

# True Natural Health

SUMMER  
2014-15  
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*The Magazine of the Natural Health Society of Australia*



Sun protection made easy by the new Solarbrella — details P39

**The water myth**

**Wi-Fi in public places**

**Exercise for brain health**

**Wonders of coconut oil**

**Motor neuron disease**

**Eczmea treatment**

**Vitamin K - overlooked**

**Recipes for summer**

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# Heaps of new information and novel ideas

## Editorial



We have come up with a stack of new information in this holiday-season issue, some controversial and some innovative.

Dehydration is a hot topic in summer (pardon the pun) and one of which we need to be conscious. Complementary articles by naturopath, Greg Fitzgerald, and Hopewood Health Retreat cover our needs splendidly.

The Ebola virus – so prominent in the news this Spring – raises the issue of international plane flights. Explained in YQA, there is a very neat way in which cabin air circulation is designed to minimise transmission of infective germs.

Also in YQA are some helpful tips for how to improve that thing that is elusive to many of us – memory.

Which raises the subject of exercise. Thanks to Dr Helen Hudson (PhD), we find that physical activity has remarkable effects on the brain and can help preserve both

memory and thinking skills. In addition, it tends to reduce inflammation. So let's get outdoors and get moving!

After exercising, how good is it to sleep well! A good mattress has a lot to do with this. Accordingly, the Geovital Academy promote their very novel, state-of-the-art mattress design on the outer back cover. Check out their website and learn about this mattress and the interesting story behind it.

Or if you like to rest or snooze outdoors, take a look at the Solabrella (page 39). It is a brilliant (and very affordable) idea, especially for when the sun is burning hot.

A thought regarding Christmas dinner, or any other big dinner for that matter. Consider the value of supplements of digestive enzymes. For years I have been taking Lifestyle Enzymes with my main meal of the day and find marvellous improvement in stomach comfort after the meal, especially if a large one. On

my enthusiastic invitation, naturopath, Robert McIlroy, promotes this brand on page 11.

Another thought is ideas for Christmas gifts. How about a book or product from the NHS shop [pages 42 & 43] or a Tri Nature Special [page 44].

Finally, I wish to acknowledge and thank all the writers who have contributed to this magazine through the year, each having *donated* their time and expertise. I also acknowledge and thank the numerous advertisers who have supported us – and helped make each issue more informative and very colourful.

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*;
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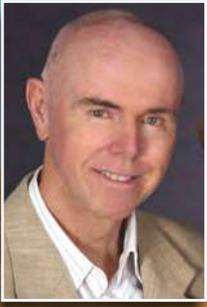
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# The Myth of Eight Glasses of Water a Day

By Greg Fitzgerald, Osteopath and Naturopath

The human body has around 100 trillion cells, and, believe it or not, 10 times that number of viruses and bacteria residing in it. Each cell operates intelligently, each organ acts intelligently and, obviously, the entire organism acts intelligently. There are laws and principles which govern life, and, indeed, govern health and disease.

Symptoms such as vomiting, diarrhoea, fever, pain and inflammation all have survival value. The body is working as designed. These are reparative, remedial processes the body employs to keep itself clean and well. Sometimes painful, but always having survival value.

Similarly, sensations such as hunger, thirst, tiredness, sleepiness, etc, all have survival value and are intelligently directed. They have been guiding humans for millions of years. Only relatively recently have we been told by supposed experts that these symptoms are wrong, and, in the case of fevers and inflammation, positively harmful.

There have even been statements by some dieticians that by the time we are thirsty, we are already dehydrated! Does that mean that by the time we are hungry we are already starving?! There is more nonsense written about health than any other subject, and a bigger worry is that people are quick to believe it.

There are, however, signs that a more enlightened approach is taking hold.

Dr Heinz Valtin, a physiologist from Dartmouth Medical College, said he could find no scientific support for the common advice for adults to drink at least eight glasses of water a day. *"The benefits", he said, "including weight loss, relief of constipation and headaches, less fatigue and increased alertness, have no foundation in scientific studies."*

What about the belief that under-drinking of water leads to heatstroke when exercising?

Dr Tim Noakes and Dr David Martin, from South Africa and the USA respectively, stated this, *"It has been difficult to find any studies in which dehydration has been identified as the causative factor in even a single case of exercise-related heatstroke."*

Indeed, drinking too much water – or water gorging – has been shown to cause *hyponatraemia*, or low blood sodium, with serious and on rare occasions fatal consequences.

Their studies led to USA Track and Field, the governing body of track and field, making major revisions to drinking guidelines for athletes ([www.usatf.org](http://www.usatf.org)). Instead of athletes drinking as much as they can, the guidelines say, they should drink when they are thirsty. Dr Martin said these changes were revolutionary and overdue. Following this, the International Marathon Medical Directors Association also reversed its stance: *Drink when thirsty!*

Even some dieticians are seeing the light. Nicole Senior, the Glycaemic Index Association Dietitian, states:

*"The eight-glass rule fails to recognise that you don't have to drink all your fluid requirements. There is a lot of water already in food, especially fruits and vegetables, as well as the obvious liquid in semi-solid foods like soups."*

*"What about thirst? I've heard that the human thirst mechanism is a poor indicator of our fluid needs and so we should drink even though we aren't thirsty, but is this true? A perusal of the scientific literature suggests this is only true in elite athletes because their fluid needs are higher, but for the rest of us, our thirst serves us well."*

*"So, drink when you feel thirsty and don't feel that you have to gulp down eight glasses of water a day"*

Listen to our body, it gives accurate feedback if we look after it.

If thirsty, drink! If hungry, eat! If tired, rest and sleep! If feverish, fast and rest!

This philosophy will serve you well. It appears to be commonsense, but commonsense is not too common today.

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**Greg has presented at a number of Natural Health Society Annual Seminars. He and his wife, Dawn, run regular seminars at Sylvania Waters and other locations.**

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# Staying hydrated helps you stay healthy



**Hopewood Health Retreat's hydration tips will help you!**

Lots of people find it difficult to stay hydrated, particularly in the warmer months. You may not even realise when you're dehydrated. Symptoms of dehydration can include:

- Dizziness
- Fatigue
- Nausea
- Headaches
- Excessive thirst or dryness
- Low blood pressure
- Sleepiness or drowsiness
- Dry mouth, and
- Reduced skin elasticity.

## Hopewood Health Retreat has developed some tips you can follow every day to stay healthy!

### Tip 1 – Drink water

Did you know that our bodies need a substantial quantity of water every day to help flush out toxins? This is six to eight glasses (1.5 to 2 litres) including the amount of water from food itself – especially fruit and vegetables.

The average person loses 2.5 litres of water every day. Those of us who don't replace this water can become dehydrated. Water maintains and regulates body temperature, blood volume and blood pressure.

By drinking water regularly, you could enjoy the benefits of improved digestion, a stronger immune system, less inflammatory conditions, a healthy nervous system and increased mental function.

### Tip 2 – Choose healthy foods

Most fruits and vegetables are more than three-quarters water and also high in minerals that help balance your electrolyte level. The body uses electrolytes to help regulate nerve and muscle function (especially nerve, heart and muscle cells) and to maintain the correct balances of acid-to-alkali and water.

At Hopewood we advocate a well balanced and nutritious diet that contains at least 70% plant-based foods with minimal intake of processed foods.



### Foods we suggest you eat to aid hydration, include:

- Spinach
- Cucumbers
- Broccoli
- Strawberries
- Bananas, and
- Apples.

### Tip 3 – Minimise caffeine and alcohol

Caffeine in high amounts (more than six to eight cups daily) can be a diuretic. A diuretic is a substance that promotes the excretion of urine and could increase the loss of sodium and potassium.

Try to avoid drinking too much coffee and other drinks that lead to dehydration, including caffeinated teas and alcohol.

### Tip 4 – Reduce your risk of dehydration

Excessive sun exposure, rigorous exercise and high stress levels will also impact the body's hydration levels.

### Help your body remain hydrated by:

- Drinking generous quantities of pure water daily

- Eating water-based fruits and vegetables that are high in minerals
- Limiting dehydrating beverages, especially coffee, tea and alcohol and also sugar and salt
- Reducing stress
- Undertaking moderate daily exercise, and
- Avoiding excessive sun exposure.

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## Fresh Summer Salad

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### INGREDIENTS

#### Salad

2 cups apple, cubed  
2 cups carrots, chopped  
2 cups snow peas  
2 cups red capsicum, chopped

#### Dressing

1/8 cup lemon juice  
1/8 cup apple juice  
Teaspoon seeded mustard  
Teaspoon American mustard

### METHOD

#### Salad

Combine apples, carrots, snow peas and red capsicum into salad bowl. Lightly toss salad – with dressing.

#### Dressing

Combine all dressing ingredients and stir.  
Pour dressing over salad.



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# The wonders of coconut fat/oil

By Roger French



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

Saturated fatty acids are found almost exclusively in animal products, while unsaturated fats are typical of plant products. The exceptions among plant products are coconut fat and palm kernel oil, which are highly saturated – in the case of coconut fat, even more saturated than beef fat, in fact, the most saturated of any food. Its fatty acid composition is saturated 92%; monounsaturated 6%; omega-6 2%; and omega-3 nil. Smoke point is moderate at 177 °C. Vitamin E content is very low, ranging from 50 to 200 micrograms per 100 gm of fat/oil.

So is all this coconut saturated fat bad for us? Not at all. The saturated fats in these plants are different from those in animal products. Their fatty acids are *short-chain* and *medium-chain*, in contrast to the *long-chain* fatty acids in the saturated fats in red meat, chicken, eggs and dairy products, which are not so good for us. In coconut fat, the prominent fatty acids are *lauric acid*, *myristic acid*, *caprylic acid* and *capric acid*.

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

Because coconut fat is highly saturated, it is extremely resistant to oxidation. Biochemist, Ray Peat, states that coconut oil kept at room temperature for many months showed no evidence of rancidity, which is a remarkable benefit for coconut fat. It would appear that the saturated components have an antioxidant effect on the eight percent of unsaturated fatty acids that are present. This indicates that coconut fat/oil could be safely used for all home cooking (including frying – if we must) and sautéing.

Coconut products are available in a

number of forms. Raw coconut flesh and fresh coconut milk are both very natural and very nutritious. *Coconut fat*, *coconut butter* and *coconut oil* are the same thing. Below about 20° – 25°C coconut fat is solid ('butter') and above this temperature it is liquid (oil). When the coconut fat is extracted, the least processed is *extra-virgin* and *cold-pressed*, whereas the oil used in baked goods and for popping corn is usually refined, bleached and deodorised, and is far inferior compared to the pure, natural fat. If coconut fat has been hydrogenated, it may contain trans fats.

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

- It speeds up metabolic rate, resulting in our being slimmer than if we consume the equivalent calories from other fats.
- When consumed in moderation, coconut fat reduces the risk of heart disease. Populations consuming substantial quantities of coconut products have low rates of heart disease, which would be the result of many factors of which coconut fat is a significant one.
- Coconut fat is helpful with diabetes because it helps regulate blood sugar levels, and the faster metabolic rate increases the rate at which sugar is burned for energy.
- It is anti-inflammatory, and could be helpful with Crohn's disease, irritable bowel syndrome and any other inflammatory condition in the digestive tract.

- It is powerfully antibacterial, antiviral and antifungal, and so it helps prevent infectious illnesses in general.
- Because it is resistant to oxidation, it could be labelled as anti-cancer.
- Coconut fat rejuvenates the skin and helps prevent wrinkles, because it protects against free radicals, which are the underlying cause of skin damage.

When buying coconut fat/oil, check the labelling for no refining, no hydrogenation, no chemical additives, no bleaching, no deodorisation and no genetic modification. A brand that meets these requirements is Niulife, which is detailed on the adjacent page.

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

In commercial foods coconut fat is widely used in biscuits, cakes, desserts, muesli, confectionery and curries, and is often hydrogenated.

A well-known coconut oil product is Copho. This is solidified coconut oil that remains solid at room temperature. It comes in blocks wrapped like butter, and has been hydrogenated to make it even more stable until it is melted. Hydrogenation makes it more resistant to going rancid by changing the few unsaturated bonds in the molecules to saturated ones.

## ASTAXANTHIN, supreme antioxidant WHERE TO FIND IT

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# 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. IS AIR TRAVEL SAFE RE EBOLA?:**

With this rapidly expanding Ebola epidemic, we might be exposed to the virus during an international flight. If the plane has come from an infected area or if there is an infected person on the plane, are we in danger of a virus that seems to be 'ruthless'? – A. D. F., Brisbane Qld

**A.** There are cases on record of a person flying from an infected area to an uninfected destination and transmitting the Ebola virus to people at the destination (in at least one case causing death), as well as becoming very ill themselves. Yet, none of the passengers with whom he/she sat in the plane for hours became infected. There must be some tricky explanation for this.

And there is. It was given by Professor Rick Speare in *Medical Observer*, 23<sup>rd</sup> September 2014, and it is about understanding the air quality and the way it's circulated in the cabin of a jetliner.

Cabin pressure is set to be the same as the atmosphere at an altitude of 2,440 metres), which, it so happens, does favour the transmission of respiratory viruses in sneeze and cough droplets, etc. Also, a flight of around 12 hours causes a minor depression of the immune system, which would increase susceptibility to infection.

Fortunately, the air in the cabin has far fewer bacteria, viruses and fungal spores than the air in our vehicles, homes and other buildings on the ground. This is because air is drawn in from the atmosphere outside the plane, sterilised by engine heat and then mixed with the existing cabin air half-and-half. The air is replaced every couple of minutes, and in the process is filtered by HEPA filters. As a result, the 'germs' in the cabin are almost entirely those released by the passengers themselves.

The second protective aspect is that the air is circulated in a very neat way. Air is emitted into the cabin from the ceiling near the walls. It drifts towards the centre of the plane and drops down towards the floor of the aisle. Then it flows across the floor

to the wall where it is removed through vents near floor level. This means that the air circulates mainly *across* the cabin and there is very little movement of air *along* the cabin.

So a person breathing or sneezing out infective droplets won't spread them throughout the plane, but only to the spaces near his/her seats. Yes, if you are close to this person, you are at risk, but otherwise the risk soon becomes quite low.

In summary, the rapid changing of the cabin air, the inclusion of sterile outside air and the filtering all combine to keep the air relatively free of microbe contamination. So air travel is *relatively* safe even as far as Ebola is concerned – unless you happen to be close to an infected person. The risk is low, but safety can never be *guaranteed*.

On a general Ebola note, the news has just come in that the US Centers for Disease Control now declare that the virus can, in fact, be spread through the air to other people up to one metre away. Previously, the view was that it required bodily fluid contact ([www.naturalnews.com](http://www.naturalnews.com), 28<sup>th</sup> Oct. 2014)

## **Q. WI-FI POINTS IN PUBLIC PLACES:**

I am seeing Wi-Fi points all over Sydney. It's in parks here and there, and local councils are pushing it. In Penrith, where I live, it is in the Municipal Library and in Memory Park that I know of. Are these Wi-Fi points safe, or are they another significant source of electromagnetic radiation? – K. D., Penrith NSW

**A.** Wi-Fi creates super convenience for the use of computers, smart phones, tablets, etc, but like almost everything that creates convenience, it comes at a price. As with all radiation emitting devices, the price is risk to health.

There is a ton of evidence for this, much of which is detailed in the book, *The Force*, written by Lyn McLean, Director of EMR Australia and a prominent researcher into electromagnetic radiation and its effects

on us. The following account is taken from *The Force*.

Wi-Fi in public places is called the 'Wireless Local Area Network' – or WLAN – and it is something like a mobile phone system for computers. It links the Internet to laptops, phones, tablets and similar devices within a relatively small area, although some do cover entire municipalities. The equivalent network in our homes is 'Wireless Personal Area Network', or WPAN. Areas which are enabled with Wi-Fi are known as *hotspots*.

In effect, each of these networks is alive with EMR. The adverse health effects are only now becoming known.

There are international standards for EMR exposure, but they only look at short-term thermal effects, not the long-term, non-thermal effects that many people are exposed to for long periods almost every day.

Firstly, there is some potent anecdotal evidence of what WPAN and WLAN can do to sensitive individuals.

An English singer and DJ, Steve Miller, has a healthy diet and lifestyle and excellent health, but within minutes of being exposed to a Wi-Fi computer system, he felt dizzy and developed a nasty headache. When the Wi-Fi was turned off, the symptoms eased, and when turned on again, they quickly returned. His experience was repeated in other locations with Wi-Fi. Other people have had similar experiences, one becoming exhausted and depressed.

In France, after the systems were installed in a number of libraries, some staff became sick, and the mayor of Paris in December 2007 decided to turn them off. Shortly after this, in the USA the Progressive Librarians Guild recommended using wired connections and not wireless. In June 2008 the Guild wrote that research had indicated that wireless technology can cause immune dysfunction, brain tumours, breast cancer, childhood cancers, Alzheimer's disease and genotoxicity (*damage to genes which may lead to cancer*).

In 2007 the German Federal Ministry for Radiation Protection recommended that wires are preferable to WLAN.

The effects are most pronounced in children. In Britain in 2006 three schools replaced their wireless networks with wires. In Frankfurt, Germany, educators have rejected Wi-Fi for schools, and in a French town in 2009, Wi-Fi was removed from all primary schools.

As early as 2004, Lakehead University in Ontario, Canada, stated that, "Microwave radiation in the frequency range of Wi-Fi has been shown to increase permeability of the blood-brain barrier, causing behavioural changes, altering cognitive function, activating a stress response and interfering with brain waves, cell growth, cell communication and calcium balance."

New studies suggest WiFi signals could have harmful effects on human reproduction. In a study of males, the scientists concluded that long-term exposure to Wi-Fi can adversely affect the testes and cause defects in sperm (Dasdag, S et al, *Electromagn Biol Med*, Jan 24, 2014). In a second study, researchers found evidence of lower sperm counts and sperm being less viable. There were also signs of degeneration in the testes and evidence of free radical activity (Shahin, S et al, *Free Radic Res*, Feb 4, 2014). A third study indicated that females exposed to WiFi, particularly those exposed before birth, had reduced postnatal growth, delayed puberty and signs of chronic stress (Sangun, O et al, *Electromagn Biol Med*, Jan 24, 2014).

Ukraine researchers in 2013 found that embryos exposed to radiofrequency radiation had an over-production of free radicals and genetic damage, which could lead to cancer later in life (Burlaka, A et al, *Exp Oncol* 35 (3):219-225, 2013).

In another study, exposure to WiFi caused oxidative stress that resulted in diabetes-like effects. Interestingly, if olive leaf extract was taken prior to and during the exposure, these symptoms did not develop (Salah, MB et al, *Environ Toxicol Pharmacol* 36(3):826- 34, 2013).

WiFi radiation has been found to cause damage to the lens of the eye. However, if there was prior treatment with the free radical scavenger, *melatonin*, this damage was ameliorated (Tök, L et al, *Indian J Ophthalmol* 62(1):12-5, 2014).

It is significant that the frequency of Wi-Fi is the same as for mobile phones, although the power is lower, but then we are exposed for much longer. Consequently, the numerous studies that have shown harm from mobiles tend to confirm that there are major potential problems with Wi-Fi.

**Drastic defensive action.** A Frenchman believed he was suffering due to wireless radiation from a nearby school. In

desperation, the 50-year-old entered the school and cut the power to the building to turn off the wireless signals. A court later fined him 1000 Euros for his trouble.

**For more information about how wireless radiation affects health, see EMR Australia's free online report 'EMR and Health' at [http://emraustralia.com.au/EMR\\_and\\_health.html](http://emraustralia.com.au/EMR_and_health.html) and Lyn McLean's book 'The Force' at <http://emraustralia.com.au/EMR-books>.**

## Q. IMPROVING MEMORY:

Could you please explain the causes of poor memory and outline ways of improving memory with memory techniques, nutrition and supplements? – W. M., Bundaberg Qld

**A.** There are two kinds of memory – short-term and long-term. At any one time, short-term memory can handle only about seven items, which is why Australia's eight-digit telephone numbers might cause difficulty remembering numbers.

The shortest short-term memory only lasts for about half a minute – unless there is repetition. Short-term memory tends to store specific detail, while long-term memory tends to store only the general meaning or gist of something. For example, when an important idea is put to us, we probably remember the actual words for about a day, but after that we recall only the general meaning.

There are various substances and health conditions that can impair memory. Head injuries producing amnesia is an obvious one. Others include alcohol, nicotine, certain drugs (for example, tranquilisers and blood pressure drugs), stress, depression, anxiety, shock and fatigue. Most of us will recognise that when we have been depressed or very tired, memory doesn't function so clearly.

