

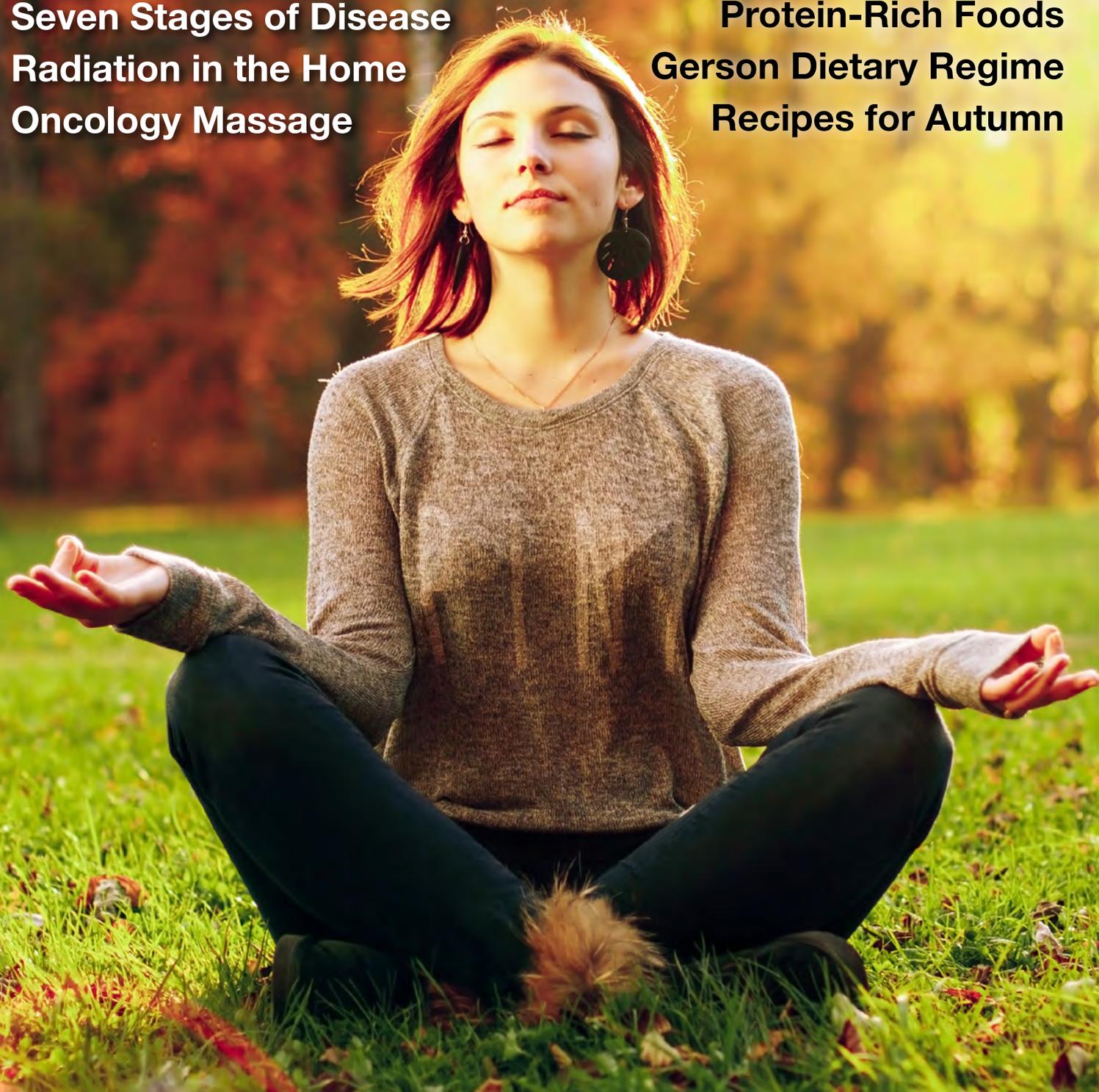
True Natural Health

**AUTUMN
2015**
\$5.00

The Magazine of the Natural Health Society of Australia

**Death of Health
Seven Stages of Disease
Radiation in the Home
Oncology Massage**

**High Blood Pressure
Protein-Rich Foods
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Recipes for Autumn**



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We present some very fundamental, down-to-earth information in this issue about how things go wrong with our health and wellbeing, and implications for how to right them.

The leading article by Greg Fitzgerald, 'The Death of Health' sets the stage for why we need Natural Health in the first place. It is followed by 'The Seven Stages of Disease', which is remarkably enlightening about how maladies progress from early beginnings to life-threatening illnesses – if nature's warnings are ignored. Note that these warnings are very clear if we understand them.

Our prolific contributing author, Lyn Craven, deals with high blood pressure. As always, her writing has depth and practical application.

On request by a member, I have explained the pancreas, a very vital organ. It produces both digestive enzymes and hormones

(notably insulin) and can, like other organs, degenerate. Why its ultimate breakdown, pancreatic cancer, is so deadly has a simple explanation.

Possibly related to cancer is radiation in our homes and workplaces. It is covered by a new writer, Patrick van der Burght, who will be presenting at the Society's Annual Seminar in March.

Similarly, the novel topic of oncology massage (massage of cancer patients) is presented here and will be at the Seminar.

In the field of emotional stress, our occasional contributor, Lisa Phillips, offers some of her wisdom. She says that for those of us running a home, business or career, looking after our own emotional wellbeing can quickly fall into the 'I haven't got time basket'. A couple of her tips are: practise saying 'no' to other people and remember to

give yourself praise when it's due.

Finally, I point out that all the contributing writers to *True Natural Health* do so on a gratis basis. To them, we can say a big 'thank you' for making the magazine what it is.

Oh, just one more thing – to members and others who are within reach of Sydney, think of joining in the excitement and enjoyment at our Annual Seminar on Sunday 22nd March at the North Ryde Golf Club (see page 13).

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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A REGULAR COLUMN

The Death of Health

By Greg Fitzgerald, Osteopath and Naturopath

Jane (not her real name) sits in front of me in my clinic for the first time. She is 48 years old with three children. She has multiple health issues and has seen many GP's, including specialists. She tells me she has been recommended to me by a friend, and I am her "last resort".

She had been plagued by swollen and extremely painful joints, especially in her hands, wrists, shoulders and knees for about five years. Rheumatoid arthritis was diagnosed three years ago, for which she was referred to a rheumatologist, who then prescribed anti-inflammatory drugs and a strong immune suppressant, *methotrexate*.

Jane had also suffered IBS (irritable bowel syndrome) for at least 10 years, and had been seeing a gastroenterologist for the past three. She had undergone a gastroscopy and colonoscopy, both of which showed no major problems, just some polyps which were removed. Her specialist recommended anti-spasmodic drugs and, because she also experienced reflux and heartburn, prescribed a proton-pump inhibitor drug called *Nexium*.

Excessive tiredness and weight gain were the result of an auto-immune illness called Hashimoto's disease, she had been told by another specialist, her endocrinologist. For this she had been prescribed thyroxin six months previously.

Jane had also experienced sleep apnoea (breathing difficulty during sleep) and was scheduled to undergo tests at a sleep clinic.

Compounding these health issues was the most recent diagnosis of gallstones, for which she had been recommended a *cholecystectomy* (gall bladder removal).

I ask Jane if she experiences headaches and she replies, "Yes, of course, but doesn't everyone?"

"How long have you had headaches for, and do you medicate them" I ask. "Since I was in my early twenties, about twenty-five years," she replies, "and yes, I take lots of Panadol and sometimes Panadeine".

Jane's lifestyle was conventional: SAD (Standard Australian Diet), daily stimulants (coffee and tea) and regular but "moderate" alcohol, a little walking as exercise and lots of stress from her children and her work (she ran an office three days a week).

Jane tells me she is literally falling apart. She has seen many doctors and specialists, all to no avail. She is falling apart now worse than ever.

Discerning readers of this will no doubt be aware that we have two problems here. The first is Jane's declining health and what to do about it. The second problem is the system that saw her health go from average to bad to worse, despite seeing a number of supposed 'health' experts over many years.

Of these two problems, one is much easier to improve than the other. Let's look at the easier problem first.

THE FIRST PROBLEM

Jane's health had to be addressed not by drugs, but by removing the *causes* of her decline. With my guidance, this she did. She changed her diet, abstained from all social 'poisons', rested more and began to manage her mind better.

It was not easy for Jane to make these changes, but she had suffered enough. Her motivation was high. She was willing to give my suggestions a try for 21 days and then re-evaluate.

Jane was off *Nexium* in one week, off thyroxin within one month and off *methotrexate* and anti-inflammatory drugs within three months. She lost 6 kgs in the first 21 days, and 10 kgs in three months.

Her headaches worsened for three days after making these changes, and then, to her absolute shock, completely disappeared. She had experienced one headache in three months and this was when she had pushed herself too hard and was exhausted. Her digestive issues improved 80% and all abdominal pain was gone. She delayed the operation on her gallbladder until further notice. Her energy was the best that she could remember and her sleep improved to the point where she no longer needed a visit to the sleep clinic.

Why was Jane falling apart?

Jane was suffering because her body was protesting. Her symptoms were protests that some of the things she was doing to herself were highly irritating to her body. All symptoms are protests. Such protests are informing us that we need to change direction. We need a new game plan! The body is saying, "Stop! You are going the wrong way! Change direction!".

We change direction by changing our behaviour. We have to examine our lives and our lifestyles. This includes our diet, our stimulant habits, our sleep habits, our stress levels, our exercise and other aspects.

If we don't change direction, then the issues in our tissues just get worse. This was happening to Jane over many years since she had first medicated her headaches with painkillers in her early 20's. Her many subsequent illnesses (co-morbidities) had led to her many medications ('poly-pharmacy'). The causes of her headaches were the same as the causes of her IBS, her arthritis, her gallstones, her weight gain and her tiredness.

What a slippery slope this is. Where would Jane have ended up had she not been brought to her senses about the real causes? More serious pathology would have developed, and one does not like to think what these diseases could be. They often end up tragically.

THE SECOND PROBLEM

The deeper problem here is the health-care system which willingly promotes and encourages such a scenario as Jane's to develop. Our health-care system is a misnomer. It has nothing to do with health, and everything to do with drugging to suppress symptoms and signs.

I must differentiate here between chronic illness and accidents and emergencies. In the case of accidents and emergencies, the technology of modern medicine can be indeed life-saving, can be brilliant.

Our orthodox medical system is a drugging system. Poor Jane suffered unnecessarily for years. Her bodily protests (her symptoms) were simply ignored and suppressed. The medical answer was: "Take these drugs and soldier on!"

Not one doctor ever asked Jane what she ate. Not even one specialist! How she lived her life day-to-day was of no interest to them. It was irrelevant. To them, there were no causes to her problems. The problems just happened to spring upon her because of bad luck. Headaches? Bad luck! Take pain killers. Bowel problems and reflux? Just take acid-suppressors and eat anything you like. Rheumatoid arthritis? Must be genetic, so take immune-suppressing drugs. Thyroid disease? Just bad luck to have a slow thyroid, so take extra thyroid hormone. Gall stones? Again, bad luck, so we will take out the gall bladder.

Recently, a medical doctor who herself is enlightened and self-educated in the true conditions of health and the causes of disease said to me, "The medical system I was trained in is absolutely scandalous. My husband who is a vet was trained in animal

nutrition for over four semesters, whereas I trained in human nutrition for zero hours". The standard medical approach to chronic illness is seriously and dangerously flawed. In Dr Ray Strand's book, *Death by Prescription*, he states, "All drugs are inherently dangerous" (page 90).

In Dr Bernie Siegel's book, *Prescription for Living*, he states, "Listen to your body. It speaks the truth, *unless* it's drugged" (emphasis mine).

Paediatrician, Dr Robert Mendelsohn, wrote in his ground-breaking book, *Confessions of a Medical Heretic*, "I believe that the greatest danger to your health is the doctor who practises modern medicine, and that more than 90% of modern medicine could disappear from the face of the Earth and the effect on our health would be immediate and beneficial" (pages 13 – 14).

Obviously Dr Mendelsohn understood that the remaining 10% of medicine – accidents and emergencies – is where the real benefit of medicine is evident.

Consider Dr Joel Fuhrman's stinging criticism in his book, *Super Immunity*, "Modern medical care evolved as a drug-distribution arm of the pharmaceutical industry, not a profession concerned primarily with improving people's health" (page 40).

Even the prestigious *Journal of the American Medical Association (JAMA)* in 1998 stated that each year in the United States alone, over 100,000 people

are killed by *properly* (according to accepted medical protocols) prescribed medications. And that this has been going on for over 30 years! That's over three million people killed by properly-prescribed drugs. This does not include improperly-prescribed drugs and medical mistakes. The journal admitted that the third leading cause of death in the States was its own medical profession.

The modern world is drowning in drugs while ignoring the *real* causes of disease. The consequences of this are epidemic sickness and chronic illness. The drug companies make huge financial profits while people suffer an increasing litany of diseases.

While there is no doubt that drugs have a place, that place should not be the first line of action as it is now – barring emergency situations, obviously.

The routine abuse of drugs for lifestyle- and diet-related problems represents a 'permission slip'. The implication is: 'This drug is what you need. Your symptoms are unacceptable and need to be suppressed. This drug will make them go away and you will feel better. No need to change what you do!'

While the causes of disease are ignored and the intelligent protests of the body are continually suppressed with drugs and surgery, we have not only increased death, but we have the inevitable *death of health*.

