (usually 10 – 15 mins once water is steaming). Add berries and mix evenly. Once berries are warmed through, add tapioca and stir well (you should begin to see the liquid thickening soon).

Combine well the chopped dates, lemon zest, ginger and cinnamon, then toss through the apples.

#### Baking

Place apple mix evenly in medium casserole dish. Spread crumble mix over top.

Bake at 180°C for 30 – 40 mins, or until crumble topping is slightly browned.

Serve with coconut custard for an extra warm yum!

## PUMPKIN CORNBREAD

This recipe was adapted from the very talented Belinda Jeffery in the book *Mix and Bake*. I love finding beautiful recipes and turning them into options that I can cater with and eat!



### INGREDIENTS

- 375g butternut or Jap pumpkin, peeled, seeded and cut into 3 cm chunks
- 150g fine stone-ground yellow polenta
- 1 ½ tbsp tapioca flour (starch)
- 3 tsp baking powder
- 1 tsp Himalayan crystal or Celtic sea salt
- Pinch cayenne pepper
- 40 ml extra-virgin coconut oil (melted)
- ¼ cup biodynamic plain yoghurt or coconut cream for dairy free.
- 1 free-range organic egg, lightly whisked

### METHOD

Steam pumpkin until soft, then leave to cool where it can drain off any excess liquid. Mash pumpkin like you mean it.

Preheat oven to 200°C. Put polenta, flour, baking powder, salt and cayenne pepper into a bowl and whisk all together until well combined. Set bowl aside.

Mix yoghurt (or coconut cream), oil and egg into the cooled mashed pumpkin.

Pour pumpkin mix into dry ingredients. Mix lightly, just until everything combines. Grease a small square tin, then scrape this mix into tin. Shake to ensure mix is evenly spread.

Sprinkle with sesame seeds, pumpkin seeds or another seed of your choice and pop in the oven.

Corn bread is ready when it is lightly golden and has sunk a little away from the edges of the tin, approx. 25 mins. Press the middle of the bread with your finger; if it's firm, it's ready. Leave to cool for at least 10 mins in tin and then cut and serve.

## Ladies At Lunch — In Pink

On Saturday 21st September Angie Gluten Free, in conjunction with Inhale Life, is hosting a luncheon and panel at the Leichhardt Town Hall in support of the Cancer Council, with special guest speakers Donna Gianniotis (survivor and healer), Katie Walls (breast massage therapist) and Valerie Klagsbrun (wellness coach of nearly 40 years).

This panel on breast cancer is being held to explore ideas around conscious living, transforming fear and the importance of discussing breast cancer in an open and empowering way.

A delicious organic, wholefood sit-down lunch (catered by Angie Gluten Free) will be served, and gift bags will be provided for all attendees. There will also be an auction with all proceeds donated towards the grand goal of raising \$30,000 for the Cancer Council.

### Ladies At Lunch - In Pink

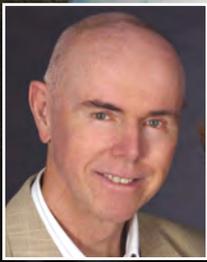
Saturday 21st September, 12pm – 3pm

Leichhardt Town Hall, Leichhardt

Tickets \$80+bf and available from <http://ladiesatlunchinpink.eventbrite.com>

Angie Gluten Free is a gluten-free and wholefoods business that focuses on nourishing, inspiring and educating through events, catering, recipes and classes. Founder, Angie Cowen, is passionate about supporting people in creating a positive contribution in their world.

Romina Di Federico is the director of Inhale Life and a yoga and meditation teacher who has worked with clients coping with cancer and is personally driven to raise cancer awareness through supporting women.



A REGULAR COLUMN

# Irritable Bowel Syndrome

By Greg Fitzgerald, Osteopath and Naturopath

Once called 'spastic colon', 'colitis' or 'mucous colitis', irritable bowel syndrome (IBS) is the most common health disorder in the modern world. It affects 15 – 25% of females and 5 – 20% of males. More people suffer from IBS than from asthma, diabetes and depression combined. It is common in every Westernised country.

The main feature of IBS is abdominal pain and discomfort. Plus, if any two of the following three symptoms/signs are present for three (not necessarily consecutive) out of 12 months, then IBS is diagnosed:

1. Abnormal form of the stool – from very loose to very hard, pellets, etc.;
2. Abnormal frequency of bowel movement – from constipation to urgent, frequent movements;
3. Relief of abdominal pain and discomfort by defecation.

The above are the guidelines outlined by the 'Rome 3 Diagnostic Criteria', so named because a group of gastrointestinal experts meet in Rome annually to discuss recent research on this issue.

Other common symptoms of IBS are:

- Excessive flatulence (wind), often relieving discomfort;
  - Tenesmus (incomplete evacuation);
  - Noisy tummy;
  - Dizziness and light-headedness;
  - Irritability;
  - Backache, joint pain and stiffness;
  - Anxiety and mild depression;
  - Skin and eye issues.
- The Psychiatric Department of Mount Sinai Hospital in New York found that 70 – 90% of patients reported anxiety and/or depression, plus:
- Excessive tiredness, fatigue and low energy;
  - Poor libido;
  - Poor sleep patterns.

IBS can be constipation-dominant, diarrhoea-dominant or a combination of both.

Up to 25% of sufferers are lactose intolerant (lactose is milk sugar), and up to 50% are fructose (fruit sugar) sensitive.

Patients with IBS have four times as much GERD (gastric reflux) and more genito-urinary symptoms, fibromyalgia, headaches, backaches and psychological problems.

Symptoms of IBS do *not* include 'red flags' such as blood loss, recurring fevers, weight loss or severe and persistent pain. These are

serious signs requiring immediate medical investigation to exclude things like ulcerative colitis, Crohn's disease and bowel cancer.

IBS is called a functional bowel problem in that, unlike the other inflammatory gut problems listed immediately above, there is no structural damage to the bowel. Hence examinations and X-rays reveal nothing.

Many IBS sufferers also experience allergies and food/chemical sensitivities, and can, due to the misery experienced, understandably become 'belly-centric' (centred on their bellies). Sometimes a stressful event or an illness can trigger IBS, but more often it becomes apparent slowly over time. It is often, however, exacerbated by stress and being over-tired.

The patient's frustration is often worsened because the medical management of IBS is so poor. Evidence of this unsatisfactory management is easily found in many medical journals.<sup>(1-4)</sup>

## Reasons for IBS discomfort

In the presence of poorly digested food which has travelled to the upper part of the colon (large bowel), bacteria in the gut cause fermentation (gas) and increased osmosis (water). The combination of gas and water in the large bowel can create misery in the form of pain, cramps, bloating, altered stool form (pellets for example), altered frequency (diarrhoea and/or constipation), a feeling of tightness over the abdomen, and even low back stiffness.

Interestingly, there are between 400 and 1,000 different species of bacteria (*microbiota*) in the gut, weighing up to 2.5 kg. Although gut bacteria (flora) are mostly beneficial, some are opportunistic, and when the diet is poorly balanced, the opportunistic bacteria multiply and secrete many toxins into the gut.

Gut hypersensitivity is very common. This is where people who are susceptible to IBS are known to have a lower pain/discomfort threshold in the digestive tract than those without IBS.

Further, certain mal-digested protein complexes can enter the bloodstream from the gut and travel to various parts of the body to further cause great mischief. The brain, the back and other joints, the bladder and other genito-urinary organs and the skin are common target organs. This process has commonly been called 'leaky gut'.

When the brain is the target organ, common

symptoms are mood changes, anxiety, mild depression, memory loss and brain fog. In children, learning and behaviour can be adversely affected.

Until recently, these symptoms led some doctors to claim that IBS is psychological.

Greater understanding now reveals that IBS is not psychological, but bacteriological.

Overcoming IBS is possible, provided the person is open and willing to making some dietary and lifestyle changes. If there is a strong psychological component, meditation, CBT (cognitive behaviour therapy) and EFT (tapping) are very helpful in combination with dietary modifications.

## Dietary Recommendations

**Fodmap** is an acronym for *fermentable oligo-di-monosaccharides and polyols*. These are short-chain carbohydrates which are poorly absorbed in the small intestine by many people, especially when eaten excessively. Most of these are very nutritious foods, but with IBS they may need to be limited or temporarily avoided.

Fodmaps include:

- # *fructose* (fruit sugar) found especially in honey, apples, mangoes, pears and watermelon;
- # *lactose* (milk sugar) found in dairy foods, particularly milk, yoghurt, custard and ice cream;
- # *polyols* found in apples, apricots, plums, prunes and in artificial sweeteners like sorbitol;
- # *fructans* found in wheat, barley, rye, beetroot, garlic, leeks and onions;
- # *galactose* found in legumes like dried beans, soy and lentils.

(For more detailed information on fodmap foods see Shepherd Works)

Staying clear of refined, processed and fried foods is important, as these disrupt the gut flora, creating what is known as *dysbiosis*.

The more serious the IBS symptoms, the more aggressive the dietary restrictions have to be, especially with gluten, sugar, dairy foods and fruit.

In my experience, having consulted literally thousands of people with gut problems over the past thirty years, the main dietary factors are dairy foods, the gluten found in wheat, rye and barley, refined and processed carbohydrates (white flour, white sugar, etc) and excessive or inappropriate fruit consumption.

Oats contain no gluten but are sometimes cross-contaminated with gluten because of

proximity in storage. For those suffering with IBS and who are sensitive to gluten (including coeliac sufferers), it is recommended to seek out oats that are guaranteed to have been grown and stored separately from wheat, barley and rye.

People with IBS need not exclude all fruit (unless their symptoms are severe), but should be mindful not to overdo it. Choosing fruit that has an equal or greater ratio of glucose to fructose, such as bananas, is helpful, because the absorption of fructose is made easier when glucose is present. Indeed, the fructose is 'piggy-backed' on glucose across the gut wall for easier absorption. Better absorption from the bowel means that fermentation does not take place in the gut, and, as far as IBS is concerned, this is desirable.

Fructose sensitivity can be determined by a *hydrogen breath test* if necessary. A load of fructose is swallowed and then the breath is tested for hydrogen, which normally should be absent. The presence of hydrogen indicates intestinal fermentation.

It is best to eat fruit by itself, as eating it with protein or starch can create much digestive irritation due to fermentation (gas) and osmosis (water and bloating).

Foods like legumes and fruits are healthy foods, and provide tremendous nutritional benefits, but the IBS sufferer has to always keep in mind the total fodmap load of their diet, not simply individual foods. This is a key requirement.

In addition, many commonly prescribed drugs can precipitate or exacerbate IBS symptoms. The two most common are antibiotics and a

class of drugs called *proton pump inhibitors* (PPI's), which are acid suppressors for conditions like reflux and heartburn, *nexium* being one of the most commonly prescribed. These drugs disrupt the normal intestinal ecology, encouraging overgrowth of opportunistic gut flora, and particularly with PPI's, a strain of bacteria called *Clostridium difficile* (*C. diff.*). At the present time, PPI's are prescribed far too easily and quickly. In my experience, I have never had a patient diagnosed with reflux who has needed to stay on PPI's, provided they comply with the dietary recommendations given.

## TIPS TO HELP WITH IBS RECOVERY

1. Avoiding huge meals, complicated meals or rushing meals;
2. Avoiding drinking with meals and avoiding full-strength fruit juices (avoiding fruit juices or in mild cases diluting juices helps);
3. Ceasing all intake of alcohol and caffeine;
4. Not eating after 7pm;
5. Avoiding *intense* exercise. This has been shown to impede absorption due to the release of inflammatory *myokines*. Moderate exercise is preferable;
6. Avoiding prolonged or intense stress.
7. Meditation practised daily is tremendously helpful in regulating the brain-bowel connection;
8. Getting regular sleep and rest is very important, as is *not* soldiering on (pushing yourself) when very tired.

As miserable and debilitating as the symptoms of IBS can be, the person must remain optimistic. With the desire to recover and the willingness to learn and make changes, the person can make tremendous improvements.

For best results, it is advisable to seek professional help, preferably naturopathic, because the fine-tuning needed in the dietary recommendations is unique to each individual. This fine-tuning is often the difference between success and failure.

