

# True Natural Health

SPRING  
2014  
\$5.00

*The Magazine of the Natural Health Society of Australia*



**INDEX – Spring 12 - Winter 14**

**Astaxanthin antioxidant**

**Natural vision improvement**

**Recipes – vegan selection**

**Multiple sclerosis - recovery**

**Ginger for blood pressure**

**Help to become pregnant**

**Rewire brain for weight loss**

# Rest Refresh Revitalise

HOPEWOOD IS  
THE HOLIDAY YOU  
TAKE HOME!



**DO YOU NEED A BREAK?** The Hopewood lifestyle is the healthy way to live. If you want to look your best and get more out of life, Hopewood is for you. We've delivered outstanding results for thousands of guests.

For all package details, **SPECIAL OFFERS**, recipes, health tips, videos and more **VISIT OUR WEBSITE TODAY!** OR CALL US ON 02 4773 8401.



Everything you do, hear and eat at Hopewood is designed to optimise your health and wellbeing. Our vegetarian cuisine, massage and beauty pampering are absolutely first class! **ONLY AN HOUR FROM SYDNEY.**



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

DETOX & CLEANSE · NATUROPATHS · MASSAGE & BEAUTY THERAPY · GYM · YOGA & MEDITATION

# Blood pressure, infertility, multiple sclerosis



I don't like to focus too much on diseases, they're negative, but information on illnesses that are plaguing people's lives is important, so I draw attention to the following articles in this issue.

In Your Questions Answered is a remarkable account of how ginger can lower high blood pressure. Later, page 26, infertility is dealt with by Naturopath, Michelle Beech, who explains how intending mums and dads can increase their fertility: 'Help for a woman to become pregnant – naturally',

A life-threatening disease for which medicine has no cure and which affects around one in a thousand Australians – or a massive 23,000 people – is multiple sclerosis. On page 36 we present an in-depth account of its causes and how recovery may *possibly* be brought about. The climax of the information is a number of case stories of successful recoveries – or at least dramatic easing of symptoms.

For obese people determined to do something about their weight, Robyn Chuter's article, 'Rewire your brain for permanent weight loss' takes a very different slant from the standard approaches in the media. Robyn has been educating people for many years.

Our regular columnist, Greg Fitzgerald, also an experienced health educator, presents a formula for happiness – or at least a formula for *not wantonly dodging* happiness. It is a really neat 'sermon'. Greg's case story later in the issue is also a must to read.

The leading article features an antioxidant reported to be the most potent antioxidant known – *astaxanthin*. It occurs mainly in animals, but can be obtained in great concentration in the form of natural supplements extracted from microalgae. This enables this marvellous carotenoid to be readily available with a plant-based diet.

Finally, I hark back to our amazing world-record marathon runners who were featured in the Winter issue. Janette Murray-Wakelin and Alan Murray are returning to Sydney in October to commence a book-launching tour Australia-wide. Sydney members and friends who missed them at our Annual Seminar on 30th March will have a second chance to meet and hear this amazing couple. Readers in other states could check the website for the dates and venues for their visits – [www.runningrawaroundaustralia.com](http://www.runningrawaroundaustralia.com).

For the Sydney launch, see details page 9 and book through the Natural Health Society.

Roger French,  
Health Director and Editor



## About Natural Health Society

The Natural Health Society is Australia's longest established organisation that is dedicated to informing people about issues that affect their health, happiness and quality of life.

Established in 1960, the Society is not-for-profit with no vested interests. Recognising that prevention is far better than cure, the Society's objective is to explain how best to achieve genuine long-term health and wellbeing, using drug-free self-help methods as far as practicable. The result can be greater enjoyment of life and enhanced peace of mind.

Natural Health guidelines have been influenced by the experience gained at the Hopewood Health Retreat at Wallacia, NSW, which is owned and operated by the Australian Youth and Health Foundation. The Foundation is a registered charitable organisation and the founder of both the Society and Hopewood.

### Subscribers to the Society receive:

- \* 4 issues a year of our vital magazine, *True Natural Health*;
- \* Discounts on selected books, juicers and other health products;

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

### Committee

Richard Stepniewski, President  
Elizabeth French,

Vice-President

Amalia Pezzutto, Treasurer  
Vicki Pickup  
Michelle Beech  
Vanessa Zamprogno  
Holly Mahboub

### Staff

Roger French, Health Director  
and Editor

Tracey Priest, Office  
Administrator

### For more information:

Phone 02 4721 5068

Email [admin@health.org.au](mailto:admin@health.org.au)

Website [www.health.org.au](http://www.health.org.au)

or write to Suite 28 Skipton's

Arcade, 541 High St,

Penrith NSW 2750.

### Subscription form

Turn to page 43 or use the  
telephone or website.

Graphic designer, Melissa

Howard Design 0402 796 254

Printed by Focus Print Group,  
Strathfield 8745 4000

## Acknowledgement

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

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

## Contents

- [02] Astaxanthin, top antioxidant
- [04] 'Someday Isle' re happiness
- [06] Your Questions Answered
- [09] Running Raw book launch
- [10] NHS Notices
- [12] Ecovillage - what it can offer
- [14] Hopewood - refresh this spring
- [16] Greg Fitzgerald's story
- [17] Constipation and IBS
- [18] How to conquer stage fright
- [19] News bites
- [20] Gerson - nutritional deficiencies
- [21] INDEX: Spring 12 - Winter 14
- [25] Recipes - by Marilyn Bodnar
- [26] Help to become pregnant
- [29] Herbs Every Reason - Part 7
- [30] Natural vision improvement
- [32] Rewire brain for weight loss
- [35] Advances in CoQ10
- [36] Multiple sclerosis - self-healing
- [41] Kindred organisations
- [42] NHS Shop and Order Form
- [44] Tri Nature
- [45] Health Products

# Astaxanthin, the supreme antioxidant

**This account of the carotenoid, astaxanthin, is abridged and adapted from the book, NATURAL ASTAXANTHIN – The World’s Best Kept Health Secret, written by Bob Capelli with Dr Gerald Cysewski. It is printed here with the permission of the authors.**

Scientists now understand many of the health benefits that natural astaxanthin (pronounced *asta-ZAN-thin*) offers. Dr Joseph Mercola (one of the world’s most widely followed physicians with a daily e-newsletter reaching millions of people) has appeared on America’s top health television show calling astaxanthin “The number one supplement you’ve never heard of that you should be taking.” But astaxanthin in its natural form is so beneficial that one day it could become a household word.

Many studies have already shown a variety of potential benefits for astaxanthin. Scientists have not found any other natural substance that has stronger antioxidant effects. It also has impressive anti-inflammatory properties. It is likely that someday all good multivitamins will include astaxanthin.

## ‘KING OF THE CAROTENOIDS’

How is it possible that salmon can swim against raging torrents in icy rivers, carrying out one of the greatest athletic feats in nature? Astaxanthin is found in the highest concentration in the animal kingdom in the muscles of salmon, and scientists theorise that this is what allows them to complete these epic swims.

We have long known that exercise causes a great amount of oxidation in the muscles. So by concentrating the strongest antioxidant in the muscles, the oxidation is prevented and the salmon are capable of doing the seemingly impossible.

Strength and endurance is only one of the reasons why astaxanthin is called the ‘king of the carotenoids’. There are many other benefits presented in the scientific research and in many testimonials of users. But, firstly, what are carotenoids?

## WHAT ARE CAROTENOIDS?

Carotenoids are pigments that give many foods beautiful colours. A ripe, red tomato is red because of a carotenoid called *lycopene*. Corn on the cob is yellow because of a carotenoid, *zeaxanthin*. And of course, carrots are orange because of *beta-carotene*.

Carotenoids are divided into two distinct groups. Members of the first group are called *carotenes*, the best known being *beta-carotene*. Some of the other well-known carotenes are *alpha-carotene* and *lycopene*.

The other group, which includes astaxanthin, is called *xanthophylls* (pronounced ZAN-tho-fills). Some other notable xanthophylls are *lutein* and *zeaxanthin*, which are concentrated in the back of the eye and help prevent macular degeneration. The difference between these two groups is that xanthophylls have hydroxyl (OH) groups at the ends of the molecules. Astaxanthin has a molecular structure that allows it to do more in the human body than other xanthophylls.

Some of the many things that astaxanthin can do that *beta-carotene* and many other carotenoids *cannot* do are:

1. Travel throughout the body to bring similar protection to many organs and the skin;
2. Span the cell membranes;
3. Bond with muscle tissue;
4. Work as a super-powerful antioxidant and quickly eliminate free radicals.

There are over 700 different carotenoids. They are produced in nature by plankton, algae and plants as well as a small number of bacteria and fungi. Some animals can convert one carotenoid into another, but all animals must originally obtain their carotenoids from their diet.

An interesting example of an animal that can convert carotenoids is the pink flamingo. Flamingos eat algae that contain the yellow carotenoid, *zeaxanthin*, and the orange carotenoid, *beta-carotene*, and then convert them into the pinkish-red carotenoids *astaxanthin* and *canthaxanthin*. Without the ability to

convert carotenoids, the pink flamingo would be an uninteresting beige colour.

Carotenoids have a wonderful ability to interact with and neutralise free radicals, including what are called *singlet oxygen species*. Astaxanthin has the greatest ability among all natural antioxidants to serve in this function.

An excellent example of how animals use carotenoids is seen in cold water fish, including salmon and trout. These fish accumulate astaxanthin in their flesh to protect their tissues and cells from oxidation. This results in the pink-red of the flesh of wild salmon or trout. However, many fish farmers use synthetic astaxanthin to mimic this colour in their farmed salmon and trout.

Some carotenoids are essential for different species. We humans need vitamin A, and we make it from *beta-carotene* and some other carotenoids in our diets. These are ‘pro-Vitamin A’ carotenoids. Contrary to high doses of vitamin A, which can be toxic, there is no toxicity level for natural *beta-carotene*.

Other carotenoids with well-known benefits are *lycopene*, which is strongly preventive for prostate cancer, and *lutein* and *zeaxanthin*, which are essential for eye health. Nevertheless, none of these has the antioxidant and anti-inflammatory strength of astaxanthin.

Astaxanthin is considered to be the best of the carotenoids, although it is possible that in the future researchers may find that other carotenoids offer greater benefits.

## WHAT IS ASTAXANTHIN?

Have you ever seen a bird bath that has dried up? If there is a reddish colour, it is due to astaxanthin. Green algae have suffered stress due to lack of food or water or to intense sunlight, heat or bitter cold, and, as a survival mechanism, they have accumulated the red pigment astaxanthin. It’s an amazing fact that, due to the protective properties of astaxanthin, these algae can stay dormant for more than forty years, and when conditions are right, revert to their green, growing stage.

Astaxanthin can be found in plants and animals throughout the world. Because algae and phytoplankton are at the base of the food chain, astaxanthin occurs in many animals. Any sea animal that has a reddish or pinkish colour contains astaxanthin – for example, salmon, trout, lobster, shrimp and crab, which eat krill and other organisms that ingest astaxanthin-containing algae and plankton.

Consequently, animals that eat these sea creatures, such as birds, bears and even some humans, also contain astaxanthin. As mentioned above, the animals with the highest concentration of astaxanthin are cold-water salmon, which have phenomenal endurance.

Similarly, if we humans consume astaxanthin, it can help us look healthier and younger, and lead healthier, longer lives. [This is not a recommendation for animal sources, but rather the microalgae source.]

## WORLD'S STRONGEST ANTIOXIDANT

Most of the health benefits of astaxanthin are in some way related to its supreme antioxidant power. In fact, the companies pioneering the use of astaxanthin as a dietary supplement in the 1990's began promoting it as a powerful antioxidant before its other benefits were known.

Imagine how surprised they were to hear people saying that it was taking care of their arthritis pains, preventing colds and flu, giving them newfound strength and endurance, allowing them to stay in the sun longer without burning and yielding all sorts of other remarkable results.

Antioxidants neutralise free radicals, which are toxic substances that can be in our bodies causing oxidation, damaging cells and generally wreaking havoc. A common one is *singlet oxygen*.

There are many different ways to measure antioxidant strength. One commonly used measurement is called Oxygen Radical Absorbance Capacity (ORAC), but this is not a good test for oil-soluble carotenoids like astaxanthin. ORAC testing only measures effectiveness against just one type of free radical, 'peroxyl radicals'.

The best way to measure antioxidants is in a series of head-to-head tests of free radical elimination and singlet oxygen quenching. This type of testing has been done, pitting astaxanthin against a variety of antioxidants, and astaxanthin has consistently come out on top.

In a compilation of two studies, one by Shimidzu and one by Nishida, astaxanthin was compared to some common antioxidants. It was found that natural astaxanthin is:

- 18 times stronger than oligomeric proanthocyanidins;
- 75 times stronger than alpha-lipoic acid;
- 50 times stronger than green tea catechins;
- 800 times stronger than CoQ10;
- 6,000 times stronger than vitamin C.

## NATURAL VERSUS SYNTHETIC ASTAXANTHIN

How similar – or different – is natural astaxanthin from synthetic astaxanthin? Synthetic astaxanthin is produced from petrochemicals by huge chemical companies. Not only does it seem very unnatural to take supplements made from petroleum, but the more important factor is how these different substances perform as nutrients.

Although they have the same chemical formula, the synthetic version has a different shaped molecule. Unlike the synthetic form, natural astaxanthin is always paired with fatty acids attached to either one or both ends of its molecule. This results in an *esterified* molecule, and makes natural astaxanthin far superior as an antioxidant and in many other ways.

Another critical difference is that the natural astaxanthin is extracted from *Haematococcus pluvialis* microalgae. When the microalgae hyperaccumulate astaxanthin as a survival mechanism, they also produce small quantities of other supporting carotenoids. The additional carotenoids – beta-carotene, canthaxanthin and lutein – work in synergy to make natural astaxanthin far more efficient as an antioxidant and in helping various health conditions.

## NEVER BECOMES A 'PRO-OXIDANT'

There is the potential for some antioxidants, under certain conditions, to become 'pro-oxidants' and actually cause oxidation in the body, instead of opposing it, and so become quite harmful. Some of the better known antioxidants that can become pro-oxidants are beta-carotene, lycopene and zeaxanthin and also vitamin C, vitamin E and zinc. However, astaxanthin never becomes a pro-oxidant. This is one more reason why astaxanthin is superior to other antioxidants.

A well-known study of beta-carotene administered to heavy smokers was conducted in Finland in the 1990's. It was found that smokers who took synthetic beta-carotene supplements (which are made from petrochemicals) had a higher incidence of cancer than those taking a placebo (a sugar pill). However, the increase in the incidence of cancer was so

small as to not be statistically significant. But in any event, it was very unusual that taking synthetic beta-carotene might increase the risk of cancer at all, when many studies have shown that natural beta-carotene can help prevent cancer.

The point with beta-carotene is that it relies on other antioxidants, particularly vitamin C, to be able to properly protect cells from free radicals, and heavy smokers would tend to be depleted in Vitamin C. Upon further review of this Finnish study, it was found that the subjects who had consumed the most *natural* beta-carotene, as compared to synthetic, also had the lowest incidence of cancer as would be expected.

So what was going on? Two things. Firstly, diets containing high levels of foods rich in beta-carotene also contain large amounts of other natural carotenoids and other antioxidants, which work together in harmony.

Secondly, without vitamin C, beta-carotene can become a pro-oxidant. Interestingly, if vitamin C is available, this pro-oxidant state will quickly be converted back to an antioxidant state.

In the case of astaxanthin, its molecular composition prevents it from developing into a pro-oxidant state. This gives astaxanthin a considerable advantage over beta-carotene, lycopene, zeaxanthin, vitamins C and E, zinc and some other antioxidants which can become pro-oxidants. Hence, astaxanthin cannot in this way be harmful for anyone, including smokers or other people who have low levels of vitamin C.

## FINALLY

The book, *NATURAL ASTAXANTHIN – The World's Best Kept Health Secret*, concludes with around 50 testimonials, written by people with conditions ranging from pimples to gum disease to migraine to energy and fitness to arthritis to Parkinson's disease.

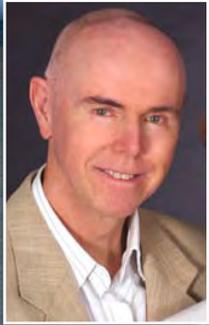
The book is a remarkable account of a nutrient that has all the indications of coming to be known as one of the most beneficial nutrients that we could possibly consume, particularly in the plant-based supplement form.

## Where to purchase astaxanthin

'*Hawaiian Natural Astaxanthin*' is available in health food stores.

The ideal daily dose is in a 6 mg vegetable capsule.





A REGULAR COLUMN

# 'Someday Isle' The Elusive Butterfly

By Greg Fitzgerald, Osteopath and Naturopath

Many people live on 'Someday Isle'. Someday I'll be happy when ... I leave work ... I win Lotto ... I get married ... I get divorced ... I lose weight ... I get a new car...

The list becomes a moving target, and we forever postpone our happiness in the pursuit of achievements, materials and relationships. The more we chase happiness, the less likely we are to find it, like the elusive butterfly. Incidentally, a song called 'The Elusive Butterfly' by singer Bob Lynd became a top hit in the late 60's. Meaningful words, lovely melody, it's worth a listen.

Living on Someday Isle is virtually a guarantee for unhappiness. With this attitude, happiness is viewed as something that is triggered by external circumstances, something outside ourselves. When we acquire these outside conditions, hey presto! we will become happy.

This is a huge delusion. It has been shown repeatedly that more 'things' do not a happy person make. With one exception: this is if those 'things' are essential to live. For example, if someone does not earn enough money to feed their family, then more money will definitely add extra

happiness to their lives. This is understandable, as in this case money becomes a proxy for survival.

Many people chase success to the detriment of their health and happiness. Always be careful how much happiness you are prepared to pay for your money.

Once we have our basic needs met, more money at best will give us only a temporary lift in mood, which is not really happiness. We adjust to that level, then in time we fall back into the same patterns of thinking, which lead to more unhappiness.

If money made people happy, then there would be no unhappy multi-millionaires or billionaires. This is obviously not the case. *Unhappy* people are in all strata of society, both rich and poor. *Happy* people are also in every strata of society, both rich and poor.

There is nothing inherently wrong with working hard, and being well rewarded financially for it. The problem is when we work or pursue 'things' which leads to our lives becoming lopsided or imbalanced, and we sacrifice important areas of our lives in the chase. The two common areas that are sacrificed are health and relationships. Unhappiness then ensues. It is

virtually impossible to be truly happy, long term, when we become unbalanced in our lives for extended periods.

Happiness is often wrongly mistaken for getting what we want. This is living on Someday Isle. Happiness and unhappiness are born in the mind.

This was illustrated a couple of years ago by a young couple who came to see me. Both in their late 20's, he had a terminal genetic disease and she was healthy. Having been given only 12 months to live, he was taking the tragic news with calm and equanimity, while she was totally distraught. You would have thought it would be the other way around. They had married recently, and the one with the more peaceful mind was him, despite facing imminent death.

We are never taught how to be happy, calm or contented at school, university or anywhere else where formal education is conducted. We are never taught how to train our minds in order to not let stress ruin our health and our lives. Yet this is where most of us live our lives: in the six inches between our ears! For many people this is uncharted territory.

Do not live on Someday Isle!

## CLARIFICATION RE WHEATGRASS IN WINTER 2014 ISSUE

In the Winter 2014 issue of this magazine, on page 3, the statement was made that wheatgrass juice supplies all the vitamins and most of the minerals the body needs to be healthy, and has all the amino acids, making it a complete protein.

There is a moot point here re the vitamins. Although we cannot find an authoritative nutritional analysis of wheatgrass juice, it almost certainly does not contain vitamins B<sub>12</sub> and D. However, in a truly natural world, the friendly gut bacteria would make all the B<sub>12</sub> we need (as research has shown for some people on vegan diets) and the sun would give us all the vitamin D we need – so these vitamins would not be essential in the diet.

In the modern 'unnatural' world, the widespread use of antibiotics has severely compromised the numbers of friendly gut bacteria, and so cut down our natural supplies of B<sub>12</sub>. Similarly, 'slip, slop and slap' has told people to stay entirely out of the sun, and we believe this to be a major cause of the widespread vitamin D deficiency.

Therefore, the statement that wheatgrass contains all essential vitamins may be true enough in the natural world, but not so in the modern 'unnatural' world. We therefore consider it virtually essential that both these vitamins are periodically checked by appropriate blood tests, and, if necessary, supplements taken.

As we have stated a number of times in this magazine, people on all-plant diets should at the very least have B<sub>12</sub> checked periodically. With vitamin D supplements, toxic overdose is possible, so periodic blood tests are necessary.

Regarding the amino acids, wheatgrass may contain all the essential amino acids, but that should not be taken to imply that they are in adequate quantities. More abundant sources of protein would normally also be required.

We hope this clarification assists any reader who might have been misled by the published information.

# Restless Legs Relief

- DO YOU have a constant urge to move your legs?
- Do you have tingling or crawling sensations at night?
- Do your legs twitch or jerk?

## Try Restless Legs Relief!

Restless Legs Relief is a homeopathic formulation with the addition of Schuessler Tissue Salts; Mag Phos & Calc Phos traditionally used for the temporary relief of:

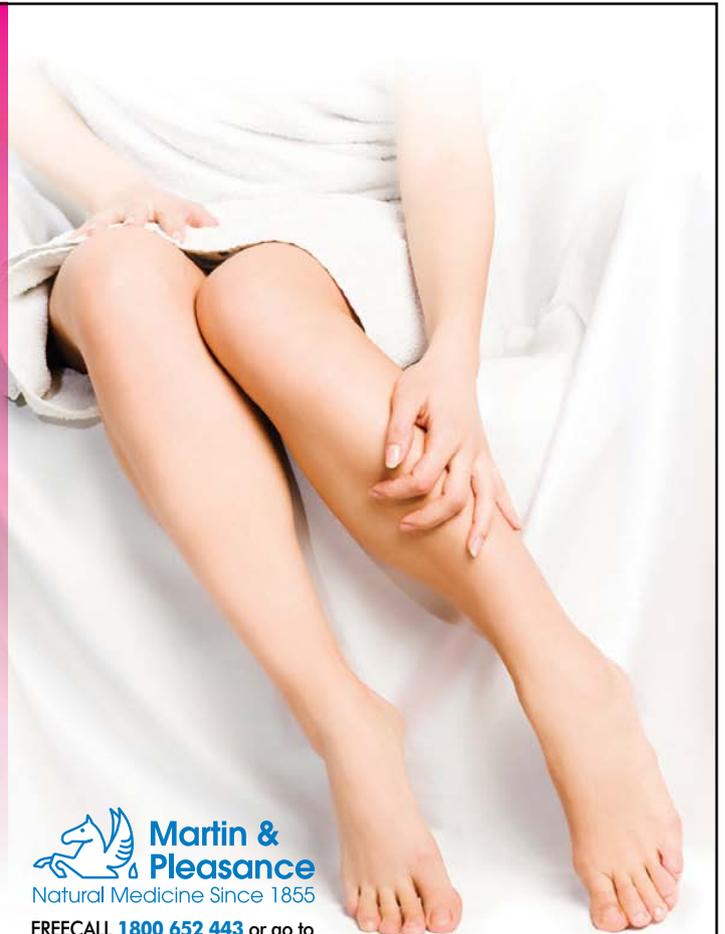


✓ *Itching, crawling or tingling sensations*

✓ *Restlessness*

Convenient oral spray.  
Available from your local pharmacy  
or health food store.

Always read the label and use only as directed.  
If symptoms persist, consult your healthcare professional.



 **Martin & Pleasance**  
Natural Medicine Since 1855  
FREECALL 1800 652 443 or go to  
[www.martinandpleasance.com](http://www.martinandpleasance.com)

CHC42811-11/12

# AVEMAR®

FOR LIFE

## *Fermented Wheat Germ Extract*

- Unique and clinically researched product - now with natural stevia sweetener (no fructose)
- Over 20 years of studies, with more than 200 scientists and medical professionals from around the world
- More than 30 publications in peer-reviewed medical journals
- Wins the "NutrAward" in the USA for the *Best New Product of the Year* in 2006
- Wins the "President's Gold Medal of Merit" to Dr Máté Hidvégi, the inventor of Avemar (Hungary)

For detailed information and clinical data visit:

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

[www.research.avemar.com](http://www.research.avemar.com)

[www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)



# Avemar Australia

**PHONE: 07 5559 1260**

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

Email: [info@avemar.com.au](mailto:info@avemar.com.au)

# YOUR QUESTIONS ANSWERED



By  
**Roger  
French**

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

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

## **Q. GINGER FOR HIGH BLOOD PRESSURE:**

A 52-year-old acquaintance has had high blood pressure for some years and has been on medication. Recently he began taking a teaspoon of grated fresh ginger daily, either in a hot drink or sprinkled on his food, and his blood pressure has lowered to the point where he doesn't need the medication anymore.

What is the 'magic' ingredient in ginger? – T. P., Werrington NSW

**A.** Ginger, the rhizome (horizontal underground stem) of the plant *Zingiber officinale*, has been a popular spice and herbal medicine for thousands of years in Asia, India and Arabic countries.

According to Michael Castleman, author of *The Healing Herbs*, it is the case that ginger can help reduce hypertension, or high blood pressure.

Even a US cardiologist, Dr Sinatra, is impressed by ginger. He states that ginger, the smart man's aspirin, is a potent blood thinner and anti-inflammatory agent that can help lower blood pressure. You can try commercial organic ginger teas or make your own from ginger root. Simply chop the root into small pieces and boil for about five minutes. You can also use sliced or grated ginger to spice up any dish. (To read more, go to <http://www.drsinatra.com/lower-blood-pressure-with-these-salt-substitutes#ixzz34amuKWIE>)

Ginger can be used fresh, dried and powdered or as juice or oil.

Researchers at University of Maryland Medical Center think that the active components of ginger are volatile oils and pungent phenol compounds, including *gingerols* and *shogaols*. (Source <http://umm.edu/health/medical/altmed/herb/ginger#ixzz34ajdBGOX>)

A report in MedlinePlus (of the US National Library of Medicine) states that ginger might reduce blood pressure similarly to some blood pressure medications. If ginger

is used in addition to these medications, it might cause blood pressure to drop too low or cause irregular heartbeat.

Studies indicate that ginger may also help prevent blood from clotting, which reduces the risk of heart attack or stroke.

Ginger is well known for easing stomach problems, including motion sickness, morning sickness, colic, upset stomach, gas, diarrhoea, nausea caused by cancer treatment, nausea and vomiting after surgery, and loss of appetite.

Other uses include pain relief from arthritis or muscle soreness, menstrual pain, upper respiratory tract infections, cough and bronchitis. Ginger is also sometimes used for chest pain, low back pain and stomach pain.

There are precautions to be taken with ginger. The University of Maryland Medical Center warns not to give ginger to children under age two, and that pregnant women should not take more than 1gm per day. For other adults, don't take more than 4 gm per day, including from food sources. For arthritis pain, they say that one study used a quarter of a gram four times daily.

People with gallstones, heart conditions or a bleeding disorder or about to have surgery should not take ginger without checking with their herbalist, doctor or other practitioner.

Side effects from ginger are rare. High doses might result in mild heartburn, stomach upset, diarrhoea or mouth irritation.

Interactions are possible with blood pressure medications, diabetes medications, blood-thinning medications and some others.