It is a rare person today who hits age 70 in robust, vibrant health. Disability and dysfunction is the norm, all the while masked

by an ever-increasing arsenal of drugs.

Had Jane been educated in her early 20's to understand that her headaches were indeed a protest and were her 'allies in disguise', and had she made the necessary changes, she would have avoided falling apart over the next 20-odd years. She would have enjoyed good health and energy.

Instead she was witnessing the death of her own health!

Greg Fitzgerald is an osteopath, chiropractor and naturopath and Principal of the Health for Life Centre, 31 Cronulla St, Cronulla in Sydney. email info@healthforlife.com.au

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NEOLIFE



The Seven Stages of Disease

From perfect health to deadly cancer

by Gary Samer

Understanding and breaking the disease cycle to achieve vibrant health

Australians are in deep trouble. We are witnessing, right now, a total disintegration of health in the Australian populace that spans every age, economic, religious and political group. This is not a grim prediction of a future possibility – it is a present reality.

Approximately one-third of all women and half of all men will get cancer in their lifetime. This is a staggering 100,000 Australians diagnosed every year! Heart disease is rampant and out of control, as are diabetes, arthritis, asthma, allergies and obesity. The state of Australians' mental health is as bad, with ever-increasing incidences of depression, schizophrenia, domestic violence and ADHD. In spite of the billions of dollars pumped into our health care system, there appears to be very little progress in alleviating this tidal wave of suffering of millions of Australians. Something is very wrong!

What could be the possible cause? A definition of insanity that I like is: repeating the same pattern of behaviour over and over again, but expecting a different outcome each time! If something is not working, we need to make changes!

I believe that there is one root cause of all this suffering – ignorance. Webster's dictionary defines 'ignorance' as a condition of not being informed, lack of knowledge. How we lost this knowledge is a subject too vast for this article. So let's look at reclaiming some knowledge that will be vital for our wellbeing.

Our starting point has to be the miracle of creation called the human body. This body has been created perfectly as a self-healing, self-repairing and self-maintaining organism. Its trillions of cells function in perfect harmony, 24 hours per day, seven days per week – week in, week out – year after year – decade after decade. Our body is always striving for the very highest level of health possible – always!

Health is the normal, natural state of the body; disease is abnormal and unnatural. Included in this miracle of creation is a built-in mechanism that warns us when

our health is in danger, much like a red warning light in our car. We wouldn't put a piece of duct tape over the red light and drive around hoping for the best, yet this is exactly what millions of Australians do with their bodies!

Let's look at the different ways in which our body tries to get our attention in order to stop our harmful behaviour. You will be familiar with them all. A point to remember is: the more critical the problem, the more intense the warning. These warnings must not be ignored or masked with drugs. This would allow a normal corrective procedure to become life-threatening.

THE SEVEN STAGES

1. Enervation

Enervation is a condition in which the body is not generating enough energy for the tasks it must perform. This lack of energy impairs all systems of the body. The major symptoms are fatigue, loss of appetite and poor sleep patterns. This is your body's first warning that all is not well.

2. Toxaemia

This occurs when the body cannot eliminate toxic substances faster than they are produced, so they build up. These toxins accumulate in the cells, blood, lymph nodes, tissues and organs. Toxaemia is the root cause of almost all disease. The most noticeable warning from the body is fever. The most harmful sources of toxins are alcohol, tobacco, refined sugar, animal products, artificial sweeteners, chemicals (insecticides, pesticides, hormones, food additives, etc.), medications (both over-the counter and prescription – some are scheduled poisons), chemotherapy, personal body care products and a host of others.

3. Irritation

This stage of disease is designed to make you aware of the rising level of toxins in your body. Irritation is the sensory signal from our nervous system telling us that our cells are starting to be damaged by toxic materials. Symptoms include itchy skin, queasiness, unease, emotional/mental irritation, anxiety, headaches, body odours, dark circles under the eyes, etc. If these symptoms are ignored or suppressed, the next stage inevitably results.

4. Inflammation

Inflammation is the body's most intense effort to cleanse and restore itself. With this stage you can no longer ignore the warning signal – pain! This is not arbitrary pain. This pain has purpose. It's the body's way of saying, 'STOP!' Pain is actually our friend. Of course, it's not pleasant or comfortable, but that's the whole idea. It gets our attention. We don't need to like pain. We just need to understand it. Understanding is the only way we can act to stop our destructive behaviour and progress to the more dangerous stages of disease.

Any condition ending in -itis means, 'inflammation of'. This takes a lot of confusion out of disease. We know that tonsillitis means inflammation of the tonsils, appendicitis – inflammation of the appendix, hepatitis – inflammation of the liver, arthritis – inflammation of the joints, colitis – inflammation of the colon. Similarly dermatitis, sinusitis, conjunctivitis, cystitis, bursitis, nephritis, pancreatitis are all names for inflammation of various parts of the body. They all mean the same thing – inflammation (with pain) from accumulating toxicity.

Stage 4 is a pivotal point. If you take no action to correct (not suppress) the underlying cause of the pain/inflammation, you will fall deeper into the disease state!

5. Ulceration

This stage means that the body has been under assault for such a long time that staggering numbers of cells and tissues are being destroyed. This stage is often intensely painful because there are exposed nerves. Lesions and ulcers can occur inside or outside the body (for example, stomach ulcers, leg ulcers). The body will use ulcers as an outlet for relieving extraordinary toxic build-ups.

6. Induration

This is the encapsulation of toxic materials that threaten the body's natural equilibrium (health). The encapsulation appears, for example, as a benign tumour or cyst. This is an intelligent way for the body to quarantine dangerous toxins in one place, so that they will not spread freely throughout the body, causing more harm. Induration is the last stage during which the body is still in control of its cells!

If the destructive practices that brought matters to this stage are allowed to continue, cells will start to go 'crazy'. Their genetic encoding will become damaged because of the toxins and they will become wild and disorganised. We call this condition cancer.

7. Cancer

This is the end point in the long evolution of disease, and, if the causes that brought it about are continued, it is usually fatal. Although in the best of circumstances, with a healthy regimen, cancer may be arrested and reversed, it would take a concentrated, focused effort. The purpose of this article is to show you how to *prevent* this final stage from ever occurring. Even at this final stage of disease, your very best friend, your body, is still doing everything it can to deal with this condition.

THE BODY, A SELF-HEALING MIRACLE

Your body is a self-healing, self-repairing miracle of creation which, even in our advanced technological age, is nowhere near being fully understood by modern medicine. All the parts of the body are inter-connected. None functions in isolation. One organ is just as important and receives just as much healing attention as

any other part, be it the breasts, prostate, heart, lungs, intestines, etc.

Throughout the first six stages of disease, the body uses discomfort to send us warnings. If the warnings are understood and corrective measures are taken, the warnings stop, the discomfort goes away and the disease progression is stopped. If the warnings are not understood (or are masked with drugs) and the individual persists in the same habits, disease is inevitable because the toxic overload has not been dealt with.

Do you now understand that disease, at any stage, just doesn't happen spontaneously? This is no great mystery even though modern orthodox medicine knows nothing about this subject. Most of us pollute our bodies, then ignore all the warning signals. In effect, we create our own disease!

Wisdom is applying this knowledge to your daily life and reaping the rewards of

life-long vibrant health. Choose to listen to your body, choose health, choose *life!*

Gary Samer

Gary Samer has been trained in a wide range of natural therapies. He has been a leading natural health educator, writer and consultant for over 34 years and has lectured in 17 countries. As part of his humanitarian work, Gary offers free consultations to the public, which he conducts at his home in Coffs Harbour, NSW, where he lives with his wife and four children.

Gary can be contacted by email garysamer@hotmail.com.

DISCLAIMER. This article is for educational purposes only. It does not claim to be a diagnosis, prevention or treatment of disease. Always consult your health care professional if you experience any of the above symptoms.

When you arise in the morning, think of what a precious privilege it is to be alive, to breathe, to think, to enjoy, to love.

In order to make a change, we must take responsibility for our actions



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IS YOUR OWN WELLBEING YOUR FIRST PRIORITY?

By Lisa Phillips

For those of us who are running a home, a business or a career, looking after our own emotional wellbeing can quickly fall into the 'I haven't got time' or 'It's all too hard' basket.

BURNOUT IS COSTLY

Recent figures from Work Safe Australia highlight that stress and burnout cost Australian business over \$20 billion each year, so it makes good sense to pay attention to our own needs sooner or later, before we end up stressed and exhausted and not much use to anyone else – or to ourselves.

The demands of life can really take their toll and if you are constantly running around in emergency mode, your mind and body may end up paying a high price for putting everything and everybody else before your own wellbeing.

The good news is that we can easily implement some simple strategies to resolve this. The more difficult part comes with your own commitment to prioritise yourself!

PRIORITISE YOURSELF, SET BOUNDARIES

In my coaching practice, I still get shocked at the number of people who come to me burned out and exhausted, believing that the needs of other people or even organisations are more important than their own needs. These people often find it difficult to implement boundaries between their work and family life, and end up putting everyone else's needs before their own. If you continually do this, you will only end up exhausted and resentful.

Start by changing a few small things in your day, like making sure you take regular breaks, eat regular meals and practise saying 'no' to other people. Tune in to your own needs and learn to honour them – without feeling guilty. Also try to give up the need for perfectionism and stop setting ridiculously high expectations of yourself. Aim to do your best and that is sufficient.

WORRY – THE STRESS THAT SOLVES NOTHING

Another major factor of stress is worrying. Come on, let's be honest here, does worrying change anything? Seriously? NO! Now, having the odd worry is just human nature, but if you are one of those people who is a worry wart with constant thoughts of what could go wrong, then this is a bad habit which needs to be broken. In fact, worrying is never useful.

Our worries often snowball and our imagination runs away with us with thoughts of imagined threats and terrible things happening. The more you worry, the bigger your worries become. Some people then even worry about all the time they have spent worrying!

Here are a few simple ideas to assist you in reducing worry:

Take the time to write your worries down. It is amazing how much relief this can bring, simply by getting worrying out of your head and onto paper. You may find this a useful thing to do before you go to bed each night.

Set yourself just 15 minutes 'worry time' a day. Book this time into your diary and save all your worries until this time. The interesting thing is that you will probably have forgotten all about those 'important' worries by then!

Accept that a lot of things in life are completely out of our control. Just let go and see what happens. Remind yourself that if the worst does happen, you can handle it! Seriously, you will be OK!

HAVE A LAUGH!

Two applicants applied for a single position at a computer company. They both had the same qualifications and in order to determine which individual should be employed, they were asked to take a test by the department manager.

Upon completion of the test, both men had each missed only one of the questions. The manager went to the first applicant and said, "Thank you for your interest, but we've decided to give the job to the other applicant."

PRAISE YOURSELF

As humans, we are also in the habit of being positive towards the people around us, but not so positive towards ourselves. Many of us give encouragement to those around us, but spend the rest of our time being critical and negative towards ourselves.

A great way to give yourself some praise and encouragement is by taking a few minutes to write down some of the positive things you have in your life.

You can also try repeating positive affirmations such as 'I am doing the best that I can' or 'Even though it may not feel like it, I know everything will work out OK'.

I am a huge believer that the first hour of your day will set the theme for the rest of the day, so make sure you use the hour after you wake up to say nice things about yourself and tell yourself that you are going to have a successful day.

BE HAPPY!

Another one of my favourite tips is to write a list of 50 things which make you happy, and commit to doing at least one thing a day from this list. The list does not need to be full of expensive ideas, it could just be simple things such as burning some nice smelling candles or having a nice warm bath or treating yourself to 10 minutes relaxation time.

Lisa Phillips is a Confidence Coach based in Sydney. Lisa features regularly in the media and is a popular speaker on the topics of empowerment and confidence. For more information, please see www.amazingcoaching.com.au

"And why would you be doing that?" asked the rejected applicant. "We both got nine questions correct."

"We have based our decision not on the correct answers, but on the question you missed," said the department manager.

"And just how would one incorrect answer be better than the other?" the rejected applicant inquired.

"Simple," said the manager, "Your fellow applicant put down on question 5, 'I don't know.' You put down, 'Neither do I.'"

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Nadine Ominski



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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

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. INFRARED SAUNA DETOXING:

Is infrared sauna detoxing safe and beneficial for detoxing? – L. C., Bowral NSW

A. Infrared radiation is the heat that comes from, for example, a bar radiator where there is little light produced but a lot of heat. It is normally a fairly benign kind of radiation.

Detoxification occurs when we undergo detox diets, sweaty exercise, saunas and skin brushing. The regular use of a sauna can achieve significant detoxing. The appeal of saunas in general is that they cause vigorous sweating and increased heart rate, similar to that produced by moderate exercise.

The dynamic natural therapies writer, Mike Adams, explains in *NaturalNews.com*, 17th March 2008, that "Infrared rays are part of the sun's natural spectrum. The radiant energy produced by an infrared sauna is the same as heat from the sun, with the exclusion of the ultraviolet rays. A heat source (usually ceramic heating elements) emits infrared waves that penetrate and relax the body and promote increased blood circulation in the skin. A flood of sweat carrying toxins is released through the skin's open pores as the warm blood circulates deeper throughout the body."

The difference between the traditional steam saunas and infrared saunas is that steam saunas heat the surrounding air, whereas the infrared warms the body instead of the air. Infrared requires a heat range of only 43°C – 60°C and achieves the same results as steam which requires temperatures ranging from 65°C – 93°C to promote perspiration. The cooler air temperature with infrared allows for longer sessions than with steam.