**IBS is reversible.**

## References:

1. The safety and tolerability of pharmacological agents for treatment of IBS – a European Perspective: *Aliment Pharmacol Ther*, 2006;
2. IBS: rationale and evidence of clinical efficacy, *J Clin Gastroenterology*, 2006;
3. *Diet and IBS – Current Opinions in Gastroenterology*, 2006;
4. Clinical ramifications of malabsorption of fructose and other short-chain carbohydrates, *Practical Gastroenterology*, Aug 2007

## The Author

*Greg Fitzgerald is an osteopath, chiropractor and naturopath and Principal of the Health for Life Centre, 31 Cronulla St, Cronulla, Sydney. Phone (02) 9540 1962; website [www.healthforlife.com.au](http://www.healthforlife.com.au); email [info@healthforlife.com.au](mailto:info@healthforlife.com.au)*

*Greg was a speaker at the Natural Health Society's Annual Seminar of 24<sup>th</sup> March this year, and has spoken at previous Society seminars. He and his wife, Dawn, run regular seminars at Sylvania Waters and other locations.*

# Overcoming IBS and Other Gut Problems

## Two-Hour Seminar

### Consider these facts:

- Irritable Bowel Syndrome, or IBS, affects up to 25% of the population;
- Ulcerative Colitis and Crohn's Disease are two of the fastest growing auto-immune diseases in the western world;
- Reflux medications like nexium are billion dollar blockbuster drugs that have been shown to cause gut infections and osteoporosis;
- Gluten sensitivity and coeliac disease are not just uncomfortable annoyances. They can cause very serious conditions like anaemia, osteoporosis and mental illness, among many others;
- There is a 'second brain' in the gut called the Enteric Nervous System, where 95% of the feel-good

chemical, serotonin, resides- yes, food affects mood!

By understanding the role of food, stress and the mind, and by applying certain principles which are not widely recognised today, suffering from digestive disorders can become just a memory.

**Greg Fitzgerald**, naturopath, osteopath and chiropractor for 30 years, has been receiving referrals from gastroenterologists for patients with IBS and consistently sees remarkable success.

**In this Two-Hour Seminar you will learn how to experience a quiet, peaceful and pain-free digestive system.**

### When?

**Wednesday 11th September 2013**

### Where?

**Hazelhurst Art Gallery,  
The Kingsway, Gympie 2227**

### Time?

**Registration: 6.30pm  
Seminar: 7 - 9pm**

### Investment?

**\$45.00**

**To register for this event or for more information, please call Dawn on 02 9540 1962 or visit our website at [www.healthforlife.com.au](http://www.healthforlife.com.au)**

**Bookings essential as seats are limited.**



# Looking after your bladder



BY LYN CRAVEN

Women of all ages can experience some disturbances with their bladder whether a mild irritation or extreme disorder such as prolapse.

## URINARY INCONTINENCE

– weakened bladder/pelvic floor muscles.

There are 3 types:

**Nocturnal** (bed-wetting)

**Stress incontinence** – leakage during physical activity

**Urge incontinence** – urine escapes from bladder soon after urge to pass urine develops.

## FACTORS THAT CAN INITIATE POOR BLADDER HEALTH

Eating many acid-forming and irritating foods, including some acid fruits;

Consuming excessive alcohol;

Drinking too much tea, coffee, soft drinks containing caffeine;

Unhygienic toilet habits, that is, not using toilet paper correctly (women need to wipe from front to back);

Exposing kidneys to cold weather, that is, wearing short tops, hipster skirts/pants and not covering the kidney area to keep it warm;

Over-straining when eliminating the colon (bowel motion);

Holding off from going to the toilet (either due to being busy, having phobias or dislike of using public toilets);

Acquiring a bacteria or virus;

Unresolved infection that may spread from the reproductive organs or large intestine (can occur through negligence or even misdiagnosis);

Swimming in water contaminated with bacteria and parasites;

Unresolved parasitic infestation in any part of the body.

## VARIOUS BLADDER DISORDERS

**Cystitis** – infection of urine, affecting the bladder.

**Urethritis** – infection of the urethra (tube from bladder to exterior).

**Pyelonephritis** – infection of the kidneys.

**Prolapsed transverse colon** – could be due to longstanding constipation over many years, sluggish peristalsis movement or surgical procedures.

**Uterine fibroids** – uterus grows larger due to intramuscular fibroids and can put pressure on the bladder, causing weakness and irritation. Some fibroids need to be surgically removed if growing very large and obstructing/irritating other organs or functions. Smaller fibroids can still prove a problem even if they don't grow too much. Herbal and homeopathic remedies can be taken to help balance hormones and prevent further growth of fibroids in some cases.

**Parasitic infestation** – often systemic, can be acquired from swimming in dirty water.

**Virus** – some viruses may have bacteria attached to them, compounding the irritation and infection.

**Urinary system injury** – caused by kidney disease that damages the kidneys along with other diseases such as diabetes and high blood pressure.

**Kidney stones** – don't always result in long-term problems, but occasionally can instigate the need for dialysis or transplantation in severe cases. Stones occur when salts in the urine form solid crystals, blocking flow of urine and causing infection and kidney damage/failure resulting in great pain. According to State of Queensland Health 2009, approximately 4 – 8% of the Australian population suffers from kidney stones at any time at rate of one in 10 for men and one in 35 for women.

**Glomerulonephritis** – the kidney filtering structures, called *glomeruli*, are infected, often temporarily, and in some cases can worsen to the point of destruction of the kidney.

**Nephrotic syndrome** – a condition of the kidneys caused by a disease damaging the kidney's filtering system and preventing the kidneys from maintaining enough protein in the blood.

## OTHER FACTORS CONTRIBUTING TO BLADDER WEAKNESS

A weakened bladder can also be the result of childbirth – especially multiple births, large babies over 4 kg, instrument delivery birth along with severe perineal tearing and long labour.

Reduced hormone activity, that is, lower levels of oestrogen when breastfeeding or during peri-menopause and menopause.

Being excessively overweight.

Lifting heavy items, including using gym equipment. It is often better to lift hand weights while sitting.

Persistent asthmatic attacks/bronchitis with chronic coughing – including smoker's cough.

Any pelvic/abdominal surgery.

## HOW TO LOOK AFTER YOUR BLADDER

Eliminate all irritating foods and beverages, including:

- caffeine-containing drinks;
- alcohol;
- acidic fruits/foods, namely, citrus fruits – oranges, limes and grapefruit, but with the exception of hot lemon drinks which can help with any bacteria that could be present and also normalise pH – and temporarily avoid tomatoes and pineapple in some cases;
- spicy foods;
- artificial additives;
- refined sugar;
- artificial sweeteners;
- dairy products.

Some herbal remedies have a diuretic action, including eating too much parsley, celery and dandelion leaf.

Consult with your doctor regarding any pharmaceutical medication you may be taking. Many drugs irritate the kidneys, since the kidneys are responsible for filtering out toxins from your body. Get your dose assessed and question how long you need to stay on the medication.

Herbal/homeopathic remedies help tone the mucous membranes of the urinary system, banish bacteria and help resolve some of these health disorders.

# Your SAY

## AUSTRALIA TURNING INTO AN IRREVERSIBLY DAMAGED QUARRY

I have just read *Rich Land-Wasteland* (2012) by Sharyn Munro, a meticulously well-researched exposé about giant, mostly foreign-owned, energy companies, which are rapidly turning large swathes of Australia into a degraded, irreversibly damaged quarry, with the full complicity of both State and Federal governments.

I thought that I was unshockable after 45 years of activism, but the details in this booklet left me shattered.

While the media keep the population preoccupied with cooking, renovating, talent, sports and quiz shows, the damage being caused by coal and gas giants is terrible, and it's not just happening out in the 'donga' (out of sight, out of mind!). Whole towns and communities in NSW and Qld have been decimated, and heritage homesteads bulldozed after the owners gave up the fight due to ill-health.

People have died from the stress, rivers and streams have dried up or been permanently polluted. Those people who choose to stay as the coalmines get closer and closer are grappling with the 24/7 noise and coal dust all over their homes and gardens and in their rainwater tanks. Coal train trucks are not even covered!

Millions of litres of our precious water are being used to wash coal. The last remnants of native vegetation areas – important habitat for animals and birds – are being destroyed.

These companies have no respect for, or loyalty to, our beautiful country – it's all about profits, mega profits, making a few people very wealthy, while the owners of the resource, the people, are 'duded' in my opinion, with undervalued royalties.

Meanwhile, farms, vineyards and people's lifestyles are being destroyed. Even the tourism Mecca, Margaret River WA, has been under attack, but fortunately the State government banned all mining in that region.

Voice your concerns now and support the 'Lock the Gate' Alliance. This outrage must be stopped.

Alex Hodges,  
Birdwood SA  
5<sup>th</sup> July 2013

Practise pelvic floor exercises and learn Pilates to strengthen your core.

Learn to relax – practise yoga, tai chi and/or meditation.

Drink fresh spring/filtered water (room temperature not cold).

Avoid constipation – have this checked out if persistent. Excellent homeopathic and herbal remedies are available that do not irritate the mucous membranes or lead to habitual need. Seek professional naturopathic advice, since there are many possible causes of constipation. Drink plain hot water once or twice a day, chew food well, avoid liquids with meals or for at least 30 minutes either side, and reduce or eliminate black tea consumption (contains tannins which are astringent).

Place two large phone books under your feet when sitting on the toilet. This tilts the rectum and bladder, allowing easy elimination without the need to strain, which puts pressure on the bladder. [Alternatively use an 'In Lieu Toilet Converter' available from the Natural Health Society.]

Acupuncture and Bowen Therapy have proved to be excellent in assisting with varying degrees of incontinence. This is particularly important if a woman has fibroids growing in the uterus and causing it to enlarge and tilt/drop forward and put pressure on the bladder.

Drink hot, fresh diluted lemon drink first thing each morning. Lemon is acidic in the mouth (so clean teeth afterwards), but very alkaline

once metabolized. Lemon helps in counter-acting bacteria and balancing your pH levels. This assists with constipation by stimulating the gall bladder and liver and wakening the colon for elimination.

All the above have assisted with weak bladders for many women. When practising Bowen therapy, there are points on the head that the therapist activates to help lift the bladder. A practitioner would also show relevant exercises that help to tone and strengthen the body, aside from a woman conducting her own pelvic floor exercises.

Herbal and homoeopathic remedies are extremely helpful for toning flaccid mucous membranes/tissues that could have become this way due to long-standing irritation, bacteria and inflammation. Likewise, such remedies can be formulated to assist in balancing any underlying endocrine (hormonal) imbalance, particularly around peri-menopause and menopause. This is so important.

Above all, do not allow the bladder to become weakened and eventually prolapsed. Bladder surgery is not an ideal option! I have heard of a few cases where a woman finds the bladder continually prolapsing even after surgery. Surgeons can offer you three operations over time, but after that they are unable to operate further due to limited remaining skin that can be tightened up.

If you have large fibroids, please have regular ultrasound scans to check on growth and location. Sometimes the weight of a fibroid

can cause a prolapse which could in turn irritate the bladder and weaken it. This has on occasions led to women being told that they also require bladder surgery when having hysterectomy or removal of fibroids. Take action now and avoid this unpleasant situation. I might add that one treatment or one remedy is not going to be the magic bullet, as regular treatments are required, depending on each woman's situation.

Fibroids can shrink when treated with herbal remedies and dietary changes, depending, of course, on how long you have had them and their type and location in or around the uterus.

The bottom line is that all the disorders mentioned above that could be contributing to bladder weakness or irritation can be helped with natural remedies.

**Lyn Craven is a practitioner of naturopathy, Bowen therapy and Energy/Reiki therapy, with over 18 years' experience. She specialises in stress management and has created a meditation CD to assist in relaxation. She has researched and written articles on a variety of health topics and runs a private practice in Bondi, Sydney, and conducts locum consultations in Noosa, Qld. She can be contacted on 0403 231 804 or [lyncraven@bigpond.com](mailto:lyncraven@bigpond.com). Website [www.lyncravencorporatehealth-naturopath.com](http://www.lyncravencorporatehealth-naturopath.com). And join her on Facebook.**

# Brett Lee Backs Up To Bowl Through Daily Massage Therapy

## For a fast bowler, everything aches!

**International cricketer, Brett Lee, who regularly bowled at speeds up to 150 kph, says he couldn't have backed up day after day on tour without the help of a daily massage to relieve the tired legs and sore ankles, shoulders and back, not to mention the emotional exhaustion.**

According to Brett, "The physical benefits of massage therapy included the relief of stiff and sore muscles, reduced inflammation and swelling and a quicker recovery from injury. And it encouraged relaxation at the end of a hard day's play".