Age is widely assumed to produce short-term memory deterioration, yet some older people who have followed Natural Health for a long time have excellent memories. The Natural Health Society's late centenarian, Eric Storm, who passed away in year 2000 had a memory that would out-class many young people.

It may not be age that affects memory, but rather the accumulation of damage to memory that results from wrong nutrition, toxic chemicals and lack of sleep.

This deterioration is called *senile dementia* – and we all think of Alzheimer's Disease,

but this only affects a small percentage of people over 65. It involves steady and progressive loss of memory due to actual wasting of the brain. Generally, elderly people can recall things more readily from the distant past than from recent times.

Poor circulation to the brain is a major cause of memory problems, because it reduces the oxygen supply. In turn, the major cause of this is narrowing and hardening of the arteries. If normal memory is to be maintained, this degeneration must be prevented.

The starting point is to consume an abundance of antioxidant nutrients and other minerals and vitamins, because these are the nutrients that prevent artery damage, maintain a strong heart for good circulation and in a host of other ways support good memory. The main source of the hundreds of essential nutrients that we need is a balance of natural, unprocessed foods in a wide variety, including a lot of fresh vegetables and fruits, balanced by small amounts of foods that are protein-rich and carbohydrate-rich. Avoiding animal fats and keeping plant fats (oils) in moderation keeps the blood from becoming thick.

Because modern farming methods deplete foods, it may be helpful to top up with supplements. The key ones are vitamin C, vitamin E, the carotenoids and the minerals zinc and selenium. Nearly 60% of Alzheimer's patients are deficient in vitamin E, which is particularly important for good circulation and protecting fat from oxidation.

A nutrient necessary for the smooth flow of nerve impulses is the B-vitamin, choline, which enables nerve impulses to flow from one nerve to the next. Its main dietary source is lecithin which is found in egg yolk,



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nuts, unrefined vegetable oils, soya beans and corn, and is available as a supplement. Being a form of fat, it is imperative that it is fresh. Taking either lecithin or choline reduces memory lapses and increases the ability to memorise lists of items.

The herbs, ginkgo biloba, ginseng, rosemary and garlic, all have the potential to improve memory. Ginkgo increases both blood flow to the brain and reduces absent-mindedness and memory loss. Rosemary contains antioxidants and substances that help preserve nerve transmitters. Garlic is well-known to help prevent artery damage, reduce high blood pressure and enhance circulation.

Particularly destructive to the arteries are cigarette smoke, toxic chemicals and chlorinated tap water. Alcohol intake needs to be minimised.

Aluminium is commonly found in the brains of people with Alzheimer's Disease, so avoid aluminium saucepans and teapots, antiperspirants containing aluminium, toothpastes containing aluminium and aluminium-based antacids. If there is indigestion, slippery elm does a much safer job.

Exercise helps memory too, meaning brain exercise. The more you exercise your brain – by mental work, reading, writing, crossword puzzles, etc. – the longer and better it will serve you. The more you give your memory practice, the better it will become.

Here are a few techniques to help you remember things:

- Use a mnemonic, a device such as a formula or rhyme to provide association. This can be extremely effective.
- For people's names when being introduced, look for something associated with them and connect it to the name.
- Group together things that have to be remembered. For example, visualise the three shops at one end of town that you need to visit for your shopping.
- To remember lists for shopping, etc. – at the outset, set in your mind pictures that identify each number from one to 10. For example, for (1) the sun; for (2) a pair of railway lines; for (3) a triangle; for (4) a square; for (5) the fingers on your hand; for (6) a family of six people; for (7) a week, and so on. To memorise your shopping list, put one item on the sun in your mind, another item on the railway lines, another on the triangle, etc. This works because pictures are easier to remember than words.
- If you often can't remember where you put things, take mental 'photographs' as you put things down.

To round-off how to improve memory, here is a summary of the lifestyle guidelines:

- Eat a balanced diet of unprocessed foods, high in fibre and low in animal fats.
- Supplement with antioxidant nutrients and chelated minerals;
- Supplement with ginkgo biloba as advised by a natural therapist;
- Also take garlic and ginseng daily;
- Avoid the use of all aluminium products and avoid sources of mercury and lead;
- Keep active both physically and mentally.

## Q. GARLIC – HOW MUCH?:

Some people do not recommend garlic because they believe it's an irritant. How much would be safe to consume without it doing more harm than good? – C. M., Concord NSW.

**A.** There is no doubt that garlic has heaps of benefits, apparently due to its remarkably high sulphur content.

Investigators say that it:

- Acts as an antiseptic;
- Helps the body overcome infection;
- Contains substances that help prevent cancer;
- Thins the blood, reducing the risk of dangerous blood clotting;
- Tends to dissolve blood clots;
- Lowers blood pressure (at least partly the result of blood thinning);
- Helps reduce high blood triglycerides (fats);
- Stimulates the immune system.
- Acts as a decongestant and expectorant

The pungent component in garlic is a sulphur compound called *allicin*, which is a highly effective antibiotic. However, there is no allicin in whole raw garlic. Raw garlic contains *alliin*, which, when garlic is crushed, converts to allicin (which is how garlic protects itself from microbial attack).

Allicin decomposes rapidly, mostly within a day. After eating crushed garlic, allicin disappears from the blood in between one and 24 hours, so it's apparently not the biologically-active compound in garlic.

Unfortunately, allicin tends to damage not only bacteria, but healthy cells as well. When raw garlic is consumed in *very large* amounts, harmful effects can result:

- Irritation to the lining of mouth, throat and stomach;
- Anaemia, due to damage to red blood cells;
- Contact dermatitis;
- Killing of friendly gut bacteria;

- Reduced absorption of nutrients;
- Impaired liver function.

[The above list is taken from the book, *Garlic The Miracle Nutrient* by Dr Earl Mindell.]

Any member of the mustard family contains *thiocyanates*, which can suppress bone marrow function, including the production of red blood cells. This is another way in which a regular, large intake of garlic can contribute to anaemia.

During cooking, the allicin decomposes, so cooking generally removes most of garlic's toxicity.

So how much *raw* garlic is safe to consume on a regular basis? The long-held view of Natural Health practitioners is a clove or two a day. This is generally below the amount that produces harmful effects. As I understand it, five cloves a day (approximately 25 grams) on a regular basis could be in the harmful category.

As a bottom line, any very strongly flavoured substance like allicin normally has to be broken down by the liver, significantly adding to the liver's load, which is already very high in a world of chemicals, alcohol and heavy foods. The one clove a day is thought to be harmless to the liver, at least for most people.

For larger doses of garlic, commercially-prepared aged garlic is reported to be the safer way to go.

## Q. ANTACID DRUGS AND HEART PROBLEMS:

A male relative aged 88 took an antacid called Nexium, which is a proton-pump-inhibitor antacid drug. From being a very fit 88-year-old, he has now had to have a pacemaker fitted.

Also, my brother aged 73 has taken Somac, another proton pump inhibitor, for three to four years and now has medical experts puzzled as to why he has fluid on his lungs, breathlessness, poor appetite and unexplained cough. He was put on a heart drug, Accupril, for these heart problems, which seemed to follow taking the Somac.

Are antacid drugs capable of causing heart problems? – T. H., Scarborough Qld

**A.** MedlinePlus, a service provided by the US National Library of Medicine and National Institutes of Health states the following:

Antacids help to treat heartburn (gastric reflux). They work by neutralising some of the stomach acid that causes heartburn.

Antacids are considered in orthodox medicine to be a good treatment for heartburn that does not occur very often.

The possible side effects from taking these medicines are:

- Brands with magnesium may cause diarrhoea.
- Brands with calcium or aluminum may cause constipation.
- Rarely, brands with calcium may cause kidney stones or other problems.
- Large amounts of antacids that contain aluminum may cause calcium loss, which can lead to weak bones (osteoporosis).
- Antacids can change the way the body absorbs any other medicines a person may be taking.

Antacid medications can also be linked to heart attacks, according to a Dr Brownstein, writing in *Health Impact News Daily*, 13<sup>th</sup> June 2014. He explains that proton pump inhibitors (PPI's) are widely prescribed, with global sales now totalling over \$13 billion annually [so drug companies have good reason to promote them]. Common examples of these drugs are Nexium, Prilosec, Prevacid, Aciphex, Protonix and Somac.

PPI's work by 'poisoning' the stomach's proton pump, so that secretion of stomach acid is inhibited. Not surprisingly, they are recommended for only a short time, generally a few weeks. Prolonged use is associated with a host of serious adverse effects, declared Dr Brownstein.

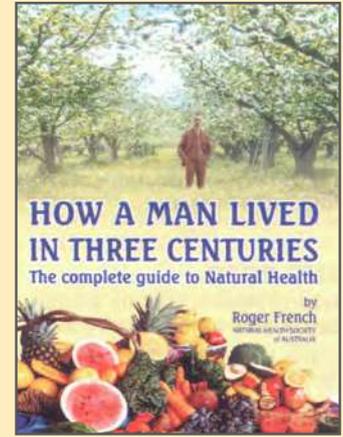
These include vitamin B<sub>12</sub> deficiency and the associated pernicious anaemia, bone fractures and *C. difficile* infections. This good doctor now adds heart attacks to this list.

His explanation is that PPI's also reduce the amount of nitric oxide produced in the body. One of the roles of nitric oxide is to promote dilation of blood vessels, so the result of inhibiting its production is likely to be constriction of blood vessels, which would increase the risk for heart disease.

"Folks, PPI's are not safe to use on a long-term basis," warns Dr Brownstein. "It does not make ... sense to block stomach acid production for a long period." Stomach acid is very important for the digestion of protein and for killing disease microorganisms that enter the stomach with food. If you are prescribed a PPI, he adds, take it for the shortest possible time, preferably less than a couple of weeks.

More information about PPI's can be found in Dr Brownstein's book, *Drugs That Don't Work and Natural Therapies That Do*.

In Health Guidance ([www.healthguidance.org](http://www.healthguidance.org)), Jonathan Pitts states that one of the risks of antacids is acid rebound which makes the stomach produce more acid, causing the heartburn to become worse. So these drugs are not even reliably effective. 



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For **administrative issues**, our Admin Officer, Tracey, is available only between 9.00am and 2.30pm.

**Closed weekends.**

## NATURAL HEALTH SOCIETY ANNUAL SEMINAR 2015

**TENTATIVE DATES: Sunday 22<sup>nd</sup> March OR 29<sup>th</sup> March 2015**

(Note that Good Friday is 3<sup>rd</sup> April 2015)

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

**INQUIRES: Natural Health Society, 4721 5068, admin@health.org.au**

Keep these dates free and watch for full details in the Autumn 2015 issue of *TNH*

## 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, Gudrun and Doris Ockerlander, Sherrie Bragg, Debra Perry, June Coleman, Judy Wood, Sandra Van Zyl, Marianne Power, Frank Atchison, Leonie Ireland, Catherine Harris, Vivien Leisemann, Susan Crowley, Sandra Tagliapietra, Derek Tully and Eduard Affolter.*

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 [www.health.org.au](http://www.health.org.au) and click on the 'Donate' link. [Please note: donations not tax deductible.]

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# The Importance of Personal Boundaries

By Lisa Phillips

Have you ever walked away from a person, event or situation and felt resentful or violated? If some of your experiences are making you uncomfortable, then it may be time to set some personal boundaries. Setting good boundaries is healthy – it is not rude, bad or wrong. Let me emphasise this ... it is not bad or rude to set boundaries!

Unfortunately, many people believe that they should not speak up or set boundaries just in case it hurts another person's feelings. However, if we don't have good boundaries in place, we will end up feeling resentful and upset. Not speaking up gives out the message that the emotional wellbeing of the person who has hurt you is more important than your own emotional wellbeing. The result is that you are happy to protect another person's feelings – but not your own.

Good boundaries really can prevent you from being hurt, and they allow you to feel safe in your own environment. They also assist others in knowing where they stand with you, and they let others know what you want and what you don't want. A boundary is a limit that defines you as being separate from another person.

So when it comes to how people treat us emotionally, we will all have limits on what we find safe and acceptable.

## HERE ARE SOME EXAMPLES OF WEAK EMOTIONAL BOUNDARIES

- 1) Pretending to agree with another person when you really disagree.
- 2) Allowing people to borrow money or personal possessions and not speaking up when you would like them returned.
- 3) Hiding your true feelings. For example, saying you don't feel upset when inside you do feel upset.
- 4) Attending a party or an evening out when you really don't want to go, but would prefer not to let anyone down.
- 5) Ignoring your own needs.
- 6) Working long hours because you don't want to let your boss down.
- 7) Pushing yourself beyond your own limits.

## SET BOUNDARIES AGAINST UNACCEPTABLE BEHAVIOUR

I learned as a coach that I also needed to set boundaries. I used to let clients say anything they liked to me, but now I will not put my emotional needs secondary. If a client was to get aggressive and shout at me during a coaching session, I would set a limit. People can be angry, of course, but hostility is not acceptable. In truth, it does not help anyone if you just keep quiet when your boundaries are violated, as in this case in which I would be setting an example that angry behaviour towards me was acceptable.

This is an important point – when you allow someone to treat you in an upsetting way, the other person will not learn that this is not acceptable behaviour. Protecting yourself

and setting healthy boundaries is necessary for both parties. Once you learn to educate others on what you do or don't find acceptable behaviour towards you, you will notice that some people will comply easily with the request, while some may continue to treat you badly.

## TRY A FEW OF THESE STATEMENTS TO HELP YOU GET THE MESSAGE ACROSS

- 1) I feel uncomfortable when you speak to me like that. Please stop it.
- 2) I request that you lower your voice.
- 3) What you are saying is unacceptable to me. Please stop it.
- 4) I need you not to yell at me when you are angry.

## PRACTICE MAKES PERFECT

Setting boundaries will help you feel safe in your environment. It is a way to exhibit self respect – and remember, if you respect yourself, people will respect you!

Practice makes perfect, and good boundaries require constant maintenance. But they will improve the quality of your life!

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# Exercise for a better brain

By Dr Helen Hudson

The good news is that exercise slows brain ageing and can even improve our brain function.

It was once believed that adults were not capable of making new brain cells. To add to this, studies show that the hippocampus, one of the main parts of the brain responsible for memory, typically shrinks one percent per year after the age of 50. However scientists are now finding that exercise has remarkable effects on the brain and can help protect both memory and thinking skills.

## HOW DOES EXERCISE WEAVE ITS MAGIC?

It is likely that there are several ways that exercise positively impacts brain health.

We know that exercise helps with high blood pressure, obesity, high cholesterol and diabetes, which are all risk factors for dementia. One of the best ways to slow your brain ageing is to keep the rest of your body healthy. Many medical conditions – from heart disease to depression – can affect your memory. But there is more.

Exercise increases our heart rate, which pumps more oxygen and nutrients to the brain, providing a nourishing environment for the growth of brain cells.

Increasing evidence suggests that exercise turns on genes that produce substances including *brain derived neurotrophic factor* (BDNF). This molecule stimulates the growth of new brain cells and protects brain cells from damage. The presence of this gene provides no benefits unless it is turned on. So next time you exercise think of the gene for this BDNF turning on and producing more BDNF and growing more brain cells.

Also exercise turns off genes that produce inflammatory molecules called *cytokines*. Inflammation appears to be at the centre of most chronic diseases and so this is likely to protect us. For example, inflammation in the blood vessels may reduce the blood flow to the brain. Also inflammation appears to be a core feature of Alzheimer's disease, although it is not known if this is a causal factor or a consequence of the disease.

## SO, HOW MUCH EXERCISE DO WE NEED?

If you are a couch potato, the news is good. Even walking will help reverse the age-related decline in brain volume.

A recent study<sup>(1)</sup> found that older people who walked 40 minutes a day, three times a week, showed a two percent increase in the volume of the hippocampus.

According to a study conducted by the Department of Exercise Science at the University of Georgia,<sup>(2)</sup> even briefly exercising for 20 minutes facilitates information processing and memory functions.

And a study from Stockholm<sup>(3)</sup> showed that the antidepressant effect of exercise is associated with more cell growth in the hippocampus.

If you are a couch potato, try to establish a new habit. Once established, habits are easy to maintain. Some non-exercising people find it helpful to begin slowly with just a few minutes of exercise per session and then build up regularly until exercise becomes a habit. Making yourself exercise regularly for a month will be the way to develop a sustainable habit.

## IS MORE EXERCISE BETTER?

While some studies suggest exercise five days per week, there is not at present much evidence that exercise more than three times per week will have extra benefits for the brain. Future studies may provide more information on this.

## DO OTHER TYPES OF EXERCISE WORK AS WELL?

Resistance exercises are those that involve pushing, pulling or lifting. A review<sup>(4)</sup> of numerous studies on the impact of resistance training suggests that regular resistance training twice per week improves cognitive performance. A study<sup>(5)</sup> showed that, in older people with mild cognitive impairment, exercise improved performance of complex cognitive skills such as planning and organisation.

Further evidence that exercise can have

positive impacts on nerve cells is research that shows that exercise is helpful in reducing the occurrence and/or impact of both Parkinson's disease<sup>(6)</sup> and multiple sclerosis.<sup>(7)</sup> Both are diseases that involve impaired function of nerve cells.

This news comes at a good time as the incidence of dementia continues to increase.

According to Alzheimer's Australia,<sup>(8)</sup> dementia is the single greatest cause of disability in older Australians (aged 65 or older) and the third leading cause of disability burden overall. Almost one in ten people over age 65 have dementia and three in ten people over age 85 have it.

Each week, there are 1,700 new cases of dementia in Australia; approximately one person every 6 minutes. This is expected to grow to 7,400 new cases each week by 2050.

**So what are you waiting for? Get started!**

## REFERENCES

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**Dr Helen Hudson, BSc (Hons), DipEd, PhD (Stanford Medical School), is a Sydney-based preventive health and nutrition expert who assists clients to design a VITALITY PLAN tailored to their unique health profile and personal barriers. The plan is intended to energise their retirement and maintain their mental alertness. [www.retireandflourish.com.au](http://www.retireandflourish.com.au)**



# WHOLISTIC FITNESS

By Debby Patterson, Exercise Physiologist and Naturopath

We have been told for years that exercise should be a part of our life in order to keep us healthy and assist with the prevention of disease.

I've worked as an Exercise Physiologist and Naturopath in the health and fitness industry for 30 years. This has opened my eyes to the massive shift in society's meaning of exercise. We've gone from moving our body to assist with day-to-day functional movements (like picking up your toddler) to current trends of 'boot camp', 'no pain, no gain' attitudes and so on.

While current trends are suited to some, the no-pain-no-gain type of exercise can be potentially dangerous, risking damage to your joints and spine. It's no wonder a high percentage of our population fear that dreaded word 'exercise'.

Rest assured, though, moving your body does not mean all of the above. This article will focus on the benefits and types of exercises you can do and how simple and safe they can be.

We are designed to eat natural foods and move our bodies regularly to achieve wellness. Today, we are no longer the hunter and gatherer. People generally sit for eight hours a day working on a computer, drive or catch transport to and from work, make it home, heat up dinner in the microwave, then sit again having dinner and watching TV. Being sedentary makes us feel sluggish, and over time, combined with poor nutrition, leads to many diseases including osteoarthritis, osteoporosis, diabetes, coronary heart disease (CHD), dementia, depression and cancer, to name just a few.

Studies show that exercising and reducing body fat levels makes us feel good (the release of endorphins) and increases longevity.

Using the **F.I.T.T. principle** I explain how easy exercise can be and what is the key to making your exercise count. No matter what type of exercise you choose, these guidelines will improve your health and fitness levels with progressive overload. What does F.I.T.T. mean?

**F. = Frequency:** How often you should exercise per week or number of sessions. If you are unaccustomed to exercise, I suggest starting at three days per week.

**I. = Intensity:** How easy, moderate or hard you choose to train. Again, when starting out, keep it light to moderate until you become accustomed to exercise. After that introduce a few extra overloads.

**T. = Time:** How long will your exercise session be? In the beginning go for 20 – 30 minutes.

**T. = Type:** What type of exercise do you wish to perform? Type varies from cardiovascular fitness (walk, run, bike or swim), to strength (weights, Pilates, yoga or body-weight exercises) to flexibility (stretching, etc.). There are other specific types of exercise, but for general health and fitness start out simply.

If you want to improve your fitness and lose a little weight, you could choose to walk (*type*) for 20 – 30 minutes per session (*time*) for three days per week (*frequency*) at a light to moderate pace (*intensity*).

Each week all you have to do is adjust this formula by choosing

one element at a time. For example, you may decide to increase your *frequency* to four days per week and keep all the other factors the same. The following week increase your *time* from 20 – 30 minutes to 35 minutes. Week three you may incorporate a body-weight session (*type*). The point is to be moving your body. And keep it simple!

