

True Natural Health

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The Magazine of the Natural Health Society of Australia



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Running Raw Around Australia

Answers for Asthma

Overcoming Sinusitis

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The mind-boggling story leading this issue is about two people running around Australia in one year by covering a marathon every day for 366 days and easily breaking the world record for running marathons. But this is only part of the story. Alan Murray and Janette Murray-Wakelin accomplished this feat after Janette had recovered from breast cancer – and she did it by diet alone.

The 110 of us who attended the Society's Annual Seminar on 30th March at North Ryde heard Janette and Alan's story first hand and enjoyed the opportunity to meet this wonderful couple. So it is with pleasure that we repeat the key parts of their story here.

Also at the Seminar, a very state-of-the-art microbiologist, John Ellerman, gave us some finely-tuned insights to the 90 trillion – give or take a few trillion! – friendly bacteria in our intestines. So popular was his talk that it is summarised on page 24.

Other little drivers in all of our bodies are enzymes, which make every major and minor function tick along. The story of the power of our enzymes, written by a naturopath highly experienced in this field, is at page 20 and has great significance for our health and longevity.

On a lighter note, we have two personal growth topics – 'Reaching Your Potential' and 'Heaven or Hell'. Both are motivating reading, offering excellent guidance.

While on the subject of hell – although not related to the above article – we present a very recent perspective on global warming and a summary of the safety (or lack of) of nuclear power. Both are things that we would rather not know about, but, unfortunately, we ignore them at our (hellish) peril.

To assist people suffering sinus problems and asthma, we include in this issue

articles written separately by two practitioners of true Natural Health, Greg Fitzgerald and Robyn Chuter, respectively. Needless to say, we commend their information to sufferers.

The recipes in this issue seem a bit naughty until you take a closer look. As explained on page 23, the brand of chocolate used is reasonably wholesome – as chocolates go – and the ingredients in the recipes have been conscientiously thought out to be guilt-free treats.

May you enjoy this fascinating collection of articles.

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.

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Turn to page 42 or use the telephone or website.

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RAW FOOD 'CURE' FOR CANCER, THEN WORLD RECORD MARATHONS



Janette Murray-Wakelin and Alan Murray ran a record 366 marathons in 366 days after a diet of raw plant foods 'cured' Janette's cancer.

And they presented their experiences at the Natural Health Society's Annual Seminar on 30th March this year. Here is a brief account of their story.

Throughout year 2013, husband and wife team, Alan and Janette ran together around Australia, covering 15,782 kilometres by running a marathon each day for 366 days, an average of 43 km per day.

They started in Melbourne, Victoria, on 1st January 2013 and followed Highway 1 around the perimeter of the country on a route that took them through every State capital city, including Hobart. They finished back in Melbourne on 31st December 2013 after running 365 marathons in 365 days. Then to cap it off and doubly confirm a world record, Alan and Janette ran one more marathon *along* the Yarra River Trail to their home town of Warrandyte, north-east of Melbourne.

They set a new world record for running the most consecutive marathons. In addition, they did this as the oldest and only couple to run around Australia, and, still more astonishing, is the fact that they were fueled entirely by fruit and vegetables and wearing 'barefoot shoes'.

Why would anyone take on such an awesomely difficult task? They did it because they wanted to inspire and motivate other people to make more conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future.

INCORRIGIBLE TRAVELLERS

Janette and Alan have spent most of their lives travelling together worldwide. They married and their two children were born while still in their early twenties. In search of a healthy lifestyle for their family, this adventurous couple left their home country of New Zealand when their children were very small and sailed throughout the South Pacific.

"It was fun home-schooling our children, and as a family, we grew very close. It was a carefree life with very little stress. Our food was mostly fresh fruit and vegetables and our environment was pretty clean and green."

Next they worked a freight boat on the inland waterways of Europe, then settled in Vancouver Island, Canada, while their children furthered their education. After this, it was back to France to take guests on health oriented canal cruises, before eventually returning to New Zealand

Alan and Janette are runners at heart. They have collectively participated in more than 60 international marathons and ultra-runs. To celebrate both the year 2000 and Janette's 50th year, they ran the length of New Zealand, covering 2,182 km by running 50 marathons in 50 consecutive days.

JANETTE'S BREAST CANCER

The next chapter in their lives created the greatest challenge of all. At 52, Janette was diagnosed with breast cancer. The tumour was three cm across and the cancer had spread into the chest wall and the lymph nodes. The prognosis was only six months to live or possibly a year with conventional chemotherapy and radiation treatment.

As a mother of two and grandmother of one, Janette was not willing to accept this prognosis.

"I had lived a very healthy lifestyle, eating vegetarian for 25 years and vegan for the last 15 years," Janette explains. "I have also been extremely physically active all my life, so I was quite shocked with this unexpected diagnosis.

"However, the power of intention is far greater than that of fear, and I had every intention of staying around for a long time!

"I was not overly perturbed. In fact, apart from a bout of scarlet fever and measles as a tiny child, I have never been sick in my life. I have never had so much as a cold and I've never taken any drugs, not even an aspirin!

"My intuitive response to the recommended treatment was that it did not make sense to compromise the body's system further. It seemed obvious to me that I should be helping my body to rejuvenate and rebuild, thereby reversing the problem.

"My instinct told me that treating just the symptoms would not address the cause. I was also convinced that I was not meant to die of cancer, so I treated the diagnosis as a challenge," Janette continued.

OVER-EXPOSURE TO TOXIC CHEMICALS

It was difficult for Janette to think what might have been the cause of her cancer, considering the healthy lifestyle she had been living. However, during a maintenance refit of the sailboat years before, she had suffered an accident, which exposed her to a high dose of toxins.

"I was painting the boat when the scaffolding collapsed under me," she recalls. "It happened so fast that I was still holding the can of paint when I hit the ground! I was completely covered in marine paint that has toxic anti-fouling properties; it was in my hair, my eyes, nose, ears and mouth. I ingested quite a bit and most of my skin was covered in paint. It took three months before my normal skin colour came back."

Further, after their stint of sailing the waterways of Europe, Janette was also exposed to toxic fall-out from the Chernobyl disaster in Ukraine. Looking back at these two poisoning events, Janette realised that her body must have been highly compromised.

She was sure that the toxic load in her body predisposed her to the cancer.

“Once I had established the cause,” she declared, “I felt more empowered to do something about it.”

The family promptly researched all they could about breast cancer – the possible causes and treatments, as well as looking into natural wholistic therapies and positive lifestyle changes. This research gave them the confidence to know that they were making the right choice.

NATURAL WHOLISTIC THERAPIES

With the help of her naturopath, Janette established a regime that focused on the wholistic approach of mind, body and spirit. This intensive regime included:

Intravenous immune therapy;

Infrared detoxification therapy;

Increasing the amount of oxygen to the body through ozone treatment, conscious breathing and aerobic exercise;

Visualisation, meditation, positive thinking and spiritual awareness;

Maximising the amount of nutrients taken into the body through juicing, wheatgrass and living food nutrition.

For the six months after receiving the diagnosis, Janette spent three hours a day, five days a week at

the naturopathic clinic having therapy to help boost the immune system.

She increased her level of exercise, incorporating yoga and long-distance running. “With yoga I was able to reunite with myself,” she said. “I came to know my inner self and to love myself unconditionally. My running became more meditative.”

The daily sessions in the infrared sauna maximised the detoxification process. “I could feel the body ridding itself of toxins,” she said.

“My nutritional intake took a huge leap when I began juicing in earnest. It made sense that I could consume more nutrients by juicing, because I wouldn’t be able to eat an equivalent amount of food. I think I was close to consuming a truckload of carrots every week during those six months! My hands turned carrot-coloured, but I didn’t care! I was alive and running!

“I also began taking wheatgrass. When I learned that one ounce [30 ml] of wheatgrass juice has the equivalent nutritional value of two pounds [almost one kilogram] of green leafy vegetables – which is more than most people eat in a week – I never hesitated.”

Apart from supplying all the vitamins and most of the minerals the body needs to be healthy, wheatgrass juice also has all the amino acids, making it a complete protein. Like all greens, wheatgrass is



also very rich in chlorophyll. The juice goes directly to the bloodstream, oxygenating the blood and the whole body.

“I knew from the research we had done, that this was a crucial factor in stopping the mutation of cancer cells,” Janette explains. “Cancer cannot survive in an oxygenated environment, therefore the more oxygen I could pump into my body through exercise, conscious breathing and drinking wheatgrass, the better.”

Although Janette had been eating vegetarian or vegan for most of her life, she decided that she was going to ‘give it 100%’ and would also eliminate all cooked food, thereby obtaining the best quality of nutrition from her food.

“I COULDN’T BELIEVE THE DIFFERENCE” AND A CLEAN BILL OF HEALTH

“I couldn’t believe the difference in the way I felt within only one week of changing to 100% raw food!” she exclaims. “My clarity of mind was intensely heightened.”

“I lost 15 pounds [7 kilos] in the first month of eating 100% raw food, which took me to just below the recommended weight for my height.

“I also found I had much more energy than before and that it lasted longer. It was especially evident during my long training runs, and my

physical performance level increased,” she said. “There is absolutely no doubt in my mind that consuming 100% raw food made a huge difference to my recovery time and to my overall healing.”

It is interesting that although the lifestyle changes Janette made were minimal, the positive results were profound.

Within the six months that Janette was ‘given’ to live after her diagnosis, she received a clean bill of health. There was no longer any sign of cancer cells in her body. She concluded the immune therapy regime, but has continued with all the other aspects of her raw lifestyle.

Janette is quick to point out that those crucial six months were also filled with love, laughter and lots of support from her family and friends.

JANETTE’S BOOK AND WEBSITES

Janette has written a book about her recovery from cancer – it is entitled *Raw Can Cure Cancer*. Price is \$33.00 incl. postage and handling.

Contact details: 0477 292 013, email@RunningRawAroundAustralia.com

Websites:
www.RawCanCure.com
www.RunningRawAroundAustralia.com





Reaching Your Potential – what gets in the way?

BY Jean Sheehan

Many of us know what we want in our life, but stumble over perceived road blocks and negative beliefs which can get in the way of us reaching our real potential.

A road block is really a self-imposed obstacle that you set yourself. Yes, I know we would like to blame other people or use them as our excuse, but if we are totally honest with ourselves, our road blocks are in our own mind. They are the lies we choose to believe about ourselves.

Isn't it funny that as we get older, these roadblocks seem to increase in size? As children, we don't take much notice of these roadblocks, but as an adult, it is really easy to become increasingly conditioned by society to play it safe, avoid taking a risk and take the safe option down the well-trodden path.

However, when we look at people who are successful, they are the ones who decide to take a risk and move their life in a new and fresh direction. They didn't allow their road blocks to hold them back.

There is a reason why everyone who is average does average things. The people who aren't average basically do non-average things!

Don't Give Up!! You Have Potential

Let's be clear on this; any self-limiting beliefs that restrict your potential are just obstacles you set yourself. Many of us choose to live our life according to those beliefs, even if they were formed 20, 30 or 60 years ago! We think of them as huge big blocks that prevent us from living the life we really want and we often believe that we can't do anything to change them.

But how about if we took some time to look into the distorted thoughts or lies that these road blocks really are? How would it be if we decided that we can overcome these blocks and shrink them in size? What if we decided to look upon them purely as self-imposed limitations or just old stories that we keep telling ourselves? Wouldn't it be nice if we just decided to change that story and give it a new ending? What if we replaced fear with faith?

Allow your Potentiality to Break Through

When babies first learn to crawl and walk, they don't limit themselves, they just keep on trying to get the result they want – and in the end, they succeed! As an adult, when we first learn to drive a car, the concept of learning what to do at the right time can be daunting. However, you don't just give up after the first lesson, and the more we practise, the more belief we have that we can do it. The key is not to allow your limitations to hold you back from even starting something or giving something new a try – the truth is that once you try something new, your belief will start to grow.

Don't Doubt your Potential

Self-doubt is often behind our roadblocks. We doubt we can do it and we feel fearful. Please know that this is totally normal and that whenever you try something new or aim to break a new habit, you are always going to have some type of fear. The key is to work on your mindset. Think differently.

Those who have reached their greatest potential have often been the most prolific in that they are not afraid to take a different path and try something different. They aren't afraid to step outside the norm, and would probably do almost anything just to avoid that well-trodden path.

Keep an open mind

Keeping an open mind will affect your potential. We can miss so many opportunities because we are stuck in an old way of thinking or we don't want to take a risk. Instead of immediately thinking that you can't do something, question that thought pattern. Is the perceived fear real? What really is the worst that could happen?

Having an open mind really is the key to reaching your potential, because it gives you the willingness to take risks. We'll never be the best we can be by playing it safe. As the saying goes: 'If you always do what you've always done, you'll always be where you've always been.'

Jean Sheehan, with a background in nursing and pathology, is an award-winning and internationally recognised 'Medical Intuitive'. Her unique systems for adults and children have been taught at Queensland University, in Australian Schools and on a global basis. Jean has also been featured in numerous radio, TV and magazine items.

For more information and to book your place in one of Jean's popular workshops, please see www.AbsoluteEmpowerment.com

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

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YOUR QUESTIONS ANSWERD



By
**Roger
French**

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

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

Q. LEMON JUICE OR LIME JUICE:

I use lime juice instead of lemon in the morning and assume it is of equal benefit. Is this correct? Detoxing in the morning to bring the body back into an 'at ease' state certainly appeals. – W. C., Garran ACT



A. Lemons and limes are very similar nutritionally. Both are citrus fruits rich in Vitamin C. Their genus and species names are *Citrus limon* and *Citrus latifolia* (or *aurantifolia*) respectively. When ripe, lemons are yellow and limes are green to yellowish. Limes are smaller than lemons. Because of their citric acid content, lemons are sour, whereas limes are less sour and even slightly sweetish.

The nutrient contents of lemons and limes are comparable. Water contents are 88 – 89%. From Australian government (FSANZ) tables, vitamin C contents are identical at 47 – 48 mg/100 gm in raw, peeled fruit; potassium in lemons is 120 mg/100 gm and in limes is 150 mg; magnesium is close to 10 mg in both and calcium is close to 20 mg in both.

So nutritionally, lemons and limes are very similar, except for significantly higher potassium content in limes. Other minerals and vitamins are not worth a mention because these fruits are consumed in very small quantities – or they should be, because their acid is fairly strong, and in large amounts on a regular basis could

damage tooth enamel and cause other problems. Lemons, limes and their juices should *not* be consumed neat because of the potency of this acid. A drop splashed into the eye or a wound is sharp evidence of their acidity. In contrast to other citrus fruits, sugar content is insignificant.

Although lemons tend to taste more acidic than limes, the pH of both is very similar at 2.3 to 2.4 due to a very high citric acid content of 5 – 6%. In contrast, after metabolism in the body is complete, the effect of lemons and limes is to make the bodily fluids more alkaline – they are *alkali-forming*. This seeming contradiction occurs because the citric acid is burned for energy and the end product, carbon dioxide, is breathed out, leaving the alkaline minerals to predominate. This applies to all acidic fruits (including tomatoes).

These wonderful citrus fruits have valuable antioxidant and antibiotic effects. Lemons and limes contain flavonoid compounds called *flavonol glycosides* (including *kaempferol*), which, among other beneficial effects, impede cancer cell growth.

In addition, compounds in lemons, limes and other citrus fruits, called *limonoids*, help fight cancers of the mouth, skin, lung, breast, stomach and colon. Our bodies can readily absorb and utilise a long-acting limonoid called *limonin*, a potent anti-cancer compound that can prevent cancerous cells from proliferating.

Their antibiotic effects are of great interest, particularly in West Africa where, during cholera epidemics, the inclusion of lime juice with the main meal of the day was found to be protective against cholera.

Lemon or lime is an ideal fruit to start the day, as it is cleansing on the palate, stimulates the liver and is very alkali-forming. It must always be *well diluted with water* – half an average lemon or lime in a glass of (very warm) water is about right.

At other times of the day, still well diluted, lemons and limes are marvellous cleansing fruits, tending to relieve colds, sore

throats and congestion. For the digestive system, these fruits are antiseptic and detoxifying. They also reduce uric acid in gout and reduce gallstones.

So, W. C., after all this info, we can see that lemons and limes are roughly equal in value nutritionally and either would make a great start to the day – well diluted, of course.

Q. PLASTIC LININGS INSIDE CANS – TOXIC?:

What kind of plastic is used to line the insides of steel cans that contain food? Is it a plastic that releases BPA or other toxic chemicals? – J. G., Bateau Bay NSW

A. Yes, many of the plastic linings inside food cans contain BPA (bisphenol-A). The question is – can we absorb enough BPA to cause harm?



BPA is a chemical which can mimic oestrogen and is linked to breast cancer and early puberty in women. In recent years, studies have linked this chemical to a range of diseases, including neurological problems, ADHD, thyroid function, digestive problems, obesity, heart disease and cancers. However, being 'linked' to a disease doesn't necessarily mean that it causes it.

BPA linings are popular with can manufacturers because they are tough and durable, and prevent the food from corroding the steel of the can.

Because of uncertainties over BPA, Food Standards Australia New Zealand (FSANZ) has adopted fairly conservative upper limits of contamination in our bodies. However, even with this approach, there are calls for the

standards for maximum daily intake to be revised down, and FSANZ is reviewing its BPA standards.

FSANZ has told *Choice* magazine (Sept 2010) that a survey found that the highest level of BPA was in canned baby custard. Using FSANZ's figures, a baby weighing nine kilograms would have to eat more than one kilogram of this custard every day to obtain the upper limit of intake.

It appears that the amount of BPA in Australian canned food complies with FSANZ's standards. However, whether or not this is safe depends entirely on the accuracy of the standards. Groups in the US and Europe are agitating that the current standards are too high and should be revised downwards. In fact, the US Natural Resources Defense Council has recently taken out a law suit against the US Food and Drug Administration for failing to ban BPA outright. This is powerful stuff!

In Denmark using BPA in baby food containers has been banned. This is wise, considering growing babies are far more susceptible to toxic chemicals than are adults. Similarly with foetuses, so BPA should not be consumed at all by pregnant women. It may not be long before there is agitation in Australia for a ban.

For adults, the big question is whether or not we can tolerate small amounts of toxic substances like BPA without harmful effects. The answer may be very elusive, because we are exposed to a vast number of toxic chemicals, even though most are in minute quantities.

Alternatives to BPA-containing plastics are available, but there is no way that we consumers can tell if a can is lined with BPA.

Aluminium cans are more likely to have linings that will give off traces of BPA. On the other hand, many steel cans don't contain BPA plastics.

We asked a couple of brands of canned foods about their can linings and here are their responses.

Golden Circle and Heinz canned foods. Some of their plastic linings contain BPA and some don't. Those that are free of it include the containers for infant foods, tomato sauce, juices, snack foods, frozen products and soups. Their information service explained that the lining is a lacquer designed to last the life of the can, although it will break down eventually. The colouring is titanium dioxide (as used in artificial joints) which is very stable. They pointed out that the FSANZ standard for BPA is a hundred times lower (meaning better) than is permitted in some other countries.

Edgell. Their packaging manager advised that Edgell can linings contain trace amounts of BPA, and during the cooking process some of this BPA leaches into the food. However, their tests found that the amount of BPA that is in the food is well below the European Union safe limit, which, they say, is the strictest in the world.

An unexpected source of BPA is receipts. The print-outs are typically made with thermal paper that contains BPA, and after handling receipts, the participants in a study were all found to have BPA in their urine. Research has shown that holding receipt paper for only five seconds was enough to transfer BPA onto your skin, and the amount increased by about 10 times if fingers were wet or greasy.

My conclusions from all this are that BPA should be kept well away from babies, young children and pregnant women. For the rest of us, I estimate that *occasional* use of BPA-lined canned food would probably result in insignificant levels of contamination of our bodies. However, fresh food is best anyway.

Q. CHERRIES MIRACULOUS FOR GOUT:

Why are those bitter cherries so good for gout, especially the extract. I was recommended bitter cherries for my gout and experienced a big improvement in a few days.
– R. S., Cook ACT

A. There is a remarkable story here. It is thoroughly elaborated by Mike Adams, 'the Health Ranger' in his enewsletter, NaturalNews.com, dated 21st April 2009 under the heading, 'Miracle Cure for Gout and Arthritis Pain – Cherries'

"I bet the big drug companies wish they had invented cherries," writes Mike Adams. "They've proven to be the most powerful medicine in the world for eliminating gout and reducing the pain and inflammation of arthritis.

"If the public finds out the truth about cherries, they won't need arthritis drugs anymore (and Big Pharma will lose billions in profits). As you'll see in the collection of quotes about cherries for gout and arthritis (below), cherries are extremely safe, effective and fast-acting for eliminating swelling and pain. Eating just a few cherries a day keeps uric acid levels in check, preventing any recurrence of gout.

"Try cherries or cherry concentrate products, for at least 30 days. And when your pain vanishes, you can thank Mother Nature for providing this natural medicine."



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Gout is a type of arthritis associated with an abnormally high concentration of uric acid in the blood. Uric acid is produced in the liver and enters the bloodstream. Under certain circumstances, the body produces too much uric acid or excretes too little. As uric acid concentrations increase, needle-like crystals of sodium urate form. In time, these crystals accumulate in the joints, causing the inflammation and pain typical of gout. The pain of an acute attack can be excruciating. (*The Encyclopaedia of Healing Foods* by Michael Murray, and Joseph Pizzorno)

Gout patients should eliminate alcohol, which both increases uric acid production and reduces uric acid excretion in the kidneys. (*Alternative Medicine the Definitive Guide*, Second Edition, by Larry Trivieri, Jr.)