Lee made his international debut against India in the Boxing Day Test in 1999. Fourteen years later, he continues to play Twenty20 cricket for Kolkata Knight Riders in the Indian Premier League and the Sydney Sixers in the Big Bash League.

For those men who have never tried massage therapy, Brett says "Let massage become part of your health plan. It helps improve performance and recovery, it can prevent and eliminate injury, control fatigue, increase endurance and generally improve your health and wellbeing. It also increases your vitality and general sense of calmness".

Garry Lavis, President of the Australian Association of Massage Therapy (AAMT), quoting a survey on who uses massage therapy said, "It was found that nearly twice as many women as men utilised massage in the USA in 2011 and resistance to seek help for pain was one of the factors with men.

"Therefore, we want to highlight to men in particular, the many health benefits of having a regular massage, especially the improvement to quality of life," continued Garry. "Whether, as Brett Lee experienced, it's physiological or psychological, it's time to incorporate massage therapy into our health plan."

Garry Lavis encourages both men and women at any stage of life to experience a massage. Depending on an individual's circumstances or condition, the most common forms of massage are:

- **Remedial massage** which is the assessment, treatment and rehabilitation of biomechanical dysfunction or injury to activate and restore healthy function;
- **Sports therapy massage** which focuses on prevention and treatment of sports related conditions, including training, preparation and recovery;

- **Relaxation massage** to focus on reducing stress and anxiety which has a negative impact on physical or mental performance.

To complement ongoing treatment plans, massage therapy can be used with other health modalities, such as physiotherapy, chiropractic, osteopathy and so on.

Garry Lavis suggests that anyone who is looking for an accredited massage therapist could consider members of the AAMT, Australia's peak professional association in the field of massage therapy.

There are some 7,500 registered members to choose from. They are committed to ongoing professional development, have formal, accredited qualifications and are bound by a Code of Ethics. Most health funds recognise AAMT membership and provide rebates on massage therapy.

## Eight reasons to have a massage:

Massage therapy is effective in:

- the management of subacute or chronic low back pain;
- improving heart rate and blood pressure;
- reducing inflammation;
- alleviating pain and stiffness, improving flexibility;
- reducing stress and anxiety;
- reducing depressive symptoms;
- promoting relaxation;
- improving quality of life physiologically and psychologically.

## Research supporting the benefits of massage therapy includes:

A 2012 study published in *Science Translational Medicine* reports that massage, when applied to skeletal muscle damaged through exercise, reduces inflammation (Crane, J.D. et al.).

Improved heart rate and blood pressure was the result of massage in a study published in the *Journal of Advanced Nursing*, 2002 Feb;37(4):364-371.

A meta-analysis of the effectiveness of massage therapy reported positive results for the reduction of depression and anxiety. H F Coehello, K.Boddy and E.Ernst, *International Journal of Clinical Practice*, Feb 2008.



## Massage Therapy Week

This is acknowledged nationally to be the week of 2 – 9 September 2013

## To Find A Massage Therapist

Visit [www.aamt.com.au](http://www.aamt.com.au) or phone 1300 138 872

## Four Facts about massage therapy and Men's Health

- Nearly twice as many women as men utilised massage in the USA in 2011, and resistance to seek help for pain was one of the factors with men. (AMTA, 2012)
- ABS figures suggest that one in five men will experience anxiety at some point in their lives and one in eight will have depression.
- In 2007-08, 47% of males aged 65 and over had discussed a healthy lifestyle with a health professional compared to 38% of males aged less than 65.
- Massage therapy for the reduction of depression and anxiety has shown positive results in a recent systemic review. (Coehello H. F. et al, *International Journal of Clinical Practice*, 2008)



# The Gerson Diet

Part two of a four-part treatment protocol for Gerson Therapy

## Juicing the Gerson way

By Jo Thompson

Juicing is an integral part of the Gerson therapy. It is the 'medication', as is the food that will heal you. Most people look at Gerson and read that the therapy entails 13 juices daily, which would be a day's work in itself. So they put down the book and go looking for an easier fix. Yes, making the juices properly and fresh is time consuming, but so is being sick. We can tailor a health plan based on Gerson to suit your needs and lifestyle. All juices must be prepared and consumed straight away. This is so you receive all those beautiful nutrients, including minerals and enzymes.

The purpose of the juices is to take those wonderful properties straight into the body's cells. This aids in detoxification, healing, boosting the immune system, and giving the cells energy. The juices bypass the need for heavy digestion and are assimilated, absorbed and utilised directly by the body. Dr Gerson spent six years and hundreds of experiments perfecting the juices to achieve the results he was looking for. The juices are specific and timely, but because it is a human tendency to change the ingredients, blends and timing, doing this can make you unwell and not heal. So it is essential that you follow the recipes, blends and the making of the juices exactly as Dr Gerson prescribed them.

### The Juices

Apple/carrot juice

Green Juice

Orange juice

The orange juice is taken first thing in the morning – 240 ml of freshly juiced orange. Use only a reamer type juicer, electric or hand operated. No peel is to be ingested, as the aromatic oils contained in the skin are harmful and would interfere with the treatment. Diabetes sufferers and those with collagen diseases should refrain from the orange juice. Diabetics can have grapefruit instead.

Apple/carrot juice is usually everyone's favourite. Again 240 ml at a time. This juice is taken at regular intervals throughout the day. Use 8 ounces (approx. 240 gm) each of carrots and apples. Wash and brush, don't peel. Please obtain organic oranges.

Green juice is the not-so-popular juice. The ingredients in this juice are specific and have a purpose, which is to support cellular detoxification, build the blood and support the liver. It will also support the bones, being high in calcium and vitamin K.

The juice is as follows:

- 1 small wedge of red cabbage
- ¼ green capsicum
- 1 leaf of endive
- 1 leaf of chard or young silverbeet
- 2 beetroot leaves
- 2 sprigs of watercress
- 1 medium green apple

If you cannot obtain any of the recommended vegetables, please don't substitute with others. Stick with what you can get; but only the following should be included: red or green lettuce leaves (romaine or Cos), red cabbage, green capsicum and some dark green leaf. Best place to get your vegetables is from your own garden. Grow these plants and pick fresh daily. This way you are guaranteed organic, fresh, beautiful produce.

Green apples are used in all juices instead of red apples, because the green varieties are sour. The sour apples are higher in potassium and pectin (good for chelating heavy metals). They are also more acidic and extract greater amounts of nutrients from the pulp.



# Bn<sup>2</sup> health

Joanne Thompson  
Health Practitioner  
RN BN



**'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 with the healing of cancer. My passion is to empower people to take control of their health, to improve their outcomes and to assist them in making an informed decision as to which is the best treatment.*

• Health Workshops & Programs • Lymphoedema Treatment • Massage

**0404 280 446**  
**02 4384 1501**

3 Longs Road,  
Bateau Bay NSW 2260  
jojohompson@bigpond.com

[www.bn2health.com.au](http://www.bn2health.com.au) 'Embrace your health & your life'

# Herbs For Every Reason

## Part 3 – Herb of the month – Magnificent Mint, or Mentha

By Margie Hare

I say 'magnificent' because there are so many different kinds of mint with so many uses. The more you cut them back, the healthier they grow. They always share their love as you crush their leaves so abundantly. I love them all from common garden mint that has not been hybridized to the exotic spicy Vietnamese mint, *Persicaria odorata*. (Once hybridised, mint can become bitter and sometimes have no flavour at all.)

I fell in love with mint all over again during my recent trip to Saudi Arabia. At the local souk (market) they were selling bags of dried mint and bundles of fresh mint. The long stems were tied firmly at the cut end to resemble a small broom. This is used to tap/pat the body all over to invigorate. It's also used to alleviate muscle spasms and aching joints. Try it; it feels magnificent!

### HOW MINT GROWS

Mint really wants to be a ground cover. The long branches grow upward and then flop over and root, spreading the plant wherever it can reach. The spikes of white or pinkish flowers are attractive, but brief. However, they do attract bees, butterflies and even birds. Most mint plants are hybrids and will not grow true from seed.

Mint sometimes gets rust (this appears on the underside of the leaves as small orange/brown spots.) Use an organic fungicide, and try to allow the plants to dry between watering. By watering first thing in the

morning and allowing the water to dry will minimise this occurrence.

At first sighting of rust, you could cut all mint back to ground level. Burn this material – do not add to compost heap. Then cover tips with good rich compost and keep well watered until new shoots appear. Keep a vigilant eye for rust to reappear. Cut back immediately should this occur; cover once again with good compost and water well until new shoots appear. This should have resolved the problem. If it happens yet again, remove and replace the plant. Be sure to burn it.

Stressed plants may also be bothered by whitefly (plant needs more nutrition), spider mites, aphids and mealy bugs. Healthy plants seldom suffer these pest infestations.

### WHERE TO PLANT

All mints can be grown in shade, but will tolerate full sun if kept well watered. Pennyroyal works well in herbal lawns. It will need to be kept mown if you plan on walking on the lawn. But this will help control their spread and the scent will make the work more pleasant.

If you have a small, neat garden, I would suggest planting mint in pots and keeping them on patios or paved areas. There will be more than enough to harvest and you won't have the high maintenance of keeping the plants in check and minimising further hybridisation. (This can happen with cross

pollinating, where you end up with a mixed mint and not the true variety you planted.)

The origins of **peppermint** are a mystery, but it has been around a long time. Dried leaves have been found in the Pyramids in Egypt dating back around 1000 BC.

Other uses of peppermint include ability to relieve wind, flatulence and bloating. (Drink one cup peppermint infusion after meals – 1 teaspoon dried leaves or 2 teaspoons fresh leaves to one cup boiling water). Also helpful for muscle spasm and stimulates secretion of bile. Has been used successfully for the treatment of irritable bowel syndrome.

**CAUTION: Do not use peppermint on children aged under 5 years**



### SOME OF MY FAVORITE SPECIES INCLUDE:

Common name	Botanical name	Popular use
Garden mint	<i>Mentha</i>	mint sauce
Water mint	<i>M. aquatica</i>	tea
Spearmint	<i>M. spicata</i>	
Peppermint (a hybrid of water mint and spearmint)	<i>M. piperita</i>	tea, medicinal
Chocolate	<i>M. piperita f. citrate</i> 'Chocolate'	deserts
Eau-de-cologne	<i>M. piperita f. citrate</i> 'Lemon'	deserts
Pennyroyal	<i>M. pulegium</i>	insect repellent
Apple	<i>M. suaveolens</i>	mint jelly
Pineapple	<i>M. suaveolens variegata</i>	Least invasive, good ground cover (variegated)
Corsican	<i>M. requienii</i>	Moss-like creeper ideal for between pavers and in rock gardens

### Gardening tips for all mints

1. Keep well watered
2. Feed generously from early spring
3. Easily propagated from root slips in spring
4. Mint prefers a rich, moist soil with a slightly acidic pH between 6.5 and 7.0.
5. Mints grow easily from seed
6. All clippings can be used. Chop fresh leaves and freeze till required.
7. Hard prune mid-season for regrowth
8. You can also dry mint by tying in bunches and hanging upside down in a paper bag for a few days out of direct sunlight.
9. Plant in cool, moist conditions
10. Harvest regularly before the flowers develop. Pinch off the flower heads to encourage more leaf growth.

**Pennyroyal** – This powerful aromatic herb is native to Europe and Western Asia. It has been traditionally used as flea repellent. Also used as a digestive, for headaches and for biliousness. (Drink fresh infusion of 2 teaspoons fresh leaves in one cup boiling water. Drink up to 5 cups a day for one week only). Consult your health care practitioner if symptoms persist.

*CAUTION: The essential oil of pennyroyal should not be used it is highly toxic.*

## Margie's Spring to do list:

- My five 'must-plant' culinary herbs – coriander, basil, lemon balm, borage and dill.
- My five 'must-plant' medicinal herbs – nettle leaf, dandelion root, St Johns wort and yarrow.
- My five 'must-plant' companion planting herbs – nasturtiums, cat mint, garlic chives, chives and rose pelargonium.
- Prune back all dead wood of established crops to new shoots. (For example, lemon verbena, marjoram, thyme)
- Remove all dead plants not yet removed (sage that has drowned over the winter and frost-bitten basil)

- As it begins to become hot again, rocket and dill will die back. Replace from list above.
- Feed your French tarragon, but do not disturb the roots or it will die.
- Prepare beds for new plantings of the above.