Incidental exercise is another way of moving your body on a regular basis. When you go to the shopping centre, park your car at the rear end of the carpark and walk to the shops. I always find it funny when participants come to the gym and try to find the closet car spot to the front door!

We can walk up stairs instead of taking the lift, take a walk at lunch time, move away from the desk every 30 minutes or so and stretch.

I hope this article has removed the 'fear' of exercise. Just start moving, and if you need expert advice please see an Exercise Physiologist rather than someone who wants to prove how unfit you are. Wholistic fitness means health, wellbeing and lifestyle where everything is interconnected – *enjoy the journey!*

**In the next issue, I will share with you 'Exercises to avoid at all costs'.**

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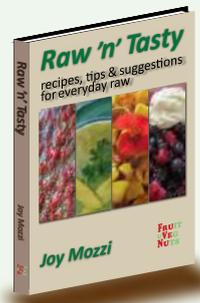
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# Breathing To Success

By Tula Tzoras



We are a nation of chest breathers! As children we breathe correctly naturally. As we become adults, however, we are taught to stand up straight, breathe and exhale, blowing out air, and gradually breathing into our chest more and more.

Believe it or not, that is harmful to us. How many of us forget to breathe completely? Anxiety sufferers find it very difficult to breathe fully. What do we do when we are stressed? Forget to breathe. Or nervous? Forget to breathe.

There is a right and a wrong way of breathing and so many good reasons to breathe correctly. Once I share what they are, you will want to practise your breathing until it becomes second nature.

**Dr Andrew Weil** received his MD from Harvard Medical School and has become an internationally recognised expert on mind-body interactions and is the author of nine books. He says: "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly."

## SO HOW DOES BREATHING LEAD TO OUR SUCCESS

– Whether we are performers, company directors, power women, power men, parents or children?

An article by Carol Krucoff entitled 'Better living through belly breathing' ran in *The Seattle Times*, May 10, 2000. She wrote:

"Slow, deep breathing is a powerful anti-stress technique. When you bring air down into the lower portion of the lungs, where the oxygen exchange is most efficient, heart rate slows, blood pressure decreases, muscles relax, anxiety eases and the mind calms."

Carol Krucoff describes some of the medical benefits of breathing correctly. In addition to these benefits, breathing

correctly releases our resistance to things we truly want. Ever tried to become unstuck somehow? The advice is that the minute we find that we are giving up, take a deep breath and our resistance dissipates, then we are free! Sometimes we want things so badly that we stop breathing and build resistance. This is the time to release it.

Most of us have a 'million' thoughts running through our head. Sometimes our mind chatter is enough to drive us insane. Breathing deeply and slowly clears the mind and brings us right into the present moment. When we look around, we see everything become simpler.

Breathing correctly also aligns us with our source of creativity and inspiration! When we access this, we feel a sense of wellbeing, our creative juices flow and ideas pour in with exciting new possibilities.

Breathing connects us with our inner being and our higher intelligence. It brings us home, and the more we practise breathing correctly, the more comforting it is. At any time we can check in and find our inner sanctuary. Breathing correctly brings us peace, whether we are stuck in traffic, in a never ending queue, in an audition, in a make-or-break meeting, in an interview or surrounded by screaming children!

Breathing correctly is imperative for people who suffer panic attacks, anxiety and depression. Breathing is generally hindered in these situations, eventually causing serious health problems. Exercise, meditation and yoga will not only get the breath circulating, it will improve the mood and release endorphins, making us feel good!

## SO HOW DO WE BREATHE CORRECTLY?

Here are some tips:

Breathe into the diaphragm – that is, under your ribs and right down into the abdomen.

Breathe slowly and hold for a few seconds.

Breathe out slowly.

Resist breathing into your chest. You should see your belly inflate when you breathe.

Do not breathe too much; no more than you need, as that can be harmful (*hyperventilation*).

Practise breathing correctly with consistency, as it takes time to undo patterns gathered over years.

Meditation is a great way to focus on your breathing. There are many ways to meditate. You may choose to sit in silence, focusing your gaze on a point like a candle flame. If you are too restless to do this and new to meditation, there are innumerable guided meditations to listen to, as well as delta frequency meditations, which work on your right and left brain, while guiding you through the meditation. Left/right brain meditation has the added benefit of bringing balance to both spheres of the brain.

## THE GOAL – TO BE IN THE MOMENT

Whenever you are thinking too much, just breathe. The goal is to *be in the moment*. When we are in the moment, we can deal with any situation in a calm, relaxed state. Your breath is your loyal friend in the most dire circumstance.

Do you think this might be an aid to your success? No doubt it could be!

***Wishing you amazing success and great health!***

***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, coaching and possible speaking engagements, please visit [www.tulatzorras.com](http://www.tulatzorras.com)***

## Mobiles and Parents' Behaviour

The use of mobile phones is affecting parents' relationships with their children.

In Boston, USA, researchers observed 55 groups, comprising at least one adult and one or more children under ten, while they ate in a fast food restaurant.

The study found that 16 of the 55 adults were more absorbed with their phones than their children. Some almost continuously used their phone, although most adults kept some eye contact with their children.

Children responded to the lack of parental attention in different ways. Some appeared to accept it and amused themselves. Others exhibited provocative behaviours. The phone-absorbed parents tended to ignore this behaviour for a while and then reacted with scolding.

*(Jenny Radesky et al, Pediatrics 153(4), 2014, reported in EMRAA News, 28-5-14)*

## The Feel-Good Hormone for You and Your Dog

By Dr Becker, veterinarian, [drkarenbecker@mercola.com](mailto:drkarenbecker@mercola.com), news 29-11-13

Recent research has proved that there is genuine chemistry between dogs and their owners. The measurably positive effect is due to the hormone *oxytocin*.

Oxytocin is what makes skin-to-skin contact feel good. It can also act as a natural painkiller and can lower stress levels and blood pressure.

It's well-known that human-to-human contact triggers the release of oxytocin. Now it has been found that bonding with a completely different species also promotes release of this 'love chemical'.

In a study conducted at the University of Pretoria in South Africa, it was found that when the owners focused all their attention on their dogs for half an hour, the humans' blood pressure decreased, and they showed elevated levels not only of oxytocin, but also several other feel-good hormones.

## The Top 10 Poisons to Dogs

By Dr Becker, veterinarian, [drkarenbecker@mercola.com](mailto:drkarenbecker@mercola.com), news 29-11-13

In 2013, the US Pet Poison Helpline reported the top 10 household items that resulted in calls for poisoning help for dogs:

**Chocolate** – contains theobromine and caffeine which can cause increased heart rate, tremors and potentially death.

**Xylitol** – cause life-threatening hypoglycaemia and liver damage.

**NSAIDs** – can cause gastrointestinal ulcers and kidney failure.

**Over-the-counter cough, cold and allergy medications** – many contain pseudoephedrine and other chemicals which are highly toxic to dogs.

**Rodenticides** – rat and mouse poison. Apart from eating the poison itself, dogs can also become sick from eating a poisoned rodent.

**Grapes and raisins** – even small quantities can cause kidney failure.

**Insect bait stations** – the plastic shell containing the bait can cause bowel obstruction.

**Prescription ADD/ADHD drugs** – amphetamines can cause heart problems, seizures and death.

**Glucosamine joint supplements** – overdoses usually only causes diarrhoea.

**Oxygen absorbers and silica gel packs** – oxygen absorbers contain iron that can cause iron poisoning in dogs.

## Excessive Hygiene Link to Wheezing And Eczema

Too much hygiene is believed to backfire and be associated with *increased* infectious and other diseases in children. A 2002 study has confirmed this.

It found that high levels of hygiene at around 15 months of age were independently associated with wheezing and atopic eczema developing by between 30 and 42 months of age.

The researchers stress the importance of hygiene, but warn that the creation of a *sterile* environment through *excessive* cleanliness may potentially be harmful to the immune system.

*(A Sherriff et al, Arch Dis Child 2002;87:26-29)*

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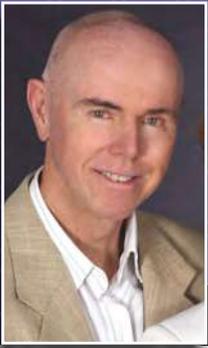


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A REGULAR COLUMN

# What I've learned from my mistakes

By Greg Fitzgerald, Osteopath and Naturopath



Here Greg follows on from his article in the Spring 2014 Issue

Apart from dietary mistakes as a youngster, over which I had no control, I have taken a few 'nutritional nosedives' in my adult life.

## MISTAKE NUMBER ONE

In my early 20's, I determined to join a gym, build some muscle and stop people kicking sand in my face at the beach. "How do I get bigger?" I tentatively asked the gym owner. "Do two things, son", he said. "Train hard and eat plenty of animals?"

So I dutifully took his advice and proceeded to eat copious quantities of animal protein and drink gallons of milk. I certainly put weight on, but with it came the consequences: an increase in sore throats, hay fever and some upper body pimples. At the time I did not connect the dots, and did not really understand what was causing my problems. Luckily, I just let my body deal with it and never went to the doctor, which would have simply compounded the problem by taking his drugs.

## MISTAKE NUMBER TWO

In my late 20's I decided to go lacto-vegetarian, so I abstained from all meat, white and red, cut out milk and replaced it with cottage cheese (yikes!!), and made up for the lack of meat by increasing my carbohydrates. I was still training very intensely and keeping very fit with both anaerobic exercise (weights) and aerobic exercise (running and squash).

Unfortunately, I followed Dr Paavo Airola's misguided advice in his book entitled, *Are You Confused?*, and began consuming huge quantities of grains, especially wheat. I would daily pig out on bread and pasta, thinking it would be healthier than meat. I really became a 'carbrotarian', instead of a vegetarian. Some days I would consume 10 – 12 slices of wholemeal bread or 4 salad rolls at a sitting, in conjunction with pasta, muffins and oats at other times of the day. I was suffering from grain damage and didn't know it.

My hay fever only got worse. I had swapped the bitch for the witch! For many years I endured symptoms of gluten sensitivity and although I suspected the link, I did not understand the power of addiction. Both dairy foods and wheat contain opiate-like compounds called *caso-morphine* and *gluteo-morphine* respectively.

## MISTAKE NUMBER THREE

Because I had commenced in my early 20's the habit of eating a lot of food to put on weight, this habit stayed with me for many years. Thus eating too much was my third mistake, even of whole, high-nutrient, plant-based foods. The quantity of food I desired far exceeded the quantity I required! Eating too much food, even good food, is a very common tendency in the modern world, and is one of the most health-destroying habits there is. Overloading the digestive system leads to what is called *enervation* and ultimately *toxaemia*, and upon these two processes, disease often builds.

## MISTAKE NUMBER FOUR

My weight training and attempts to put on muscle in my 20's was also built upon a basic biological error. I would often train when I had not completely recovered from my previous workout.

I would commence the training tired, and push myself, falling for the ridiculous motto in the 70's of 'no pain, no gain'. Within 30 minutes of weights, running or whatever, I would feel energised, justifying my self-imposed discipline. I would end the activity feeling great, only to wake up tired the next day and repeat the same scenario.

The end result of such foolishness is profound enervation (a deep tiredness *not* relieved by sleep) and it was little wonder that I experienced chronic fatigue syndrome (CFS) in my 30's. This was compounded by the fact that I was working extremely intensely on top of training intensely. This is a recipe for disaster, and one I see often at my clinic today.

When patients who are exercising hard *and* working hard come in with health problems, it is as though I am looking in a mirror.

## MISTAKE NUMBER FIVE

I neglected my mind until I was in my 40's. By that I mean I put all my focus on my physical health and neglected my mental health. Low-grade anxiety resulted. As we all get older, we need to attend to our minds through meditation, reflection and conscious relaxation. Emotional Freedom Technique (EFT) is also very helpful. I

commenced meditating in my 40's only to cease it when I felt on top. Big mistake!

As Petrea King states, "You don't arrive at a place called 'peace', and unpack!!" We need to control our minds, and not let our minds control us.

Health, both physical and mental, is built daily, not in a day!

## SOME POSITIVES!

Luckily, despite these mistakes, I also ticked many boxes when it came to health.

I never smoked, never took any recreational drugs and gave up alcohol in my early 20's. I never drank tea after age 15 and have never tasted coffee, so my caffeine intake is nil.

I have largely avoided doctors and the medical merry-go-round since I was a young boy when my Mum would take me to the doctor for throat and eye issues. As a teenager I realised that modern medicine was best avoided unless an emergency situation presented.

I have often fasted since I was 30 years old, and have completed two fasts of 28 days, and many of two to three weeks. I have also eaten loads of vegetables and fruit all my life, and generally been a sound sleeper.

I am also blessed with a positive disposition and have a great wife, Dawn, and three fantastic children. I have also found much meaning in my work and this also keeps me young.

I now avoid all gluten and dairy and eat virtually vegan. My meal sizes are much smaller than previously and I avoid snacking. I exercise only when energy permits, which is often, but not with the same intensity as in my earlier life.

I also meditate for between 20 and 30 minutes every day. No one is perfect, but the human body is tremendously forgiving if we are prepared to work at our health. And work it is!

I hope these admissions of my past can help others, as the best thing about experience is that it doesn't have to be your own.

# Our 'love-hate' relationship with grains

Serendipity uncovered the 'deadly' effects of all grains on the health of immuno-compromised people

By Bill Giles, clinical biologist

Several years into practice as a clinical biologist, I had been achieving average results with clients who experienced chronic immune-related symptoms. My tools were nutrition, herbal and homeopathic medicines, corrective exercises, yoga, acupuncture, mindfulness exercises, counselling, hypnotherapy, neuro-emotional techniques, NLP, geopathic testing and occasionally liver-kidney-lymph cleanses.

I often asked my clients to follow – as best they could – the lifestyle that I had found to mostly help my own symptoms. Most clients experienced the same oscillations as myself, and they really had to work hard to achieve consistently good health.

In the mid-1990s, a serendipitous clinical observation led to the discovery of a remarkable connection between all types of grains, certain human viruses, immune resources and the many chronic immune-related symptoms of my clients.

After clients visited my clinic initially, the staff usually followed each client's progress for several weeks by getting them to daily graph changes to their health and present these in any follow-up appointments. Many regained good health, with regular medicines and therapies, but those with chronic immune-related illnesses such as autoimmune diseases never really recovered perfect health, and this was a major challenge.

Then a chance happening occurred. My staff noticed a dramatic increase in health improvements within a few weeks for almost all immuno-compromised clients. Something different was going on. I had no real answer to these happy results, so I began contacting these clients and found a most surprising coincidence.

It turned out that a new staff member (Anna), who was supervising the progress of clients, had misinterpreted the standard protocols we had been using and was including instructions to undertake a basic

Cleanse/Fasting Program, as well as their specific therapies and medicines.

This meant that the dramatic improvements occurred to immune function, either directly because of the Cleanse/Fasting Program, or because of the specific combination of medicines used in the cleanse, or the fasting, or one of the types of foods that were being eliminated with the cleanse, or some combination of these.

I set up a variety of trials over a year, involving several dozen immuno-compromised clients. To cut a long story short, it turned out that by totally removing all types of grains from the diets of all these clients, their immune systems stabilised and their symptoms greatly reduced. The idea that all types of grains could compromise immune function was a novel idea at that time – because it was believed that gluten-free grains had no effect on immune function (this belief was based on research into coeliac disease).

During this time, I was also able to determine that people with healthy immune systems show little change to their health when grain foods are removed. A medical research chemist, who I had known while I was working in the John Curtin School of Medical Research, suggested that the chemical connection across all the grains must involve either starch sugars or natural plant toxins such as lectins. Gluten for example, is one such toxic lectin.

All the types of grains are principally starch sugars in a hard shell, and although sugar can cause major health problems, the majority of immuno-compromised people were eating potatoes, pumpkins and carrots – which contain similar starch sugars to grains. But as long as these people refrained 100% from eating grain foods, most regained symptom-free health.

So it appeared to me that a range of toxic lectins was somehow linked to many autoimmune diseases and other immune-related illnesses. Since this time, I have conducted

more than 10,000 client-case studies which show that several defence chemicals in grains are linked to inappropriate immune activities (such as *molecular mimicry responses* and *cytokine cascades*) that cause debilitating health symptoms.

Of course, grains aren't the only factors causing immune-related illnesses. Viruses and bacteria, of types known as *superantigen pathogens*, as well as emotional stress, poor sleep quality, lack of appropriate exercise, industrial toxins, geopathic stress and other factors, all play a greater or lesser role in individual illnesses. The grains, however, are a very common link, and this is becoming more and more recognised throughout the world.

In year 2000, I published my findings, based on nearly 4,000 client-case studies, in the book, *No More Chronic Fatigue – improving immune strength and efficiency*.

In 2004, along with the marathon runner Robert de Castella and his wife Theresa (who had been a major influence

in the research and publications around grain foods), we created the world's first totally grain-free commercial bakery, known as Deeks Bakery. Its purpose is to serve those people who:

- know from their own experience that all grains are linked to their immune-related illnesses;
- have fructose problems;
- have coeliac disease;
- want good tasting bakery products and a buffer to maintain good health as they get older.

**Bill Giles is a clinical biologist who has specialised in immune-related illness for more than 25 years. He practises homeopathy, herbal medicine, Chinese medicine and acupuncture and is a yoga scholar. Bill established Deeks Bakery in Canberra producing the world's first totally grain-free, gluten-free bakery products.**



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## WILD RICE SALAD WITH ROASTED HAZELNUTS

Preparation time 7 minutes; cooking time 25 minutes

### INGREDIENTS

- 1 large shallot, diced
- 2 cm ginger, finely chopped
- 1 clove garlic, finely chopped
- 200 gm wild rice, or any other novel rice, such as purple, black, etc.
- ½ cup hazelnuts, roasted
- ½ cup parsley, roughly chopped
- ½ cup mint, roughly chopped
- Handful rocket leaves
- 1 tsp preserved lemon, finely chopped
- Half lemon for dressing
- Salt and pepper for seasoning

### Cranberry dressing

- ⅓ cup cranberries
- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- Salt and pepper to season

### METHOD

Rinse and clean the rice well in water. In a saucepan, fry the shallots, ginger and garlic for a few minutes until the shallots become translucent. Add the rice plus double the amount of water as there is rice. Continue cooking and stir for around 20 minutes until rice is fully cooked. Season with salt.

While rice is cooking, make the dressing. Place the cranberries in a cup with very hot water and let them stand and absorb the water for 10 minutes. Drain the cranberries, reserving ½ cup of the water for the dressing. Mix cranberries and the reserved cranberry water with the other dressing ingredients.

Once rice has cooked, place in sieve and run hot water through it to remove any glutinous bits. In a serving bowl, mix all remaining ingredients together. Serve with the dressing.



This cranberry dressing is really amazing. Wild rice has much more texture and flavour than normal rice, plus it cooks quickly unlike the slow cooking time of brown rice. The roasted hazelnuts are a must – roasted they are so full of aroma and flavour.

## STICKY DATE PUDDING WITH PEARS

Preparation time 8 minutes; cooking time 35 minutes

### INGREDIENTS

- 1 cup dates, pitted and roughly chopped
- 1½ cups water
- 1 tsp baking soda
- 60 gm butter alternative; I used Nuttelex chopped into pieces
- ½ cup brown sugar
- Two eggs, whisked
- 1½ cups wholemeal self-raising flour
- 1 tsp vanilla extract
- 1 tsp ground ginger
- 1 tsp cinnamon
- 2 pears, sliced thinly

### METHOD

Preheat oven to 180°C and grease cake tin.

Place dates, water and baking soda into medium-sized pan and bring to a boil. Lower the heat and simmer for 5 minutes or until the dates have a mushy consistency. Remove from heat, and with a fork mash the dates to break them up from one another. Stir in the butter and mix until melted. Then add in the sugar, eggs, self-raising flour, vanilla extract, ginger and cinnamon. With a spatula, gently stir the mixture together.

Arrange the cut pears on the base of your cake tin (if using a circular tin, you could quarter the pears and arrange them in a lovely circular shape) and gently pour the batter over the pears. Place in oven for 35 – 40 minutes. Test with fork and if it comes out clean, it's ready. Leave for 10 minutes then flip the cake gently onto a serving plate. Serve with natural ice-cream or coconut yoghurt!



This recipe is very simple and definitely a crowd pleaser. Fresh dates can be a little daunting for the bank account, but for those fresh, plump, sweet dates, it is totally worth it. However the dried and cheaper dates will also work well.

Katinka Day eats vegetarian (and part-time/aspiring vegan). The writer of aussie blog, the thoughtful eater, she's all about showing how simple it is to become more involved with your food by making delicious vegetarian and vegan food.