In addition, the infrared rays penetrate deeper into the skin – up to about four centimetres – and draw out more toxins than does a steam sauna.

Dr Aundrea Adams, of the International Institute of Holistic Healing, reports that in a traditional sauna sweat is up to 97% water, whereas with an infrared sauna it is only 80 – 85% water. The remaining 15 – 20% is comprised of heavy metals, sulphuric acid, sodium compounds, ammonia, uric acid and fat-soluble toxins.

The Mayo Clinic reported on 9th June 2014 (www.mayoclinic.org/healthy-living) that studies have investigated infrared saunas for the treatment of chronic health problems, including high blood pressure, congestive heart failure and rheumatoid arthritis, and found some evidence of benefit. They add that no adverse health effects have been reported with infrared saunas.

There are two kinds of infrared saunas – *near infrared* and *far infrared*. Dr Wilson, MD, is a medical doctor who prefers near infrared over far infrared saunas. (drlwilson.com/articles/SAUNAS-NEAR%20VS.%20FAR%20I.htm (October 2012)).

Dr Wilson explains that the heaters used in *far infrared* saunas are typically small and are distributed on all four walls of the sauna cabin, which means that all four walls will contain electrical wiring. This wiring will produce some low-level electromagnetic radiation, which Dr Wilson believes could be problematic for people who are ill or sensitive to EMR – although not for individuals who are healthy.

With *near infrared* saunas, the infrared emitters are close to each other, in a single wall of the cabin, so EMR will be significantly less than with far infrared.

A woman who has had first-hand experience with the use of an infrared sauna is Janette Murray-Wakelin, whose story of recovery from breast cancer and later running marathons around Australia was published in *TNH*, Winter 2014 issue. Janette wrote:

"We have had a lot to do with infrared therapy and saunas since my diagnosis of breast cancer in 2002.... We did a huge amount of research and found that there is only one company that produces

a completely safe sauna application that actually works, due to the technology used in their units, which is not in any other brand. The company is Sunlighten Saunas, and they have a distributor in Australia."

Sunlighten Saunas declare that their 'Sunlighten' saunas are medical-grade, clinically-backed and proven 95 – 99% effective. Their Solocarbon® heaters provide the only full-spectrum infrared heat available.

Sunlighten's Marketing Manager, Andrew Hedge, explained that Sunlighten saunas are dearer, but you get what you pay for.

Sunlighten may be contacted by phoning 1800 786 544 from anywhere in Australia; or go to www.sunlighten.com.au.

Possible adverse effects of far infrared sauna use are overheating, dehydration and consequences from using the sauna during or after drinking alcohol. Each of these is preventable simply by using the sauna intelligently.

Because sauna use can result in adverse effects if people have certain medical conditions, are on certain medications or have implants, a doctor should be consulted in any such situation.

Q. ATHLETE'S FOOT:

I do a lot of exercise both outdoors and in the gym and continually suffer from athlete's foot with associated brown nails. I have tried most recommended medications, but nothing seems to help much.

Do you know of anything that really works? – J. B., North Sydney NSW

A. Athlete's foot is a common and contagious fungal infection of the skin that can cause scaling, flaking, itching and burning pain. It is also known as *ringworm*

of the foot, *tinea pedis*, *tinea pedum* and *moccasin foot*.

Athlete's foot typically occurs on the feet – the webs of the toes and the soles – but may infect or spread to the groin, under the toenails (*onychomycosis*), palms of hands or other areas of the body that tend to remain warm and moist due to being covered or sweaty. Shoes are the main cause of athlete's foot; in people who go barefooted, the fungus is only seen in approximately one in every 130 people.

When associated with a fungus, the condition is contagious and can be picked up from other people or by walking barefoot on contaminated floors, such as communal showers, around swimming pools, dance floors or fitness centres or by sharing towels or shoes, for example, hired at a bowling alley.

The essence of prevention in the feet is by keeping the feet dry by wearing cotton socks and shoes that breathe or sandals.

Overcoming athlete's foot

If the skin on the sole and heel of the foot is coarse and scaly with the toenails often infected, it is referred to as *moccasin-type* athlete's foot. The thickened skin on the sole makes it difficult to treat.

The more common type is *toe web infection*, in which the skin irritation is between the toes, especially between the little toe and its neighbour. We usually refer to this as *tinea*.

The orthodox medical treatment depends on whether it's fungal and how severe. The usual treatment is antifungal medication, with which most sufferers can treat themselves at home.

Fortunately, there are natural remedies that can reduce the severity of *tinea* or get rid of it altogether. Find one of the following remedies that suits you and see how you go with it.

Beeswax cream. This gives marvellous protection for the crevices between the toes. I have first-hand experience of a locally-made brand which can be ordered Australia-wide. It is 'Beeswax Moisturising Cream' manufactured by Blue Mountains Honey, Northern Rd, Luddenham NSW, phone 02 4773 3279 or 0408 476 377. or email bmhoney@people.net.au. (Price \$13.50 plus postage.) The ingredients are beeswax, olive oil, water and emulsifier (borax, tiny amount). Although this is a moisturising cream, it repels external water, which is why it opposes fungi. When cracks develop between my toes, I apply a smear of the cream morning and

evening, and the cracks are gone in a couple of days.

Tea-tree oil. Is anti-fungal. Soak the feet for 10 minutes in a foot bath to which has been added about a dessertspoon of the oil. Dry the feet thoroughly and work a few drops of the oil into the itching skin.

Alternatively, mix equal parts of **tea-tree oil** and **olive oil** and rub this into the infected areas morning and evening. The olive oil increases the absorption of the tea-tree oil.

Another option is to mix **tea-tree oil** with **aloe vera gel** in a ratio of three parts to one part respectively, and rub this in a couple of times a day. It may take a month or two to work.

Himalayan crystal salt or **table salt.** Into a foot bath of warm water, place two tablespoons of salt plus half cup of apple cider vinegar, stir well and soak the feet in it. Also wipe this solution over the insides of your footwear.

Epsom salts. Stir quarter to half a cup of Epsom salts into a foot bath and soak the feet in it once or twice a day. The Epsom salts has a drying effect.

Garlic. Try placing sliced or crushed garlic between the toes before putting on your socks for the day.

Baking soda. To a tablespoon of baking soda add water to make a thick paste. Smear this over the affected skin, then wash off and dry the feet thoroughly. Finish with a dusting of **cornstarch**.

Extra virgin coconut oil or **sesame oil** or **organic neem oil.** These are anti-fungal. Smear directly over the affected skin at least twice daily.

Colloidal Silver is a suitable remedy for athlete's foot. It is sprayed or wiped on the feet and allowed to dry.

Ginger is a strong anti-fungal. Add 30 grams of fresh, organic, chopped ginger to a cup of boiling water and simmer for 20 minutes. Let cool and wipe over the affected skin.

Tea – its tannic acid is astringent and dries out sweaty feet. Boil five tea bags in a litre of water for five minutes, and when cool, use as a foot bath for 30 minutes.



Plain unsweetened acidophilus yoghurt. Wipe the yoghurt on the affected areas, allow to dry, then rinse off.

Keep the feet dry and well aired:

Go barefoot or wear sandals whenever possible, and occasionally expose the feet to sunlight.

Wear shoes made of canvas or leather, which allow the feet to 'breathe'.

Wear a pair of shoes on alternate days, that is, use two pairs.

Use clean, white cotton socks as they absorb moisture well. Change socks at lunchtime, and apply an anti-fungal like tea tree oil. Always dry the feet thoroughly after showering or bathing, especially between the toes.

When in public places where people walk barefoot, wear thongs, sandals or shoes.

To keep the feet as dry as possible, before putting on shoes and sox, sprinkle organic cornstarch or baking soda over toes and soles.

Finally, have a **balanced diet of natural foods** with minimal refined sugar intake.

Q. HEALING CRACKED HEALS:

Could you please give me advice on how to heal cracked heels. Seems to be a particular problem for women in their 30s. – H. B., Leumeah NSW

A. Cracked heels are a very common problem. The cracks can be quite sore at times, and in extreme cases can result in bleeding and infection.

Cracked heels and other foot cracks are usually caused by a combination of pressure and dry, non-pliable skin. Standing and walking cause pressure.

Here are home remedies for cracked heels that can be tried.

Vegetable oil

Overnight absorption. There are a number of vegetable oils that can treat cracked heels. They include olive oil, sesame oil, almond oil, coconut oil, grapeseed oil, cocoa butter, shea butter or any other pure vegetable oil. Olive, sesame, almond and coconut oils are said to be very effective.

At bedtime scrub the feet with a pumice stone then wash thoroughly. The oil is then spread liberally over the heels and soles, and kept covered all night by a pair of clean,

thick cotton socks. This will allow the oil to be absorbed and make the heels considerably softer. Repeat a few times until the cracked skin has healed.

Regularly massaging with oil. For deep cracks, simply massage oil into the skin of the feet on a regular basis. Be sure not to use harmful cosmetic products, just use pure natural oils, good ones being olive, sesame, almond or coconut oils. Leave the oil on the feet as long as possible.

Rice flour scrub

Rice flour can be used to exfoliate dead skin from cracked feet. Place in a bowl a few teaspoons of honey and apple cider vinegar with coarsely ground rice flour and mix well to make a thick paste. For deep cracks, add a tablespoon of olive oil or almond oil. Soak the feet in warm water for 10 – 20 minutes, then gently massage them with the rice flour paste. Can be left on overnight and washed off in the morning.

Banana foot pack

Mash ripe bananas to a lump-free paste and spread over the areas of cracked skin. Allow to remain on for about 20 minutes or overnight. Again, cotton socks could be used to protect the paste before washing off. Repeat as often as necessary or on a regular basis.

Neem leaves

Neem, or Indian lilac, acts as a natural fungicide and is very effective for cracked heels. Pound a handful of leaves to a fine paste, then mix in three teaspoons of turmeric powder. Spread over the cracks and leave for about 30 minutes. Wash off and dry the feet. Hopefully, this won't sting too much!

Lemon juice

This could sting a lot, so it is used to reduce rough skin before it begins to crack. Either apply lemon juice neat or else add to warm water and soak the feet in it for up to 15 minutes. Make sure that the water is not very hot as this could cause the skin to dry out even more. Scrub the feet with a pumice stone and pat dry. Repeat daily as required.

Vaseline and lemon juice

Vaseline will dilute and retain the lemon juice. In the evening, soften the feet by soaking in lukewarm water for about 20 minutes, then dry. Mix one teaspoon of Vaseline with a couple of teaspoons of lemon juice and rub over the cracked

areas for long enough to get it absorbed. Preferably leave on overnight, protected by a sock, and wash off next morning. Repeat nightly. It's possible that a week will achieve crack-free feet.

Honey

Honey – especially if it's manuka honey – is a powerful antibacterial with great moisturising properties. Pour one cup of pure honey into half a bucket of warm water, stir and soak the feet in it for about 20 minutes. Scrub the skin gently and dry.



Oatmeal

Stir jojoba or olive oil into one tablespoon of powdered oatmeal until it's a thick paste. Spread over the cracked skin and rinse off after about 30 minutes. Repeat regularly.

Raw papaya

Raw papaya or pawpaw is a great remedy for many skin ailments. Papaya and pawpaw contain an enzyme, papain, which helps to digest proteins. Mash papaya to a fine slurry and spread it over the cracked skin.



Paraffin wax

If things are desperate and there is worrying pain, paraffin wax might provide relatively prompt relief. Heat a mixture of paraffin wax and mustard oil or coconut oil until the wax has melted. After it has cooled sufficiently, spread it over the cracked skin. This can be applied at bedtime and washed off in the morning.

Plenty of vitamin E

If you suffer cracked feet, it is especially important to eat wholesome foods and to avoid junk foods. In particular, make sure of obtaining plenty of vitamin E. Some of the foods rich in Vitamin E are wheat germ oil, unrefined oils, almonds, hazel nuts, Brazil nuts, millet, brown rice, butter and whole egg.

Ensure adequate water

Be sure to drink adequate water to keep the skin well hydrated.

WHAT THE PROFESSIONALS SAY

A podiatry practice, **Podanitics Podiatry**, gives the professionals' summary of how to heal cracked heels (<http://www.podanitics.com.au/heel-callus-cracked-heels.html>)

They say, not surprisingly, that "The quickest way to baby smooth heels is to visit your podiatrist who can safely remove the dead skin." The podiatrist can also give the right advice on how to keep your heels in great condition.

Podanitics Podiatry have their own tips for treatments that can be done at home. Their first is to apply a heel balm or oil-based moisturiser twice daily. The heel balm makes the skin more elastic and less likely to crack when walking.

Their second tip – for less severe cases – is to make the skin less thick so that it won't crack so easily. 'File' away at the skin with a pumice stone or foot file, which is like a large emery board. In more severe cases, a podiatrist can remove the thick layer of the heel callus.

Thirdly, wear closed-in shoes and good socks when you can.

Fourthly, if cracks are very painful and bleeding, a podiatrist can explain how to use a rigid sports tape to keep the cracks closed to enable them to heal.

FEELING GENEROUS RE YOUR WILL?

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

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

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

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

Easter is naturally sweet without the added sugar



Better-for-you Easter delights come in a variety of delicious flavours and naturally sweetened with stevia, not sugar.

Happy Easter from Well Naturally.

Well Naturally® is available in the health section at Woolworths, Coles, Target, independent supermarkets and selected pharmacies nationwide.



Well Naturally®

Healthier choice, happier you.