Individuals with gout should not consume nutritional yeast or brewer's yeast, as they can raise uric acid levels. (*The Natural Pharmacy* by Schuyler W. Lininger, Jr)

A Michigan State University study found that 20 tart cherries were at least as effective as other painkilling remedies, including aspirin, ibuprofen, and other non-steroidal anti-inflammatory drugs (NSAIDs). (*Unleash the Inner Healing Power of Foods* by The Editors of FC&A)

How many cherries should you eat? Anywhere from half cup to one quarter kilogram a day for gout, says a South Dakota naturopath.

When fresh cherries are out of season, use cherry extracts or concentrates in tablet or tincture form. You can even find dried cherries, which are similar to raisins.

It doesn't matter much if the cherries are fresh, canned or frozen. (*The Practical Encyclopaedia of Natural Healing* by Mark Bricklin)

Organic cherries give the best results.

One doctor stated, after following his gout patient's progress over two months, "I can only say the results have been nothing less than spectacular. The patient has ceased taking the prescribed medication for his gout and has an unlimited diet." (*Rapid Healing Foods* by Ben Davis)

A man described how he had cured his crippling gout, which had confined him to a wheelchair, by eating six to eight cherries every day. Continuing to eat cherries, he claimed, kept painful gout away. (*Miracle Cures* by Jean Carper)

Another man began eating a small dish of them at lunch and dinner. The swelling in his knee went down and the stiffness was gone in three days. He continued eating cherries daily and had no further attacks of gout in over a year. (*Miracle Medicine Herbs* by Richard Melvin Lucas)

In a 1950 study, 12 patients with gout ingested one-quarter kilogram of cherries per day (or an equivalent amount of cherry juice), with no other dietary restrictions. In all 12 cases, serum uric-acid levels fell to normal and the patients had no further attacks of gout. Cherry juice appeared to be as effective as whole cherries. While most of the results were obtained with black cherries, sweet yellow and red sour cherries were also effective. (*Natural Medicine, Optimal Wellness: The Patient's Guide to Health and Healing* by Jonathan V. Wright, M.D. and Alan R. Gaby, MD)

Sweet cherries work too. Nothing works better for gout than either raw sweet cherries (15 per day) or cherry juice concentrate (1 tbsp). (*Heinerman's Encyclopedia of Fruits, Vegetables and Herbs* by John Heinerman)

Cherries, hawthorn berries, blueberries and other dark red or blue berries are rich sources of anthocyanins and proanthocyanidins that favorably affect collagen metabolism and reduce inflammation of joints. Darker cherries are richer in minerals.

Anthocyanins and proanthocyanidins give the fruits their deep red-blue colours, and are remarkable in their ability to prevent collagen destruction. Flavonoid-rich grape seed and hawthorn extracts are the best herbal recommendations for gout. (*The Healing Power of Herbs* by Michael T. Murray, ND)

Celery is also very effective in lowering uric acid levels. It contains compounds that inhibit xanthine oxidase. (*The Encyclopedia of Healing Foods* by Michael Murray, ND and Joseph Pizzorno, ND)

Besides being a remedy for gout, arthritis, and rheumatism, cherries also help overcome numbness in the limbs and paralysis as a result of rheumatism. Part of their action in rheumatic disorders is to eliminate excess body acids. Richly supplied in iron, cherries are often used to improve the blood and treat anemia. (*Healing with Whole Foods: Asian Traditions and Modern Nutrition* by Paul Pitchford)

With gout, go easy on vitamin C and niacin. Large doses of these can raise uric acid levels. (*The Green Pharmacy Anti-Aging Prescriptions* by James A. Duke, PhD)

If you take a good multivitamin and mineral supplement daily, check the label to be sure it contains no more than 5,000 international units of vitamin A and that the form of vitamin B₃ it contains is niacinamide rather than niacin. In greater amounts, vitamin A can worsen gout.

Drink at least eight glasses of pure water daily to help flush toxins from your body. (*Smart Medicine for Healthier Living* by

Janet Zand, Allan N. Spreed and James B. LaValle)

A low-purine diet has long been the mainstay of dietary therapy for gout. Foods with high purine levels should be omitted entirely. These include organ meats, yeast (brewer's and baker's), herring, sardines, mackerel and anchovies. Dried legumes, having moderate levels of protein, should be eaten sparingly. (*The Encyclopaedia of Healing Foods* by Michael Murray and Joseph Pizzorno)

Folic acid, part of the B-complex family, inhibits the production of uric acid, and vitamin C is valuable because it expedites excretion of uric acid. Other forms of prevention include eating a low-fat, high-fibre diet and watching one's weight, because obesity aggravates gout symptoms. (*The Complete Book of Water Healing* by Dian Dincin Buchman)

Q. COCOA AND CACAO – WHAT IS THE DIFFERENCE?:

I have heard that cacao is a super food and is better for us than cocoa. What is the difference? Is cacao chocolate better for us than the usual cocoa chocolate? – L. D., Cronulla NSW



A. This is a good question, one that is rarely explained.

Cocoa and cacao are the same, except that raw cacao powder has not been subjected to high temperatures, so is nutritionally better than cocoa powder which has been dried by heat.

Cocoa – as used in chocolate – comes from a tree named *Theobroma cacao*. The word 'cacao' originated in Mexico, and later made its way to Spain, where cocoa or cacao is referred to in Hispanic only as 'cacao'. It is believed that the English spelling 'cocoa' is the result of a spelling mistake.

Antioxidants abound. The heating results in big differences in their contents of antioxidants. Raw cacao, being one of the richest of all foods in antioxidants, is much richer than cocoa powder, and

cocoa in turn is richer than Dutch-processed cocoa powder (see below). But because cacao (like cocoa) also contains high levels of theobromine and oxalic acid, it should not be consumed in large amounts.

Raw cacao is extremely rich in beneficial flavonoids, which are powerful antioxidants. In fact, cacao powder contains far more antioxidants than acai berries, goji berries or blueberries.

Antioxidant power is measured by an ORAC rating (Oxygen Radical Absorbance Capacity). The ratings for these are: raw cacao 95,500; roasted cocoa powder 26,000; dark chocolate 15,000; acai berries 26,000; goji berries 19,000; blueberries 2,000. This rating for cacao is extraordinary.

Absorption of antioxidants is inhibited by cows' milk, so if milk is an ingredient in a recipe, use non-dairy milks such as almond milk, oat milk, rice milk or soy milk – or just plain water.

Production of raw cacao and cocoa powders. The cocoa nibs are ground to paste and then the cocoa butter (the fat component) is removed by hydraulic pressing, which generates high temperatures, possibly in excess of 150°C, and roasts the cocoa. Natural cocoa powder is very bitter and mildly acidic (pH 5.3 – 5.8).

Extra processing produces what is called 'Dutch-processed cocoa powder'. Initially the cocoa beans are soaked in a potassium carbonate solution to neutralise the acidity, making the powder darker in colour and less bitter. It also results in an ORAC rating only about one-tenth that of natural cocoa.

In the production of raw cacao powder, the cocoa butter is extracted by cold-pressing, allowing the temperature to be kept below about 40°C. This creates the essential differences between raw cacao and cocoa.

But both contain some nasties – caffeine, theobromine and oxalic acid.

Caffeine was dealt an appropriate blow in the Autumn 2014 issue of this magazine.

Theobromine is related to caffeine, and, like this powerful stimulant, it fires up the nervous system and heart. Similarly, theobromine gives you a lift for many hours and then dumps your energy levels, so that you want to reach for more stimulant. Headaches are a common consequence of caffeine and theobromine.

Theobromine is dangerous for dogs and some other animals because these animals cannot break it down and it can cause heart failure. This is why dogs should never be given chocolate, even as a rare treat.

Oxalic acid, with a pronounced bitter taste, inhibits the absorption of calcium and some other minerals, and the resulting calcium oxalate can precipitate out and produce kidney stones.

Benefits of raw cacao powder. In short, it supplies a lot of antioxidants; it regulates fatty acids and blood glucose levels; it improves insulin sensitivity; it promotes weight loss; and contains the feel-good compounds dopamine and phenylethylamine.

Cacao is rich in folate and minerals. Magnesium is at higher levels in cacao powder than in almost any other food. Also abundant are iron, sulphur and potassium.

The negatives of raw cacao. In spite of these benefits, there are people who have investigated cacao and believe it can be quite harmful. Here is a brief account of what some say. Note that somewhat similar comments would also apply to cocoa.

Cacao in large doses is one of the most addictive substances known, almost as addictive as cocaine. The culprits are the caffeine, theobromine and phenylethylamine.

NOTICE TO MEMBERS – GST Status

The Natural Health Society is no longer registered for GST, and we were able to cancel our registration back to 1st October 2013. Between October and February we have issued receipts for memberships and for sales of books and products showing amounts of GST. These receipts are now incorrect and should show the total amount paid as the price of the goods and/or services and GST should show NIL. If you have any question about this change please contact the office.

As a stimulant, cacao fires up the adrenal glands, leading to insomnia, nightmares and shaking fits. After the adrenals become depleted, the person feels fatigued.

Cacao is toxic to the liver – long-term use of large amounts can cause mood swings, angry outbursts, depression, paranoia and dizziness.

One consumer of large amounts – two tablespoons daily – suffered insomnia, as would be expected, and painful leg cramps after about two weeks.

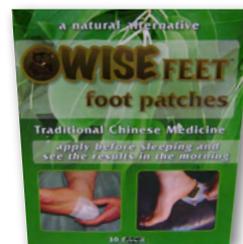
Striking balance. Cacao and cocoa are apparently a classic case of a little is harmless or even beneficial, but a lot can be damaging. The two tablespoons daily mentioned above is a whopping dose for such a concentrated substance.

However, cacao and natural cocoa would be much better to use in baking or in hot chocolate rather than using drinking chocolate, which contains added sugar and fat. Especially use raw cacao in raw recipes so as to retain its advantages.

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NHS NOTICES

NSW OFFICE HOURS

Mon to Fri 9.00am - 5.00pm
For **administrative issues**,
our Admin Officer, Tracey, is
available only between 9.00am
and 2.30pm.
Closed weekends.

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: *Pauline Kenyon, Norma Steele, Margaret Wilson, Paula Kontomina, Catherine Harris, Larissa Bergmann, Julie Pollack, Kaye & Alistar Millar, Gary Owen, Bridget Houseman, Pam Robinson and Gina Hawker*

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

MACARTHUR AREA NSW

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

NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2014 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 29th July 2014**, 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 is scheduled to follow the Annual General Meeting.

Members please notify the office if planning to attend.



Follow Natural Health Society of Australia on Facebook

Vegetarian Food Preparation Classes

LEPPINGTON NSW

WELLNESS SUPPORT GROUPS

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



FOOD PREPARATION DEMONSTRATION AND TALKS

5.00pm: **Organic food preparation and demonstration of vegan meals** followed by **buffet meal**. Recipes provided. **Talk 7.00pm.**

Saturday 28th June – Greg Fitzgerald, Naturopath and Osteopath: **'Help! I'm Falling Apart! Turn your health around by implementing five strategies over 21 days.'**

Saturday 19th July – Roger French, Health Director, Natural Health Society, **'Colds, Flu, Bronchitis, Hay Fever and Asthma – Natural Health prevention and management'**

Saturday 30th August – Doug Evans, Hopewood practitioner: **'Fasting and Cleansing for Optimum Health'**

Next Real Wholemeal **Breadmaking Workshops – Fridays 10am – 3pm 27th June, 18th July and 29th August.**

Next **Raw Desserts Workshops – Wednesday 10.30am – 1.30pm 4th**

June, Saturdays 2 – 5pm 21st June, 12th July and 23rd August.

Bookings – phone 9606 2203 or 0410 627 556

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

RICHMOND NSW

MEAT FREE COOKING WORKSHOP Presented by Ling Halbert

Provides hands-on instructions for delicious, nutritious 3-course meals with appeal for the whole family. Recipes are simple and planet-friendly. Includes a tour of the community garden. For recipes, visit www.rawlao.com

Time: Every 3rd Sat of each month, 11am – 1pm: **21st June, 19th July, 16th Aug, 20th Sept, 18th Oct, 15th Nov and 20th Dec**

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

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

Bookings: **Ling 0410 688 499 or email rawlaofood@gmail.com**

For flavoursome **recipes** visit rawlao.com

Know of other classes demonstrating healthy plant-based dishes? Please advise editor Roger French, 02 4721 5014



NHS ANNUAL SEMINAR ONE OF BEST EVER



Janette Murray-Wakelin, Alan Murray, Marilyn Bodnar, Katrina Ellis, who spoke about her recovery from ovarian cancer, & Bill Giles who explained how to strengthen immunity



Alan and Janette, Roger French, Health Director, and Elizabeth French, National President

The Annual Seminar on Sunday 30th March at North Ryde Golf Club attracted a record attendance of 110 members. The all-plant-dishes lunch was prepared by long-term member, Marilyn Bodnar, who did an impressive job – in addition to presenting a recipe demonstration.

Meeting the marathon-record-breaking couple, Alan Murray and Janette Murray-Wakelin, and seeing a PowerPoint coverage of their 15,782 km run around Australia, produced an auditorium full of awe. Every other speaker had information of special value to offer.

For the success of the day, we thank the speakers, helpers and the NHS Committee who all gave their time voluntarily.



John Ellerman, microbiologist, whose presentation is summarised in this issue, pages 24 and 25



Katrina Ellis signing her book, *Shattering the Cancer Myth* for a member



The auditorium is bright and pleasant with a wonderful view of the golf course



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NATURAL EYE CARE

An optometrist's perspective



by Jenny Livanos

I have long held an interest in the mind-body connection and how lifestyle factors affect eyesight. While at university, I discovered a book by ophthalmologist, Dr William Bates, entitled *Better Eyesight Without Glasses*, published in the 1920's, and also other approaches for vision improvement.

Optimal diet and supplementation, natural eye exercises, better visual habits and therapies like massage, chiropractic, acupuncture, counselling, hypnosis, relaxation, kinesiology, meditation and light and colour therapy can all assist in the prevention and control of eye conditions and refractive errors.

Over 20 years I have helped my patients through a multi-disciplinary natural approach. 'Holistic optometry' is not an official approach, but a term I coined in the early 1990's, while leading a study group of optometrists. Natural eye care aims to reduce the dependency on glasses, improve eye health, brain and memory function, modify habits and enhance visual comfort.

Much more recently, research has connected our lifestyle to eye conditions. A holistic approach looks at the root causes of focussing problems and eye diseases. There is also scientific evidence that physical and mental stress and fatigue can exacerbate eye conditions like *iritis* and *central serous retinopathy*.

NATURE VERSUS NURTURE

I think diseases have a genetic predisposition, but we adopt similar lifestyles, diets and personalities of our parents by observation and instruction. Our lifestyle and environment interact with our genes to determine eye health.

NUTRITION FOR VISION

The brain, retina (light-sensitive lining inside eye) and kidneys have the most blood flowing through them, so these organs are the most influenced by nutrition. The brain and eyes make up less than two percent of the total body

weight, yet use 25 percent of the body's nutritional intake.

Eye health in relation to general health has been researched more recently, especially the link to elevated blood pressure, cholesterol levels, cardiovascular health, blood sugar levels, thyroid function, hormones and the immune system.

I suggest that patients eat a variety of good quality, fresh fruit and vegetables, including those with orange, yellow, green and dark red colours. Pumpkin, carrots, tropical fruits, stone fruits, berries and green leafy vegetables such as spinach are important. Omega-3 sources like flaxseed oil are good, as are nuts and seeds. Margarine should be avoided, as should frying and saturated fats. Research has shown that olive oil is the best oil for macular health.

Taking a comprehensive multi-vitamin and multi-mineral supplement with sufficient levels of carotenoids, vitamin-B-complex, antioxidants and zinc is recommended to support a good diet.

Aiming for a healthy weight and aerobic exercise three times a week for 40 minutes at a time is suggested – for example, dancing, walking and cycling. Smoking is a huge risk factor for eye health and general health.

BETTER VISUAL HABITS

In the distant past when humans were hunter-gatherers, they had sharp distance vision essential for spotting game or danger. But more recently, most of our work and recreational activities have shifted to within arm's length. We have changed from unrestricted eye movements and wide fields of view to working in confined spaces for long periods, for example, in front of a computer or TV screen.

We adapt our eyes to these activities, contributing to the epidemic of declining vision that includes myopia, which is beginning earlier for each generation. An ergonomically-designed workspace is necessary to minimise stress on the body and eyes. I recommend to my patients to look into the distance every few minutes, to take a distance-viewing break from

reading every 20 minutes, to be aware of their peripheral vision and to maintain good posture.

I also recommend to have ambient light in the room when reading, to use specific task lighting, to enjoy daily exposure to sunlight and to minimise artificial light exposure from phones, computers, etc., especially late at night. Wear your glasses only when you need to and have the minimum script necessary for visual efficiency.



BENEFITS OF THE BATES METHOD

A series of eye exercises was invented by Dr William Bates and was expanded over the years by such visionaries as Dr Janet Goodrich, who I personally trained with and am indebted to.

Dr Bates developed a theory that stress and eyestrain are the primary causes of visual problems. I recommend the Bates Method exercises of palming, sketching, close-far tracing, swinging, movement, blinking, breathing and use of pinhole glasses.

[Details of the Bates method will be presented in the Spring 2014 issue of *True Natural Health*]

EMOTIONS AND VISION

Vision is a reflection of how we see our world – a combination of our thoughts, attitudes and personality. Author Louise Hay, queen of metaphysical medicine, believes that our thoughts and feelings

shape our health and that certain ways of thinking affect certain organs. Through therapies such as kinesiology and hypnosis, the unlocking of memories and emotions from childhood can propel a faster and more permanent vision improvement.

As part of my holistic approach, I keep up-to-date with research in eye health. In the last 15 years, research has found a strong link between healthy diet and lifestyle and healthy eyes. Macular degeneration and cataracts may be slowed by a diet high in antioxidants and carotenoids. Glaucoma is worse when sleep is mainly lying on one side. It is also linked with sleep apnoea, migraines, Raynaud's Syndrome, excessive computer usage and tight swimming goggles. Be aware of the risk factors for eye disease; this awareness will pay off.

PREVENTION THE BEST MEDICINE

We are not at the mercy of our bodies nor our genetic history. We need to take control of our own health in order to help our eyes. Vision is not static and doesn't need to degenerate with age – it has the ability to improve.

Regular eye and health testing, especially for diabetes and high blood pressure, are important. I urge you to report any changes in vision to your optometrist. Maintain a healthy lifestyle and diet, have adequate sleep, reduce stress – and remember: *prevention is the best medicine!*

Jenny Livanos is an optometrist and natural vision therapist practising at Concord Eye Care, 227 Concord Rd, North Strathfield in Sydney. Phone 02 8765 9600; email concordoptometrist@hotmail.com



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Book now for our annual Natural Eye Care seminar

Sunday 3rd April 2016 in Sydney – guest speaker Carina Goodrich, author of *Natural Vision Improvement*. Private sessions also available with Carina for only 3 days in April.

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Climate change and health: IPCC reports emerging risks, emerging consensus

Reproduced from **THE CONVERSATION** 31st March 2014. <http://theconversation.com/climate-change-and-health-ipcc-reports-emerging-risks-emerging-consensus-24213>

The Intergovernmental Panel on Climate Change's (IPCC) Impacts volume of the Fifth Assessment Report was released on 31st March 2014. Here, three contributors to the health chapter explain the ideas and evidence behind the report.

The contributors are:

Anthony McMichael, Emeritus Professor, National Centre for Epidemiology & Population Health, Australian National University.

Colin Butler, Professor at University of Canberra

Helen Berry, Professor and Associate Dean of Research at University of Canberra

The consequences of human-driven global climate change as this century progresses will be wide-ranging. Yet public discussion has focused narrowly on a largely spurious debate about the basic science and on the risks to property, iconic species and ecosystems, jobs, the GDP and the economics of taking action versus taking our chances.

Missing from the discussion is the threat climate change poses to Earth's life-support system – from declines in regional food yields, freshwater shortage, damage to settlements from extreme weather events and loss of habitable land, especially coastal land. The list goes on: changes in infectious disease patterns and the mental health consequences of trauma, loss, displacement and resource conflict.

In short, human-driven climate change poses a great threat, unprecedented in type and scale, to wellbeing, health and perhaps even to human survival.

The human health chapter in the second ('Impacts') volume of the IPCC's Fifth Assessment Report concludes that the scientific evidence of many current and future risks to health has strengthened in recent years.

During at least the next few decades, the chapter states, climate change will mainly affect human health, disease and death by exacerbating pre-existing health problems. The largest impacts will occur in poorer and vulnerable populations.

In this early stage of human-driven climate change, researchers in many countries have reported that rising temperatures and changing rainfall patterns have, variously, increased heat-related illnesses and deaths, altered the distribution of some water-borne infectious diseases and the insect transmitters (vectors) of some diseases (such as malaria), and have reduced food yields in some already food-insecure populations.

The chapter discusses three impact categories in particular:

Under-nutrition and impaired child development due to reduced food yields;

Injuries, hospitalisations and deaths due to intense heat waves, fires and other weather disasters; and

Shifts in the seasonal duration and spatial range of infectious diseases.