Instagram: [thoughtfuleater](#)  
twitter: [@thoughtfuleater](#)

## MEXICAN BLACK BEAN TOSTADAS

20 minutes; 4 lunch servings



### INGREDIENTS

- 4 tortillas
- 1 can black beans, rinsed and drained
- 1 cup corn kernels
- 1/2 red onion, finely chopped
- 1/2 green chilli, finely chopped
- 1/2 tbsp red wine vinegar
- 1 tbsp olive oil
- 1 avocado, chopped into cubes
- 3 large tomatoes, chopped into cubes
- 1 1/2 tsp oregano
- 1 tsp cumin
- 1/4 tsp cinnamon
- 1/2 tsp coriander
- 1/2 tsp unrefined sugar, eg, Rapadura
- 1/2 cup coriander leaves, finely chopped
- Juice of 1 lime
- Salt and pepper to season

### METHOD

Brush the tortillas with olive oil and bake in an oven on 125°C for 10 – 15 minutes until lightly golden. To achieve the bowl shape, bake them in a small bowl so that the sides stay up.

In a large mixing bowl, place all the remaining ingredients. Mix lightly so that the avocado pieces don't become squashed. Season well with salt, pepper and if not hot enough, some chilli flakes. When tortillas are ready, take them out of the oven and spoon in the salsa mixture. Place some left-over coriander leaves on top and enjoy!

'Tostada' in Spanish means toasted. In Mexico, 'toasted' is taken to the next level where tostadas are traditionally deep-fried tortillas served with an array of toppings. However this recipe is a healthier alternative where tortillas are baked. Dressed with a beautiful fresh black bean, corn and avocado salad it is a great summer meal.

## BLUEBERRY CAKE WITH A NUTTY CACAO BASE

Preparation time 25 minutes; setting time 1 – 2 hours

### BASE INGREDIENTS

- 1 1/2 cups dates
- 1 cup almonds
- 1/2 cup coconut oil
- 1/4 cup desiccated coconut
- 2 tbsp cacao powder
- Pinch salt

### TOPPING INGREDIENTS

- 1 cup raw cashew nuts (soaked in water for 1 hour)
- 1 1/2 cups frozen blueberries
- 1 tsp maqui berry powder (you can buy this from Loving Earth)
- 1 tbsp coconut oil
- 5 edible flowers to garnish

### METHOD

Begin with the base ingredients. Whizz all together in blender until finely blended. You should be able to pick up the mixture with your fingers and it should stick together. Spread on a spring-form pan and press down firmly to form the base. Place in freezer.

Wash blender and drain cashews. Mix all topping ingredients together until they form a thick and creamy mixture. Take pan with base in it out of the freezer and pour over topping evenly. Place back in the freezer and allow to set for 1 – 2 hours.

To serve, take cake out of the spring-form pan and sprinkle with desiccated coconut and edible flowers.



It's amazing how good a raw, vegan cake can be. It's also a healthy alternative to your traditional baked cake. For a special occasion find some edible flowers to decorate.



# Light-Touch Craniosacral Therapy and Somatic Memory Release

By Marilyn Bodnar, Naturopath

Craniosacral Therapy is a light-touch, non-invasive, gentle technique that complements the body's natural healing processes for enhancing the function of the nervous system and returning balance and mobility to the entire body.

It is a safe and supportive process that allows for the release of deep-seated trauma that may be held within your body.

Various systems in our bodies function involuntarily and have their own patterns of motion and rhythm. For example, the heart pumps outside our voluntary control. Another system which has an involuntary rhythm of motion is called the *craniosacral system*.

## THE CRANIOSACRAL SYSTEM

The craniosacral system is comprised of the skull, spinal column and sacrum and everything that is housed within these bony structures. This includes the brain and spinal cord, the cerebrospinal fluid and the membranes that surround these structures.

As a craniosacral practitioner, I am trained to sense and monitor these very subtle wave-like involuntary rhythms that come from your craniosacral system.

The movement of cranial bones is a process that was previously thought to occur only in infants. It is now known that cranial bones continue to move as we reach adulthood and their motion can be measured in terms of frequency and amplitude.

## VERY GENTLE THERAPY

Craniosacral Therapy is effective in treating the dural membranes [the outer linings of the brain and spinal cord].

During a therapy session, I make very gentle contacts, especially on the skull, spine and sacrum (tailbone). These contacts facilitate a response from your body and allow for the release of energetic blocks that may be present. These blocks can be due to trauma that might have occurred in the past, and have not been released from the cellular memory of the body.

## BENEFITS FOR BABIES TO ELDERLY PEOPLE

Craniosacral work can be beneficial for people of all ages from newborn babies to the elderly, for those who are experiencing acute painful conditions due to a recent injury, for those experiencing chronic problems, and for those who feel fine and want to experience greater health and vitality.

This work is especially beneficial – and dramatic improvement is often seen – in people who have experienced any type of trauma, whether physical or emotional, recent or long-standing.

This can include trauma experienced from:

- Accidents
- Surgeries
- Slips and falls
- Sports injuries
- Physical abuse
- Sexual abuse
- Verbal abuse
- Birth process (for mother and child)
- Prenatal
- Catastrophic events
- Chemical or biological origins

People report improvement for a wide range of medical problems.

Some of the benefits include the elimination and reduction of:

- TMJ – Temporo-mandibular joint dysfunction (of jawbone);
- Jaw joint pain, clicking and popping;
- Physical, emotional and mental manifestations of trauma;
- Headaches and migraines;
- Stress;
- Emotional issues;
- Back, neck and face pain;
- Grinding of teeth;
- Ringing in the ears (tinnitus);
- Dental trauma;
- Sleep disorders;
- Central nervous system disorders: motor-coordination impairments, neuro-vascular and immune disorders;
- Fibromyalgia and other connective-tissue disorders;
- Learning challenges such as ADHD.

People find that the technique is very relaxing. It is very effective for reducing stress and is increasingly being used as a preventive health measure to bolster resistance to disease.

## DOCUMENTED EFFECTIVENESS

The effectiveness of Craniosacral Therapy and Somato Emotional Release has been well documented by Dr John E. Upledger.

Dr Upledger was a well-renowned osteopathic physician, who trained as a surgeon and clinical researcher. He was also founder of the Upledger Institute International and was the developer of Craniosacral Therapy. He wrote eight books.

Dr Upledger's in-depth investigation into the field of craniosacral manipulation was prompted by an observation of the rhythmic motion of a dural membrane during a patient's neck surgery in the early 1970's. He gained global recognition for his pioneering advances in the field of manual therapy, in particular in Craniosacral Therapy. He has been named in *Time* magazine as one of America's Next Wave of Innovators for the proven clinical applications of this therapy.

## TO FIND A THERAPIST

Craniosacral Therapy is available Australia-wide. Please use Google to locate your closest therapist.

## THE AUTHOR

Marilyn Bodnar is a Nature Cure Naturopath and Bowen/Emmett and Craniosacral Practitioner at the Health and Vitality Centre, 187 Bringelly Road, Leppington (10 minutes from Liverpool Station by car or taxi – or 5 minutes walk from the new Leppington station, from January 2015).

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***Marilyn, with husband Cecil, holds Wellness Support gatherings each month in their home in Leppington. Included are organic, natural, whole plant food preparations and demonstrations of vegan meals followed by speakers on natural health topics; plus raw dessert classes and real wholemeal bread-making workshops.***



## GERSON THERAPY

# Nutritional deficiencies cause disease Juice Yourself Healthy!

By Jo Thompson, RN, BN, Health Practitioner

Does this sound dramatic? I have seen it over and over again in my clinic. Clients have turned their lives around simply by juicing. The juices of raw fruits and vegetables have powerful healing and rejuvenating properties that can help with all sorts of health problems.

## Why Not Just Eat the Fruits and Vegetables?

Ever tried eating a plate of raw spinach or three carrots daily? Do you even eat the recommended five serves of vegetables and two of fruits daily? Our lives are so busy, we eat on the run, grab processed dead food and wonder why we feel exhausted and become ill, depressed and unmotivated.

Juices are the answer. They are packed with nutrients that support enzymes which assist the digestive process and facilitate the chemistry of life. This means that your gut, liver, pancreas and kidneys do not have to work as hard to provide essential nutrients. This conserves vital bodily energy, which means that you don't feel weighed down, bloated and fatigued. When we consume a meal, our body uses a lot of energy to break down the food, absorb and assimilate the nutrients, dispose of the waste and, if successful, take the nutrients into the cells.

Juices stimulate detoxification by increasing the flow and quality of bile. This is important as the liver pumps large amounts of toxic poisons out of the body via the bile. Bile is what makes your stools (poo) brown. This process assists the liver in phase-1 and phase-2 detoxification, making you feel energised and healthy. It also relieves uncomfortable symptoms of poor digestion and constipation.

## How do juices benefit my body?

1. Juices contain a variety of minerals, including potassium, magnesium, calcium, phosphorous, iron, copper, zinc and selenium, all of which are essential for giving us cellular activity, energy, vibrant health and life itself.
2. They contain antibiotic substances that fight infection.
3. They provide natural anti-inflammatory substances that can reduce pain and the destruction of cells.
4. They administer antioxidants including vitamins C and E, flavonoids and beta-carotene which fight inflammation, oxidative stress cancer and other problems.

5. Organic sulphur compounds are also found in juices. These help the liver to detoxify toxic chemicals and drugs and so remove them from the bloodstream. Sulphur is also beneficial in reducing oestrogen excess.

6. They give the body living enzymes to improve digestion and break down mucus.

7. Vitamin K is found in the dark green, leafy vegetables and is beneficial in strengthening bones and the immune system.

8. Juices hydrate cells, preventing dehydration and strengthening kidney function.

## How, When and What should I Juice?

Purchasing a good juicer is number one. A juicer that crushes the vegetables and fruit gives the best quality juice. Most people find that morning is the best time to have their juice – you will absorb all those wonderful goodies with ease. The best practice is to consume the juice within 20 – 30 minutes of making it, otherwise many of the nutrients are oxidised and lost.

Preferably a juice should be about 250 – 300 ml at a time. Juice is a great medium for adding herbs, supplements and powders. After making the juice, add to the blender frozen berries, nuts, seeds and coconut flakes and whiz for a minute.

Purchase organic or at least pesticide-free as much as possible. The best and most affordable way is to grow your own. Keep juices to a high vegetable content rather than fruit, which is beneficial but

high in fructose. Diabetic people should use only vegetables, except for apple or grapefruit to sweeten. Orange juice should not be consumed by people with arthritis, other inflammatory conditions or mucous congestion.

Green apples are preferred over red because of their high contents of malic acid and pectin. The malic acid when mixed with vegetables extracts a greater nutrient value, and pectin is an immune stimulant.

## Juicing for Cancer The Gerson Way

Each ingredient in the Gerson regime has a specific purpose and rationale.

The full therapy is 13 by 240 ml fresh juices daily taken on the hour. They are: 1 orange, 5 carrot and apple, 4 green veggies and 3 carrot taken across the day.

The modified therapy for people who have undergone chemotherapy and/or radiotherapy is 10 juices as above, but with the carrot juices omitted.

For guidance, support and a prescription that is right for you, have a consultation with me or come and stay and 'live' the therapy for a few days or even a few weeks.

A great tasting, nutrient-rich juice for those who are well, but want to improve their wellbeing is my all-time favourite:

1 Granny Smith apple, 1 carrot, 2 leaves spinach/chard, slither of ginger, 1/2 lime (peeled) and 1/4 beetroot.

# 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

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# Treating eczema with natural remedies

By LYN CRAVEN, Naturopath

Eczema can be a mild to severe skin disorder, which in some cases can be quite debilitating. Eczema is also known as *atopic dermatitis* or *atopic eczema* which is the most common form. Atopic eczema mainly affects children, although it can continue into adulthood or begin later in life.

The word 'eczema' originates from the Greek word *ekzein* meaning 'to boil out'; *ek* means 'out' and *zema* means 'boiling'. The term 'atopic' comes from the Greek '*atopy*' meaning a hereditary predisposition toward developing hypersensitivity reactions, such as asthma, hay fever and chronic urticaria. So *atopic eczema* means a form of eczema characterized by atopy – that is, *inherited eczema*.

When you experience eczema, the skin becomes itchy, reddened, cracked and dry. Males and females are affected equally as are people from different ethnic backgrounds.

Many cases of atopic eczema develop prior to age five, and a number of cases develop in the first year of life.

To simplify the topic, while there are many different types of eczema, I will focus on the more common atopic eczema.

## WHAT DOES ECZEMA LOOK LIKE?

The most common signs and symptoms presenting would be:

- The skin broken in places;
- Skin perhaps dry cracked and itchy, driving the person to scratch constantly, with the itching appearing to worsen at night;
- Red inflamed areas of skin;
- Blisters could develop which often weep;
- Pigmentation can become brownish-grey on the dry patchy areas;
- Small raised bumps and the continual scratching can create a thickening of the skin.

## WHERE DOES ECZEMA APPEAR?

Eczema can present on many areas of the body, but commonly on hands, feet, arms, wrists, face, neck, under the armpit, groin, back of knees, inside of elbows, upper chest and for women along the bra line especially if bra is normally tight. Eczema

can also break out around the eye and eyelid, and great care is required not to scratch which could cause loss of eyelash/eyebrow hair.

## WHAT HAPPENS WHEN A FLARE-UP OCCURS?

Sufferers will feel a great urge to scratch constantly due to the intense itching. The skin will become more inflamed and red, and sometimes weep and become raw if the scratching is intense. Many people experience the skin becoming hotter due to inflammation and the irritation from scratching.

The skin can become scaly and dry, and blisters could appear. Due to intense scratching, the open skin can be a breeding ground for infection creating further inflammation.

## WHAT CAN TRIGGER A FLARE-UP?

Stress is a major trigger of flare-ups, which can result in anxiety and fluctuating moods. This is a 'catch 22' situation, since the person becomes more stressed and anxious with the new flare-up.

Foods to which a person is hypersensitive can trigger flare-ups. Common foods include dairy products (especially cows), wheat, strawberries, nuts, soy and corn to name a few. Each person will have their own unique sensitivity and trigger. Identifying and avoiding such foods can greatly reduce flare-ups.

Research indicates that a *predisposition* to eczema is genetically inherited. The condition can worsen with exposure to external or environmental factors, such as pollen, pet fur, perfumed soaps, detergents, other harsh chemicals, synthetic fibres, dust and fluctuating hormones.

It has been found that attacks occur more in colder weather, despite the fact that pollen is a common trigger in the warmer weather

## CAUSES OF ECZEMA

Researchers at the University of Dundee, Scotland, discovered the existence of a gene which causes dry, scaly skin and predisposes individuals to atopic eczema. This work has been published in two consecutive editions of the leading

genetics journal, *Nature Genetics*.

This gene produces a protein called 'filaggrin', which is found in large quantities in the outermost layers of the skin. Filaggrin is essential for skin barrier function, which forms a protective layer on the surface of the skin keeping moisture in and foreign organisms out.

Any reduction or absence of filaggrin leads to the outer layers of the skin being poorly formed, easily becoming dry and constantly flaking off. If there are filaggrin mutations, foreign substances easily enter the skin and are detected by the immune system, producing inflammation. This is how eczema develops. In some people, priming of the immune system through the 'leaky' skin appears to lead to asthma after foreign substances enter the lungs.

The Dundee research found that approximately 10 percent of European people carry a type of genetic mutation that can switch off the filaggrin gene. Around five million people or more in the UK produce only 50% of normal filaggrin, resulting in milder conditions of dry and flaky skin. About one in 500 people in the UK, or 120,000 people, have both copies of the gene knocked out by genetic mutations and have no filaggrin protein whatsoever in the skin. These individuals have a severe and persistent form of the disease, requiring ongoing treatment.

Approximately 60 million people globally are estimated to carry these gene defects with over one million having the severe form due to the mutations. The researchers found that there are different filaggrin mutations in other ethnic populations resulting in reduction or absence of filaggrin contributing to dry skin and eczema worldwide.

People who have eczema generally have 'leaky skin' due to impairment of barrier function, so anything that goes onto the skin seeps into the deeper layers and activates the immune system. The skin loses water and the natural oils that normally moisturise it and keep it supple and smooth; hence the drier-than-normal skin which is far more sensitive to anything that comes into contact with it.

One might think that putting water onto the skin would help to moisturise it, but quite the opposite occurs. When water comes into contact with the skin, it evaporates and takes with it many of the skin's natural oils, known as 'natural moisturising factor'

(NMF). The more contact with water, the drier the skin becomes unless the natural oils are replaced. Obviously it is necessary to bathe and wash the body, but it's best done using tepid to warm water only. The water should always be clean and bathing done only for a short time – no long showers or baths.

Using antibacterial gels for hand washing does not cause the skin to dry out. The alcohol in the gel does not bind to the NMF, so doesn't take it away when it evaporates.

Be gentle when drying the skin; pat it dry with a soft towel, never rub it. Moisturise the skin after each shower or bath.

## ICHTHYOSIS VULGARIS

A second study showed that many people with a condition known as *ichthyosis vulgaris* also have eczema. Further research then showed a link between ichthyosis vulgaris, eczema and asthma.

Ichthyosis vulgaris is also known as *ichthyosis* or *fish scale disease!* – a scaly skin condition, usually on the arms and legs. It is overgrowth (or *hyperkeratosis*) of the skin on the palms and soles of the feet. In dry weather the skin creases and cracks. It can result in *keratosis pilaris* (follicular hyperkeratosis) on the side of the neck, buttocks, thighs and upper arms.

'Ichthyosis' is derived from the Greek word meaning 'fish'. This disorder also has a hereditary predisposition.

## HOW TO TREAT ECZEMA WITH NATURAL REMEDIES

Once you are fully aware of the triggers, avoid all foods or substances that create a flare-up. If you are uncertain, have tests for chemical sensitivity and food allergy. Functional labs conduct such tests.

Wear and use natural fabrics at all times, including bed sheets.

Use all-natural hair and skin products. However, despite their being 100% natural, you still need to ascertain if any of the ingredients trigger a flare-up. Some hypersensitive people may even react to plant-based products. Your histamine levels need to be checked via blood tests or hair mineral analysis.

Ideally, see a qualified naturopath, homoeopath or acupuncturist. They will take a thorough case history and formulate the correct remedies for you. Overall health needs to be addressed as well as the function of your digestive/bowel system. In the majority of skin disorders, the liver and kidneys are often treated.

Some remedies that are professionally prescribed are not available in health food stores or are of reduced potency.

Knowledge of how to prescribe appropriate remedies is important. Herbalists and naturopaths understand the therapeutic and pharmacological functions and actives in the plants. I have seen excellent results with people who are consistent in taking the relevant remedies.

Consume the following:

- Vegetable juices daily;
- Hot lemon drinks;
- Drink 1.5 litres spring water daily;
- Vegan/vegetarian diet (organic if possible);
- Herbal teas (that you are not sensitive to);
- Evening primrose oil (nothing less than 3,000 mg) and flaxseed oil.

Acupuncture and Bowen therapy can help with inflammation, balancing chi energy and respective organ function, including helping to balance hormones and restoring equilibrium to the entire physiology of the body. Incorporating one or both of these therapies with any nutritional supplements, herbs, homeopathy and correct probiotics will encourage healing.

Over-the-counter products – even natural ones – can often be just a 'Band-Aid' solution and you need to be assessed professionally then prescribed remedies appropriate for your needs. No two people are alike, nor do they experience the same triggers with hypersensitivity. Over-the-counter products play a role, but they are formulated for general use, not for a unique situation.

Stress should be addressed and the nervous system, adrenals and thyroid function must be assessed via relevant blood tests. These include hair mineral analysis (shows how well your body is taking up the minerals in your food, not just the mineral levels in your blood), live blood analysis, general blood tests and tests for food/chemical sensitivity.

Meditation, yoga and tai chi are excellent to help combat stress.

Despite many people experiencing genetic predisposition to atopic eczema, many cases have been helped greatly with less invasive remedies.

Pharmaceutical medication may be quick to relieve the symptoms, but they can interfere with gastro-intestinal (GIT) function, and steroids always have a negative impact on the liver and kidneys. Anything that impairs the function of the GIT will be counterproductive to health or even long-term improvement in chronic atopic eczema.

Until you find the time to see a professional natural medicine practitioner, use chickweed to soothe and calm the skin. Nettle cream is also excellent, since stinging nettle has been used for decades for all itchy skin situations. You can put dried chickweed in a cotton cloth or hankie

and tie it under the hot water tap as you run the bath, then allow the pouch to stay soaking in the bath while you are in it. This can help relieve the inflammation and itch. Some people use nettle and chickweed alternately. Do not use hot water, only warm – extremes of temperature can trigger a flare up and cause further irritation.

Avoid all soaps that are perfumed. Some people may need to avoid soap completely and use sorbelene or aqueous cream lightly spread on the skin with water to cleanse.