No Sugar
ADDED

Visit our website for FREE Easter recipes:
wellnaturally.com.au/recipes

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NHS NOTICES

NSW OFFICE HOURS

Mon to Fri 9.00am - 5.00pm

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

Closed weekends.

MEMBERS SUPPORTING THE NHS

Thoughtful donations from members are making a big difference to keeping the Society's finances stable. For recent donations, we say a big 'thank you' to: **Pamela Bennett, Jean Westwood, Mark Bowman, Elaine MacDonald, James and Elizabeth Lanham, Sandra and David Norman, Olga Zlatar, Bill and Dorothy Williamson, Barbara Holmes, Shirley Drake and Melva Fleming, Pauline Kenyon and May Port.**

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 and click on the 'Donate' link. [Please note: donations not tax deductible.]

MACARTHUR AREA NSW

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

NHS ANNUAL SEMINAR 2015

See full details next page



Follow Natural Health Society of Australia on Facebook

Vegetarian Food Preparation Classes

LEPPINGTON NSW

WELLNESS SUPPORT GROUPS

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



FOOD PREPARATION DEMONSTRATIONS AND TALKS

5.00pm: **Organic food preparation and demonstration of vegan meals** followed by **buffet meal**. Recipes provided. **Guest speaker about 7.30pm.**

Sat. 21st March – Raw desserts workshop

Sat. 11th April – Marilyn Bodnar, Health practitioner and lifestyle educator practising naturopathy: 'Understanding Natural Immunity to Avoid Disease'

Sat. 30th May – Roger French, Health Director and Editor, Natural Health Society of Australia: 'Colds and Flu – detox, feel worse, then much better'

Bookings – phone 9606 2203 or 0410 627 556

RICHMOND NSW

MEAT FREE COOKING WORKSHOP

Presented by **Ling Halbert**

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



Time: Every 3rd **Saturday** of each month, 11am – 2pm: **21st March, 18th April, 16th May 2015**

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

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

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

For flavoursome **recipes** visit rawlao.com

ADELAIDE, SA

COOKING UP A STORM

Vegetarian with style

Presented by **Natalie Playford**

Cooking Up a Storm was initiated in 2006 by Natalie to teach people how to cook nutritious, delicious vegetarian food. Natalie is a professional cook and trained teacher and has eaten vegetarian for over twenty years.



Natalie offers:

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

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

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

SYDNEY AND CENTRAL COAST, NSW

RAW, VEGAN FOOD CLASSES IN YOUR HOME

By **Joy Mozzi of Fruvenu**

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

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

Contact Joy, phone 02 4328 2230 or 0428 582 258 or fruvnu@gmail.com www.fruvenu.com.au



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



Natural Health Society 2015 ANNUAL SEMINAR



'Living Well With Cancer - A Wholistic Approach'

By **Robyn Yates, Registered Nurse, Founder and CEO of Blue Mountains Cancer Help Inc.**

BMCH is a unique service in NSW which provides subsidised therapies to people living with a cancer diagnosis in the Blue Mountains and Penrith Valley areas. The therapies include massage, lymphoedema management, reflexology, acupuncture, Reiki, Bowen, counselling, art therapy and Qigong. We provide regular support groups and the Gawler 'Living Well with Cancer' 12-week programme, all with a strong emphasis on meditation.



In 2013-2014, a research study to 'Evaluate the Blue Mountains Cancer Help model' was undertaken involving BMCH, Nepean and Blue Mountains Medicare Local and the Uni. Western Sydney. The results have clearly demonstrated the benefits of effective support when dealing with cancer or any other serious illness.

'Improving Quality Of Life: Oncology Massage Is Good Science'

By **Eleanor Oyston, Massage Therapist, Founder and Board Member, Oncology Massage Ltd**

In 2000 Eleanor began sharing her working life with folk on the edge of life at the Quest for Life Centre at Bundanoon, NSW. As a 'novice' massage therapist at almost 50, a retired scientist and born researcher, she began experimenting with the power of safe touch for people living with complex health challenges. Over the best part of a decade Eleanor documented medically and academically approved tactile techniques that are now among the best in the world. Over the past 15 years awareness has grown and the benefits of integrative therapies, like oncology massage, are well known. Understanding integrative medicine is the essence of a healthy future.



'What Conventional Medicine Doesn't Know and We Do - And How This Could Save Your Life'

By **Greg Fitzgerald, Naturopath, Osteopath and Chiropractor with 32 years' experience**

Why is it that America spends more money per capita on health care than any other country, yet has one of the worst health records in the developed world? Why did the *Journal of the American Medical Association (JAMA)* state in its editorial that modern medicine is the third leading cause of death after heart disease and cancer?



Greg will explain how you can tap into this knowledge and take advantage of the greatest secret which is NEVER taught to doctors. This secret - or truth - can literally transform your health, even save your life. This opening presentation is not to be missed.

'Radiation In The Home as a Health Burden - What To Do About It'

By **Patrick van der Burght, Radiation protection specialist and geobiology trainer**

Radiation exposure (EMF) in our lives, from sources like internal wiring, appliances, power supply and wireless transmitters, is getting worse and research on its health effects is mounting.



Knowledge of how to actually deal with / protect against this escalating health and fertility burden is very valuable, especially when it's based on extensive practical experience in dealing with affected patients. Based on the 32 years' experience of the Geovital Academy for Radiation Protection and Environment Medicine (with origins in Austria) Patrick will explain how readily we can be exposed, what simple things we can do immediately, how to avoid an 'unfixable' home, and what wholistic and verifiable radiation protection is all about.

DATE: Sunday, 22nd March 2014, 9.30am to 4.15pm

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

Our seminars are great social occasions, packed with valuable information.

We have an exciting program of topics and speakers

'The Remarkable Wonders of Detoxing'

By **Doug Evans, Osteopath and Naturopath at Hopewood Health Retreat**

Based on his 30 years of practice, Doug will explain the how and why of nutritional detoxing - how it can prevent and reverse a wide range of illnesses and bring about a speedy improvement in health and wellbeing.



Prominent among these conditions are arthritis, high blood pressure, artery disease and numerous inflammatory illnesses.

Interesting changes occur in the body during detoxing, and sometimes the elimination of toxins and wastes can be rapid enough to look like symptoms. Bonuses of the process can be weight loss, body reshaping and optimal health.

PROGRAM AND BOOKING FORM

are presented in the leaflet that accompanies this magazine.

RATES: Members \$95; Visitors \$107; Member concession \$85; Visitor concession \$97 per person.

INQUIRIES AND BOOKINGS:

Natural Health Society, phone 02 4721 5068; fax 02 4731 1174; email admin@health.org.au; web www.health.org.au



Radiation in the home

By Patrick van der Burght



When there is cancer in the family, why are we not investigating?

It is a crying shame when someone is battling cancer and their home situation is not being investigated. All domestic radiation can be problematical and may very well be contributing to the problem; or can dramatically affect the recovery process. In regards to one type of radiation, you can be a detective for your family and friends ... but you do have to know your limitations, otherwise you might be creating a dangerous and false sense of security.

There is ample research linking low-frequency EMR exposure to cancer. So why aren't all homes of cancer sufferers being tested for the presence of this radiation? Government allowable exposure limits are often set at electromagnetic field strengths of 1000 mG (100,000 nT) or higher, but research is ringing alarm bells at electromagnetic field strengths as low as 1 to 4 mG (100 to 400 nT). In bedroom environments, a level of 1 mG (100 nT) is definitely to be avoided and, in our opinion, a level no higher than 0.3 mG is ideal.

RESEARCH

Magnetic fields were starting to be labelled as a possible cause of cancer, and the World Health Organisation was urging for more epidemiologic studies to be conducted in high-exposure areas.

In response to this, a study was done in Japan by Kabuto M, et al. The researchers analysed 312 cases of children with leukaemia (ages 0 to 15) and investigated their bedrooms in comparison to 603 other children's bedrooms. It turned out that, depending on the type of leukaemia, children were up to 4.7 times more likely to develop leukaemia when exposed to 0.4µT (4mG) or more compared to less than 0.1µT (1mG) exposure.

Iranian research by Feizi showed similar results in 2007. Also Sohrabi, MR, et al showed significant increases in childhood lymphoblastic leukaemia in research published in 2010, but this focussed on living near high voltage power lines. It showed that there were significantly more frequent occurrences within 600 meters (111% more children) and even 70%

more within 600 to 1200 meters from high voltage power lines. They also noted that if the children were exposed to more than one power line, this made things even worse.

The body has various mechanisms for dealing with the large number of mutated cells that need to be eliminated every day. A battle between good and evil: bad cells popping up every day on one side of the battle, and our body's defences, to eliminate these bad cells, on the other side. The body of course also needs to attempt to maintain its vigour, as a similar battle can be expected again the day after.

Melatonin plays an important part in this. Research done by Liburdy, RP, et al showed that melatonin's anti-cancer action was reduced by EMR as little as 12 mG, and they stated that "There appears to be a dose threshold between 2 mG and 12 mG".

Harland, JD, and Liburdy, RP, also reported in 1997 that Tamoxifen, a breast cancer medication, is significantly blocked in its growth inhibitory action at just 12mG.

SURVIVAL

Even more disturbing, when it comes to survival, are these studies. Foliart et al did research into the long-term survival among children with acute lymphoblastic leukaemia (ALL) who were exposed to magnetic fields. This showed a poorer survival rate among patients with exposure above just 0.3 µT (3 mG).

Due to the fact there were only a small number of exposed children in this study, a similar study was done by Svendsen et al, investigating 595 childhood ALL patients. The results were very similar and equally chilling. The death of the child happened 2.6 times more frequently when exposed to between just 0.1 µT and less than 0.2 µT (= 100 nT to less than 200 nT = 1 mG to less than 2 mG). This doesn't necessarily mean that 1 mG gives you leukaemia, but it does seem to highlight that just 1 mG of EMR has such a dramatic effect on the body's defences that it can have a substantial impact on people suffering. EMR should therefore

be measured and, if present, avoided. What would the levels be in your house I hear you wonder!

A power cable running up and down the street, whether above or below ground, can produce these kinds of EMR levels.

The workplace can also be a significant source of exposure to EMR. For example, where there is machinery, extensive power cabling throughout the building or the often stronger power supply running through industrial areas, there can be increased levels of EMR. The point is that it is easy to be exposed.

Thank goodness the bedroom plays a major role in the body's ability to regenerate and fight disease. Regardless of daytime exposure, you, and importantly people with cancer, do have power over night-time exposure levels. The place that matters most in terms of health recovery, and where the magic really happens, is the bedroom. The bedroom needs to be investigated properly to find out what levels might be burdening the body.

Low-frequency electromagnetic fields can be produced at concerning levels by, for example, these sources:

- power supply cables running past a property (above or below ground);
- power supply cables inside the home;
- high voltage transmission power lines (the big walkers);
- internal wiring, especially when there are wiring faults;
- solar panels and inverters (great for the planet, not so good for us);
- tram and train overhead power cables;
- the electric meter or circuit breaker box

Corner properties located near intersections of street power lines are especially at risk of having increased radiation exposure.

BE A DETECTIVE

You could buy yourself a gauss meter and investigate your home, or that of a family member or friend who is a cancer sufferer. Provided you have a reliable instrument and a detailed, health-oriented user guide, you could reveal a serious health burden which may affect the patient's chances of recovery.

This could be further investigated by a radiation expert who has experience in generating health recovery. Someone with a purely theoretical approach (that is, no extensive experience with patients) is not the person for the job. I typically take two to three hours to do a home assessment, so assessments substantially shorter than this are likely to lack important content.

Realise also that low-frequency (LF) EMR is only one type of radiation that can affect health. Two other types – LF electric field and high-frequency (HF) EMR – are even more common. Untrained, inexperienced meter users are unlikely to properly assess or interpret these types of radiation. A little knowledge can be a dangerous thing where EMR is concerned.



EMF METERS

As soon as there is a justifiable fear of radiation, profit-driven companies will offer any possible product with little regard for how it actually services their clients' needs. This is true not only for radiation shielding and elimination products, but also for EMF meters. Some meters are OK at one primary function but are useless at other secondary functions which they are also claimed to 'do'.

Which meter is suitable? It's difficult to say, as we at Geovital have not found one meter that measures the different types of radiation you want to know about, in the right way, and at the right sensitivity. Not one instrument takes all the necessary measurements effectively, so there is often a need for a number of specialised instruments.

A good indicator of which instrument or instruments to buy has more to do with the person or company selling it to you. If they 'just sell products', their motivation tends to be only that. If they do home assessments and if they also have decades of experience focussing on actual patients and facilitating health recovery, then you could be on a winner! Any complete home assessment and the conclusions about what needs to be done should also be left to those radiation experts who have the expertise to assess the body's 'absorption' of radiation from HF transmitters (phone towers, smart meters, etc.).

In Geovital's experience, body absorption of radiation is a far better indicator than measuring the air when it comes to deciding whether or not counter measures against transmitters are indicated. It is the body after all, which should be the main focus of the assessment; measuring the air alone doesn't seem to make much sense.

INVISIBLE, BUT NEEDS CHECKING

There is now sufficient evidence to warrant a home radiation assessment when cancer is present. It would, of course, be better to prevent this health burden from affecting loved ones in the first place. As with tooth decay, there is a point where restoration is no longer achievable. Just because radiation can't be seen, this doesn't mean it's not there. In my experience as a geobiologist, nearly all bedrooms expose the sleeper to radiation. Internal wiring is still the number one source of constant irritation to the body.

Radiation avoidance and protection, just like brushing your teeth, is always a good thing for the maintenance of health, vitality and also fertility.