## **Q. CAROB COMPARED TO COCOA & CACAO:**

I was very interested in your answer to the question concerning cocoa and cacao in the Winter 2014 issue, page 8. And even more so when I turned to the recipes using cocoa, for which I promptly substituted

cacao. Where does carob fit into this? Is it safer and/or healthier than either cocoa or cacao? – R. W. Leichhardt NSW

**A.** Carob powder is nutritionally superior to cocoa/cacao in all significant aspects except antioxidants and taste.

The great advantage of carob is that it contains no caffeine, theobromine or other methylxanthines, which are the detrimental stimulants in cocoa/cacao. Another advantage is that it is naturally sweet and confectionery made with it requires little or no added sweetening.



The only nutritional negative of carob is that the powder has been roasted, but so has cocoa powder. However, raw carob powder is available, though it's not as tasty.

Carob is basically a carbohydrate food. Its nutrient analysis is approximately: natural sugar 49%, high fibre at 40%, protein 5%, fat 1% and a few percent water. For minerals, carob is rich in calcium at 350 mg per 100 gm food; magnesium is abundant at 54 mg and there are other minerals at good levels. A notable benefit of the minerals is that the calcium-to-phosphorous ratio is a very healthy 4.4, in contrast to many foods which are the other way around. (This nutrient analysis was obtained from NutritionData, [www.nutritiondata.self.com](http://www.nutritiondata.self.com) and is consistent with figures in *Guidebook to Nutritional Foods* by David Phillips (now out of print).)

Carob powder is wholesome and nutritious – although the nutrition is rendered less significant by the fact that only relatively

small amounts are consumed. However, if the raw carob pod is chewed, the nutrients could become significant.

Confectionery based on carob usually contains refined sugar (raw sugar is also refined), fat such as palm kernel oil, milk powder, carob and the emulsifier lecithin. If you can find confectionery made of dried fruit coated with no-added-sugar carob 'chocolate', then this is probably an excellent compromise for those of us with a sweet tooth.

A readily available commercial crispbread that is akin to chocolate-coated, but *free of cocoa and refined sugar*, is made by Naturally Good Products. It is *Carob Buckwheat Crispbread*, the ingredients being carob compound (milk powder, vegetable oil, carob powder, lecithin, flavour) and buckwheat crispbread (buckwheat flour, rice flour, salt). I am not suggesting eating a lot of this, but it is one of the more wholesome treats. I recently found it in Coles.

If a recipe contains cocoa, this can nearly always be replaced with carob powder, perhaps even raw carob powder.

## **Q** MINERALS – COLLOIDAL OR CHELATED?:

When taking mineral supplements, are colloidal minerals the best form to take or is the chelated form better? What makes colloidal and chelated minerals special, and why are they different from other forms of minerals? – B. Y., KippaRing Qld

**A** Both forms of mineral supplements have advocates who are enthusiastic about their merits. Their key advantages are absorbability and usability. Let's look at each form in turn.

## **Colloidal minerals**

Colloidal minerals are in liquid form with the minerals held in suspension, making them very easily assimilated.

The discoverer of colloidal minerals was a US rancher, Thomas Jefferson Clark, whose health was helped in 1920 by mineral-rich spring water provided by the local natives. The water was leaching minerals from an ancient rainforest in Central Utah, 60 to 120 million years old. The forest had never been heated and was relatively close to the surface, so that it had been only lightly compressed. In 1925 the US Department of the Interior established a mine from which T J Clark minerals are still available 89 years later.

Since the mine is in a desert, it would appear that there is little or no problem of contamination with toxic heavy metals.

At the mine, T J Clark crushes the rainforest material and washes it to remove the 'soil' particles, etc. The material, which is like coal, but can be crushed in the hand, is extracted from different parts of the mine to get a good cross-section of minerals.

There is a vast array of colloidal minerals in the T J Clark brand, which is now owned by the grandson of the founder. The minerals are in their original plant form, are non-toxic and are claimed to have the correct electrical frequencies that are compatible with the frequencies of the human brain and nervous system. (This might puzzle many people, but it sounds feasible to me.)

It is claimed that colloidal minerals not only provide vital nutrients, but also have the ability to extract toxic heavy metals from tissues and flush them from the body. This might be difficult to prove, but could be possible.

The only drawback with colloidal minerals is that you can't vary the dose of individual minerals. However, having this wide range of minerals in this easily assimilated form could possibly compensate for that.

Aluminium is naturally present among the minerals because it is the most abundant element in the Earth's crust. As with arsenic, cadmium, lead and so on, these minerals in their straight metallic

form are all potentially harmful to human health. However, the colloidal forms change this.

The explanation is given by biochemist, Steven Whiting, PhD, of the Institute of Nutritional Science in San Diego, California. He says that organic colloidal minerals have been electromagnetically altered within their plant sources during photosynthesis, making them not only beneficial to animal metabolism but also completely harmless.

Further, says Dr Whiting, they act as natural chelating agents to themselves. For example, colloidal aluminium chelates out toxic 'heavy metal' aluminium, thus removing it from soft body tissues. The same applies with other heavy metals.

Supporting his view, Dr Whiting found in his practice that the levels of numerous toxic metals in his clients had been lowered using colloidal minerals. He used hair analysis carried out by independent laboratories to monitor the levels.

He notes that colloidal trace elements cannot be stored in the body for longer than a few hours due to their altered electrical nature and hence need to be replaced on a daily basis, which makes any toxicity "virtually impossible". The worst thing that can happen due to heavy over-dosing is diarrhoea.

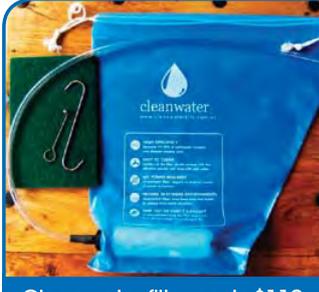
T J Clark colloidal minerals have been tested for safety by a German biophysicist who found them to be completely non-toxic and to actually increase the electrical energy output of cells. They have been in use for a very long time apparently without significant harmful effects. And they are said to be safe to give to pets.

How much colloidal mineral supplement should a person take? One brand suggests adults take 15 ml for every 50 kilos of body weight per day. People recovering from a health problem could double this. For children the suggestion is 3 ml per 10 kilos of body weight, twice daily with food. For best absorption, take the liquid with meals.



# Cleanwater

the ultimate health choice for travel or home



Cleanwater specialises in offering high quality water purification kits that remove 99.99% of parasites, bacteria and chemicals from virtually any freshwater source anywhere in the world.

The Australian adaptation of the Cleanwater filter has a unique 4-stage system utilising a Doulton ceramic candle. One Cleanwater filter used for holidays alone would last for many years.

**Cleanwater filter costs \$119**  
Plus postage to be added  
1 cleanwater filter + your own bottle = no landfill

- **Easy to assemble at point of use;**
- **Requires no power and works in minutes;**
- **The natural taste is exceptional;**
- **Very reliable food-grade bag to hold the water and keep the unit very light weight.**

Save with a zero carbon footprint:  
1 Cleanwater kit + 1 stainless steel bottle = zero carbon footprint.  
On average, one person on holidays spends approx. \$8.00 a day buying bottled water, and the bottle is left behind as landfill.

**Contact Karen Rivers on**  
02 9787 2241 or 0411 241 582  
Email [cleanwaterkits.rivers@gmail.com](mailto:cleanwaterkits.rivers@gmail.com)  
[www.cleanwaterkits.com.au](http://www.cleanwaterkits.com.au)

A person who is not accustomed to taking supplements and has a history of sensitivities might be wise to begin with a low dose and build up gradually.

Some other brands use standard industrial extraction methods, or even use high temperature extraction, and usually won't be as effective.

T J Clark colloidal minerals are available in Australia online or from a distributor, such as LifeSPRINGS Mineral Products or Goodness Health Products which has an office in Dee Why in Sydney.

## Chelated minerals

When a mineral is chelated it means that it is attached (or bound) to a molecule of an amino acid, other organic acid or a sugar. This makes the mineral easy to absorb into the bloodstream. The minerals can be bonded to *amino acids, ascorbates, citrates, fumarates, gluconates, lactates and malates*.

'Chelated', pronounced 'keylated', is derived from the Latin word 'chela' meaning 'claw' and from the Greek word 'khele' having the same meaning.

A mineral that is not chelated may combine with other substances in foods, such as phytic acid or oxalic acid, and form insoluble compounds that cannot be assimilated. Chelating a mineral provides a considerable advantage.

Two classic examples of naturally occurring chelates are chlorophyll, the green pigment in green plants which is a chelate of magnesium, and haemoglobin, the red pigment in red blood cells which is a chelate of iron. Interestingly, all the iron in a normally functioning (healthy) human body is in a chelated form, mainly as haemoglobin or ferritin.

Minerals for nutritional supplements may be chelated to make them more readily available and in a very acceptable form for use in the body.

Chelation is also used to treat artery disease. Chelating substances are injected into the bloodstream for the purpose of combining with the calcium in the plaque inside artery walls and so dissolving some of the plaque. As an alternative to bypass, this method is controversial.

## Colloidal or chelated?

Both forms of mineral supplements appear to be safe, well absorbed and effective provided the minerals are needed.

The brand of supplements that are advertised in this magazine on our request, NEOLIFE [see below], uses chelation for their calcium, magnesium, zinc and some other minerals. Because I know this brand to have a highly qualified nutritional board, this 'underwrites' the value of chelation in my view.

## Q. THE INTRINSIC FACTOR FOR VITAMIN B<sub>12</sub>:

In relation to absorbing vitamin B<sub>12</sub>, how do we know if we are lacking the intrinsic factor?

If a person is lacking IF, what action can he/she take to remedy this?

Does vitamin B<sub>12</sub> need to bind with the IF just to get through the stomach acid or does B<sub>12</sub> need the IF to be absorbed?

Can the B<sub>12</sub> manufactured by gut bacteria in the small intestine be absorbed in the absence of IF?

– C. P., Zillmere Qld

A. The best way to answer the above is to explain how IF works in the assimilation of B<sub>12</sub>.

In the early 1900s, vitamin B<sub>12</sub> was called the 'extrinsic factor'. The early investigators could not understand how some people could have abundant B<sub>12</sub> in the diet, yet still have deficiency, so they called the condition 'pernicious' anaemia. The mysterious something that was needed for absorption was given the name 'intrinsic factor' – and these names have stuck.

In food, B<sub>12</sub> is bound to protein, and in the stomach the hydrochloric acid splits it off to give free B<sub>12</sub>. The stomach mucous lining secretes IF which combines with B<sub>12</sub> to form IF-B<sub>12</sub> complexes, which protect the B<sub>12</sub> from digestion as it passes through

# Daily Nutrition for Lifelong Health and Vitality



## Powerful nutrients that support:

- Abundant Energy
- Antioxidant Protection
- Heart Health
- Immune Strength
- Healthy Brain Function
- Flexible, Healthy Joints
- Clear Vision
- Youthful Skin, Hair & Nails
- Lifelong Cellular Health
- Natural Anti-Aging Function

### No nutrient is synthetic

- all are derived from plants (or salmon oil from salmon)

### No nutrient is offered alone

if it naturally occurs as part of a group (Eg, B-vitamins)

### To find out more or place an order contact:

Robyne & Stanley Smith on 0427 534 585

or go to [robynstanley.gnld.net](http://robynstanley.gnld.net)

(Independent GNLD Distributors)



the stomach and duodenum. In the small intestine in an alkaline environment and in the presence of the mineral calcium, the B<sub>12</sub> is split off from the complexes, absorbed into the bloodstream and transported to the liver. The IF remains in the bowel and is eliminated.

Without the IF, only about 1% of B<sub>12</sub> is absorbed, which is so little as to be useless – except in the case of massive doses of supplements.

**Deficiency of IF can be due to:**

- Atrophy of the stomach lining due to alcoholism, deficiency of vitamin B<sub>3</sub>, deficiency of folic acid, or stress;
- Gastric polyps;
- Antibodies of the immune system attacking the lining or the IF itself; more common in older people;
- Corrosive chemicals such as the caustic soda used to brighten green beans and peas;
- A person's genes – this is rare;
- Surgical stomach removal.

**Even when there is abundant IF, absorption of B<sub>12</sub> may be compromised by:**

- Crohn's disease;
- Coeliac disease;
- Pancreatic disease – which reduces or stops the supply of alkali into the small intestine;
- Parasites and tumours in the small bowel – these mop up B<sub>12</sub>;
- Certain drugs, including alcohol, oral contraceptives and some antibiotics.

If IF is deficient, symptoms of deficiency of B<sub>12</sub> will usually develop slowly. B<sub>12</sub> is stored in the liver, where there can typically be around three years supply.

In spite of the above requirements, it is possible to have adequate B<sub>12</sub> in the bloodstream without depending on dietary sources, which are almost entirely animal products. This is because the 'friendly' gut bacteria manufacture B<sub>12</sub>. Studies of people on vegan diets – who have no significant B<sub>12</sub> in their diets – have often, though not always, been found to have adequate levels of B<sub>12</sub>. This virtually confirms that the vitamin that these bacteria make can be absorbed, without the IF being involved.

Plant sources of B<sub>12</sub> are mostly analogues that the body cannot use, so we essentially depend on animal food sources or our friendly gut bacteria. If neither of these supply enough, then supplements – which fortunately are quite effective – become essential.

How do we know if our bodies have adequate levels of B<sub>12</sub>? A blood measurement is not the best indicator because it gives no indication of the body's reserves. Better indicators are the level of *homocysteine* and the level of *methyl-malonic acid (MMA)*, which depends

# Running Raw Around Australia

## Book & Film Preview Tour

### Sydney 9 October 2014

#### North Ryde Golf Club 6-9pm

Twin Rd (off Lane Cove Rd), North Ryde NSW



**‘RUNNING OUT OF TIME’  
Raw Vegan Veterans’  
World Record Run**

**Running Raw Around Australia.com**

Presentation by  
**Janette Murray-Wakelin & Alan Murray**  
Double Book Launch and Documentary Preview  
Silent Auction      Raw/Vegan Refreshments  
\$10 per person entry fee

Bookings: Natural Health Society of Australia 02 4721 5068  
admin@health.org.au; www.health.org.au

on B<sub>12</sub> for its production. Researchers have concluded that having normal levels of both methyl-malonic acid and total homocysteine make it virtually certain that there is no significant B<sub>12</sub> deficiency.

**In summary of the answers to your questions:**

*How do we know if we are lacking the IF?* As far as I know, the most practical way is by having adequate sources of B<sub>12</sub> in the diet and if there is still deficiency, it is highly likely that IF is lacking. However, I believe that doctors can administer 'exogenous' intrinsic factor, and if this improves B<sub>12</sub> levels, it indicates IF deficiency.

*If a person is lacking IF, what action can he/she take to remedy this?* In most cases of deficiency, the only solution is the medical solution, which is B<sub>12</sub> injections, normally once a month. Persons with severely low levels of B<sub>12</sub> may need more injections in the beginning. However, some people may overcome the deficiency by taking B<sub>12</sub> supplements by mouth in very large

doses. Whereas, the daily requirement is 1 – 2 micrograms, very large doses means between 100 and 100,000 micrograms.

*Does vitamin B<sub>12</sub> need to bind with the IF just to get through the stomach acid or does B<sub>12</sub> need the IF to be absorbed?* It apparently needs the IF for delivery right to the absorption cells in the small intestine.

*Can the B<sub>12</sub> manufactured by gut bacteria in the small intestine be absorbed?* As stated above, the indirect evidence from vegan diets is that it must be possible. Further, researchers have found that there is a pathway by which B<sub>12</sub> can be absorbed in the absence of IF.

If you want to know more about vitamin B<sub>12</sub> itself, you could read 'Vitamin B<sub>12</sub> and Vegetarian Diets' in the Winter 2013 issue of *True Natural Health*, pages 32 – 34.



# 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: *Cynthia Handley and Barry Hastie, Robert Greeney, Geoffrey Miller, Sharyn Peters, Gisela Schaupp, June Coleman, Suzanne Thompson, Peter Townsend, John Wood, Jeanne Silverson and Angela Milne.*

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

## MACARTHUR AREA NSW

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

## BOOK LAUNCH AND FILM PREVIEW

**Running Out of Time** and **Raw Can Cure Cancer**

**Presentation by Janette Murray-Wakelin and Alan Murray**

Who last year ran marathons around Australia every day for 366 days and

whose story was featured in the Winter 2014 issue of this magazine.

**Thursday 9<sup>th</sup> October, 6 – 9pm**

**North Ryde Golf Club, Twin Rd, North Ryde, Sydney**

**Entry \$10 included raw/vegan refreshments**

**BOOKINGS: Natural Health Society, 4721 5068, [admin@health.org.au](mailto:admin@health.org.au)**

For more details, see notice page 9



**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 DEMONSTRATIONS AND TALKS

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

**27th September, 2014** – Cecil Bodnar: 'Joining The Dots on Nutrition, Health and Healing – To See The Overall Picture So We Can Get Our Health and Healing Act Together'.

**25th October, 2014** – John Lincoln, Electrical Engineer: 'Electro-Magnetic Fields and The Simple Precautions That Can Be Taken To Protect Ourselves With Minimal Cost and Avoid Undue Risk'.

**8th November, 2014** – Colin Moncur, Hypnotherapist, Diploma of Clinical Hypnotherapy: 'How to Take Control of Your Life in the Areas of Your Health Goals, From Pain to Serious Health Challenges, Addictions and Weight Loss, Through Understanding the Mind-Body Connection'.

Next Real Wholemeal **Breadmaking Workshops** – Fridays 10am on **26th September, 24th October and 7th November.**

Next **Raw Desserts Workshops** – **Sunday 21st September 1 – 5pm; Saturday 22nd November 1 – 5pm.**

**Bookings – phone 9606 2203 or 0410 627 556**

### SYDNEY & CENTRAL COAST, NSW

#### RAW, VEGAN FOOD CLASSES IN YOUR HOME

**By Joy Mozzi of Fruvenu**

Workshops provide a full menu plan based on raw, fresh, living foods. Food tasting and recipe handouts.

Joy has produced a Raw Food E-book and Bonus Menu Planner. It has lots of recipes with colour photos. \$17 in easily downloadable format.

**Contact Joy**, phone 02 4328 2230 or 0428 582 258 or email [fruvnu@gmail.com](mailto:fruvnu@gmail.com). [www.fruvenu.com.au](http://www.fruvenu.com.au)

### RICHMOND NSW

#### MEAT FREE COOKING WORKSHOP

**Presented by Ling Halbert**

Provides hands-on instructions for delicious, nutritious 3-course meat-free meals with appeal for the whole family. Recipes are simple and planet-friendly. Includes lunch and tour of the community

garden. For recipes, visit [www.rawlao.com](http://www.rawlao.com)

**Time:** Every 3rd **Saturday** of each month, 11am – 2pm: **20th September, 18th October, 15th November and 6th December**

**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](mailto:rawlaofood@gmail.com)**

For flavoursome **recipes** visit [rawlao.com](http://rawlao.com)

### ADELAIDE, SA COOKING UP A STORM

**Vegetarian with style**

**Presented by Natalie Playford**

Natalie offers:

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

"There is a big trend towards healthier, more plant-based eating," says Natalie. "People are wanting new ideas or simply a place to start. Or they may have health issues."

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

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

“ I love to boost my nutrient intake with *MicrOrganics* GREEN NUTRITIONALS superfoods . . . they're the best ”

LEE HOLMES, Author  
 SUPERCHARGED FOOD and EAT YOURSELF BEAUTIFUL  
[www.superchargedfood.com](http://www.superchargedfood.com)



**BEST GROWING LOCATIONS**

Knowing where on Earth your superfoods are grown is important, which is why we select the finest growers then proudly tell you where they are located and why they're the best.

**BEST PACKAGING**

We choose to pack in pure 100% recyclable glass bottles with metal caps to best protect our beautiful superfoods, the environment ... and you!

**BEST NUTRIENT PROTECTION**

Our unique **LOCTEC™** Nutrient Protection Technology keeps the sensitive nutrients safe from oxygen damage, light and moisture for guaranteed potency and freshness of your superfoods.



**BEST VALUE FOR MONEY**

You get more superfood nutrition for your money when you buy *MicrOrganics* GREEN NUTRITIONALS products.



© MicrOrganics 2014

 Join us on Facebook

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

Available at leading HEALTH FOOD STORES



MicrOrganics GREEN NUTRITIONALS MicrOrganics



# The Longing for Community WHAT AN ECOVILLAGE OFFERS

BY JOY MOZZI OF NARARA ECOVILLAGE, CENTRAL COAST NSW

There is a mounting feeling today that we have lost something that our grandparents might have experienced growing up in villages – a feeling of community, of belonging.

For many of us, wanting to belong and feel useful are strong reasons why we seek to live in a community. We are part of the bigger picture and more can be achieved by doing activities together. Ecovillages can provide this along with the added slant of working in with the environment.

Having shared facilities, such as barbecue/picnic areas, communal laundries and dining rooms, means that houses can have a smaller footprint on the Earth and reduce our expenses. Running costs for buildings can be reduced by them having high energy-star ratings. Rainwater tanks that capture rainwater make sense in Australia, with its dry seasons and increasingly erratic weather patterns. Using permaculture guidelines to grow suitable plants and trees around the home for shade in summer and allowing sun in winter will create balance and harmony.

Being self-sustainable, growing food, generating your own electricity and living independently of the grid are appealing.

Building a pizza cob oven as a project in an ecovillage brings together whole families, as eating and communal meals are high on most lists. Working bees and the sharing of tasks create an immense feeling of satisfaction and feed the soul. Life now has purpose.

Utopia? Perhaps not. Living with multiple personalities may challenge us from time to time. Fortunately, today we have access to different conflict resolution and governance models, which can help a lot. For example, Dynamic Governance aka Sociocracy is a governance structure based on the principles of equivalence, transparency and effectiveness.

Imagine having the plumber, IT guru, chiropractor, energy specialist, lawyer, child minder, catering manager, communicators, sales and marketing people, artists and builders all at your

fingertips. There is strength in numbers and diversity, which then creates opportunities for bartering and generating income.



Being able to work from home or in the village means less traffic on the roads, the possibility of carpooling (get rid of that second car) and less pollution from car emissions. Bring back the bicycle and walking in that lovely fresh air!

Living with other 'brains' stimulates our minds, inviting us to see things

from other perspectives. Learning and remaining active have been shown to increase longevity by creating healthy new neural pathways in the brain.

Laughter, socialising and support aid our emotional wellbeing. If a resident doesn't come out of their house for a day or two, someone would start asking questions or would knock on their door. 'I want some quiet time' is fine, and when you are ready there will always be some company and a cuppa or a gin-and-tonic in the offing!

An ecovillage attracts a wide age range of people, and support networks are often intergenerational. As one mum said, "We are a one-child family and I want

to know that my son can run safely in and out of the neighbours' houses and always have someone to play with". A village with car parking on the perimeter of the house clusters creates an even safer place in which children can ride bikes and play. Growing up in a village could help the teenagers' transition to adulthood go a lot more smoothly.

It's difficult to be bored in a community village. From the mental challenges of being a board member to the physical digging of vegetable gardens or a peaceful walk around the property or leading children's activities, there is always something to do for everyone.

## NARARA ECOVILLAGE

Narara Ecovillage is a community being set up near Gosford on the NSW Central Coast. Open days are held once a month – for details check the website or contact Lyndall Parris via lyndall@nararaecovillage.com or phone 0419 279 711.

Website [www.nararaecovillage.com](http://www.nararaecovillage.com)

**Joy Mozzi** is the director of Fruvenu P/L, [www.fruvenu.com.au](http://www.fruvenu.com.au). She has been a contributor to *Natural Health and Vegetarian Life* and is a regular advertiser in *True Natural Health*. Joy took the plunge to make a 'tree change' and is now living at Narara Ecovillage.



## Natural Paints & Oils

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

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



Natural Finishes - designed for healthy living.



507 Willoughby Road  
Willoughby NSW 2068

P 02 9958 0412  
[EcoAtHome.com.au](http://EcoAtHome.com.au)

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

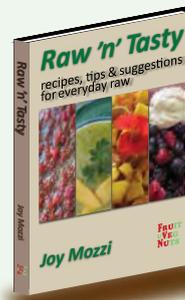
### Raw Vegan Food Workshop

Be motivated to enjoy increased energy levels and weight loss. Workshops provide a full menu plan with food tasting and recipe handouts. Joy offers Raw/Fresh Living Foods Classes in your home.

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

Lots of recipes with colour photos, tips and suggestions.

Only \$17 in an easily downloadable format.



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

P (02) 4328 2230 or 0428 582 258

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

# Rest, Refresh And Revitalise This Spring At Hopewood!



## Feeling A Bit Sluggish After Hibernating Over The Last Few Months?

Our proven approach to health and wellbeing has delivered outstanding results for thousands of guests. If you want to feel energetic, look your best and get more out of life, Hopewood is for you!

Everything you do, hear and eat at Hopewood is designed to optimise your health and wellbeing, including our:

- Detox and weight programs;
- Massage and beauty treatments;
- Naturopaths and life coaching;
- Aqua-aerobics and fitness;
- Yoga and Tai Chi; and
- Amazing vegetarian cuisine.

You'll take home the tips and tools you need to continue along a healthy path.

We even have individually tailored packages designed to help you unwind and set achievable long- and short-term health goals, in a gentle and nurturing environment.

Hopewood is a health-focussed home away from home and we'd love to welcome you as a guest.

## Time To Take The Sneeze Out of Spring!

Struggling with spring allergies? Here are some useful remedies to help minimise the effects of sneezing this season.

Sneezes are a psychological response to the irritation of the respiratory epithelium lining of the nose. The process begins with the release of chemicals such as histamine or leukotrienes, which are substances manufactured by inflammatory cells typically found within the nasal mucosa.

This chemical release can be caused by viral respiratory infections, filtered particles, allergens or physical irritations – such as smoke, pollution, perfumes and cold air.

Follow these steps to reduce sneezing this spring:

- Add honey and lemon to your herb tea. Honey is a mild anti-bacterial, while lemon will provide you with extra vitamin C. This combination can work effectively against allergy and cold symptoms.
- Pollen can collect in your clothes and hair, so have a shower and change your clothes after being outdoors for a significant amount of time.
- If there is a breeze blowing, close your doors and windows to help prevent pollen and other outdoor substances from entering you home or workplace.
- If your sneezing persists, limit your outdoor activity – especially in the morning. Pollen counts are highest from about 5am to 10am.

If you have tried all of these remedies and still cannot find relief, visit your local health care practitioner for further assistance.



## Time For Some Fresh Food This Spring!

Because a vegetarian diet is typically low in fat and high in fibre, cooking vegetarian food at home offers many health benefits. Avoiding animal fat in your diet can also reduce your risk of:

- Heart disease
- Colorectal, ovarian and breast cancers
- Diabetes
- Obesity
- Hypertension (high blood pressure).

Hopewood's Banana With Honey and Citrus Glaze is both delicious and healthy.

Follow the simple steps next page and enjoy this tasty dessert!

# A Hopewood Recipe

## BANANAS WITH HONEY AND CITRUS GLAZE

### INGREDIENTS

3 bananas, halved  
2 tbsp honey  
1 lemon  
1 lime  
1 orange  
Fresh mint for garnish

### METHOD

Place halved bananas on the plate with flat surface up, so the glaze will remain on the fruit more evenly.

Zest half lemon, orange and lime, reserving juices.

Combine the citrus juices with honey and mix well until honey thins slightly. Pour over the bananas and garnish with fresh mint and the zest of the citrus fruits.

***Bon appétit!***



For more delicious and healthy Hopewood vegetarian recipes, visit [hopewood.com.au](http://hopewood.com.au) where you can purchase the hopewood@home Recipe Book



## Natural Eye Care

Eye tests, glasses/sunglasses, contact lenses

Jenny Livanos, Holistic Optometrist,  
Nutritionist, Natural Vision Improvement  
instructor with over 20 years experience.