For best results, top-dress every 6 weeks through the growing season. Use a different organic manure and mulch when necessary.

## Spring Herb workshop for you

You can have a Spring Herb Workshop in your own garden with article author and guest lecturer, Margie Hare.

If you would like to host a group of friends in your garden to help you design and plant your spring herb garden, please contact me for details at:

**margiehare18@gmail.com**  
or on **0407 187 159**.

The host/hostess will receive a free herb garden design consultation.

## Until next issue ...

Plant a herb you have never planted before, and enjoy using it for every magnificent reason!

## In the kitchen

### Recipe – ARABIAN SPICED MINT TEA

**Ingredients:** 2 cardamom pods, 2 cloves, 1 star anise, 1 small piece cinnamon bark/stick, 1 black tea bag of your choice and 2 teaspoons dried mint or 4 teaspoons fresh chopped mint.

**Method:** Place the mint in the teapot. In a saucepan place all other ingredients. Cover with 4 – 5 cups cold water. Bring towards boiling with a lid on, but do not boil. Using a strainer, pour this spiced tea over the mint in the teapot. Place lid on teapot immediately. Infuse for only 3 – 4 minutes. Serve hot when feeling cold. In summer serve on ice with a slice of lemon. Sweeten to taste with honey if desired.

Place saucepan on the stove once more and cover with another 3 – 4 cups water and bring up to boil. Repeat as before.

The many ways I use mint include adding chopped mint to salads, fruit salads, steamed vegetables and rice. I also add it to ice-cream and chocolate desserts. Sprigs of mint make the perfect garnish. Just try it and taste the lift it gives an ordinary dish. Magnificent!

## A NEWS Bite

### CARBON CAPTURE AND STORAGE FARCICAL

BEYOND ZERO EMISSIONS News, 8<sup>th</sup> August 2012

Baseload Report New South Wales Edition

Carbon Capture and Storage, (CCS or 'geo-sequestration') sounds weirdly like a police operation where the criminal, carbon, is apprehended and immediately ordered into a custodial sentence, or 'storage', to the underground dungeons of the earth's crust. This 'out of sight out of mind' mentality depends upon an almost religious belief that a hermetically sealed geology will never, ever leak the stored carbon either up into the atmosphere or down into the deep-water aquifers below.

But what also has come to light is the large amount of energy required to capture the carbon. A recent study suggests that up to 25% of a plant's generating capacity is required for the capture process; and this is before we take into account the extra energy required to pipe the captured carbon into the subterranean caverns below.

Of some concern to the Australian taxpayer is our own Global Carbon Capture Institute, which, since 2008, has been bankrolled to the tune of \$253 million and, beyond a self-serving and comprehensive website, has yet to actually produce anything tangible, such as a filter unit, to any of our coal-burning generators.

Imagine the progress if this same amount were invested in renewables?

And while on the subject of fossil fuels...

Consider for a moment if Australia stopped exporting coal and gas.

At 540 million tonnes per annum, Australia hides behind a seemingly small percentage of about 1.5% of global emissions output (still 15th out of about 200 countries). However when this is coupled with our fossil fuel exports, our combined emissions more than double to 4% (6th out of 200 countries). Australia's known coal reserves alone will blow the global carbon budget for a safe climate.

If we're serious about our taking action on climate change, (as every government department website and every corporate enterprise website claims to be), then we need to leave our coal and gas in the ground. How do we do this and what are the implications for the future?

BZE has just published 'Laggard to Leader: How Australia can lead the world to Zero Carbon Prosperity', a report that shows how Australia can greatly influence global efforts to stabilise the climate through curtailing the global supply of traded coal, making clean energy technologies cheaper, and developing a new model of international climate cooperation that promises to be more effective than the failing UN negotiations.

It proposes that Australia, through ceasing all new coal and gas development projects and investing in a mass rollout of solar thermal technology will:

- i) create a short-term vacuum in the energy market; maintaining the current relatively high price of fossil fuels and thus giving renewables a competitive advantage.
- ii) reduce the costs globally for concentrating solar thermal (CST) technology, enabling more rapid take-up of the game-changing technology.
- iii) provide exciting opportunities for Australia to engage in partnerships with the countries to whom we export large amounts of coal, such as India, who also have a great potential for developing the renewable energy technologies.

# Migraine and Other Headaches – how to prevent and relieve

By Roger French

**This discussion is based on a Medline review of recent medical and nutritional research, a booklet by a prominent British naturopath<sup>(1)</sup> and personal experience.**

Headaches bother most people at some time or other, but for those who suffer regular headaches, they can be very distressing. Headaches always have a cause, whether they occur occasionally or often. If they are frequent or severe, there is a pressing need to remove that cause, because it is well known that continued use of analgesics can lead to other problems.

The orthodox view of the cause of headaches is dilation of arteries to the brain, but this is not the cause. It is merely the mechanism which is triggered off by the true, underlying cause.

There are a number of different types of headache, the most common and distressing being migraine. Tension headaches and sinus headaches are also common. Tension headaches involve mild to moderate dull pain, often brought on by stress and/or depression. Cluster headaches involve recurring attacks with severe pain on one side of the head, and occur most frequently in men. They occur in 'clusters' of weeks or months, separated by long stretches of freedom from headaches. They usually last an hour or two, and recur one or more times in a 24-hour period.

Migraine affects one side of the head only, while tension headaches are on both sides.

Childhood headaches are common, in 2010 afflicting, at some time or other, approximately one in every two children and adolescents up to age 20. In this age bracket, migraine affects around eight percent.<sup>(2)</sup>

## Migraine Headaches

The word, migraine, is derived from Greek and means 'half a head', referring to migraine affecting one side of the head only. Over two million Australians have experienced migraine at some stage in their life and over half a million suffer it chronically. Another estimate is that 20% of women and 10% of men experience it regularly. Similarly, after puberty, girls are twice as likely as boys to have migraines.

Migraine is not just a pain in the head, it is a debilitating affliction that can leave the person incapacitated for up to 36 hours at a time, during which they may be unable to

tolerate light, sound or movement. Migraine is often accompanied by increased sensitivity to light and sound, visual disturbances, pins and needles, numbness, temporary paralysis in limbs, speech difficulties and/or the presence of an aura.<sup>(3)</sup>

The headache can be either a dull persistent pain or an unbearable, blinding, sickening pain, often preceded and/or accompanied by nausea, vomiting, diarrhoea, visual disturbances such as seeing flashing lights or temporary sight loss, inability to speak normally, weakness, tingling in the fingers and numbness in the face and tongue or other parts of the body.

Neurologists refer to two types of migraine; *common* and *classical*. In classical migraine, disturbance to vision, tingling, numbness, etc., precede the headache and herald the onset of the pain. With common migraine, the more usual variety, there are no preceding symptoms.

Migraine is hormonally sensitive. With pregnant women, it may worsen during the first trimester but usually eases later on.<sup>(4)</sup>

According to some researchers, migraine is "a common hereditary disorder".<sup>(5)</sup> It's true that it does tend to run in families, but it is not the headache that is inherited. It is the predisposition towards it that is inherited, almost invariably accompanied by the same lifestyle factors that caused headaches in the parents, especially their 'cookbook'.

## THE MIGRAINE MECHANISM

The mechanism that causes the pain is a two-step process. Firstly, arteries inside the brain constrict. Secondly, there is a fall in the bloodstream of the level of the 'happiness' chemical, *serotonin* (which constricts arteries), and the low level of serotonin allows arteries outside the skull to relax and dilate, which causes the pain.

The dilating of arteries irritates nerves on their outer walls, causing the release of *peptides* which causes additional pain. So, with migraine there is a double shot of pain.

The fact that migraine sufferers have arteries which dilate and constrict more easily may explain the hereditary tendency. This is consistent with the view that only the greater potential for migraine is inherited, not the disease itself.

## THE CAUSES OF MIGRAINE

A prominent factor in migraine headaches is **liver overload**, resulting from foods and toxic chemicals that overwork and congest the liver. The liver is the body's detoxifying organ, filtering out metabolic wastes and toxic chemicals from the bloodstream. In Chinese medicine, the liver is known as 'the general of the army'. If the amount of toxic substances arriving at the liver is greater than it can process, it will become congested and its functions impaired.

Headaches are undoubtedly nature's warning to stop what we are doing to cause them, otherwise liver damage is likely to eventuate.

Foods which are particularly taxing on the liver include fried foods, other very fatty foods, excessive protein especially from meat, excessive sugar, caffeine, alcohol, many food additives, pesticides, salt and, for some people, oranges.

Chemical exposure can greatly add to the burden on the liver. Researchers now recognise 'toxicant-induced loss of tolerance' (TILT), a two-step disease process in which (a) Chemical exposures, such as to pesticides, indoor air pollution or chemical spills, cause susceptible people to lose their natural tolerance for certain chemicals, food constituents and drugs; and (b) Subsequent exposures that were previously tolerated without problems now cause symptoms. Accumulating evidence suggests that TILT may be one of the processes underlying migraine headaches.<sup>(6)</sup>

Researchers have turned up at least 60 different trigger factors for migraine. These may be dietary, environmental, psychological or pharmacologic factors.

Portuguese researchers in year 2000 listed triggers — as identified by patients — in descending order as: stress, stimulation by light and sound, sleep deprivation, hunger, environmental factors, food, menstruation, fatigue, alcohol, sleep excess, caffeine, physical exertion, head trauma, falls, sexual activity, medications, neck movements, smoking and a low pillow.<sup>(7)</sup>

Reactions to food may be more common than sufferers realise. Foods may trigger attacks through allergic reactions, the most common offending foods, according to 'Migraine and Food', being chocolate, cheese and other dairy products, citrus fruits, coffee and tea (caffeine), alcohol, pork, seafood, onions, Marmite and wheat.<sup>(8)</sup>

Spanish researchers list a wide range of foods that can cause migraine not necessarily through allergy. They are chocolate, cheese, citrus fruits, bananas, nuts, cured meats, dairy products, cereals, beans, hot dogs, pizza, food additives (sodium nitrate, MSG (monosodium glutamate) and aspartame), coffee, tea, cola drinks and alcoholic drinks such as red wine, beer or whisky (if distilled in copper stills).<sup>(9)</sup>

When cows' milk and its products, cereal grains especially wheat-flour products, and eggs trigger migraines through allergy or food sensitivity, the reason is thought to be introducing them in early infancy, before the developing gut is able to properly digest them. In the case of cereals, this may be 24 months of age. The absence of breastfeeding in infancy may also be a factor.

In a trial at The Hospital For Sick Children in London, the commonest foods which provoked migraine in children were found to be cow's milk, eggs, chocolate, oranges, wheat-flour products, cheese, tomato, rye and the food additives, benzoic acid and tartrazine (yellow colour). Some children were also affected by fish, beef, pork, soy beans, bacon, coffee, yeast and peanuts. 93% of the children with serious migraine recovered after the foods to which they were sensitive were eliminated

Not only were the headaches eradicated, but the children who also suffered from epileptic fits became free of fits.

In adults, trigger foods to which some sufferers are particularly sensitive include cheese, red wine, chocolates, coffee, oranges, broadbeans and yeast extract. These foods all contain *vasoactive amines* which can cause dilation of blood vessels.

Although the form of alcohol mostly blamed as a trigger is red wine, a study published in the journal, *Cephalalgia* (November 1993), found that among a group of people who suffered from alcohol-induced headache, 54% attributed the problem to white wine, 23% to beer or spirits and only 2% to red wine. The investigators concluded that white wine is the principal culprit rather than red — as far as migraine is concerned. However, red wine can certainly cause problems. The Queen Charlotte's Hospital in London found that migraine sufferers did get migraine from red wine, but vodka had no such effect.<sup>(10)</sup>

Other common triggers are some preservatives, artificial colourings and salicylates (found in red wine, many fruits and vegetables, herbs, spices, tea, honey and peppermint).

The caffeine in tea and coffee is related to headache. An Australian study found that four to five cups daily of coffee or tea significantly increase the incidence of headache. Remember that caffeine withdrawal is also likely to bring on a headache, but this may be the last headache and the end of the problem, provided painkillers are not used.

There are numerous migraine triggers not related to diet. The British Migraine Clinic lists four major categories of non-dietary triggers:<sup>(11)</sup>

Physical — fatigue, over-exertion, eye-strain, lack of sleep, travel.