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By Deborah Hart

Oncology Massage...

What is it and how is it different?



Massage has a history dating back thousands of years with early references found in Chinese medical texts over 4,000 years old. Hippocrates, the 'Father of Medicine' is quoted as saying that "The physician must be acquainted with many things and assuredly rubbing!"

Over recent decades massage has become accepted into our communities as a respected modality that takes a holistic approach to health care. With increased expectation of evidence-based research, we now have studies showing what we already knew about massage – which is that it can help us feel better and relieve a variety of symptoms.

A review of 740 Australian and international research papers published between 1978 and 2008 was conducted by the Australian Association of Massage Therapists (AAMT). It found 'moderate to strong evidence' to support massage therapy for nausea and vomiting, anxiety, stress, chronic disease management, delayed onset muscle soreness (DOMS) and pulmonary function. (AAMT)

With private health insurance progressively offering rebates for massage since the mid-1990s, the standard of practice has increased as therapists are required to have nationally recognised qualifications, insurance, association membership and a commitment to ongoing professional education.

The massage therapist has become a health care professional treating an array of clients presenting with complaints ranging from stress and anxiety to musculo-skeletal issues and headaches. But what if the client has a history of cancer or is undergoing treatment?

We are constantly hearing that cancer has become prevalent in our society; what we don't always hear about is the increased survival rate. Many more people in our community are living with the effects of cancer treatment or indeed with cancer.

WHAT IS ONCOLOGY MASSAGE?

Oncology Massage is the adaptation of any form of systematic touch to adjust for side effects and long-term risk factors following cancer treatment. It is a

specialised form of therapeutic massage involving gentle pressure techniques, which aims to improve quality of life for people with a diagnosis or history of cancer through an improved sense of wellbeing and reduction in common symptoms of cancer treatment. It has the potential to reduce feelings of isolation, bring a sense of peace amidst the emotions of cancer diagnosis and treatment and help people to feel whole and empowered.

Oncology Massage triggers the Relaxation Response as described by cardiologist, Herbert Benson, MD. This may help counteract the effects of chronic stress or 'flight or fight' response, reduce blood pressure, slow breathing, reduce pain, nausea, anxiety and depression and create a feeling of peace and tranquility for the client.

In fact, one of the largest studies into massage for symptom control for cancer patients came from the Memorial Sloan-Kettering Cancer Center in the US. Involving surveys of nearly 1,300 patients over a three-year period representing 3,359 treatments, this study showed the benefits of massage in relation to symptom control. It showed that massage could achieve 47 percent improvement in pain levels, 42 percent improvement in fatigue levels, 59 percent improvement in anxiety levels, 51 percent improvement in nausea and 48 percent improvement in reports of depression, with other symptoms such as dry mouth, shortness of breath, memory problems or disturbed sleep improving by 48 percent.

Massage has also been shown to trigger a cascade of feel-good hormones and neurotransmitters responsible for a reduction in stress hormones and an increase in immune function.

WHY IS THIS IMPORTANT?

Massage needs to be adapted for anyone who is undergoing cancer treatment to minimise the risk of side effects and to make sure that the massage is safe, comfortable and effective.

Chemotherapeutic drugs can impact blood cell counts, making patients susceptible to bruising and more likely to experience numbness and tingling or even pain in their hands and feet. This is

called Chemotherapy Induced Peripheral Neuropathy (CIPN) and can be quite debilitating; for some this will be a lifelong side effect of treatment.

Radiotherapy treatment can cause depression and fatigue, while surgery can leave lasting scars and musculo-skeletal issues.

These treatments can also cause *lymphoedema* if lymph nodes have either been treated with radiation or been removed during surgery. Lymphoedema occurs when lymphatic pathways have been interrupted and high-protein lymphatic fluid builds up in the surrounding tissues. Unfortunately, this condition can be triggered by poor positioning of the client or through deep tissue massage to an area of the body that has been treated this way. Cancer survivors who have had lymph nodes treated remain at risk for life of developing lymphoedema and must take steps to avoid triggers.

WILL MASSAGE SPREAD CANCER?

There has long been a fear that massage can spread cancer cells through the lymphatic system. The lymphatic system is a network of vessels just below the surface of the skin that drain into deeper lymphatic vessels and lymph nodes throughout the body.

While it is possible that cancer cells can move through the lymphatic vessels, this system of the body is also stimulated by exercise and movement. Studies show that exercise is important and may even have therapeutic value during treatment.

Furthermore, there is no evidence that suggests massage spreads cancer, and many clients will, in fact, find that massage helps with all the symptoms of treatment previously mentioned. While massage can be applied safely, it is important that the therapist has training so as not to cause discomfort or complications to the client.

In contrast to the mechanical movement of cells around the body, metastatic spread of cancer is understood to be a far more complex biological process that involves gene expression, mutation and biochemical messengers.

Continued P18

Vitality that is gained from a stress-free environment will flow to all aspects of your life.



High frequency radiation exposure from wireless communication sources is getting worse every year.

It is time that all homes or at least the bedrooms were updated with protection designed for long-term benefit.

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Geovital has been supporting the patients of its natural health clinic in Austria with radiation protection for decades. All this experience, and monitoring the long-term health effects of our ever evolving approach, has given us something others in our industry do not have - tons of practical experience in determining the approach and products that give the biggest chance of success over time. Others in our industry are often product focused - they have something to sell you. Or, they base their approach on theory, without much practical experience with health, or interest in what happens to clients 6 to 12 months later.

Our past experiences with patients demonstrated the need for our own T98 shielding paint, NOVA shielding fabric and our unique well-priced mattresses. Carrying radiation shielding products like T98 and NOVA, which are slightly more costly, makes business more challenging. Consumers, or even their advisors on home health, often unknowingly focus on price when they don't realise the risks they are taking. Geovital prefers to follow the path that leads to the best chance of success for our patients.

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Continued from page 16

Many authorities, including the Cancer Council of Australia, the Breast Cancer Network of Australia and State Cancer Councils, agree that light-touch massage can safely be given to people at all stages of a cancer journey. It is important, however, that the therapist is trained to adapt to the complexities that often present during and following cancer treatment.

WHY CHOOSE AN ONCOLOGY MASSAGE THERAPIST?

The qualified Oncology Massage Therapist will take a detailed history to determine how to best tailor the massage to the needs of the client. They will make adjustments to accommodate the side effects that the client may be experiencing from chemotherapy, surgery or radiotherapy.

They understand how to work safely around devices such as ports and surgical sites, and when all is healed, they can help relieve musculo-skeletal issues such as lymphatic cording and scarring. They know techniques which can make this the most profoundly relaxing massage that a client will ever have, and they understand the positive effects of this on the client's biochemistry.

The role of an Oncology Massage Therapist can be one of great support for the patient and the family or carer. The therapist can help educate the patient in relation to managing the side-effects of treatments and reducing the risk of developing lymphoedema following breast cancer surgery, lymph node removal and radiotherapy treatment or treatment of inguinal lymph nodes following prostate, bowel or reproductive organ cancer. Therapists can offer self-help techniques to patients and show carers or family members how to help them alleviate common symptoms.

ABOUT ONCOLOGY MASSAGE LTD

On 1st July 2013, an organisation called Oncology Massage Training became Oncology Massage Ltd, a registered training charity. The organisation had been run as a not-for-profit organisation from inception due to the philanthropic choices made by course developer, Eleanor Oyston, and her husband Chris. This has paved the way for the expansion and advancement of OM Ltd to an internationally respected Oncology Massage training organisation.

Funds raised through the charity are used to help fund training for rural and regional therapists.

OM Ltd is the only organisation outside the USA that is accredited with the Society for Oncology Massage (S4OM) to deliver Oncology Massage training. The mission of Oncology Massage Limited is to bring this therapy to all those who could benefit from it, wherever they live in Australia and whatever the setting – community, home, hospital or palliative care.

Oncology Massage therapists are located Australia-wide and can be found on the National Referral Listing at <http://www.oncologymassage.com.au/>. In this website you can also find training information and a wealth of resources.

Happiness is a not a destination, but the journey. Dealing with cancer is both destination and journey. Medicine focuses on the quality of the destination. Oncology massage focuses on the quality of the journey.

DEBORAH HART is a Director of OM Ltd and SA/WA Coordinator. She has Diplomas of Remedial Massage, Bowen Therapy and Clinical Nutrition and has been a Remedial Therapist for nearly 20 years in the outer northern suburbs of Adelaide.

Deborah works closely with local medical practitioners, physiotherapists and allied health practitioners. With a particular interest in palliative care, she volunteers at the Modbury Hospital Palliative Care Unit regularly to help bring the benefits of safe and gentle touch to both inpatients and outpatients.

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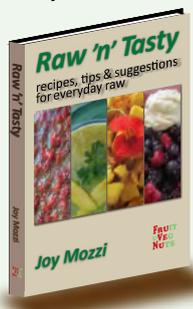
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By Keiko Sakai

Black Mica Solution (BMS) is an ionic sulphate mineral complex diluted in purified water. It is a simple and revolutionary way to promote detoxification of your water and of your body.

BMS tends to kill bacteria and pathogens, nullifies chlorine and fluoride compounds, increases oxygen levels, improves the water taste and also adds essential minerals. Because BMS minerals are colloidal, they not only provide vital nutrients, but also help to flush out heavy metals from your body.

The inspiration for the invention of BMS was a healthy pine tree growing out of a rock embedded with black mica. It is a controversial product in the US, but in Japan where it was invented some doctors have been using BMS to treat their patients who have serious health issues, often with remarkable results. The doctors think that mineral deficiency is one of the major causes of modern diseases, as our fruit and vegetables are depleted of nutrients due to modern agricultural methods.

I have looked for health alternatives for over 20 years, which led me to discover BMS. I was immediately attracted to this product because it is very simple to use,

helps to nullify fluorides, kills pathogens and is very cost effective in making your own mineral water. BMS is also excellent for treating sunburn and soothing irritation from stings, and it can be added to your bath water to make a mineral bath.

Experiences in using BMS between myself and family/friends have been exciting. I have found relief from my night leg cramps, and my hair and fingernails grow faster and healthier. My sister has found that she no longer suffers from hay fever. Also a friend of my sister with diabetes type 2 has noticed a remarkable improvement in his ability to maintain healthy blood sugar levels after commencing BMS.

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[Keiko's advertisements appear regularly in this magazine. The purpose of the above editorial is to explain why her products are promoted here. – Editor]



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en Rivers on

Make 2015 the year you focus on you!

Hopewood is a health-focused home away from home and we'd love to welcome you as a guest. If you are looking for a relaxing healthy break with some indulgent pampering, or you need to address a specific health issue, Hopewood could be the ideal place for you!

Achieve your 2015 health goals!

Hopewood's experienced therapists and practitioners will help you unwind, cleanse and set achievable long- and short-term health goals, in a gentle and nurturing environment. It's never too late to start treating your body well!

Many guests depart feeling relaxed, refreshed, energetic and happy.



Four foods to eliminate!

At Hopewood we have combined a simple checklist of foods you should eliminate (or at least try to cut down on) to help you feel healthier.

Soft drinks – Even though many advertisements tell you otherwise, carbonated soft drinks do not eliminate thirst or hydrate you – in fact, they make you thirstier due to their sodium content. Apart from that, there are countless reasons to say goodbye to soft drinks – they are addictive, they contribute to obesity (due to their high sugar content) and, of course, they also harm your teeth. For a healthy, hydrating alternative on those warm autumn days, try water with a squeeze of lemon or iced herbal teas.

Deep-fried food – Foods cooked at high temperatures create a substance called *acrylamide*, which is linked to cancer. Even though there is a safe level for consuming this substance, deep-fried food consists of 100 times the safe limit. Addicted to fried potato chips? For a nutritional alternative, try slicing up a sweet potato and baking it instead.

Excessive alcohol – We all know that excessive alcohol is bad for us and can lead to many health problems, including cirrhosis of the liver, high blood pressure and many other things. This year, we encourage you to cut down on alcohol consumption and be aware of what you're drinking. Water is always best!

Canned soups – This may come as a surprise to many people, but most canned soups you buy from a supermarket have high levels of *artificial flavourings, preservatives and other additives like MSG and trans-fats*, as well as high levels of *sodium*. Throw some veggies and herbs in a pot with some stock and you can make your own healthy, tasty version.

Remember to love your body and treat it well – it does a lot for us!

Hopewood recipes

We all know how important it is to eat healthy food, but with the frantic pace of life these days very few of us have time to spend hours in the kitchen preparing fresh, healthy meals.

Hopewood's delicious vegetarian cuisine is renowned for its flair and creativity. Our food is one of the many features our guests love and regularly comment upon.

For delicious and healthy Hopewood vegetarian recipes, visit hopewood.com.au where you can purchase the ***hopewood@home* recipe book**

Information and bookings

For more information, or to book, call us on **(02) 4773 8401** or visit our website **hopewood.com.au**



A Hopewood Recipe

Thai Tofu Cakes



INGREDIENTS

2 large zucchinis, grated
 2 large carrots, grated
 2 sticks celery, diced
 2 Roma tomatoes, diced
 4 cloves garlic, crushed and chopped
 2 whole Kaffir Lime leaves
 1/2 bunch coriander, chopped
 4 tbsp sweet chili sauce
 6 eggs beaten or 6 tbsp tomato paste
 1 cup ground almonds
 1 cup ground cashews
 1 pkt hard tofu, grated
 1 large onion, diced

METHOD

Combine all the dry ingredients into a mixing bowl, add beaten eggs and mix thoroughly.