**Holistic optometrist offers the full range of standard eye tests plus prescriptions for glasses.**

### Natural vision improvement

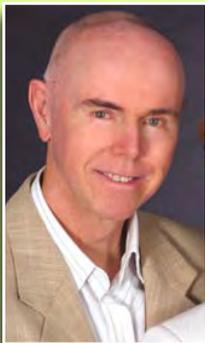
- ~ Bates method exercises
- ~ Colour Blindness spectacle lenses now available
- ~ Preventive eye care
- ~ Revitalvision program
- ~ Books, pinhole glasses, programs

### Nutrition guidance to help healing for:

- ~ Cataracts
- ~ Macular degeneration
- ~ Glaucoma
- ~ Learning
- ~ Myopia

### Children's vision therapy

**Appointments: 02 8765 9600 or  
email [concordoptometrist@hotmail.com](mailto:concordoptometrist@hotmail.com)  
[www.naturaleyecare.com.au](http://www.naturaleyecare.com.au)  
227 Concord Rd, North Strathfield NSW 2137**



A REGULAR COLUMN

# My Personal History in Brief

By Greg Fitzgerald, Osteopath and Naturopath

I was raised in the 50's and 60's on conventional meat and three veg by parents who, typical of many in the post-war era, both smoked and drank plenty of alcohol.

The beginning of my health awareness came when I was 15. I was in the habit of consuming one to cups of tea a day, one in the morning with toast for breakfast, and perhaps a second one after dinner watching Highway Patrol, which starred Broderick Crawford.

One day I rushed off to school without my tea fix and by recess had a dull headache, something I had never had before.

I then realised that it was *not* having the tea that had caused my headache. I reasoned that as it had caused pain *not* drinking it, what was it doing to me each time I *did* drink it. Since that time, I have abstained from all tea (and also other sources of caffeine).

My parents suffered from a number of health issues and would often visit our family doctor, Dr John Knight, who later became famous as Dr James Wright on the Mike Walsh Show. My parents' problems were always treated with pills and injections, a response I repeatedly questioned even as teenager.

After graduating from UNSW as a teacher, I taught high school for seven years. During this time (my 20's), I took an interest in weight training, fitness and nutrition, even though my diet regularly included animal protein. I was very active and also played first grade cricket for Balmain until 30 years of age.

As my interest in health grew, I made the decision in my early 20's to give up all alcohol. I had never smoked, nor took drugs or took out 'naughty' women, although I was tempted by the latter (just kidding).

What really struck me when I was teaching (I taught at Tumburumba and Woollooware High Schools) was the

general poor health and fitness of the pupils. I found I was becoming increasingly interested in studying nutrition and health, so in my late 20's I studied a 10-week part-time course in nutrition at the Australian College of Natural Therapies, where the lecturer, Tove Rieten, had a profound and inspirational impact on me. I loved the course and my future was determined. Also attending that course was Dr Peter Ray, who also went on to make natural health and osteopathy a successful career change.

Following that part-time course, I quit teaching to study naturopathy full time for three years. I vividly recall the reaction of my parents and others who were shocked at my decision. What is a naturopath? my parents asked, and who do you think will pay money to consult you when a doctor is available? I met mainly negative responses from everyone except a couple of friends, but I was undeterred. The study also meant that I had to give up my beloved first-grade cricket career, which was a huge decision at the time.

After graduating as a naturopath, I decided to complete a dual-registration course in osteopathy and chiropractic, which I felt would only add to my knowledge of the human body.

In 1984 I set up my Health for Life Clinic in Cronulla, and my first assistant was a girl named Dawn, who agreed to work for me for two weeks as a trial. Some trial! We married in 1990 and have been a unit for 30 years now. My wedding speech was decidedly politically incorrect – I stated that once married, I would rule the roost! But Dawn could rule the rooster!! Dodged a bullet with that last sentence! I have always thought humour was good for the immune system.

We have three beautiful and healthy children – Emily aged 23, Jesse 21 and Rikky 16 – and we all still work together in the clinic as well as in our Health for Life seminars, which have been

running for 30 years. We have also been fortunate to have Dr Michael McInerney work at the clinic for the past 25 years, contributing his vast knowledge and experience.

These many years later, I still retain my passion for spreading the truth about health and disease, and for helping people enjoy life from a foundation of robust health and vitality. The best way to enjoy life is to be healthy with abundant energy. It's very difficult to fully enjoy life if you live with chronic sickness.

Along the way I have made many mistakes, but the important thing is to learn from them, and this I have tried to do.

In the next issue of *True Natural Health*, I will share with you what these nutritional and lifestyle mistakes were, and how they may indeed help you in your journey to high-level health.

## --- Seminar ---

presented by Greg and  
Dawn Fitzgerald

### 'Raising Healthy Children, Naturally – from Babies to Teenagers'

Where: Hazelhurst Art Gallery,  
782 Kingsway, Gympie

When: Tuesday 28th October,  
2014, 7 – 9.30pm

For more details, phone Dawn on  
(02) 9540 1962 or visit  
[www.healthforlife.com.au](http://www.healthforlife.com.au)

# Constipation, IBS and the elephant!

By Greg Fitzgerald, Osteopath and Naturopath

In the naturopathic side of my practice, I regularly see people of all ages suffering from irritable bowel syndrome (IBS) and constipation, among other more serious gut problems, many of whom have been referred by their gastroenterologist.

In nearly all cases of IBS and constipation, the person consults me after having seen many doctors and sometimes specialists.

One lady, Kristie aged 31, consulted me in August 2013. She presented with severe constipation, abdominal bloating and pain. Having been constipated all her life, she could not remember ever going to the toilet on consecutive days. Her most severe constipation was in 2012 when she went 30 days without a bowel movement. For this she was administered pre-op medication to force her bowels open. Since then, she had gone to the loo once or, at most, twice a month. Consistent with our understanding of the intimate link between the gut and brain, she had also experienced depression and anxiety, for which she had been intermittently prescribed anti-depressants.

I went through Kristie's diet and lifestyle

very thoroughly and recommended that she make some immediate dietary changes. I also advised her to avoid the gym and all exercise. Kristie, inspired by my confidence in a positive outcome, complied and promptly went through two days of severe discomfort as her body detoxified from the stimulants (especially caffeine withdrawal) and irritants she had been used to.

On day three Kristie felt better and immediately had a bowel movement. Days four, five and almost every day since, Kristie has had bowel movements without any laxatives, herbs or any other forcing measures. Her abdominal bloating and pain disappeared. She also stated that she felt better mentally.

This brought great delight and surprise to Kristie. For me, I was happy for her, but I wasn't surprised at her improvement. It was predictable. She removed the causes of her problem, supplied her body with the conditions of health, and hey presto! good health and digestive system efficiency ensued.

Kristie has remained in good digestive

health, as she declared in my last conversation with her on 21<sup>st</sup> October 2013.

What always does surprise me, though, no matter how many times I encounter it, is the following story about elephants.

As with so many people experiencing gut problems like IBS, constipation, diarrhoea and even more serious issues like Crohn's disease and ulcerative colitis (inflammatory bowel diseases), Kristie had *never* been asked by her doctor what she ate! Never! In fact, it is rare for me to hear of any medical doctor or specialist asking in detail what their patients eat.

If you take a sick animal to a veterinarian, be it a dog, cat, bird or for argument's sake, an elephant, the *first* thing they ask is, "What are you feeding this elephant?"

So the moral of this story is, if ever you suffer any gut issues and want rational and commonsense advice on how to recover without radical drugs and surgery, you first go to see a vet!

At least they won't miss the elephant in the room!



## SETS OF BACK ISSUES

Sets of still-in-print back issues approximately 25 issues

Members \$50 (NT, WA \$55)

Non-members: \$55 (NT, WA \$60)

Full of vital health information.

An ideal investment or gift

**ORDER NOW from  
The Natural Health Society**

28/541 High St, Penrith NSW 2750

Ph (02) 4721 5068 Fax (02) 4731 1174

Email [admin@health.org.au](mailto:admin@health.org.au)

(Cheque, Money Order or Credit Card)

Wisdom  
for Living

OWISE

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



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



# How to Conquer Stage Fright

## Simple Tips to Successful Public Speaking

By Tula Tzoras

Do you ever feel the ground disappear under you when you have to open your mouth to speak in public?

Do your body and voice shake?

Do you stop breathing, get dizzy and feel anxious?

### YOU ARE NOT ALONE!

In fact, public speaking is rated as one of the top two fears people have. Can you guess what the other is? Other people!

Allow me to conquer that one first. What do people care about the most? Believe it or not, themselves! Knowing that immediately frees one from seeking approval. There is no need for that fear. Of course, knowing that and absorbing it organically are two distinct things. Hence Stage Fright!

Please allow me to offer some simple tips to conquer stage fright.

### PREPARATION FOR YOUR SPEECH

- ❖ Know your material as well as you possibly can. Speaking on a subject you are passionate about is the best way to go. You will exude natural enthusiasm when you love a topic. This authenticity connects with your audience large or small.
- ❖ Many speakers also use bullet points or PowerPoint presentations to guide them along. That provides the audience with visual aids and makes for a more interesting presentation.
- ❖ Prepare your power stance or warrior-pose: Here we stand with our eyes closed and recall a winning moment. Think a huge YES! When we have it securely in our mind and capture the feeling, we express it with a physical gesture, stamping our feet one at a time with our legs hip distance apart, for example. This programs you to recall that feeling every time the power stance is repeated.
- ❖ Spend some time thinking about the purpose of your speech and how it may benefit others. This will allow you to take the focus away from self and focus on the service you are here to provide.
- ❖ Now that you know your material, have prepared your presentation, have your power stance set and know the service you are providing, you are ready to create it before you even step onto that stage.
- ❖ Begin by thinking about how you would like it to look, how the audience will

respond and how you will ideally feel. What is the ideal situation for you? What is the ultimate outcome?

- ❖ Now that you have that together, go to a quiet place where you will not be disturbed. Sit or lie with your back straight. This will allow your channels to open to your creative source of inspiration.
- ❖ With your back straight, breathe in as much air as you can, then slowly and gently and breathe out. Keep this going without a pause. Imagine air going through your whole body, from tip to toe in a perfect circle.
- ❖ Focusing on your breath, begin now to imagine your speech from the very beginning. Visualize yourself getting ready, travelling there easily and effortlessly, finding parking easily and being on stage feeling open and completely relaxed. Imagine the audience responding to you positively, and the love you exude coming back to you. Then imagine your outcome and feel the gratitude for your experience.

❖ Open your eyes and come back to the room, giving thanks.

❖ The only other thing to do now is to choose your wardrobe and decide on hair and make-up if you are female.

You have already set the scene, now you are able to relax in full trust.

### AT THE EVENT

- ❖ As you prepare to go on stage, set your intention to perform brilliantly and to help your audience, and so achieve your outcome. You may do this by beginning with "I intend to ..." and finishing with your intention.
- ❖ Though event organisers usually take care of technical requirements, it is always best to ensure everything is working properly for your own peace of mind.
- ❖ Check your material, wardrobe, hair and makeup. It should represent your brand, presenting you at your best.
- ❖ Warm your voice. There are voice exercises you can do to relax your face and warm your vocal cords so that you may project your voice and articulate your statements. One of these exercises requires that you sound m-m-m-m-m continually, while breathing from your diaphragm. If you do this correctly, you will feel a vibration. Vocal warm-ups are another chapter. This however will give you an idea!

❖ Now! Remember your Power Stance? The minute before you launch yourself onto the stage stamp your feet on the ground with that YES feeling. This will help to put you in the right frame of mind and help you claim your ground.

### YOU ARE ON!

- ❖ Feel your nerves come up? Take your time, look at your audience, connect with them eye to eye and breathe! You can channel your nerves into creative expression. Use them. The important ingredient here is that you breathe.
- ❖ Use three points on stage to travel to and from. Usually it is either side of the stage and the middle.
- ❖ If you are speaking from a lectern, ensure you address the entire audience with your eyes.
- ❖ Connect with the audience with a joke!
- ❖ Divulging your feelings sometimes brings the audience closer to you. Do not however, make excuses, such as the accident you had on the way, for example!
- ❖ Any time that nerves come up, all you need to do is remember the service you are here to provide and how you are helping your audience. That will remove the focus from you. Reminding yourself to breathe is vital also.
- ❖ Smile, smile and smile.
- ❖ If you experience technical difficulties, just apologise, even make a little joke, it happens to everyone.
- ❖ People like people they can relate to, it's OK to be human.

There you have it! You now have all the ingredients to conquer any public speaking fears. Practice makes perfect. The more you practise these tools, the easier it will become.

If you meditate regularly, you may experience a total connection with everyone and everything around you. If and when you get to that stage, being on stage or in front of people will not make a difference to you at all.

I wish you amazing Success!

*Tula Tzoras, The Inspiration Genie, is here to Unleash Your Full Expression. She is an author, speaker and coach, with a successful acting career behind her, having starred in several of Australia's popular shows. For more information, courses and coaching, please visit [www.tulatzoras.com](http://www.tulatzoras.com)*

## BREAST CANCER: MAMMOGRAPHY NO BETTER THAN PHYSICAL EXAMINATION

A 25-year study of 89,835 Canadian women, aged 40 – 59, randomly assigned half to mammography (five annual mammography screens) and half to no mammography. The mortality from breast cancer was similar in both groups.

The researchers concluded that annual mammography in women aged 40 – 59 does not reduce deaths from breast cancer any better than physical examination or the usual care for breast cancer.

(Source – *British Medical Journal, BMJ* 2014;348:g366 doi: 10.1136/bmj.g366)

## LOW-GRADE PROSTATE CANCER NOT A KILLER,

Researchers at Brigham and Women's Hospital in Boston have discovered that low-grade cancer always stays low-grade and doesn't become life-threatening. They analysed 1,200 prostate cancer patients between 1982 and 2000

Cancer specialists have assumed that prostate cancer can become life-threatening and recommend surgery or radiotherapy. But the researchers conclude that this intervention – which can result in impotence or incontinence – is unnecessary if the cancer is low-grade. Instead, men should adopt a 'watchful-waiting' approach, where there are regular check-ups but no intervention.

(Source: *Cancer research*, 2013; 73: 5163)

## DROP OFF TO SLEEP WITH A RAINDROPS APP

The sound of rainfall can induce sleep in people suffering insomnia. A new non-drug device uses an app which has recordings of sleep-inducing rainfall.

The app, 'Sleepmaker Rain' has 17 tracks offering a wide range of rain sounds. The rain can be gentle, medium or heavy. Then there are options including rain against windows, on canvas, on foliage or torrential downpour. A timer in the app allows it to be set to turn off automatically at a later time, hopefully when you are asleep.

Sleepmaker Rain is free. It is compatible with iPhone, iPod touch, iPad, Android

URL: [itunes.apple.com/au/app/sleepmaker-rain-free/id317858067?mt=8](https://itunes.apple.com/au/app/sleepmaker-rain-free/id317858067?mt=8)

(Source: adapted from Dr Rosemary Atkinson, *Medical Observer*, 16<sup>th</sup> July 2014)

## BREAKFAST — NOT THE MOST IMPORTANT MEAL AFTER ALL

The highly respected American osteopathic physician, Dr Joseph Mercola, reports that recent research has concluded that, contrary to popular belief, eating breakfast does not help you lose weight.

Further, other recent research has found that eating breakfast does not improve your metabolism. Instead, it is linked to a greater overall dietary energy intake.

Omitting breakfast, as part of an intermittent fasting schedule, says Dr Mercola, can have a number of important health benefits, from improving insulin sensitivity to helping your body shift into burning fat instead of sugar as its primary fuel.

[EDITOR'S NOTE: The Natural Health Society has been advocating a breakfast of fruit only for over 50 years. It is helpful to see more research backing this view.]

(Source: [www.Mercola.com](http://www.Mercola.com) enews June 20, 2014)

## LESS ALCOHOL FOR A HEALTHY HEART

Alcohol may be good for our hearts, according to some studies, but new research indicates that drinking less is even better. People who cut down on the booze improve their heart health, and see their body-mass index (BMI) and blood pressure drop.

University of Pennsylvania researchers have concluded that even light drinkers – consuming the equivalent of one small glass of wine a day – would benefit by cutting back.

The researchers analysed more than 50 studies that involved around 260,000 people.

(Source: *British Medical Journal*, 2014; 349: g4164 – reported by WDDTY, 18<sup>th</sup> July 2014)

## LESS ALCOHOL, LESS STROKE RISK

Most epidemiologic studies have found that there is a reduced risk of stroke with light to moderate alcohol consumption.

In a new study the authors conclude that low alcohol intake is associated with a reduced risk of stroke occurrence and death, whereas heavy alcohol intake is associated with an increased risk of strokes.

The quantity of alcohol associated with the least risk of stroke is from none to 20 grams per day.

This study – based on an analysis of 27 previous studies – categorised light consumption as less than 15 gm/day, and moderate consumption as 15 – 30 gm/day.

(Source: Zhang, C. et al, *Int J Cardiol* 2014 – reported by the International Scientific Forum on Alcohol Research (ISFOAR), 5 June 2014

## WHY WE SHOULDN'T REFRIGERATE TOMATOES

By Dr Mercola

Storing a tomato at room temperature (around 20°C) allows it to maintain its existing volatiles, which give it its flavor, as well as produce more of them.

Storing a tomato at refrigerator temperature causes the volatiles to break down and may also lead to changes in texture, premature softening, surface pitting and increased decay (this is true even prior to harvest).

If you want your tomatoes to ripen quickly, put them in a brown paper bag. They will release ethylene gas (as do bananas) that will help them to ripen quickly.

(Source: [www.Mercola.com](http://www.Mercola.com) enews March 22, 2014



## BLACK MICA SOLUTION naturally purifies water

Makes water clean, safe and tasty  
by removing/reducing

- Heavy metals
- Bacteria and viruses
- Chlorine and fluoride

Also excellent for

- Skin cleansing
- Insect & plant stings
- Washing vegies

**BIO TEA** Refreshing organic cold brewed green tea

**ZENMAI** Roasted brown rice drink great coffee alternative



**ZENFOODS**

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

T:(02) 4968 4825 (07) 4159 5647



# Nutritional Deficiencies cause disease

## Gerson Therapy can come to the rescue

By Jo Thompson, RN, BN, Health Practitioner

Dr Max Gerson developed a therapy based on nutritional deficiencies and toxicity, which are the main drivers of disease.

In today's society we are bombarded with toxins and our food is deficient in essential nutrients, particularly minerals and vitamins. Our soils have been farmed and laced with poisons to the point that life-giving minerals are so depleted that some are nearly 'extinct'. The effect on the human race is evident in the number of illnesses and diseases that continually present themselves in our clinics.

Common are hypothyroidism due to low iodine, pyrole mind conditions due to low zinc and vitamin B<sub>3</sub>, depression and anxiety due to low B<sub>3</sub>, B<sub>6</sub> and magnesium, and the list goes on and on. Gerson therapy alleviates these nutritional deficiencies and eliminates the toxins.

Supplementation of essential minerals and vitamins is necessary today. Our plants cannot pull minerals from the soil if they are not there. We cannot extract those minerals from our food if they are non-existent, so we become deficient. Without minerals, biochemical reactions in the body cannot occur, including those that keep our immune system strong and digestion and absorption functioning properly.

For example, iron and zinc are required to make hydrochloric acid in the stomach. If these two minerals are depleted, hydrochloric acid will be low and you will suffer some of the following symptoms: bloating, indigestion, heartburn, malabsorption of nutrients, fatigue and, if left untreated, other systems in the body will be affected, possibly causing allergies and intolerances, which can lead on to anxiety and depression and so on.

I always order a set of pathology blood tests so I can assess my client's current health status. The personal biochemistry tells me where the body is deficient and which areas are not functioning optimally or not at all. We then implement Gerson Therapy at the level required.

Diseases take many years to develop, and thus can take many years to heal. Gerson Therapy is a long-term therapy and not a quick fix. It aims to increase the healing power of the body by giving it the right tools. It eliminates the toxins and wastes that diseases 'feed on'. It strengthens the immune system, giving the body every fighting chance to heal.

It is possible to read a person's body and detect disease long before a doctor's

diagnosis. Here are a few clues:

Am I zinc deficient? Look for white spots on your nails, raised lumps like pimples on the backs of your arms, wounds that won't heal, digestive problems or anxiety.

Am I magnesium deficient? Is there cramping or restless legs at night, insomnia or poor sleep, fatigue or twitching muscles, for example eye lids?

Am I iodine deficient? – thyroid issues, for example hypothyroidism, breast cancer or infections.

Am I iron deficient? Do you eat vegan or have fatigue, dizziness or irritability or feel overwhelmed?

All ill health begins with an inflamed body. Over time, the body can no longer manage the situation and either starts to attack itself (autoimmune disease), tries to over-ride the situation or develops degenerative diseases.

You can learn to read your body and look for signs and symptoms of disease before they are diagnosable. Some signs and symptoms to look for are:

**Being overweight** causes inflammation, which then leads to disease. A male's waist circumference should be under 90 cm and a female under 80 cm.

**Test your PH.** If it's under 6.8, you are acidic and putting your body at risk of disease, including infections.

**Do your nails spilt and break,** again you are deficient in minerals and vitamins.

Are there ridges horizontally, which can indicate malabsorption and maybe deficiency of iron or B<sub>12</sub>

**Constipation** is probably one of the greatest causes of disease. You are absorbing toxins every day and thus putting strain on the liver and immune system, once again predisposing yourself to autoimmune diseases, bowel conditions and even cancer.

Your **tongue** should be pink, not white or yellow. If there are teeth marks on the sides you are not absorbing nutrients well.

If you have **loose or smelly stools** (poo), your digestion is poor, which will predispose you to IBS, Crohn's disease, arthritis, cancer, intolerances, allergies and other diseases.

Learn to read your own body and then use nutritional therapies such as Gerson to heal, nourish and replenish the body. Under the right conditions our amazing bodies will heal themselves. I see this over and over again in my clinic. People think it's a miracle when their headaches cease, sugar cravings fade or they are no longer diabetic or in pain.

But only you can change your habits. We are happy to guide, support and monitor you. For more information or to have your blood pathology report analysed, contact Jo Thompson on 02 4384 1501.

**Bn2 health**

Joanne Thompson  
Health Practitioner  
RN BN

**'Gerson Therapy'**  
The missing link in vital health

*I would like to share this amazing, enlightening and life giving therapy with you. 'Gerson Therapy', designed by Dr Max Gerson, is to facilitate with the healing of cancer. My passion is to empower people to take control of their health, to improve their outcomes and to assist them in making an informed decision as to which is the best treatment.*

• Health Workshops & Programs • Lymphoedema Treatment • Massage

**BOOK NOW**

**0404 280 446**  
**02 4384 1501**  
3 Longs Road,  
Bateau Bay NSW 2260  
info@bn2health.com.au

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

# ALPHABETICAL INDEX OF TOPICS

## 'True Natural Health', Spring 2012 to Winter 2014

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
100 YEARS OLD AND STILL COUNTING!	Member story – Les Moore	2014	Autumn	2
ACAI BERRY	Purple superfood with abundant nutrients	12/13	Summer	18
ACID & ALKALI-FORMING FOODS	Explanation; cooked veg. alkalisng (YQA)	2014	Autumn	8–9
ACID/ALKALI BALANCE	75–80% vegetables & fruit diet ideal (YQA)	2012	Spring	8
AGEING: Five tips to slow physical signs	True beauty really does come from within	12/13	Summer	24
AIR FRESHENERS – HOW TOXIC?	Chemical dangers; safe alternatives (YQA)	2013	Autumn	9
ALCOHOL	Food For Feeling Great, Part 7 – Extras	2013	Autumn	35–36
ALLERGIES AND FOOD SENSITIVITIES	Migraine and Other Headaches	2013	Spring	33–34
ALLERGIES AND INTOLERANCES, FOOD	Including gluten and dairy; enzymes	2014	Winter	20–21
ALZHEIMER'S DISEASE AND DIABETES	Risk factors; how to avoid; diabetes link	13/14	Summer	32–35
AMALGAM REMOVAL, SAFE	Mercury Madness, Pt 2; warnings/checklist	12/13	Summer	29–31
ANIMAL FATS	Food For Feeling Great, Part 6	12/13	Summer	38
ANTIBIOTICS	Coeliac disease; gluten intoler.; leaky gut	2014	Autumn	28
ANTIBIOTICS	When it's important to take them	2014	Autumn	34–35
ANTIOXIDANTS	In food and supplements; free radicals	12/13	Summer	8
ARTHRITIS 'CURED'	Member story – Yvonne N. Jones	2012	Spring	37
ARTHRITIS AND GOUT	Miracle 'cure' of cherries (YQA)	2014	Winter	7–8
ARTIFICIAL ADDITIVES	FFFG, Pt 7: Colours/flavours/preservatives	2013	Autumn	39
ASPARTAME	FDA protection for?; versus stevia (YQA)	2012	Spring	8
ASTHMA, WHOLISTIC ANSWERS FOR	Med. view; causes; diet/lifestyle changes	2014	Winter	32–35
BACH FLOWER REMEDIES	Safe; interesting results; emotional release	2013	Autumn	20–21
BATES METHOD FOR EYE CARE	An optometrist's positive perspective	2014	Winter	12
BEAUTY Really Does Come from Within	Five tips to slow physical signs of ageing	12/13	Summer	24
BILIRUBIN, ELEVATED (JAUNDICE)	Causes and correction (YQA)	2012	Spring	10 & 11
BLADDER, LOOKING AFTER	Various disorders; diet and treatments	2013	Spring	26–27
BLOATING	Triggers, treatments, diet, etc.	12/13	Summer	25–27
BLOOD PRESSURE – HIGH AND LOW	Migraine and Other Headaches	2013	Spring	34
BOOKS ON NATURAL HEALTH	New books reviewed; NHS Shop	ALL	ALL	
BPA LINING IN FOOD CANS?	Some yes, some no; Australian info (YQA)	2014	Winter	6–7
BREATHING THROUGH THE NOSE	Essential for many reasons (YQA)	2013	Autumn	8
BROCCOLINI from Perfection Fresh	How to cook and serve; where to find	2013	Winter	20
BUTTER AND CREAM (DAIRY)	Food For Feeling Great, Part 6	12/13	Summer	38
CAFFEINE BLUES	Conflicting health info; facts and ill-effects	2014	Autumn	18–19
CANCER	And dental fluorosis	13/14	Summer	17
CANCER	Gerson Therapy case study	2013	Winter	18
CANCER	Gerson Therapy: Two case studies	2013	Autumn	24
CANCER, BREAST – MAMMOGRAMS	Largest, longest study finds no benefit	2014	Winter	39
CANCER, BREAST – RAW FOOD 'CURE'	Janette Murray-Wakelin's story	2014	Winter	2–3
CANCER CAN BE CONQUERED	Bovine cartilage and other treatments	13/14	Summer	24
CANCER, MANY TYPES, & OTHER DISEASES	Often linked to vitamin D deficiency	12/13	Summer	2–4
CANCER, PROSTATE	Gerson Therapy case study	12/13	Summer	20
CANCER, SKIN, on rise despite SunSmart	Sunshine and vitamin D – latest research	12/13	Summer	2–4
CANCER TESTING – HCG	No more guesswork; how to obtain	2014	Autumn	24
CARBOHYDRATES, SUGARY	Food For Feeling Great, Part 5	2012	Spring	30–34
CARRAGEENAN CARCINOGENIC?	Research conflicts; moderation wise (YQA)	13/14	Summer	7–8
CHERRIES AND CHERRIE CONCENTRATES	Miraculous for gout and arthritis (YQA)	2014	Winter	7–8
CHIA SEED – mighty nutritional punch	Nutrient content; Australian chia	2013	Winter	21
CHOCOLATE	Food For Feeling Great, Part 7 – Extras	2013	Autumn	38
CHOLESTEROL MYTH/DRUGS	Dangerous statin drugs	2012	Spring	2–3
CLIMATE, AUSTRALIAN IN 2012	From CSIRO News, March 2012	2012	Spring	14
CLIMATE CHANGE AND HEALTH	IPCC report: Emerging Risks & Consensus	2014	Winter	14
COCOA AND CACAO – DIFFERENCE?	Cocoa heated; benefits and negatives (YQA)	2014	Winter	8–9
COCONUT AS FOOD AND HEALER	Why and how; myriad of uses	2014	Autumn	32
COELIAC DISEASE	Dealing with the wheat/gluten nightmare	2014	Autumn	27–28
COFFEE ENEMA MYSTERY SOLVED	Gerson Therapy: How done; why it works	2012	Spring	35
COFFEE ENEMA – GERSON THERAPY	How it works for detox; amazing benefits	2014	Autumn	25
COFFEE – sometimes touted as healthy	The facts and ill-effects	2014	Autumn	18–19
COFFEE SUBSTITUTES	Food For Feeling Great, Part 7 – Extras	2013	Autumn	35
CONDIMENTS	Food For Feeling Great, Part 7 – Extras	2013	Autumn	36–37
CONFECTIONERY	Food For Feeling Great, Part 7 – Extras	2013	Autumn	38
CONFIDENCE AND SELF-LOVE	Boost your confidence 'muscle'	2013	Autumn	14
CONSTIPATION NATION	Hopewood: Causes and solutions	13/14	Summer	14
COTTAGE CHEESE – HOPEWOOD RECIPE	YQA this issue; also covered Autumn 2012	2012	Spring	11
CRAVINGS – 'Belly Monster'	Stress/adrenalin/cortisol; changing	2013	Winter	31
CRAVINGS	Can indicate mineral deficiency; tests	2014	Winter	37
DETOXIFICATION OF MERCURY	Mercury Madness, Part 4: When and how	13/14	Summer	26–30
DETOXING AND DESTRESSING	Made easy at Hopewood Health Retreat	2013	Autumn	18–19
DIABETES AND ALZHEIMER'S DISEASE	Escalating in lockstep; how to avoid	13/14	Summer	32–35
DIABETES – MEAT/ANIMAL PROTEINS	'Don't feed the (wo)man diabetes'	2013	Winter	29
DR MERCOLA'S E-NEWS	Summary of recent important topics	2013	Autumn	32
DR MERCOLA'S E-NEWS	Summary of recent important topics	2014	Autumn	38–39
DR MERCOLA'S E-NEWS	Summary of recent important topics	2014	Winter	38–39
DRIED FRUITS	FFFG, Part 5: 13 different types covered	2012	Spring	30–32
DRINKING WITH MEALS	Avoid – dilutes digestive juices	2013	Autumn	6
DRINKS	FFFG, Pt 7: Water and many other drinks	2013	Autumn	34–37
DYSBIOSIS (see Probiotics & Synbiotics)	Too many bad bacteria in the gut	2014	Winter	25