Psychological, that is, stress — depression, worry, shock, anxiety, anger. Note that anger is particularly detrimental to the liver. People can harbour anger for months or years at a time.

Medical — the Pill, HRT, high blood pressure, menstruation and pre-menstrual hormones.

External factors — noise, glaring lights, flickering lights especially from TV or computer screens, smells from perfume, cigarette smoke.

Female sex hormones are clearly linked to migraine, which is probably why women sufferers outnumber men two to one. Attacks are more common at menarche (puberty), at menstrual times, in the first trimester of pregnancy and again at menopause. Researchers believe that it is withdrawal of oestrogen that triggers migraines, rather than high or low levels. Discontinuation of The Pill, pregnancy and menopause all involve changing oestrogen levels.<sup>(12)</sup>

Long-term or abusive use of painkillers, especially when accompanied by tension headaches associated with anxiety and/or depression, can result in almost continuous headache.<sup>(13)</sup>

Breathing stuffy, stale air may contribute to the headache problem.

Certain attitudes appear to be more common in migraine sufferers. The University of South Carolina found that sufferers were more likely to be dissatisfied with their bodies, to be perfectionists, to distrust others or to feel ineffective. They noted that these states of mind may affect serotonin levels.<sup>(14)</sup>

## Other Kinds of Headache

### TENSION HEADACHES

Tension headaches are not incapacitating the way migraine headaches are. If your head feels as if it is being squeezed unbearably by a very tight band or crushed by a heavy weight on the top of the head or at the base of the skull, it's probably a tension headache. These affect nearly everyone at some time or other. Tension headaches can occur either in bouts or in a chronic form. Tense, knotted neck muscles in the upper neck precipitate the headache.

The causes are combinations of mental and physical stresses. Those occurring in bouts or 'episodes' are typically in response to stresses such as anxiety, depression, emotional conflicts, fatigue, guilt or repressed hostility. The chronic form is likely to be associated with ongoing anxiety and/or depression.<sup>(15)</sup>

These headaches are more likely to occur in highly competitive perfectionists who work hard, relax too little and worry too much.

Enormous strain in neck muscles can be caused by bending over a keyboard, kitchen sink or cycle handlebars for long periods of time.

Interestingly, tension headaches can be associated with nutrition. The Department of Neuroscience, University of Turin, Italy, reported in 2002 that susceptibility to certain foods could be as significant with tension headaches as with migraines. The foods that were most commonly reported as triggers for both types of headache are alcoholic drinks, chocolate and cheese.<sup>(16)</sup>

## SINUS HEADACHES

When the mucous membranes lining the sinus cavities under the cheeks, nose and forehead become inflamed and swollen and produce excess mucus, the drainage passages may become blocked. The resulting pressure in the cavities commonly leads to headache.

The Natural Health experience is that the predominant dietary causes of mucous congestion are dairy products, excessive wheat-flour products (bread, pasta, breakfast cereal, cakes, pastries, etc.) and excessive sugar. In sensitive people, these foods are thought to cause the mucous membranes to copiously secrete mucus, as do certain allergenic substances.

Another possible cause of sinus trouble is tooth infections.

## ALLERGIES AND FOOD SENSITIVITIES

Non-migraine headaches can, according to the Dept of Clinical Neurosciences, University of Calgary, be caused by a wide range of substances, including prescribed medications, over-the-counter medications, illicit drugs, anaesthetic agents, certain foods, food additives, beverages, vitamins, inhaled substances and substances used in diagnostic procedures.<sup>(17)</sup>

Another researcher has identified artificial colourings and flavourings, alcohol, chocolate, coffee, tea, foods containing tyramine, vitamins, minerals, pesticides and several others.<sup>(18)</sup>

The consumption of significant MSG (*monosodium glutamate*) may produce 'Chinese Food Syndrome', in which headaches are prominent. Prevention lies in avoiding foods containing added MSG. Unfortunately, MSG in packaged food may be difficult to detect because the words "natural flavour", "flavouring" or "hydrolysed vegetable protein (HVP)" may all refer to forms of glutamate.<sup>(19)</sup>

Allergies and sensitivities may cause headaches directly or by triggering sinusitis. The Natural Health view of allergy is that the body is highly congested and has become

super-sensitive to some extra irritant, such as a particular component of dairy products, the gluten in wheat, dust, fur, pollen or household chemicals.

## HYPOGLYCAEMIA – LOW BLOOD SUGAR

Once hypoglycaemia is beyond the mild stage, symptoms can include headache, extreme fatigue, faintness, over-activity, sleepiness, irritability, depression, phobic panic, inability to concentrate, cold sweats, tics and twitches, allergic symptoms, vision impairment, cold hands and feet and/or other symptoms. There will be cravings for sweet foods or stimulants such as alcohol, coffee, tea or nicotine. The symptoms are usually temporarily relieved by satisfying these cravings.

The cause of hypoglycaemia may be over-consumption of high-glycaemic-index foods, including sugar, for many years, or it may be the result of ongoing stress, stimulants or allergies, which can exhaust the adrenal glands, leading to low blood sugar levels.

## HIGH AND LOW BLOOD PRESSURE

Headache can be a symptom of both high blood pressure and low blood pressure.

## THE PILL

Use of the contraceptive pill has been associated with a number of side-effects, including depression, insomnia and headaches. Neurologists have urged women who develop headaches after starting The Pill, or whose headaches become more severe, to stop taking the Pill immediately, as there are dangers, including a greater risk of stroke.

Oral contraceptives can affect a number of nutrients, according to the University of Maryland Medical Center and reported by Susan Biali, MD. Long-term usage can deplete various B vitamins, including folic acid, B<sub>6</sub>, riboflavin and B<sub>12</sub>, vitamin C and the minerals magnesium and zinc.<sup>(20)</sup>

The Pill can reduce blood levels of tryptophan so that less serotonin is produced and the result can be headache.<sup>(21)</sup>

Natural methods of contraception are available.

## OTHER CAUSES OF HEADACHE

There are still other possible causes of non-migraine headaches, some minor and some serious, for example, air pollution, stuffy rooms, eye strain, noise, over-exertion, lifting heavy weights, unusual bending and stooping, over-work, female hormone imbalances, etc. Caffeine withdrawal is notorious for causing headaches.

Alcohol hangover headaches are usually easily identified. The hangover results not only from the alcohol itself, which dilates blood vessels in the head, but also from colouring and flavouring elements formed during fermentation. Brandy, whisky, dark rum and many liqueurs contain them in greater quantities than do the clear spirits like gin and vodka. Alcohol depletes the body of vitamin B<sub>1</sub> (thiamine) and dehydrates the brain, further contributing to headaches.

Headaches may be associated with a number of diseases such as glaucoma.

## DANGER SIGNALS

It is strongly advisable to consult a practitioner immediately if there is abrupt onset of headache in a previously well person, with localised pain, visual disturbances (except in the case of migraine), signs of nerve problems, changes in the pain with change of position, and/or a change in the pattern of the headaches. A brain tumour should be checked for.

Remember that in the vast majority of cases our worst fears don't eventuate, nevertheless, don't risk ignoring possible danger signals.

## Prevention and Relief of Headaches

### THE PREVENTION OF MIGRAINE

Once a migraine strikes, it is very difficult to alleviate the pain. The only really effective solution lies in prevention. Taking drugs to deaden the pain may provide temporary relief, but problems continue, because not only are the causes still present, but the drugs add to the burden on the liver that is usually already overloaded.

### Orthodox medicine

The orthodox medical approach involves avoidance of the triggers, treatment of the acute attack with drugs, and regular use of preventive medications. Pain relieving drugs in common use, as listed by the US Mayo Clinic in 2013 are:<sup>(22)</sup>

Pain relievers – aspirin, non-steroidal anti-inflammatory drugs (NSAIDs, such as ibuprofen), acetaminophen, indomethacin;

Drugs specifically for migraines, such as the combination of acetaminophen, aspirin and caffeine. If taken too often or for long periods of time, these medications can lead to ulcers, gastrointestinal bleeding and medication-overuse headaches.

Triptans, such as sumatriptan, work by promoting constriction of blood vessels. Side effects include nausea, dizziness, drowsiness and muscle weakness. Not recommended for

people at risk of strokes and heart attacks.

With pregnant women, drug treatment poses a greater dilemma because the risks include birth defects, death of the embryo, abnormalities in growth of the foetus and problems at the time of birth.

Because the drugs are merely treating the symptoms and have nothing to do with removing the underlying causes, a natural health/natural therapies approach can produce much better results in the longer term.

## Nutrition for the prevention and relief of migraine (and other headaches)

For relatively prompt relief from many kinds of headache, it is often best to consume nothing but pure water until the attack is over. Sleep may be the best natural palliative, and if you are sleeping you won't eat anyway.



The prevention of migraine begins with nutrition. Years ago, a registered nurse commented that if everyone lived mainly on fresh fruit and vegetables and avoided excessive fat, there would be no migraine.

The crux is to adopt a natural foods diet, including mostly raw foods, unless the digestive system cannot handle raw foods. Unnatural foods need to be replaced with unprocessed natural foods in accordance with 'Natural Health Dietary Guidelines' (published in the Spring 2009 issue of *Natural Health and Vegetarian Life* – available from Natural Health Society.)

**Allergies and sensitivities to foods.** If foods which are included in these guidelines, such as oranges or cheese, are found to trigger headaches, they should be avoided. Especially avoid the most taxing foods on the liver – fatty foods, alcohol, coffee, chocolate, refined sugar, excessive natural sugar (as in honey, maple syrup and dried fruits) and food additives.

There are several ways to determine if you are sensitive or allergic to particular foods. One convenient method is to keep a detailed record of everything you eat and all

your symptoms. Also list what you did each day, where you went, whether the day was stressful or relaxing, and at what times you ate food. You may be able to detect a pattern that identifies problem foods. It may take months before a pattern becomes apparent.

Another way is to fast for five days on pure water under professional supervision or go on a very 'neutral' diet, after which you re-introduce various foods one by one, until symptoms develop which you can link with a particular food. Then employ dietary rotation and avoidance of these substances.

A standard four-day rotation diet means that where there is sensitivity to members of a particular family of foods, no food in that family should be consumed more than once in any four-day period. Or, with trial-and-error, the rotation period could be two days or three days, etc.

A supervised fast has the double benefit of allowing the liver to detoxify itself of some of its burden and revitalise.

Remember that if you discover that you must avoid a particular food, all sources of it must be avoided. For example, in the case of milk you would need to also avoid butter, cream, cheese, yoghurt, soup containing milk or cream, ice cream, milk chocolate and products containing milk powder, milk solids, etc.

When practitioners are looking for food sensitivities, they put migraine sufferers on diets that exclude salicylates, amines, MSG, food colourings and some preservatives.

**Magnesium.** A Michigan urologist has found that the mineral, magnesium, is in short supply in the brains of most migraine sufferers. It could be that they have low-magnesium diets or that anxious people excrete the mineral more rapidly. The natural foods rich in magnesium are legumes, seeds, nuts, whole grains, English spinach, parsley and peas.

**Tonics and nutrients for the liver.** Foods that are tonic to the liver and tend to be preventive include lemon juice (always dilute abundantly with water), grapefruit, beetroot, celery, cabbage, dandelion and globe artichoke.

Minerals and vitamins particularly needed by the liver include zinc, B-vitamins especially B<sub>6</sub>, vitamin C and bioflavonoids. Foods high in zinc include nuts (especially Brazils and cashews), legumes, seeds, whole grains, eggs and spinach. The same foods, along with green leafy vegetables and nutritional yeast, are also high in B-vitamins generally. Vitamin C is abundant in fresh, uncooked vegetables and fruits, while vitamin E is high in wheatgerm (make sure it's fresh, not rancid), soya beans, sunflower seeds, nuts and egg yolk. The richest natural supplement for vitamin E is wheatgerm oil capsules.

**Detoxing.** Migraine sufferers can expect a great deal of benefit by occasionally devoting two or three days to fresh, in-season (diluted) fruit juices or fresh fruit only. Good fruits for liver cleansing – when in season – are grapefruit, (very) diluted lemon juice, apple and watermelon.

*Be well aware that headaches may get worse **briefly** before they get better.*

**A nutritional cocktail.** As part of the normal daily eating pattern, it is of exceptional value to include the tried-and-true *carrot and chlorophyll juice*, containing liver-tonic vegetables. This juice consists of one-third of a glass of carrot and beetroot juice, with the remaining two-thirds being the juices of fresh green vegetables, namely, some or all of spinach, silverbeet, celery, parsley (small amount), cabbage, cauliflower and dandelion. A little radish could be added. Dilute with at least one quarter water. Ideally, consume this juice an hour before lunch and an hour before dinner, so that the fluid has left the stomach before the meal is commenced.