Using a large spoon, place onto greaseproof paper and bake for 30 – 45 mins at 180 °C.

Serve with yoghurt dressing.

Yoghurt Dressing

INGREDIENTS

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

METHOD

Combine all ingredients.



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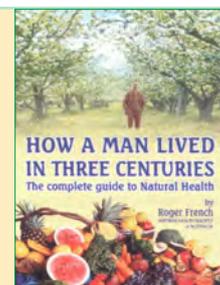
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Some members have set up the display at their workplace and generated quite a few sales. Put the books on a counter at work or anywhere where people are passing.

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GREENILICOUS SALAD WITH FREEKEH AND A ZESTY DRESSING

INGREDIENTS

1 garlic, finely chopped
1 cm square ginger, finely chopped
1 tsp cumin seeds
2 zucchinis, julienned
1 head broccoli, chopped into small florets
1 cup freekeh, washed well
1 handful kale, roughly chopped
Handful pepitas and pistachios to garnish

Dressing Ingredients

Juice 1 lemon
1 tbsp olive oil
Pinches salt and pepper
Handful of a mix of mint, coriander, parsley, finely chopped
Half a green chilli, finely chopped

METHOD

In a fry pan, gently fry the garlic, ginger and cumin seeds for 2 minutes. Before the ginger and garlic turn golden, add the broccoli florets and fry for 4 more minutes. Add the julienned zucchinis and fry for another 4 minutes. Season with salt and pepper, then turn off heat and put aside.

To make the freekeh, place 1 cup washed freekeh in a medium sized pan, add 4 cups water and bring to boil. Turn down heat and cook for 20 – 25 minutes until soft, stirring occasionally. Once the freekeh is cooked, place in a colander and run hot water through it for ten seconds to remove any gugginess.

In a salad bowl, mix the cooked freekeh, broccoli and zucchini with the chopped kale and pepitas/pistachios. In a dressing jar, mix the dressing ingredients together, remembering to taste and season as you go.



Dress the salad just before serving – and enjoy!



STUFFED PUMPKIN WITH WILD RICE, LEEKS AND ZUCCHINI

INGREDIENTS

250g wild rice or any rice mix
1 tbsp butter
2 leeks, sliced
2 zucchinis, cubed
¼ cup currants
4 carnival squash pumpkins
¼ cup parmesan cheese
4 small slices of brie
Himalayan salt and pepper to season

METHOD

Pre-heat your oven to 200°C. Begin by cooking the wild rice. I use a rice cooker which takes about 10 minutes. In saucepan on medium heat, sweat the leeks in the butter for 5 minutes, then add the zucchini. Fry for another 8 minutes until leeks and zucchini have lightly browned. Season with salt and pepper and turn off heat. Once the rice is ready, add it to the leeks and zucchini, along with the currants and mix.

Cut tops off pumpkins and remove the seeds with spoon. Fill the pumpkins halfway with the wild rice filling, add the slices of brie, then fill with more filling and finish by sprinkling parmesan cheese on top. Place tops of pumpkins back on, then bake in oven-proof dish for 1 hour. Take out of oven, place a sheet of baking paper on top of pumpkins and place back in oven for 30 minutes. Your pumpkins are ready when you pierce with fork and flesh is very soft. This will enable you to eat the skin as well as the flesh.

Preparation time 35 minutes, cooking time approx. 60 minutes

Katinka Day is the writer of the Aussie blog, 'The Thoughtful Eater'. She's all about showing how simple it is to become more involved with your food by preparing delicious vegetarian and vegan food.

Instagram: [thoughtfuleater](#)
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RAW BROWNIES WITH MIXED NUTS



INGREDIENTS

- 1 ½ cups almonds and hazelnuts
- 3 tbsp raw cacao powder
- 2 tbsp of coconut flakes
- 1 vanilla bean, halved and insides scraped out
- 1 tbsp psyllium husks
- 300g dates, pitted

METHOD

Place the nuts, cacao powder, coconut flakes, vanilla bean and psyllium husk in blender and blend until nuts are in small pieces. Then turn blender on again and slowly drop in dates one by one. When dates have broken down and you have a rough paste, stop blending.

Taste the mix to see if it is to your liking. If too sweet, add a little salt. If it needs sweetening, add honey.

Take some of the mixture in your fingers; you should be able to bind it together. If not, blend in some water and more dates as these are the main binding agents.

Line a tray with baking paper and pour the mixture in. Make sure it is tightly pressed and then freeze for 1 – 2 hours. Slice and enjoy!

Preparation time 10 minutes; setting time 1 – 2 hours

BROWN LENTIL CASSEROLE

INGREDIENTS

- 2 cups red lentils
- 20g butter or butter alternative
- 2 tbsp olive oil
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 1 leek, white part, washed and finely chopped
- 5 – 6 thyme sprigs
- 2 cups vegetable stock
- 1 garlic clove, peeled
- 2 bay leaves
- 2 large handfuls chopped parsley
- ½ lemon

METHOD

Place butter, olive oil, celery, carrot and leek in a large saucepan and fry the vegetables until they are soft (approx. 6 – 7 mins). Add thyme and stir well to combine. Add the lentils, then pour in enough stock to cover the vegetables.

Add the garlic clove and bay leaves and bring everything to the boil, then reduce the heat and simmer for about 20 minutes or until lentils are cooked.

To serve, season with sea salt or Himalayan salt and pepper, stir in the parsley and add a squeeze of lemon.





Dietary regime of the Gerson Therapy

By Jo Thompson, RN, BN, Health Practitioner

The diet for Gerson Nutritional Therapies is completely different from normal nutrition. People read the 'forbidden' food list and the accepted foods list and often exclaim 'what am I to eat??'.

Gerson's nutritional therapy for cancer and other diseases is not an easy therapy to commence alone; you require guidance, support and monitoring. Many mistakes are made by people misinterpreting the therapy, omitting important parts or adding in forbidden foods.

The diet is strict, regimented and time tested. I have seen countless clients improve their health status for virtually all ailments – diseases, especially cancer, auto-immune disorders, arthritis, diabetes and mental health issues including anxiety and depression.

What does it involve?

The diet forms the basis of the nutritional program. It is the most important part of the therapy, and should not be altered or changed in any way. If a client is struggling for any reason, we always encourage them to keep eating over and above juices, enemas or medications/supplements. For a complete list of allowable and forbidden foods, please contact me.

A typical daily diet for the Gerson Client

Breakfast

A large bowl of rolled oats cooked in distilled water and sweetened with either stewed fruits or raw honey. The oats are best soaked overnight. I do allow a small amount of freshly squeezed orange juice.

A 240 ml glass of freshly squeezed organic orange juice – must be made by hand.

Some additional raw or stewed fruit.

Optional – a slice of toast of unsalted organic rye bread (only one slice of bread allowed daily).

Lunch

Salad, mixed ingredients from the allowable list, all raw.

Dressing can be made from flaxseed oil and lemon juice.

1 cup Hippocrates soup.

1 baked, boiled or mashed potato.

1 – 2 freshly cooked vegetables.

Raw or stewed fruit.

Dinner

Follow the same as for lunch, but with different vegetables and fruit for dessert.

After all the above food has been consumed, you may be allowed an extra slice of rye bread.

Ease the burden of digestion

All food must be prepared with great care, so as to not destroy nutrients. Cooking must be slow and on a low heat. Foods are prepared freshly for each meal, not stored and eaten later. Do not buy any produce in plastic bags or containers. Organic is best.

Vegetables should *not* be peeled, as valuable nutrients are contained under the skin; they should be washed and scrubbed prior to cooking. Cooking of vegetables must be *without* water and on a low flame until well done. Using tomatoes, leeks and onions will keep the environment in the pot moist, stopping the food from burning. The saucepan must *not* be aluminium; cast iron is best. It requires a tightly fitting lid to prevent steam from escaping.

The diet is based on the principle that sodium must be excluded, so that the highest amount of potassium-rich foods are consumed, absorbed and utilised. High levels of potassium in the cells mean high oxygen – where there is oxygen, cancer cannot grow.

The rationale for this diet is to take the burden of digestion away from the body so that all the energy produced goes into healing the body of disease. The diet is more easily digested than a typical

Western diet; it also stimulates elimination of toxins from the cells.

The Gerson diet contains a balance of raw and cooked foods. The body needs larger portions and more frequent servings so that healing can take place. Neither the dietary regime alone nor the medication alone is effective. The combination of all four parts of the therapy is essential for success.

In my clinic, I have seen countless clients improve their health, lose weight, reverse diabetes, increase energy, sleep better and become happier, well balanced people.

Recently, a young female diagnosed in December 2014 with rectal cancer and metastasis [spread] – and given just months to live – commenced the Gerson nutritional program. Within four weeks she had come off her pharmaceutical medications, including large amounts of pain relief. Her energy has improved, her skin is glowing and she feels so much better. Last week her scans revealed that all her tumours had shrunk by one third. Yeha!! The oncologist was intrigued and mystified. He told her to continue what she is doing, as it is clearly working.

more information ...

For more information, monitoring and support, contact Jo Thompson for a consultation, or a short stay or advice on 02 4384 1501 or email jojthompson@bigpond.com, facebook BN2 Health.

We have just started a Gerson support Facebook page as well. Happy healing!



Joanne Thompson
Health Practitioner
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Herbs For Every Reason

Part 9– Boost Your Immune System

By Margie Hare

With the change in seasons nearly upon us, we need to be conscious of our immune systems. Here are 15 check points to focus on in the coming weeks, with a number of herbs to support your regime to stay healthy, fit and strong throughout 2015.

Well balanced diet. Eat foods rich in minerals and vitamins. Eat a healthy variety of fruit, vegetables, nuts, seeds and whole grains. Drink green tea, eat organic wherever possible to avoid toxic chemicals that cause cell damage, and avoid all processed food.

Herb tip: Always include elderberry, which is a rich source of anthocyanins, tannins and flavonoids. These benefit and regulate the immune system and are antioxidants.

Reduce Stress. Stress activates the secretion of cortisol, a steroid hormone that is produced by the adrenal glands. This hormone suppresses the immune system.

[naturehealth.com.au/relaxation/](http://www.naturehealth.com.au/relaxation/)

Herb tip: Ginseng helps increase resistance to stress and infection.

Regular exercise. This is vital, as it ensures proper blood supply and reduces stress. Perspiring gets rid of some of the accumulated toxins. But avoid excessive weightlifting.

Quality Sleep. Eight hours sleep every night is essential. With enough quality sleep your immune cells and organs have time to revive, energize and rejuvenate.

<http://www.naturehealth.com.au/curing-the-natural-way/quality-sleep/>

Herb tip: Burdock helps to eliminate free radicals and purify the blood while you are sleeping.

Deadly Viruses. If you smoke, use drugs or consume excessive alcohol, stop or reduce. All these weaken your immune system and are capable of wrecking it completely, opening the gate for infection and diseases.

Herb tip: Sorrel supports the endocrine system.

Watch what you breathe. Avoid places where the air is polluted and there are airborne toxic substances.

Watch what you drink. Carbonated drinks are to be avoided as they are one of the worst things you can drink. A 500 ml bottle can 'paralyse' the immune system

for up to 12 hours. Drink up to two litres of quality filtered water daily to help flush toxins from the body. Drink water and green or herb tea daily.

Herb tip: Take a big bunch of fresh organic parsley and crush it in your hands Place in a jug in one litre of water and leave overnight to infuse. Drink this one litre of water slowly throughout the following day. It is a wonderful kidney tonic.

Personal hygiene – pay attention to these routines daily. Brush teeth morning and night and always rinse well with warm salty water; massage gums with bicarbonate of soda and practise coconut oil pulling regularly. Gargle and rinse with colloidal silver at the first sign of infection.

<http://www.naturehealth.com.au/curing-the-natural-way/coconut-oil-pulling/>

Herb tip: The pure essential oil of oregano shows potent activity against viruses and helps to kill off the viruses and bacteria that cause colds, flu and sore throats. Use it as a gargle and try sipping oregano tea.

Direct sunlight. Take care in the sun between 10am and 3pm. Over exposure at these times weakens the immune system.

Herb tip: Honeysuckle, stinging nettle and yarrow are all herbs that you can use in herbal tea infusions to boost your immune system.

Laugh a lot – laugh daily. Watch old and funny movies, laugh out loud. Join a laughter class.

Herb tip: Slippery elm helps to maintain a healthy inflammatory balance in the cell membranes and organs.

Cleanse regularly. Regular bodily cleansing has been the practice in many cultures for centuries. <http://www.naturehealth.com.au/curing-the-natural-way/cleanse-your-body-healthily/>;

Herb tip: Indian rhubarb helps the liver to eliminate wastes and toxins

Weather changes. Extreme weather changes can play havoc with your immune system. In the cold, rug up warmly; take care in the wind and don't sit in a draught

Herb tip: Echinacea is helpful for shortening the duration of viral and bacterial infections

Qi Gong. Practice daily – it's the Chinese secret for longevity.

<http://www.naturehealth.com.au/what-is-qi-gong/aspects-of-qi-gong/>

Herb tip: The Chinese believe that one cup of green tea every day keeps you regular and healthy. The occasional slight bitterness is good for the heart and stimulates digestion.

Low vibrational state. Don't hang around people who fit this description for longer than is necessary – for example, negative depressed people in bars, pubs and gambling dens, etc. Similarly, minimise time spent in shopping malls, airports and hospitals.

Herb tip: Garlic protects the heart and helps to prevent colds and flu.

Do things you enjoy. Whatever it is, do it often, especially if it is out in nature. This brings joy to your heart and bodily cells.