# ALPHABETICAL INDEX OF TOPICS – SPRING 2012 TO WINTER 2014

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
ELECTRO-HYPERSENSITIVITY AND OH&S	Smart meters and wireless technology	13/14	Summer	36-37
ELECTROMAGNETIC RADIATION/FIELDS	See EMR/EMF			
EMR METERS	Hiring information	13/14	Summer	37
EMR/EMF IN SOLAR PANELS?	None in panels, low in converter (YQA)	12/13	Summer	10
ENDOCRINE SYSTEM	Glands, hormones and metabolism	2014	Winter	36
ENZYMES POWER US THROUGH LIFE	Ageing connected to poor enzyme activity	2014	Winter	20-21
ENZYMES, THE POWER OF	In the body; enzyme therapy	2013	Winter	4-5
EXERCISE – THE BIGGEST MISTAKE	Health and energy need to come first	2014	Autumn	4
EXERCISE – TOO MUCH CAN BE BAD	Adrenal and nerve depletion; bloating	12/13	Summer	26
EXERCISE AND HEART DISEASE: WARNING	Exercise is not the answer to a bad diet	2013	Winter	16
EYE CARE, NATURAL	An optometrist's positive perspective	2014	Winter	12-13
EYE STRAIN	Headaches; natural vision improvement	2013	Spring	36
FAR INFRARED HOME HEATING	Healthy and eco-friendly	2014	Autumn	16-17
FASTING BASICS – JUICE AND WATER	Part 1, by Hopewood naturopath	2012	Spring	28
FASTING BASICS – JUICE AND WATER	Part 2, by Hopewood naturopath	12/13	Summer	16
FATS AND OILS – SMOKE POINT	Burnt = carcinogenic; oils temp. table	12/13	Summer	10-11
FATS/OILS, CONCENTRATED	FFFG, Part 6: Structure and saturation	12/13	Summer	34
FATS/OILS, CONCENTRATED	Food For Feeling Great, Part 6	12/13	Summer	34-38
FATS/OILS, CONCENTRATED	Plant, animal, omega-3s, cold-pressed, etc.	12/13	Summer	34-38
FIBREGLASS INSULATION – CANCER?	New biosoluble better; an alternative (YQA)	2013	Winter	7-8
FINGERNAILS, SOFT WITH RIDGES	Diet and treatments; keratin (YQA)	2013	Spring	9-10
FISH NECESSARY?	No; omega-3s in plant foods (YQA)	2012	Spring	9
FISH OIL	Food For Feeling Great, Part 6	12/13	Summer	38
FLUORIDATION OF WATER SUPPLIES	Unethical history; latest studies/statistics	13/14	Summer	16-18
FOOD ADDITIVES – ARTIFICIAL	Food For Feeling Great, Part 7 – Extras	2013	Autumn	39
FOOD COMBINING	Bloating	12/13	Summer	27
FOOD COMBINING FOR GOOD DIGESTION	Guidelines/primary & secondary importance	2013	Autumn	4-6
FOOD FOR FEELING GREAT (FFFG)	Part 5: Sugary Carbohydrates	2012	Spring	30-34
FOOD FOR FEELING GREAT	Part 6: Concentrated Fats, Oils	12/13	Summer	34-38
FOOD FOR FEELING GREAT	Pt 7: Extras – Some Goodies, Some Baddies	2013	Autumn	34-39
FOOD RATIOS	75-80% veg. & fruit ideal; acid/alkali (YQA)	2012	Spring	8
FORGIVING YOURSELF	Mistakes; self-forgiveness exercise	13/14	Summer	2
FREE RADICALS – WHY SO TOXIC?	Types & catalysts; damage & diseases	12/13	Summer	6-8
FREE RADICALS: Where/causes/defences	Food/smoke/stress/exercise/chemicals	12/13	Summer	7-8
FRUCTOSE	Good & bad (Food For Feeling Great, Pt 5)	2012	Spring	34
FRUIT AND VEGGIES; VEG. ANTIOXIDANT	Cancel bad heart genes; as good as statins	2012	Spring	4
FUNGAL RASHES IN GROIN	Causes; natural treatments (YQA)	2013	Spring	10-11
GARLIC	Food For Feeling Great, Part 7 – Extras	2013	Autumn	37
GERSON THERAPY	Coffee enema mystery solved	2012	Spring	35
GERSON THERAPY	Will it cure me? Case study: Prostate cancer	12/13	Summer	20
GERSON THERAPY	Case studies of two different cancer types	2013	Autumn	24
GERSON THERAPY	Part 1: The Diet; cancer case study	2013	Winter	18
GERSON THERAPY	Part 2: Juicing the Gerson Way	2013	Spring	29
GERSON THERAPY	Part 3: Nutritional Supplements	13/14	Summer	25
GERSON THERAPY	Pt 4: Coffee Enema; detox/amazing benefits	2014	Autumn	25
GERSON THERAPY	Gerson therapist Jo Thompson's own story	2014	Winter	28 & 35
GLUCOSE SYRUP	Junk food (Food For Feeling Great, Part 5)	2012	Spring	34
GLUE EAR IN INFANTS	Causes; diet, treatment, remedies (YQA)	12/13	Summer	11-12
GLUTEN AND COELIAC DISEASE	Dealing with the wheat/gluten nightmare	2014	Autumn	27-28
GLUTEN SENSITIVITY, not coeliac disease	Disease-causing all the same; inflamm.	2014	Autumn	26
GLUTEN-FREE BRANDS	Easier to find now; several brands listed	2014	Autumn	28-29
GOTU KOLA – a key to youthfulness	Superherb for wounds, scars, memory	13/14	Summer	10
GOUT – A SERIOUS CONDITION	Uric acid; causes and resolution	13/14	Summer	20
GOUT AND ARTHRITIS	Miracle 'cure' of cherries (YQA)	2014	Winter	7-8
GRAPE SEED OIL	Light/healthy for salads, not cooking	12/13	Summer	10
GREEN SMOOTHIE	Boosts metabolism; recipe	2013	Autumn	2
HEADACHES INCLUDING MIGRAINE	Causes; how to prevent and relieve	2013	Spring	32-37
HEALTH SYSTEM STUPIDITY	Blind faith in medicine disastrous	2013	Spring	4
HEART DISEASE AND EXERCISE	Exercise is not the answer to a bad diet	2013	Winter	16
HEATING, HEALTHY	Healthy, eco-friendly options for the home	2014	Autumn	16-17
HEAVEN OR HELL	Right here on earth and in our minds	2014	Winter	18-19
HEAVY METALS AND OTHER RISK FACTORS	Alzheimer's disease	13/14	Summer	33-34
HERBAL TEAS	Food For Feeling Great, Part 7 – Extras	2013	Autumn	35
HERBS FOR EVERY REASON	Part 1: Basil – many uses; gardening tips	2013	Autumn	26-27
HERBS FOR EVERY REASON	Part 2: Sorrel & many others; uses/storage	2013	Winter	35-37
HERBS FOR EVERY REASON	Part 3: Mint; uses and gardening tips	2013	Spring	30-31
HERBS FOR EVERY REASON	Part 4: Turmeric; benefits/uses/growing	13/14	Summer	38-39
HERBS FOR EVERY REASON	Part 5: Garlic, Ginger & Chilies; others	2014	Autumn	30-31
HERBS FOR EVERY REASON	Pt 6: Geranium & Pelargonium; garden tips	2014	Winter	29
HONEY AND JAM	Food For Feeling Great, Part 7 – Extras	2013	Autumn	38
HOPEWOOD HEALTH RETREAT	GP recommends to disease-ridden man	2013	Winter	24
HYDROTHERAPY (WATER TREATMENT)	For migraine and other headaches	2013	Spring	35-36
HYPOGLYCAEMIA (LOW BLOOD SUGAR)	Migraine and Other Headaches	2013	Spring	34
IMPETIGO	Types; treatments inc. wholistic; diet (YQA)	2013	Autumn	10
INDEX: Natural Health and Vegetarian Life	Spring 2010 and Summer 2010/2011	2012	Spring	20-24
INDEX: True Natural Health magazine	Autumn 2011 to Winter 2012	2012	Spring	20-24
INDUCTION COOKING	How it works; generally low EMR (YQA)	2012	Spring	11
INDUCTION COOKTOPS	Caution: Some brands exceed safe EMR	12/13	Summer	12
INSPIRATION, STATE OF	Health benefits; how to access	2014	Autumn	3
INSULIN RESISTANCE	Linked to Alzheimer's as well as diabetes	13/14	Summer	32
INTERSTITIAL CYSTITIS AND SALICYLATES	Inflammatory; high/low values given (YQA)	13/14	Summer	8
IODINE	Your Questions Answered	2012	Spring	8
IRON	Your Questions Answered	2012	Spring	8
IRON: too little, bad; too much, worse	Thalassaemia (YQA)	2012	Spring	10

# ALPHABETICAL INDEX OF TOPICS – SPRING 2012 TO WINTER 2014

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
IRRITABLE BOWEL SYNDROME	Signs/reasons/recommendations/recovery	2013	Spring	24-25
JAUNDICE – ELEVATED BILIRUBIN	Causes and correction (YQA)	2012	Spring	10 & 11
JUICES – FRUIT AND VEGGIE	Food For Feeling Great, Part 7 – Extras	2013	Autumn	35
JUICES FOR WEIGHT LOSS AND IMMUNITY	Two very good juice recipes (YQA)	2014	Autumn	11
KELP, SEA	Food For Feeling Great, Part 7 – Extras	2013	Autumn	37
KINDRED ORGANISATIONS	List of vegetarian and vegan organisations	ALL	ALL	
KRILL OIL POLLUTED OR CLEAN?	Better than fish oil, but check region (YQA)	2014	Autumn	10
LEGUMES	Food ratios (YQA)	2012	Spring	8
LEMONS AND LIMES	Similar/different; nutrients; alkalising (YQA)	2014	Winter	6
LIVE BLOOD ANALYSIS	How conducted; what it reveals	2012	Spring	36-37
MAMMOGRAMS AND BREAST CANCER	Largest, longest study finds no benefit	2014	Winter	39
MARGARINE, POLYUNSATURATED	Food For Feeling Great, Part 6	12/13	Summer	37-38
MASSAGE THERAPY	Research; benefits; cricketer Brett Lee	2013	Spring	28
MEAT/ANIMAL PROTEINS AND DIABETES	'Don't feed the (wo)man diabetes'	2013	Winter	29
MEAT, RED – SWAP FOR NUT PROTEIN	Nuts may reduce risk of stroke	2012	Spring	6
MEDICAL DRUGS	Many people need med. drug rehabilitation	2013	Spring	4
MELANOMA ON RISE despite SunSmart	Sunshine and vitamin D – latest research	12/13	Summer	2-4
MERCURY IN ORDINARY SEA SALT	Celtic better, Himalayan best (YQA)	2013	Autumn	10
MERCURY IN SEA SALT	Food For Feeling Great, Part 7 – Extras	2013	Autumn	36
MERCURY MADNESS (DENTAL AMALGAM)	Part 1: End the Mercury Age of Dentistry	2012	Spring	16-18
MERCURY MADNESS	Part 2: Safe Amalgam Removal; checklist	12/13	Summer	29-31
MERCURY MADNESS	Pt 3: Have you been poisoned? Assessing	2013	Autumn	28-31
MERCURY MADNESS – DETOXIFICATION	Info & resources ahead of delayed article	2013	Winter	30
MERCURY MADNESS	Part 4: Detox – when, how, treatments	13/14	Summer	26-30
MERCURY-FREE DENTISTRY CAMPAIGN	See Mercury Madness articles	12-14		
METABOLISM – natural food boosters	Greens, veggies, grapefruit, apples, spices	2013	Autumn	2
METABOLISM	Optimise for good health	2014	Winter	36-37
MIGRAINE AND OTHER HEADACHES	Causes; how to prevent and relieve	2013	Spring	32-37
MIGRAINE IN CHILDREN	Relaxation more effective than drugs	2013	Spring	35
MILK, DAIRY	Drink alone or leave alone; food combining	2013	Autumn	6
MILK: GOATS', COWS'; PRODUCTS	Goats' easier to digest; mucus (YQA)	2012	Spring	9
MILKS – SOY, RICE, OAT, ALMOND	Food For Feeling Great, Part 7 – Extras	2013	Autumn	35
MINDFULNESS TRAINING AND PRACTICE	Simple technique with many benefits	2013	Spring	18
MINING – 'LOCK THE GATE' ALLIANCE	Your Say: Aust. being irreversibly damaged	2013	Spring	27
MISO AND TAMARI	Food For Feeling Great, Part 7 – Extras	2013	Autumn	37
MOUSE CONTROL	Prevention; chemicals; humane ways (YQA)	2013	Winter	8
MOUTH BREATHING	Detrimental for many reasons (YQA)	2013	Autumn	8
MULTIPLE CHEMICAL SENSITIVITIES	Toxic vs natural paints; case stories	13/14	Summer	5
NATURAL HEALTH GUIDANCE	From Hopewood Health Retreat	ALL	ALL	
NATURAL MEDICINE VS ORTHODOX	Major differences; benefits of both	2014	Autumn	33-35
NATURAL THERAPIES AND REMEDIES	For migraine and other headaches	2013	Spring	35-37
NEWS BITES AND NOTICES	Vital, up-to-the-minute health & event info	ALL	ALL	
NHS NOTICES	Meetings, benefits, news, etc.	ALL	ALL	
NHS SHOP AND BOOKSHOP	Natural Health books/products/discounts	ALL	ALL	
NOSE BREATHING	Essential for many reasons (YQA)	2013	Autumn	8
NUCLEAR POWER	Pros and Cons and Cons and Cons	2014	Winter	16-17
NUTRIENTS	Food For Feeling Great, Part 7 – Extras	2013	Autumn	39
NUTRITION	For migraine and other headaches	2013	Spring	34-35
NUTRITION	See Food For Feeling Great			
NUTRITIONAL SUPPLEMENTS	Food For Feeling Great, Part 7 – Extras	2013	Autumn	39
NUTS FOR HEALTH	Latest research; many benefits; cancer	2012	Spring	6
NUTS REVERSE METABOLIC SYNDROME	Reduce belly fat, heart and diabetes risks	12/13	Summer	21
OBITUARY	Longtime member, Christine Smith	2012	Spring	25
OLIVE LEAF EXTRACT	Immune/metabolism/heart/colds & flu	2014	Winter	27
OMEGA-3, 6 & 9	FFFG, Part 6: Concentrated Fats, Oils	12/13	Summer	34
OMEGA-3s IN PLANT FOODS	Fish unnecessary (YQA)	2012	Spring	9
ORGANIC GROWING AND PEST CONTROL	Peppercorn Creek Farm, Picton, NSW	13/14	Summer	13
ORTHODOX MEDICINE VS NATURAL	Major differences; benefits of both	2014	Autumn	33-35
OXIDATIVE STRESS	Free radicals – why so toxic?	12/13	Summer	6-8
OXYTOCIN, THE FEEL-GOOD HORMONE	Multiple benefits; how to get; autism, etc.	2013	Winter	2-3
PAINT – TOXIC VS NATURAL	VOC dangers; natural ingredients, brands	13/14	Summer	4-5
PALEO DIET – GOOD NUTRITION OR FAD?	Good but plant-based version better (YQA)	2013	Winter	6-7
PEPPER	Food For Feeling Great, Part 7 – Extras	2013	Autumn	36
PERMEATE, natural milk by-product	Used for consistency and economy (YQA)	12/13	Summer	11
PEST CONTROL, NATURAL	Cockroaches and ants (YQA)	2013	Autumn	8-9
PHARMACEUTICAL INDUSTRY	'Deadly Medicines and Organised Crime'	2014	Autumn	36-37
PLANT ONLY DIET SUFFICIENT? Several Qs	No; B <sub>12</sub> and intrinsic factor; grains (YQA)	2012	Spring	8 & 9
PLANT-BASED DIET	To avoid Alzheimer's disease	13/14	Summer	33-34
PLASTIC WATER BOTTLES	Plan for school phase-out; massive waste	13/14	Summer	19
PROBIOTICS	Food For Feeling Great, Part 7 – Extras	2013	Autumn	39
PROBIOTICS AFTER ANTIBIOTICS	To re-establish gut flora and GI function	2014	Autumn	34
PROBIOTICS AND YOGHURT	Helpful for some, not nec. for all (YQA)	2012	Spring	8
PROBIOTICS: SYNBIOTIC REVOLUTION	The synergy of prebiotics and probiotics	2014	Winter	24-25
PRODUCTS FOR NATURAL HEALTH lifestyle	Reviews; NHS Shop; promotions and ads	ALL	ALL	
PROGESTERONE, NATURAL	What it is; how to procure; advice (YQA)	2013	Spring	8-9
PROSTATE PROBLEMS	Your Say: Toxins; sex and ejaculation help	2012	Spring	38
PROTEIN – NUTS INSTEAD OF RED MEAT	May reduce risk of stroke	2012	Spring	6
PSYCHIATRIC DRUGS FOR CHILDREN	'We are turning childhood into a disease'	2013	Spring	20
PSYLLIUM HULLS	Food For Feeling Great, Part 7 – Extras	2013	Autumn	39
PURSLANE, HERB	Omega-3/other nutrients; oxalic acid (YQA)	2013	Spring	9
QIGONG SHAKING EXERCISE	Melts away aches and pains in joints	2014	Autumn	31
RADIOACTIVE WASTE	No solution in sight; very dangerous	2014	Winter	17
RAW FOOD CONTAINS ENZYMES	And draws less upon the body's own	2014	Winter	21
RAW FOOD	Fuels marathon runners; cancer success	2014	Winter	2-3

# ALPHABETICAL INDEX OF TOPICS – SPRING 2012 TO WINTER 2014

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
REACHING YOUR POTENTIAL	What gets in the way?	2014	Winter	4
RECIPES	Antioxidant-laden Winter Warmers	2013	Winter	22-23
RECIPES	Gluten-Free	2013	Spring	22-23
RECIPES	Go Nuts!	12/13	Summer	22-23
RECIPES	Healthy Sweet Treats	2012	Spring	26-27
RECIPES	Plant-based Complete Meal – 7 recipes	2014	Autumn	22-23
RECIPES	Salad Dressings	2013	Autumn	22
RECIPES	Summer Salads	13/14	Summer	22-23
RECIPES	'Wellness' Dark Chocolate Treats; no sugar	2014	Winter	22-23
RECIPES FROM HOPEWOOD	Salads/meals/juices	MOST	MOST	
RELATIONSHIPS, COMPASSIONATE	Connection, expression, taming the ego	2013	Autumn	16-17
RELAXATION	To help headaches and migraine	2013	Spring	37
RESTAURANT REVIEW	Eating in and around Adelaide, S.A.	2014	Autumn	40
RESTAURANT REVIEW	Harvest Veget'n Restaurant, Rozelle/Sydney	2012	Spring	40
RESTAURANT REVIEW	Laurie's Vegetarian Restaurant, Bondi	2013	Spring	40
RESTAURANT REVIEW	Sadhana Kitchen, Newtown, Sydney	2013	Autumn	40
RESTAURANT REVIEW	Sahra, by the river at Parramatta, NSW	2013	Winter	39
RESTAURANT REVIEW	The Cardamom Pod, Gold Coast, Qld	12/13	Summer	43
RESTAURANT REVIEW	The Green Room, Willunga, South Aust.	2012	Spring	40
RICE, WILD AND BROWN	Nutritious; gluten-free; wild better (YQA)	2012	Spring	9
RUNNING RAW AROUND AUSTRALIA	Janette Murray-Wakelin and Alan Murray	2013	Autumn	7
RUNNING RAW AROUND AUSTRALIA	World record marathons on raw food	2014	Winter	2-3
SALICYLATES AND INTERSTITIAL CYSTITIS	Inflammatory; high/low values given (YQA)	13/14	Summer	8
SALT – NO NEED FOR INORGANIC TYPE	Celtic and Himalayan okay; minerals (YQA)	2012	Spring	8
SALT, CELTIC – RAISES BLOOD PRESSURE?	No; minerals; Celtic & Himalayan salt (YQA)	2013	Spring	8
SALT, Refined/Rock/Sea/Celtic/Himalayan	Food For Feeling Great, Part 7 – Extras	2013	Autumn	36
SEA SALT (ORDINARY) AND MERCURY	Celtic better, Himalayan best (YQA)	2013	Autumn	10
SELF-HEALING – MULTIPLE CONDITIONS	Member story – Marilyn Bodnar	12/13	Summer	32
SESAME BARS, ETC.	Food For Feeling Great, Part 7 – Extras	2013	Autumn	38
SINUS AND TENSION HEADACHES	Migraine and Other Headaches	2013	Spring	33
SINUS PROBLEMS, OVERCOMING	Acute and chronic; diet and other steps	2014	Winter	30-31
SKIN BLACK FROM GOLD JEWELLERY	Possible reasons; skin chem.; metals (YQA)	2014	Autumn	8
SKIN BRUSHING, DRY	Benefits; how to	2014	Autumn	5
SMALL INTESTINE	Nutrient absorption and immune system	2014	Winter	24-25
SMART METERS & WIRELESS TECHNOLOGY	European research; Melbourne case stories	13/14	Summer	36-37
SMART METERS A HEALTH HAZARD?	Alarming effects; case stories; resources	2013	Spring	14-16
SOLAR PANELS – EMIT EMR?	No, except for low EMR in converter (YQA)	12/13	Summer	10
SOYA YOGHURT	How to make (YQA)	2013	Winter	7
SPICES AND PICKLES	FFFG, Part 7: Several spices covered	2013	Autumn	36-37
SPREADS – Vegemite, Marmite, Promite	Food For Feeling Great, Part 7 – Extras	2013	Autumn	37-38
STATIN DECEPTION	Dangerous drugs; cholesterol myth	2012	Spring	2-3
STEVIA	Natural, nutritious, safe sweetener (YQA)	2012	Spring	8
STIMULANT DELUSION	Coffee and other stimulants; ill-effects	2014	Autumn	18-19
STOCK FOR SOUP, ETC.	Massel best brand (YQA)	2012	Spring	9
STRESS – TOP TIPS FOR REDUCING	Managing a stressful life	2013	Spring	19
STRESS FROM WORK	Bloating	12/13	Summer	26
SUGAR – LESS PROCESSED	FFFG, Part 5: A few different kinds covered	2012	Spring	33-34
SUGAR, REFINED	Leaches minerals; causes many disorders	2014	Winter	37
SUGAR, WHITE AND RAW	Dangers (Food For Feeling Great, Part 5)	2012	Spring	34
SUGARY CARBOHYDRATES	Food For Feeling Great, Part 5	2012	Spring	30-34
SUNSCREEN	May cause cancer in various ways	12/13	Summer	3
SUNSCREENS TOXIC IN SEVERAL WAYS	Chemicals; vit.D; safer alternative (YQA)	13/14	Summer	7
SUNSHINE AND VITAMIN D	Even more research refutes SunSmart	12/13	Summer	2-4
SWEETENERS, CONCENTRATED	FFFG, Pt 5: Several relatively healthy kinds	2012	Spring	32-34
SWEETENERS, LOW-CAL	Food For Feeling Great, Part 7 – Extras	2013	Autumn	39
SYNBIOTICS: PROBIOTIC REVOLUTION	The synergy of prebiotics and probiotics	2014	Winter	24-25
TAMARI AND MISO	Food For Feeling Great, Part 7 – Extras	2013	Autumn	37
TAMPONS TOXIC (from Dr Mercola)	Many chemicals used; organic cotton safe	2013	Winter	10-11
THALASSAEMIA AND IRON	Practitioner guidance necessary (YQA)	2012	Spring	10
THE PILL	Migraine and Other Headaches	2013	Spring	34
THYROID DISORDERS, Natural Treatment	Signs/symptoms/causes/treatments; case	2013	Winter	26-28
THYROID FUNCTION	Crucial to good health; tests; metabolism	2014	Winter	36-37
TIMBER FLOORING – BAMBOO BEST?	No; non-toxic, eco-friendly options (YQA)	2014	Autumn	9-10
URINATION AT NIGHT	Causes and corrections (YQA)	2012	Spring	9 & 10
VACCINATION	Your Say: Threat of medical compulsion	2014	Winter	39
VASCULAR HEALTH	Veggies/fruit/nuts help vessel elasticity	2012	Spring	6
VEGETABLE/PLANT OILS	FFFG, Pt 6: 21 common and uncommon oils	12/13	Summer	34-38
VISION – NATURAL EYE CARE	An optometrist's positive perspective	2014	Winter	12-13
VITAMIN AND MINERAL SUPPLEMENTS	Take or not? Natural? Interpreting labels	2013	Winter	12-14
VITAMIN B <sub>12</sub>	Two questions in YQA	2012	Spring	8
VITAMIN B <sub>12</sub> AND VEGETARIAN DIETS	What you should know; assessing; getting	2013	Winter	32-34
VITAMIN D AND SUNSHINE	SunSmart all wrong; sun and supplements	12/13	Summer	2-4
VITAMIN D – SOAP AND SHAMPOO	May wash away vit.D formed on skin (YQA)	13/14	Summer	6-7
VITAMIN D DEFICIENCY	Linked to 16 cancer types & other diseases	12/13	Summer	4
VITAMIN D FROM THE SUN	Multiple questions and answers (YQA)	13/14	Summer	6-7
VITAMIN D SUPPLEMENTS	Assessment nec.; too much toxic (YQA)	13/14	Summer	7
VOLATILE ORGANIC COMPOUNDS	Toxic vs natural paints; ingredients, brands	13/14	Summer	4-5
WATER	Food For Feeling Great, Part 7 – Extras	2013	Autumn	34
WATER TREATMENT (HYDROTHERAPY)	For migraine and other headaches	2013	Spring	35-36
WHEAT DAMAGES BRAIN AND NERVES	Gluten/gliadin/lectin; leaky gut	2014	Autumn	29
WHEAT THE STRIFE OF LIFE	Excerpt from <i>Wheat Belly</i> by Dr W. Davis	2013	Spring	2-3
WHEAT, MODERN – not what it was	Obesity/heart disease/diabetes/brain	2013	Spring	2-3
YOGHURT AND PROBIOTICS	Helpful for some, not nec. for all (YQA)	2012	Spring	8
YOUR QUESTIONS ANSWERED (YQA)	Roger French, Editor and Health Director	ALL	ALL	

# Recipes A selection by Marilyn Bodnar

## MARILYN BODNAR

Is a qualified health practitioner and lifestyle educator practising naturopathy. She has been a member of the Natural Health Society for over 30 years. With husband, Cecil, a Society member for over 40 years, Marilyn conducts monthly organic, whole food demonstrations at her home in Leppington, a Sydney suburb. Her demonstrations, workshops and talks are notified in page 10 in this issue.