**Herbs.** Studies have confirmed that *feverfew* is an effective preventive for migraine headaches (dosage used was 50 mg per day). It has a long history of use for aches and pains, arthritis, high blood pressure, skin conditions, fevers, inflammation and headaches. Only one variety is effective, *Tanacetum parthenium*. Note that it is not a pain reliever.

## A range of natural therapies

Researchers have investigated natural therapies for headaches. The Department of Complementary Medicine at the University of Exeter in the UK found that migraines and other headaches are benefited by aromatherapy, Bowen technique, chiropractic, hypnotherapy, massage, nutrition, reflexology, Reiki and yoga.<sup>(23)</sup>

Although the New York Headache Center made the observation in 2001 that complementary treatments often lack scientific proof of efficacy, they noted that this is also true for many drugs. They added that many complementary treatments are inexpensive, harmless and possibly effective. Their preferred options are aerobic exercise, isometric neck exercises, biofeedback (electronic monitoring of changes in bodily functions), acupuncture and an oral preparation containing magnesium, vitamin B<sub>2</sub> and feverfew.<sup>(24)</sup>

**See an osteopath or chiropractor.** In case there is spinal misalignment in the neck, have a check-up with an osteopath or chiropractor. A 2001 investigation found that spinal manipulation can be as effective as prescription medications for migraine.<sup>(25)</sup>

**Massage** to relax painful, knotted neck muscles may be beneficial.

**Acupuncture.** A 2001 review of studies of acupuncture concluded that acupuncture has value for the relief of migraine headaches where the cause is not apparent.<sup>(26)</sup> It is thought that acupuncture inhibits pain transmission and causes the release of opioids. Acupuncture has been shown to increase the blood flow and supply of oxygen to the brain.<sup>(27)</sup>

**Homeopathy.** Has been found to be effective in some cases, but not others.<sup>(28)</sup> It could be worth trying this relatively safe therapy.

**Regular physical activity and stress management** can be very significant in preventing migraine and other headaches. Take steps to replace anger with positive attitudes, and have as much rest and relaxation as possible. (For stress reduction, see the Spring 2010 issue of *Natural Health and Vegetarian Life* – available from the Natural Health Society.)

## Elevating the upper part of the body.

Two researchers, Singer and Grismaier, recommend raising the trunk and head when in bed. They found that 70% of migraine sufferers reported improvement, and of these 30% ceased having migraines altogether. The elevation was achieved by keeping the legs horizontal and placing a foam wedge or sleeping bags under the mattress supporting the trunk and head so that the head was 20 to 30 cm higher than usual.<sup>(29)</sup>

## Pregnant women and children

**For pregnant women,** it has been found that physical exercise, relaxation and biofeedback can provide significant relief from headaches. Two-thirds of the women using these techniques had maintained significant improvements up to one year after giving birth.<sup>(30)</sup>

**Childhood migraine.** University of Kentucky researchers have concluded that relaxation therapies, such as progressive relaxation, self-hypnosis and guided imagery, can be as effective as, or more effective than, medication. They added that it is important to allow the child to feel in control of their health, which these behavioural therapies have the potential to do.<sup>(31)</sup>

## Water treatment (hydrotherapy)

There are several combinations using hot and cold water which bring relief. Try them and see which one works best for you.

A cold compress on the forehead and a hot water bottle applied to the back of the neck. The compress consists of a cold, moist strip of cotton sheeting wrung out lightly and placed over the forehead, and completely covered (every single square centimetre!) by a piece of woollen material – an old pullover or strip of old blanket will do, but the material *must be wool*, synthetics won't work.

Try the reverse of the above with the cold compress on the back of the neck and the hot water bottle on the forehead.

Place a cold compress right around the head, covering the forehead and part of the ears, for 20 minutes or more.

It is essential to simultaneously apply a cold compress around the waist to draw toxins away from the head and to the eliminative organs. Wrap a single layer of cold, moist cotton sheeting 20 cm wide around the waist and completely cover it closely with woollen fabric, fastened with safety pins. At night, go

to bed with these compresses in place and try to sleep.

Try cold compresses around the head and waist, and place the feet, hands and arms in hot water.

For headaches due to stomach and liver upset, place hot fomentations over the abdominal region – for convenience on retiring to bed. Wring out a towel in hot water and place over the area, covered by a hot water bottle to maintain heat, then a couple of dry towels or wool over this to retain the heat.

Where the headache is congestive – being accompanied by a feeling of fullness in the head – simply use a hot foot-bath for about half-an-hour. Gradually increase the temperature of the water, and finish by dipping the feet in cold water for one minute.

## Hydrotherapy for constipation

Constipation is a major cause of numerous health problems, including liver congestion and headaches.

**Enemas.** There is no quicker way of clearing the bowel. Available from most chemists, the equipment enables warm water to be injected into the rectum and bowel. When inserting the nozzle (lubricate with Vaseline), take great care not to damage the tender tissue of the anus.

**Sitz baths.** Very effective for relieving headaches associated with bowel or liver congestion. Sit in a tub (such as a baby's bath) of cold water up to your navel, and massage your abdomen with a wet washer in the direction of the bowel, which is clockwise looking down at your stomach. Do this for five minutes, perhaps morning and evening, but only on an empty stomach. You must be very warm to start with (do some sweeping!), and warmly clothed on your top half as well as legs and feet during the bath. The water needs to be quite cold, but not icy – except that in summer some ice can be added.

## Induce vomiting if appropriate

If the stomach is uncomfortable with undigested food, try to induce vomiting.

## PREVENTION OF SINUS HEADACHES

For the prevention of these headaches, **test for susceptibility to dairy and grains** by temporarily avoiding dairy products and all wheat and grain products.

**Allow the body to decongest** the mucous membranes by adopting a fruit juice diet or fresh fruit and vegetable salads exclusively for two to four days. Beyond this time, professional supervision would be necessary.

Consuming very moderate amounts of **onion or garlic** (though not on an empty stomach) can be beneficial.

During the acute phase of sinusitis, **steam inhalation** may provide considerable relief.

Drainage of the sinuses can be promoted by **massage** over the sinuses and thumb pressure on specific pressure points by a practitioner.

## PREVENTION OF ALLERGY AND SENSITIVITY HEADACHES

The approach is basically the same as for sinusitis – lower the level of toxic wastes in the body through nutritional cleansing, which may be enough to desensitise the mucous membranes.

To identify the particular foods or substances causing allergies, use the techniques explained above under 'Nutrition for the prevention and relief of migraine (and other headaches)'.

It is astonishing to discover just how reluctant people can be to help themselves. A New York study found that three-quarters of a group of headache sufferers were aware of the foods or substances causing their headaches, yet less than half were informed of the food-headache connection by their medical practitioner. Even in those sufferers who were aware, many made no changes to their eating habits.<sup>(32)</sup>

## OVERCOMING HYPOGLYCAEMIA

Overcoming hypoglycaemia is a major subject in itself. For a start, investigate if the hypo is sugar-reactive by steering clear of high GI foods – white flour products, refined sugar, honey, jams, soft drinks, confectionery and dried fruits (unless previously soaked in water). If the cause is stress related, also avoid coffee, strong tea and alcohol, and look for ways of dealing with stress.

## HIGH OR LOW BLOOD PRESSURE HEADACHES

How to lower high blood pressure (hypertension) without drugs was explained in the Autumn 2008 issue of *Natural Health and Vegetarian Life* magazine. Ditto how to raise it if too low. Copies of the Autumn 2008 issue are available from the Natural Health Society.

## TENSION HEADACHES

The prevention of tension headaches lies in relaxing the neck, shoulders and head as well as the whole body.

First and foremost, try to **avoid getting up-tight** about things. Easier said than done, of course, but we can learn to become much more positive in outlook. Guidelines for taking the distress out of stress are given in the Spring 2010 issue of *Natural Health and Vegetarian Life* and also in Chapter 9 in the Natural Health Society's book, *How a Man Lived in Three Centuries*, which is being reprinted and will soon be available again in the Society's bookshop.

Regularly practise **relaxation techniques** such as yoga, meditation, the playing of relaxation tapes, or relaxation exercises.

For tension headaches or where there is arthritis of the neck and shoulders, provided the area is not feverish, place **hot fomentations** over the shoulders and back of the neck. If feverish, apply a **cold compress**.

**Physical activity** in the form of regular walking, jogging (on soft surfaces), rebounding or swimming helps prevent tension in the neck and shoulder muscles.

**Never sit in the one position** for more than half-an-hour at a time. For one minute, walk, stretch, swing your arms, rotate your head to left then right, rotate your shoulders and finally clasp your hands behind your back and tilt your head back.

Try **massaging** the muscles of the scalp, neck and face. With the fingertips, feel for tight muscles and then massage them until they have relaxed. Also, briskly massage the whole of the scalp as if you are washing your hair. Then gently pull the hair all over the head – provided it is firmly rooted.

Have a **warm shower** or bath or try a hot water bottle on the back of your neck.

Try **aromatherapy**. Place one or two drops of essential oil of lavender on the tips of your fingers and massage in a circular motion across your temples, behind the ears and across the back of the neck. (Keep well away from eyes.)

Consider taking a **magnesium supplement**. See details below under 'Help for Headaches in General'.

The herbs, **valerian** and **chamomile**, are sedative and help reduce tension and anxiety. With valerian, pour a cup of boiling water onto 2 teaspoons of the root and infuse for 15 minutes. Drink before going to bed.

**Acupuncture** and the massaging of acupressure points can be effective. An easy point to locate is the base of the 'V' formed between the bones of the thumb and the hand in line with the first index finger. Simply press here for a few minutes.

**Homeopathy**, as prescribed by a practitioner, could be tried.

If headaches are stubborn, consult an **osteopath or chiropractor** to investigate spinal misalignment.

## EYE STRAIN HEADACHES

If your headaches come on after reading or watching television, check for eye strain. But rather than rushing into wearing glasses, you could investigate natural vision improvement. (Refer to 'Revive Your Eyes with Exercise', *Natural Health and Vegetarian Life*, Autumn 2007 issue – copies available from the Natural Health Society.) Or consult a holistic optometrist.

## HELP FOR HEADACHES IN GENERAL

### Take a brisk walk

Provided there is no hypoglycaemia or other counter-indication, brisk exercise will often relieve a headache caused by tension or stuffy air. Regular exercise tends to be preventative for most kinds of headache.

Be sure to wear well-cushioned training shoes and, if running, do it on grass. Exercises such as yoga and tai chi can also be beneficial.

### Check your jaw

Misalignment of the jaw can have profoundly adverse effects, which may include headaches. Correction will require the services of a skilled dentist who is aware of the importance of jaw joint alignment.

### Deep breathing

For migraine and tension headaches particularly, take slow, deep breaths at the first sign of a headache. Take no more than 12 – 15 at any one time or you may hyperventilate and become dizzy.

### Red clover tea

Drinking a cup of red clover tea or catnip tea at the onset of the headache may help.

### If necessary, take a holiday

Where your headache is due to nerve strain or over-work, ensure adequate sleep. You may need to think about taking a holiday for a complete rest.

### Magnesium supplementation

Magnesium (symbol 'Mg') can act as a natural painkiller. The wholistic GP, Dr Sandra Cabot, writes in her book, *Magnesium The Miracle Mineral*, "I have seen many of my patients reduce the frequency and severity of many types of headaches by taking 400 mg daily of elemental magnesium. This includes tension headaches, cluster headaches and migraines."

For a supplement, Dr Cabot favours a mixture of different forms, most chelated. Her mix contains Mg orotate, Mg ascorbate, Mg glycine, Mg aspartate and Mg phosphate. The names of her supplements are Cabot Health 'Magnesium Ultra-Potent Powder' and 'Magnesium Complete' tablets (available in health shops and some pharmacies).

### Regularly practise a relaxation technique

There are many techniques available for learning to relax and cope with stress. Prominent are yoga, the many forms of meditation, relaxation tapes/DVDs, stress management courses and even physical activity.

And be philosophical! — worry only about those things you can do something about, and forget all the rest! This is not being callous, it is being realistic.