Joboba oil can be very nourishing to the skin, and has the same affinity for your own natural sebum [oil secreted by skin]. Jojoba oil is rich, so you can use sparingly; it is not heavy and greasy like olive oil.

A bacterium called *Staphylococcus aureus* (*Staph aureus* or 'golden staph') commonly infects people with eczema, and makes the eczema much worse, causing increased redness, oozing of fluid and crusting of the skin. It is virtually impossible for the skin to heal without taking a remedy to combat the bacteria. If infection is present then anti-bacterial herbal remedies will be prescribed. Anyone with chronic infection may wish to take antibiotics while supporting the GIT flora with probiotics. It depends on the chronicity of the infection. Commonsense comes into play here, so do not allow this bacteria to persist – get it attended to asap!

Echinacea is an excellent, well known herb; however, a trained herbalist has a wide range of herbs that are not sold over-the-counter. Unfortunately for all of us hydrastis (Golden Seal) is becoming very expensive, because it is very stubborn to cultivate and is becoming a rare herb. I still use it. It is renowned to kill off Staph, E. coli and many other nasty bacteria where some antibiotics have failed. Great care must be taken with this herb. Please do not self-administer in extract form, especially if you have blood pressure problems.

Antibiotics have been over-prescribed for many years, resulting in immunity to many kinds of bacteria, so they are less inclined to work well. High-grade manuka honey can be helpful (by oral dosage) with its anti-bacterial properties, unless you are allergic to honey or it triggers an attack. Specific probiotics have been helpful in many cases, since gastrointestinal issues can contribute to eczema attacks and asthma.

Daily exposure to sunlight is helpful for many people. Again, use commonsense. Depending on time of year and where you live, you would only need 20 – 30 minutes of natural sunlight to help the skin.

We also need fresh air on any skin disorder. Covering the body all the time hinders the healing process. Natural salt water can be helpful for some skin disorders.

## WHAT WILL THE DOCTOR GIVE ME?

Medical treatment usually offers corticosteroids, both orally and topically. They may produce quick results by easing or eliminating the symptoms, but they do not get to the root cause and they interfere with GIT function. Steroids are toxic to the body, especially the liver and kidneys. Oral use over many years can contribute to weight gain in some people.

## CASE EXAMPLE

A man in his late 30's had suffered with atopic eczema since a young child. His asthma attacks had lessened, but his skin flare-ups had continued – mainly on his back and upper chest area, and occasionally in the elbows and backs of knees.

He was on a vegetarian diet, eating only organic foods, and was very active. Spring (with pollen) was a dreadful trigger for him, especially after vigorous exercise.

This man was given regular Bowen therapy treatments to assist with easing stress and

improving the functioning of the kidneys, digestion, lungs and liver. He began daily meditation at home by listening to a CD. He took herbal remedies that I prescribed according to his individual needs, but also targeting kidney and liver function. I made up topical creams for him.

Within a couple of treatments and taking the remedies daily, he had 80% improvement. Over time his dosage changed. At the same time, he eliminated all offending foods, and began consuming rice milk and occasionally goat milk – the latter he had no issue with despite being dairy.

As mentioned above, each person is different; this is why you need to see someone qualified rather than dabbling with remedies. The man continued to improve and eventually his skin became quite clear.

Extreme cases of eczema where young children need to be wet wrapped are heart breaking. No promises can be made with extreme cases. I have only treated adults ranging from mild acute to chronic average cases, but not severe cases requiring wet wrapping. Most of those I have treated

have improved to the point of resolving. Occasional extreme cases may opt to use conventional medications in conjunction with natural remedies. Again take care to discuss your condition with both the GP and naturopath, otherwise complications may arise. Pharmaceutical medications will suppress the disorder and 'push' it further into the body.

**Lyn Craven is a practitioner of naturopathy and Bowen therapy and is an Energy/Reiki therapist. She is a corporate health consultant and presenter for health expos. Lyn specialises in stress management and has created a meditation CD to assist in relaxation. She has written articles on a variety of health topics and runs a private practice in Sydney.**

**Lyn offers Skype and after-hours consultations for long-distance people. She can be contacted on 0403 231 804 or [lyncraven@bigpond.com](mailto:lyncraven@bigpond.com). Her website is [www.lyncravencorporatehealth-naturopath.com](http://www.lyncravencorporatehealth-naturopath.com) [www.facebook.com/NaturopathandBowenTherapy](https://www.facebook.com/NaturopathandBowenTherapy)**

# Curcumin spice quenches the inflammatory flame

While the anti-inflammatory action of curcumin has been demonstrated in over 4,000 scientific articles,<sup>(1)</sup> a significant hurdle for scientists has been formulating a way for curcumin to be readily absorbed by the body.

In an Australian first, a new method has been discovered that ensures curcumin is absorbed at 27 times the normal rate, maximising the anti-inflammatory power and unleashing the true medicinal potential of this traditional Indian spice. The name of the new product is *Theracurmin*.

A meta-analysis published in *Phytotherapy Research* in June 2013, comprising 172 subjects, found that *curcuminoids* were associated with a significant reduction in the standard indicator of inflammation – circulating C-reactive protein (CRP) levels.<sup>(2)</sup>

Consumed for medicinal purposes in India for centuries, curcumin has gained new scientific interest, as the evidence supporting its anti-inflammatory and antioxidant properties has grown rapidly.<sup>(1)</sup>

Belinda Reynolds, the Nutritionist and Dietician at distributor BioCeuticals, said, "Curcumin is one of the most profound



anti-inflammatory agents we know of today and has been shown to inhibit almost all inflammatory mediators in the body.<sup>(3)</sup>

"Adding to the evidence, a new double-blind, placebo-controlled, randomised trial of 50 patients, aged 40 years or more with mild to moderate knee osteoarthritis, has shown a reduction in pain scores.

"A therapeutic supplement backed by clinical trials could have a significant impact on the 3.85 million Australians suffering from the disease and seven million predicted by 2050.<sup>(4)</sup>

"A key challenge we have faced in the past is how to ensure curcumin is absorbed into the body to provide therapeutic benefit."

The new process involves extracting curcumin and other useable phytochemicals from turmeric root. The extract is now sprayed with *ghatti gum* from a tree in India, which makes the curcumin water soluble.

Being water soluble, means that the mixture can now be absorbed into the bloodstream at a much greater rate than otherwise.

The process does not alter the structure of the *curcuminoids* at all; it makes the particles smaller, but biochemically identical. We can absorb more or we can

consume less to gain the same result.

The recent meta-analysis highlights that bioavailability, dosage and duration of supplementation are all critical determinants for the CRP-lowering effect.

*Theracurmin Bioactive* is a BioCeuticals practitioner-only product, this company being the only distributor in Australia.

BioCeuticals is owned by Australia's largest healthcare company, Blackmores Limited, and was acquired by Blackmores in July 2012. BioCeuticals is prominent in evidence-based integrative medicine, having sponsored 10 clinical trials in primary healthcare facilities. BioCeuticals is keen to see that complementary and alternative medicines (CAMs) become an integral part of the Australian healthcare industry.

Read more: [http://www.bioceuticals.com.au/page/our\\_company#ixzz3l467y5kS](http://www.bioceuticals.com.au/page/our_company#ixzz3l467y5kS)  
Follow us: @BioCeuticals on Twitter | BioCeuticals on Facebook

## REFERENCES

**For References, contact the Natural Health Society**



# Herbs For Every Reason Part 8 – Watercress

By Margie Hare

The one herb I love that is easy to grow anywhere in the garden, on the balcony or on the windowsill is watercress.

Watercress is common and easy to grow. This aquatic perennial either floats or creeps in water. The succulent green leaves and the white flowers appearing in early summer to mid-autumn are delicious and edible. They can be eaten raw or cooked.

## VALUABLE MEDICINAL PROPERTIES INCLUDE:

- stimulant
- diuretic
- anti-pyretic
- stomachic

## ALL YOU NEED TO GET STARTED:

- a bunch of organic watercress purchased from your local supplier or picked from an unpolluted stream;
- a jar, trough, bucket or vase;
- bag of stones;
- filtered water;
- a handful of organic aged chicken manure (optional).

## EIGHT SIMPLE STEPS TO GROWING YOUR OWN WATERCRESS

1. Choose 5 – 10 of the healthiest slips and cut the tops off;
2. Fill your chosen container with quality filtered water;
3. Place the rocks in the bottom with a small handful of soil (optional);
4. Now place the stalks of watercress as if arranging a bowl of flowers;
5. Keep well watered (in the garden I always over-fill so the water just runs over the edges);
6. Add a sprinkling of organic chicken manure from time to time if you choose;
7. Place it on the windowsill, outside on the balcony or in the garden – anywhere will do;
8. Pick regularly and add to salads and omelets and make your own pear and watercress soup served hot in cold weather and cold in warmer weather.

**TIP: As a home remedy, I make an excellent cough remedy by mixing with honey.**

## MY CHALLENGE TO YOU

As your watercress grows abundantly, share and teach your friends to take charge of their health naturally by growing their own organic watercress. It is easily propagated from stems and roots.

## WHY WATERCRESS IS SO GOOD FOR YOU

It contains among other constituents:

- vitamins A, B, C and E
- manganese
- iron
- phosphorus
- iodine
- calcium

## Q AND A

**Why does my rocket have so many flowers and no leaves?**  
– Janet Diack.

**Answer:** Rocket, dill, basil and coriander respond very well when you continually cut off the flower tips. They then send out more leaves. If they are kept well watered, especially in warm weather, and all flower tips and stalks are removed, you will have an abundance of leaves to pick daily. Dill however will bolt in the very hot weather.

Happy snipping! The more you snip, the more leaves you will harvest. A handful of chicken manure every six weeks throughout the growing season will add delicious greens to your picking garden.

**I welcome** any questions from readers and will publish answers to some in the next issue. Please email the question to: margiehare18@gmail.com. Or call me on 0407 187 159.

Till next issue, use herbs for every reason,

Margie

www.Naturehealth.com.au

YouTubechannel: naturehealth.com.au



## WATERCRESS SOUP

This delicious and versatile soup can be served hot in winter and cold in summer. Watercress soup is both restorative and a pick-me-up. Make it anytime, but especially when you are anaemic, run down and feeling tired.

Most people think spinach is rich in iron, but watercress is significantly richer and also rich in vitamin C that helps with iron absorption.

### Ingredients

- 1 large bunch spring onions
- 5 cloves of garlic
- Thumb nob of ginger
- 2 tbsp coconut oil (olive oil if you prefer)
- 2 small potatoes
- 750 ml vegetable stock
- 2 pears
- 2 bunches of watercress
- Salt and pepper to taste
- Chopped chili and slithers of pear to garnish
- Organic plain yogurt to garnish

### Method

Chop spring onions. Grate ginger. Put garlic through a press. Finely chop fresh chili. Set aside.

In large saucepan, fry spring onions in coconut oil for 10 minutes. Slice potatoes and add to pan with stock. Simmer for 20 minutes.

Dice the pears, wash and chop the watercress. Put pears and watercress into blender. Add potato-stock mix and puree.

Stir in the set-aside garlic and ginger. Add salt and pepper to taste.

Garnish with a dollop of yogurt, slither of pear and sprinkle of chili.

This makes about three bowls and should be consumed within two days.

**Tip: Only peel potatoes and pears if not organic**



# THE VITAMINS K, an overlooked 'team'

By Roger French

## INTRODUCTION

Vitamin K is well known for blood clotting, its main role being the production of compounds that are part of the blood clotting process that halts bleeding due to injury.

However, vitamin K also plays important roles in bone strength, the prevention of heart disease and other bodily processes. Some nutritionists refer to it as 'the forgotten vitamin' because these other roles tend to be overlooked.

More recent findings indicate a relationship between vitamin K and vitamin D, in that if one is deficient, the other doesn't work properly. This is of great significance, since vitamin D has vital roles in preventing skin cancer, other cancers, heart disease, arthritis and numerous other conditions. It is now thought that in the same way that most people are deficient in vitamin D, most are also deficient in vitamin K.

It appears to be the case that most people have enough vitamin K for normal blood clotting, but not enough for its other functions.

## FAT SOLUBLE

Vitamin K is fat soluble and stable similarly to the other fat-soluble vitamins. This is important to know because it means that dietary fat/oil is necessary for its absorption. Therefore, in order for the body to absorb vitamin K effectively, we need to consume some fat/oil along with it – such as salad dressing.

Freezing foods may destroy vitamin K, but heating does not affect it.

## THREE FORMS OF VITAMIN K

There are different forms of vitamin K:

1. Vitamin K<sub>1</sub>, or *phylloquinone*, is found naturally in plants, especially green, leafy vegetables. K<sub>1</sub> goes directly to your liver and helps provide normal blood clotting. There is a synthetic version of K<sub>1</sub> called *phytonadione*.
2. Vitamin K<sub>2</sub>, or *menaquinone*, is made in our bodies by the gut bacteria. K<sub>2</sub> goes straight to the blood vessel walls, bones and tissues other than the liver
3. Vitamin K<sub>3</sub>, or *menadione* or *menaphthone*, is a synthetic form. Toxicity has occurred in infants injected

with this form. Because of this and the fact that it is synthetic, it is not recommended.

According to the Linus Pauling Institute, the body has limited storage capacity for vitamin K (both K<sub>1</sub> and K<sub>2</sub>), so it is recycled and can be reused multiple times (<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminK>).

## FUNCTIONS

**Vitamin K<sub>1</sub> has just one major function** – it is necessary for the liver to be able to produce compounds that are part of the blood clotting process that arrests bleeding due to injury. If you don't have enough vitamin K<sub>1</sub>, you may bleed too much. (<http://www.nlm.nih.gov/medlineplus/vitaminK.html>)

In contrast, vitamin K<sub>2</sub> has numerous functions and these are described by Dr Mercola in Mercola.com, enews 24-3-04, as follows (abridged):

**Vitamin K<sub>2</sub> protects the heart.** It tends to prevent hardening of the arteries by helping to keep calcium out of artery linings and other bodily tissues, where it can cause damage. Recent studies show that vitamin K<sub>2</sub>, in concert with vitamin D, prevent calcification in the coronary arteries, and so prevents cardiovascular disease.

**Vitamin K<sub>2</sub> helps prevent osteoporosis.** It has a very important role in improving bone density. It acts like glue in keeping calcium and other minerals in bone.

Vitamin K<sub>2</sub> is strongly protective against osteoporosis. Studies have shown that it can completely reverse bone loss and sometimes even increase bone density.

It was reported in the *American Journal of Clinical Nutrition* (1999, vol. 69) that in the Nurses' Health Study involving nearly 80,000 women, those eating a serving of lettuce or other green, leafy vegetable daily cut their risk of hip fracture in half when compared to those eating one serving a week.

Japanese research has shown that vitamin K<sub>2</sub> supplementation can achieve 60 percent reduction in fractures in vertebrae and 80 percent reduction in hip and other non-vertebral fractures.

**Vitamin K helps prevent cancer.** A number of studies have shown that vitamin K<sub>2</sub> – and K<sub>1</sub> as well – are protective against cancer. The *International Journal*

*of Oncology*, September 2003, reported that vitamin K<sub>2</sub> slowed the growth of lung cancer cells, while benefit for leukaemia had already been seen.

Substantial protection against prostate cancer was found to be provided by vitamin K<sub>2</sub>, according to German researchers in 2008. Men taking the highest doses had about half the incidence of prostate cancer.

The *Alternative Medicine Review*, August 2003, published a study involving 30 patients with a type of liver cancer taking oral vitamin K<sub>1</sub>. In six patients the disease stabilized, seven patients had a partial response; and seven others had improved liver function.

**Other benefits of vitamin K.** Vitamin K<sub>2</sub> may help prevent Alzheimer's disease; it reduces the likelihood of developing type 2 diabetes; and topically it may help to reduce bruising.

## HOW MUCH K DO WE NEED?

This is difficult to establish because most vitamin K is produced by bacteria in the gut.

Estimates have been made by the New Zealand Nutrition Foundation as follows: children 25 – 45 micrograms/day (µg/day) according to age; teenagers 55 µg/day; men 70 µg/day; women 60 µg/day. ([www.nutritionfoundation.org.nz/nutrition-facts/vitamins/vitamin-k](http://www.nutritionfoundation.org.nz/nutrition-facts/vitamins/vitamin-k))

Some people should *not* take supplements of vitamin K (Mercola.com, 24-3-04). Pregnant and breastfeeding women should be sure *not* to take any more than 65 µg – unless recommended by a health practitioner. A person who has had a stroke or cardiac arrest or is prone to blood clotting should *not* take K<sub>2</sub> at all without professional guidance.

## DEFICIENCY

If vitamin K<sub>1</sub> is deficient, there is a tendency to bleed too easily and too much. The University of Florida explains that when people don't get enough vitamin K, blood takes a long time to clot, which can result in excessive blood loss and increased risk of death from injuries. Fortunately, deficiency of K<sub>1</sub> is uncommon in healthy adults.

If vitamin K<sub>2</sub> is deficient, which is common, there is increased risk of the diseases mentioned above under 'Functions'.

## TOXICITY

There is no toxicity from natural vitamin K. With synthetic vitamin K, toxicity is possible.

## ANTAGONIST TO ANTI-COAGULANT DRUGS

It is well known that if a person is taking the drug, warfarin, they need to minimise food sources of vitamin K because drugs of this kind have the direct opposite action of Vitamin K. Anti-coagulant drugs reduce clotting by inhibiting vitamin K. If the person takes high doses of the vitamin, the effect of the drugs is neutralised.

People taking warfarin need to keep their intake of vitamin K from both foods and supplements constant. If the amount consumed varies significantly, the medication levels need to be adjusted accordingly. This needs to be watched, for example, during summer if more salad greens are eaten. Professional guidance will be necessary.

A person taking blood thinners also needs to be careful about taking vitamin E supplements, because vitamin E can interfere with how vitamin K works in the body.

## NEWBORN BABIES

Orthodox medicine regards vitamin K as a special issue with newborn babies because they have almost no vitamin K until their gut bacteria become established. If the mother has not consumed enough vitamin K-rich foods in late pregnancy, the baby may be at risk of *haemorrhagic disease of the newborn* (HDN), in which there is bleeding from the gut and elsewhere. So hospitals routinely inject K into newborns.

But like all medical procedures this has risks. It can cause allergic reactions all the way up to anaphylactic shock, and has been reported to double the risk of leukaemia. The risk of leukaemia is one in 500, while the risk of HDN is only one in 10,000.

The alternative, says naturopath, Robyn Chuter, in *True Natural Health*, Winter 2001 issue, page 30, is for pregnant women to ensure a high intake of vitamin-K-rich foods (primarily green leafy vegetables) in late pregnancy and breastfeed as soon as possible after the birth. The colostrum will then be not only rich in vitamin K, but will also facilitate the implantation in the baby's gut of vitamin K-producing 'friendly' bacteria. Babies who are at high risk of HDN, she says, should be the only recipients of vitamin K injections.

## SOURCES OF VITAMIN K

Most vitamin K is produced by the 'friendly' bacteria in the gut.

The richest food sources are green leafy vegetables – kale, turnip greens, broccoli, cauliflower, cabbage, Brussels sprouts, lettuce, parsley, spinach, alfalfa sprouts, Swiss chard. Containing good levels are asparagus, soya beans, eggs, oats and green and white teas.

Fermented foods typically have the highest concentration of vitamin K and can provide several milligrams of K<sub>2</sub> on a daily basis, far exceeding the amount found in dark green vegetables. The richest fermented food, estimates Dr Mercola (Mercola.com, 24-3-04), is natto, of which 100 gm supplies around 1,000 mcg of K. He suggests that we can obtain all we need (less than 200 mcg) by consuming about 15 grams of natto daily. He notes that many Westerners do not enjoy this form of fermented soya beans that is consumed frequently in Japan because of its powerful smell, strong flavour and slimy texture

Other foods high in K<sub>2</sub> are raw dairy products including hard cheese, soft cheeses, raw butter and kefir and also egg yolk and sauerkraut. Dairy products will only have high K<sub>2</sub> content if the cows are grass fed, *not* grain fed.

Red meats, turkey and chicken contain only very low levels, and in any case are not part of a plant-based diet.

After food sources, the next best source would be a high-quality vitamin K supplement. This must always be taken with fat since it needs fat to be absorbed. Remember that a person taking anti-coagulants must be careful here.

If supplementing with vitamin K, Dr Mercola, recommends using vitamin K<sub>2</sub>, which is natural and not toxic at even 500 times the RDA.

## WHO NEEDS VITAMIN K?

Dr Mercola explains that the following conditions may increase the risk of vitamin K deficiency, and so intake should be increased by either adequate food sources or supplements or both:

- Eating a poor or restricted diet;
- Crohn's disease, ulcerative colitis, coeliac disease and other conditions that interfere with nutrient absorption;
- Liver disease that interferes with vitamin K storage;
- Taking drugs, including broad-spectrum antibiotics, cholesterol drugs and aspirin.