There is also mounting evidence of the adverse health consequences of workplace exposure to heat extremes, including reduced work capacity and productivity.

Looking ahead to 2100, for which some modelled scenarios now project an average global warming of 4 degrees Celsius, the report foresees that in such conditions people won't be able to cope, let alone work productively, in the hottest parts of the year. And that's assuming social and economic institutions and processes are still intact. Some regions may become uninhabitable.

Impacts on mental health could be similarly extreme, further limiting our collective capacity to cope, recover and adapt.

Overall, while limited health gains from climate change may occur in some regions, the health chapter concludes from the evidence that harmful impacts will greatly outweigh benefits. The impacts of climate change will also undermine hard-won gains achieved through social development programs, impeding progress in the world's poorest countries.

The world community has dithered for two decades over climate change since it rose to prominence during the 1992 Earth Summit. As valuable time to reduce the risks (mitigation) has been squandered, the need to also focus on managing risk (adaptation) has increased. But excessive reliance on adaptation carries its own risks – including fooling ourselves that

we don't need immediate and aggressive mitigation.

As climate change proceeds, additional climate-specific measures (such as enhanced surveillance, early warning systems and climate-proofed building design) will be needed to protect population health, even in high-income settings. Recent extreme events such as the severe heat waves and fires in Australia in 2009 – 2014 and in Russia in 2010 underscore this need.

The chapter offers some cheer in stressing that the near-term and relatively localised health "co-benefits" from reducing greenhouse emissions (mitigation) could be very large. Reducing emissions of methane and black carbon, for example, may avoid more than two million deaths per year.

Other mitigation actions likely to improve physical health, social connectedness and mental health include:

Encouraging communities to be more active via improved public transport and reduced car reliance;

Reducing exposures to temperature extremes with well-insulated energy-efficient housing; and

Promoting healthier diets through the transformation of food production and processing systems.

In economic terms, the IPCC chapter judges that the health co-benefits from reducing emissions would be extremely cost-beneficial. They would, for example, be one thousand times greater than the economic co-benefits to agricultural yields from reduced exposures to short-lived, crop-damaging, airborne climate pollutants.

Overall, the up-front costs of reducing emissions could be substantially offset by early and extremely large health (and other) benefits.

Of course, none of this matters if human wellbeing, health and survival mean little to us. In that case we can emit all we like, then suffer, dwindle or even die out as a species and leave this planet to recover and thrive without us. One way or another we will emit less.

We have a closing window of time in which to do something about global climate change.



MINDD FORUM 2014

Saturday and Sunday
14th & 15th June 2014

In Chatswood, NSW

We have had such a high level of requests for the Forum this year that we have decided to run a 'mini' forum as follows;

- **June 14th – Practitioners' Masterclass** on *Brain Health for Mental Health* with focus on Youth Mental Health (anxiety, depression, ADHD, mood and conduct disorders).
- Dr Woody McGinnis will be the keynote speaker and will talk on Mauve Factor (pyroluria) as well as new research on his NTS theory on ASD.
- **June 14 – Carers Education** on *Brain Health for Mental Health*
- **June 15 – Food Is Medicine** with a focus on Brain Health (reducing inflammation, healing the gut, supporting neurotransmitters)

We will be sending out e-flyers linked to a webpage to purchase tickets.

If you would like more information, please contact Leslie and The Mindd Team at info@mindd.org.

NEWS Bites

Flu shot? Try a Japanese pickle instead

If you're hesitating over having the recommended flu shot, try a Japanese superfood instead. The *suguki pickle* has proved itself to be a natural flu preventive and can even protect against H1N1 swine flu and a new deadly strain (H7N9) that has emerged in China, researchers say this week.

Suguki, a pickled turnip, contains the bacteria *Lactobacillus brevis*, which may protect us against a variety of flu strains by naturally boosting our antibodies. Researchers have yet to determine just how effective this bacteria is.

Source: *Letters in Applied Microbiology*, 2013; doi: 10.1111/lam.12160

Refined sugar can triple heart disease risk

There is a significant link between consumption of refined sugar and heart disease, according to researchers at the US Centers for Disease Control and Prevention (CDC), who have analysed the diets of tens of thousands of Americans.

People eating too much sugar put on weight and some become obese, which,

in turn, increases the risk of cardiovascular disease. It takes only one sugar-sweetened drink every day to increase your risk of heart disease, the researchers said. If people consume one quarter or more of their daily calories from refined sugar, their risk of dying from cardiovascular disease is tripled.

Source: *JAMA Internal Medicine*, February 3, 2014; doi: 10.1001/jamainternmed.2013.13563

Record \$9 billion fine for two drug companies

An American and a Japanese drug company have been fined a record \$9 billion after they concealed evidence of a possible link between their diabetes drug, *Actos*, and bladder cancer. A jury in Louisiana, USA, imposed the penalty on Takeda, Japan's largest drug company, and Eli Lilly, its former US partner.

The companies have consistently denied any association between the drug and bladder cancer, even though the US FDA issued a warning in 2011. Since then, the companies have been swamped by thousands of lawsuits from patients.

Source: *Financial Times*, April 8, 2014



NEOLIFE

NUCLEAR POWER

– Pros and Cons and Cons and Cons



By Roger French

SUMMARY

Nuclear power produces less carbon dioxide than coal or gas fired power stations, although experts differ on the extent of benefit. Some say it is almost equivalent to solar or wind power, while others say it brings only relatively small saving of greenhouse gases.

These savings come at a very high price. The wastes from a nuclear power plant emit radiation that can be lethal for centuries and remain dangerous for thousands of years.

For more than half a century, scientists have been trying to find a safe, permanent way of disposing of these wastes, and none has been found. All existing so-called solutions have the potential to go wrong and release harmful radiation into the environment.

INTRODUCTION

Once energy is released – typically through burning or splitting the atom – it is always with us, because energy can never be destroyed.

After energy is used for heating, powering a vehicle or industrial plant or energising our bodies, it is 'lost' as waste heat which disperses into the environment, and normally cannot be reused. This applies whether the fuel is petrol, diesel, coal, gas or food – or uranium.

This energy, apart from a small amount that radiates into space, remains here forever, causing a slight increase in the temperature of the environment and making a small contribution to global warming. The *major* cause of global warming is, of course, burning oil and coal to produce the greenhouse gas, carbon dioxide (CO₂).

The question of how to meet the energy needs of humanity, while releasing the least amount of waste heat and emitting the least amount of greenhouse gases, is a huge issue that is dominating modern society and is highly controversial.

REDUCTION IN GREENHOUSE GAS PRODUCTION

So nuclear power plants *do* contribute to global warming via the vast quantity of heat they release, that is, thermal pollution.

But they don't release carbon dioxide, and this is the reason why so many experts and others are pushing nuclear power. Even this is not quite correct. The construction of nuclear plants causes a lot of carbon dioxide to be released, and because the plants are gigantic, the initial amount of greenhouse gases released is massive. Only after nuclear plants begin operating are they essentially greenhouse gas free.

The bottom line is, can nuclear power plants significantly mitigate the effects of global warming? And, equally importantly, can they do it safely?

Yes, overall CO₂ emissions can be reduced by replacing coal and gas with nuclear power. But, surprisingly, the International Energy Agency (IEA) estimates that if all coal and gas plants were replaced by sustainable sources of energy, the least beneficial among the alternatives would be nuclear energy, which would bring only 10% improvement. This conclusion is even more remarkable considering that the IEA is generally enthusiastic about nuclear energy.

Nevertheless, the IEA in their energy outlook of autumn 2006 estimated that the volume of greenhouse gas emissions saved by America's 104 nuclear plants was equivalent to removing 96 percent of all passenger cars from the nation's roads for one year.

Opponents of nuclear power believe that when allowance is made for building the plants, the overall greenhouse emissions are comparable to those of coal and gas fired plants, so nothing is gained. In contrast, supporters of nuclear power claim that numerous studies show that the overall emissions are more comparable to renewable forms of generation, including wind, solar, tidal and geothermal.

Either way, the critical issue is the danger of the radioactive wastes that continue to pile up in countries employing nuclear power.

VERY DANGEROUS WASTES

The Nuclear Regulatory Commission classifies the wastes as *high-level* and *low-level*.

High-level radioactive wastes emit radiation that is capable of killing people

and animals within minutes of exposure. In the reactor, the uranium atoms split and produce *plutonium* which remains radioactive for unimaginable lengths of time. Because plutonium is produced in large amounts, it is the most dangerous material in the world. High-level wastes are appallingly hazardous.

High-level waste is the uranium fuel that fires the reactor and the spent fuel after removal from the reactor. Low-level radioactive waste is simply lesser quantities of the same wastes.

High-level radioactive waste, whether inside or outside the reactor, must be kept cool by water to prevent it from melting and resulting in the well-known catastrophe of 'meltdown'. After more than five years in the cooling ponds, the radioactive fuel rods can be placed in large dry casks at the reactor site.

The half-life of plutonium 239 is of the order of 24,000 years. In other words, after 24,000 years half of the radioactivity will have decayed. But the plutonium remains radioactive for at least ten times the half-life, so the time for which the wastes will need to be safely stored is around 240,000 years – that is, roughly 10,000 generations of humans.

The Fukushima disaster in Japan that was caused by a tsunami on 11th March 2011 and promptly spread radiation to 40 kilometres away has led to a lot of soul searching in Japan over nuclear power.

On 22nd March 2014, *The Japan Times* published an article headed, 'Nuclear waste buildup relentless'. The thrust of the article was to publicise the vast quantities of radioactive wastes that have built up in Japan.

The newspaper reported that if every nuclear reactor in Japan was decommissioned, the volume of low-level radioactive waste that would need to be disposed of is more just under 500,000 cubic meters.

There are 48 commercial reactors in Japan plus eight that are planned to be decommissioned, which include six plants in Fukushima.

Both the high-level and low-level radioactive wastes must be buried well away from residential areas. The most dangerous wastes – pressure vessels containing the nuclear fuel and also the fuel control rods –

would have to be buried at least 50 meters underground and monitored for around 300 to 400 years.

Less concentrated radioactive waste, including filters and waste fluid, has a total volume in Japan of around 95,000 cubic meters. The lowest level of hazard is material such as concrete; it has a volume of 393 cu. meters.

The *Times* article concluded that the hunt for a disposal site is ongoing and that postponing the decision on where to bury the waste means that it will need to be stored temporarily and Japan's mountain of nuclear waste will continue to grow.

Around the world over the years, there have been some nuclear power plant disasters that should serve as warnings for where nuclear power is taking us. In the US on 28th March 1979 one of the reactors at The Three Mile Island nuclear power plant partially melted down and had massive leakage, representing the worst nuclear accident in US history. In Chernobyl, Ukraine, in 1986 there was a nuclear meltdown that resulted in a vast number of people developing cancer and was the worst nuclear accident in history. And in Japan the Fukushima plant has released calamitous amounts of radiation into large areas of Japan and former residents are afraid to return to the city.

Then there is the terrorist threat. The large volumes of radioactive wastes currently being stored create the risk that terrorists could disperse it or use it in other sinister ways.

RADIOACTIVE WASTE – NO SOLUTION IN SIGHT

More than 50 years after splitting the first atom, scientists have still not found a way to safely dispose of long-lived radioactive wastes. Even attempts to dispose of low-level radioactive waste have been an abysmal failure.

In the US, seven sites have been licensed to bury low-level radioactive wastes, yet only three of these are operating because the other four have all leaked radiation in to the surrounding environment and are closed.

The fact that nuclear waste will continue to emit radiation for at least 240,000 years means that it must be maintained and monitored for thousands of generations to come. It is unthinkable that we should be in the process of inflicting such a potentially toxic environment on future humanity for an immeasurably distant era. This is a huge threat for future generations.

Some US scientists acknowledge that nuclear waste will be hazardous for much longer than humanity is able to isolate it from our environment. Even if it was put into a geological repository, the waste might emerge in the distant future and threaten our descendants.

The bottom line is that it is currently technologically impossible to safely dispose of nuclear waste and there is no likely prospect of this changing.

Even keeping track of nuclear waste is a formidable problem. The nuclear industry has already proven that it is incapable of keeping track of its high-level waste for just 30 years, let alone thousands. High-level radioactive waste has already gone missing from some nuclear reactors.

In the US, concerned citizens have blocked attempts to open more waste dumps, and in response, the Nuclear Regulatory Commission has repeatedly attempted a solution that is irresponsible to a staggering degree. It is to have the government de-regulate radioactive waste so that it can be dumped in normal landfills and recycled into consumer products. How stupid and selfish are these people!



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Heaven or Hell?

How both heaven and hell are right here on Earth and in our minds.

By Tula Tzoras

The human journey varies from person to person. Some things, however, we may be sure of as certain as we are of taxes. Regardless of religious or cultural belief, geography or conditioning, humans experience similar feelings and it has little to do with the situation at hand. It is my humble opinion that we experience heaven and hell right here on earth and in our very own minds. We also have the gift of choice. Which would you choose?

Allow me to elaborate!

Life is full of what we call good and bad, right and wrong, light and dark, elation and despair – opposites. Shit Happens! Here is a thought; we need both sides of the coin, lest we do not recognise their value. For instance, how would we know something is good if we didn't know its counterpart? Now imagine we go further and instead of judging things as good and bad, we accept them as they are. What happens to all the mind chatter? It's gone! How would silencing the mind make life easier? Please allow me to give you both sides of the coin.

A JOURNEY INTO HELL

All we need do is watch the news. On a global scale, we see economies crashing, corruption, war, poverty, devastation, disease and climate change. Natural disasters ravaging the earth, genetically modified food, murder, all adding up to human suffering.

On a personal level, so many things can go wrong every day. We can lock ourselves out of home or office, find ourselves without a single set of keys to our name, our car may break down, we may not have food to eat or someone to protect us, we may be abused, we may be a slave to addiction, we may kill or steal, we may lose our home due to natural disaster, we may lose millions, we may be betrayed, deceived or misjudged, made into a scapegoat, a patsy or a victim, or we may lose our children or other loved ones. There are a million situations we can draw from as times that we actually think we are in hell.

In extreme situations of life and death, we are fortunate to have a survival instinct.

In other situations, however, there are a number of obstacles inherent in our upbringing, conditioning, culture and religion or experience for instance, which may be making our lives miserable or driving us crazy.

HELL IS FEAR

Let us assume that we have the power. Let us assume that we are the 'driver' in our life. Now I am going to ask you a question: who or what is driving you?

When we are growing up we are like little sponges, susceptible to picking up all the rubbish in our environment. When we arrive in the world, we are pure love and joy, hence when our care givers discipline us, place their control mechanisms on us, tell us what they believe to be true as the way it is, we simply accept it. That is how we begin to create our story of the world, which, of course, is only a story, as the only truth is love.

It is said that most people wake up in the morning feeling something is wrong. Where can we go from there? Fear can cause panic and anxiety attacks. Our thoughts can destroy us, make us sick, immobilise us. How do we feel about ourselves?

Do we feel better or worse than the next person? Do we feel good enough to accept love or abundance? Does our internal dialogue tell us how hopeless, out of control, bad, useless, fat or ugly we are? Do we think 'what's in it for me'? Are we obsessed with money, work, sex and success?

These are called *limiting beliefs* and they can be hell!

These beliefs can result in all kinds of destructive behaviour. We may become addicted to drama. When we are addicted to drama, we are constantly reacting to people, places and things. We are naming them, blaming them and shaming them. The focus is always outside ourselves and we are the victims. Our lives become one huge roller coaster and we don't have the brakes.

Perhaps we have grown up to believe that without money there is no security in life, and if we don't amass money, we are a failure. We may go to any lengths to do that, by cheating other people, working all

hours, sacrificing our loved ones, our lives or worse.

There are severe situations where we have been abused and graduate to all sorts of addictions, and/or become the abuser. When a child is abused, he/she develops feelings of worthlessness, abandonment, mistrust or betrayal, and associates pain with love. Where do we find those children as adults?

Is it the domestic violence case we see on the news, the exotic dancer at the club, or the alcoholic on the street begging for money to buy a drink when he is homeless? Is it the drug addict prostituting himself or herself? Is it the sex, food, work, drug, gambling addict? It is every person who feels terrible and cannot imagine feeling any better. It is mental illness. It is the convict in prison.

So driver, where is your attention? Is it in the past? Is the past recreating itself over and over? What if I was to tell you, you are your attention? What if you could shift your focus?

Depending on your personal situation and belief system, these life-long patterns do take some dedicated work to make them give way to heaven. I happen to know this as a fact. So why would you bother, isn't the devil you know better? You decide.

Now for the good news!

A JOURNEY INTO HEAVEN

I am going to ask you to shift your attention now to the silver lining you forgot about when that 'tragedy' happened. How do I know there was a silver lining? You are still here and, further, it has shaped you into who you are, which can only be a gift. So think about that tragedy and find the gift. For instance, when you could not help yourself and your friends 'abandoned' you, help came from unexpected people and they became loyal friends.

What happens when something goes wrong? If we don't panic, we become resourceful. We focus our attention on the solution and we realise that there is always a solution, that we *do* have choices. We make millions of choices all

the time; it is just that we are not always aware of it.

How do we trust that the choice I make is the right choice? Fortunately, our magnificent bodies have a wonderful way of letting us know, by making us feel good or bad. All we have to do is listen to ourselves. We are pretty amazing after all. We can trust that we will make the correct choice for ourselves just by checking in to our feelings. A good question to ask is whether the choice we make is helpful to others and/or ourselves.

HEAVEN IS LOVE

How then do we experience heaven and stop fearing people, places and things? I believe it is in *self-referral*. What is self-referral? It is practising love for ourselves and making ourselves the reference point, saving our energy, rather than placing it on external circumstances or people. What happens when you practise self-referral? Suddenly drama is eliminated from your life.

When we love ourselves, we don't need to react to things or defend ourselves. We already know who we are and we take responsibility for our actions and our feelings, which belong to us alone. We recognise what is ours and what belongs to others. Now we don't need to take it on board; we also don't need to judge others.

How do we begin to love ourselves? By getting to know ourselves! Does it sound too easy? Perhaps it is. We all come from one source and we are all part of a whole. In fact, though we are separate, we are all connected.

We may begin by doing little things for ourselves. Things we like, like giving ourselves a treat. We may begin to ask whether the action we are taking is loving to us? A great example of that is smoking. Have you ever tried asking your body how it feels about smoking? Any guesses on the answer? Perhaps we are in an uncomfortable situation. We can honour ourselves by removing ourselves rather than tolerating it, unless the discomfort is something we need to work on for a greater good.

The easiest way to access our true nature and connect to our higher intelligence is through meditation. Meditation usually requires deep and slow breathing and that is the key.

Whether you prefer meditation or sitting in silence for a period every day, breathing deeply and slowly will connect you to your source, promote inspiration and creativity and raise your vibration. If you couple that with visualisation, creating pictures and feelings of what you would love in your mind, you can literally fly! The sky is the

limit. In fact the only limits we have are in our own imagination. It is said breathing also heals the body of disease.

When we connect to our source, we can't help but love ourselves, because all we feel is love. In fact love is all there is. Wouldn't it follow then that we go where the love is, that we focus our attention on love? When we experience love, it is difficult not to love others. Soon we realise that what we withhold from others, we withhold from ourselves. If we express anger, or are unkind, unfair, disrespectful or even abusive, that is what we do to ourselves. Knowing that makes such a difference!

Now we know ourselves and we are practising self-referral. We become authentic and living in the present, we

suffering. The more we practise self-referral and love, the more we have to give and the more we connect ourselves to our universe.

We can accept people and things as they are. No longer are they good or bad, right or wrong. What a relief.

HEAVEN, HELL WITHIN

This is why I believe heaven and hell are within us. Although we may become familiar with negative patterns and want to repeat them, happiness is a choice, and I believe it is worth making. It can transform your existence into magic and make anything possible for you.



are no longer threatened by others. We do our best and life becomes a magical dream. We operate with integrity, honesty, honour, kindness and love. We begin to feel gratitude, and that attracts more of what we love.

Suddenly we appreciate the little things we always took for granted, like our soft bed, our warm towel or the hot shower. We truly see our surroundings, the sunshine and the vibrancy of the flowers, and we hear birds singing, nature becomes so full and loud, the more we connect to our universe.

We can give thanks for so many things, like the magical air we breathe for a start. If you ever feel depressed, gratitude is a great way to pull yourself out of it. In fact gratitude may be applied to any situation with success, seeing the best in your partner for example. Another way to stop focussing on your plight is to go into service for another human being. There is usually someone worse off.

As others are no longer a threat, we can help them, we can go into service for them. When our fellow human experiences a tragedy, we can feel compassion for their

It takes consistent practice to change our cognitive thinking; however, it is not hard work. The more we experience heaven, the more we focus on transcending our human drama. All we need to remember is where our focus is and what we are doing, thinking, saying. If we stay in the present, we are on the right track.

I wish you heavenly happiness!

Tula Tzoras is the author of The Truth About Acting, where acting and spirituality fuse to propel you. Tula has had a successful acting career, starring in several of Australia's popular shows. She is also an experienced TV presenter, speaker and coach. She is creating a supportive and inspiring home for actors, putting the tools in her book into practice. Tula's slogan is 'Unleash your full expression' as she launches Speaker Training With a Difference, for speakers or simply people finding it hard to speak up! To find out more about Tula, please visit www.tulatzoras.com.

Enzymes power us through life

By Robert McIlroy, Director of Lifestyle Enzymes Pty Ltd

As our society continues to age, we are going to see more enzyme combinations involving a larger range of dietary products.