## REFERENCES

1. *Headaches and Migraine*, a booklet in the New Self Help Series, by Leon Chaitow, N.D.
2. <http://www.ncbi.nlm.nih.gov/pubmed/20875042> [DELETE Kolar KR et al, *J Sch Nurs*, 2001 Jun; 17(3): 120-5]
3. Smetana GW, *Arc Intern Med*, 2000 Oct 9; 160(18) 2729-37
4. Silberstein SD, *Headache*, 1993 Nov-Dec; 33(10): 533-40
5. Diamond S et al, *Postgrad Med* 1987 Jun: 81 (8): 174-6, 179-83
6. Miller CS, *Toxicol Ind Health*, 1999 Apr-Jun; 15(3-4): 284-94
7. Ierusalimschy R et al, *Arq Neuropsiquiatr*; 2000 Sep; 60(3- A): 609-13
8. <http://www.nhs.uk/ipgmedia/national/migraine%20action/assets/migraineandfood.pdf>
9. Leira R, Rodriguez R, *Rev Neurol*, 1996 May; 24(129): 534-8
10. Littlewood JT et al, *Lancet*, 1988 Mar 12; 1(8585): 558-9
11. McIntosh D, *Sun-Herald Tempo*, 1991 Feb 3: 108
12. Silberstein SD, Merriam GR, *J Pain Symptom Manage*, 1993 Feb; 8(2): 98-114
13. Klingler D, Bauchinger B, *Wien Med Wochenschr*, 1994; 144(55-6):1 17-20
14. Brewerton TD, George MS, *Int J Eat Disord*, 1993 Jul; 14(1):75-9
15. Diamond S, *Clin Cornerstone*, 1991; 1(6): 33-44
16. Savi L et al, *Panminerva Med*, 2002 Mar; 44(1)27-31
17. Toth C, *Clin Neuropharmacol*, 2003 May-Jun; 26(3): 122-36
18. Seltzer S, *Cephalalgia*, 1982 Jun; 2(2): 111-24
19. Scopp AL, *Headache*, 1991 Feb; 31(2): 107-10
20. [http://www.alive.com/articles/view/23097/drug-induced\\_nutritional\\_deficiency](http://www.alive.com/articles/view/23097/drug-induced_nutritional_deficiency)
21. Bielenberg J, *Med Monatsschr Pharm*, 1991 Aug; 14(8): 244-7
22. <http://www.mayoclinic.com/health/migraine-headache/DS00120/DSECTION=treatments-and-drugs> (2013)
23. Long L et al, *Complement Ther Med*, 2001 Sep; 9(3): 178-85
24. Mauskop A, *Med Clin North Am*, 2001 Jul; 85(4):1077-84
25. Bronfort G et al, *J Manipulative Physiol Ther*; 2001 Sep; 24(7)457-66
26. Melchart D, et al, *Cochrane Database Syst Rev* 2001; (1): CDO01218
27. Jellinger KA, *Wien Med Wochenschr*, 2000; 150(13-14): 278-85
28. Ernst E. *J Pain Symptom Manage*, 1999 Nov; 18(5): 353-7
29. Singer SR, Grismaier S, *Get It Up!*, Pub ISCD Press, Hawaii, 2000
30. Scharff L et al, *Headache*, 1996 May; 36(5): 285-90
31. Baumann RJ, *Paediatr Drugs*, 2002; 4(9): 555-61
32. Guamieri P et al, *Biofeedback Self Regul*, 1990 Mar; 15(1): 15-25

## Special Offer re the Society's book

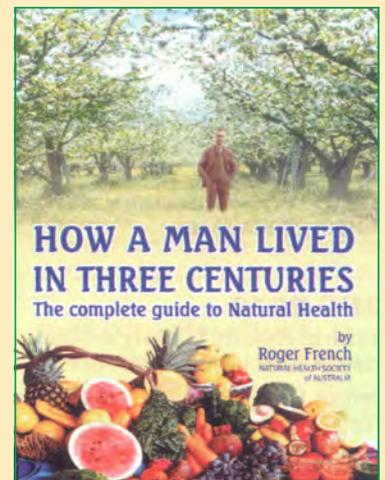
### How a Man Lived in Three Centuries

#### The complete guide to Natural Health

The fully revised and updated  
**Second Edition (reprint)**  
by Roger French.  
**Single copy price \$37.00**  
including postage.

The ideal book or gift for anyone interested in Natural Health or in improving their health.

As a special offer – and also a fund raiser – we are offering you these options in which you could make some cash for yourself:



**Option 1.** Buy your first copy full price (\$30), and you can have 2 more copies at \$18 each (total \$66). Add postage and handling costs of NSW and ACT \$9.00 or elsewhere \$11.00. You can use them as gifts or sell them for \$30.

**Option 2.** Buy 5 copies at \$18 each (total \$90). Add postage and handling Sydney Metro area \$10.00, elsewhere \$12.00. You can use the books as gifts or sell them for \$30 each.

Some members have set up the display at their workplace and generated quite a few sales. Put the books on a counter at work or anywhere where people are passing.

To order, call the NHS on 02 4721 5068, email [admin@health.org.au](mailto:admin@health.org.au) or go to our website at [www.health.org.au](http://www.health.org.au)

**Re-printed copies available in October**

## CLENCH YOUR FIST TO IMPROVE MEMORY

From [www.mercola.com](http://www.mercola.com) 6<sup>th</sup> June, 2013

The simple act of clenching your fist may boost your memory by temporarily changing the way your brain functions.

Researchers found that making a fist can increase activity in your brain on the *opposite* side, so if you clench your right fist, activity in the left brain hemisphere increases. By strategically clenching their fists, people were able to improve their memories significantly.

If you're right-handed, the left side of your brain encodes information while the right side helps you retrieve memories; the opposite is true for left-handed people.

In the study, 50 right-handed students were asked to remember a list of words. Those who clenched a ball in their right hand before memorisation and in their left hand before recall boosted their memory scores by 15 percent compared to a control group.

If you're right-handed and you want to try this, you would make a fist with your right hand when you need to remember something, like a name or phone number. Then when you need to recall it, clench your left fist.

## BEETROOT JUICE LOWERS BLOOD PRESSURE

WORDSTORM PR Media Release, 20th May 2013

Over 21.5 per cent of Australians aged 18 and over have high blood pressure, according to the Australian Bureau of Statistics, 2011-12 survey. Around 42.5 per cent of people aged 65 and over have high blood pressure, compared with just 6 percent of people aged between 18 and 24 years.

A new study (see reference below) has shown that drinking a cup of beetroot juice a day may reduce hypertension by around seven percent.

Researchers suggest that the high level of nitrate found in beetroot juice is the reason for the lowered blood pressure. The nitrate found in beetroot causes a chain of chemical reactions, which can lead to increased oxygen supply in areas in the body that are lacking.

Participants in the study drank 250 ml of beetroot juice, and blood pressure was monitored over 24 hours. After three to six hours their systolic pressure (the higher figure) was reduced by about 10 mm mercury. The effect was still evident 24 hours later.

Beetroot has also been shown to improve stamina and the blood supply to the brain.

Reference: 'Enhanced Vasodilator Activity of Nitrate in Hypertension', *American Heart Association*, April 15, 2013

## SWALLOWING BATTERIES CAN KILL: PARENTS NOT GETTING MESSAGE

SAFETY experts are trying to educate parents about the dangers of button batteries after the death of a girl who swallowed one. Specialists tried desperately to save the four-year-old after she was taken to a hospital on Queensland's Sunshine Coast on Sunday 30<sup>th</sup> June with stomach bleeding, but there was little that they could do for her.

KidSafe Queensland said an estimated four children a week were rushed to emergency departments across Australia after swallowing the batteries. Unfortunately, parents don't fully understand the dangers.

The biggest danger is when parents don't realise their child has swallowed a button battery, which tends to lodge in the child's throat. Often parents can simply think their child is coming down with something.

Once a battery is stuck inside the child, damage begins to occur after one to two hours. Saliva immediately triggers an electrical current, causing a chemical reaction that begins to burn through tissue, explains Kidsafe Queensland. The battery can erode through into vital organs, causing catastrophic damage and sometimes death.

Symptoms of swallowing a button battery include chest pain, coughing, nausea/vomiting, diarrhoea, abdominal pain and fever.

Button batteries are commonly found in games and toys, watches and calculators, reading lights, torches, laser lights, MP3 speakers, musical greeting cards, kitchen/bathroom scales and the remote to unlock the car door.



KidSafe advises parents to ensure battery compartments are secure. Spare batteries should be stored locked away, like poisons are. 'Flat' batteries can still kill and must be disposed of immediately.

Source: KidSafe Queensland, 2nd Jul 2013



## SETS OF BACK ISSUES

Sets of still-in-print back issues  
More than 24 issues

Members \$45 (NT, WA \$50)

Non-members: \$50 (NT, WA \$55)

Full of vital health information.  
An ideal investment or gift

**ORDER NOW from  
The Natural Health Society**

28/541 High St, Penrith NSW 2750

Ph (02) 4721 5068 Fax (02) 4731 1174

(Cheque, Money Order or Credit Card)

## Classifieds

### IN LIEU FOR SALE

Used, but in good condition. \$120 plus freight.  
Joyce L., 02 4655 2003

### VITAMINS MADE FROM WHOLE FOODS

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

Contact [ginahawker@bigpond.com](mailto:ginahawker@bigpond.com); (02) 4973 6031 for a brochure.

### HOLISTIC EYE CARE

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

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

# 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**

## ReboundOz

Rebounding on a 'mini-trampoline' is super convenient aerobic exercise. It speeds lymph drainage, improves heart performance and improves coordination and balance.

- Strong mat and springs designed for the right bounce
- Heavy-grade all-steel frame, UV-resistant mat
- Tapered springs mounted on pins to avoid fatigue cracks
- Folding legs, spring-loaded for ease of use
- Rubber tips on legs
- Frame folds in half for convenient transport



**Price incl. freight basic unit:**  
**non-members \$240,**  
**members \$220**

**Package 2 \$260 or \$240;**  
**Package 3 \$270 or \$250;**  
**Package 4 \$280 or \$260**

## NEW PRODUCTS

### Dari soups and hummus

**DariKay's** range of soups in single or double-serve containers are rated by us in the Natural Health Society office as super tasty and outstandingly wholesome. We were delighted with the quality of the ingredients. All are vegan and free of preservatives. Also gluten free, except for the Italian Minestrone.

This gourmet range, that can be stored in the freezer, includes Thai Pumpkin, Hearty Vegetable, Italian Minestrone, Moroccan Minestrone, Parzotta, Parsnip and Wild Rocket, Red Curry and Sweet Potato and Red Lentil soup. The two sizes are single serve (365 ml) and double serve (560 ml), the RRP is \$4.99 and \$6.99 respectively, but prices may vary.

The ingredients common to most or all of the soups are water, a variety of vegetables, vegetable stock, sea salt, fresh herbs, spices and most contain fresh lime or lemon juice. Individual soups also contain chickpeas, lentils, cannellini beans, quinoa, coconut milk and garlic. The vegetables are mostly from Australian farmers, and there are no preservatives, artificial colours or flavours.

**Dari's Table** is a new range of garnished hummus, including Beetroot, Olive, Roasted Garlic, Almond, Pine Nut and Mediterranean. Each is free of gluten, dairy, animal fat and egg, and is kosher. RRP \$4.99.

The soups and hummus are in supermarkets Australia-wide.



### AntiOx Chocolate and Snack Bars

For those of us who liked chocolate and choc-coated snack bars, this range is relatively wholesome and with high to very high antioxidant ratings.

The **AntiOx Chocolate with Acai** is 90% dark chocolate (of which 70% is cocoa solids), sweetened with stevia, erythritol and apple and pear concentrates. The remainder is largely acai pieces and puree. The emulsifier is soy lecithin and there is added fibre, pectin and natural flavour.

The antioxidant capacity – as measured by an ORAC rating – is 26,000 per 80 gm block. This and the absence of refined sugar makes this a nutritious chocolate.

**AntiOx Snack Bars** are sweetened in the same way as the chocolate and come in two flavours – one is Chia and Quinoa and the other is Goji.

The Chia and Quinoa contains dark chocolate 33%, mixed whole grains 28% and the remainder is mostly quinoa, chia, pomegranate juice and mixed berry concentrate. There are also additives similar to the chocolate plus humectant. The Goji bar is similar but with goji berries.

Available in supermarkets, IGA stores and some health food stores. The 80 gm chocolate block retails for \$4.65 and the 40 gm bars \$2.49.