Phone 9606 2203 or 0410 627 556  
marilyn@healthandvitalitycentre.com  
healthandvitalitycentre.ntpages.com.au

## LENTIL AND ALMOND ROAST

### INGREDIENTS:

2 cup cooked lentils (1 cup dried lentils of choice = 180g)  
2 cup cooked brown rice (1 cup brown rice = 180g)  
1 cup raw carrot, grated finely  
1 cup zucchini, chopped into small pieces  
1 Tbsp coconut oil  
1 onion, chopped finely  
1 clove garlic  
1½ cm piece of fresh turmeric (or use other spices of choice, eg, cumin, curry powder)  
1 cup celery, chopped finely  
½ cup (75g) chopped almonds  
1 Tbsp tamari

### METHOD:

Cook lentils by bringing to boil and leaving to sit in the hot water off the heat for 30 minutes, then drain and bring to boil again and simmer for 15 – 20 minutes till soft.  
Cook brown rice by placing in saucepan with 2 cm water above level of the grain. Bring to the boil, then simmer till soft, about 15 minutes.  
Place coconut oil in frypan to sauté onion, garlic, turmeric and celery till soft. Add tamari and zucchini and toss well together.  
Mix all the above ingredients together in a bowl while lentils and rice are still warm.  
Pour all into Glad-Paper-lined loaf dish to bake in pre-heated oven at 150°C for 1 hour. Press down firmly into loaf tin with sesame seeds sprinkled on.  
Serve with a balanced salad of fresh vegetables in season.

## KALE AND BOK CHOY COLESLAW with SPICY SESAME DRESSING

### INGREDIENTS:

1 cup Black Tuscan kale, chopped finely  
1 cup bok choy, chopped finely  
1 cup green cabbage, chopped finely  
1 small red capsicum, sliced thinly

### DRESSING

1½ cm pieces of ginger and turmeric  
2 – 3 Tbsp sesame seeds  
Juice 1 lime  
2 – 3 Tbsp extra-virgin olive oil

### METHOD:

Place salad ingredients into large bowl.  
Prepare dressing by placing ginger and turmeric in strong blender to chop finely.  
Add sesame seeds to dry frypan or into Thermomix bowl to heat for 5 minutes with the ginger and turmeric.  
Add lime juice and olive oil and blend for 15 seconds.  
Pour dressing over salad, stir well together.  
VARIATION: When young corn is in season, cut kernels off cob to add more colour to this salad, or add any other vegetables of choice.

## SUN-DRIED TOMATO AND BRAZIL NUT SPREAD

### INGREDIENTS:

100g = ½ cup fresh Brazil nut kernels (sunflower seeds and/or pepitas if there is a nut allergy)  
30g sun-dried tomato  
50g fresh lemon juice or 1 Tbsp Sumac (Egyptian Summer Lemon herb)

### METHOD:

Place nuts or seeds into food processor and blend to a fine flour-like consistency. Soaking nuts or seeds for at least 4

hours will provide a creamier consistency which is easier to digest. Do not soak seeds for more than 4 hours.

Drain well before blending.

Add the sun-dried tomato and lemon juice or herb and blend to a smooth spread, pausing to scrape down mixture from sides of bowl.

If you have a Thermomix, place all ingredients into bowl and blend together until desired consistency.

This keeps for 4 weeks or longer if kept in a sealed jar in the fridge.

## PEPPERMINT CAROB DROPS

### INGREDIENTS:

120g cashews, soaked for 6 hours  
450g persimmons, ripe and jelly-like in texture (or other fruit of choice)  
100g dark agave syrup  
5g = 2 tsp lemon juice  
1 tsp cinnamon powder (optional)  
80g = 3 Tbsp coconut oil  
100g raw carob powder  
2 drops doTerra peppermint pure essential oil (optional)

### METHOD:

Place all ingredients into strong blender, and blend until smooth and creamy.

Drop spoonfuls onto lined firm tray and freeze for at least 4 – 6 hours before serving as delicious creamy drops that melt in your mouth.



## AVOCADO SPREAD

### INGREDIENTS:

1 avocado  
150g nut butter (nuts of choice, for example mixture of macadamias, Brazils, hazels and cashews)

### METHOD:

Place mixture of nuts into food processor and blend to smooth nut butter.

Add avocado and blend till smooth.

Serve on fresh wholemeal bread, baked corn chips, rice cakes or baked vegetables.

# Help for a woman to become pregnant – naturally

BY MICHELLE BEECH, ND

**Where does one start! There are so many nuances to getting pregnant. Apart from the deed itself, there are many things to take into account if you and your partner are planning to get pregnant.**

**Before that twinkle in daddy's eye even happens, we must plan our pregnancy for optimum health, wellbeing and best outcomes.**

## DETOXIFICATION

Did you know that detoxification is an important strategy to prepare for pregnancy? Throughout our lifetime, we bio-accumulate toxins, chemicals, residues, heavy metals, herbicides, pesticides and all sorts of 'nasties'. These include DDT, PCBs, dioxins, BPA, phthalates and heavy metals including cadmium, lead, aluminium and mercury. These chemicals reside in our adipose (fatty) tissues. A recent study states that at least 287 toxins have been detected in a newborn baby's cord blood; 180 of them are known carcinogens, with 217 known to be toxic to the nervous system and brain. (Environmental Working Group/bodyburden2, 2014)

Did you know that a newborn baby, with an immature immune system, receives a lot of these residues in the fatty breast milk? As a matter of fact, a baby born to a first-time mum and breastfeed is exposed to several pesticides at levels greater than the ADI (Quinsey et al, 1995). The mother will detox herself as she feeds baby toxin-laden breast milk. Professor Marc Cohen states that maternal exposure affects the unborn child and the future generations. Fortunately, there are lower levels of DDT and PCBs in the breast milk of lacto-vegetarian mothers. (Cohen 2014)

Please don't avoid breastfeeding just because you think your breast milk is not optimum for baby. Breast milk will always be the optimal food for the baby, but we must be aware of the facts. This is why a properly planned detox is optimum for the health of the baby and the mother before the pregnancy. Detoxification should not be attempted during a pregnancy, but it is ideal in preconception.

## DIET AND LIFESTYLE

A woman planning to become pregnant should try to maintain a healthy weight and ensure she exercises regularly.

Adipose tissue (fatty tissue) can cause hormone imbalance. Exercise helps to clear excess and inflammatory endogenous oestrogens from the liver.

**A healthy diet is essential for preconception. Some dietary recommendations include:**

- **Increase intake of Brassica family vegetables**, namely broccoli, brocolini, Brussels sprouts, kale, cabbage. These wonder foods contain *indole-3-carbinole* which helps the liver to detoxify and clear excess endogenous oestrogens and balance female hormones.
  - **Consume phyto-oestrogen foods**, fermented soy products such as tempeh, soybeans and freshly ground flax meal (which also contains lignans). Lignan consumption improves the length of the luteal phase and has demonstrated anti-inflammatory properties. Lignans also form *enterodiol* and *enterolactone*, which help increase ovulation rates.
  - **Ensure adequate protein consumption** as this is essential for healthy oestrogen metabolism. Legumes, soy products, nuts, seeds and the healthy animal sources cultured organic milk products (such as yoghurt) and organic eggs. (For people not eating a vegetarian diet, wild fish and organic chicken are suitable.)
  - **Increase cultured and fermented milk products, yoghurt and probiotics.** These foods are high in calcium, which is essential for skeletal development of your baby and for maintenance of your bone health. The probiotics, *Lactobacillus acidophilus*, *Bifidobacterium breve* and *Lactobacillus casei Shirota*, significantly reduce *B-gluconidase* activity. This enzyme complex increases the formation of carcinogens and promotes the liver to recirculate toxins and hormones in the body.
  - **Increase dietary fibre.** This has many benefits in the body including stabilisation of blood sugar, improvement in quality of the bile, promotion of beneficial gut bacteria and increase in oestrogen clearance. A high-fibre diet reduces circulating sex hormones such as *androstenedione*. Soluble fibre is found in psyllium, pectins from the skins and rinds
- of fruits and vegetables as well as lignans from flax seeds.
- **Reduce saturated fats from animal sources**, as these are associated with elevated endogenous oestrogen levels and toxins.
  - **Increase polyunsaturated fats** in the form of cold-pressed nut and seed oils, especially flaxseeds, virgin olive oil, olives and avocado. It is also recommended to consume virgin coconut oil (which is a saturated fat very different from animal fat) as it is very beneficial. Essential fatty acids are important for the brain and nervous system development of the foetus.
  - **Stay well hydrated.** Drink lots of clean, purified water to reduce your exposure to chlorine, fluorine and toxic residues such as xeno-oestrogens (mimicking oestrogen) from plastics.
  - **Fruits and vegetables.** It is recommended to have five serves of vegetables and two serves of fruit daily to ensure adequate intake of antioxidants, vitamins and minerals. [In Natural Health Dietary Guidelines, it is suggested to consume between one and one-and-a-half kilograms daily, according to the size of the adult.]  
(See 'NOTE ON SERVING SIZES' at end of article)
  - Pregnancy increases the body's requirement for nutrients. Choose the cleanest foods possible – certified organic or biodynamic to lessen the toxic load of pesticides, herbicides, residual antibiotics and hormones.
  - **Avoid processed, refined foods.** Most of these contain chemical preservatives, flavourings, sugars and trans fats and are usually nutrient poor but kilojoule rich. These foods can be inflammatory in the body and disrupt glucose metabolism.
  - **Additional nutrients** required for conception include activated folic acid to reduce the risk of neural tube defects in the foetus and assist DNA methylation.
  - **Iodine is necessary**, especially in Australia where our soils are deficient in this important mineral. Iodine supports brain and cognitive development in the foetus, as well as the function of the thyroid.
  - Some beneficial **sunlight exposure** will help to boost vitamin D levels.

## OBSTACLES TO CONSIDER

Some hindrances to conception may include:

- **Excess androgen (male hormone) production** due to PCOS (polycystic ovarian syndrome). This is becoming more and more common in young women due to poor dietary choices, hormone-laden battery chickens and beef, obesity, sedentary lifestyle and some genetic factors. Common symptoms include excess hair growth, especially on chin, upper lip, cheeks, around nipples, between the breasts, and on the back and buttocks. Other common symptoms are androgenic alopecia (male-pattern hair loss) and acne (especially on jaw, chin and back). With PCOS there is often menstrual irregularity and blood sugar dysregulation – which could lead to insulin resistance and eventually the development of non-insulin-dependent diabetes mellitus (NIDDM type 2).
- Some useful **supplements for PCOS** include chromium (balances blood sugar), vitamin E (modulates inflammatory prostaglandins) and vitamin B<sub>6</sub> (P-5-P is the biologically active form that assists haem synthesis for the production of haemoglobin and absorption of iron and magnesium).
- Specific herbal medicines for this condition include *peony*, *licorice* and *chaste tree*.
- **Curb the carb and sugar cravings** by getting regular exercise, eating small meals regularly – ensuring they contain adequate levels of protein, good quality low-GI carbohydrates and a good variety of vegetables, especially leafy greens.
- **Oestrogen deficiency** is indicated where a woman has dry, sallow skin, tends to be underweight, has dry vagina, scanty periods and sometimes is anaemic. These women often suffer all of their menstrual difficulties in the first half of the month. Some herbs to correct this include *Korean ginseng*, *shatavari*, *damiana*, *withania* and *nettle*.
- **Adrenal gland disorders** such as congenital or adult-onset hyperplasia (enlarged gland), which can cause androgen production or androgen-based tumours. If these are suspected, consult your doctor or endocrinologist.
- **A history of gonorrhoea, chlamydia or salpingitis** can cause scarring of fallopian tubes and inflammation in the endometrium. A history of IUD use is associated with increased risk of vaginosis due to its favouring the growth of *Gardnerella vaginalis*. Any latent infection needs to be treated before conception can successfully happen. There are some wonderful anti-bacterial herbal medicines available to treat bacteria, infection and inflammation.
- Some of the best anti-microbial herbs include *Echinacea*, *garlic*, *uva ursi*,

*buchu*, *goldenseal* and *wild indigo*. Best to consult your friendly naturopath or herbalist for these.

- Also demulcent herbs such as *marshmallow* and *uva ursi* soothe and protect the quality of the mucous membranes and prevent vaginitis, vaginal dryness, atrophy, irritation and inflammation.

## SOME CLASSIC FERTILITY HERBS

These include:

- *False unicorn root* is specific for infertility and erratic ovulation – efficacious but very expensive;
- *Shatavari* treats infertility and low libido in women. Known as an Ayurvedic sexual tonic;
- *Chaste tree* inhibits prolactin and relative oestrogen excess, and treats PCOS;
- *Wild yam* relieves spasm, helps female infertility, modulates oestrogen and inflammation;
- *Paeonia* for PCOS, androgen and oestrogen excess, menstrual irregularity and fibroids;
- *Red clover* contains isoflavones and phytoestrogens that promote hormonal balance in females, promote natural tissue cleansing of the body and assist pelvic congestion with dragging down pain;
- *Dong Quai* treats menstrual irregularity, dysmenorrhea and endometriosis, and is a uterine tonic
- *Nettle* is a wonderful blood and tissue depurative, alkalisating and nourishing.



## LIFESTYLE FACTORS TO CONSIDER

To avoid relative oestrogen deficiency and impaired fertility, there are some lifestyle factors to take into account.

- **Regular gentle exercise** is ideal, such as low-impact walking, yoga, Pilates or swimming. Consider doing regular pelvic-floor exercises to strengthen the pelvic muscles so as to avoid urinary incontinence or prolapse.
- **Avoid excessive exercise.** As we know, exercise is a very good thing, but too much comes with its own set of problems. A prospective mum should avoid intense activity or high-impact

sports. Over-exercising can cause *amenorrhoea* (irregular periods) and can upset metabolism. It can also interrupt our HPO (hypothalamic-pituitary-ovarian axis). This impairs the function of gonadotropins and lowers levels of circulating oestrogens.

- **If you smoke, quit.** Smoking seriously alters the metabolism of oestrogen and results in oestrogen deficiency. Women who smoke are also at greater risk of early menopause and development of osteoporosis.
- **Avoid foods that may pose a risk** to you and your foetus if you become pregnant. These are mostly non-vegetarian foods and are not recommended anyway; they include raw meats, eggs, chicken and seafood, especially shellfish. Avoid cured or smoked deli meats and pâtés. These increase your risk of salmonella or toxoplasmosis. Also avoid soft cheeses as these increase your risk of listeria. And avoid large fish such as tuna, shark, swordfish or mackerel, due to their higher levels of mercury.
- **Avoid or minimise stress.** A woman planning to become pregnant needs to ensure her nervous system is relaxed. If a woman is anxious for all sorts of reasons, even anxious that she can't become pregnant, it is unlikely that she will. Even if there is no physical pathology, stress often causes infertility. Symptoms include irritability, anxiety, mood swings, anger, depression and nervousness.
- Try deep, rhythmic breathing or meditation to maintain calm and reduce the over-production of the acidic stress hormones, *cortisol* and *adrenalin*. Sometimes a good relaxing holiday makes a world of difference – it helps people to de-stress and is often very conducive to romance (which is perfect for making babies).
- If all else fails, there are some wonderful nervous system tonifying herbs, including *passiflora*, *oats*, *hops* and *chamomile*.
- **Avoid alcohol** – there is no safe level in pregnancy. Similarly with smoking, recreational drugs and over-the-counter medications.
- **Avoid chemicals** in insect sprays, room sprays, cleaning products, commercial personal care products. Nowadays there are plenty of safe and natural options available so read labels, choose wisely. Check out the non-toxic Tri Nature range available from the Natural Health Society shop.
- Take care you **don't develop hostile mucus**, which inhibits penetration of the cervix by sperm. To avoid this, stay well hydrated, avoid too much dairy and be aware that drugs such as Clomid (clomiphene citrate, an ovulation inducing drug), antihistamines, Cox-2 inhibitors (notably Celebrex and Bextra) and Ibuprofen can increase this 'hostility' and affect ovum implantation.

- The UK National Health Service warns that long-term use or high dosage of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen or aspirin, can make it more difficult for a woman to conceive.
- Some women suffer from **post-pill amenorrhoea**. This can be corrected with a homeopathic remedy called *Folliculinum*.
- Be aware that people taking **roaccitane (Accutane)** should not attempt to become pregnant as this drug is a teratogenic substance, meaning it can cause severe birth defects. If a woman has been on this medication (prescribed for severe acne), it is advisable that she has a break of at least six months before attempting pregnancy.
- Check for **any physical impedance**, especially spinal nerve entrapment (pelvic splanchnics, S2, S3, S4) which affects innervation of the pelvic organs. This may be connected with lower back pain, especially in the L4, L5 area which becomes worse with movement or exercise. In this case, a visit to an osteopath or chiropractor may be necessary.

## CHART YOUR FERTILITY

If you are planning on becoming pregnant, it will pay to keep a calendar record of the following:

- **Menstrual cycle:** to identify any problems early and to assess when you ovulate and are at your most fertile.
- **Basal body temperature** is recorded first thing in the morning before getting out of bed. Use a digital thermometer and try to do this at the same time every day. Record your temperature on your calendar.
- **Cervical mucus**, which resembles clear, watery, stretchy egg white, is the most conducive to fertility. This should be checked each morning before urination. The most fertile cervical mucus occurs a couple of days before ovulation when it is more conducive to sperm survival and enhances sperm motility. At the point of, or immediately after, ovulation, cervical mucus becomes less fertile. Also, it is important not to be too enthusiastic with douches or washes, which could also negatively affect cervical mucus and implantation of the sperm.

## ENSURE DAD IS HEALTHY TOO

The father of the child has a very important part to play in conception – he should be in optimum health. Not only does this help the production of healthy, lively, well-formed and active sperm, but there have been many studies in recent times which show that the physical health and fitness of the father at the time of conception can greatly

impact the health of his offspring.

There are many reasons why infertility could be attributed to dad:

- **He may have depleted his zinc levels** due to toxicity from his occupation or poor absorption. This can cause poor sperm morphology (structure) and motility (mobility).
- **He may have ‘cooked’ his sperm** due to very hot baths or showers, playing lots of sport, exposure to laptops or mobiles, tight underwear, tight jeans, compression cycling shorts or running gear, or a sedentary occupation.
- **He may have a history of mumps** or a decline in fertility due to damage to his DNA because of exposure or ageing. He may want to get his DNA and sperm tested with functional pathology.
- The prospective dad should **limit his intake of alcohol, caffeine, tobacco and any recreational drugs**.
- The prospective dad should **take good doses of vitamin C and zinc** to promote healthy sperm.
- Also, it is just as important for dad as it is for mum to **eat a nutrient-rich diet**, avoiding processed foods and sugars.

## LASTLY, SOME TRADITIONAL ADVICE:

- **Plant some parsley**, a traditional fertility enhancer.
- **Fen shui** states that you should declutter under your marital bed.
- **Wear rose quartz**, which represents family and children.

## A NOTE ON SERVING SIZES

Source: <http://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

### Vegetables

- A standard serve is about 75gm (100 – 350 kJ) or:
  - ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
  - ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
  - 1 cup green leafy or raw salad vegetables
  - ½ cup sweet corn
  - ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
  - 1 medium tomato

### Fruit

- A standard serve is about 150gm (350 kJ) or:
- 1 medium apple, banana, orange or pear
  - 2 small apricots, kiwi fruits or plums
  - 1 cup diced or canned fruit (no added sugar)

### Or only occasionally:

- 125 ml (½ cup) fruit juice (no added sugar)
- 30gm dried fruit (for example, 4 dried apricot halves, 1½ tablespoons sultanas)

**Michelle Beech, ND, ANTA, ATMS, ACNEM, is a qualified naturopathic practitioner operating a clinic in the Lower Blue Mountains, NSW. She loves assisting people with fertility and hormonal issues. She also has a keen interest in children's learning and behavioural disorders.**

**Website** [www.michellebeech.com.au](http://www.michellebeech.com.au)

**Email** [mbeech@lecturers.acnt.edu.au](mailto:mbeech@lecturers.acnt.edu.au) or [naturopath@michellebeech.com.au](mailto:naturopath@michellebeech.com.au)  
**Phone** 0414 944 112 or 4739 9947

## References:

- EWG.org/reports/bodyburden2/execsumm.php/ environmentaldefence.ca/prepolluted
- Quinsey et al, *Food chem toxic* 1995;33(1): 49-56
- Cohen, M. Scientific Basis for Detoxification, *Natural Medicine Congress*, July 2014
- Bone, K. *Ultimate Herbal Compendium, A desktop guide for herbal prescribers*, 2007, Phytotherapy Press
- Trickey, R. Women, *Hormones and the Menstrual Cycle*, 3<sup>rd</sup> Edn, Trickey Enterprises (Vic), 2011
- Scallone, C. Clinical Studies notes (ACNT), 2009

## FEELING GENEROUS RE YOUR WILL?

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

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

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

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



# Herbs For Every Reason

## Part 7 – Yarrow

By Margie Hare

Yarrow (*Achillea millefolium*) is another herb that delights me. This pleasurable border plant rewards you with pink and white flowers and delicate leaves for more than six months of the year. With spring now upon us, the young feathery leaves are perfect to harvest for salads. As a flower for the vase, it lasts even in the heat for up to three weeks. This wonderful herb will give you edible and garnishing greens all year round, even through the winter, and is frost resistant.

### CULTIVATION

In the garden yarrow combats erosion with ease and grace and is drought resistant. It is one of the best compost activators. I grow heaps of it just for that purpose.

Yarrow is easy to grow. For best results plant in full sun, though it tolerates part shade. Soil should be rich, moist and alkaline. It can become rampant, so keep it controlled. Plant as a colourful border. After three to four years dig it up, divide and replant in a new location for the next three to four years. Great companion plant as it helps nearby plants resist disease.

### CULINARY

Pick young leaves, tear side ‘feathers’ and chop finely. It adds a mild bitter, peppery taste to salads and soft cheeses. Add to soups and hearty winter stews. A great garnish.

### HOUSEHOLD

Yarrow dries well and easily holds its shape and colour. Perfect in potpourris and fresh Tussy Mussies. The ancient Chinese used them and the old druid spell went like this:

*Good morning, good morning, good yarrow*

*And thrice a good morning to thee.*

*Tell me this time tomorrow*

*Who my true love is to be.*

**Cosmetic.** Infuse dried leaves and use as an astringent and as a facial steam.

**Caution:** Extended use of yarrow may make your skin sensitive to light.

### MEDICINAL PURPOSES

Yarrow stops bleeding in nose bleeds and cuts (press fresh leaf into cut). Relieves pain of gout and rheumatism. Yarrow tea can be helpful in these instances, and will also induce perspiration and speed up recovery from fevers and colds. It activates sluggish kidneys, dispels flatulence and stomach cramps and helps to regulate the bowels.

Yarrow has been seen as a safe substitute for quinine – chewing the leaves will relieve toothache. Yarrow has blood improving qualities that are of great benefit in treating first-stage diabetes. Yarrow in the bath has a relaxing effect.

For back pain and spinal injuries, sip a tea with equal amounts of sage and yarrow infusion – two cups throughout the day.

**Yarrow and sage infusion:** One cup of boiling water is poured over a heaped teaspoon of the herb; infuse for 3 minutes, strain and sip slowly. Can be drunk during pregnancy and for 10 days after birth to help the womb contract.

The fresh leaves, rich in minerals and vitamins, can be chopped in salad or eaten with bread and butter.

### A RECIPE

#### Yarrow Spring Vegetable Curry

(Serves 4 – 6)

#### INGREDIENTS

675g vegetables of your choice

Freshly ground black pepper

Herb salt

2 bay leaves

2 onions

2 – 4 tsp curry powder

2 tsp turmeric

2 Tbsp coconut oil

1 cup vegetable stock

4 – 6 fresh yarrow leaves, finely chopped

2 cups brown rice, cooked

½ cup almonds

½ cup sultanas, soaked in hot water for 2 hours

Chopped parsley

#### METHOD

Steam vegetables with herb salt, pepper and bay leaves for a few minutes. Fry onions, curry powder and turmeric in oil. Add stock and yarrow leaves. Simmer for 3 minutes. Combine the cooked rice, almonds, drained sultanas and crispy vegetables. Pour the yarrow mixture over, and blend well with fork. Spoon into a bowl and garnish with yarrow flowers and leaves. Serve hot with crusty bread and a green salad (use young yarrow feathery greens stripped from the veins in the leaf)

### THIS MONTH'S QUESTION TIME

#### ‘When do I prune back my Lemon Verbena?’

Prune after flowering up to end of autumn. If you have not pruned your verbena, early spring is perfect. It's important that this shrub is pruned every season for a good crop of leaves. Give it a good top dressing of compost that has been lying over the winter and mulch with lucerne. You will have a wonderful summer show and plenty to pick through till end of autumn.

#### ‘What has happened to my French tarragon? I think it died?’

I hear this too often. Tarragon is like a hermit! This unsociable herb does not like the company of others. If you dig around it, it will die. Just plant it in a big pot, and only top-dress and water in the dry weather and keep it mulched. It loves the sun, but does not like to dry out. Like comfrey, it hibernates in winter and will just vanish. Be patient and you will be blessed with the delicate leaves for another season.

#### I welcome any questions

I will answer reader's questions in the next issue, space permitting. Email your question to [margiehare18@gmail.com](mailto:margiehare18@gmail.com)

You can SMS me or phone 0407 187 159

### NATUREHEALTH BIG DAY OUT

Sunday 9<sup>th</sup> November 2014

I am hosting a day in the Botanical Gardens. Enjoy connecting with like-minded people, eating delicious vegetarian organic 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. A great attraction on the day will be Mark Phillips, who will teach a Qigong class under a magnificent mulberry tree.