Herb tip: Spend time in your herb garden or visit your local botanical gardens. Brush past the lemon verbena or the rose pelargonium – smell the herbs, their energy is uplifting.

IT'S ALL ABOUT BALANCE

In all the above, it is about balance. This means a pure, unmixed, refreshing diet, with fresh plain water and not too much salt, sugar, strong flavours or spices. Your eating can be flavoursome but delicate.

I'M HITTING THE ROAD

I am delighted and yet sad to tell you that this will be my last article for a while. I have decided to embark on a lifestyle change. I have invested in a motorhome and will be on the road promoting 'Take charge of your health naturally', which is my passion, along with *Herbs for Every Reason*.

I would be delighted to visit and talk to your local group, or present a lecture on this subject when I am in your area.

Please do not hesitate to contact me with any questions or a date for me to share. Phone Margie Hare on O407 187 159

You can always follow where I am on Youtube: naturehealth, or on my website: www.NatureHealth.com.au

Do enjoy cooking and eating with herbs! Boring food makes boring people!



High blood pressure

Natural therapies for reducing it

BY LYN CRAVEN, NATUROPATH

With our stressful lifestyles, we hear more and more of people being diagnosed with high blood pressure (HBP), medically referred to as *hypertension*.

What is Hypertension?

In simple terms: the heart pumps blood around the body via blood vessels. 'Blood pressure' refers to the amount of force exerted on the artery walls when blood is being pumped throughout the body. When you have HBP, your blood is pumping with more force than normal.

This extra force causes stress on the arteries and can contribute to clogged arteries and fatty plaques known as *atherosclerosis*, which can trigger heart attack and strokes.

When the heart contracts, it sends blood from inside the left ventricle out into the aorta and other arteries, then into small vessels called *arterioles*. The integrity and tone of the muscular walls of the arterioles determines how relaxed or constricted they are. If they are tense and narrow, they resist the blood flow.

When there is reduced flow of blood, it is detected in the brain, kidneys and elsewhere, including nerve reflexes. The heart muscle then beats with more force, so blood pressure is elevated to overcome the restricted flow through the arterioles. When we have a good flow (not a forced high pressure), this can prevent other problems occurring in the brain and kidneys. Without sufficient flow, there is lack of oxygen to the brain, which can also affect the eyes. People who have had HBP for a long time – especially without treating it either naturally or with pharmaceutical drugs – tend to have a larger heart, due to it having had to work harder.

Hypertension rarely produces symptoms, so people don't realise they have it in most cases. Therefore, it is recommended that you have a BP check at least once a year – unless you have your own self-monitoring equipment. This equipment is affordable for most people and of great benefit for keeping a check on how your BP is performing – so do consider investing in one. But still be sure to visit a GP regularly and also a natural medicine practitioner for support.

What causes HBP?

- Stress is number one
- Poor lifestyle and dietary habits
- Sometimes a genetic predisposition
- General surgery
- Accidents/trauma
- Pharmaceutical medications
- Chronic constipation
- Excessive alcohol consumption
- Fevers/viruses
- Kidney disease
- Excessive salt intake
- Obesity
- Adrenal and thyroid imbalances/ disorders
- Smoking
- Heavy metal poisoning
- Recreational drugs
- Older age
- Pent up emotions
- Some parasites
- Electromagnetic interference

Electromagnetic interference might be little known, but if you are not 'earthed' (as Americans refer to it), or not 'grounded' as we Aussies say, this can affect the body's energy field and in turn affect its entire metabolic function.

When you ground yourself, it helps eradicate free radicals and can help counteract inflammation. It calms the sympathetic nervous system, so this system is no longer in overdrive. (Ref. *Earthing* by Clinton Ober, Stephen Sinatra MD and Martin Zucker)

Some simple ways to help earth/ground your energy are:

- Paddling in the ocean or walking on sand, grass or natural soil.
- Turning on the tap and holding your hands under running water, or hold the tap, this can also ground you. It's good to do this after a lot of computer work.
- Place Epsom salts in a glass jar next to your computer/electrical devices or wear a small amount in a tissue when handling such devices, and throw out at end of day.
- Epsom salt baths.

Some cases of extreme HBP

Recently a friend broke her wrist. She had been overworking for months and rushing around – wearing many hats. Due to the trauma, her BP increased to 200/130. This was extraordinarily high! The doctor checked her twice to see if equipment was an issue, but no, it was, exceedingly HBP. She declined drugs and is taking homeopathic remedies and herbs while her wrist is healing.

This is a good example of how BP can shoot up after sudden trauma. Such cases don't always warrant treatment. The body often re-adjusts once the trauma is resolved. My friend needed constant rest for a few weeks due to being totally burnt out.

However, I must point out that many people would panic at such a high reading and opt for temporary use of medications until it lowers. If this is the case, just take care that your doctor does not leave you on them longer than you need.

I, myself, had general surgery last year and my BP rose to over 164/99ish – it had never been that high! Now I have reduced it to a more normal range of 126/75 to 131/82 using herbs, natural remedies and meditation.

Another lady had high BP of around 175-180/95-98 with some variations during the day. I recommended herbal medicine which brought relief, but she had an appointment with an integrative doctor, who told her quite bluntly that the herb would not work and she needed to take script medication. The woman took the meds and felt unwell on them. After discussing it with me, she decided to stop the meds and go back on the herbs. We realised that she had not been taking herbal medicine long enough for it to work. Now her BP is at an acceptable range of around 130-135/78-83. We have reduced the dosage of herbs. Her diet was assessed and regular exercise encouraged.

I find it to be unprofessional for a doctor, who professes to also be a naturopath, to have no confidence in herbal medicine. My question would be – why is she advertising herself as an integrated doctor when she appears to have little knowledge or confidence of how natural

remedies can work. This happens more than I would like to say. They frequently fall back to their medical training and prescribe drugs. They are often impatient and I believe sometimes fearful of not achieving positive outcomes, and they project this fear and doubt onto the patient.

Our BP changes during the day. The body is 'fluid' and everything moves and flows in accordance with our daily activities, things we consume and our thoughts and emotions. Emotional stress plays a huge part in HBP, not just physical trauma.

We need to be aware that as we age, our BP is often a little higher than the text book figures quoted below. We must always allow for this. On the other hand, in some people BP becomes lower with age. There are no pharmaceutical medications for low BP, but there are great herbal remedies to help it increase to acceptable levels.

What is considered normal for BP?

A blood pressure reading has a top number (*systolic*) and bottom number (*diastolic*).

Though there have been a few changes in what is normal for BP, here is the average range often quoted:

- Normal: Less than 120 over 80 (120/80)
- Prehypertension: 120 – 139 over 80 – 89
- Stage 1 high blood pressure: 140 – 159 over 90 – 99
- Stage 2 high blood pressure: 160 and above over 100 and above
- High blood pressure in people over age 60: 150 and above over 90 and above

As with all statistics, there are always exceptions, and each case should be monitored and treated as a whole, that is, considering the whole body and not just focusing on the HBP. The above is a guideline that is issued to help medical doctors and anyone else to set a 'yard stick' to monitor people.

Some situations such as prior/during/after surgery and accidents or fevers can cause a temporary spike in BP, so such cases should be monitored and treated accordingly – not necessarily given pharmaceutical medications.

How can we resolve HBP?

The majority of people with HBP discover they have it when they visit a doctor, often for their yearly check-up or when some disorder manifests. If the pressure is high, they are often recommended to take a pharmaceutical medication. Many opt for this – it's easy and they don't have to worry about making changes to their lifestyle. However, there is always a pay off, and people often discover that other symptoms develop or other health disorders which are drug related develop. Then they may be prescribed another drug to counteract these symptoms/disorders.

High cholesterol levels can often be a result of BP drugs, so people are then prescribed cholesterol lowering meds, typically the potent statins. All these take a terrible toll on the liver.

On the other hand, some people feel they are OK on a pharmaceutical med, but they don't know what may manifest long term. If they continue with a poor diet, excessive alcohol consumption, smoking or living a stressful life, etc, they have only themselves to blame for whatever else may occur. We must take responsibility for our health/lifestyle choices.

Natural Therapies

Whether you visit a naturopath, herbalist, homeopath or Chinese medicine practitioner, they will all assess you as a whole and obtain a full case history to ascertain the 'drivers' behind the HBP. The drivers are what need to be treated. Diet and your lifestyle will be assessed and modified.

Meditation is excellent for helping combat stress. If a person has certain emotional issues or trauma, specific meditations will be recommended to help them adjust and work through it.

Herbal remedies have frequently proved to be of great benefit in stabilising and balancing HBP by treating the cause.

Hormonal imbalances can play a role in HBP and must also be addressed. No 'one shoe fits all', so there is no point in copying what your friend or family member is doing, since you need to be treated individually.

Many of the herbs that are formulated by professional herbalists/naturopaths are not available retail because dosage is very important and often some can be considered 'low dose' herbs. Recently, I have had people telling me that their GPs shy away from herbs and say that "we" can't be sure that the herbal formulae are correct. Herbalists and naturopaths, including TCM practitioners, go through four to five years of training, so we know exactly how to

formulate remedies. It's the orthodox GP's that have no knowledge of this, so their lack of education regarding formulating and dispensing creates fear and they scare their patients, telling them that they don't work or are not safe, etc.

Since regular doctors have no training in clinical nutrition, they overlook the necessity for optimum mineral levels. Any other underlying disorders that could be triggering the HBP may be due to mineral imbalance. For example, magnesium, calcium, chromium, zinc and others.

If people self-prescribe and select herbs that they have read about (especially on the internet), and if they are also taking a pharmaceutical medication, there may be a clash between the herbs and the drugs. Or there could be a synergistic action in a combined formula of herbs. So, the best option is to see a professional and have them prepare remedies that are tailored for your case.

Ask yourself these questions. How serious are you about resolving your disorder and obtaining optimum health? What are you prepared to change and sacrifice to achieve this? It is very empowering to take on this responsibility which many people fail to do.

Homeopathy can also be very helpful in balancing blood pressure. Many blood pressures are dangerously high and unresponsive to drugs, or people have side effects from the drugs, such as dizziness, nauseous or headaches. If people present to me on HBP medication, I **never** take them off the drug. I work around the drugs with homeopathy or herbs to a point where the drugs can be reduced and finally, in many cases, stopped.

Healthy food/lifestyle choices

- Eat a fresh food diet full of green, leafy vegetables and root vegetables as salads or steamed, ideally organic. Otherwise make sure you wash them well by soaking in a bowl of water containing 1 – 2 teaspoons white vinegar. After at least 15 minutes, rinse with filtered water before consuming.
- Drink 1 – 2 litres pure water daily, depending on fruit and vegetable intake. Don't drink straight tap water; ideally purify it by reverse osmosis.



- Fresh fruit in moderation: 2 – 3 kinds a day unless you have a blood sugar problem.
- A gluten-free diet is best. However, it's a good idea to avoid all grains if possible, with the exception of oats or oatbran which has been known to help lower BP.
- If you are eating vegetarian [as the Natural Health Society recommends], make sure to balance your legumes, nuts and seeds so as to obtain adequate protein on a daily basis. [For those who do eat animal foods, best are deep-sea fish, cold-water fatty fish and free-range poultry and eggs. Limit red meats to once a week or fortnight.]
- Limit yourself to 2 teas (preferably green) a day, and if you must, one organic brewed coffee per week (as a treat!). Caffeine is a stimulant and is best avoided, although it depends on severity of the HBP. Never consume such stimulating beverages after noon. They affect the central nervous system – and possibly your sleep.
- Sea salt or Himalayan rock salt – a pinch on meals is good for metabolism, digestion and cardio health, contrary to the old way of thinking. It's the common table salt that causes problems.
- Step up the exercise, especially brisk walking. Most people can walk unless they have a physical impediment. Set yourself goals and walk a little further each day. Challenge yourself, but don't exert to the point of shortness of breath – be sensible. Good choices if you enjoy them are running (on soft surfaces), swimming, tennis, cricket, golf and so on. Exercise can reduce stress, the great driver of HBP.
- Self-monitoring of BP is good when commencing an exercise program. For those who do regular exercise, and yet have HBP, the source of the problem must be addressed. You may wish to slightly increase your exercise routine unless in some unique cases it exacerbates your blood pressure.
- Meditation each day is very important for everyone! Learn it in a group, one-on-one or via a CD.
- Most importantly, get enough sleep and down time! The majority of people need 7 – 8 hours' sleep a day. This needs to be restful sleep without interruptions.
- Resolve what isn't working properly in your body – it could be affecting your blood pressure.

Lyn Craven is a practitioner of naturopathy and Bowen therapy and an Energy/Reiki therapist, meditation teacher, corporate health facilitator and presenter for health expos. She is also a health researcher and writer and has produced a meditation CD. She runs a private practice in Sydney and can be contacted on 0403 231 804 or by email at lyncraven@bigpond.com. Website lyncravencorporatehealth-naturopath.com

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 Wonhas 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... This breakthrough demonstrates that the power plants of the future could be using the free, zero-emission energy of the sun to achieve the same result."

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 CSIRO and Abengoa Solar, the largest supplier of solar thermal electricity in the world, are developing advanced solar storage to provide electricity at any time, day or night.

(CSIRO News Release, 3rd June 2014)

TEN MILLION FREED OF FLUORIDE, 2014

US Fluoride Action Network, 2nd December 2014

We have had victories in 2014. The fluoride-free movement has continued to grow throughout the world at a staggering pace. More than 400 communities have ended water fluoridation or rejected new efforts to fluoridate either by council vote or citizen referendum since 1990.