## Restaurant Review

### BONDI, SYDNEY: Laurie's Vegetarian Restaurant

Long-time member of the Natural Health Society, David Bannerman, rates Laurie's Vegetarian Restaurant as one of the best vegetarian restaurants in Sydney. It was opened 25 years ago, and for the last nine years has been owned by Wade McCarthy.

If you live in or near Bondi, you are in the right place for this restaurant. If you don't live near Bondi, David recommends a trip there either by train or car. If traveling by train, go to Bondi Junction, then take the 380 bus to Bondi, alight at Denham Street and walk down to the restaurant – it is in a group of shops just before the road goes further downhill.

After a main meal at Laurie's, one can walk down the hill for about five minutes and wander along the Ocean Walk in the invigorating sea air. After this, you could return to the restaurant for dessert.

The menu has snacks, salads, hot dishes, burgers and desserts, along with teas, juices and smoothies. You can eat in or order take-away.

The most popular dishes are: home-made pies and empanadas (just \$5); Quinoa with Walnuts, Basil and Caramelised Onion Salad; hot dishes (medium serve \$9.50) – Chilli Beans; Lentil Hotpot; Chickpea, Cauliflower and Potato Korma; Balinese Vegetable Curry with Rice Noodles; Soy Burgers (8.50); desserts (all \$5.00) – Apple and Banana Crumble; Tapioca Berry Pudding; Caramel Cheesecake; Sticky Date Pudding with Butterscotch Sauce. There are also Vegan Balls and gluten-free Chocolate Cake. David's favourite main dish is Three Mushroom Pie.

90% of the menu is vegan with plenty of gluten-free and dairy-free options. All food is prepared freshly on the premises.



Phone  
9365 0134

Address  
286 Bondi Road, Bondi NSW 2026

Hours  
Mon to Sat, noon – 10.00pm  
Closed Sunday





# Natural Health Society Shop

Books, health products and Tri Nature products

Book prices include postage and members 10% discount



## CANCER – THREE MONTHS TO LIVE?

By Michael Sichel, ND, DO

\$38.50

"The wonderful story of gentle, natural, low-cost, highly successful cancer treatments from around the world ... Hope for terminally ill cancer sufferers without chemo/radiation. Including childhood cancers." These statements on the front cover say it all.

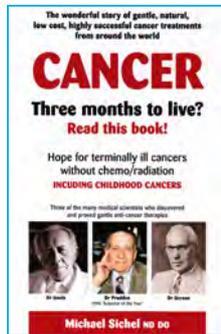
The back cover quotes a most unexpected 'whistle-blower', Dr Otis Brawley, the Chief Medical Officer of the American Cancer Society, addressing journalists in May 2012:

"Cancer doctors regularly lie about success rates, and the system is designed to steer patients toward the most expensive treatment possible... We have doctors who want money; we have companies that want money; doctors who give unnecessary chemotherapy ... unnecessary surgeries, treatments and unnecessary imaging."

This speech by the highest medical officer in the American Cancer Society has encouraged thousands of people to investigate the many genuine natural therapies that have been suppressed for years. The book shows with photos and graphs the pioneering work of Dr John Prudden, MD, whose discoveries brought about the reversal of many 'terminal' cancers.

Along with six proven immune system boosting therapies, the key therapy employs bovine cartilage, which has been found to reverse some of the most aggressive cancers – and without side effects. *I hasten to point out that we would not normally be interested in a therapy involving animal tissue*, but because cancer is causing such appalling devastation to people's lives in Australia, we feel that a therapy that could save lives and which uses only animal waste product is worth considering.

Eleven steps are listed in Chapter 12 'Applying the treatment'. They include: liquid bovine cartilage, alkalisng the body, transfer factors, high-dose vitamin C, diurnal eating, vegetable juices, selenium and apricot kernels. Based on experience, actual doses are suggested.



to their natural state as possible. For example, sweeteners used are maple syrup, honey, dates and Rapadura sugar. Wholemeal flour or (low-gluten) spelt is preferred over white flour, while some recipes use nut and seed meal instead, creating a host of gluten-free options. Examples include Bliss Balls in 7 different flavours, Raw Coconut Rough and Divine Raw Brownies.

Superfoods – perfect for growing children – take a starring role in many of the recipes. Try the Chocolate Chia Pudding, Green Smoothie, and Pumpkin and Lime Quinoa Salad.

All recipes are coded as vegan (free of egg, dairy and honey), gluten-free and/or nut-free. Colour codes indicate the degree of difficulty of each recipe. The 'Playtime' boxes show developing cooks how easy it is to make a recipe of their own.

This hard cover, A4-sized book is one of the best recipe books we have seen – for all ages – and well worth the price. It is more than a cookbook – it is a storybook, recipe book and food and nutrition manual all in one.

*Fairytale Food Safari* is also available as an eBook for \$34.95 at [www.funkidscookbook.com](http://www.funkidscookbook.com). View on your PC, MAC, IPAD or tablet – a great way to read your book when travelling.

## HEALTHY HOME, HEALTHY FAMILY

By Nicole Bijlsma

\$34.00

Is where you live affecting your health? This is the essence of this valuable book, written by an accomplished naturopath, acupuncturist and building biologist (with a Diploma of Building Biology) who founded the Australian College of Environmental Studies and has lectured in sick building syndrome.

In Nicole's book, we discover:

- How to create a low-allergy home
- What household products to avoid if you have breast cancer
- Why your house is the biggest threat to a healthy pregnancy
- Why our children are today's guinea pigs
- How to deal with toxic mould
- How to build a healthy home
- Why plastic containers should not be used to store your food and beverages
- How to reduce your exposure to electromagnetic fields
- What ingredients to avoid if you have sensitive skin
- Why smart meters are not so smart
- Which water filter to buy
- Why most countries don't fluoridate their water supply



Each chapter is laced with DID YOU KNOW? For example: "DID YOU KNOW? As a result of pesticide drift, DDT has been detected in polar bears in the Arctic!"

This remarkable book contains a mass of detail, all presented in short, reader-friendly sections, often using lists for clarity. Hazards are spelled out in fine detail, but always followed by solutions.

As an architect writes, the book "is a wake-up call to architects, builders, homebuyers and home owners about hidden household hazards." And the Gawler Foundation states, "Nicole's book is a popular choice for participants in our cancer healing retreats as it provides essential tips for creating a healing environment in the home."

## FAIRYTALE FOOD SAFARI

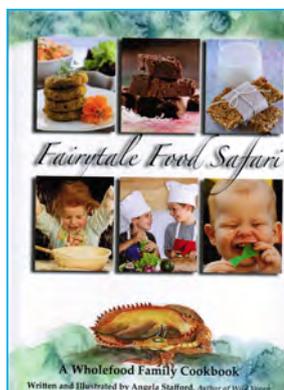
By Angela Stafford

On special to 30th September \$53.00; thereafter \$58.00

*Fairytale Food Safari* we rate as a five-star recipe book – very tasty wholesome recipes in wide variety, and with full-colour plates that make the reader drool. Angela Stafford aims to help children (and their parents) fall in love with nutritious, whole foods. Children will learn why it is important to nourish their bodies, and how their food choices affect their health and the wellbeing of the planet.

Subjects include safety in the kitchen, cooking equipment, ingredient definitions and how to cook with herbs – as well as playtime in the kitchen for children.

There are over 200 recipes illustrated with colour photographs. The focus is on a plant-based meals, with ingredients that are as close



# 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>				
Cancer - Three Months to Live?	Michael Sichel, ND, DO	\$38.50		
Fairytale Food Safari	Angela Stafford	\$53.00		
Healthy Home, Healthy Family	Nicole Bijlsma	\$34.00		
<b>NUTRITION &amp; LIFESTYLE</b>				
Activate Your Life	Andrew McCombe	\$28.00		
Coconut Oil	Siegfried Gursche	\$23.00		
Food Combining Made Easy	Herbert M. Shelton	\$18.00		
Improving on The World's Greatest Invention [In-Lieu toilet converter]	Wallace Bowles	\$10.00		
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		
What's the GI?	Catherine Proctor	\$13.00		
Work Wonders - Feed Your Dog Raw Meaty Bones	Tom Lonsdale	\$20.50		
<b>RECIPE BOOKS</b>				
Artisan Vegan Cheese	By Miyoko Schinner	\$34.00		
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>				
The Healthy Liver & Bowel Book		\$30.00		
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		
Cut Poison Burn [Dvd]	Food Matters	\$25.00		
Fatty Liver - You Can Reverse It	Dr Sandra Cabot	\$29.50		
Herbal Healing For Children	Demetria Clark	\$27.50		
Hungry For Change [Dvd]	Food Matters	\$38.50		
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		

Wireless-Wise Kids	By Lyn McLean	\$18.70		
You and Your Hormones	Dr Peter Baratosy	\$34.00		
<b>MIND ISSUES</b>				
Awakening - Authentic Meditation	Yogi Brahamasamhara	\$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)	Pack 1 Pack 2 Pack 3 Pack 4	\$220 \$240 \$250 \$260		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265		\$208		
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				
<b>Tri Nature Products (total from page 41)</b>				
<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 \$**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (home) \_\_\_\_\_

Phone: (business / mobile) \_\_\_\_\_

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

**For Payment By Credit Card**

Mastercard  Visa  Expiry Date \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

# 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

### Fairytale Food Safari – A Wholefood Family Cookbook (NEW)

**Written and illustrated by Angela Stafford, Author of Wild Vegan. \$49.50. Postage up to \$12**

Immerse yourself in the MAGIC of creative cooking and in doing so, you and your children will experience greater happiness and wellbeing.

### Whole – Rethinking the Science of Nutrition (NEW)

**Co-author of the international bestseller, The China Study, T. Colin Campbell PhD with Howard Jacobson PhD \$35 with up to \$12 postage.**

*Whole* makes a convincing case that modern nutrition's focus on single nutrients has led to mass confusion with tragic health consequences. Dr Campbell's paradigm will change the way we think about food and, in doing so, could improve the lives of millions of people and save billions of dollars in health care costs. (Brian Wendell)

### The China Study Cookbook (NEW)

**Official companion to *The China Study* By Leanne Campbell PhD, Photos by Steven Campbell DISLA \$27.50 with up to \$12 postage.**

Over 120 whole food, plant-based recipes. Quick flavourful meals. Combines the best and healthiest of the plant-based movement with no-oil dishes you and your family will love.

### Power Foods for the Brain (NEW)

**By Neal D. Barnard, MD, with recipes by Christine Watermyer and Jason Wyrick. \$33 with up to \$12 postage.**

An effective 3-step plan to protect your mind and strengthen your memory. Dr Barnard is one of the most responsible and authoritative voices in American medicine today. (Andrew Weil, MD)

### Plant-Powered Men (NEW)

**Compiled by Kathy Divine. \$15 postage \$1.80**

Inspirational men share their secrets of optimal health and boundless energy. This is a collection of interviews and essays by men from around the world who are passionate about living a plant-powered lifestyle.

### 500 Vegan Dishes

**By Deborah Gray. \$19.95 + up to \$12 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*)

### Forks Over Knives DVD

**\$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.

### The Starch Solution

**By John McDougall MD & Mary McDougall \$33 + postage up to \$12**

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

### Veganist

**Kathy Freston \$23.50 Postage \$6.65**

Lose weight, Get Healthy, Change the World

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

**B. Davis and V. Melina \$35 Postage up to \$12**

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.

### Why Animal Suffering Matters (Hard Cover)

**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

**(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 \$12**

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

### Sweet Gratitude

**M.Rogers & T.A.Tamborra \$36 Postage up to \$12**

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 \$12 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.



# Recharge Your Health

## at Hopewood Health Retreat



Hopewood specialises in natural healing, delicious vegetarian food, relaxation, gentle exercise, massage and beauty pampering. Book now for a stay at Hopewood - we have the perfect package to meet your needs.

For bookings call us on\*\*  
**02 4773 8401**

103 Greendale Rd,  
Wallacia, NSW



H O P E W O O D   H E A L T H   R E T R E A T



# The natural way to go.

*Fruit is one of nature's natural laxatives. Combining fruit with the natural herb Senna, makes Nu-Lax an effective natural remedy that assists in the relief of constipation. [www.nu-lax.com](http://www.nu-lax.com)*

**The natural fruit laxative option.**

**Australian owned and made.**

**Used by Australians for over 50 years.**