Enzymes are present in every cell of every living thing. They enable food digestion, energy production, tissue and organ repair and toxic waste removal. Approximately 22 different digestive enzymes exist within the human body and they do the job of digesting proteins, carbohydrates and fats. The process of digestion begins in the mouth, continues in the stomach and almost completes its activities in the small intestine.

During this process, a group of digestive enzymes breaks down specific types of food. *Protease* enzymes, for example, digest not only protein from food, but also organisms that cause certain viruses and toxic bacteria. *Amylase* breaks down carbohydrates into simple sugars, mainly glucose and fructose. *Lipase* digests fats and other lipids. *Cellulase* helps with cellulose fibre disintegration. It should be pointed out that we humans are not given cellulase enzymes by nature, but only by supplementation, and if you eat a lot of fibrous foods, supplementation could be most helpful.

In addition to food allergies and sensitivities, faulty digestion is a frequent accompaniment of many health problems, with many not classified as 'digestive' conditions. Several factors can contribute to the development of digestive problems. Poor enzyme activity can result from eating cooked and highly processed foods and from poor eating habits, including inadequate chewing, eating on the run, eating late in the day or drinking with meals.

Problems with digestion are more likely as we become older. It is common for elderly individuals to experience a general decline in digestive enzyme secretion.

Enzymes that are not used for digestion are available for bodily cells to enhance function and bring them gradually to a healthy state. As the cells return to health, detoxification commences and will last as long as necessary to reduce general toxemia and promote healing wherever it is required.

If a person continues to take enzymes and also improves nutrition by advancing to organic or bio-dynamic foods, detoxing is likely to progress to a level that manifests as symptoms such as nasal or other discharges, nausea, headaches, diarrhoea, aches and pains or the recurrence of

'Dr Edward Howell concluded that length of life is inversely proportional to the amount of enzymes exhausted in the digestive process – in other words, the less enzymes used up, the longer we will live. Similarly, we will age more slowly.'

previous illnesses. If the symptoms are too distressing, they can usually be relieved in a few days or a few weeks by reducing the amount of enzyme supplementation.

To facilitate the detox process, it is advised to drink perhaps two litres of pure water daily – or more or less according to thirst.

ENZYME ACTIVATION

There are three conditions which are necessary for plant and fungal enzymes to be activated: moisture, temperature and a substrate to work on.

Temperature plays a crucial role in the ability of enzymes to become active. For example, bromelain and papain are two protein-digesting enzymes common in commercial and industrial use. Bromelain works best in a temperature range of 49 – 71°C and papain at around 41°C. Bromelain and papain have been used as anti-inflammatory agents, but their effectiveness is probably limited by the fact that the temperature of the body is 37°C, which is not ideal for them.

On the other hand, enzymes obtained from fungi (or moulds – same thing) have an ideal temperature range of 35 – 41°C, which matches normal body temperature perfectly. So these enzymes are ideal for supplementation.

SUPPLEMENTAL HEALING

Popping a pill for your bowel troubles may be more convenient than relaxing with yoga. But, for example, while antacids do neutralise stomach acid, they don't treat the underlying cause. On the other hand, there is convincing evidence that supplemental enzymes, can help normalise digestion.

One person who vouches for this is *True Natural Health* Editor, Roger French, who finds that enzyme supplements taken with his evening meal are very effective in assisting digestion to be complete before bedtime.

FOOD ALLERGIES AND INTOLERANCES

Allergy is a reaction to incompletely digested protein (the allergen) entering the bloodstream. In a genuinely healthy person, the immune system will destroy and clear the allergen from the body without any obvious symptoms. This distress-free process is the result of the healthy person having adequate enzymes available to do the job unobtrusively.

In contrast, a person who suffers an allergic response to an allergen has not enough enzymes to dispose effortlessly of the allergen. The immune system has the same work to do, but there are not enough enzymes available for the white blood cells to destroy the allergen. The person experiences a typical histamine response, with nasal discharge, reddening of the eyes and possibly pain.

If there is visible allergy to dust or pollen, the person is typically a lover of excessive sweet foods loaded with refined sugar and also starches. Their reserves of the enzyme, amylase, which initiates the digestion of starch, have been depleted, leading to excessive histamine production. Amylase inhibits the mast cells that release histamine in reaction to damage in an area. Doctors prescribe antihistamines for these cases.

MICROBIAL/FUNGAL-DERIVED ENZYMES

Enzymes from fungi (or moulds) are derived by fermentation. They have high purity and work in a broad pH range of approximately 3.0 – 9.0.

Some are activated in the upper stomach. They begin work immediately and have a broad action on a variety of foods.

SLEEPING

A high percentage of the people seeking guidance for sleep disturbance problems also have a bowel and/or other gut problem that they would love to have

resolved. As a practitioner using 'Genuine N.Zimes' for over 15 years, I have helped many people who are struggling with these complaints.

Simply improving digestion can help overcome these and many other health issues. If your sleep is broken, try taking one or two enzyme capsules with a little water and enjoy the results. In my clinic I had a high success rate this way.

THE ORIGINATOR OF THE GENUINE N.ZIMES™ FORMULA

The late Dr Edward Howell, who researched and developed the original 'Genuine N.Zimes' formula during the 1920s, came up with the following theories.

He concluded that length of life is inversely proportional to the amount of enzymes exhausted in the digestive process – in other words, the less enzymes used up, the longer we will live. Similarly, we will age more slowly.

The digestion of a constantly high intake of cooked and processed foods uses up enzymes more rapidly. Raw foods contain enzymes that contribute to their own digestion, but cooked foods completely miss out on this advantage. This is yet another way in which cooked food causes us to age more rapidly and die sooner.

GLUTEN INTOLERANCE

Gluten is not the only protein found in grains, and virtually any of the grain proteins can cause adverse reactions, including allergies. For example, wheat contains four major proteins – *albumin*, *globulin*, *gliadin* and *glutenin*.

The type of gluten generally associated with gluten intolerance is called a *prolamine*. There are prolamines in almost all cereal grains, but they don't all cause intolerances. The critical ones in regard to gluten intolerance and coeliac disease are present in wheat (*gliadin*), triticale (a hybrid of wheat and rye), rye (*secalin*), barley (*hordein*) and to a lesser degree in oats (*avenins*).

My Lifestyle Enzymes formula 'Gluteneze' is a proprietary formulation of enzymes selected to assist in the breakdown of gluten. This unique formula also contains a large amount of amylase to assist in the initial digestion of the gluten glycoprotein, and in addition has specialised proteolytic activity to assist in resolving the inflammation that might be associated with faulty gluten digestion.

Gluteneze is designed to support the digestion of grain products in general. In addition to amylase from the fungus, *Aspergillus oryzae*, and cellulase from *Trichoderma longibrachiatum*, Gluteneze contains a blend of proteases from *Aspergillus oryzae*. While the amylase and cellulase support the digestion of the carbo-

hydrates in grains, the proteolytic blend supports the digestion of grain proteins including gluten. *Cellulase* will digest the plant cell walls (cellulose) and release the important nutrients inside.

DAIRY INTOLERANCE

Lactose is only part of the reason why people encounter problems with dairy products. The casein and whey proteins can also cause intolerance in susceptible individuals.

'Dairyzymes' is a blend of protease, lipase and tilactase enzymes designed to enhance the digestion of all the main components of dairy products.

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IT ALL BEGINS WITH DIET AND DIGESTION

To regain and/or maintain good health, three important processes must continually take place in the body – assimilation, circulation and elimination. However, before these can occur, a person must pay attention to the foods selected, and, above all, seek ways to maximise the thorough breakdown of the foods in the diet. Proper and complete digestion must always take place. 



POOR DIGESTION CAN RESULT IN LOSS OF NUTRITION

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Chocolate Coated Fruit Serves 2

INGREDIENTS

250g dark chocolate melts
 Fruit: Strawberries, raspberries and or Pineapple
 Sprinkles

METHOD

Fill small saucepan with enough water so that it is one-third filled.

Place saucepan over medium heat and bring to simmer, not boil.

Rest a glass bowl over the saucepan, ensuring that the bowl does not touch the water. You now have a double boiler.

Place two-thirds of the chocolate in the glass bowl and reserve one-third for later use.

With wooden spoon, gently stir the chocolate as it melts. Place a cooking

thermometer into the chocolate and melt chocolate to 45°C.

Remove bowl from heat and place on bench top.

Add remaining one-third of chocolate to melted chocolate mixture and stir constantly with wooden spoon until chocolate's temperature comes down to 32°C and the chocolate has melted. You should have glossy melted chocolate.

Line baking tray with baking paper and pour chocolate mixture onto paper.

Dip a fruit piece into the chocolate, allowing the chocolate to coat half of the fruit. Remove from chocolate allowing any excess to drip back into bowl, then dip into the bowl of sprinkles.

Place fruit pieces on tray lined with baking paper and repeat until all fruit is used.



Chocolate Pudding Serves 3 -4 adults



INGREDIENTS

1 ripe banana
 12 dates, pitted
 1 cup blanched almonds
 ¼ cup cocoa powder
 ½ tsp vanilla extract
 6 – 8 dark chocolate melts per pudding (it makes 3 to 4 puddings in total)
 Low fat cream to serve (optional)
 Olive oil spray

METHOD

Preheat fan-forced oven to 175°C.

Spray muffin tin with olive oil spray so puddings don't stick.

In high-powered food processor or blender, combine all ingredients except for chocolate melts, cream and olive oil spray.

Blitz ingredients until a thick mixture/paste forms.

Half fill each muffin tin hole with the mixture. For the 3 – 4 puddings, fill only 3 – 4 muffin holes.

Place chocolate melts in mixture in each hole. Push melts into mixture gently. Using remaining mixture, fill each pudding to top of hole. Use knife to tidy up tops of each pudding.

Bake in preheated oven for 20 minutes.

Remove tray from oven and allow to cool slightly.

Serve each pudding while still warm. When you cut open the pudding the chocolate melts will ooze from the centre. Top each with a dollop of low-fat cream.

These puddings are very chocolatey and very rich, so the cream cuts the sweetness nicely.

Chocolate recipes in a Natural Health magazine? – what are we coming to!!

But the brand of chocolate ingredient is rather special – *well, naturally Sugar Free Dark Chocolate Melts*, which contain no refined sugar and no artificial sweeteners, are low GI, are sweetened with stevia and erythritol and contain a lot of antioxidants due to a high cocoa solids content of 70%. (See 'New Products', page 40, for chocolate melts ingredients.)

The recipes have been put together very conscientiously too. They don't contain wheat products or animal products, and the ingredients are all plant based (except for optional cream on the pudding).

We all like treats occasionally, so how nice is it to have treats that are relatively wholesome.

For the creation of these recipes, we acknowledge and compliment their designer, chocolate-enthusiast **Tanya Bartolini**. And we thank **Vitality Brands Worldwide** for permission to publish these recipes.

Chocolate Wellness Rum Balls Serves 6

INGREDIENTS

12 dates, pitted
¼ cup cocoa powder
1 cup blanched almonds
1 cup walnuts
1 tsp vanilla extract
45g dark chocolate melts
½ capful of rum (optional)
½ cup shredded coconut



[A bit naughty, but nice – or omit the small amount of rum!]

METHOD

Using high powered food processor, combine all ingredients except for coconut. Blitz to thick paste.

Roll about a tablespoon of mixture into ball and repeat until all mixture used.

Roll each ball in coconut to coat.

Place in fridge for 20 minutes to set.

Chocolate Brownies Serves 6 adults

INGREDIENTS

12 dates, pitted
¼ cup cocoa powder, extra for dusting
1 cup almonds
1 cup macadamia nuts
1 tsp vanilla extract
45g dark chocolate melts
Punnet of raspberries



METHOD

Using high-powered food processor, combine all ingredients except raspberries. Blitz to a thick paste.

Transfer mixture to small baking tray lined with baking paper. Spread mixture evenly to ensure that top of brownies is nice and smooth and evenly spread across tray.

Place in fridge, allow to set for 20 – 30 mins.

Remove from fridge just prior to serving and dust with cocoa powder. Serve with 3 or 4 berries per brownie.

Chocolate Cookies Makes 20

INGREDIENTS

3 large ripe bananas, mashed
1 tsp vanilla extract
60g coconut oil
120g rolled oats
60g almond meal
1 tsp baking powder
½ tsp ground cinnamon
½ tsp salt
100g flaked almonds
20g natural popcorn
150g dark chocolate melts

METHOD

Preheat a fan-forced oven to 180°C and line baking tray with baking paper.

In large bowl combine the wet ingredients.

In second bowl combine all dry ingredients, except for chocolate, almond flakes and popcorn.

Transfer dry ingredients and combine with wet ingredients, ensuring they are combined well with wooden spoon.

Toss in chocolate pieces, almond flakes and popcorn and stir well to combine.

Roll about a tablespoon of mixture in your hands to create a ball, place onto lined baking tray and continue until you have rolled all the mixture.

Transfer to the preheated oven and cook for 14 minutes. The cookies will be a light brown colour on top and a darker colour on the bottom.





Super Synbiotics: The Revolution in Probiotics

By John Ellerman BSc, MASM, Director of Entrapro Pty Ltd.

INTRODUCTION

The bacteria that live within our gastrointestinal tract have dramatic impacts on health. They make up 90% of the cells in our body and we are only 10% human by cell count. They help us digest our food and manufacture a range of compounds that can be either beneficial or bad for us.

They also communicate with our immune system in ways that can be either good or bad, depending on the type of bacteria present. The overuse of antibiotics has led not only to the emergence of antibiotic-resistant pathogens, but has also done considerable damage to our intestinal bacteria, with dire consequences for a vast and growing number of people.

THE SMALL INTESTINE: NUTRIENT ABSORPTION AND IMMUNE SYSTEM

The small intestine, situated between the stomach and the colon, has an enormous surface area because of folds and the presence of villi which are finger-like projections into the *lumen* (the space inside). This surface, which can be the area equivalent to a tennis court, enables the absorption of small nutrient molecules such as sugars, amino acids (from proteins), vitamins and minerals, but is easily compromised if too many bad bacteria are present.

A healthy small intestine is inhabited largely by *streptococci* and *lactobacilli*. These bacteria are closely related to yogurt cultures and are non-gas-producing, relatively non-proteolytic (that is, non-protein-splitting) bacteria that survive mainly by digesting various sugars. They also inhibit bacteria that try to invade their territory, but are very sensitive to antibiotics.

When we take an antibiotic, we risk totally wiping them out, and in many cases their place is taken by bacteria that normally inhabit regions either higher or lower in the gastrointestinal tract (GIT). This phenomenon is now known as *Small Intestinal Bacterial Overgrowth* (SIBO), although the yeast, *Candida albicans*,

may also be involved in some cases.

Unfortunately these invaders are often proteolytic gas producers and when we feed ourselves, we feed them also and they produce gas which manifests as bloating and often gastric reflux as the gas forces stomach acid up into the oesophagus (throat). Their proteolytic enzymes attack the very fragile wall of the small intestine, destroying the villi and making the gut permeable to large food molecules and bacteria, both of which can translocate into the bloodstream.

FOOD SENSITIVITIES AND AUTOIMMUNE DISEASES

When the surface of the intestine is damaged by bad bacteria, it is as if a sledge hammer has been taken to a brick wall, and the gut now becomes 'leaky'. When large protein molecules, like gluten or casein, translocate into the bloodstream, the immune system thinks we are being invaded by viruses or bacteria and produces an immune response, which makes the person feel ill whenever they eat foods containing those compounds.

When bacteria go through the intestinal wall and into the bloodstream, the immune system detects the invasion by sensing unique molecules called *lipopolysaccharides* in the bacterial cell wall. It then makes antibodies to structures that are on the outer surface of the bacteria as well as to internal cellular components. If these structures mimic structures elsewhere in the individual's body, these antibodies also attack them. The result is an *autoimmune disease*.

In some cases the trigger molecules have been linked to certain bacteria. In heart disease, one of the chief suspects is *Chlamydia pneumoniae* which has a *myosin* mimic on its outer surface. Myosin is prevalent in the artery wall and antibodies to that molecule are thought by some researchers to be the cause of the formation of arterial plaque.

Ankylosing spondylitis (arthritis of vertebrae with fusing) is possibly triggered by the presence of a molecule

on the surface of a bacterium called *Yersinia enterocolitica* and other bacteria that mimic a protein in the joints of the neck. And the anti-DNA antibodies that are responsible for Systemic Lupus cross-react with a part of the DNA of *Escherichia coli* called the 'Lac7' gene, suggesting a possible causal link.

INFLAMMATION

Situated between the villi are dome-shaped structures called *Peyer's Patches*, which are receptors for the immune system. If bad bacteria stick to them, they increase inflammation and reduce resistance to infection. If good bacteria stick to them, the opposite happens.

Inflammation is a major component of many disorders that people suffer from. It has even been discovered that if you have a chronic source of inflammation somewhere in your body, you are 50% more likely to suffer from major clinical depression (because the brain becomes inflamed) or from lower back pain. Inflammation is also a major component of conditions such as asthma, hay fever, eczema and other skin conditions.

Inflammatory bowel diseases (Crohn's and ulcerative colitis) are the combined result of the presence of a cluster of defective genes which render the sufferer unable to control inflammation and the inflammatory effect of certain gut bacteria that would be kept under control in a normal person.

DIARRHOEA AND CONSTIPATION

Diarrhoea is the result of the body trying to flush out irritating bacteria and toxic food residues by pumping in water. Constipation, on the other hand is often due to the presence of too many neurotoxin-producing bacteria such as *E. coli* and *Clostridia*. The neurotoxin paralyses the nerves responsible for controlling bowel motility, the peristalsis that pushes the food along the intestine. Both these conditions can be controlled by the administration of probiotic cultures at an appropriate level. The direct physical effect of fibre in stimulating peristalsis is also often a factor that is involved.

DYSBIOSIS, DEPLETION OF GUT BACTERIA AND THE PROBIOTIC MYTH

Dysbiosis is simply the presence in the gut of too many bad bacteria; an imbalance between good and bad bacteria. It is often the result of antibiotic use, but can be caused by having been born by caesarean section, because the baby does not pick up the bacteria present in the mother's birth canal, which are basically gut bacteria and critical to the baby's wellbeing.

The breast has been shown to harbour a range of bacteria that are also important for gut colonisation, hence the significance of breastfeeding.

Antibiotics have been shown to permanently deplete the range of bacteria in the gut (the *microbiome*). And contrary to popular belief, it is not possible to replace, with a probiotic, those species that have been wiped out. There are two reasons for this.

The first is that, shortly after birth, bacteria called 'Segmented Filamentous Bacteria', set up residence on the Peyer's Patches and suppress the immune system to prevent it from rejecting the bacteria that we have obtained from our mother. This makes the baby temporarily susceptible to infections, but enables the immune system to educate itself as to which bacteria it should tolerate and nurture for the rest of that individual's life. Unfortunately this means that it will, in the future, reject probiotics too.

The second reason is that the good bacteria that have been wiped out are usually not the types that have been recognised as probiotics and they cannot be supplied by law. The only way to effect a change with probiotics is to administer them in overwhelmingly high cell numbers (in the trillions) and to continue to top them up on a daily basis.

PROBIOTICS, PREBIOTICS AND SYNBIOTICS

Prebiotics is another name for fibre and, in particular, fibre that feeds *probiotic* (good) bacteria.

Combinations of probiotics and prebiotics are called *synbiotics* because of the synergy that occurs as the prebiotics feed the probiotics and cause them to multiply to higher levels in the GIT.

I was on the Management Committee of a federally funded Cooperative Research Centre (CRC) for Food Industry Innovation

which was directed by Professor Noel Dunn at the University of NSW. It included CSIRO scientists, led by Dr Martin Playne at the Division of Dairy Research, as well as industry scientists from Mauri Laboratories (producer of the cultures and led by me) and Starch Australasia (producers of prebiotic Hi-maize resistant starch and led by Dr Ian Brown).

The CSIRO scientists were isolating and screening large numbers of probiotic cultures and a major criterion was the ability of the cultures to inhibit bad bacteria such as *E. coli*, Salmonella, Listeria, etc. This gave rise to a range of probiotics that included *Lactobacillus acidophilus* LAFTI strain L10 and *Bifidobacterium lactis* LAFTI strain B94

Their work has also been mirrored by a group at the NSW Department of Primary Industries, led by Dr James Chin, in collaboration with Kevin Healey at International Animal Health Products, which confirmed the superior efficacy of these strains, but also demonstrated one particularly unexpected result – about a third of the strains of so-called 'probiotics' on the Sydney market actually stimulated pathogens, rather than suppressing them. 'Oils definitely ain't oils'!

In parallel to the work at the CRC, work on prebiotics was being conducted at the CSIRO Division of Human Nutrition under Dr David Topping. In an experiment conducted by Dr Anthony Bird, pigs were fed normal starch, resistant starch or *Fructooligosaccharide* (FOS) or combinations of both. It was found that the level of Bifidobacteria in the pigs (as measured in their faeces) was increased five-fold when FOS was fed to them and ten-fold when resistant starch was fed to them, but the interesting thing was that when they were fed a combination of both, the levels of Bifidobacteria increased nearly 50-fold! Dr Bird told me personally that if the same experiment was conducted in humans, he would expect that there could be as much as a 200-fold increase! A good source of FOS is *inulin*.