Visit this link for more information: <http://www.naturehealth.com.au/?p=775>

**Till next issue use herbs for every reason,** Margie

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

YouTube channel: [naturehealth.com.au](http://naturehealth.com.au)



# A NATURAL APPROACH TO VISION IMPROVEMENT

## – THE BATES METHOD

by Jenny Livanos, Optometrist and Natural Vision Therapist

DR WILLIAM HORATIO BATES, an ophthalmologist in the 1920's, developed a theory that stress and eyestrain are the primary causes of visual problems, and he recognised the important connection between the mind, brain and eyes.

Dr Bates believed eyesight can change for the better or the worse – poor eyesight is caused by straining to see. The way to better eyesight is through relaxation for both mind and body.

In the 1970's Dr Janet Goodrich took off her very thick glasses at age 27 and over a two-year period healed her vision to 6/6 and better! This psychologist and natural therapist used techniques, including the Bates Method, nutrition, emotional healing and better visual habits, to cure her sight. She wrote the best-selling book, *Natural Vision Improvement*, and established a vision centre in Queensland, which is now run by her daughter Carina. Having trained with Dr Goodrich, I am indebted to her for her wisdom and belief in a more holistic approach to vision improvement.

More recently, visionaries like Meir Schneider, Roberto Kaplan and Jacob Liberman have penned books about their own techniques in natural eye care, expanding on Dr Bates' work.

Emerging research into the neuroplasticity of the brain has helped produce various new brain-training programs, including those for vision improvement. These programs have the potential to improve myopia, presbyopia, lazy eye and even eye diseases like glaucoma and macular degeneration. This research validates our natural approach which connects the brain to vision!

## NOW TO THE EXERCISES

The following exercises are to be done with no glasses or contact lenses in place, ideally in a safe and peaceful environment. Remain aware of your experiences. Don't strain, squint or over-exert while doing these techniques. If you feel eyestrain with any of the exercises, stop, blink, palm and try again. Behavioural optometrists talk about observing just noticeable differences. Don't judge whether your vision is clear or blurry, just stay aware of your experiences – BE AWARE!

## PALMING

One of Dr Bates' favoured techniques is 'palming', taken from yoga. It helps with relaxation, promotes circulation and intensifies the benefits of the other exercises. It rests the optic nerves, eye muscles and the nervous system. Try to do it for at least a five minute session, or even for up to two hours for more serious eye conditions. Some therapists believe that our hands (and other parts of our body) have *chi*, a healing energy that emerges from our palms.

Place yourself in a comfortable, dark room with pillows or a desk to support your elbows. Make sure you won't be disturbed. Rub your hands together to generate some warmth and healing energy, place the palms over your eyes, cupping them and overlapping the hands slightly on the forehead to avoid pressure on the eyeballs. Make sure you have blocked out all light. Drop and relax your shoulders. Now breathe gently and deeply, imagining the black field ahead becoming blacker and blacker.

The blacker you can imagine this field, the more relaxed your eyes and mind will be. Black is the colour of total relaxation for the eyes and mind. Visualise your skull and eyes expanding and shrinking with each breath. Imagine velvet strips placed on the back of your hands. As you relax, you will notice the visual field becoming blacker and blacker. This is a sign that your mind and body are relaxing. Dr Bates believed that once you are able to achieve perfect blackness, clarity returns.

You may be initially distracted by swirling colours or thoughts about other things; sweep them away and intensify the blackness. In eyes with defective eyesight, swirling patches of colour appear. This may be a symptom of eyestrain.

## SKETCHING

Another of Dr Bates' favourites, sketching, imitates the natural vibratory movements of the eye, called *saccades*, which help us see objects clearly and reduce staring. Saccades are small vibratory/scanning movements that eyes with normal vision make so as to see objects clearly.

Imagine an extension of your nose, point to any object and begin tracing objects around you with this longer nose. Trace large and small objects, close and far, easy

and tricky shapes. Dr Bates called this 'edging and sketching'.

Your head moves continuously, slowly and gently. Skim the world lightly, like a butterfly, moving effortlessly from one small detail to another. Enjoy the smallest details. Allow details to appear. Break down each object into smaller parts like windows in a house, books on a bookshelf or letters on a page.

Close your eyes and imagine yourself tracing these objects in the environment. Notice colours and shapes everywhere. Look into the distance and trace the horizon.

You can also experiment up close, reading letters of varying sizes at different distances. Look from letter to space and space to letter. Emphasise the blackness of the letters and the whiteness of the shapes around the letters with open eyes and closed eyes.

Try it with your print upside down and sideways. Try to sketch as much as possible during the day.

## SOFT-EYES

Always look at the world with soft eyes, focussing softly. Imagine your face soft and gentle, blinking often, looking at the world softly. No squinting, no straining, no struggling or trying to see.

## SUNNING

Many studies have shown the range of benefits to health and emotions of sunlight exposure via the skin and the eyes. Sunshine enables us to manufacture vitamin D.

The warmth of the sun and its therapeutic properties have a profound and beneficial effect on the eyes, including the ability to relax them, to nourish your nervous system and to be able to accept varying levels of light, bright and dim. This will help you with glare problems and better vision at night.

You should aim to have at least 20 minutes a day of sunshine exposure for your body – possibly during your lunch break or on your way to and from school. Try to expose your face, eyes and skin.

To sun your eyes, stand before the sun when it is not very strong – early morning or late afternoon, avoiding the midday sun. *Never look into the sun directly.* Take off your glasses and sunglasses. Also, when

walking outside during the day, take your glasses off wherever you can.

Face the sun, *close your eyes gently* and lift your head up. Rotate your head slowly from side to side for several minutes, and then repeat in the vertical direction. You can also imagine the sun as a huge circle and rotate your head clockwise a few times around the circle, then anticlockwise. Allow the warmth of the sun to penetrate deeply into your eyes and forehead. Expose equally each part of the eyes. Do diagonals also. Keep your breathing relaxed. If the sun is bright for you, initially stand side-on to the sun and gradually rotate until you face it fully. Sunning is normally done for about 10 minutes minimum, but be sure to build up gradually commencing with just a minute or two.

Lightly massage around the eyes to prevent frowning and squinting.

Try to minimise your exposure to fluorescent light and other artificial lights at night.

## NEAR-FAR FOCUS

This exercise is for strengthening your ability to look from one distance to another. It develops the ability to shift focus quickly and accurately by increasing flexibility.

Stand near an open window. Hold your index finger stationary near the tip of your nose; look at your finger tip for five counts. Shift your gaze through the window to a very distant object for five counts. Repeat the exercise, close to far, far to close, for a few minutes. Keep your target single. Use this activity for watching TV, using a computer or as a break from reading.

## SWINGING

Bates postulated that one of the main culprits of bad eyesight is rigidity of the eyes. The eye usually vibrates very quickly, allowing images to form on the retina. If the retina is made motionless, say by staring, then visual images will fade and you will see an empty grey field instead.

The technique of swinging breaks the habit of staring and trying to see, encourages saccadic movements, loosens and relaxes the upper body and enhances peripheral vision.

Standing with your legs slightly apart, let your arms hang loosely by your side, with your eyes facing straight ahead. Sway slowly and gently from side to side, shifting your body weight from one foot to the other. Swing your body to the right, placing your weight on the right foot and raise the left heel slightly. Then swing to the left in the same way. Do this for at least five minutes.

You can also do a longer swing, rotating backwards with the hips while turning your head in the direction of the swing. Allow your eyes to remain at rest, open and unfocussed, moving with the body. Keep your arms relaxed. Keep your eyes open

and allow the image of your surroundings to rush past without trying to focus on anything in particular. Nearby objects will naturally seem to move faster than distant ones, and will probably be no more than a blur. Make no attempt to hold onto or fix any part of the image; notice only that everything seems to be moving. You can even practise swinging before going to sleep at night for a restful sleep.

## EYE GYMNASTICS

This tones and strengthens eye muscles. It can be done easily, anywhere, anytime. Keep your neck and shoulders relaxed through the stretching session.

Keeping your head straight, roll your eyes slowly and smoothly up and down, imagining that you are following a vertical line. When you get to your upper and lower limits, hold your eyes in that position for a few seconds, breathing deeply, and then move slowly to the opposite direction. Repeat this 3 – 4 times.

Now do this in the horizontal direction 3 – 4 times. Next repeat in a diagonal direction, from one corner to the diagonally opposite corner.

Finish by rolling the eyes in a big circle 3 – 4 times. Then roll in the opposite direction 3 – 4 times. You may feel some strain or ache – don't worry – this is normal when you're exercising your eye muscles.

When you finish, palm for five minutes.

## FLEXING

This is to strengthen your close-up focus. Remember to keep breathing and blinking!

Softly cover the left eye with your left palm and hold in front of the right eye a small print or a picture, for example, a business card. Keeping focussed on the card, bring it towards your nose and then out as far as your arm can go. Keep repeating. Hum a tune so you don't hold your breath. Or do it to music.

Be aware where the print appears clearer/more blurred, darker/lighter, larger/smaller – notice differences on the card as you move in and out. Do for a few minutes, then swap and do the other eye. Lastly, do with both eyes open and the card moving in and out directly in front of your nose.

## CENTRALISATION

There is a small point known as the fovea in the macular at the back of the retina, where vision is sharpest. It 'sees' in the middle of the visual field directly in front of you. Trying to see an entire object clearly simultaneously is going beyond the limitations of the physical eye, thus creating strain. When looking at an object, look at it part by part, bit by bit.

Focus on one object at a time, imagine all the other objects around it becoming dull

and soft. Move your gaze gently around the bright, shining object you are focussing on. Then move to another object and repeat the technique.

## I ENCOURAGE ...

As a wholistic optometrist, I encourage good visual habits while doing close work, plenty of sunlight exposure, good nutrition, adequate rest and stress reduction.

Keep your activities going as a daily lifestyle habit, perhaps a 20-minute session every day, and integrate it where you can into your daily routine. Rotate your exercises and try to palm every day.

**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**

## A NEWS Bite

### FLU VAX: MORE HARM THAN GOOD?

The well-known infectious diseases physician, Professor Peter Collignon of the Australian National University, Canberra, has recently stated that if the first exposure to a virus is through a vaccine, a person may have less long-term and cross-protection against the new strains of influenza than if they had acquired immunity via a natural infection.

The author of this report notes that experts have warned that the push to increase influenza vaccination among the general population may be doing more harm than good.

Data collected in Canada and Hong Kong in 2009 showed that people who received the seasonal flu vaccine in 2008 had twice the risk of getting H1N1 flu compared to those who hadn't received the vaccine.

"We really need to question the appropriateness of annual influenza vaccination in healthy people with no risk factors," concluded Professor Collignon.

Significantly, Professor Heath Kelly, head of epidemiology at the Victorian Infectious Diseases Reference Laboratory, voiced similar concerns.

(Source: Sunalie Silva writing in *Medical Observer*, 12th Jun 2014)



# How to Rewire Your Brain for Permanent Weight Loss

By Robyn Chuter

There's a startling paradox at the centre of the tsunami of obesity which is currently spreading across the globe, and threatening to overtake malnutrition as the most serious and prevalent nutritional problem faced by humankind. That paradox is that *we have never had access to more information about how we should eat in order to enjoy good health and achieve and maintain our ideal weight, in the entire history of the human species.*

Of course, misinformation abounds in the weight-loss marketplace, but the average person possessing reasonable intelligence and basic Internet search skills, can quite easily access reliable information on weight loss from studies published in reputable medical journals.

Even the non-computer-savvy people have access to magazines such as this one, and books by nutrition-oriented doctors such as Joel Fuhrman, John McDougall and Neal Barnard, and many other authorities, which present scientifically valid and well-tested programs for achieving a healthy weight. So why are so many people – including some long-time Natural Health Society members – still struggling with their weight?

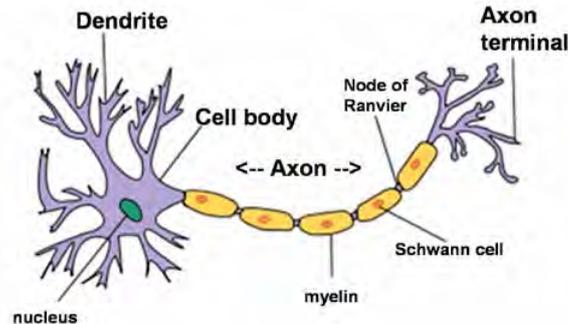
## THE NEED TO REWIRE OUR BRAINS

Quite simply, because possessing *information* about how to lose weight is not the most important part of the weight loss equation. *Implementation* of that information is what counts. And in order to consistently implement our nutritional knowledge, most of us need to *rewire our brains.*

What do I mean by this? Our brains are vastly complicated networks of interconnecting *neurons*, or nerve cells. Neurons consist of a *cell body*, which contains a nucleus where DNA is stored; *organelles* (miniature organs within each cell) such as mitochondria; an *axon* – a long shaft which transmits electrical signals from one neuron to another; and *dendrites* – little branches that connect up to other neurons, receiving their electrical signals and transmitting them to the cell body of the neuron they belong to.

As we repeat a particular activity multiple times, the neurons involved in that activity make more and more connections with each other, forming a *neural bundle*. Repeating an activity continuously for just one hour can cause the neural

bundle involved in that activity to *double in thickness*. This increase in neural connectivity makes behaviours more and more automatic ... which has both positive and negative aspects.



The positive aspect can be demonstrated by thinking about how we learn a new piece of music or dance step; work on our golf swing or tennis stroke; or – as I did in high school – memorise the periodic table by writing 10 elements at a time on the back of my hand and saying one with each step I took as I walked the dog! Repetition of behaviours makes them more and more automatic, so we use less and less brain-power to perform them.

The negative aspect of neural connectivity will also be familiar to just about everyone. Once you've had those first few experiences of finding that eating sweet, fatty and/or salty foods temporarily alters your mood when you're feeling sad, lonely, anxious or hopeless; seeking relief in food becomes more and more habitual and automatic.

Even when you take the initiative to learn more mature, constructive techniques for managing your distressing feelings, like journaling, mindfulness and communication skills, the neural bundle that encodes emotional eating has grown so thick from frequent repetition of the old unwanted behaviour, that fighting the impulse to eat when upset feels like arm-wrestling with Arnold Schwarzenegger! For many people, emotional eating is such a well-entrenched pattern that they don't even register the distressing feelings that they're trying to block out by eating. I ask such people how they're feeling just *before* they start wanting to eat, and they look at me blankly. They don't feel a thing – only the urge to eat.

## FOOD ADDICTION

This pattern of self-medicating to ease emotional pain, and eventually feeling disconnected from one's own emotions, is a characteristic of *addiction*. That may

seem like a harsh term to apply, but recent research has shown that food addiction is real... and it's far more prevalent than most people think.

Pioneering research by Dr Nora Volkow at the US National Institutes of Health, has identified the brain circuits and mechanisms involved in food addiction ... and they're essentially the same pathways that are involved in addiction to psychoactive drugs.<sup>(1)</sup> 'Binge eating disorder' was included in the latest revision of the *Diagnostic and Statistical Manual (DSM-5)*, the textbook used by mental health professionals to classify psychological disorders, and it has been speculated

that this is a prelude to including food addiction as a substance abuse disorder.

The Yale Food Addiction Scale, a validated screening tool to detect food addiction and ascertain its severity, includes questions that are used to identify people abusing drugs and alcohol, such as these:

"I find that when I start eating certain foods, I end up eating much more than I had planned."

"I spend a lot of time feeling sluggish or lethargic from overeating."

"Over time, I have found that I need to eat more and more to get the feeling I want, such as reduced negative emotions or increased pleasure."

"I have had withdrawal symptoms when I cut down or stopped eating certain foods. For example: developing physical symptoms, feeling agitated or feeling anxious."

"My behaviour with respect to food and eating causes significant distress."

I would go so far as to say that *all* overweight people – and a substantial proportion of under- and normal-weight people, who, thanks to a speedy metabolism, manage not to become overweight despite routinely overeating – are food addicts. More specifically, they are addicted to the altered mental state and the reduced perception of unpleasant feelings that results from eating highly processed and refined foods.

I don't just draw this conclusion from reading scientific studies. The evidence supporting it comes to me every day in the form of the experiences of my naturopathic clients and, most particularly, participants in *The LEAN Program*, my 6-week course on overcoming emotional eating and achieving healthy, sustainable weight loss.

## OVERCOMING FOOD ADDICTION

**The LEAN Program** empowers people who have been struggling with their weight, eating habits and body image for many years (some of them, virtually their entire lives) through an intensive program of nutrition education, environmental overhaul and emotional healing. The changes I've seen in participants have been nothing short of extraordinary:

- They stop feeling hungry all the time, and find that they're perfectly content to eat three meals per day, instead of constantly snacking;
- They lose their cravings for unhealthy foods, and find that they feel naturally inclined to choose healthy foods when they are genuinely hungry, and eat only enough of them to satisfy their appetites;
- The way they see their bodies has changed, from focussing on what they hate (the cellulite, flabby and droopy bits) to appreciating what they love;
- The way they relate to food has undergone a seismic shift, from seeing it as a "knight in shining armour, coming to their emotional rescue" (to quote an old Rolling Stones song) to an important source of nutrients that help their bodies run properly;
- Several of them have decided to make major life changes they'd been putting off (that is, using their weight as an excuse to *not* do) such as resuming dating, changing career and getting serious about expressing their artistic talents.
- Oh, and those who needed to lose a fair bit of weight too – up to 10 kg in 6 weeks, in fact.

To achieve these wide-ranging results, I teach my 'Lean for Lifers' – as I've dubbed my program participants – how to literally pull apart the neural pathways that traverse their nervous systems, unhelpfully linking consumption of unhealthy foods with psychological reward, emotional release or numbing, and locking them into a downward spiral of compulsive overeating. Then they learn how to rewire those connections so that they automatically link consumption of healthy food with feeling good about themselves, and see their emotions as valid expressions of their experience, to be acknowledged and worked with rather than 'swallowed down' with food.

My tool of choice to rewire the brain is Emotional Freedom Technique (EFT) – or 'tapping' as it's become widely known. EFT is a form of self-administered acupressure. It involves tapping on a series of acupuncture points with your fingertips, while you tune into the thoughts, beliefs, feelings and behaviours that cause you distress, in this case around food and your weight and body image. You'll find a

chart of the tapping points and basic EFT instructions, in the box. You can also watch me demonstrating the tapping sequence by going to <http://www.youtube.com/user/EmpowerTotalHealth> and searching for the video 'Introduction to EFT'

A participant in my most recent *Lean Program* – a woman who has struggled with compulsive eating and overeating for decades, and who had never been able to say "no" to a craving before – shared how she 'found herself' at the counter of

### EFT IN BRIEF

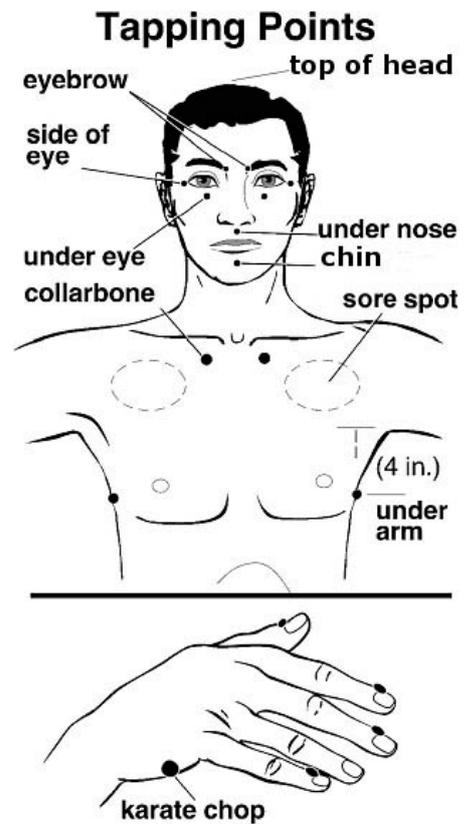
**Define the problem** you want to work on, and rate its intensity on a 0 – 10 scale.

**Set-up Statement:** While tapping on karate chop point or rubbing on sore spot, repeat 3 times: "Even though I have this (problem/emotion/pain), I deeply and completely accept myself."

**The Sequence:** Tap 6 – 8 times on each point while staying focused on the problem. State the problem out loud or silently in your mind, while tuning in to where in your body you feel the emotion associated with the problem.

Take a deep breath and **check the level of intensity** (0 – 10) you still have of the problem. Repeat the sequence if any intensity remains or if other issues related to the problem come to mind.

Be prepared to **persist** with the procedure until all aspects of the problem have been addressed.



Although I'm a qualified counsellor trained in traditional 'talk therapy', Gestalt techniques and Transactional Analysis, almost the only therapeutic technique that I now use with my naturopathic and counselling clients and my program participants is EFT (and its offshoot Matrix Reimprinting, which I jokingly describe as 'EFT on steroids'). Why? Quite simply, because it's the most powerful transformational tool I've encountered in over 20 years of study and clinical practice. With EFT, I can help clients achieve breakthroughs in understanding, emotional release and behaviour change that can take months or years to achieve with conventional therapy or just aren't achievable at all.

Here are some examples:

A participant in the first *Lean Program* that I ran, reported that for the first time in her life, she could now go to a party and actually mingle and talk to the other guests, rather than hovering at the food tables, trying to stop herself from gorging.

A client who had never been able to acknowledge anger in her life, recounted that she could now get angry at her husband, and be able to work her way through that anger to a resolution, without heading to the fridge to 'stuff' her emotions down.

a café about to order date scones and a hot chocolate. She suddenly realised what she was doing and decided to walk away, without experiencing any difficulty at all in doing so!

Another participant (who addiction specialists would label 'cross addicted' because her food addiction began when she kicked a drinking habit, and raged unabated while her formerly thin body blew out into obesity) recounted a fascinating experience she had had with her 'drug of choice', cheesecake, in which she could actually observe her thoughts travelling down that well-worn pathway of wanting the cheesecake. But she felt no actual desire for it and was able to talk back to the thought and stop it dead in its tracks.

A client who had a huge weakness for chocolate was given a large box of chocolates by a client at her workplace. She opened the box, looked at the chocolates and found herself thinking, "I don't want those in my healthy body." She passed the box around to her colleagues and watched them eat every last one, without feeling any yearning to have one herself.

## The science behind EFT

The science behind EFT is very complex, but here's the simplest and fastest way that I can explain it. The tapping process induces a relaxation response, causing your mind and body to switch off from the fear-flight-flight state in which most of us spend most of our lives. While you're inducing this relaxation response, you then deliberately put your attention on distressing thoughts, feelings, body sensations and other phenomena connected to the problem you want to work on – in this case, food addiction.

What happens next is very interesting. Normally when you focus on these stimuli, you would expect to become upset. In fact, all those neural bundles in your brain are absolutely conditioned to fire off and manifest all the experiences you're used to – emotional distress, physical discomfort, feeling out of control, spiralling thoughts of your own worthlessness and hopelessness. Yet here you are, thinking about that family-sized block of chocolate you just ate, or how fat you feel when you look in the mirror, and you're experiencing a tapping-induced relaxation response instead of distress.

The pairing of a relaxation response with an upsetting stimulus leads to what psychologists call 'counter-conditioning'. Once the cycle of stimulus-negative thoughts-distressing feelings is broken, or counter-conditioned, your brain is free to go down a completely different pathway from the one it usually jumps onto automatically – thanks to those enlarged neural bundles – and possibilities open up for thinking, feeling and behaving in completely new and different ways.

## Using EFT to remove emotional blocks

I use EFT to remove all the emotional blocks to healthy eating and weight loss that my clients and program participants experience, so that they can *get on* and *stay on* a healthy diet and exercise program, without it ever feeling like a 'diet' or some other kind of torture (ever noticed how the word 'diet' is just 'die' with an extra letter?!?).

The six emotional blocks to sustainable weight loss that I focus on in *The LEAN Program* are:

**Your weight loss history** – how your past successes and failures with healthy eating and weight loss impact on your current behaviour.

**Overeating to block pain** – how physical, psychological and emotional pain drive overeating, and how to resolve that pain constructively with EFT.

**Self-image** – how the picture of yourself that you hold in your head blocks you from achieving your goals, and how to change that picture to facilitate success.

**Self-talk** – how the way you speak to and about yourself influences the choices you make.

**Fear of missing out** – how using food as your primary source of pleasure inevitably leads to weight gain, and how to reclaim your ability to enjoy 'legitimate' pleasures.

**Using your weight as an excuse** – how to overcome self-sabotaging patterns that prevent you from fulfilling your potential.

As a result of addressing each of these blocks – which are often buried deeply in their unconscious minds – my clients and program participants lose weight without even thinking about it, and without trying. They get out of their own way and stop self-sabotaging their commitment to lose weight and get healthy. They heal their relationship with food and eating, make friends with their bodies and implement their diet and exercise programs from a place of love and respect for themselves, rather than trying to 'hate themselves thin'.

And this brings me to another paradox. In order to get the healthy, slim, energetic body that you desire, you need to stop hating the overweight, sluggish, food-addicted body that you have right now and start loving it instead! By loving the body you're in – feeding it nutrient-dense foods, choosing exercise that generates good feelings, acknowledging the emotions which it generates as feedback and managing those emotions respectfully – you'll get the body you'd love to live in.

## THE AUTHOR

**Robyn Chuter, BHSc, ND, GradDip-Couns, is a naturopath, counsellor, EFT and Matrix Reimprinting therapist practising in Burraner in southern Sydney. She offers in-person, telephone and Skype consultations. Visit Robyn's website at [www.empowertotalhealth.com.au](http://www.empowertotalhealth.com.au) and sign up for her FREE monthly e-newsletter, or contact her on 02 8521 7374 or [robyn@empowertotalhealth.com.au](mailto:robyn@empowertotalhealth.com.au).**

**To learn more about Robyn's 6-week intensive body-mind make-over, The LEAN Program, visit [www.getleanforlife.com.au](http://www.getleanforlife.com.au).**

## A NEWS Bite

### PRESCRIPTION DRUGS MORE DANGEROUS THAN HARD DRUGS

Deaths from commonly-prescribed pharmaceuticals outnumber those from heroin and cocaine combined. In the US alone, prescription drugs cause around 16,000 deaths a year – and that's only those which are reported.