## MORE ABOUT VITAMIN K<sub>2</sub>

The following points are abridged from 'Vitamin K<sub>2</sub> – the missing nutrient' by Chris Kresser (<http://chriskresser.com/vitamin-k2-the-missing-nutrient>).

The health benefits of the K vitamins have been underrated and misunderstood until very recently by both the scientific

community and the general public.

It is a misconception that vitamins K<sub>1</sub> and K<sub>2</sub> are simply different forms of the same vitamin. Many researchers insist that K<sub>1</sub> and K<sub>2</sub> are best seen as two entirely different vitamins. Recent evidence has confirmed that the role of vitamin K<sub>2</sub> extends far beyond blood clotting to include protecting us from heart disease, ensuring healthy skin, forming strong bones, promoting brain function, supporting growth and development and helping to prevent cancer, as well as other functions.

A study recently published by the *European Prospective Investigation into Cancer and Nutrition (EPIC)* revealed that higher intake of vitamin K<sub>2</sub> may reduce the risk of prostate cancer by 35 percent. Interestingly, the benefits were most pronounced for advanced prostate cancer. In contrast, vitamin K<sub>1</sub> did not offer any prostate benefits.

Another example was illustrated by a Netherlands study in which people with the highest third of vitamin K<sub>2</sub> intakes were 52 percent less likely to develop severe calcification of the arteries, 41 percent less likely to develop heart disease, and 57 percent less likely to die from it. In contrast, intake of vitamin K<sub>1</sub> had no effect on cardiovascular disease. The researchers found that calcification of the arteries is the best predictor of heart disease. (Geleijnse et al., 2004, pp. 3100-3105)

Whereas K<sub>1</sub> is preferentially used by the liver to activate blood clotting proteins, K<sub>2</sub> is preferentially used by other tissues to deposit calcium in appropriate locations, such as in the bones and teeth, but prevent it from depositing in locations where it does not belong, particularly soft tissues. (Spronk et al., 2003, pp. 531-537)

Another common misconception is that we humans do not need K<sub>2</sub> in the diet, because we can convert K<sub>1</sub> to K<sub>2</sub>. However, although animals can make this conversion, there is significant evidence that humans require K<sub>2</sub> in the diet to obtain and maintain optimal health.

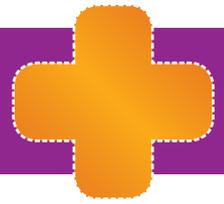
It has also been erroneously believed that intestinal bacteria are a major contributor to vitamin K<sub>2</sub> status. However, most of the K<sub>2</sub> produced in the intestine are embedded within bacterial membranes and not available for absorption. Thus, intestinal production of K<sub>2</sub> probably makes only a small contribution to vitamin K status. (Uden & Bongaerts, 1997, pp. 217-234)

New research on the many important roles of vitamin K<sub>2</sub> is being published at a rapid pace. It is already clear that vitamin K<sub>2</sub> is an important nutrient for human health – and one of the most poorly understood by both medical authorities and the general public.





# From Dr Mercola



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

**Dr Mercola issues regular free newsletters. His website is [Mercola.com](http://www.Mercola.com). The following are brief summaries of some items in his recent newsletters.**

## Outrage at Monsanto's 'Bee-Friendly' Facebook Post

[www.Mercola.com](http://www.Mercola.com), 2-9-14

'Bee Against Monsanto' was a success with 86 events around the globe helping to get word out that corporations like Monsanto could very well be at the foundation of the widespread bee die-offs

Monsanto took to Facebook on 7<sup>th</sup> August 2014, just before National Honeybee Day, to reaffirm their "commitment" to saving the bees. In response, Monsanto's Facebook page was flooded with hundreds of angry comments, such as "Protect them? You're the ones who are killing them off!"

*Systemic neonicotinoid pesticides* have been increasingly blamed for bee deaths, prompting the European Union to ban them for two years to study their involvement with large bee kills.

## Dangers of Hormone Disrupting Chemicals

[www.Mercola.com](http://www.Mercola.com), 25-10-14

We are now living immersed in a chemical soup. Industrial chemicals and pollutants are contributing to a range of illnesses, especially in little boys, while girls are developing breast buds at age seven or eight.

In 2004, the Silent Spring Institute tested 120 homes for endocrine disrupting chemicals (EDCs) and were shocked to find 67 of them. Two-thirds of the homes tested positive for DDT, despite the fact it was banned 40 years ago.

Endocrine disrupting chemicals disrupt our hormone function, because they are similar in structure to our natural sex hormones, particularly oestrogen, and trick the body into increasing or decreasing hormone production, which can have profound effects. Many experts believe there is *no* safe level of exposure for many of these EDCs.

In 2013, the US Environmental Working Group (EWG) nominated its 12 worst hormone-wrecking chemicals, calling them the 'Dirty Dozen List of Endocrine Disruptors'. They are:

*Bisphenol-A (BPA), dioxin, atrazine, phthalates, perchlorate, flame retardants, lead, arsenic, perfluorinated chemicals, organophosphate pesticides and glycol ethers.*

## Three Reasons to Eat Spicy Food

[www.Mercola.com](http://www.Mercola.com), 27-9-14

The spicy chemical in chilies, *capsaicin*, and other compounds in spicy food are beneficial to health.

In our intestines, capsaicin lowers the risk of tumors. Ginseng and saffron have been found to boost sexual performance.

Capsaicin may help reduce obesity by decreasing calorie intake, lowering blood fat levels, shrinking fat tissue and decreasing fat build-up in the body

Just over half of Americans – and no doubt Australians similarly – find hot or spicy foods appealing.

Besides chilies, other spices that have health potential are ginseng, cinnamon, black pepper, mustard, ginger and cardamom.

It is probably wise to limit spicy foods in the evening because they can give you indigestion that makes it nearly impossible to get a good night's sleep.

## Causes of Autism Identified

[www.Mercola.com](http://www.Mercola.com), 8-10-14

Thirty years ago, the incidence of autism was one in 10,000 children; now it's around one in 50 children.

Research is now finding that autism and similar brain disorders are a consequence of excessive exposure to toxins that come from many sources, including through the mother's womb, and also problems with gut bacteria, nutritional deficiencies and vaccines made with human foetal cells.

Gut bacteria are adversely affected by toxic chemicals from foods, the environment and pharmaceuticals. Research is finding that probably nine out of 10 individuals with autism also suffer from gastrointestinal problems including inflammatory bowel disease and 'leaky gut'.

Deficiency of iron may also be a factor. It has been found that women over age 35, who are deficient in iron during pregnancy, have a five-fold greater risk of having an autistic child.

In the September 2014 issue of the *Journal of Public Health and Epidemiology*, a study reveals a significant correlation between autism and three specific vaccines: MMR, chickenpox and hepatitis-A.

## Anxiety and Sleep Drugs Linked to Dementia

[www.Mercola.com](http://www.Mercola.com), 25-9-14

The number of older adults using *benzodiazepines* (Valium, Xanax, Ativan, etc.) for anxiety and insomnia is around 43 percent. A recent study has found that if they take these drugs for three months or more, they have around 50 percent greater risk of Alzheimer's disease than people not taking these drugs.

In addition, those who take benzodiazepines are nearly four times more likely to die prematurely, and also have a 35 percent greater risk of cancer.

## Smoking Major Factor in Alzheimer's

[www.Mercola.com](http://www.Mercola.com), 2-10-14

The World Health Organisation has concluded that people who smoke are 45 percent more likely to develop Alzheimer's disease than non-smokers, and that the proportion of all Alzheimer's cases worldwide caused by smoking is approximately 14 percent.

Studies also indicate that exposure to secondhand smoke may increase the risk of dementia.

Smoking is thought to cause dementia by the same mechanisms as it contributes to coronary artery disease and stroke by: (a) Increasing blood homocysteine, a known risk factor for stroke and dementia; (b) accelerating atherosclerosis in the brain, and (c) oxidative stress and inflammation.

## Israel Bans Fluoride

[www.Mercola.com](http://www.Mercola.com), 9-9-14

Adding to growing global opposition to fluoride exposure, the Ministry of Health in Israel in August 2014 lifted the mandatory requirement for water fluoridation that was put in place in 1970.

The Israeli Health Minister, Yael German, declared that there is now a nationwide ban on water fluoridation in Israel.

As the director-general of the Israeli Health Ministry, told the *Jerusalem Post*, "Individuals have the right to decide if they want it [fluoride] or not ..."

## Low-Wattage LED lights can damage eyes

A recent study has discovered that LED lamps can irreparably damage the retina, the light-sensitive membrane at the backs of our eyes.

LED lights (light-emitting diodes) are extremely energy-efficient and bulbs can last for as long as 10 years. They are becoming popular for home lighting and torches and are extensively used in electronic devices including mobiles, TVs and computer screens.

The leader of the Spanish study explained that light from LEDs comes from the blue and violet end of visible light and is short-wave and high-energy. Prolonged, continuous exposure to this may be enough to damage the retina.

There are now calls for the bulbs to have filters fitted.

**(Pub'd online 10-10-13: <http://www.dailymail.co.uk/health/article-2324325/Do-environmentally-friendly-LED-lights-cause-BLINDNESS.html>)**



## Einkorn Flour, the purest wheat

Einkorn Flour is the original, purest form of wheat, unchanged for thousands of years – genetically pure, in stark contrast to modern wheat. It is an all-purpose flour that can be substituted in any recipe where plain flour is required.

It has a savoury and nutty taste, and has a six-month shelf life from grinding stage. Nutritionally, einkorn flour is high in iron, protein, fibre, vitamins B<sub>1</sub> and B<sub>6</sub>, carotenoids, phosphorous and potassium, and it is easy to digest.

Finding a supply of organic Einkorn has not been easy, says Cyndi O'Meara of Changing Habits in Queensland, who has finally located an ethical supplier who does not use chemicals in any stage of the process. She wanted a low-gluten flour made from an ethical, healthy, organic heirloom wheat.

Einkorn flour is available from Changing Habits online. It comes in a 1 kg pack, priced at \$13.97, plus freight.

**Contact details: Changing Habits, PO Box 104, Mooloolaba QLD 4557. Phone 07 5493 7135; fax 07 5437 7084; email enquiries@changinghabits.com.au**

## 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.

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)**

## Flu Outbreak Among Vaccinated People

In the USA, flu vaccination is being promoted in advance of the northern winter, but this doesn't always mean that a person is protected.

A new study has reported that of 102 crew members of the minesweeper, USS Ardent, 25 were infected over a period of three days last February, even though the entire crew had been vaccinated with a vaccine that was modelled on the virus that infected them, influenza-A.

The study was conducted by the authoritative Centers for Disease Control and Prevention.

**(Morbidity and Mortality Weekly Report, 2014; 63 (42): 947-9, reported by WDDTY, 28th October 2014)**

## Keep Drug Co. Reps Out Of Doctors' Rooms

**MEDICAL OBSERVER, 9th OCT 2014**

Some doctors are so concerned about personal contact between doctors and sales reps from drug companies that a group has initiated a campaign to keep the reps out of medical practices.

In October 2014 the group launched a campaign entitled 'No Advertising Please' (NAP).

They say these visits escalate inappropriate prescribing and push up patients' payments and also the overall cost to Australia's health system.

The campaign slogan, "Prescribers need evidence, not marketing", was launched at a Royal Aust. College of General Practitioners conference in Adelaide. The website is <http://noadvertisingplease.org/home>.

As might be expected, Medicines Australia opposed the campaign, declaring that it would prevent doctors from learning about new treatments from drug companies, and was "misguided and potentially dangerous for patients".

The NAP doctors responded that, "Visiting reps are sold as being of educational value, but the evidence is it's a marketing procedure and not an education procedure. With the internet and NPS MedicineWise, there's more than enough independent education around. You don't need the marketing."

## British Medical Association acts on climate change

At its annual meeting in June 2014, the British Medical Association (BMA) acknowledged that climate change constitutes the greatest global threat to human health, and that it is time to 'put their money where their mouth is'.

No other large medical organisation has made such a decision, but others are likely to follow as divesting of fossil fuels increases in momentum and influential bodies see the need to limit our carbon dioxide emissions.

Four hundred delegates attended the annual Doctors for the Environment Australia conference in March, reflecting burgeoning concern in the medical community. The view is that the stakes could not be higher.

In contrast, since 2008 Australia's big four banks have made loans to miners totalling nearly \$19 billion for new coal and gas projects in Australia.



# MOTOR NEURON DISEASE

## Not a mystery, but cause and effect

by Roger French

Motor neuron disease is described by MND Australia (2013) to be actually a group of diseases in which nerve cells (called 'neurons') that operate muscles degenerate and eventually die. The muscles can be those responsible for our moving, breathing, speaking, swallowing, eliminating and so on.

MND is also known as 'amyotrophic lateral sclerosis' (ALS); in the USA it is known as 'Lou Gehrig's disease'.

It is considered in orthodox medicine to be incurable, but the case story at the end of this article demonstrates that recovery is possible.

It is estimated by MND Australia that in 2014 the number of people suffering MND worldwide is approximately 400,000, while the number in Australia is about 1900, representing one in 12,000 of the population. Women are slightly more susceptible than men, and the most common age group is 50 to 60. However, MND may develop in adults at any age.

The label 'incurable' sounds as though the situation of the sufferer is akin to hopeless, but this is not necessarily so. From recent research on MND, there are definite indications as to the causes and there are indications as to how to bring about recovery, or at least prevent the disease from progressing.

### WHAT ARE MND AND ALS?

Motor neuron disease has been described as an auto-immune disease. It is characterised by atrophy (degeneration or wasting) of the muscles of the hands, forearms, legs and eventually other parts of the body. It particularly affects arms and legs.

Muscle function is directed by the *upper motor neurons* in the brain which enter the spinal cord and then activate *lower motor neurons*. These exit the spinal cord and pass their messages directly to the muscles. When the nerves are damaged, they cannot activate the muscles and these gradually become weaker and waste away.

*Amyotrophic lateral sclerosis* has been described as a progressive form of MND. *Amyotrophic* means muscular degeneration or atrophy, and *sclerosis* means hardening of tissue. The degeneration of nerves results in progressive loss in

mobility, speech, nutrition and ultimately respiratory function. It can lead to death due to respiratory failure.

One research team describes Parkinson's disease as a variation of MND.

Concentrations of cases of MND in various parts of the world have attracted the attention of medical researchers. Strikingly high incidences of ALS occur in parts of the Western Pacific region – in the Japanese people of the Kii peninsular of Honshu Island, in the Chamorros of the Marinas Islands and Guam and also in certain tribes in West New Guinea. There is also a focus of MND in Groot Eylandt in the Gulf of Carpentaria.

A combination of ALS and Parkinson's disease, known as *ALS-parkinsonism-dementia complex* (ALS-PDC) occurs only in Guam and the Kii peninsula.

In Africa, in parts of Zaire and the Western Central African Republic, there are concentrations of 'Konzo', an upper motor neuron disease.

Although MND/ALS is considered to be a disease of elderly people, in the Western Pacific about half the cases become apparent in early childhood and the other half appear in adult life.

The history of ALS in the Chamorros of Guam is a curiosity. The disease has almost disappeared over the last 30 years, coinciding with Westernisation of the lifestyle and 'dietary improvement' in recent years. However, as this disease has decreased, forms of dementia, including Alzheimer's disease and vascular dementia, have increased, and the leading causes of death are now stroke and heart disease.

In Honshu Island and West New Guinea, MND is declining slowly.

### CAUSES OF MOTOR NEURON DISEASE ARE SURFACING

To dispense with the question as to whether MND may be inherited, genetic studies show that, while there are aggregations of the disease in related people, there is no absolute genetic cause. As with most health problems, some people are genetically more susceptible than others, that is predisposed to it, but genes alone are not the cause.

There are many theories about the causes of MND, declares MND Australia (2014).

Leading their list is exposure to environmental toxins and chemicals.

While there is no single environmental cause of the disease, studies have provided the strongest possible indication that a variety of environmental and nutritional factors are responsible for the nerve degeneration of MND.

For example, the traditional diet of the Chamorro people of Guam contains high levels of a nerve toxin (BMAA), which is found in cycad tortillas and in animals that feed on cycad seeds. (*Neurology Medlink*, 18<sup>th</sup> November 2011)

### Minerals seriously out of balance

In all three Western Pacific areas with MND (the Kii peninsular of Japan, the Marinas Islands and Guam), researchers have found identical mineral abnormalities, namely, low levels of calcium, magnesium and zinc in garden soil and drinking water, and high levels of aluminium, manganese, iron and silicon (*Rinsho Shinkeigaku*, December 1995, p. 1549).

Also common to all three populations is that they eat locally-grown vegetables, the surface water in their localities contains minerals from red laterite soils (iron, aluminium and presumably manganese), and the rainwater is very pure so that it would make no contribution to intakes of calcium, magnesium and zinc.

Other Japanese research (*Magnes Res*, March 1997, p. 39) reported that calcium was lower in the bones of these peoples (where it is needed), but higher in the brain, spinal cord and other soft tissues (where it is not needed), compared to people whose diets were balanced. In the grey matter of ALS patients, calcium was significantly higher than normal.

It is significant that of 28 cases of calcification of spinal ligaments reported in the Kii Peninsular, 26 occurred in the area where ALS is endemic.

As with calcium, the magnesium content of the bones was lower in the unbalanced mineral group and, unlike calcium, magnesium was also markedly lower in the brain, spinal cord and soft tissues.

In people with calcification of spinal ligaments, the calcium content of bones was significantly lower than normal and also the magnesium content of both bones and ligaments was lower than normal.

The researchers concluded that *low intakes of calcium and magnesium over an extended period may contribute to the development of ALS – [or MND] – and also calcification of spinal ligaments.*

A study of people in Guam with both ALS and Parkinson's disease found accumulations of calcium, aluminium and silicon in nerve tangles in the brain. (Note the similarity to Alzheimer's disease where it is normal to find aluminium accumulations in these tangles.) The same study confirmed that a lower-calcium diet, with high levels of aluminium and manganese, caused calcium and aluminium depositions and degenerative changes in the motor nerves of the brain and spinal cord similarly to those occurring in ALS and Parkinson's.

(In Australia, common sources of aluminium are: antacids, anti-perspirants, toothpastes, aluminium foil and aluminium pots and pans.)

In Groot Eylandt in the Gulf of Carpentaria where MND is high, a study (*Neuro Toxicology*, Summer 1989, p. 263) found low calcium and iron and high manganese in the environment. This is similar to the Western Pacific except that here iron is low rather than high.

From the studies of these populations, it could be concluded that low levels of calcium and magnesium – which are very involved with nerve function – are a significant cause of motor neuron diseases. It is a common phenomenon that under certain conditions calcium will dissolve out of the bones and deposit in high levels in soft tissues. In the case of these diseases, the soft tissues are the brain and spinal cord. Thus the bones become deficient in calcium, while the nerves develop a build-up and are damaged.

Regarding silicon, none of the researchers suggest whether the silicon at high levels in the Western Pacific MND areas might be a causative factor or merely a harmless bystander. A Japanese study found that polishing rice removes about 90% of this mineral. However, eating white instead of whole rice is unlikely to help as the polished grain has also lost the greater part of its calcium and magnesium content as well as B vitamins.

## Vitamin D

Deficiency of vitamin D is a contributory factor to bone problems, and this is particularly so in ALS/MND patients.

A Japanese study (*European Neurology*, 1997, Vol. 37 (4), p. 225) found that the level of vitamin D in the blood of ALS sufferers was only 55 percent of that of healthy people. Also, calcium levels in the blood were elevated as were the levels of parathyroid hormone that acts to maintain a constant concentration of calcium in the

blood. Most of the ALS patients lived in a sunlight-deprived region of Japan and the dietary intake of vitamin D was below the recommended level.

The researchers concluded that *deficiency of vitamin D and the compensatory elevated levels of parathyroid hormone are important factors in the bone deficiency (osteopaenia) that occurs with ALS.*

## Yet another disease involving oxidative damage

It is now well established that oxidative damage to tissue – resulting from synthetic chemicals and free radical attack – is at the core of most cancers and atherosclerosis (the basis of heart disease and stroke) as well as a number of other degenerative conditions. Researchers are now finding evidence that this also applies to motor neuron disease.

The researchers who studied ALS in Guam have proposed (*Rinsho Shinkeigaku*, December 1995, p. 1549) that the cause of the nerve damage is oxidation, and that the oxidation in turn is caused by abnormally high levels of the *divalent* minerals, iron and manganese, and also aluminium and possibly silicon.