This experiment supports rather emphatically the potential efficacy of a product which combines various prebiotics with the best probiotics. If, for example, one combines a dose of 30 billion probiotic cells with these two prebiotics, one would anticipate that this would result in an effective dose equivalent to taking a trillion or more cells. *Trehalose* has also been found to boost acidophilus numbers, and there is a range of other prebiotics, such as *arabinogalactan*, which boost bifidobacteria in the same way as resistant starch does.

A combination of all these factors in the one formula could be called a 'super synbiotic' The effect is dose-dependent and there is just not enough room in

a capsule to fit an efficacious dose of prebiotics, so the best answer is to take it in powder form, a spoonful at a time in a drink.

One word about taking probiotic preparations containing a lot of different strains is this. Many strains will fight each other, so more is not better – and why would you dilute the best strains with others that may even stimulate pathogens? Some manufacturers boost the numbers of cells in their products by adding cultures such as yoghurt starters (*Streptococcus thermophilus* and *Lactobacillus bulgaricus*) and even silage starters such as *Lactobacillus plantarum*, just because they are cheap and make the product sound good, even though the particular strains used may not have significant probiotic properties.

However, considerable anecdotal evidence suggests that many of the conditions alluded to earlier can be positively affected by the administration of a suitable super synbiotic on a continual daily basis.

John Ellerman is a microbiologist with more than 40 years' experience in research into cultures used in the manufacture of dairy products and, in particular, probiotics. In 2004 he established Entrapro Pty Ltd in order to develop this breakthrough technology, and this has culminated in the development of an advanced synbiotic.

John presented the above topic at the Natural Health Society's Annual Seminar on 30th March 2014 at North Ryde and was listened to with riveted attention.

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Warm Up This Winter at Hopewood



Hopewood is a warm and inviting place to visit during the bitter winter months. Nestled in the peaceful foothills of the Blue Mountains on the banks of the Nepean River, just one hour from Sydney, Hopewood Health Retreat is the ideal location to relax, refresh and rejuvenate.

A sanctuary for good health and wellbeing for over 50 years, Hopewood specialises in natural healing, delicious vegetarian food, relaxation, stress management, weight loss and first-class massage and beauty pampering. Everything you do, hear and eat at Hopewood is designed to optimise your health and wellbeing.

Qualified naturopaths can help to identify health issues, provide guidance, care and support and prescribe individual

taste fantastic, but are low in saturated fat, and high in fibre, complex carbohydrates and fresh fruit and vegetables.

One of the many delicious winter meals at Hopewood is the vegetarian Mushroom Nut Roast with Yoghurt Dressing. This recipe is not only tasty, but provides the body with vitamins and minerals that help prevent winter colds and flus.

The power of nourishing food is heavily promoted at Hopewood, for instance, the unique ability of herbs to improve health and reduce illness and injury. The benefits of herbs are globally recognized to have positive impacts on mind and body. Herbs can also bring unique flavours to a meal, with many easily grown at home – saving you time and money!

iritis and inflammation of the eyelids. Externally, the essential oil can help relieve muscular and rheumatic pains.

Hopewood is a genuine learning experience that provides you with the skills and motivation to continue on a healthy path when you return home.

Our qualified therapists can pamper you with a range of beauty, massage and body treatments. Why not try a body wrap, shiatsu, reflexology or hot stone therapy? Or unwind next to the warm and inviting log fire?

Whether you have a day, a weekend or a week to invest in your health and wellbeing over winter, Hopewood has the perfect package available. All Hopewood packages include fully serviced accommodation, all activities and meals, plus some special extras including beauty and massage pampering.



nutritional programs. Naturopathy can address a wide range of health challenges, including diabetes, arthritis, chronic fatigue, weight issues and heart, digestive and respiratory problems.

Food is plentiful; delicious, fresh, gourmet vegetarian dishes are prepared by experienced vegetarian cooks. A smorgasbord at every meal means guests can eat as much as they like, with the exception of guests having meals prescribed by the practitioner. Hopewood dishes not only

We even have a section on our website, our *Herbital*, dedicated to communicating the many benefits of herbs. One of these herbs is fennel, which has been used medically for over 2,000 years. The seeds, which have a licorice flavour, are used primarily. Fennel is an excellent stomach and intestinal remedy that aids digestion, relieves flatulence and colic, and can be helpful in digesting fat. It has a calming effect on bronchitis and coughs. Fennel is said to increase milk production in nursing women. It has also been used to treat conjunct-

Until 27th July 2014, we are offering FREE nights with selected packages. Receive one extra night free when you purchase a 4 – 5 night package, and two extra nights free when you purchase a 7 – 10 night package. Or bring a friend and receive 25% off!

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A Hopewood Recipe

Mushroom Nut Roast with Yoghurt Dressing

INGREDIENTS

1 large onion, diced
2 cloves garlic, crushed
500 gm mushrooms, finely chopped
200 gm cashews
200 gm almonds
½ cup grated parmesan
1 egg, lightly beaten
2 Tbsp chopped fresh chives

METHOD

Sauté onion, garlic and mushrooms until soft.
Finely chop nuts in processor, roughly.
Combine nuts, mushroom mixture, cheese, eggs and chives in a bowl.
Line loaf tin with greaseproof paper, enough to fold over the top.
Set the oven to 180°C and bake for thirty minutes.
Fold back paper after thirty minutes to brown the top of the loaf.



DRESSING

1 cup yoghurt, natural unsweetened
2 cloves garlic, grated
25 gm turmeric, grated
25 gm ginger, grated
Juice 1 lemon
1 Tbsp favourite herb chopped

This is a perfect winter dish. Follow these steps to learn how to make this delicious recipe.

Ancient Gold – Profiling Olive Leaf Extract

By Stephen Eddey

Olive trees are the longest living fruit trees on Earth, thanks to the compounds found in their leaves. The fruit of the olive grove is great produce, however not enough attention has been given to their leaves. The extract of olive leaves has been part of the Egyptian and Mediterranean diets for over 4,000 years due to its profound healing properties.

An Australian study conducted by Southern Cross University found that fresh-picked olive leaves are five times more potent in antioxidant capacity than the equivalent amount of vitamin C, which raises its profile as a reliable source for assisting in cold and flu prevention.⁽¹⁾

The importance of olive leaves being fresh-picked is integral to the efficacy of the liquid. Picked at dawn and bottled by noon, means that the whole spectrum of natural polyphenolic antioxidants can be extracted as nature intended.

Immune Boosting: With the cooler months approaching, Olive Leaf is a wise option for preventing the onset of colds and flus with its immune boosting properties. Research indicates that fresh-

picked Olive Leaf Extract contains over 20 antioxidants, making it a powerful immune booster. Antioxidants act as free-radical scavengers, helping to quench free radical activity which is the cause of inflammation and of a weaker immune system.⁽²⁾

Oleuropein, a polyphenol compound, has been shown to be one of the most powerful antioxidants because of the unique way it works in synergy with the other antioxidants in olive leaves.

Olive leaves are also naturally rich in selenium, zinc, iron, vitamin C and beta-carotene. These nutrients are important for the healthy functioning of the immune system and general good health.

Scientific studies and anecdotal information indicate that fresh-picked Olive Leaf Extract delivers a range of other significant health benefits including:

Metabolic Syndrome: Research published in *The Journal of Nutrition* (2010) suggests that Olive Leaf Extract containing polyphenols, including *oleuropein* and *hydroxytyrosol*, may help to support normal cardiovascular function when challenged by Metabolic Syndrome.

Heart Health: Several studies suggest that Olive Leaf Extract may help to support a healthy cardiovascular system due to its high levels of polyphenols.

Cardiovascular Support: A 2008 study at the Royal Melbourne Institute of Technology University showed that it inhibited platelet function in humans. There was a dose-

dependent reduction in platelet activity.

Colds and Flu:

Taking Olive Leaf Extract may be your front line defence come the cooler months. Although we cannot fully protect ourselves from inevitable viruses, boosting our immune system may help to prevent the nasty cold.

AN AUSSIE BRAND

Comvita Australia produces the only Fresh-Picked Olive Leaf Extract that is grown, harvested and extracted freshly on their farm in the South East Queensland.

Stephen Eddey is a qualified Nutritionist and Naturopath and is the Principal of Australia's longest established natural medicine college, Health Schools Australia. He has completed a Bachelor of Complementary Medicine as well as a Masters in Health Science and PhD in Nutritional Medicine.



1 Stevenson L., Hunter D., 'Oxygen Radical Absorbance Capacity of EnvirOlea® Olive Leaf Extracts' Southern Cross University, 2005. Commissioned by Olive Products Australia. CHC 41449-05/10

2 Wojcikowski K., Stevenson L., Leach D., Wohlmuth H., & Gobe G. (2007). 'Antioxidant Capacity of 55 Medicinal Herbs Traditionally Used to Treat the Urinary System: A Comparison Using a Sequential Three-Solvent Extraction Process'. *The Journal of Alternative and Complementary Medicine*, 13(1), 103-109.





A Personal Journey With Gerson Therapy

By Jo Thompson, RN, BN, Health Practitioner

There comes a time when a therapist needs therapy. Listening to patients' problems all day long isn't easy. In fact, all therapists know that they need ways of dealing with their own mental stresses that build up over the weeks, months and years. This is the story of how Jo Thompson, who runs her Gerson Therapy clinic on the Central Coast of NSW, dealt with her own severe build-up of mental and physical stresses.

I have decided to undertake the Gerson Therapy nutritional program for several reasons. I know that I need to restore my health mentally, physically and emotionally.

Most of us live full and busy lives and it is during these times that our discipline and lifestyle choices can be tested. Last year I found myself in this predicament. Working full time, running a full and busy home and trying to fit in exercise was becoming a challenge. My energy was depleted, my sleep was not restful, and at times I felt frustrated and overwhelmed. Some days I had a light headache and a touch of sore throat. I knew that if I didn't make some changes my health would decline.

I decided to close the clinic for a week and head off to Hawkes Nest for three days to concentrate on myself and get away from my busy home. My aim was to introduce the Gerson therapy and detox in a quite tranquil setting.

The beginning

I am starting with six juices and two or three enemas daily. I am eating the vegan diet and taking the required supplements. Once I have this under routine, I will increase to nine juices and three to four enemas daily.

Day 1. I am feeling a bit heavy and tired; my body has already started to detox. The enemas really help to clear the heavy headache; my legs ache and I'm quite fatigued. I am struggling to do anything, just want to sleep, which I do. It's lucky I have taken myself away from all my chores and responsibilities. It is quite easy to create a healing space for yourself that is affordable and essential for those first few days.

By day 3 my tongue has lost the thick coating; it is now pink and healthy looking. My stomach has lost that heavy bloated feeling; in fact my stomach is flat, yeha!! I feel light, clean and refreshed. I slept really well last night, no waking and even had

some pleasant dreams. I am enjoying the juices, and the enemas give me energy and clarity of the mind. But I am struggling with the diet – what to eat? I love the oats in the morning with stewed fruit.

Returning to reality

I leave Hawkes Nest and come home. I find the transition difficult, going from peace, calm and self-nurturing to a full home (six adults and a baby – the adults are my grown children). I wonder how I am going to maintain my strict regime and remain calm and focused.

I woke after a restless sleep. I am determined to continue, so I get up for a juice and my first enema of the day. I enjoy my enema time; I listen to a meditation and cherish the solitude and peace. I don't mind the morning ritual – it is easy to do. At least I don't have to work today and can have some time to transition back into my busy life. By the afternoon, I feel fatigued and need to rest.

By the next day I feel OK, but aching in legs and teeth. I am unable to hold enemas for very long at all, (should be 12 – 15 minutes; mine are 3 – 4 minutes), thus I'm not adequately clearing the toxins from my liver. Emotionally, I still feel overwhelmed with everything. I'm also very tired by the end of the day. I need to push up the juices and enemas and clear the toxins from deep within my cells. I have increased the potassium in my juices to see if that helps the aches and the holding of enemas.

Detoxing continues emotionally and physically

I woke very teary this Saturday morning! I went to start the therapy with my juices and enema at 6.30am, but of course people are in the kitchen already; this is so frustrating! It sends me on a wave of tears and anger. Wow! Where did all that emotion come from? I sob for a while until I complete my enema. I realise I just want to be alone and without distractions or having to care for anyone else.

Thank goodness the days are so beautiful, warm and soothing, yet I feel cold. I feel heavy in the head today and my teeth are really aching. I listen to my body, go back to bed to rest, sleep and let the healing unfold. I play gentle soft music and meditate for quite some time. I have pushed the juices up to nine daily and the enemas up to three. I have a great repertoire of dishes to cook as well.

One week done

It has taken the full week to get into the rhythm of this therapy. I am certainly feeling better; I have no aches or pains and my energy is rising. My teeth no longer hurt. My sleep is amazing, the deepest most refreshing sleep in years. I actually wake up looking forward to my first fresh orange juice of the day.

Continued page 35



Joanne Thompson
Health Practitioner
RN BN



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Herbs For Every Reason

Part 6 – Geranium and Pelargonium

By Margie Hare

Some herbs are there to be used winter, summer, rain, hail or shine. One family of such herbs is GERANIACEAE (*geranium* and *pelargonium*).

There is confusion about what is a pelargonium and what is a geranium. They both belong to the same family. They look different at first glance; their common feature is the typical elongated fruit and seed pod, which looks like the bill of a stalk or crane. Pelargoniums have five petals and 10 stamens. Geraniums can have five petals but can also have many. It is the arrangements of these that separate them into two genera.

In pelargoniums the flower petals are irregular in shape, two of the five petals usually being broader than the other three. Sometimes they have two petals so reduced that they appear missing. The double flowers are even more difficult. Geranium petals are all the same shape and size.

All the hundreds of hybrids now available were bred from only 20 original species available in Southern Africa. They were all bred by British and European horticulturalists because little or no work on them has been done in Southern Africa.

Pelargoniums are not true classic herbs. They do, however, exhibit at least one herbal characteristic – scented leaves, so are often referred to as scented geraniums. Correctly, they should be scented pelargonium.

Geraniums are not herbs, are not scented and are not edible.

The pelargonium scent is a mixture of the essential oils. The flavours can vary from rose to peppermint, lemon, nutmeg and camphor. Only a few varieties have been exploited for their oils.

Geranium oil from *P. capitatum* x *P. radens* is produced commercially in Reunion Island. In other parts of the world, the oil is from *P. capitatum* x *P. graveolens*.

Many herbs owe their medicinal properties to their essential oil content. It is highly probable that pelargonium species with their distinctive oils could also have medicinal active ingredients. Very little has been done in this area. When I was growing up in South Africa,

the Bushmen were known to use the native pelargonium, called 'wilde malva', in a poultice for skin conditions.

In general, these plants are easy to grow. They are all grown from slips, need little attention and can survive with little water, in varied soils and climatic conditions. They prefer full sun. They are relatively disease resistant and are attacked by very few bugs. They make perfect companion plants in your vegetable garden, especially in winter when nothing much is active.

I like to use the Rose Scented pelargonium in deserts, biscuits and cakes. I also make rose pelargonium tea from the leaves to dilute freshly squeezed fruit juice.



QUESTION TIME

Last month's most frequently asked question was:

How do I stop the snails and slugs eating the plants in my vegetable garden?

Try these:

- Egg shells – rinse, dry, crush and sprinkle around stems.
- DE (diatomaceous earth) – lightly sprinkle in the area of action.
- Beer trap – bury recycled container to soil level, fill with beer to the brim, check daily and replace beer.
- Copper strip – staple strips to narrow boards and place around borders of garden.
- Tobacco dust – sprinkle in affected area.
- Coffee grindings – sprinkle in affected area around the stems.
- Hand night picking – become a snail inspector from 10pm at night. With torch in hand, hand-pick to reduce populations.
- Pawpaw or watermelon skins – when you have finished scooping out the fruit, place upside down like a cup on the soil and check this 'trap' daily.

I do not recommend commercial slug and snail killers.

I would welcome any questions from readers and will answer some questions and answers in the next issue.

Simply email the question to margiehare18@gmail.com. Or call me on 0407 187 159.

NatureHealth 'Big Day Out', 24th September 2014

I am hosting a day in the Sydney Botanical Gardens.

Enjoy connecting with like-minded people, eating delicious organic vegetarian food, learning more about herbs for every reason, exercise and meditation to nourish, mind, body and soul. I will be conducting a Walking Herb Lecture through the gardens.

For Big Day Out details and bookings: <http://www.naturehealth.com.au/big-day-out/may-the-royal-botanical-gardens-sydney/>

Until next issue use herbs for every reason,

Margie

www.Naturehealth.com.au

YouTubechannel : naturehealth.com.au



A REGULAR COLUMN

OVERCOMING SINUS PROBLEMS

By Greg Fitzgerald, Osteopath and Naturopath



The word 'sinus' means cavity, and there are a number of sinuses, or cavities, in the body. However, when people talk of their sinuses, they typically refer to those located inside the front of their face. These *paranasal* sinuses are a group of four paired, air-filled spaces that surround the nasal cavity (*maxillary sinuses*), above the eyes (*frontal sinuses*), between the eyes (*ethmoidal sinuses*), and behind the ethmoids (*sphenoidal sinuses*). They are so named for the facial bones in which they are located.

The humble sinuses, these hollow cavities hidden in the bones around the nose and cheek, produce mucus which is normally drained into the nasal passage. They also enable sound (voice) resonance, which is why when someone gets a cold or flu they get a head full of mucus, which fills their sinuses, causing their voice to sound nasally, dull and heavy.

When swelling occurs in the nose and sinuses, technically called 'rhinosinusitis', the normal drainage process is blocked.

The voice change is the least of sinus discomforts. Sinus pain can be excruciating, with headaches, often severe, in any part of the head or face. The pain can even extend into the jaw and teeth. Head pressure can be intense. As well, ongoing post-nasal drip can be a constant irritation, as the body still attempts to drain the excess catarrh into the nasal cavity for elimination. When polyps form, after years of chronic irritation, breathing and sleeping can be affected, and at times this can evolve into sleep apnoea.

The medical treatment of sinusitis is generally hopeless. Because the orthodox medical fraternity does not know what causes it, their treatments are aimed at suppressing and alleviating symptoms. These treatments include antibiotics, steroids and other anti-inflammatory drugs, nasal irrigation and, when nasal polyps are found, surgery to remove them.

Almost every one of my patients over the years who has presented with sinus problems has first resorted to medical treatment, only to be frustrated that their condition deteriorated. As with many conditions, doctors and specialists do not look at diet (apart from allergies) as a cause of sinus problems, and therefore it is predictable that their treatment results

are poor. They normally blame dust, dust mites and pollen, all of which are triggers at most, not real causes.

SINUS INFLAMMATION IS COMMON

Anything ending in 'itis' means inflammation, so sinusitis simply means inflammation of the sinus passages. Sinusitis is a very common issue for millions of people, and the numbers of cold, flu and sinus medications on the market attest to that.

Inflammation is not anti-health. It is pro-health. It is a natural, life-saving process that the body employs to repair itself. The four characteristics of inflammation – redness, swelling, heat and pain – are all designed to return the body to normal function, provided it is not unduly interfered with. Inflammation of the sinuses occurs after repeated irritation, mainly through dietary indiscretions, as will be discussed.

One of the main causes of today's 'epidemic' of chronic disease of all types is the knee-jerk reaction to immediately take anti-inflammatory drugs at the first sign of inflammation. This is nothing more than bodily disrespect, and is a sad reflection on the medical community's ignorance of biological processes.

When sinusitis occurs with no prior long-term history, it is called *acute* sinusitis. When it persists for many months and even years, it is termed *chronic*. Remember that the chronic condition is always more difficult to overcome than the acute, but by no means is it impossible.

UNDERSTANDING SOME BASIC HEALTH PRINCIPLES

Acute disease is simply the sudden onset of certain symptoms, often unpleasant but always reparatory in nature. It is the body's way of eliminating toxic build-up or residue through any of the 10 apertures in the body. For example, if we inhale dust, we violently cough. The coughing is a symptom the body employs to expel the dust. It is remedial. If we eat food which is anathema to our health, it can be either ejected through the mouth or

rectum as vomiting or diarrhoea respectively. Both responses are vital, life-preserving symptoms employed by the body to regain optimal health.

All symptoms are indeed allies in disguise. They are 'eviction notices'. Mild symptoms reflect mild abnormalities. Exaggerated symptoms reflect exaggerated or more extreme abnormalities that the body is attempting to deal with. They are all signs that the body is 'working as designed'.

They do not need treatment, or assistance, because such symptoms are, in fact, the treatment!

Thus, they do not need suppressing, they need expressing! Symptoms are not enemies, on the contrary, they are at all times working for us. Colds and episodes of flu are beneficial, if understood correctly. We need to allow the body sufficient rest, stay away from all food for a short time, or eat very lightly, and allow our body time to do its house cleaning. This is intelligent management of our health.

When we suppress these active processes, by taking medications and other suppressants and soldiering on, we work against the body, and over time the body becomes enervated and loses its vitality, and instead of eliminating the toxins, stores them in any part of the body it can.

Chronic illness is really the result of unintelligent management of acute disease over time. Keep in mind that acute illness is an eviction notice and chronic illness is a storage disease.

Importantly, if we suppress the acute, we build the chronic!

"Oh, what a tangled web we weave, when first we attempt to treat disease!"

OVERCOMING ACUTE SINUSITIS

In the case of colds, runny noses, coughs and acute sinusitis, all we need to do is nothing, intelligently! We rest, cut back or cut out all food depending on the severity of symptoms for a few days, and do no exercise. By resting, sleeping and not eating, or eating very lightly, this allows our bodies to muster the energy to eliminate the offending toxins and reduce inflammation.