## MULTIPLE SCLEROSIS

CONTINUED FROM PAGE 40

## REFERENCES

1. Profiles of Disability, Australia, 2009, Australian Bureau of Statistics
2. *Acta Neurol Latinoam* 1975; 21 (1-4): 66-85
3. *Altern Med Rev* 2001 Dec; 6(6): 540-666
4. University of Maryland Medical Center, Sep 18, 2013 [umm.edu/health/medical/reports/articles/multiple-sclerosis](http://umm.edu/health/medical/reports/articles/multiple-sclerosis)
5. *Paediatr Drugs* 2001; 3 (5): 329-36
6. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH00017471/> - Sep 25, 2013.
7. *Proc Soc Exp Biol Med* 1997 Oct; 216 (1):21-7
8. *Med Hypotheses* 2000 Sep; 55 (3):239-41
9. *Presc for Nutr Healing* 2000, Balch & Balch, Pub. Avery
10. *Neurol Sci* 2000; 21(4 Suppl 2):S 839-42
11. *Proc Nutr Soc* 2000 Nov; 59 (4) 531-5
12. *Mult Scler* August 2009 vol. 15 no. 8: 891-898
13. *Med Hypotheses* 1986 Oct; 21 (2): 193-200
14. *Med Hypotheses* 2001 Aug; 57 (2): 258-75
15. *Am J Clin Nutr* 1998; 48: 1387-93
16. *Am J Clin Nutr* 1999; 50: 801-6
17. *Neuroepidemiology* 2006;27:212–216
18. *Med Hypotheses* 1992 Nov; 39 (3): 271-94
19. *Med Hypotheses* 1994 Oct; 43 (4): 223-30
20. *The Health Revolution* Fourth Edition, Ross Horne, pub. Happy Landings
21. Alternative Healing of Multiple Sclerosis, *Payvand Iran News*, 09-07-2011 <http://www.payvand.com/news/11/sep/1067.html>
22. *Fundam Clin Pharmacol* 1998; 12 (3): 249-55
23. MedicineNet.com, July 23, 2014 [http://www.medicinenet.com/alternative\\_therapy\\_for\\_multiple\\_sclerosis/article.htm](http://www.medicinenet.com/alternative_therapy_for_multiple_sclerosis/article.htm)
24. *Lab Invest* 2001 Mar; 81 (3):263-81
25. *J Neuro Virol* 2000 May; 6 Suppl 2:S176-8
26. <https://medium.com/cured-disease-naturally/the-woman-who-cured-multiple-sclerosis-11d2ebe47162> – January 13, 2013

The causes were overdosing and the fact that more prescriptions are being written, suggesting that some drugs have a rather deadly nature.

This, say the researchers, is a warning to other nations not to follow America's example in excessive prescription drug use. (Source: *American Journal of Public Health*, 2014; e1; doi: 10.2105/AJPH.2014.301966 – reported in WDDTY, 24th June 2014)

# Advances in CoQ10

By Stephen Eddey, Principal of Health Schools Australia, QLD

Japanese scientists have uncovered a secret to restoring essential levels of CoQ10 (Coenzyme Q10), the powerful antioxidant responsible for soaking up free radicals associated with age-related degeneration.<sup>(1)</sup>

Over 1000 studies support the role of CoQ10 as a pillar in the fight against age-related disease, supporting energy production and antioxidant activity essential for optimal health. CoQ10 is a fat-soluble, vitamin-like substance found in natural foods such as chicken and spinach as well as the human body.

*Ubiquinol*, the active and reduced form of CoQ10 produced naturally in the body, provides vital antioxidant support and cellular energy that are essential for functioning of cells in the body. Its primary role is to act as a key component in cellular energy production.

Now scientists reveal that there is a patented form of stabilised and readily bioavailable ubiquinol, shown to help restore energy while providing essential antioxidant support that helps soak up oxidative stress and free radicals.

Some healthcare practitioners may recommend supplementing with ubiquinol in capsule form in order to achieve daily recommended amounts.

CoQ10 comes in two different forms, the first being the reduced form (ubiquinol) and the second being the oxidised form (*ubiquinone*). Ubiquinol is the most beneficial. In fact, 90% of the CoQ10 in the body is in this reduced, active form.

Ubiquinol is an endogenous substance

that helps provide energy to cells in the body. It is required in the *mitochondria* [the energy producing units] of every cell and forms part of the energy producing process.

## What are the benefits of taking ubiquinol?

As we age, suffer stress or over-exert ourselves mentally and physically, our natural levels of ubiquinol may become depleted and we lose the ability to convert CoQ10 into ubiquinol, which leads to fatigued cells.

When indicated, ubiquinol may be supplemented to help restore to natural levels, providing the body's cells the energy they need to function effectively. This means that not only will users feel more energetic to get up and do the things they enjoy, but that cells in the body have support to help perform their daily functions.

Further, ubiquinol is a potent antioxidant which helps soak up free radicals that may occur throughout the body, thereby helping to soak up oxidative stress and free radicals.

Studies have also shown that ubiquinol helps to maintain a healthy heart and vascular system in addition to helping maintain healthy LDL cholesterol levels in healthy people<sup>(2)(3)</sup> as well as supporting cellular energy production.

Ubiquinol may be recommended for people who exercise, as it has been shown to boost energy production in trained athletes – according to a study



published in the *Journal of Sports Nutrition* (2013).<sup>(4)</sup> This double-blind, placebo-controlled study involved 100 Olympic athletes who received either a placebo or ubiquinol supplement.

After six weeks of training, athletes who received ubiquinol demonstrated higher levels of muscle power compared to those who did not receive the supplement.

*Always consult your healthcare practitioner regarding strategies for your health.*

## About Stephen Eddey

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

## REFERENCES

1. K. Hosoe, et. al., *Regulatory Toxicology and Pharmacology* 47 (2007) 19–28
2. Schmelzer C et al, (2011), *IUBMB Life* 63:42-48
3. Mohammadi RK et al, (2013), *Minerva Gastroenterol Dietol* 59:231-236
4. Ubiquinol supplementation enhances peak power production in trained athletes: a double-blind, placebo controlled study, Alf D, Schmidt ME, et al, *J Int Soc Sports Nutr*, 2013 April 29; 10(1)



# Multiple sclerosis

## No cure, but self-healing

By Roger French

Multiple sclerosis is a progressive, degenerative disease of the central nervous system and is the most common disease of the central nervous system in young adults in the Western world. Affecting about one per thousand Australians,<sup>(1)</sup> it is most common in white-skinned people and is almost unheard of in some Asian countries, including Japan, Korea and China. It affects women much more frequently than men.

Because the symptoms of MS are varied and unpredictable and no two sufferers will have the same set of symptoms, the disease can be missed or false diagnosis made.<sup>(2)</sup>

The orthodox view is that the cause of MS is unknown and there is no cure.<sup>(3)</sup> Treatments are available only to ease symptoms and slow the course of the disease. However, as we will see, there are steps that can be taken to prevent MS, and it is possible to achieve some degree of reversal. All these steps are dietary and other lifestyle methods designed to remove the causes and facilitate self-healing.

## Ms Is Nerve Damage

Multiple sclerosis is thought to be an autoimmune disease in which the body's immune system produces antibodies that attack *myelin*, a fatty substance that insulates nerve fibres. MS is not an inherited disease, but it appears that genetic factors play a role in making some people more susceptible to developing it.<sup>(4)</sup>

MS involves many areas of inflammation and scarring of the myelin insulation that surrounds nerves in the brain, spinal cord and possibly optic nerve. 'Sclerosis' means hardening of tissue, and 'multiple' means many, so the name simply refers to the many hardened areas of the nerves.

With the myelin either damaged or completely stripped off the nerves, electrical impulses can leak out of the nerves so that messages are not conveyed properly. MS is thus often debilitating, may affect vision and is sometimes fatal.

Symptoms most often appear between the ages of 20 and 40, but can occur in children.<sup>(5)</sup>

The *demyelination* at least partly involves attack by the immune system, which is why MS is known as an *auto-immune* disease. Once demyelination starts, it may

continue until the body's defences can stop the process or all abnormal myelin is destroyed.<sup>(2)</sup>

The disease develops slowly and unpredictably. There may be periodic flare-ups, with only a few minor attacks spread over decades, or MS can develop rapidly into a debilitating state. Nevertheless, life expectancy can be normal or almost normal. According to *PubMed Health*, Sep 25, 2013, most people with MS are active and function at work with little disability.<sup>(6)</sup>

The disease has a striking geographic distribution, with incidence being almost zero at the Equator and increasing dramatically with latitude in both hemispheres.<sup>(7)</sup> Incidence is also lower at high altitudes. A consequence of this is that women living in colder, wetter areas are more susceptible than those living in warmer areas.<sup>(8)</sup>

Early diagnosis of MS is important, as early treatment can prevent or delay the development of disability.<sup>(5)</sup>

MS exhibits extraordinary variation from individual to individual. Symptoms depend on which areas of the central nervous system are most affected. Early symptoms may include bouts of dizziness, extreme fatigue, blurred or double vision, tingling and/or numbness especially in hands and feet, loss of balance and co-ordination, muscular stiffness, slurred speech, tremors and bowel and bladder dysfunction.<sup>(9)</sup>

## The Causes and Mechanisms of MS

A lot of studies have investigated the causes and mechanisms of MS. The geographical distribution points to vitamin D as an important factor. It's known that free radical attack is also a major factor, saturated fat and alcohol in the Western diet are very significant, and so are certain mineral and vitamin deficiencies. Other contributing factors include environmental chemicals, immunisations, infectious diseases and trauma.<sup>(10)</sup>

The prevalence in white-skinned races was explained by a researcher back in 1975 as being at least partly due to dietary habits.<sup>(2)</sup> Lack of breastfeeding and excessive consumption of cows' milk during infancy may be important factors in MS. A lack of essential fatty acids and possibly lack of certain minerals and vitamins during pregnancy and childhood may result in the synthesis of abnormally unstable myelin

which then invites attack by the immune system or breaks down naturally or is damaged by viral infection or trauma.

## IS MS INHERITED?

In the year 2000, the Department of Biochemistry of the University of Wisconsin-Madison concluded that inherited genetic risk factors are *not* sufficient to cause the disease.<sup>(11)</sup>

Other researchers have noted that free radicals affect gene expression, so it would appear that it is not the genes themselves that are risk factors, but rather *damage* to them.

As with virtually all diseases, although we don't inherit the disease itself, we may inherit a greater susceptibility or predisposition to it, which can be activated by lifestyle causative factors.

## VITAMIN D DEFICIENCY

The striking way in which the incidence of MS increases with distance from the Equator has led researchers to conclude that because ultraviolet (UV) radiation plays an important role in vitamin D synthesis, this could explain both latitude differences in MS prevalence and the low levels of vitamin D in individuals with MS.<sup>(12)</sup>

A crucial factor is sunlight exposure because it determines the amount of vitamin D produced in the skin.<sup>(7)</sup> The researchers from the University of Wisconsin-Madison explain that under low sunlight conditions, insufficient vitamin D<sub>3</sub> is produced and, because vitamin D<sub>3</sub> inhibits MS, this is a risk for it.

A mechanism for the role of vitamin D was proposed as follows.<sup>(6)</sup> Women of menstruation age often have low levels of magnesium, and because magnesium is required for the release of nitric oxide (NO) from the cells, a magnesium deficiency can cause NO to increase in the cells where it reacts with *superoxide* to form an extremely powerful free radical called *peroxynitrite*. Since vitamin D is paramount for magnesium absorption, a deficiency of vitamin D would therefore lead to free radical generation and nerve damage. Hence the higher incidence of MS at high latitudes and low altitudes.

Supporting this hypothesis, a 1986 study of young MS patients given dietary supplements containing calcium, magnesium and vitamin D for one to two years found that the number of exacerbations was less than half the number that would

normally be expected. This study provides evidence that calcium and magnesium are important for the development, structure and stability of myelin.<sup>(13)</sup>

## SATURATED FAT

Studies have associated deaths from MS with the consumption of animal products and/or saturated fat. As a result, San Diego researchers proposed that whole-food, vegan diets may be effective for preventing and treating MS.<sup>(14)</sup> Their prediction is consistent with the extreme rarity of this disorder among sub-Saharan black Africans as long as they follow their traditional almost-vegan lifestyles.

Balch and Balch<sup>(9)</sup> point out that the reason why MS is rare in Asian countries, yet fairly common in the United States and Europe, may be that the high Western consumption of saturated fats, cholesterol and alcohol leads to the production of a hormone-like substance called *prostaglandin 2* which promotes inflammation and thereby worsens MS. People in Asian countries typically consume much less fat and their diets are rich in unsaturated essential fatty acids.

Preceding the above conclusions, a 1989 study,<sup>(15)</sup> which was then in its 36<sup>th</sup> year, found that patients on a low-fat diet deteriorated more slowly, had lower rates of exacerbations and a lower death rate than those on a normal diet. On the low fat diet, deterioration was slight and the death rate was 31%. For the higher fat intake, disability was serious and the death rate was 80%. The fats that were *not* eaten were butter, margarines, hydrogenated oils, peanut butter and all shortening. The fats that were eaten were any that were fluid at room temperature. The authors suggested that a cause of MS may be a deficiency of essential fatty acids.

Supporting this suggestion, a study the following year found that omega-3 fatty acids were lower in people with MS than in those who did not have the disease.<sup>(16)</sup>

It should be noted that dietary fat is not the only source of blood fat. The body also makes fat from starchy foods, refined sugar and alcohol.

## SMOKING, COFFEE, ALCOHOL

A 2006 study<sup>(17)</sup> investigating a possible association between MS and smoking, coffee consumption and alcohol intake found that all three habits have 'dose-response relationships' with MS..

Smoking was found to be a significant independent risk factor for MS, more than doubling the risk. Coffee consumption was significantly more frequent in the MS sufferers. In the case of alcohol, there was a significant association between the daily consumption of hard liquor and MS.

## MYELIN DAMAGE FROM FREE RADICAL ATTACK

The major degenerative nerve diseases include Alzheimer's, Parkinson's, amyotrophic lateral sclerosis (ALS) and multiple sclerosis. Although not yet proven, numerous studies strongly suggest that *oxygen-derived free radicals* are major causes.

Free radicals are highly reactive and are capable of reacting with all biological compounds including fats, cholesterol, proteins and carbohydrates. Although the body uses free radicals for constructive purposes, excessive production can result in tissue damage. If the damage is great enough and continues for long enough, degenerative diseases, particularly involving the brain and nervous system, can develop.

When inflammation is present, the concentrations of free radicals can increase dramatically and can overwhelm the *antioxidant* defences which would otherwise protect tissues and nutrients from damage. The result can be cell death which is a major factor in a number of degenerative nerve diseases, including MS.

A study found that free radicals can have a significant role in damaging myelin and in causing MS.<sup>(18)</sup> In fact, free radicals preferentially attack myelin because it contains easily oxidised phospholipids, particularly lecithin [nature's 'detergent' in the bloodstream].<sup>(19)</sup>

An explanation for why this free radical damage occurs in MS was proposed in the year 2000 as follows.<sup>(8)</sup>

Women of menstruation age absorb copper more readily so they tend to accumulate more copper than males. Rapidly growing girls have an increased demand for zinc but also have impaired zinc absorption, which is exacerbated by high copper levels. The low zinc levels result in a deficiency of an important enzyme, *superoxide dismutase* (SOD), which scavenges (superoxide) radicals.

Further, women of menstruation age often have low levels of magnesium and vitamin B<sub>6</sub>. Deficiency of these two nutrients increases the build-up of NO within the cells, whereupon damaging *peroxynitrite* radicals form – as explained above.

If there is accumulation of free iron, molybdenum and/or cadmium, this also increases superoxide production.

Since vitamin D is paramount for magnesium absorption, and because magnesium is so important for preventing the formation of peroxynitrite, the lack of sunlight in the higher latitudes is believed to be the underlying factor that sets off the chain of events leading to higher incidences of MS in these areas.

On the other hand, the antioxidants, selenium and vitamin E, inhibit the oxidation of lipids, and two lipids. The omega-3 fatty acids EPA and DHA promote the activity of the SOD enzyme which scavenges the superoxide radical. Therefore these two nutrients aid vitamin D in protecting against MS.

## CHEMICAL TOXICITY

Chemical poisoning of the nervous system by pesticides, industrial chemicals and heavy metals is also likely to contribute to the cause of MS.<sup>(9)</sup> Some toxic man-made chemicals can damage the myelin sheath, especially in susceptible individuals.

A chemical that is particularly toxic is mercury, which has a strong affinity for DNA (the basic compound in our chromosomes and genes) and inhibits the functions of cells. The main source of mercury exposure is mercury-amalgam dental fillings. It has been found that the levels of mercury in MS sufferers are, on average, seven times higher than in healthy people. Other common sources of mercury include fish and also vaccines in which, prior to 2002, the mercury compound, *thimerosal*, was commonly included as a preservative.

Also very suspect is the metal, aluminium. Dr Hans Neiper who runs a large MS clinic in Germany, believes that aluminium can damage the myelin sheath. It is present in many deodorants, antacids, soft drinks, aluminium cans, toothpastes and some foods cooked in aluminium saucepans.

## STRESS AND PSYCHOLOGICAL FACTORS

Stress can be strongly associated with MS, according to health writer, Ross Horne.<sup>(20)</sup> Stress can increase blood fat levels and also weakens the thymus gland and therefore the immune system. In a person who already has MS, stress could exacerbate symptoms.

Psychological factors, in the form of unresolved inner conflicts, can also play a part. When conflicts are not talked out, they are turned inwards.<sup>(21)</sup> Any dispute, conflict or fight is naturally always accompanied by anger, hatred, revengefulness or guilt, which, when bottled up, begin to build up in silence. Negative emotions produce some kind of toxic chemicals in our bodies which eventually can induce the immune system to destroy these foreign chemicals, just as it does microbes.

If these toxic chemicals happen to attach themselves to the myelin sheaths, the immune system can damage these sheaths and initiate multiple sclerosis.

Some individuals may create a bout of MS in order to escape from a 'clinging' relationship. Or, for perfectionists, MS may provide an end to the compulsion to be perfect, once again bringing relief.

## Prevention of MS

As with almost every illness, it is easier to prevent the disease in the first place rather than wait until it's established and then attempt to reverse it.

As far back as 1975 it was announced that prevention should commence during pregnancy and childhood, based mainly on dietary measures which ensure a sufficient supply of essential fatty acids, minerals and vitamins.<sup>(2)</sup> Probably the most important preventative factor to begin with is breastfeeding.

## BEWARE OF FAT

The widely-observed connection between high fat intake and MS, as mentioned above,<sup>(15)</sup> points to a high priority for avoiding *excessive* fat in the diet. While some unsaturated fat is needed to provide essential fatty acids, much of the fat in the typical Western diet, especially the saturated fat, needs to be avoided. In particular, avoid or at the very least minimise the fat in deep-fried foods, red meat, butter, biscuits, pastries, croissants, margarines, other hydrogenated oils, and over-generous amounts of oils in dressings.

Because all protein-rich foods contain fat (oil = liquid fat), if adequate protein food is consumed, this should provide adequate fat, except perhaps for the addition of omega-3 rich flax oil or chia oil. The protein foods that supply high quality unsaturated fat are – with the exception of fish – all from the plant kingdom, namely, nuts, legumes and seeds (sunflower, sesame, pepitas and linseed).

## THE ALL-IMPORTANT VITAMIN D IS EASILY OBTAINED

Because vitamin D deficiency afflicts most MS patients,<sup>(11)</sup> vitamin D<sub>3</sub> is a crucial factor in inhibiting this disease. Even in genetically susceptible individuals, MS may be preventable by ensuring adequate levels of vitamin D<sub>3</sub> from an early stage.

Vitamin D<sub>3</sub> is made in the body when the skin is exposed to sunlight, the length of exposure required being relatively brief. Detailed accounts of how to obtain vitamin D from sunlight safely are given in the Summer 2009/10 issue of *Natural Health and Vegetarian Life* and the Society's book, *How a Man Lived in Three Centuries*, Chapter 13. (Both are available from the Natural Health Society.)

With regard to toxicity, if taking supplements of vitamin D, it is important to have regular blood tests to avoid overdosing and toxicity. Sun-produced vitamin D cannot overdose.

## PROTECT WITH ABUNDANT FLAVONOIDS, ZINC, MAGNESIUM AND VITAMIN B<sub>6</sub>

As mentioned earlier, deficiencies of zinc, magnesium and vitamin B<sub>6</sub> particularly facilitate free radical damage, therefore adequate intakes must be ensured.

Flavonoids provide powerful protection against free radicals.<sup>(22)</sup> Their antioxidant activity results from scavenging free radicals and from the chelation of iron or copper, which effectively renders these metals safe, and actually makes them available for their essential nutritional roles.

Flavonoids are abundantly supplied by a large intake of fresh vegetables and fruits. Also noted for their flavonoid content are green tea and, if you partake of alcohol, red wine. Along with *anthocyanins* and *proanthocyanidins*, two other flavonoids with powerful antioxidant effects are *quercetin* and *silibinin*.

Magnesium, which makes chlorophyll green, is abundant in plant foods. Rich sources are nuts, legumes, seeds, buckwheat, whole grains, beetroot greens and spinach. Other green, yellow and red vegetables and fruits contain lower levels of magnesium, but an abundance of these foods should contribute plenty of magnesium.

Zinc is abundant in nuts (especially Brazil nuts), cheddar cheese, legumes, whole grains, eggs, sprouts and spinach.

Vitamin B<sub>6</sub> is abundant in nuts, seeds, whole grains, bananas, avocados, egg yolk, capsicum, spinach and raisins.

In short, a balanced diet of unprocessed plant foods will provide a substantial level of these vital nutrients. As a top-up, moderate doses of supplements would usually be beneficial.

## MINIMISE FREE RADICAL DAMAGE

As with the many other diseases that largely result from free radical damage – including Alzheimer's, Parkinson's, motor neuron disease, atherosclerosis and cancer – it is crucial with MS to minimise the factors that can generate free radicals. Here are the key factors.

- Avoid **surplus iron**. Never take significant iron supplements unless there is iron deficiency. Beware of the 'haem' iron in red meat, which tends to be absorbed whether required or not.
- Minimise **aluminium** intake.
- Minimise **cadmium** intake by eating foods grown without superphosphate fertiliser. Seek organically-grown foods.
- Avoid the powerful oxidant, **chlorine**, by purifying tap water or drinking bottled or rain water.

- Minimise **mercury** intake by avoiding dental mercury amalgams, problem fish such as tuna, mercury-containing medications and environmental exposure.
- Minimise exposure to **pesticides and herbicides**. Seek organically-grown foods, grow your own or at least wash commercial fruits and vegetables with a safe 'organic' cleanser, such as Tri Nature's Chamomile cleanser (available from the Natural Health Society).
- Avoid exposure to **industrial chemicals**, such as solvents.
- Avoid **tobacco smoke**, a powerful generator of free radicals.
- Minimise exposure to **radiation**, especially X-rays.

Also make a major effort to avoid consuming **rancid (oxidised) fats and oxidised cholesterol**. These need to be watched for in deep-fried foods, packaged biscuits and cakes, pastries, vintage cheese, cured meats, peanut butter, extracted oils, stale shelled nuts and seeds and so on. Rancid fat has a distinctly unpleasant flavour and odour.

## PLANT-BASED DIET BEST PREVENTION

In year 2001 two separate researchers summarised preventive diet for MS. A San Diego researcher<sup>(14)</sup> proposed the best diet to be all-plant whole foods plus supplementation with fish oil and vitamin D.

The other researcher, a contributing editor to *Alternative Medicine Review*,<sup>(3)</sup> declared that the time-proven MS diet meticulously keeps saturated fats low and eliminates allergenic foods. Dietary supplementation includes vitamins, antioxidants, omega-3 fatty acids and phytonutrients. If gut malabsorption occurs, it needs to be corrected with digestive enzymes and friendly gut bacteria (probiotics). Also, regular exercise should be undertaken in order to maintain muscle tone and balance.

Note that this latter regime would need to be plant-based, because any red meat or chicken would be providing saturated fat. In a vegetarian diet, omega-3 can be supplied by flaxseed oil or by microalgae which produce DHA – as in Udo's 3-6-9 DHA oil (see outer back over.) There needs to be safe, mild exposure to sunshine and/or vitamin D supplements.

The range of nutrients for the prevention of MS, particularly for adolescents between 14 and 16 years of age, was listed by S. Johnson<sup>(9)</sup> as follows (taken daily):

Magnesium 100 mg; vitamin B<sub>6</sub> 25 mg; vitamin B<sub>2</sub> 10 mg; zinc 15 mg; vitamin D and vitamin E each 400 IU; selenium 100 micrograms; EPA fatty acid 180 mg; and DHA fatty acid 120 mg.

## To Promote Self-Healing for MS

To facilitate self-healing, the first need is to break through the solid belief instilled by Western medicine that MS is 'incurable'.<sup>(21)</sup>

When sufferers of MS are told that there is no cure, they are likely to conclude that there is no hope, and MS can become a nightmare with the prospect of ending up in a wheelchair. However, only a small proportion of sufferers become wheelchair-bound.

As we will see later, a number of sufferers have partly or fully recovered from MS, demonstrating that reversal is possible.

The first thing to do is to carry out the preventive steps above. If this is not done, the disease can be expected to progress.

In 2014 alternative therapies are being recommended for MS. MedicineNet.com presents a short list of lifestyle approaches as follows:<sup>(23)</sup>

**Positive Attitude** – this can reduce stress and help you feel better.

Exercise such as tai chi and yoga can lower stress, help you to be more relaxed, and increase energy, balance, and flexibility. Check with your practitioner before getting started.

Diet is important for people with MS.

Orthodox medicine tends to largely ignore the lifestyle research and relies mainly on pharmaceutical drugs.

### DRUG THERAPY HAS SIDE EFFECTS

Patients with MS are treated with medications and rehabilitation, according to the University of Maryland Medical Center. In 2013, seven disease-modifying drugs had been approved by the US FDA to treat this disease. These drugs are intended to reduce the frequency and severity of relapses and slow disease progression and disability.<sup>(4)</sup>

They are two beta-interferons, glatiramer acetate, natalizumab, mitoxantrone, fingolimod and teriflunomide.

Drugs are an inferior approach compared to lifestyle methods. All drugs have side effects, whereas lifestyle modifications often assist other conditions as well.

### PROMOTING SELF-HEALING THROUGH DIET

The all-important question is, can myelin regrow in the damaged myelin areas (the plaques)? The answer was given by the Department of Neurology of the Mayo Clinic, Arizona, USA.<sup>(24)</sup> The clinic said that repair of myelin does frequently occur, though inefficiently. When new myelin grows, it is thin and is restricted to the periphery of the

plaques. In addition, the plaques need to be inactive, that is, not actively expanding. The amount of repair is related to the amount of damage that has occurred. Early in the development of MS, the repair will be more rapid, whereas with longstanding MS, if it does occur, it will be slow.

From these findings of the Mayo Clinic, two things are clear: (a) treatment/healing needs to begin as early as possible, and (b) the causes of the disease need to be removed, first and foremost, so that the plaques become inactive.

The necessarily low fat intake, according to the *American Journal of Clinical Nutrition*, means an intake of approximately 10% of total calories. Studies have shown that this level slows the rate of deterioration of myelin.<sup>(15)</sup> Fats to be avoided include butter, margarine, other hydrogenated oils, peanut butter and also shortening (as in biscuits, cakes, pastries, croissants, etc.) All oils that are fluid at room temperature are allowed. To achieve this level of the right kind of fat, according to San Diego researchers,<sup>(14)</sup> the diet needs to be vegan or almost vegan, meaning entirely plant-based or close to it.

### Adopt Natural Health Dietary Guidelines for Balance of Nutrients and Antioxidants

Natural Health Dietary Guidelines supply much higher levels of antioxidants and fewer calories than does the typical modern diet. These are presented in detail in the Spring 2009 issue of *Natural Health and Vegetarian Life*, pages 34 – 39 and in three chapters of *How a Man Lived in Three Centuries*. (Both are available from the Natural Health Society.)

The basis of these guidelines is that three-quarters of total food intake is fresh, green, yellow, red and purple vegetables and fruits – that is approximately one to one-and-a-half kilograms daily for a person of average size. More for larger-framed people and less for smaller-framed people.

Fresh vegetables and fruits are the only abundant and ideal sources of vitamin C, carotenoids (from which we make vitamin A), flavonoids, other antioxidants and a host of other phytonutrients. They are also critical sources of the alkaline minerals, potassium, magnesium and calcium, as well as many trace minerals.

The dietary guidelines also include small but regular amounts of legumes, nuts and seeds, supplying protein and good levels of vitamin E, zinc and selenium if we include a few Brazil nuts frequently.