All of these except aluminium are essential nutrients; however, when in surplus they reverse their roles and become powerful *pro-oxidants*. The high levels are caused by excessive absorption in the intestines which is induced by chronic dietary deficiencies since birth of the other relevant minerals calcium, magnesium and zinc. The oxidative process is exacerbated if people are genetically susceptible.

Further research tended to confirm these views. Researchers at the University of

Buenos Aires (*Eurochemical Reviews*, April 1997, p. 535) found that fat oxidation was significantly higher in ALS patients. Although the concentrations of antioxidants in the blood were approximately the same as in healthy people, the ratio of oxidation to vitamin E (the key antioxidant for fat) in the ALS patients was 47 percent higher than in healthy individuals.

Put another way, the level of fat oxidation in the sufferers was greatly increased, but the level of protective antioxidants had not increased correspondingly. Some of the agents of degeneration were at work unopposed. The protective antioxidants that the patients needed more of, but which remained at normal levels, were alpha-tocopherol (vitamin E), beta-carotene, ubiquinol-10 and glutathione (an anti-free radical enzyme). Another protective blood enzyme, *copper-zinc superoxide dismutase*, was also at normal levels.

Besides certain minerals, many *xenobiotic* (synthetic) chemicals are also oxidising agents. One of the functions of the liver is to convert toxic compounds into less toxic, water-soluble forms which can be easily excreted via the urine. If the liver is overwhelmed, toxic compounds can accumulate in the body, particularly in the nervous system, where they will do their damage.

A 1988 study found that patients with MND have greatly reduced ability to deal with xenobiotic chemicals (*The Lancet*, 1988, Vol. 2, p. 644). Three-quarters of MND patients had poor ability to metabolise xenobiotic compounds, compared to only one-third of the control (healthy) subjects. Of the MND patients, almost one in every two had no ability to carry out this process, compared to just one in 40 of the controls. Using the painkiller, paracetamol (common brand

# Your SAY

## REMEDY FOR SPLIT NAILS

I have read your previous articles regarding 'Split and Peeling Nails' and can add my solution for my split nails.

As I was experiencing this condition, I was pleased to notice that the nails started to improve when I began spraying Pure Magnesium Chloride Oil all over my body every second night and finishing by rubbing my nails with the spray.

Then each night I began to rub a little pure coconut oil into my nails just before sleeping. My nails have always been strong, though they have had vertical ridges. I experienced this nail problem as I aged.

What makes my nails worse is putting my hands straight into a washing-up liquid which is not organic or using a hand cream which is not organic. Fortunately, cleaning with white vinegar does not affect my nails.

I am so pleased now that my nails are not splitting. The magnesium chloride oil and the coconut oil have been wonderfully effective.

Pauline Stirling, Broadbeach, Qld  
25-8-14.

Panadol), as an example, the researchers found that only 33% of MND patients could dispense with it, compared to 83% of control subjects.

Among the most toxic xenobiotic chemicals are pesticides, mercury, arsenic and lead.

## Cyanide in cassava

Another substance believed to be capable of causing the nerve damage in MND is cyanide. In a region of Zaire, there is a high incidence of a form of the disease called 'Konzo', believed to be the result of acute cyanide intoxication. *The Bulletin of the World Health Organisation*, 1991, Vol. 69, p. 581, reported that Konzo is the result of consuming insufficiently-processed bitter cassava roots, the bitterness being cyanide.

## Blue-green algae

Australian researchers have discovered another possible contributor to MND (ABC news, 26th Sept. 2013, <http://www.abc.net.au/news/2013-09-26>).

They have found a link between MND and blue-green algae, and postulate that a toxin in blue-green algae can contaminate food and cause problems in the central nervous system.

They think that the toxin can move through the food chain and bio-concentrate in all kinds of foodstuffs. When people are exposed to it, the toxin seems to be able to trigger the disease in some people.

## A genetic mutation

London researchers have discovered a genetic mutation associated with MND/ALS (Imperial College London Newsletter, 5<sup>th</sup> April 2010). However, genetic mutations are usually caused by toxic chemicals or dietary errors, so this mutation is not a primary cause, but a result of causes of oxidative stress.

## Malnutrition

One-fifth of patients with MND are moderately to severely malnourished (*European Neurology*, 1998 Oct; 40(3): 159-63). The researchers concluded that malnutrition is more prevalent than is generally appreciated in people with MND.

This finding is consistent with the mineral deficiencies found in the MND areas of the Western Pacific.

## Mobile phones, wi-fi and base stations

Use of mobile phones, wireless technology and living or working near a mobile phone base station has been observed to be associated with higher incidence of MND

(Nicole Bijlsma, *Healthy Home, Healthy Family* 2010, p. 84).

## Sufferers experiences of causes

People suffering MND have indicated what they think might be possible causes based on their own experiences with the disease ([www.healthtalk.org](http://www.healthtalk.org), May 2014). The list includes:

- Stress in their lives, particularly worrying events;
- Dietary factors;
- Toxic chemical exposure – agricultural, industrial and domestic;
- Over-exercising and sports injuries;
- Physical injuries of other kinds;
- Chemotherapy or surgery in the past;
- Antidepressant drugs;
- Dental amalgam fillings in teeth;
- Being a frequent traveller, sitting for long periods and possibly experiencing muscle cramps.

## PREVENTION OF AND RECOVERY FROM MND

The above research findings indicate that there are steps that can be taken to prevent MND in its various forms. In the case of *existing* MND, the same steps could be expected to prevent further progression of the disease or possibly enable it to be overcome, at least partially.

The orthodox medical view that MND is incurable usually means merely that there is no drug cure.

The steps for prevention or recovery fall into three areas:

- Ensure adequate intake of calcium, magnesium and zinc;
- Ensure adequate intake of antioxidant nutrients;
- Do everything possible to lighten the load on the liver.

### (a) Plenty of alkaline minerals

The alkaline minerals that we need to consume in more than trace quantities are potassium, magnesium and calcium. Provided we don't eat a lot of flesh foods – which generally have poor calcium-to-phosphorous ratios, so tend to leach away calcium – the kidneys will recycle some of the body's calcium, so we shouldn't need a very high intake. But there is no recycling of potassium and magnesium, so these minerals need to be consumed in abundance every day.

Although potassium hasn't been mentioned by the researchers (above), it is a leading alkaline mineral that is essential to prevent

the acidity of the system that is believed to be a major cause of calcium depositing in the wrong places.

In practice, first and foremost, it is necessary to avoid foods which have had their minerals and vitamins deliberately removed by processing – white sugar, white flour, white rice and so on.

High levels of potassium, magnesium and calcium are found in nuts, legumes and seeds and at lesser levels in green, yellow, red and purple vegetables. But because the vegetables can be eaten in relatively large quantities, they are an important source – with the added benefit of being the best natural source of antioxidants.

Zinc, which contributes to motor neuron health, is found – in *approximate* descending order of content – in sunflower seeds, sesame seeds, pine nuts, Brazil nuts and other nuts, cheddar cheese, soya beans, kidney beans, lentils, lima beans, chick peas, peanuts, brown rice, rye flour, oats, wholemeal flour, eggs and parsley (flesh sources not listed here).

Because Australian soils are low in zinc, there is a good case for routinely taking a zinc supplement – in the form of *chelated* zinc ('chelated' means attached to a protein molecule).

For the alkaline minerals, the most natural and wholesome supplement is *carrot-and-chlorophyll juice*, consisting of the juice of carrot, beetroot, silverbeet (provided it is not bitter with oxalic acid), celery, parsley (small amount only), cabbage, broccoli and/or any similar green vegetable. Two or three glasses could be consumed daily, on an empty stomach, about an hour before meals.

### (b) Abundant antioxidant nutrients

The key antioxidants are vitamins A, C and E, the carotenoids and the minerals zinc and selenium.

Vitamin C and the carotenoids (about 600 – 700 of them) are found in green, yellow, red and purple vegetables and fresh fruits. This is why we humans require a high intake of these foods, a person of average size needing something of the order of one kilo to one-and-a-half kilos daily of fresh fruits and vegetables, being sure to include plenty of the latter.

There are also hundreds of other nutrients in these foods. Vitamin A is made in the body from carotenoids, so having plenty of these should ensure adequate vitamin A without our needing to consume animal fats where vitamin A is found.

The richest food source of vitamin E is wheat-germ oil. E would be at modest levels in the oils of soya beans, corn, safflower seeds, sesame seeds, peanuts and so on, *provided* the E has not all been

refined away. For unrefined oil, seek extra-virgin where appropriate.

In any case, a supplement of vitamin E in its natural form (mixed tocopherols) is readily available as wheat-germ oil capsules. Because vitamin E tends to be used up in protecting extracted oils from rancidity, it is probably a very good idea to take this supplement routinely.

Co-enzyme Q10, administered with mixed tocopherols, is a major antioxidant for the nervous system and also supports cellular energy.

A particularly potent free radical, *peroxynitrite*, is quenched by taking *r-lipoic acid*.

Zinc was explained above.

Selenium is abundant in Brazil nuts. Because Australian soils are low in selenium, locally grown foods are well down in content compared to Brazil nuts. It could be a good idea to consume a couple every day. But don't overdo selenium because excess is toxic.

### (c) Look after the liver

A balanced diet of natural, unprocessed foods will not burden the liver with those dietary ingredients that cause it to work overtime – excessive quantities of fat, protein and refined carbohydrates.

It is important to minimise consumption of the stimulants, caffeine, alcohol, *excessive* spices, refined salt and other condiments, and to minimise the intake of man-made chemicals.

Natural Health Dietary Guidelines are spelled out in the Spring 2009 issue of *Natural Health and Vegetarian Life*. How to minimise chemical exposure is explained in the Summer 2005-06 issue. Both topics are also covered in my book, *How a Man Lived in Three Centuries* (all available from the Natural Health Society).

The detoxifying capacity of the liver can be strengthened by ensuring adequate sulphur-containing amino acids – *methionine* and *cysteine* – from protein foods, including nuts (richest are Brazils), legumes, seeds and eggs. Having a wide variety of these protein sources should supply these amino acids at adequate levels. On the other hand, we don't want excessive amounts, because methionine can convert to homocysteine, which is associated with heart disease and blood clots when at high levels in the bloodstream.

On a meat-based diet it is easy to take in too much methionine. A variety of the plant protein foods can provide lower, but still adequate levels, and is safer.

Certain herbs are liver tonics and can help support liver function. Common ones are St Mary's thistle (or milk thistle), dandelion, globe artichoke, shizandra berry, turmeric (active component is curcumin, now

available as the supplement, Theracurmin – see page 28), gentian and yellow dock. Before using herbs, it would be wise to consult a naturopath or herbalist.

Greater details of how to look after the liver are given in *New Vegetarian and Natural Health*, Spring 2004 issue, page 12 (available from the Natural Health Society).

### (d) Consider nutrients, herbs and other remedies

#### Key nutrients that support MND

The omega-3 fatty acids, DHA and EPA, provide support for the vital nerve membranes.

*Intestaclear* or *Parex Plus* or *wormwood complex* reduces harmful bowel bacteria which may induce MND.

A good multivitamin with activated B-complex helps to regenerate wasted nerve cells. Note: be sure to take B<sub>12</sub> separately.

L-Leucine restores an enzyme that breaks down glutamate.

Evening primrose oil may be of value in rehabilitation.

#### Herbal remedies.

These can be helpful, but remember that professional supervision is virtually essential.

Black cohosh strengthens nerve impulses;

*Avena sativa* (oats) contains vitamin E and nutrients that support the nervous system;

Damiana tones the nervous system

*Ginkgo biloba* is a cerebral (brain) stimulant..



#### Helpful homeopathic remedies

Arnica – use if the MND results from physical trauma or injury.

Aluminium remedy – use if aluminium is suspected to be one of the causes of MND. Common sources are antacids, anti-perspirants, toothpastes, aluminium foil and aluminium pots and pans.

Argentum nitricum – for helping poor coordination, loss of control, poor balance, paralysis.

Gelsemium – for various degrees of motor nerve paralysis.

Phosphorous – for inflammation of spinal cord and nerves, and for sensory and motor nerves producing paralysis from ends of fingers ascending arms and legs.

Causticum – for gradual paralysis following initial phase of hypersensitivity or over-reactivity.

Ignatia – for paralysis after great emotional shock.

Hypericum – where trauma has damaged nervous tissue.

### CONCLUSION

It would appear that MND is a consequence of hardening of nerves, similarly to the way heart disease and stroke are commonly a consequence of hardening of arteries.

The nerve hardening is caused by a combination of mineral imbalances and oxidative damage.

The mineral imbalances centre on calcium which leaches out of bones and settles into soft tissues, including nerves. Magnesium, on the other hand, is deficient in nerves, and both calcium excess and magnesium deficiency can impair nerve function. The imbalances result from dietary deficiencies of calcium and magnesium, which are exacerbated by excesses of iron, aluminium and possibly manganese.

Abnormally high levels of iron, aluminium and manganese have been found to contribute to the oxidation process.

The oxidative damage – as with many degenerative diseases – is the work of polluting chemicals, free radical attack and insufficient antioxidant nutrients to prevent this damage.

People with MND have been found to have lowered ability to deal with synthetic chemicals, due to a lack of enzymes in their livers to detoxify toxic compounds, so they are more susceptible to oxidative damage.

It is postulated that prevention of MND – and possibly recovery from it – depends upon:

- (a) Correcting mineral deficiencies and excesses;
- (b) Minimising exposure to toxic man-made chemicals;
- (c) Adequate antioxidant nutrients;
- (d) Easing the load on the liver and providing supporting nutrients.

Like most modern illnesses, MND is a lifestyle disease, and prevention lies in lifestyle practices. Thanks to research over recent years, the causes appear to have been largely identified, which paves the way to understanding how to prevent – and possibly reverse – this debilitating and potentially fatal disease.

## RECOVERIES HAVE OCCURRED

A number of recoveries, or at least partial recoveries, are detailed in the following website:

<http://healingchronicles.com/tag/motor-neuron-disease-miracles>.

One of these case stories is a man named Eric Edney, of Desert Hot Springs, California, USA, who has prolonged his life way beyond his doctor's predictions.

### The Partial Recovery of Eric Edney.

Eric's website is [www.ericiswinning.com](http://www.ericiswinning.com)

Eric Edney has survived ALS since being diagnosed in 1993. The disease progressed slowly at first, then more rapidly.

In August 2014, Eric wrote, "I have now regained all of my lost weight and my muscles have re-grown to where they were before ALS. Now finally I am regaining my strength. This has happened almost overnight... My muscles have re-grown with no recent exercise. That is almost unbelievable. It could be due to the new greens that I have recently added to my diet. I eat only raw, natural, organic foods and take vitamins, minerals and food supplements."

After the diagnosis, Eric searched for information about ALS, and as a result, was not only able to stop the progress of ALS, but has achieved this remarkable improvement, all of which he elucidated in a book entitled, *Eric is Winning* (2001). Besides ALS, the book could also be helpful for other neurodegenerative illnesses, including multiple sclerosis, Parkinson's and Alzheimer's.

Eric's self-healing procedures and guidance for other sufferers are briefly summarised as follows.

In dealing with ALS, there are three goals:

- (a) Eliminate the toxins in your environment.
- (b) Detoxify your body.
- (c) Use appropriate supplements and other treatments.

#### (a) Eliminate the toxins in your environment

Eliminate the toxins in your home, the grounds around your home, your workplace and your car. Remove mercury-based amalgam dental fillings and other toxic heavy metals and avoid toxic pesticides.

Don't use toxic household cleaning products, skincare products or cosmetics. Non-toxic alternatives are available [such as the Tri Nature range in the NHS shop – Editor].

Eliminate all foods that may contain preservatives, MSG, aspartame or food additives.

Don't use aluminium pots and pans.

All drugs are toxic and therefore counter-productive to any illness caused by toxins. Some healthcare professionals suspect that the drugs Lipitor, Prilosec and Flagyl can actually cause ALS.

Use an indoor air filter if the air in your home is polluted and purchase a high-quality water filter.

#### (b) Detoxify your body

To begin with, correcting the acidity of your system (*correcting your pH*) is the single most important thing to do. If you are sick, you will be acidic (under pH 7.0). To balance your pH, follow an alkaline diet high in fresh fruits and vegetables, particularly including a lot of greens, and also take a mineral supplement. Have freshly-extracted fruit and vegetable juices.

Purchase a pH Test Kit. This is simple to use and will indicate the important acidic-alkaline condition of your system. The aim is to correct your pH to neutral (pH 7.0) or higher (alkaline state). [Kits available from Natural Health Society.]

Eat only organic food, raw as much as possible. Eat no fish or meat.

There are many ways to further detoxify your body. Eric has done chelation therapy, bentonite clay baths or foot baths and Ionic Cleanse foot baths. Chelation with DMPS is a proven way to eliminate mercury and some other heavy metals, while chelation with EDTA is a proven way to eliminate lead.

For a bentonite clay bath, you mix the clay powder in your bath water and soak your entire body. For more information, go to <http://www.evenbetternow.com/als.php>

Have a hair analysis as this will provide much needed information about the toxic metals and the minerals in your system.

Before beginning any detox treatment, Eric advises purifying your colon, liver and kidneys with psyllium, lots of pure water and many colon hydrotherapy treatments.

Detox treatments won't work if you are constipated. Colonic irrigation will help the body eliminate toxins. It should be done before, during and after amalgam removal and other detox treatments.

#### (c) Use appropriate supplements and other treatments

Consider taking a good multi-vitamin/mineral supplement. Especially take vitamin B-complex, extra B<sub>12</sub>, vitamins C and E plus calcium, magnesium, zinc and other minerals. Also take antioxidants. All supplements should be natural, not synthetic.

Probiotics can be helpful. Most people with ALS have more bad bacteria than good ('friendly') bacteria in their colon.

A natural antibiotic is colloidal silver, which,

besides eliminating bacteria, has been known to eliminate unwanted parasites from the colon. Around 85% of ALS sufferers have excessive bad bacteria, fungi and/or parasites in their colons.

Another purifying agent is hydrogen peroxide, which, when drunk on an empty stomach, releases its oxygen into the bloodstream and kills viruses, bacteria, fungi, etc.

Get out into the sunshine several times a week for vitamin D. *Be sure not to sunburn*. Eric declares that the sun does not cause cancer, but sunscreens can, because many are toxic and prevent you from getting vitamin D.

Water. They tell us that we should drink eight glasses of water every day, but Eric finds that about four 300 ml glasses are enough for him. It's important that the water is pure.

Finally, professional guidance can be invaluable. Locate a naturopath or wholistic doctor in your area who has experience with this disease. In Australia wholistic GPs are trained by the Aust. College of Nutritional and Environmental Medicine in Melbourne. – website [www.acnem.org](http://www.acnem.org); phone 03 9597 0363.

## NEWS Bite

### Supercritical Solar - New Frontier For Power Generation

The CSIRO has used solar energy to generate hot and pressurised 'supercritical' steam, at the highest temperatures ever achieved in the world outside of fossil fuel sources.

Supercritical steam is a breakthrough for solar energy and means that one day the sun could be used to drive the most advanced power stations in the world, which are currently only driven by coal or gas.

CSIRO's Energy Director, Dr Alex Wonhass, said this milestone is a game-changer for the renewable energy industry. "It's like breaking the sound barrier, and proves that solar has the potential to compete with the peak performance capabilities of fossil fuels."

Supercritical solar steam is water pressurised at enormous force and heated using solar radiation. Remembering that water boils at 100° C, CSIRO scientists at Newcastle, NSW, have achieved supercritical steam temperatures up to 570°C.

The \$9.7 million research program is supported by the Australian Renewable Energy Agency (ARENA) and is part of a broader collaboration with Abengoa Solar, the largest supplier of solar thermal electricity in the world. The aim is to provide electricity at any time, day or night.

**(CSIRO News Release, 3rd June 2014)**

## SOS Mobile Watch

Personal emergency pendants may be a thing of the past with the introduction of the **SOS Mobile Watch** – an all-in-one stand-alone smartwatch, mobile phone, location tracker and personal emergency alarm. Developed by Australian company, mCareWatch, it's designed to help the elderly, disabled or those with health issues.

The SOS Mobile Watch is different from the traditional pendant in that there are no restrictions on where it can be used and the wearer can go about their daily lives as normal. Another significant difference is the level of support mCareWatch provides for the carers of the wearer. There's a free download of the carer's mobile app for up to five people and access to the carer's web portal. The carer can communicate with and locate their loved one anywhere at any time, giving complete peace of mind.

For more information, visit [www.mcarewatch.com.au](http://www.mcarewatch.com.au)



## Well Naturally is rebranding

In previous issues of *True Natural Health* – Summer 2012/13, page 43, and Winter 2014, page 40 – we announced *Well Naturally Sugar-free Dark Chocolate* because it is a treat that is rich in cocoa antioxidants and free of added sugar.