When these conditions are not provided, and instead we soldier on and continually medicate our runny nose or congested heads with drugs, supplements or other suppressants, we literally encourage the development of chronic sinus problems. It has been stated naturopathically for many decades that suppressing colds and other eliminatory, reparatory symptoms is the first step in a long process which ultimately leads to diseases like arthritis, heart attacks and even cancer.

If sinus pain is bad, steam inhalation with a drop of eucalyptus can provide some relief, as can gently massaging eucalyptus oil into the areas of facial pain.

Remember, acute disease needs desistance far more than assistance.

REVERSING CHRONIC SINUSITIS

Chronic Sinusitis should be approached on four levels: diet, sleep, exercise and stress.

DIET

Dairy

The most common food group which has been associated with sinus problems is dairy food. It is imperative that dairy products – milk, cheese, yoghurt, butter and ice cream – be eliminated from the diet. Dairy foods are recognised by many natural therapists and an increasing number of medicos to encourage mucus production in the body. Casein and lactose, the protein and sugar in dairy foods, are the main offenders. This occurs through the pathways of allergies and more commonly food sensitivities. Casein is really 'caso-morphine', as it also contains mild opiate-like chemicals.

It is difficult to believe that in the twenty-first century mankind still believes in the need for milk or other dairy for bone development and health.

Everyone would agree that the thought of teenagers or adults still being breast fed is ludicrous. However, this is what, in effect, is still being recommended, the only difference being that the source of breast milk is a cow, not a human!

Excessive Grains and Starches

Another food group which can encourage catarrh and mucus production is excess grains, particularly those containing gluten – wheat, barley and rye. Oats contains no gluten, but a very similar protein.

Gluten is a glue-like protein that allows bread to rise, and is often a trigger for excess mucus production. Non-gluten-containing grains like quinoa, buckwheat (both really from the seed, not grain, family), brown rice and uncontaminated oats are all preferable if you suffer chronic sinus problems. Gluten, like casein, also

contains opiate-like chemicals (in the form of *gluteo-morphins*), so it is little wonder that dairy and wheat are two of the most prevalent food addictions, and therefore prevalent causes of allergies and sensitivities. We generally love the foods that do us the most damage!

But keep your intake of even gluten-free grains very moderate if you suffer from chronic sinusitis.

Avoid All Caffeine and Alcohol

Caffeine stimulates and robs one of energy, while alcohol interferes with deep sleep. Both drugs need to be avoided.

Avoid Overeating

When they are overeaten, even good foods can trigger the body to create mucous and catarrhal discharges.

Keep your meals mainly plant-based, with vegetables the key, followed by fruits, nuts, seeds, legumes and some whole grains as mentioned above. If flesh foods are desired, make them fish or chicken eaten in *insignificant* amounts once or twice a week.

Focus on simple meals, not too complicated, and don't eat to the point of discomfort. Gluttonous eating of any foods can contribute to sinus problems.

SLEEP

Sleep, in both quality and quantity, is critical for recovery in all chronic illnesses, and sinusitis is no different. Being chronically tired almost guarantees a block to recovery.

Make sure you get sufficient sleep and rest. It is often the missing link in disease progression and disease reversal. I will be talking more about sleep in a future issue.

EXERCISE

It is advised in acute conditions to have no exercise in order to conserve energy for the eliminatory processes.

In chronic sinusitis, it is best to avoid intense activity, as this often increases intra-cranial pressure and can exacerbate head and facial pain.

Regular, moderately paced walking in fresh air, or swimming in fresh water, not chlorinated pools, is ideal, especially if you can manage to breathe through the nostrils.

Do not exercise while tired.

STRESS

Stress definitely exacerbates sinus conditions. Stress overload often leads to sleep disruption and deprivation, so efforts should be made to look at strategies for minimising stress.

Tools like meditation, cognitive behaviour therapy (CBT) and emotional freedom technique (EFT or tapping) are very useful in keeping on top of stress.

IN SUMMARY

You do not need to let sinus problems ruin your enjoyment of life. Nor do you need to resort to medications to solve the problem.

Remove the causes of disease, supply the conditions for health and apply these principles with patience and perseverance, and sinus problems will almost certainly sooner or later resolve.

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Answers for Asthma

By Robyn Chuter

Australia boasts the dubious distinction of having the third highest rate of asthma in the world (after UK and New Zealand⁽¹⁾), with roughly one in 10 of our population being affected by this chronic inflammatory condition of the airways. Over two million Australians have asthma. Although the incidence of asthma has declined in children over the last decade, the rate has remained stable in adults.⁽²⁾

has risen dramatically in the last few decades, and it is widely recognised by epidemiologists (population health experts) that this increase is due to changes in the way people live:

“The rate of asthma increases as communities adopt Western lifestyles and become urbanised.”⁽⁶⁾

Yet the medical understanding of asthma,

So saying that the reversible airflow obstruction, bronchospasm and resulting wheezing, coughing, chest tightness and shortness of breath that characterise asthma are ‘caused’ by inflammation raises more questions than it answers. The obvious next question is, ‘What causes the inflammation?’

Neglecting to answer this important question leads to treatments that merely address symptoms, not causes. The constricted airways are dilated with *beta-agonist drugs* (‘relievers’ such as Ventolin), while the airway inflammation is suppressed with inhaled or oral corticosteroids. The latter are termed ‘preventers’ by doctors and drug companies, but this is a logical fallacy.

Asthma is not *caused* by inflammation, any more than garbage is caused by flies. Suppressing inflammation does not prevent asthma, any more than killing flies gets rid of garbage. Inflammation, and the bronchospasm, excessive mucus production and cough that result from it, are *effects not causes* of a state of disease within the body. The medical approach fails to address these causes and therefore can only offer reduction and palliation of symptoms, sometimes at a terrible cost.

Regular use of beta-agonist drugs, for example, is associated with a higher risk of asthma-associated death.⁽⁸⁾ This may be because forcing the airways open allows allergens to penetrate deeper. Also, some patients develop *paradoxical bronchoconstriction* when exposed to beta agonists (especially *salmeterol*, sold as Serevent) – that is, their airways constrict further instead of dilating.

The use of inhaled corticosteroids (such as Pulmicort and Symbicort) is associated with an increased risk of fractures – especially of the hip and spine.⁽⁹⁾ This should come as no great surprise, of course, since the use of oral corticosteroid drugs is known to dramatically increase the risk of osteoporotic fractures. But until relatively recently the prevailing wisdom in the medico/pharmaceutical world has been that inhaled steroids were not absorbed into the bloodstream in sufficient quantities to affect bone health.

Medical researchers are finally beginning to recognise the futility of the current approach to asthma treatment, with an expert panel report by the US National Heart, Lung, and Blood Institute acknowledging that:

“Current asthma treatment with anti-inflammatory therapy does not appear to prevent progression of the underlying disease severity.”⁽¹⁰⁾

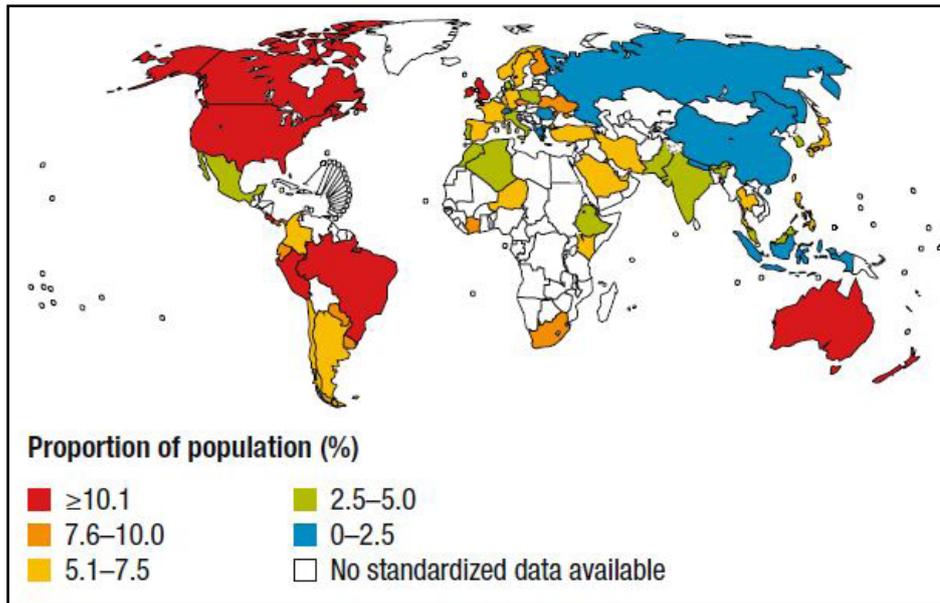


Figure 1: World map of the prevalence of clinical asthma¹⁽³⁾

Asthma exacts a heavy toll on sufferers’ quality of life and on our national economy. In a 2007 survey of 700 asthmatics, asthma had:

- Interfered with the daily activities of 57% of adult sufferers and 79% of children in the last 4 weeks;
- Made 20% of sufferers feel that they were prevented from achieving what they wanted from life;
- Caused 18% of adults and 62% of children to lose time from work or school in the last 12 months;
- Led to 28% of adults and 62% of children requiring urgent medical care (either by a doctor and/or at a hospital emergency department) at least once in the last 12 months;
- Caused 8% of adults and 12% children to be hospitalised.⁽⁴⁾

Overall, asthmatics rate their health significantly more poorly than do people without the condition, and sufferers – especially females – report worse psychological health than those without asthma.⁽⁵⁾

Internationally, the prevalence of asthma

and the treatment strategies that flow from it, haven’t yet caught up with epidemiologists’ awareness that asthma is a lifestyle disease:

“The international patterns of asthma prevalence are not explained by the current knowledge of the causation of asthma.”⁽⁷⁾

Let’s take a look at the medical understanding of asthma and examine the gaps in it.

The Medical Approach To Asthma

Asthma is medically defined as a ‘chronic inflammatory disease of the airways’. This is of course, simply a *description* of the condition rather than an explanation of it. Every student of pathology learns that inflammation is a deviation from normal function, intentionally produced by the living body in response to some kind of injury or insult. That is, inflammation is itself an *effect* of a process that disturbs the state of dynamic balance – known as *homeostasis* – that the body constantly strives to maintain.

What Causes Asthma?

Predictably, the medical search for 'the cause' of asthma has focused on identifying genes associated with the disease. Researchers have discovered sites on several chromosomes that are strongly linked with an increased risk of developing asthma. But it is simply impossible that a change in the human genome large enough to account for the massive upswing in asthma incidence over the last few decades could have occurred in so short a time.

Migrant studies make it clear that asthma can't simply be blamed on the genes you inherit from your parents:

"When people from South-East Asia and the Pacific Islands emigrate to Australia and New Zealand, there is a marked increase in the prevalence of asthma within one generation. For example, the rate of asthma doubles when people emigrate from the Pacific Islands to New Zealand; children born in Australia have about a two-fold greater rate of asthma than those living in Australia but born elsewhere."⁽¹¹⁾

Instead, it comes down to a complex interaction between genes and the environment that those genes are placed in. But which environmental factors trigger those asthma-prone genes?

It's not air pollution

Increased levels of air pollution have been blamed by many for rising asthma rates. While it's true that those already diagnosed with asthma are more likely to have attacks during periods of high pollution, this factor doesn't account for the greater numbers of people diagnosed in the first place.⁽¹²⁾

In Germany, for example, asthma prevalence was historically higher in the more affluent, cleaner western part of the country than in the poorer, more polluted east (where chronic bronchitis was more common).⁽¹³⁾ In the last few decades, as the wealth gap between the two regions has closed, rates in the former East Germany are now approximately the same as those in the former West Germany.⁽¹⁴⁾

So what is it?

To help current asthma sufferers recover from their condition, and prevent future cases of asthma from developing, we need to understand how the genetic predisposition toward asthma is triggered in individuals by their parents' and their own habits of living. Let's look at some of these interactions between biology and environment.

The strongest known predisposing factor for developing asthma is having the *atopic trait*. Atopy is the genetic predisposition for the development of an immunoglobulin E (IgE)-mediated response to common air-borne allergens such as pollens, dust mites and animal dander.⁽¹⁵⁾ The immune system of atopic people over-reacts to these everyday substances, causing a

massive inflammatory reaction. This inflammatory reaction leads to both the airway hyper-responsiveness ('twitchy' airways) and airway obstruction that produces the symptoms of asthma.

Although the *atopic trait* is inheritable, like most genetic traits, environmental factors control its expression. Four examples will illustrate this point:

1. If women with a family history of atopy avoid certain highly allergenic foods (including cows' milk, eggs, fish and nuts) during pregnancy and breastfeeding, and delay the introduction of allergenic foods (particularly soy, wheat and oranges) to their babies until they are 12 months old, those babies are six times less likely to develop an atopic disorder (asthma, eczema or hay fever) than babies for whom the mother did not take such precautions.⁽¹⁶⁾

2. Breast-fed babies are less likely to become asthmatic than bottle-fed babies.⁽¹⁷⁾ Cow's milk, the key ingredient of most infant formulas, is one of the most highly allergenic foods, whereas components in breast-milk help the baby's immune system to develop properly, so it can distinguish harmless substances from dangerous invaders.

Breastfeeding also helps to establish colonies of probiotics ('friendly' bacteria) in the baby's gut. These bacteria actually communicate with immune system cells known as *macrophages*. Once stimulated by this contact with friendly gut bacteria, the macrophages restrain the activity of another immune system cell type called *dendritic* cells, preventing those cells from generating allergenic compounds. Flourishing colonies of correct bowel bacteria, then, are vital for the prevention of allergies including asthma.

3. Exposure to infectious illnesses in early life, through having older siblings or attending daycare, helps protect children against the development of asthma in later childhood.⁽¹⁸⁾ Measles infection, in particular, appears to protect against atopic disorders.⁽¹⁹⁾ Exposure to two or more dogs or cats in the first year of life,⁽²⁰⁾ or living on a farm with animals,⁽²¹⁾ are also highly protective against the development of asthma and other atopic disorders.

Researchers suggest that exposure to multiple antigens (substances that provoke the immune system to defend itself against 'attack') from bacteria, livestock and domestic animals may alter the balance and activity of immune system cells, making allergic disorders less likely.

4. Unvaccinated children have been found in some studies to be less likely to develop asthma than vaccinated children.⁽²²⁾ This may be partly due to the role that naturally-acquired infectious diseases play in priming the immune system for appropriate action. But it may also be due to the allergy-inducing effect of adjuvants (chemicals added to vaccines to stimulate a greater immune response to the viral or bacterial antigen),

such as aluminium⁽²³⁾ and formaldehyde.⁽²⁴⁾

Understand that specific allergies are not inherited. Only the *tendency* toward allergies is passed down through families. This tendency can be either activated or suppressed by the dietary choices and lifestyle habits of the person who inherits it. Time and time again I have seen allergy sufferers, who for years have endured misery during pollen seasons or when vacuuming their carpets, become able to tolerate these normal exposures of everyday life without discomfort after making focused dietary and lifestyle changes.

What are these changes?

1. Adopt a plant-based diet with a very high proportion of fresh fruits and vegetables; minimise or eliminate consumption of animal products.

This eating plan (a) maximises the intake of key nutrients that decrease inflammation and airway hyper-responsiveness (see Table 1) and (b) minimises inflammation-provoking components of food such as *arachidonic acid*, a type of fat found primarily in animal products that gives rise to asthma-inducing *leukotrienes*.⁽²⁵⁾

In a study published in 2012, asthmatic adults who were put on a high-antioxidant diet which comprised five daily servings of vegetables and two of fruit, showed improved lung function (measured by forced expiratory volume, or FEV, testing) and lower C-reactive-protein (a marker of inflammation), compared to adults on a low-antioxidant diet which contained up to two daily servings of vegetables and one of fruit. These clinical measurements translated into an impressive reduction in asthma symptoms – the low-antioxidant diet group was 226% (two-and-a-quarter times) more likely to have an asthma attack than the high-antioxidant diet group.

Consumption of fish and other seafood is linked to an increased risk of severe asthma, current and severe rhinoconjunctivitis and current and severe eczema,⁽²⁶⁾ possibly because of contamination with allergy-provoking chemicals such as *alkylphenols*. Breastfeeding mothers should avoid eating fish: an Italian study found that the highest levels of alkylphenols were found in the breast milk of women who ate fish at least twice per week.⁽²⁷⁾

2. Avoid fast foods.

Children and adolescents who eat fast food three or more times per week were found to have a dramatically increased risk of severe asthma.⁽²⁸⁾ This may be attributable to the high levels of inflammatory arachidonic acid found in fast foods; high saturated fat content (which causes a burst of inflammation in the airways within hours);⁽²⁹⁾ the high salt content (which has been found to increase airway reactivity in asthmatics;⁽³⁰⁾ the low nutrient content;

high Dietary Inflammatory Index which was recently found to correlate with asthma severity,⁽³¹⁾ or any combination of these.

3. Attain your ideal weight through healthy eating and exercise.

A 2007 survey of 700 asthma patients found that 23% of asthmatic males and 28% of females were obese (BMI > 30), compared to the national average of 18% of males and 17% of females.⁽³²⁾ Obesity is associated with increased asthma symptoms, possibly because it causes systemic inflammation.⁽³³⁾

4. Undertake regular, moderate exercise.

Exercise that encourages steady, rhythmic, diaphragmatic breathing is an absolute necessity for asthmatics. Swimming, walking, Pilates, tai chi and yoga are excellent choices.

5. Practise stress management techniques regularly.

Stress exacerbates all disease conditions. The rapid, shallow chest breathing that accompanies acute stress reactions is particularly harmful to asthmatics. Stress also exacerbates fatigue. Meditation, guided relaxation, spending time in nature or with pets, diary writing, practising cognitive therapy, massage and talking to a supportive friend or counsellor are just some of the activities that can heighten resilience to stress.

6. Don't smoke, or expose children to passive smoke.

I'm dumbfounded by the number of asthma sufferers I have seen in my practice who continue to smoke, even though they know it makes their asthma worse. I have just one thing to say – QUIT!! And keep your children away from smokers too. Passive smoking dramatically increases the risk of asthma, according to a National Health and Medical Research Council report,⁽³⁴⁾ which found that children exposed to environmental tobacco smoke had a 40% greater risk of suffering asthma than children not exposed.

7. Minimise use of paracetamol (Panadol) and antibiotics in children.

Children who were given paracetamol for fever in their first year of life were found

to have a 46% higher risk of asthma symptoms when aged 6 – 7 years,⁽³⁵⁾ while recent use of acetaminophen was associated with an increased risk of current asthma symptoms, as well as rhinoconjunctivitis and eczema.⁽³⁶⁾

Similarly, antibiotic use in the first year of life was found to dramatically increase the risk of current symptoms of asthma, rhinoconjunctivitis, and eczema in children 6 and 7 years old.⁽³⁷⁾

A CASE STUDY

Liam was 6½ years old when I first saw him. He had been diagnosed with asthma three years previously. He had had only one severe asthma attack, but had a constant snuffly nose, wheezed when exposed to cigarette smoke or dust, and woke up in the middle of the night coughing if he didn't take Intal (an asthma medication) every day. As a baby he had suffered reflux, eczema and hives. He also had recurrent middle ear infections for which multiple courses of antibiotics had been prescribed and grommets inserted, and which had delayed his speech development.

After years of suffering, an ear, nose and throat specialist had finally suggested eliminating milk from Liam's diet, and just over a week later his ear infection cleared up without the use of antibiotics. An allergist had found he was sensitive to peanuts, eggs, dust mites, cockroach droppings, wattle and baker's yeast.

His current medication regime was Intal morning and night, Claratyne (an antihistamine) daily, and Ventolin irregularly, as required. He was pale, spoke with a nasally voice, had classic 'allergic shiners' (dark circles under the eyes with deep creases in the lower eyelids) and both he and his mother reported that he became tired easily.

His diet was loaded with refined carbohydrates in the form of flavoured milk drinks, highly processed breakfast cereals, white bread, white pasta, crackers, sweet biscuits, chocolate and chips. He ate very few – in both quantity and variety – fruits and vegetables. He had a liking for salt, adding it to his food at the table. One of his favourite meals was a 'just add water' packet pasta meal which contained about 900 mg of sodium, and to which he added more salt once it was cooked.

My advice to Liam's mother was to eliminate all dairy products, reduce his wheat intake and buy only wholemeal products, stop adding salt to his food, cut out salty prepared foods, and massively increase his fresh fruit and vegetable intake. She was to ban all the junky snack foods and replace them with frozen fruit segments, home-made healthy cookies and other wholesome treats. Also, I told her to cut out all hydrogenated fats (in margarine and packet foods) and give him a dessertspoon of ground flaxseed daily, to boost his intake of anti-inflammatory omega-3 fatty acids.

I made a pact with Liam that he would try one 'new' vegetable and one 'new' fruit of his choosing every week, and not give his mother a hard time as she made changes in his diet.

By the time I saw them again five weeks later, Liam was a different little boy. His mother had taken him off Claratyne and Intal two weeks after first seeing me, as he had improved dramatically. He had not used his Ventolin at all. His skin colour and tone were dramatically improved, his allergic shiners had faded and his voice was far less nasal. His teacher had commented on his improved concentration in class, and he and his mother reported that he had a lot more energy and stamina.