### Nutritional Supplements

The nutrients calcium, magnesium and vitamin D are particularly important as evidenced by a study in which the number of exacerbations was halved when these

nutrients were fed to young sufferers.<sup>(13)</sup> Note that wherever calcium supplements are used, they should be accompanied by magnesium.

There are plenty of supplements that can be taken for MS, an extensive list being given in the American text, *Prescription for Nutritional Healing*.<sup>(9)</sup> The main ones from the list are:

- Co-enzyme Q10, 90 mg daily for improved circulation and oxygen supply;
- Flaxseed oil for omega-3 fatty acids;
- Garlic, though not too much;
- Vitamin-B complex for the immune system and nerves;
- Extra vitamin B<sub>6</sub> (pyridoxine), vitamin B<sub>12</sub> (for integrity of the myelin sheath) and choline and inositol (to protect myelin);
- Extra vitamin B<sub>3</sub>, 800 IU daily, to aid calcium and magnesium absorption;
- Calcium and magnesium, chelated forms;
- Grapeseed extract, a powerful antioxidant and anti-inflammatory;
- Digestive enzyme complex – taken with meals to aid digestion;
- Acidophilus bacteria to enhance digestion and absorption of nutrients;
- Selenium, 150 – 300 micrograms daily – an important antioxidant;
- Carotenoid complex – important antioxidants;
- Vitamin C in large doses plus bioflavonoids;
- Vitamin E, 400 IU daily and increase gradually;
- Multi-mineral complex, preferably colloidal.

### OTHER LIFESTYLE ASPECTS

Healing can be enhanced by deep breathing [but not more than about 15 deep breaths at a time to avoid hyperventilation], sunbathing but always wearing a sun hat, and also abstaining from donating blood.<sup>(25)</sup> Treat chronic infections (in *Natural Health*, this means the use of cleansing diets) and exercise regularly to maintain muscle tone and balance.<sup>(3)</sup>

## Some Successes with MS

Some years ago I (the writer of this article) met a woman named Lorraine who had been told by doctors two years previously that she could expect to be in a wheelchair within one to two years. Yet, there she was, walking normally and symptom-free except for rare bouts of mild vertigo. Lorraine had adopted Natural Health Dietary Guidelines and also undergone short periods on cleansing diets under professional supervision.

## CASES REPORTED IN THE HEALTH REVOLUTION

In his book, *The Health Revolution*, Fourth Edition,<sup>(20)</sup> Ross Horne writes that he had personally observed some dramatic recoveries from MS.

All three children in one family displayed symptoms ranging from incapacitation of the eldest in a wheelchair to stumbling and loss of coordination with the second child, and slight symptoms in the youngest. The eldest was not expected to live for another year. The family had been on the normal Western diet and endured great stress due to a violent alcoholic father. They moved to the country, the father improved his behaviour and the family adopted a very-low-fat diet. The result was that the two youngest children were free of symptoms in two weeks and the eldest, instead of dying, recovered to the extent of walking without assistance and being able to ride a bicycle.

Ross Horne also described successes achieved by two doctors, R. M. Parker and J. T. Taylor of Amarillo, Texas, which were published in the *Journal of Ortho-Molecular Psychiatry* 1980:9. Using a modified diet which excluded cereals, dairy products and caffeine, was low in fat and emphasised raw fruits and vegetables, the doctors achieved excellent results with 15 patients out of 20 and slight improvement with the remaining five. Gains were sustained indefinitely except for a few patients who required repeat therapy.

## TESTIMONIAL OF A 32-YEAR-OLD

The following is abridged from a letter by Janet B., Gold Coast, Qld.

"I am 32 years old and suffer from 'incurable' multiple sclerosis which was diagnosed in July 2001.

"One night I was feeling pain in my left eye and ... before long I was unable to see out of that eye.

"After numerous tests, still with no actual diagnosis, I saw an eye surgeon who organised an MRI scan which showed MS in the form of a black spot on my brain. As only one spot was found, I was told that I should not have any more episodes.

"Ten days after I lost the sight in my eye, I woke with pins and needles the length of my left side and wondered if I had had a stroke. A neurologist was shocked by the rapidity of demyelination affecting my left side. It was as if plaques had appeared overnight. I was given a grim outcome, and given a drug intravenously over three days to take away some of the inflammation. It was a combination of cortisone and prednisone in massive doses.

"The side effects were staggering. I couldn't urinate; I couldn't stop shaking; I couldn't have a bowel motion; I couldn't eat; and I still couldn't walk or see out of my left eye. I was also hallucinating. I ended up worse than when I started.

"In the end I was on drugs to urinate, drugs to have bowel motions and drugs to ease the pain I sometimes suffered. I was a wreck, a shadow of my former self. I decided that I didn't want to go onto another drug, Betaferon injections, much to the horror of the doctor.

"I first saw a naturopath in February 2002, by which stage my episodes were happening so furiously and so often that I was ecstatic if I was able to walk or function for just two days in a week. My hand was twisted into its usual knot and my leg wasn't working at all. The naturopath noted, among other things, that there was a lot of congestion in my digestive system.

"We changed my eating habits, eliminating dairy products, sweets, meat and wheat, and replacing them with fresh fruits and vegetables, rice, etc. I also took liver detox tablets, vitamin C, B-complex and some other supplements.

"In four to six weeks my episodes decreased, with the longest one lasting two days. I still have only partial feeling in parts of my left arm and leg, but the decrease in episodes is amazing.

"I would rate my general wellbeing when I first saw the naturopath 12 weeks ago at 10%; now I would say it is 200%. I can keep up with my six-year-old again!

"I know I will never be 'cured', but easing my symptoms without the use of synthetic drugs, and seeing such great results simply by applying commonsense and eating healthy foods, I simply wish that I had seen the naturopath when I was first diagnosed."

## A TRIATHLETE'S RECOVERY FROM MS

The story of Kristen was published in *medicinenet.com* in January 2013.<sup>(26)</sup> In 1998 at age 27, she was a triathlete, mountain biker, skier and medical technician, but was then diagnosed with multiple sclerosis. For over five years she attempted to cope with intermittent and debilitating symptoms, then she became pregnant. She made a determination to overcome the MS, and has now been largely free of it for eight years.

Here is an abridged version of her story.

"My worst outcome was losing sight in my left eye. There were two times when I was unable to walk and there was another exacerbation where I was completely paralysed on the left side.

"I was probably a borderline alcoholic. I partied, smoked occasionally and ate

whatever was in front of me. I started doing triathlons when I was in my mid-20s, and thought that since I was exercising two hours a day, it did not matter what I put in my mouth.

"The multiple sclerosis drugs I was prescribed, Avonex, Betaserone and Copaxone, would cause me to have convulsions, vomiting and sweats and I wasn't getting better. So I switched to an off-label drug, Naltrexone, but when I changed my lifestyle, I eventually got off this as well.

"I started yoga and Reiki when I was diagnosed.

"My diet is mostly organic. We cut out most red meat. We do not eat processed foods. Early last year I cut out gluten. I have a lot of coconut milk and a lot of soy. I do eat dairy, but am very conscious of whether it is organic and whether it has bovine growth hormone.

"I don't take any medications for MS. I had eight lesions to start with and now have two that showed up on the last scan about five years ago, but they are smaller. I have been symptom free for eight years.

"I met a woman in Denver who said that she had had MS. She cut out gluten and started doing yoga and she does not have MS symptoms anymore.

"My close friends are amazed. Other people say, 'Maybe you were misdiagnosed' or 'Maybe you still have it and don't know it.' There are many people in the Denver medical community who say, 'I just can't believe it!'"

## In Conclusion

Ross Horne, in *Health and Survival in the 21<sup>st</sup> Century*, sums up with a view that precisely reflects the Natural Health experience with thousands of cases of many different diseases:

"Multiple sclerosis and so on, regardless of whatever 'high-tech' names are given them, can all be arrested and in many cases completely reversed once the body's chemical imbalance has been corrected and homeostasis restored.

"Even if an organ is left with only a fraction of its original capacity, when the causes of toxæmia are avoided, the remaining capacity of the organ may still be sufficient to permit normal bodily functions. The recuperative powers of the body once homeostasis is restored are almost beyond belief."

## REFERENCES

These are located on page 34.

# Kindred Organisations

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



## AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email [veg@veg-soc.org](mailto:veg@veg-soc.org)

Web [www.veg-soc.org](http://www.veg-soc.org)

## VEGETARIAN/VEGAN SOCIETY OF QLD Inc

1086 Waterworks Rd, The Gap QLD 4061

Phone 07 3300 9320

Email [vegsocq@tpg.com.au](mailto:vegsocq@tpg.com.au)

Web [www.vegsoc.org.au](http://www.vegsoc.org.au)

## VEGETARIAN AND VEGAN SOCIETY (VegSA) Inc

PO Box 311, Kent Town SA 5071

Phone 08 8260 2778

Email [info@vegsa.org.au](mailto:info@vegsa.org.au)

Web [www.vegsa.org.au](http://www.vegsa.org.au)

## NATURAL HEALTH SOCIETY (SA) Inc.

7 Emily Ave, Clapham SA 5062

Phone 08 8277 7207

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

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

### Plant Food (New)

By Matthew Kenney, Meredith Baird, Scott Winegard

**\$32 + postage up to \$12.73**

Kenney and his team are at the forefront of raw food chefs changing the culinary landscape from both an artistic viewpoint and a health perspective, and they create alluring food that is both nutritious and delicious.

### Outside the Magic Square 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

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! 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.

### Sweet Utopia

By Sharon Valencik

**\$28 + postage up to \$12.73**

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.

### 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.

### Vegans are Cool

By Kathy Divine

**\$15 + postage \$2.10**

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 \$7.20**

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 \$7.20**

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.

### Power Foods for the Brain

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

**\$33 + postage up to \$12.73**

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 – Springtime Events

### INTERNATIONAL VEGETARIAN WEEK

**October 1st – 7th;** includes World Animal Day on 4th (St Francis's Day).

As that week is school holidays in SA and includes a long week-end, VegSA will be celebrating early:

**Saturday 20th September,** 3pm – 8pm (approx.); North Adelaide Community Centre (Tynte St); food, entertainment and more food: 'MOSTLY MEDITERRANEAN'.

For information, booking, etc, contact VegSA – detail above.

### VEGAN FESTIVAL is on again.

Find us there on Sunday 16th November, 10am – 5pm, Victoria Sq (City Centre); Food and info stalls, celebrity speakers, demonstrations, children's activities, etc.

If in the area or passing through, come and enjoy the atmosphere.

See: [www.veganfestival.info](http://www.veganfestival.info).

For all VegSA and related events see: [www.vegsa.org.au/vegsanew/diary.html](http://www.vegsa.org.au/vegsanew/diary.html)

## Plant-Powered Men

Compiled by Kathy Divine.

**\$15 + postage \$2.10**

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 \$12.73**

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 \$12.73**

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



## SUPERFOODS – NATURE’S TOP TEN

By Myrna Chandler Goldstein and Mark Alan Goldstein

\$23.00

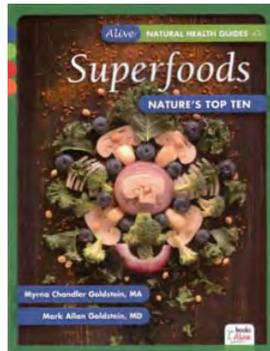
Superfoods are nutritional powerhouses that can boost most or all of the functions in our bodies when they are incorporated into our daily eating. Eating a variety of them provides a kind of ‘synergistic’ effect as they tend to enhance each other’s benefits, which include strengthening immunity.

These 10 superfoods have substantial scientific backing for their ability to prevent and even help reverse diseases all the way up to cancer.

The top ten are: berries, broccoli and its sprouts, flaxseeds, garlic, kale, mushrooms, onions, sea vegetables, soybeans and turmeric.

For each food, an explanation of how it can benefit a range of illnesses is given. For broccoli, for example – cancer, cardiovascular health, chronic obstructive pulmonary disease and Helicobacter pylori infection. For flaxseeds – cancer, cardiovascular, IBS, prostate and type 2 diabetes.

The book rounds off with 14 recipes using these superfoods, including vegetarian tacos, caramelised onion-and-tofu and kale chips.



## CHIA – USING THE ANCIENT SUPERFOOD

By Beverly Lynn Bennett

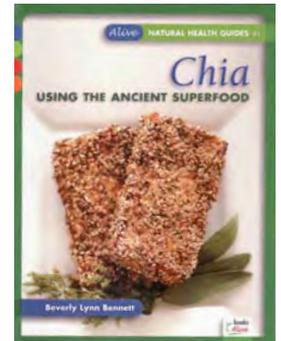
\$23.00

In a parallel case to quinoa, chia seeds have been a staple food in North, Central and South America and were prized by the Aztec warriors and athletes for the energy these seeds provided. Like quinoa, they are loaded with minerals and vitamins and are another nutritional powerhouse.

Chia seeds are protein seeds, but their outstanding quality is a higher content of omega-3 fatty acids than any other food, much more than in the fat of salmon.

This makes them a valuable food, since consuming omega-3 fats has been shown to reduce inflammation, improve mental function and decrease the risk of nasty diseases including arthritis, heart disease and cancer.

More than half of the book is recipes – around 25 of them. Covering beverages, lunches, dinners, sweets and treats, they include Paradise Smoothy, Fruit, Nut and Seed Tofu Salad, Chia Veggie Burgers, Creamy Roasted Tomato Soup, Tofu Cutlets, Bean Burritos with Chia Seed Salsa, Raw Energy Snacks, Almond Butter-Choc Chip Cookies and Lemon Berry Cake.



## QUINOA

### HIGH PROTEIN, GLUTEN-FREE

By Beth Geisler

\$23.00

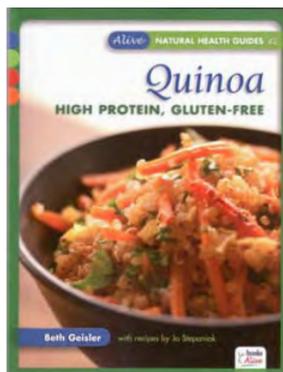
This ancient South American seed, once known as the ‘gold of the Incas’, is gluten-free and exceptionally rich in minerals and vitamins. Compared to wheat and other grains, it is richer in protein and lower in carbohydrate.

Quinoa is a boon for people with coeliac disease or anyone else who wants to avoid the problems associated with wheat. It can be used in both savoury and sweet dishes, ranging from soups, salads, casseroles and burgers to desserts.

It is interesting to read details of the nutritional constituents of this seed, it is another nutritional powerhouse. There are numerous easy ways to use quinoa, in its forms of flakes, flour and pasta. Tips are given for the ‘best cooking method’ and how to sprout quinoa.

A selection of a dozen recipes include Quinoa-Oat Porridge, Broccoli-Quinoa Soup, Greek Quinoa, Burgers and Quinoa-Chocolate Chip Cakes.

**Editor’s note:** A quinoa bakery product that we in the Natural Health Society are enamoured with is Quinoa Health Loaf, manufactured by marathon champion, Robert de Castella, in Canberra. Main ingredients are quinoa, tapioca flour and soya flour; there is no gluten and no grain. It is available in a limited number of shops, otherwise buy online, [www.deeks.com.au](http://www.deeks.com.au) or phone 02 6286 9444



## IRIDOLOGY SIMPLIFIED

An Introduction to the Science of Iridology and Its Relation to Nutrition

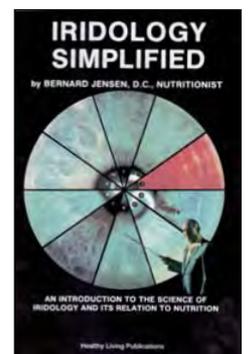
By Bernard Jensen, DC, Nutritionist \$19.00

Iridology – or analysis of health through the iris of the eye – is a fascinating art which lay people can toy with. It is around 200 years old and has been refined and put into a simple booklet form by the prominent American nutritionist, Bernard Jensen. First published in 1980, this booklet is now in its fifth edition.

Lay people can entertain each other by studying irises, but should leave it to a trained iridologist to make health analyses upon which to act with therapies or nutrition. Otherwise harmful mistakes could be made. However, it can enable any individual to recognise major features in another person’s health.

The iris reveals inflammation, bodily constitution, inherent weaknesses, level of health and the consequences of a person’s lifestyle. The analysis works because hundreds of thousands of nerves from every organ and tissue in the body have their nerve endings in the irises.

The book is very practical. Early in its pages is a chart showing the locations of the organs and tissues in the iris of each eye. Although a magnifying glass might be required – which is required for iris analysis anyway – the charts maps are complete.



# NATURAL HEALTH SOCIETY BOOKSHOP ORDER FORM

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

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

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

TITLE	AUTHOR	\$	NO.	TOTAL
<b>NATURAL HEALTH SOCIETY'S OWN BOOK</b>				
How a Man Lived in Three Centuries	Roger French	\$34.00		
<b>NEW TITLES</b>				
Superfoods – Nature's Top Ten	Mark Alan Goldstein	\$23.00		
Quinoa	Beth Geisler	\$23.00		
Chia – Using The Ancient Superfood	Beverly Lynn Bennett	\$23.00		
Iridology Simplified	Bernard Jensen, DC	\$19.00		
<b>NUTRITION &amp; LIFESTYLE</b>				
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		
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		
Wild Fermentation	Sandor Katz	\$36.50		
<b>RECIPE BOOKS</b>				
Friendly Food	RPA Allergy Unit	\$30.00		
Golden Energy - Recipes For Rejuvenation	Dr Marilyn Golden	\$34.00		
Grills Gone Vegan	Tamasin Noyes	\$34.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Jazzy Vegetarian	Laura Theodore	\$41.00		
Kitchen Divided	Ellen Jaffe Jones	\$34.00		
Vegetarian Cooking Without	Barbera Cousins	\$36.50		
<b>HEALTH ISSUES</b>				
A Cancer Therapy – Results of 50 Cases	Max Gerson, MD	\$31.00		
Healing the Gerson Way	Charlotte Gerson	\$47.00		
The Gerson Therapy Full DVD Set	Gerson Institute	\$95.00		
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		
Raw Can Cure Cancer	J. Murray-Wakelin	\$34.00		
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		

<b>MIND ISSUES</b>			
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

COMPACT JUICER (non-member's price \$299)	\$279		
LadyShip Organic Essence Juicer, Blender LS658	\$385		
LadyShip Organic Essence Juicer, Blender LS588	\$249		
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		
<b>BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25</b>			
Members \$50; NT & WA \$55 Non-members \$55; NT & WA \$60.			
<b>Tri Nature Products (total from page 41)</b>			
			<b>TOTAL \$</b>

## SUBSCRIPTION APPLICATION or RENEWAL

New member  Renewal  Gift  **GIFT VOUCHER**

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

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

Are you a practitioner? Yes  No

GRAND TOTAL \$
Name: _____
Address: _____ _____
Phone: (home) _____
Phone: (business / mobile) _____
Email: _____

For Payment By Credit Card	
Mastercard <input type="checkbox"/>	Visa <input type="checkbox"/> Expiry Date ____/____
Signature: _____	
<input type="text"/>	<input type="text"/>

# Household & Personal Care Products

## ★ Excellence

- Outstanding performance
- Multi award winning
- Made from plants & minerals



### LAUNDRY

## ★ Safety



### KITCHEN

- No harsh ingredients or noxious fumes
- No animal testing
- Suitable for vegetarians
- Ultra gentle, ultra effective
- Safe for children

## ★ Economy

- Highly concentrated
- Long lasting

- Refills & bulk sizes
- Money back guarantee\*



### GENERAL CLEANING

## ★ Sustainability

- Low sodium & sudsing; free rinsing; grey-water & septic safe
- Rapidly & completely biodegradable
- Recyclable containers



### PERSONAL CARE

**Australian owned and made**

Place all orders with the Natural Health Society of Australia, by internet, phone, fax, mail or email.

Tri Nature's regular monthly specials are also available from the Natural Health Society – see [www.trinature.com](http://www.trinature.com)  
Satisfaction guaranteed when used as directed. Please see containers & usage guides. \*If dissatisfied, contact NHTSA within 30 days & 25% usage.

More information: [www.health.org.au](http://www.health.org.au); [www.trinature.com](http://www.trinature.com); email [customerservice@trinature.com](mailto:customerservice@trinature.com); Tri Nature FREECALL 1800 243 714

## TRI NATURE PRODUCTS ORDER FORM

'True Natural Health' Subscriber Discount: 10% off RRP

Retail prices below include GST. Products & prices subject to change. Please post order with cheque/money order/credit card details to NHTSA, 28/541 High Street, Penrith 2750; or order on-line: [www.health.org.au](http://www.health.org.au); by ph: 02 4721 5068; fax: 02 4731 1174; or email: [admin@health.org.au](mailto:admin@health.org.au)

Code	Product	Qty	\$	Total
<b>KITCHEN PRODUCTS</b>				
1	Chamomile Dishwashing Liq. (1,4-D-free) 1lt		19.95	
2	Citrus Machine D/W Pwdr Bkt (child-safe) 2kg		40.95	
2F	Refill 1kg Q: 18.95	2A	Refill 2kg	34.95
2D	Citrus Dishwasher Rinse Aid 500ml		15.95	
52B	Sanazone Odourless Disinfectant 1lt		18.95	
<b>LAUNDRY CARE</b>				
13	Alpha Plus Pre-Wash Soaker Bucket 2kg		37.95	
13D	Refill 1kg Q: 17.95	13A	Refill 2kg	31.95
14	Alpha Plus Laundry Powder Bucket 2kg		38.95	
14D	Refill 1kg Q: 18.95	14A	Refill 2kg	32.95
15C	Angelica Fabric Softener 500ml		12.95	
16	Alpha Plus Laundry Liquid 2lt		31.95	
17	Alpha Plus Gentle Wash 2lt		29.95	
61C	Enhance Pre-Wash Spray 1lt		24.95	
<b>CLEANING PRODUCTS</b>				
3	Sphagnum Moss Disinfectant (mint/musk) 1lt		21.95	
4	Supré Multi-Purp. Clnr Grapefruit/Palmarosa 1lt		19.95	
4D	Supré Multi-Purpose Cleaner Eucalyptus 1lt		19.95	
39	Optimate Floor Cleaner (light citrus scent) 1lt		19.95	
5	Ultra Cream Cleanser (spearmint) 500ml		11.95	
6	Excel Bactericidal Cleaner/Destainer 500ml		12.95	
37	Maxim Cleaner & Descaler 1lt		18.95	
7D	Hyaline Glass & Window Cleaner 1lt		17.95	
8	Heritage Furniture Polish 500ml		15.95	
51D	ProCare Carpet/Upholstery Cleaner 1lt		18.95	
67	Illumina Stainless Steel Polish 500ml		15.95	
<b>Pre-mixed EXPRESS RANGE – all 500ml with spray head</b>				
3D	Sphag. M. Q: 6.95	7C	Hyaline Q: 6.95	
4H	Supré G&P Q: 6.95	52D	Sanazone Q: 6.95	
4J	Supré Euc. Q: 6.95	61B	Enhance Q: 7.95	
<b>PERSONAL AND HAIR CARE</b>				
21	Golden Silk Shower Balm Original 500ml		21.95	
21C	Orange 250ml Q: 12.95	21D	Citrus O 250ml	12.95
21M	Pom/Lime 250 Q: 12.95	21N	Island E 250ml	12.95
840	2in1 Shampoo/Conditioner (no silicone) 500ml		21.95	
841	Family Sh 500 Q: 17.95	841A	FamilyCdr 500	17.95
844	SerenityS 250 Q: 17.95	844A	SerenityC 250	17.95
845	Affinity Shampoo (sulphate-free) 250ml		17.95	
Further products in all lines, plus SKIN CARE & AROMA, LITTLE ONE Baby & Kids, CARMA Car Care, PUMPS etc, half, bulk, large & travel sizes.				
<b>TOTAL FOR ALL ITEMS</b>				\$
Less 10% subscriber discount if applicable				\$
<b>SUBTOTAL</b>				\$
Plus freight (flat rate)				\$ 17.00
<b>TOTAL AMT to pay by:</b> CHQ <input type="checkbox"/> M/O <input type="checkbox"/> C/C <input type="checkbox"/>				\$
Payment by credit card:		MasterCard <input type="checkbox"/>	Visa <input type="checkbox"/>	
<input type="checkbox"/>				
Signature _____		Exp. Date ____ / ____		
NAME _____				
ADDRESS _____				
Postcode _____				
Phone H _____		Alt. Ph. _____		
First Tri Nature order <input type="checkbox"/> Please send full product/price list <input type="checkbox"/>				
IF I'M OUT, please leave at: Front door <input type="checkbox"/> Back door <input type="checkbox"/>				
Garage <input type="checkbox"/> Carport <input type="checkbox"/> Other <input type="checkbox"/>				

# Health Products

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

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

## Compact Juicer

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



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

## In-Lieu Toilet Converter



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

Phone Natural Health Society for price

## Ladyship Juicer, Blender

Two models - LS658 and LS588F

Like nine machines in one



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

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

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

## Snackmaker

**5 Trays – Expandable to 15**

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



**Posted price to members\* \$179**  
**Non-members \$199**

## ReboundOz

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

- Strong mat and springs designed for the right bounce
- Heavy-grade all-steel frame, UV-resistant mat
- Tapered springs mounted on pins to avoid fatigue cracks
- Folding legs, spring-loaded for ease of use
- Rubber tips on legs
- Frame folds in half for convenient transport

**Price incl. freight basic unit:**  
**non-members \$240,**  
**members \$220**

**Package 2 \$260 or \$240;**  
**Package 3 \$270 or \$250;**  
**Package 4 \$280 or \$260**



# Are you getting enough DHA?

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

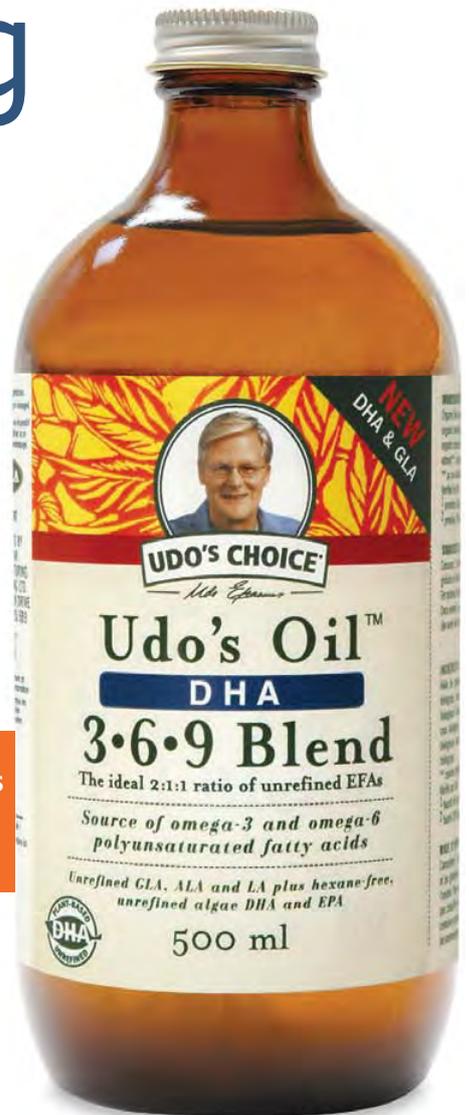
The DHA in Udo's DHA Oil Blend is derived from farmed algae - the same algae that fish eat! This DHA-producing algae is grown in a controlled, patented process that eliminates any risk of environmental contamination and added to Udo's Choice 3-6-9 Oil Blend® to provide all the benefits of a quality source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

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



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

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



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



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



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

Available from all good health food stores or buy online.