The basic ingredients are: Cocoa mass and cocoa butter (70% cocoa solids), polydextrose (15.4%, soluble dietary fibre), erythritol, soy lecithin (emulsifier), vanilla flavour, stevia (natural sweetener) and in some items processed fruit or nut pieces and vegetable oil and wax.

The current rebranding is to highlight the complete absence of refined sugar in all Well Naturally products. They will now all be branded as 'No Sugar Added'.

Well Naturally products are available in supermarkets, independent grocers, pharmacies and health food stores nationwide.

For more information, visit [www.wellnaturally.com.au](http://www.wellnaturally.com.au)



## Solabrella

### A revolutionary SPF 50+ beach or park shelter

This is a really clever idea – this extended beach umbrella is designed in Australia and is a marvellous solution to Australia's sun-burning climate.

**Solabrella** is ideal for the beach, on a lawn or at the park. It provides around five times more shade than an average beach umbrella, weighs a light-weight three kilograms and is easy set up and pack up.

As the photo shows, Solabrella is essentially a beach umbrella with sides around part of it. At the bottoms of the sides are pockets to fill with sand when at the beach, or for setting up on grass, six anchor points plus tent pegs. As a result, it has great stability in windy conditions.

Solabrella is available in four vibrant colours: blue, green, orange and yellow, and is recommended by the Cancer Council of Australia.

Solabrella is currently available at: Cancer Council stores, Larry Adler stores, selected pharmacies – or online at [www.rigonheadwer.com.au](http://www.rigonheadwer.com.au) and [www.hardtfind.com.au/74367\\_solabrella-beach-umbrella-various-colours](http://www.hardtfind.com.au/74367_solabrella-beach-umbrella-various-colours).

The recommended retail price is a modest \$119 incl. GST. Freight is generally around \$15.

For more details of Solabrella, visit [www.solabrella.com.au](http://www.solabrella.com.au)



## Classifieds

### VITAMINS MADE FROM WHOLE FOODS

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

Email [ginahawker@bigpond.com](mailto:ginahawker@bigpond.com)

Phone (02) 9555 8452 for a brochure.

### HOLISTIC EYE CARE

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

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

# Health Store Review

## ABOUT LIFE, Sydney

Long-time Natural Health Society member, David Bannerman, was very favorably impressed when he visited the About Life store at Double Bay in the Eastern Suburbs of Sydney.

David believes that this store is the largest health food store and café that he has ever seen, having a massive 870 square metres of floor space.

It has organic fruits and vegetables and also organically-grown animal products [so it is not exclusively plant-based]

A customer can select a meal for him/herself at a very reasonable price, and enjoy it there on the premises or as take-away.

Recently David and his wife, Margaret, breakfasted at the café and both enjoyed quinoa and oaten porridge with almond milk for only \$5.25 each. Where else could you purchase a healthy breakfast for that price!

There is a wide variety of food for every dietary need and food preference, including vegan foods, paleo-friendly foods and a vast selection of gluten-free options. The cutting edge wholefoods café menu reflects a balance of

real food options. Throughout the store, there's so much to choose from.

Besides Double Bay, there are other stores at Cammeray, Rozelle, Surry Hills and Bondi Junction.

Check out the store on Google or visit the About Life website, [www.aboutlife.com.au](http://www.aboutlife.com.au)

## Locations

1 Kiaora Rd, Double Bay

520 Miller Street Cammeray

605 Darling Street Rozelle

285a Crown Street Surry Hills

31-37 Oxford Street Bondi Junction

**Double Bay and Surry Hills stores** are open 7.00am to 8.00pm, seven days.

**Cammeray, Rozelle and Bondi Junction stores** are open Mon – Thurs 7.00am – 8.00pm and Fri-Sun 7.00am – 7.00pm. Public holidays 8.00am – 5.00pm.



# 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

### VEGAN with a VENGEANCE (New)

By **Isa Chandra Moskowitz**

**\$20 + postage**

This great book presents a totally unique, quirky 21st Century cookbook for the growing legions of aspiring as well as devoted vegans. It offers over 16 years of compiled vegan recipes. Isa co-hosts a vegan cooking show in New York and brings this knowledge and flair into her book. (247 pages.)

### NO MEAT ATHLETE (New)

By **Matt Frazier**

**\$20 + postage**

This is a unique guidebook offering healthy-living ideas, recipes and nutritional information for the beginner, every-day and serious athlete who wants to live a meatless lifestyle. Matt Frazier shows that there are many benefits to embracing a meat-free athletic lifestyle. Great all-round fitness book. (256 pages)

### 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.

### Plant Food

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.

### 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.

### 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 Update

VegSA has had a variety of activities recently.

**Our MOSTLY MEDITERRANEAN** event was an opportunity to explore ingredients of a healthy 'Mediterranean diet', enjoy light entertainment and have time to chat.

Our Southern Group made a return visit to **THE GREEN ROOM ON HIGH ST** at Willunga and the Northern Star Veg'n Lifestyle Group (northern group) took us to **CAFÉ KOMODO**. Though not fully vegetarian, Café Komodo has a number of vegetarian options which can also be 'veganised'; it has a distinctive decore and an appealing atmosphere.

A highlight was the Vegewise group's visit to **NETTLE RAW** where all food is raw-vegan, though some may be heated slightly or prepared in a food drier. We all agreed that the food is really tasty, leaving one feeling 'light' rather than the heaviness that often follows cooked meals.

Details of veg'n eateries and up-coming events are on the website [www.vegsa.org.au](http://www.vegsa.org.au).

Visitors are welcome at all events

## 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

By **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

By **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



## Christmas Gift Ideas

Why not give a gift that, for a health-minded person, could enhance quality of life or even save a life.

How about a gift subscription to the Natural Health Society, or one of the books or products described below.

### PRODUCTS

The available products are:

- **Ladyship LS658 or LS588 juicer** – like a blender with screen and tap;
- **Champion juicer** – uses a spinning cutter;
- **ReboundOz rebounder** – strong, super convenient for exercising;
- **Wise Feet foot patches** – detox you while you sleep;
- **Easy pH Test Kits** – measure your acidity/alkalinity in secs;
- **Tri Nature household cleaning and skincare range** – see page 44

For ordering and prices, including members' discount and freight, see ORDER FORM next page:

### THE BUSY MUM'S VEGETARIAN COOKBOOK

By Mary Gwynn

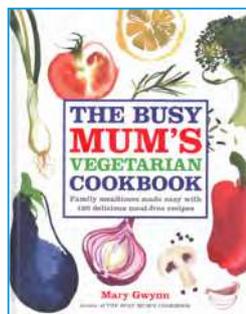
\$34.00

The sub-title says it all: 'Family mealtimes made easy with 120 delicious meat-free recipes'.

Mary takes a flexible approach and her lacto-ovo-vegetarian recipes are healthy, well balanced and full of flavour.

Mary says that her collection is tried, tested and family approved. There are chapters of 'family favourites – foolproof dishes', 'food in a hurry', 'party time', 'the great outdoors' – summer barbecue recipes, 'food to go' – packed lunches, 'pud paradise – superbly sweet ways to end a meal', 'bake me a cake' and closing with dressings, sauces and chutneys.

Hard cover with a good scattering of colour plates. Published UK. Could be AN EXCELLENT GIFT.



### EXTRAORDINARY VEGAN

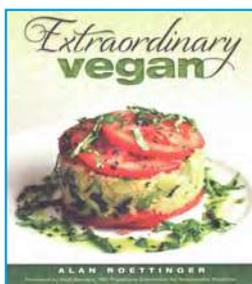
By Alan Roettinger

\$34.00

This book has a foreword by Dr Neal Barnard, MD, who is one of the most prominent nutrition-minded doctors in the world.

"Alan Roettinger takes no shortcuts in delivering recipes that are extraordinarily healthful, creative and delicious." writes Dr Barnard. "Each one is packed with the power of good nutrition."

As a private chef to the rich and famous for more than 30 years, Alan Roettinger has learned what people



### GIFT SUBSCRIPTION

For the usual Society subs. rate of single \$32 or family \$40, give a gift subscription and we will provide it for 15 months. Expires 31st Dec 2014. See order form next page

hunger for and what satisfies. His dishes are intended for food lovers, vegan eaters and omnivores.

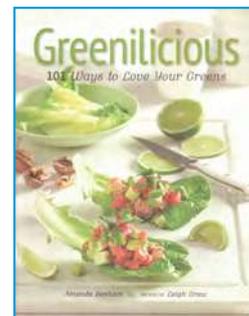
There are soups, salads, beans and lentils, pasta and grains, vegetables, desserts, soups, snacks and sauces, dips and condiments.

Soft cover. Published USA. A small number of colour plates.

### GREENILICIOUS

By Amanda Benham, recipes Leigh Drew \$38.50

*Greenilicious* is the latest book from *Veganissimo* author, Leigh Drew, this time in conjunction with Amanda Benham, practising dietitian and nutritionist. Both of these women are highly regarded in vegan circles, with Amanda having being named 'Vegan of the Year' in 2013 and Leigh named as 'Creative Vegan of the Year' just recently.



*Greenilicious* seeks to show just how versatile and delicious green veggies can be. The book demystifies more than 40 different greens, outlining the nutritional benefits, flavour and cooking tips for each.

There are over 100 mouth-watering recipes. They include entrees, soups, mains and desserts, as well as green smoothie recipes, that guarantee to spark both the imagination and the tastebuds.

### RUNNING OUT OF TIME

Running Raw Around Australia

By Janette Murray-Wakelin

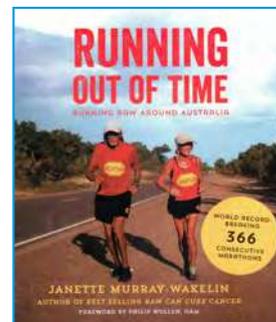
\$34.00

Janette and husband, Alan, are the couple we featured in the Winter 2014 issue of *TNH* after they had set a world record for running the greatest number of consecutive marathons – 366 in 366 days in 2013. They demonstrated that Janette's recovery from breast cancer on exclusively raw foods was long-term and complete.

The book is a detailed diary of the run – and it is awesome, more like fiction than facts. It is rounded off with the Facebook comments they received and their 'Recipes from the Road'. There is a collection of colour photos near the centre of the book and also a few black-and-white photos at the back.

Janette is also the author of the best-selling *Raw Can Cure Cancer*, which is also available from the Society.

Soft cover, 300 pages. Could be A MOST INTERESTING GIFT.



# 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>				
<b>NUTRITION &amp; LIFESTYLE</b>				
Chia – Using The Ancient Superfood	Beverly Lynn Bennett	\$23.00		
Coconut Oil	Siegfried Gursche	\$23.00		
Food Combining Made Easy	Herbert M. Shelton	\$18.00		
Mushrooms For Health And Longevity	Ken Babal	\$23.00		
Quinoa	Beth Geisler	\$23.00		
Superfoods – Nature's Top Ten	Mark Alan Goldstein	\$23.00		
The Force - Living safely in EMR	Lyn McLean	\$38.50		
Vitamin D, The Sunshine Vitamin	Zotán 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>				
Busy Mum's Vegetarian Cookbook	Mary Gwyn	\$34.00		
Extraordinary Vegan	Alan Roettinger	\$34.00		
Friendly Food	RPA Allergy Unit	\$30.00		
Golden Energy - Recipes For Rejuvenation	Dr Marilyn Golden	\$34.00		
Greenilicious	Benham & Drew	\$38.50		
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		
Iridology Simplified	Bernard Jensen, DC	\$19.00		
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		
Running Out of Time	J Murray-Wakelin	\$34.00		

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		
Making a Killing (DVD)	CCHR	\$19.50		
The Marketing of Madness (DVD)	CCHR	\$19.50		

## PRODUCTS/EQUIPMENT/APPLIANCES

LADYSHIP Organic Essence Juicer, Blender LS658	\$385		
LADYSHIP Organic Essence Juicer, Blender LS588	\$249		
CHAMPION JUICER (non-member's price \$620)	\$595		
REBOUNDOZ rebounder – See inside back cover Pack 1	\$220		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265	\$208		
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.			
Tri Nature Products (see page 44)			
<b>TOTAL \$</b>			

## SUBSCRIPTION APPLICATION or RENEWAL

New member  Renewal  Gift  **GIFT VOUCHER**

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

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

Are you a practitioner? Yes  No

### GRAND TOTAL \$

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (home) \_\_\_\_\_

Phone: (business / mobile) \_\_\_\_\_

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

### For Payment By Credit Card

Mastercard  Visa  Expiry Date \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

\_\_\_\_\_

tri nature  
home & family



Merry Christmas from tri nature

## SUMMER SPECIALS: KITCHEN & LAUNDRY

### 1LT CHAMOMILE

Dishwashing Liquid



SAVE OVER  
20%

WAS  
**\$19.95**  
NOW  
**\$15.95**

(refill, no pump) code: NHS-SU1415-1

### 500ML CHAMOMILE

Dishwashing Liquid



SAVE OVER  
20%

WAS  
**\$11.95**  
NOW  
**\$9.45**

(pump included) code: NHS-SU1415-2

### DISHWASHING DUO

1kg Soft Pack Dishwashing Powder  
+ 1ltr Chamomile (refill, no pump)



SAVE OVER  
25%

WAS  
**\$54.90**  
NOW  
**\$39.95**

code: NHS-SU1415-3

### LAUNDRY PACK

2kg Soft Pack Laundry Powder - Original  
1kg Soft Pack Pre Soak  
1L Enhance Pre Wash Spray



SAVE OVER  
35%

WAS  
**\$75.85**  
NOW  
**\$59.95**

code: NHS-SU1415-4

## SUMMER SPECIALS: HAIR CARE & AUTO

### 2 IN 1 SHAMPOO /CONDITIONER

Citrus & Wild Mint



SAVE OVER  
30%

WAS  
**\$21.95**  
NOW  
**\$14.95**

code: NHS-SU1415-5

### AFFINITY SHAMPOO

Sulphate Free Lavender, Rosemary & Patchouli



SAVE OVER  
30%

WAS  
**\$17.95**  
NOW  
**\$11.95**

code: NHS-SU1415-6

### KIDS 2 IN 1

Non Toxic

Shampoo/Conditioner



SAVE OVER  
25%

WAS  
**\$20.45**  
NOW  
**\$14.95**

code: NHS-SU1415-7

### CAR CARE PACK

500ml Car Wash  
500ml Interior Protectant  
500ml Wheel Wash  
500ml Interior Cleaner  
2 x polsprays/1 spray head



SAVE OVER  
25%

WAS  
**\$68.15**  
NOW  
**\$49.95**

code: NHS-SU1415-8

**OVER FORTY TRI NATURE CHRISTMAS SPECIALS**  
are available online to end\* December only!!

**CLEANING, BODY, HAIR, SKIN, AROMA, BABY & KIDS**  
**PRODUCTS AT SAVINGS FROM 15-50 PERCENT!!**

Go to [www.trinature.com](http://www.trinature.com), note the order codes and contact the  
**NATURAL HEALTH SOCIETY BY DECEMBER 23\*, 2014 AT THE VERY LATEST.**

NHS SUMMER SPECIALS – SEE EIGHT ITEMS AND ORDER CODES ABOVE – ARE AVAILABLE FROM 1/12/14-28/2/15.  
TRI NATURE CHRISTMAS SPECIALS – SEE TRI NATURE WEBSITE – ARE AVAILABLE TO TUESDAY 23/12/14 VIA NHS.

**\*N.B. Orders received by NHS after December 23 for Christmas only specials will not be processed.**

Retail prices above include GST. No further discounts available on current specials. Regular products & prices are subject to change.  
For info on regular products & prices with 10% subscriber discount, see previous magazines or [www.health.org.au](http://www.health.org.au) or [www.trinature.com](http://www.trinature.com)  
Please place all orders with the Natural Health Society of Australia: by post with cheque/money order/credit card details to NHS, 28/541 High Street, Penrith 2750; or online: [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)  
Satisfaction guaranteed when used as directed. Please see containers & usage guides. If dissatisfied, contact NHS within 30 days & 25% usage.

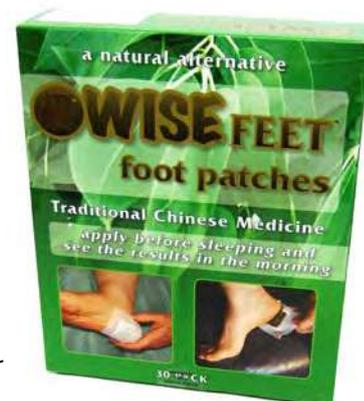
# Health Products

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

## Detoxification Foot Patches

- Literally detoxification while you sleep, without unpleasant headaches or nausea.
- Best placed on soles of feet, in which 60 acupuncture points – or reflexology points – reflect the condition of various organs.
- Toxins from vital organs settle down to the feet which become 'storage pits' for heavy metals and other toxic substances.
- Pads are impregnated with a dozen ingredients from Traditional Chinese Medicine.
- Substantial detox can be achieved in a matter of days, but with sluggish circulation up to three months.
- Pads must be in close contact with skin – adhesive tape is provided.



**Posted price: box 30 – members \$59.50; non-members \$65.00**  
**box 90 – members \$131.50; non-members \$145.00**

## 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**

## 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**

## EASYpH Test Kit – To Test if body is acidic

- The Natural Health experience is that if our tissue fluids have the correct acid-alkali balance most diseases are prevented.
- The foundation of sound nutrition is balancing alkali-forming vegetables and fruits with the other foods which are mostly acid-forming.
- The only practicable way to assess our acid-alkali state is pH testing of urine and saliva.
- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
- Kit contains enough test paper for 90 tests, if 5 cm (2 inch) is used each time.



**Posted price: members \$20.00;**  
**non-members \$22.00**

# Vitality that is gained from a refreshing regenerative sleep will flow to all aspects of your life

## Toxin-Free Mattress with Stretch-Effect



### Learn more

Mattress health information events for the general public & separately for practitioners only

- Melbourne** ..... Saturday 13th December 2014
- Melbourne** ..... Saturday 7th February 2015
- Adelaide** ..... Saturday 13th December 2014
- Adelaide** ..... Saturday 7th February 2015
- Coffs Harbour** ..... Saturday 6th December 2014
- Byron Bay** ..... Saturday 7th February 2015

To register and for more details visit [www.geovital.com.au](http://www.geovital.com.au)

The bedroom is the most important room to keep free of health burdens and sources of irritation for the body because this is where we are supposed to rest and regenerate. In the quest to create the healthiest sleeping environment, Geovital – Academy of Radiation Protection and Environmental Medicine quickly realised mattresses were a big problem. 600 Different types were tested and all failed to meet the Academies criteria. So... we have been making our own patented mattresses since 1984 and at prices anyone can afford.

Our mattresses are very different:

- **Stretch-Effect:** Downward pressure is converted in a gentle traction reducing pressure in the spine to aid regeneration.
- **Metal-Free:** Metal attracts radiation from transmitters and propagates electric field radiation from internal wiring.
- **Latex-Free:** Far beyond Allergy testing, is intolerance testing. We found Latex to be the worst and causes intolerance reactions in most people.
- **Anti-Static:** Most mattresses build up a static charge which is not good for you.
- **Toxin-Free:** Instead of using chemical propellants in the production as other manufacturers do, we use toxin free processes.
- **High air permeability:** Most mattress materials are like plastic bags sealing off 1/3 of your skin. Our foam and design allow much airflow. Making it inhospitable to fungus and bacteria and bringing great oxygenation to the skin.
- **Removable and Washable outer cover:** Renew your mattress whenever you feel like it.

Also optionally available with total customisation to your body size and shape.

### THE NATURAL THERAPY MATTRESS WITH STRETCH EFFECT

After testing 600 different mattress types, none of which meet the Academies criteria, we started making our own at prices anyone can afford.

VIDEO: Our approach and mattress design:  
<http://youtu.be/6w1U7JQ0rm0>



With reasonable prices you can't afford not to sleep on a mattress that supports your health.

Contact us or your practitioner today!

Geovital Academy

Australia: 03 9020 1330

New Zealand: 09 887 0515

Addressing health burdens others ignore • Metal-free (no aerial effect)  
• Toxin and Latex-free • Stretch-effect to reduce pressure in discs  
• Anti-static • Anti-allergy • Anti-fungal • Washable cover



[www.geovital.com.au/mattress.html](http://www.geovital.com.au/mattress.html)  
[www.geovital.co.nz/mattress.html](http://www.geovital.co.nz/mattress.html)

\* Adore it or exchange your Theravital or Vitallind mattress purchase within 60 days. Conditions apply, see [en.geovital.com/exchange-it](http://en.geovital.com/exchange-it) for details.

# GEOVITAL

Academy for Radiation Protection and Environmental Medicine