At our next visit, eight weeks later, Liam's mother reported that he had used his Ventolin just once, to relieve a cough after he had eaten a 'new' food to which it appeared he was sensitive. He had maintained most of the improvements in his diet, particularly his greatly increased consumption of fresh fruit and vegetables, and was bursting with energy.

Liam's case makes me all of elated, angry and sad. Elated because it illustrates how quickly and dramatically health can improve when the causes of disease are removed and the requirements of health are provided – particularly in children, with their strong vital force and shorter history of self-abuse. Angry and sad because he had been so badly managed. His early evidence of food sensitivities had been ignored, and his mother had never been counselled on the importance of fresh fruits and vegetables in his diet, leading to years of steadily worsening illnesses and totally preventable suffering and developmental delay.

NUTRIENT	FOOD SOURCE	EFFECT	Table 1
essential fatty acids (EFAs) – esp. omega 3 fats	nuts and seeds (esp. linseed, the richest source of omega-3 fats), green vegetables, legumes and whole grains, oily fish	converted in the body to prostaglandins that have anti-inflammatory effects	
arachidonic acid	land animal fats, including cows' milk fat	forms potent inflammatory agents (called leukotrienes.) ¹⁵	
carotenoids	orange and green fruits and vegetables	decrease leukotriene formation; ⁽³⁸⁾ beta-carotene dramatically improves expired air capacity (the most accurate indicator of lung function) in asthmatic patients ⁽³⁹⁾	
bioflavonoids	citrus fruits and capsicum (especially the white pith), sprouts	stabilise mast cell membranes, preventing inappropriate release of histamine, and hence decrease inflammation and relieve bronchospasm ⁽⁴⁰⁾	
magnesium genistein	green leafy vegetables, nuts, seeds, legumes and whole grains, soy products	relieves bronchospasm and improves breathing ⁽⁴¹⁾ improves lung function and asthma control ⁽⁴²⁾	

Heaven only knows how much money his parents had spent on doctors' appointments and medication, let alone how many nights' sleep his poor mother had lost worrying about him. And after just a couple of weeks on an improved diet, he was not only essentially free of asthma symptoms, but his general health and school achievement were dramatically improved too.

FINALLY ...

To recover from asthma (or prevent it in your children if there is a family history), you must first remove the *causes* of asthma. Drug treatment doesn't address these causes; it merely suppresses symptoms. Giving drugs that dilate constricted airways and suppress inflammation in those airways is akin to smashing the frantically blinking oil warning light on your car dashboard and continuing to drive at top speed.

So why, you may be asking, don't the various State and Federal asthma foundations urge asthma sufferers to change their diet? Why do they persist in calling asthma an 'incurable disease', and insist that sufferers can only 'manage' their condition by taking multiple powerful drugs for the rest of their lives? Why, indeed.

Could it have something to do with the fact that asthma foundations receive very generous financial support from the pharmaceutical industry? What would happen to that support if these foundations began to publicise the fact that the majority of asthma sufferers can be freed of their condition and of their dependency on asthma drugs by making dietary and lifestyle changes?

When economic rationalist policies force health research foundations to beg for money from the corporate sector, rather than receiving adequate funding from an impartial government, it is inevitable that conflicts of interest will arise.

Of course, it's not safe to abruptly discontinue asthma drugs, particularly corticosteroids. You'll need to be weaned off them slowly and carefully, under the supervision of a doctor, and only after you've begun making the lifestyle changes that can bring about real recovery from asthma.

THE AUTHOR

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Robyn conducts a 6-week nutrition and healthy cooking course, Healthy Eating – for Life!, in which she teaches participants how to choose and prepare the foods that help overcome chronic diseases such as asthma. See www.empowertotalhealth.com.au.cooking-classes for information and bookings.

To learn about Robyn's 6-week intensive body-mind make-over 'The LEAN Program', specifically developed to empower emotional eaters and food addicts to heal their relationship with food and attain their ideal weight, visit www.getleanforlife.com.au.

REFERENCES

For the references for this article, please find them on the author's website at www.empowertotalhealth.com.au/asthma-article-references.

Gerson Therapy continued from page 28

The only problem is I am having trouble holding the enema longer than three minutes. So I switch over to a half coffee and half chamomile enema. This really helps, as the chamomile relaxes my bowel. Ahhh! Feeling so much better now. My periods arrive without the usual PMS; I have no swollen or sore breasts, no tears or angry outbursts – just here I am! This therapy is amazing!!

It's back to work, and the pressure of combining the therapy and life becomes my next issue. I'm up early to prepare for the day. My husband gives me a hand to make the juices while I do my first enema. I even fit in a short walk. I store the morning juices in a stainless steel container so I can drink them between clients. However, if you are doing the therapy for cancer, storing the juices is not advisable; they need to be freshly made. In my lunch break I complete another enema and make my afternoon juices.

My appetite is now great and I look forward to the fresh garden salad, soup and piece of bread. Then back to the clinic for afternoon clients. I breeze through the afternoon, completing a full and busy eight-hour day. I love the evenings and enjoy using my creative energy to put together a nutritious, yummy and full-of-life meal. Bed is calling at 8pm and I eagerly

crawl under the covers, knowing I will have blissful, refreshing sleep.

Nine weeks later

WOW! I feel amazing! My cells are vibrating with pure radiant and clean energy. My mind is sharp and clear. Emotionally I am stable; I feel happy, joyful and so calm. My skin and eyes are radiant, people comment on how healthy I look. All those negative symptoms prior to the Gerson Therapy have disappeared.

My energy is dynamic! Most mornings after my first juice, I complete a 3 km run, return home, put the porridge on to cook, complete an enema, make juices and bounce into work.

Each day now is 11 juices and three enemas, with a chamomile enema sometimes prior to bed. I am so grateful for the Gerson Therapy, as I believe I was on a downward decline to ill health if I hadn't made these changes.

I wanted to write about my journey because many people are struggling with living a healthy lifestyle. In my clinic I hear all the reasons under the sun why it's too hard living a healthy lifestyle – I can't afford it. I'm too busy, too tired, too stressed or unmotivated. My husband won't eat that. And so on.

Yes, it is difficult to change, refocus and learn new habits, but it is much, much harder and more financially draining to be sick. I beg you not to wait until a diagnosis forces you to make changes. It doesn't have to be full Gerson, especially if you're well, you can implement just part of the therapy. Start small and build up.

A new five-week menu available

I put together a five-week menu diary while I was on Gerson, with lots of recipes to go with it. You can purchase this for \$20 – either phone or email me to receive your plan. The meals are yummy, easy to prepare and all the family will love them. There are even some amazing raw deserts. I am happy to guide, support and monitor you while you're on this amazing, inspiring and virtually guaranteed-results nutritional program.

So if it's just to lose a few kilos, diminish arthritis symptoms, heal the bowel from IBS or Crohn's disease, or, of course, to regain optimal health, this program will work. You won't look back!

Jo's clinic is located at Bateau Bay near Terrigal, NSW. Her contact details are given on page 28.



Optimise Metabolism for good health!

BY LYN CRAVEN, NATUROPATH

The word 'metabolism' refers to chemical processes occurring within a living cell or organism that are necessary for maintenance of life. During metabolism some substances are broken down to yield energy for vital processes, while other substances are synthesized.

There are two categories of metabolism: catabolic = breaking down; anabolic = building up.

Metabolism includes the digestion of nutrients from foods and supplements. Sometimes this process can be changed perhaps by outside factors, such as stress and poor dietary choices. You would then experience a myriad of metabolic health disorders over time. Examples could be Syndrome X, obesity, anorexia, bulimia, allergies, bowel problems and endocrine imbalances such as adrenal and thyroid problems.

Alteration to metabolism can also occur during times of famine (which is rare in Western societies). In this case, metabolic rate slows down to enable humans/animals to conserve energy when food is scarce.

However, so as to improve many health disorders, you can 'fine tune' your metabolism by using natural therapies along with the correct diet for you depending on your imbalances. I say this because some healthy foods that you are eating may not be conducive to the present state of disharmony within your metabolism. This may not mean you cannot ever eat that particular food again.

WHAT HELP CAN YOU GET FROM CONVENTIONAL MEDICINE?

Pharmaceutical drugs can actually make problems worse and could, in fact, already have hindered metabolism depending on the medications you have been taking, the duration and what else you are consuming, etc.

Most medical practitioners don't consider mineral deficiencies as playing a huge role in metabolic/glandular function. Surprisingly, one professor of oncology stated that when he spoke to colleagues about the importance of good fresh healthy food and nutrition for cancer sufferers, most of them laughed and walked out. Medical doctors do not receive training in clinical nutrition, which is so ironic, since our health and wellness rely on good sound nutrition.

People are often given a script for hormone therapy of various kinds or drugs to assist with digestive and bowel complaints, including anti-inflammatory drugs. All these create side effects, so people can end up on a cocktail of drugs over the years. There are no pharmaceutical drugs that really help well with metabolic imbalance, because you would always experience side effects.

STOKING THE INTERNAL FIRE!

Polarity therapy refers to metabolism/digestion as the 'internal fire'. To stoke up the internal fire, you put more fuel onto it, but only after it has burned down to embers. This example is referring to digestion and how often we may eat.

Over-eating means that the internal fire never has a chance to burn down to the embers ready for refuelling. The result is that excess residue builds up and in the gut you have putrefaction and fermentation of food that has not been fully digested. Over time, this can contribute to many health disorders.

People wishing to lose weight are better placed eating regular meals and incorporating mini snacks, depending on their physical energy output. The type of food selected plays a huge role in the success of weight loss. Skipping meals and starving yourself only piles on the weight!

THE ENDOCRINE SYSTEM

The endocrine system is the glandular/hormonal system. Each gland requires specific nutrients, otherwise it will not function in a balanced way.

Metabolism can slow dramatically if the adrenal and thyroid glands fail to obtain the correct nutrients, because the relevant hormone production is affected. To offer someone hormone medication in such cases is often a band-aid approach. We must always look for deficiencies and aim to correct those first. Blood tests can be helpful, but I recommend people also have hair mineral analysis to provide a comparison between two sets of tests which have completely different perspectives. The latter indicates where nutritional discrepancies are affecting glandular function, whereas the former indicates

hormonal and mineral activity in the blood.

The liver, the body's 'chemical laboratory' is responsible for metabolising everything you ingest, and this includes all foods, drugs, natural medicines, drinks of any type including alcohol, your natural hormones and those things that are affected by your worries, emotions and stress in all its many states.

The liver has a huge role to play in metabolism. Basic liver function tests often indicate only if there is deterioration or damage to the liver, whereas live blood analysis will offer a broader perspective of liver function at the time of the test, which shows us how the liver is coping. Enzyme function could be altered by any viruses you may have experienced in the past, particularly those in the herpes simplex family, that is, Epstein Barr, cytomegalo, shingles, chicken pox, etc. Orthodox doctors rarely refer you for live blood analysis.

I've stated before that 'the stomach is the seat of disease'. Old herbalists knew this from way back. We are subjected to much interference with our food chain, especially the many preservatives and other chemicals in processed foods. Fresh is best at all times. One does not necessarily need to be on a particular kind of diet – what suits one person may not suit another. The best food choices are targeting the foods that grow in the earth or on trees.

The stomach, duodenum and pancreas also play a role in the digestion of food and assimilation of nutrients. Any discrepancies in the functioning of these organs will impede health. It is wise to seek help to correct these sooner rather than later.

HOW IMPORTANT IS IT TO MAINTAIN BALANCED THYROID?

There are many people experiencing over- or under-functioning thyroid these days, and it need not be the case. Some people are irresponsible with their diet and others simply don't care, but either way, they will experience dramatic weight loss or weight gain over time – more often the latter. Other disorders can manifest from this, such as diabetes and high blood pressure. Of course, some people

may have genetic issues that impede thyroid and other glandular function.

When people reach mid to late-40s, metabolism begins to slow down, and this can have dramatic effects on the physiology of the body if the diet and other lifestyle are inappropriate. Sometimes slim people unexpectedly gain much weight, often never to return to their former slim shape. Or people who always felt energetic rather suddenly have little energy and lose zest for life. The cause of this does not occur overnight; it manifests over time.

If the thyroid gland is malfunctioning, you can expect to experience any one or more of the following:

weight gain or rapid weight loss, overwhelming fatigue that does not improve with sleep, irritability, heart palpitations or rapid pulse, increased or very low blood pressure, depression, lack of zest or joy for life, sensitivity to cold or heat, low libido, changes in appetite, brain fog, dry skin, loss of hair, cholesterol imbalance, aching joints, constipation or very loose bowels, feeling weak, hot flushes (which can increase and become debilitating), menstrual cycles changing, infertility, insomnia and other sleep problems, numbness and tingling in fingers, indecisiveness, feeling like there is a lump in your throat – it's difficult to swallow, brittle hair and nails, and even indications of hardening of arteries. This list is not exhaustive. The thyroid plays an important role in the entire metabolism.

When you receive a thyroid test, you should ask for TSH, T3 and T4 at the very least. Depending on the outcome of your tests, you may require more specific thyroid tests. Be sure to keep a copy. I've seen many people being told that their thyroid is OK, when it could be 'fine-tuned' if the person happens to be 'sitting on the fence' of a hyperthyroid or hypothyroid state. In either case we need to prevent things from worsening. Laboratories may use a term 'euro thyroid', meaning normal.

HOW CAN NATURAL THERAPIES HELP?

Dietary changes are always required, some more than others, depending on each person's symptom profile, whether acute or chronic. The latter will take longer to resolve, so it is better to see a qualified natural therapist before things get out of hand, rather than self-prescribing and dabbling when you don't have the experience. You could make things far worse and become very disillusioned.

People can become disheartened when it takes a long time to fully resolve a condition, and it also costs you more with remedies and treatments.

Some people are not patient enough. They expect two or three visits to resolve

the problem, but when it doesn't happen, they cease following the program and treatments or go elsewhere. By shopping around practitioners, you will not resolve the situation properly. You need to inform the practitioner of any issues that may arise from dosage, diet or your other therapies so that these can be addressed and adjusted for your needs. Remedies are changed after a while and some foods may be re-introduced, but being impatient will not help you balance your metabolism.

Remember that to get well and get what you want in life, you must always be prepared to make sacrifices, even if that means giving up your favorite food – for a while at least!

Homeopathic and herbal remedies can play a huge role in establishing balance in the endocrine system, and they can improve digestive function. Mineral deficiencies are often present and supplementation may be required.

Bowen therapy may help re-balance the body, and acupuncture is also excellent. Both therapies help free up Chi energy.

WHY NOT OBTAIN OUR NEEDS FROM OUR FOOD?

The concept that we always obtain what we need from our food can hinder your attempts to optimise metabolic function. Ideally we would like our food to provide all that we need, but many factors come into play here such as:

- Mineral deficiencies in soil;
- Poor dietary choices over time;
- Malabsorption problems, whereby you don't absorb nutrients from your diet;
- Pre-existing health disorders, bowel problems, parasites/worms, Candida, autoimmune disorders, etc;
- Pharmaceutical medications that interfere with digestion and entire metabolic function;
- Excess stress for long periods of time, especially mental/emotional;
- Exposure to toxic chemicals and heavy metals (including dental amalgams);
- Contraceptive pill, HRT or any other type of hormonal medication;
- Excessive sugar consumption, including soft drinks and also alcohol;
- Recreational drugs, including smoking.

HOW DOES CANE SUGAR IMPACT ON THE METABOLISM?

Refined sugar leaches important minerals from your system, including zinc, magnesium, copper, selenium and B-vitamins. Zinc is required for healthy digestion and immunity. The immune system relies on a healthily functioning

digestive system. Fat manufactured from sugar is stored in the abdomen, thighs, hips, breasts and upper arms.

The following disorders can manifest from regular cane sugar consumption: hypoglycemia, diabetes, appendicitis, Candida infestation, increased risk of Crohn's and ulcerative colitis, and liver and gall bladder problems.

It matters not whether the sugar is white, brown or raw, these are all refined. Molasses is your best choice, short of chewing on the cane straight from the cane field!

Avoid refined sugar – it's like a drug. The two prominent things added to food that we become addicted to are sugar and salt. If you overeat on sugar, you often start to crave salty foods and vice versa. If using salt, it needs to be sea salt or better still Himalayan salt, not table salt which contains only sodium and chlorine and additives – it is totally unnatural.

CRAVINGS

When you constantly crave certain foods, it is often a sign you have mineral deficiency. Aside from the addictive urge where the brain appears to compel you to keep eating that food, imbalance of any minerals can sometimes trigger uncontrollable eating of foods that are unhealthy or exacerbate other symptoms or health disorders you are experiencing.

Mineral blood tests or hair mineral analysis are needed to address discrepancies.

There are many good healthy things that can help you re-balance your metabolism, but the longer you put it off, the harder it will become to resolve. Balanced hormone function is so important. Hormones help us stay happy! They give us our get-up-and-go and zest for life. They energise us and allow us to flee when danger is present.

Maintaining a healthy weight is so important – you are less likely to develop serious health disorders or early ageing and it helps with self-esteem and vitality.

Lyn Craven is a practitioner of natural medicine in the forms of naturopathy, Bowen therapy and Reiki therapy. She is also a meditation teacher and presenter at health expos, and has produced a meditation CD for helping people manage stress. Lyn has a private practice in Sydney and offers Skype or phone consultations.

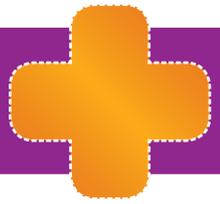
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From Dr Mercola



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

Dr Mercola issues regular free newsletters. His website is www.Mercola.com. The following are brief summaries of some items in his recent newsletters.

7 Lifestyle-Based Tips for Improving Memory

MERCOLA.COM, 24TH APRIL 2014

A healthy lifestyle can support your brain health and even encourage your brain to grow new nerve cells,

1. Eat Right. Fresh vegetables are essential, as are healthy fats and *avoiding* sugar and grain products. Foods that are high in antioxidants and other nutrients may even stimulate production of new brain cells.

2. Exercise. Encourages the brain to work at optimum capacity by improving blood flow to the brain, stimulating nerve cells to multiply, strengthening their interconnections and protecting them from damage.

3. Stop Multitasking. Attempting to do simultaneously as many things as possible and as quickly as possible may make you prone to errors and be forgetful. We need about eight seconds to commit a piece of information to memory, so if you're talking on your phone and carrying in groceries when you put down your car keys, you're unlikely to remember where you left the keys. The opposite of multitasking would be mindfulness.

4. Get a Good Night's Sleep. Sleep is known to enhance memories and help you improve your performance.

5. Play Brain Games. Our brain needs new, surprising information, or it will eventually deteriorate. Appropriate stimuli can counteract this degeneration. One way to challenge our brain is via 'brain games', which we can play online via web sites like www.lumosity.com.

6. Master a New Skill. Engaging in purposeful activities stimulates our nervous system, and counters the effects of stress-related diseases. This reduces the risk of dementia and enhances health and wellbeing.

7. Try Mnemonic Devices. These are tools to help you remember things. For example:

- Acronyms (such as PUG for 'pick up grapes' from the shop)
- Visualisations (such as imagining a tooth to remember your dentist's appointment)
- Rhymes (if you need to remember a name, for instance, think "Shirley's hair is curly")
- To remember a person's name, associate their name with something about them.

Environmental Toxins Linked to Autism

MERCOLA.COM, 2ND APRIL 2014

Mounting research indicates that brain disorders are the result of excessive exposure to toxins from multiple sources, including the mother, while in utero. One recent study found that for every one percent increase in genital malformations in newborn males, there was an associated 283 percent increase in autism.

The correlation between genital malformation and autism offers strong support for the notion that autism is the result of parental overexposure to environmental toxins. Fluoride alone, which is still being added to many public water supplies around the US [and Australia], can contribute to a seven-point drop in a child's IQ score, on average.

When the US National Toxicology Program was enacted in 1978, some 62,000 chemicals that were already in use were simply 'grandfathered' in (accepted as safe), even though they'd never been tested for toxicity.

Harvard School of Public Health has identified nearly a dozen common chemicals known to disrupt brain development and cause brain damage, neurological abnormalities, reduced IQ and aggressiveness in children. The chemicals are:

Lead;

Polychlorinated biphenyls found in fish, especially farmed fish;

Methylmercury found primarily in fish;

Arsenic, a common contaminant in fluoride and also found in wood preservatives and pesticides;

Toluene in paint thinner, fingernail polish and leather tanning;

Manganese found in drinking water and soy infant formulas;

Fluoride found in fluoridated tap water, dental products, some antibiotics and medicines, tea and processed foods and drinks;

Chlorpyrifos, an organophosphate insecticide used in pest bait containers;

Dichloro-diphenyl-trichloroethane (DDT), a pesticide banned in 1972 that still persists in the food chain;

Tetrachloroethylene (PERC) used in dry-cleaning and metal degreasing;

Polybrominated diphenyl ethers (PBDEs), flame-retardant chemicals found in upholstery, mattresses, clothing, television and computer housings).

Irish Water Facing Litigation, Warns 'Girl Against Fluoride'

MERCOLA.COM, 4TH MARCH 2014

Aisling FitzGibbon, better known as 'The girl against fluoride', is taking High Court legal action against the Irish government in an effort to end the country's *mandatory* water fluoridation.

The campaign was started after her own recovery from depression, a recovery which she attributes to drinking fluoride-free water.

Ireland and Singapore are the last two countries in the world with mandatory water fluoridation, a practice being met with increasing opposition.

Fluoride is a cumulative poison that has been proven to cause wide-ranging, serious health problems, such as damage to bones, brain and hormone system, while offering little, if any, dental benefits.

Optimising Vitamin D Levels May Double Chances of Surviving Breast Cancer

MERCOLA.COM, 13TH APRIL 2014

A recent meta-analysis found that breast cancer patients who had high vitamin D levels (average 30 ng/ml) were twice as likely to survive compared to women with low levels (average 17 ng/ml).

Previous research has shown that a high vitamin D level of 50 ng/ml is associated with a 50 percent lower risk of breast cancer.

Vitamin D has a number of anti-cancer effects, including the promotion of cancer cell death, and the inhibition of angiogenesis (the growth of blood vessels that feed a tumor).

They Claim Vitamin D Supplements Are Useless – they're Wrong

MERCOLA.COM, 17TH FEB 2014

A recent review claims that vitamin D supplements are useless against heart disease, stroke and cancer, and may do more harm than good. It found that people taking vitamin D supplements had an increased risk for hip fracture, prompting a call for stricter labeling on vitamin D supplements.

These findings fly in the face of robust and rapidly growing evidence that clearly shows that vitamin D is critical for good health and disease prevention.

The review is flawed because it only looked at studies that used vitamin D supplements in doses that are not clinically relevant. Adults need anywhere from 10 – 20 times the amount used in the studies to protect against heart disease and cancer.

Largest, Longest Study on Mammograms Finds No Benefit

MERCOLA.COM, 26TH FEB 2014

One of the largest and longest studies of mammography to date, involving 90,000 women followed for 25 years, found that mammograms have absolutely **no** impact on breast cancer mortality [death rate].

Over the course of the study, the death rate from breast cancer was virtually identical between those who received an annual mammogram and those who did not. 22 percent of screen-detected invasive breast cancers were over-diagnosed, leading to unnecessary treatment.

And women might beware of the 'new and improved' type of mammogram called *3D tomosynthesis*, as it exposes you to even *higher doses of radiation* than a standard mammogram

Infantile Rickets Put Innocent Parents in Jail for Child Abuse

MERCOLA.COM, 26TH FEB 2014

Thousands of child abuse cases may in fact be misdiagnosed cases of rickets, caused by either vitamin D deficiency or aluminum adjuvants in vaccines, or both.

Vitamin D deficiency is a hidden problem that can cause bones to appear on an x-ray as if they've been broken, which is a sure diagnosis of abuse to the inexperienced eye.

Risk factors in pregnancy that set up the baby to develop rickets include low vitamin D, poor calcium status, excess body weight and heavy antacid use. Calcium carbonate (the active ingredient in TUMS and many other antacids) actually causes rickets due to its phosphate-binding properties.

Infant rickets perfectly mimics child abuse. Making matters worse, the baby will have virtually no symptoms – until their bones fracture.

SETS OF BACK ISSUES



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Your SAY

A THREAT OF MEDICAL COMPULSION

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

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

Why, I wonder. I am one of the millions of Australians who choose to stay healthy

without vaccines. I became severely ill as a child and teenager every time I had a jab. I know many children who suffer in the same way.

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

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

Alex Hodges,
Birdwood SA
14-11-2013

Classifieds

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MOBILE PHONE SHIELD – THE BLOCSOCK

We need a way to protect our brains from the risk of brain tumours linked to mobile phones.

The market has been swamped with such devices, many don't work – or at least can't be scientifically proven to work – and there is no regulation of these devices.

At last we have discovered a device that has been demonstrated to work. It is supplied by a trusted source – the Electromagnetic Radiation Association of Australia, run by Lyn McLean, whose articles we have published periodically.



It's a light-weight-fabric mobile phone pouch that blocks 96% of radiation absorption by your head during calls or by your body if you carry the phone in your pocket.

It does this with two fine layers of shielding fabric that block radiation, while still allowing sound to pass through. Its effectiveness has been demonstrated in laboratory tests of Specific Absorption Rate (SAR). The results of these tests can be seen on the website below.

The BlocSock comes in two sizes and colours.

It is available from EMR Australia Pty Ltd.

Find out more about it and purchase at: www.emraustralia.com.au/blocsock.html

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Australia's Southern Cross University published in *The Journal of Alternative & Complementary Medicine* (2007) that the olive leaf is the most powerful free radical-scavenging antioxidant out of 55 medicinal herbs.

Stephen Eddey, Principal of Health Schools Australia, recommends that in order to build the immune system in the pre-winter months, we need a diet plentiful in fruit and vegetables, rich in antioxidants and supported by adequate sleep and regular exercise.

Comvita's Olive Leaf Extract is cultivated at Comvita's farm in Coominya, Queensland. It is uniquely produced using fresh-picked leaves, harvested at sunrise with extraction taking place before noon to ensure that the very freshest Olive Leaf Extract is bottled, maximising its efficacy.



WELL, NATURALLY SUGAR-FREE DARK CHOCOLATE MELTS

We introduced the 'well,naturally' range of sugar-free dark chocolate bars back in the Summer 2012/13 issue of this magazine, page 43. Now **Vitality Brands Worldwide**, an Australian owned and operated company, has introduced **dark choc melts** for use in cooking. The recipes in this issue, pages 22 and 23, all include these melts.

The ingredients of the melts are as good healthwise as could be found in any chocolate. The list is:

Cocoa mass and cocoa butter (70% cocoa solids), polydextrose (15.4%, soluble dietary fibre), erythritol, soy lecithin (emulsifier), vanilla flavour, stevia (natural sweetener).



Erythritol (additive no. 968) is a sugar alcohol that supplies almost no calories and occurs naturally in fruits and fermented foods. It is produced from corn, is low GI and tooth friendly.

Stevia, from the stevia plant, is one of the best natural, low-cal sweeteners. It has no calories, yet is around 300 times sweeter than white sugar and suitable for people with diabetes.

The well,naturally range of sugar-free dark chocolate bars includes seven flavours: **Rich Dark, Mint Crisp, Valencia Orange, Almond Chip, Caramel Crisp, Cherry Delight** and **Licorice Classic**.

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

Website www.vitalitybrands.com

The Olive Leaf range includes:

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Olive Leaf Australia's fresh-picked liquid extracts are available at most pharmacies and health food stores nationwide. Contact Olive Leaf Australia on 1300 653 436 or see www.olea.com.au.

Kindred Organisations

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



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Email veg@veg-soc.org

Web www.veg-soc.org

VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap QLD 4061

Phone 07 3300 9320

Email vegsocq@tpg.com.au

Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

PO Box 311, Kent Town SA 5071

Phone 08 8260 2778

Email info@vegsa.org.au

Web www.vegsa.org.au

NATURAL HEALTH SOCIETY (SA) Inc.

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Phone 08 8277 7207

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

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Outside the Magic Square (New) A Handbook for Food Security

By Lolo Houbein

\$40 + postage up to \$12.73

It has never been more important to embrace sustainability. In the next four decades, we will need as much food as during the last 500 years.

Everyday Raw Gourmet (New)

By Matthew Kenney

\$30 + postage up to \$12.73

Matthew Kenney is the world's leading raw chef, the writer of several best-selling cookbooks and an entrepreneur specialising in the raw lifestyle; he has won several awards.

Veganissimo! (New) Beautiful Vegan Food

By Leigh Drew

\$35 + postage up to \$12.73

Whether you're new to vegan cuisine or an enthusiastic vegan foodie, *Veganissimo!* Will take you on a delicious adventure in vegan cooking.

We're Vegan!

By Anna Bean

\$16 + postage \$2.10

Petra and John are vegans. But what does that really mean? And why are so many people going vegan? And what DO vegans eat? This book makes it all clear.

Sweet Utopia

By Sharon Valencik

\$28 + postage up to \$12

Indulge a little with superb, sophisticated, vegan desserts. Sweet Utopia's sensational recipes are perfect for those who are allergic to dairy and eggs, or are avoiding cholesterol and limiting saturated fat, wanting to live more lightly on the planet, or are dessert connoisseurs looking for a new twist on old favourites.

Vegans are Cool

By Kathy Divine

\$15 + postage \$1.80

A 'delicious' collection of essays, interviews and articles by cool vegans from around the planet. A range of topics – nutrition, raising vegan children, vegan pregnancy cruelty free fashion.

Vegan for the Holidays

By Zel Allen

\$28 + postage \$6.95

Celebration feasts for Thanksgiving through New Year's Day. Zel partners with husband, Reuben, to publish *Vegetarians in Paradise*, a popular online vegetarian magazine that spotlights Zel's humorous illustrations and innovative recipes.

Extraordinary Vegan

By Alan Roettinger

\$28 + postage \$6.95

If you yearn to enjoy good food made at home, Alan is about to become your new best friend. He guides you through easy, healthy and supremely delicious recipes that will give you the confidence to feed yourself and your loved ones – and have fun doing it.

My Beef With Meat

By Rip Esselstyn

\$37 + postage up to \$12

The healthiest argument for eating a plant-strong diet. 140 new Engine 2 recipes. Once again Rip cuts the bull and serves up the straight facts, along with delicious recipes for health and performance. Healthy, lean, delicious, plant-strong.

Power Foods for the Brain

By Neal D. Barnard, MD, with recipes by Christine Watermyer and Jason Wyrick.

\$33 + postage up to \$12

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)

VegSA – New Ideas at AGM

Vegetarian and Vegan Society (VegSA) Inc held its AGM on Sunday 4th May. Although the attendance was not large, members made up for that with very active discussion. We agreed on the importance of our website in reaching the general public.

Members also felt it was important to make our membership of the Conservation Council of SA more meaningful. While CCSA does some valuable work, it does not make a point of linking animal husbandry with problems that concern conservationists: land degradation, waste of water and power, etc. We resolved to pursue this issue. The AGM was followed by a shared lunch and a presentation on 'Kangan Water'.

Kangan Water – which uses an ionising system to produce alkaline or acidic water – is rather controversial. It is claimed that the changed structure makes this water more absorbable, and people who have used it have claimed considerable health benefits. Unfortunately, the Kangan system is expensive, even compared to other ionisers.

Plant-Powered Men

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.

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

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.



Natural Health Society Shop

Books, health products and Tri Nature products

Book prices include postage and members 10% discount



BODECARE SKIN BRUSHES

By Jodie Smith, Director of Bodecare

**Body Brush (firm) \$45; Dry Face Brush \$23.50;
Both Body Brush and Face Brush \$62.00**

We have been looking for a quality dry skin brush for a long time, and at last we have found one. Your NHS Editor has been using a Bodecare body brush for months now and finds it perfect. The brush has a strap making it easy to hold, the handle (for brushing the back) is long and slips into the brush easily and the bristles are firm.

The first thing to note is that you brush your body dry. First thing on rising in the morning is an ideal time. On a cold morning, your body will feel glowing in no time. Be aware that you don't brush soft areas of skin – face, ears, nipples in women and crotch area.



Because the skin functions somewhat like a kidney, the improving skin elimination can help conditions.

Bodecare offers the largest range of eco-friendly dry body brushes in Australia.

NOT sprayed with chemicals, but are heat treated;

Made from Certified FSC Timber. (FSC = Forest Stewardship Council);

The bristles are made from the leaves of the Agave plant and cleaned with boiling water;

The timber is protected with natural oil.

PLEASE NOTE: When you first use a brush, the bristles will seem very sharp. But persevere because in a week or two you will most likely be amazed at how much gentler they seem.

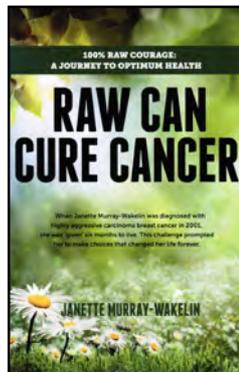
The Face Brush is much softer for gently brushing facial skin.

New Book Titles

RAW CAN CURE CANCER

By Janette Murray-Wakelin
\$34.00

In 2001 Janette was diagnosed with highly aggressive breast cancer. She was 52 years old, a mother of two and grandmother of one and was told that she had six months to live. This challenge prompted her to make choices that changed her life forever – and for the better. In fact, she and husband, Alan Murray, spent all of 2013 running around Australia and breaking a world record for running marathons.



How Janette and Alan achieved these astonishing feats is the lead article in this issue – and what a story it is! Janette wrote *Raw Can Cure Cancer* ten years after her 'death sentence' and it is her story plus excerpts of similar stories from other women, all based on fact.

WILD FERMENTATION

The Flavour, Nutrition and Craft of Live-Culture Foods

By Sandor Ellix Katz \$36.50

Fermented foods have come into vogue, and this book is an authoritative account of the benefits of fermented foods, what they are and how to produce them.

The author describes himself as a "fermentation fetishist". His book is amazing! – it turns a practical subject into a chatty and entertaining account. As the cover states, "Get ready to take a whirlwind trip through the wild world of fermented and live-culture cuisine!"

"This is a very well written book," writes another reviewer. "A pleasure to read, with excellent information and easy recipes for the cultured and fermented foods."

Chapters cover the health benefits, mass production and a 'Do It Yourself Guide'. Following chapters explain the techniques, equipment and other info for fermenting vegetables, beans, dairy products (with vegan options), breads, grain porridges, wines, beers and vinegars.

Sandor Katz's own story of healing a nasty condition through fermented foods is dramatic.

GRILLS GONE VEGAN

By Tamasin Noyes

\$34.00

"Light up your grill and ignite your creativity!" says the publisher. "Grilling is fast, fun, easy and flexible, and it imbues food with deep, tantalising flavours unlike any other cooking method. Tamasin offers tips for grilling like a pro, along with more than 125 unparalleled vegan recipes."

Recipes are laid out in large type, spaciouly, clearly and with bold headings. There is only a token number of colour plates, but this keeps the book very affordable.

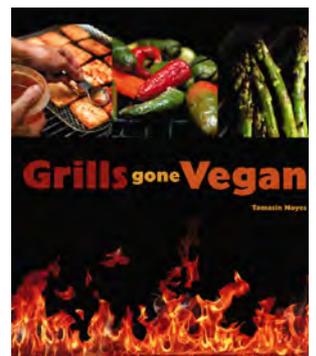
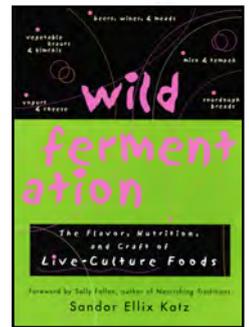
Here is sample of the dishes.

STARTERS: Cajun Mushrooms, Grilled Guacamole, Portobello Bruschetta.

SANDWICHES: Smoky Buffalo Tofu Wraps (remember they're all vegan), Ratatouille Sandwiches, Veg Wedge, Portobello Burgers with Mango Chutney Marinade, Harissa Seitan Burgers.

MOUTHWATERING MAINS: Tangy Tofu Triangles, Smoky Grilled Tofu, Italian Tempeh, Garlic Cutlets, Fresh Herb Frittata, Broccoli and Cheeze Calzones, Fruited Tofu Skewers.

DESSERTS: Maple-Glazed Grapefruit, Peach Melba, Mango-Blueberry Cobbler, Almost-Instant Apple Pies With Dark Caramel Sauce, Rocky Road Flatbread.



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

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

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

TITLE	AUTHOR	\$	NO.	TOTAL
NATURAL HEALTH SOCIETY'S OWN BOOK				
How a Man Lived in Three Centuries	Roger French	\$34.00		
NEW TITLES				
Raw Can Cure Cancer	J. Murray-Wakelin	\$34.00		
Wild Fermentation	Sandor Katz	\$36.50		
Grills Gone Vegan	Tamasin Noyes	\$34.00		
NUTRITION & LIFESTYLE				
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		
Low G.I. Diet Shoppers Guide	Jennie Brand-Miller Kaye Foster-Powell	\$20.50		
Mushrooms For Health And Longevity	Ken Babal	\$23.00		
Soak Your Nuts	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		
Wheat Belly	William Davis	\$36.50		
RECIPE BOOKS				
Friendly Food	RPA Allergy Unit	\$30.00		
Golden Energy - Recipes For Rejuvenation	Dr Marilyn Golden	\$34.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Jazzy Vegetarian	Laura Theodore	\$41.00		
Kitchen Divided	Ellen Jaffe Jones	\$34.00		
Rainbow Recipes		\$38.50		
Vegetarian Cooking Without	Barbera Cousins	\$36.50		
Superfruits	Paul Gross	\$30.00		
HEALTH ISSUES				
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		
The Healthy Liver & Bowel Book	Dr Sandra Cabot	\$30.00		
Hormone Replacement - The Real Truth	Dr Sandra Cabot	\$24.50		
Cancer - Three Months to Live?	Michael Sichel, ND, DO	\$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		
Healthy Home, Healthy Family	Nicole Bijlsma	\$34.00		
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		
Shattering the Cancer Myth	Katrina Ellis	\$38.50		
The ADD and ADHD Cure	Jay Gordon, MD	\$32.00		
You and Your Hormones	Dr Peter Baratosy	\$34.00		

MIND ISSUES				
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 Meditator	Eric Harrison	\$26.00		
The Marketing of Madness (DVD)	CCHR	\$19.50		

PRODUCTS/EQUIPMENT/APPLIANCES

LadyShip Organic Essence Juicer, Blender LS658	\$354		
LadyShip Organic Essence Juicer, Blender LS588	\$224		
COMPACT JUICER (non-member's price \$299)	\$279		
CHAMPION JUICER (non-member's price \$620)	\$595		
REBOUNDOZ rebounder - 4 Packages available (Phone NHS or visit www.health.org.au) (non-member's add \$20)	Pack 1 \$220 Pack 2 \$240 Pack 3 \$250 Pack 4 \$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		
SKIN BRUSH, BODECARE	\$45		
FACE BRUSH, BODECARE (Price for both \$62)	\$23.50		
WISE FEET FOOT PATCHES box of 30 (non-members \$65)	\$59.50		
box of 90 (non-members \$145)	\$131.50		
EASY PH TEST KITS (inc frt) (non-members \$22)	\$20		
BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE - Approx 25			
Members \$50; NT & WA \$55 Non-members \$55; NT & WA \$60.			
Tri Nature Products (total from page 41)			
			TOTAL \$

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New member Renewal Gift **GIFT VOUCHER**

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Overseas airmail add: Asia/NZ \$15, other countries \$25

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Code	Product	Qty	\$	Total
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1	Chloroxin Disinfecting Liq. (1.4L+free) 1l		19.95	
2	Citrus Citric Acid Machine Detergent 2kg		40.95	
2F	Refill 1kg Q:	18.95	2A. Refill 2kg Q:	34.95
2D	Citrus Rinse Aid 500ml		15.45	
LAUNDRY CARE				
13	Alpha Plus Pre-Wash Softener Bucket 2kg		37.95	
13D	Refill 1kg Q:	17.95	13A. Refill 2kg Q:	31.95
14	Alpha Plus Laundry Powder Bucket 2kg		38.95	
14D	Refill 1kg Q:	18.95	14A. Refill 2kg Q:	32.95
15	Angelica Fabric Softener 1l		23.95	
16	Alpha Plus Laundry Liquid 2l		31.95	
17	Alpha Plus Gentle Wash 2l		29.95	
61	Enhance Pre-Wash Spray 1l		24.95	
GENERAL CLEANING PRODUCTS – Concentrated				
3	Sphagnum Moss Disinfectant 1l		21.95	
4	Supr® Multi Purp. Detergent/Polisher 1l		19.95	
4D	Supr® Multi Purpose Cleaner Eucalyptus 1l		19.95	
3D	Optimise Floor Cleaner 1l (light citrus scent)		19.95	
5	Ultra Cream Cleaner 500ml (scented)		11.95	
6	Excel Bacteriostat Cleaner/Disinfectant 500ml		12.95	
37	Mixing Cleaner & Descaler 1l		18.95	
7	Hyaline Glass & Window Cleaner 1l		17.95	
8	Heritage Furniture Polish 500ml		15.95	
51D	ProCare Carpet/Upholstery Cleaner 1l		18.95	
67	Iluminas Stainless Steel Polish 500ml		15.95	

Code	Product	Qty	\$	Total										
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3D	Sphag. M. Q:	6.95	7C Hyaline	Q: 6.95										
4H	Supr® car Q:	6.95	52D Sarsaparilla	Q: 6.95										
4J	Supr® Esc. Q:	6.95	61B Enhance	Q: 7.95										
KYPHI PERSONAL CARE														
21	Golden Silk Shower Balm (regular) 500ml		21.95											
21C	Orange 250ml Q:	12.95	21D Citrus 250ml Q:	12.95										
22	Royal Silk Face & Hand Gel 500ml		18.95											
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Less 10% subscriber discount if applicable				\$										
SUBTOTAL				\$										
Plus Freight (flat rate)				\$ 17.00										
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- Prevents injury to pelvic-floor nerves caused by straining while sitting
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Two models - LS658 and LS588F

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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
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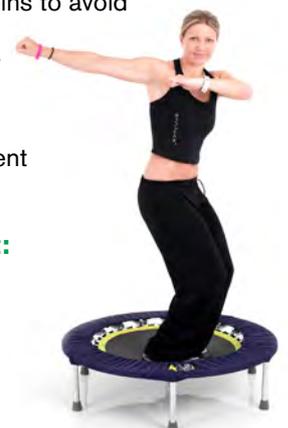
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Rebounding on a 'mini-trampoline' is super convenient aerobic exercise. It speeds lymph drainage, improves heart performance and improves coordination and balance.

- Strong mat and springs designed for the right bounce
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