In 2014 alone, at least 30 communities representing 9,961,000 residents rejected or ended fluoridation.

Israel Bans Fluoridation. 7.9 million residents in Israel will no longer have fluoride added to their drinking water. On July 29, 2013 the Supreme

Court of Israel ruled that new regulations required the country to reverse it's 14-year-old nationwide fluoridation mandate and stop adding fluoride chemicals into public water supplies in 2014. In August 2014 the Health Minister stated that fluoridation would be outlawed throughout the country as of August 26.

This leaves Ireland as the only country with mandatory fluoridation.

Ireland Will Likely Be Next. Ireland is likely to follow Israel's example. In recent years the fluoride-free momentum has been building in Ireland. In 2013, a bill was introduced, which would not only reverse the mandate, but would make fluoridation a criminal act.

On 10th March 2014, Cork County Council, the largest county council in Ireland, voted by a huge majority to call on the federal government to ban fluoridation throughout the country.

Fluoride Litigation in Canada. In Canada, a resident launched a lawsuit challenging the constitutionality of adding fluoride to municipal drinking water in Canada.

Infant Warnings. In the journal *Lancet Neurology*, March 2014, medical authorities classified fluoride as a developmental neurotoxin. The authors pointed out that 27 studies of children exposed to fluoridation found an average lowering of IQ by seven points; twice that of the effects of second-hand smoke on children.

Journal Article Calls for Prohibition of Fluoridation. In 2014, *The Scientific World Journal* published a review article in which the authors state, "Available evidence suggests that fluoride has a potential to cause major adverse human health problems, while having only a modest dental caries prevention effect."

BENZODIAZEPINES AND DEMENTIA RISK

Source *Medical Observer*, 20th Jan 2015

A Canadian study in September 2014, involving nearly 9,000 elderly people, found that the risk of Alzheimer's disease increased when benzodiazepines were taken daily for more than three months.

The longer the drugs were taken, the greater was the incidence of Alzheimer's. After six months or more, the incidence reached its highest level.

Well known brands of benzodiazepines are Valium, Serepax and Mogadon,

Medical Observer points out that while these findings cannot prove cause or effect, they do add to the evidence for a link between long-term use of benzodiazepines and dementia.

DEMENTIA TEST — STAND ON ONE LEG FOR 20 SECONDS

Source WDDTY, 8th Jan 2015

If you're wondering whether you might be suffering from dementia, try standing on one leg for 20 seconds. If you can, there's a good chance you will be fine.

People who struggle to stay balanced are more likely to have suffered small blood vessel damage in the brain that increases the chances of cognitive decline and stroke.

In a study of 1,300 men and women, with an average age of 67, one in three of those who didn't pass the test had unknowingly suffered two or more 'silent stroke' lesions, while three in 10 had had two or more micro-bleed lesions in the brain.

These people were not aware of any signs of cognitive decline, but the researchers stated that they are more likely to suffer dementia or a stroke in the future.

(Source: *Stroke*, December 2014)

HEART DISEASE — DIET MUCH BETTER THAN STATINS

Source WDDTY, 28th Jan 2015

Research in the UK found that around 750 lives a year are saved by cholesterol-lowering statin drugs, but six times as many could be saved by regular physical activity and a healthy diet. This amounts to preventing 4,600 deaths from heart disease.

The researchers from the University of Liverpool concluded that statins have only a marginal effect on saving lives and that much more effort should go into promoting healthier lifestyles, while putting restrictions on the marketing of junk foods and increasing taxation on sugary drinks. They recommend that government subsidies for healthier foods should also be introduced. (Source: *BMJ Open*, 2015: 5(1))

MEAT CAN HARM THE HEART

Source *Medical Observer*, 5th Nov 2014 Press Association

A constituent of red meat when digested by our gut bacteria can promote hardening and narrowing of our arteries, which can harm the heart.

The compound, *L-carnitine*, digests to form two other compounds that have been found to promote atherosclerosis, which can lead to heart attacks and strokes.

Cell Metabolism 2014; 20(5):799–812

DRUG COMPANIES KEEP 'SECRETS' ABOUT STATINS

Source WDDTY, 12th Jan 2015

Much of the data of drug research is not fully revealed. It has been reported that the complete results of studies into the effectiveness and safety of cholesterol-lowering statin drugs and the anti-viral drug, Tamiflu, may never be made public.

Efforts to make all the data from new clinical trials to be publicly available are being made by the European Medicines Agency, although such regulation won't come into effect until 2016.

(Source: *BMJ*, 2015; 350:g7811)

LACTOSE INTOLERANCE PROTECTS AGAINST THREE CANCERS

Source WDDTY, 7th Nov 2014

Although lactose-intolerance can cause people great inconvenience, Swedish research has found that these people have a considerably reduced risk of lung, breast and ovarian cancers, which suggests that milk and other dairy products may have some connection to cancer.

Researchers from Lund University in Sweden studied nearly 23,000 people who are lactose-intolerant and found that they appear to have protection against these cancers, compared to the general population. This applied even within their own families. Lactose is milk sugar, and people who are lactose-intolerant need to avoid virtually all dairy products. It appears that their dairy-free diets are protecting them, the researchers say, although they can't state this categorically.

HIGH VITAMIN D BENEFITS CANCER PATIENTS

Source WDDTY, 16th January 2015

Researchers at the Dana-Farber Cancer Institute in the US have discovered that higher levels of vitamin D increase the lifespan of cancer sufferers, even when cancer has spread.

The cancer patients who had the highest levels in their bloodstreams lived almost a year longer than those with the lowest levels. This was equivalent to a 33 percent greater survival rate. Their cancer was colon cancer that had spread.

(Source: *Proc. American Society of Cancer Oncology Gastrointestinal Cancers Symposium*, San Francisco, January 13, 2015)

E-CIGS MUCH WORSE FOR CARCINOGENS

Source *Medical Observer*, 28th Nov 2014

E-cigarettes contain up to 10 times more cancer-causing compounds than normal cigarettes, Japanese scientists say, the latest blow to an invention once heralded as less harmful than smoking.

These electronic alternatives to cigarettes heat a flavoured liquid, usually containing nicotine, to produce vapour which is then inhaled. This is somewhat similar to regular smoking, but there is no smoke.

The researchers found formaldehyde, acetaldehyde and other cancer-causing agents in the vapour of several kinds of e-cigarette. The level of formaldehyde was 10 times the level that occurs in regular cigarette smoke.

VEGAN DIET BEST FOR LOSING WEIGHT

Source WDDTY, 14th Nov 2014

Researchers at the University of South California tested five different diets to see which brought the most rapid weight loss and found that a vegan diet is best.

The other four diets were vegetarian (may include dairy and eggs), omnivorous (no restrictions), semi-vegetarian (meat eaten occasionally) and pesco-vegetarian (the only flesh consumed is fish).

The researchers declared that not only is vegan eating the best way to lose weight quickly, it also provides the most health benefits. The key is in eating plant foods only, including carbohydrates.

After six months, the people on vegan diets had lost seven-and-a-half kilos on average, which was 4.3% more than that achieved by any of the other diets.

(Source: *Nutrition*, 2014; doi: 10.1016/j.nut.2014.09.002)

The Pancreas

A small but critical organ producing enzymes and hormones



SUMMARY

- The pancreas has dual functions; it produces digestive enzymes and an important hormone.
- The digestive system role of the pancreas is to produce enzymes that play major parts in the digestion of protein, carbohydrate and fat.
- The endocrine system role is to produce insulin, the hormone which reduces blood sugar levels (and prevents diabetes).
- When things go wrong with the pancreas, the possible diseases include pancreatitis (inflammation), diabetes and pancreatic cancer.

THE PANCREAS IS A GLAND

The pancreas is a small oblong gland with key roles in digestion of food and in the hormone (endocrine) system. It often goes unnoticed until problems occur.

The location of the pancreas is in the abdomen, behind and partly beneath the stomach, that is, sandwiched between the stomach and the spine. It is around 20 cm (eight inches) in length and is wide at one end and narrower at the other.

The Better Health Channel, an arm of the Victorian Government (www.betterhealth.vic.gov.au), explains that the pancreas comprises glandular tissue and a system of ducts. The ducts converge to form a main duct, the *pancreatic duct*, which runs the length of the pancreas. The pancreatic duct joins with the bile duct to form another duct, the *ampulla of Vater*, which enters into the duodenum, which is the first part of the small intestine as it leaves the stomach.

The pancreatic fluid containing enzymes and the bile produced by the liver enters the small intestine at its very beginning, and all have major roles in digesting protein, carbohydrate and fat.

Within the pancreas, the *islets of Langerhans*, produce the pancreatic hormones. The islets are clusters of cells scattered throughout the pancreas, their number being around one million islets in a healthy adult pancreas, even though they make up only one to two percent of the entire organ.

FUNCTIONS OF THE PANCREAS

The pancreas comprises an *exocrine* part and an *endocrine* part.

The **exocrine** part produces pancreatic juice that contains the major digestive enzymes, namely:

pancreatic protease or *trypsin*, which continues the digestion of protein that was initiated in the stomach;

pancreatic amylase for the digestion of carbohydrates that was initiated by salivary amylase in the mouth;

and *pancreatic lipase* which digests fats.

The role of bile, a greenish-yellow fluid, is to emulsify fat into minute droplets so that the lipase can access the fat to break it down. Bile is stored in the gallbladder until it is needed to join the pancreatic fluid and deal with fat.

The protein digesting enzyme has an interesting way of working. Because the pancreatic ducts themselves are made of protein, the trypsin would digest the ducts. However, nature has solved this by making trypsin inactive in the pancreas and only becoming activated once it reaches the duodenum. Another of nature's brilliant devices.

The exocrine pancreas also produces sodium bicarbonate, which neutralises the stomach acid and creates an alkaline medium in the duodenum.

The 'pureed' food, together with its added pancreatic fluid and bile is pushed by peristalsis through many metres of small intestine, while these fluids bring digestion to completion.

The **endocrine** parts of the pancreas, the islets of Langerhans, produce important hormones, the main ones being *insulin* and *glucagon*, and secrete them into the bloodstream. One cell type in the islets senses when there is too much sugar in the blood and releases the required amount of insulin to reduce the blood sugar level to normal.

After a meal, as the blood glucose level rises, there is an increase in the amount of insulin secreted. This causes muscle cells and other cells to take up glucose and so the level in the blood reduces back to normal. Insulin secretion then declines.

Glucagon works in the opposite way. When blood sugar is low, it is secreted to raise blood sugar level. When blood glucose is high, no glucagon is secreted. It raises blood sugar level by causing the liver and other tissues to convert glycogen (akin to insoluble glucose), amino acids and stored fat into glucose to be released into the bloodstream.

Insulin and glucagon work in partnership to keep blood glucose levels balanced, because the correct levels are critical for major organs, including the brain, liver and kidneys.

SYMPTOMS OF PANCREATIC DISEASES

There is no point in listing the symptoms of diseases of the pancreas because it requires a skilled practitioner to sort out particular maladies, due to the fact that numerous conditions have many overlapping symptoms. Even the professionals often misdiagnose.

WHEN PROBLEMS ARISE

The Better Health Channel lists the major disorders that can develop in the pancreas as *acute pancreatitis*, *chronic pancreatitis*, *diabetes* and *pancreatic cancer*.

Acute pancreatitis

The pancreas has become inflamed, suddenly, on a short-term basis. It is a medical emergency requiring prompt attention. The pancreatic enzymes are trapped within the organ resulting in a burning sensation.

The most likely causes of acute pancreatitis are excessive intake of alcohol and gallstones blocking the bile duct. Other possible triggers include particular drugs, injury to the pancreas, mumps and pancreatic cancer.

Chronic pancreatitis

When pancreatitis is chronic, it means that bouts of inflammation recur over months, even though alcohol, gallstones, etc, may have been remedied. People

affected by alcoholism are more likely to suffer chronic pancreatitis.

Areas of the pancreas are eventually damaged or destroyed by the ongoing inflammation, which compromises its functions, leading, in particular, to digestion problems.

Diabetes

Diabetes results if the islets of Langerhans can't produce enough insulin as required by blood sugar levels, so these will remain high. Elevated blood sugar levels also occur if the insulin doesn't work properly, even though adequate insulin is produced. A prominent cause of this is a high level of fat in the bloodstream (referred to as 'high triglycerides').

Pancreatic cancer

When malignant (cancer) cells develop in and take over the pancreas, the production of pancreatic enzymes and hormones is impaired or stopped, with obviously profound consequences. Most pancreatic cancers occur in the head of the pancreas, which can block the bile duct and restrict the flow of bile. The back-pressure in the liver can result in a build-up of bile pigment in the blood, referred to as *jaundice*.

Pancreatic cancer statistics. The NSW Cancer Council summarises the incidence as follows (<http://www.cancer-council.com.au/pancreatic-cancer>):

- About 2,500 Australians are diagnosed with exocrine pancreatic cancer each year.
- The average age of people diagnosed with this cancer is 71.
- It is the twelfth most common cancer in men and ninth most common cancer in women.

The vast majority of pancreatic cancers arise in the enzyme producing parts of the pancreas. Because different parts have different functions, a variety of symptoms can occur.

Why is pancreatic cancer so deadly?

A group called 'Live Science' (<http://www.livescience.com/32945-why-pancreatic-cancer-is-deadly.html>) explains that cancer of the pancreas is not, in itself, a death sentence. It is the damage to adjacent organs that makes this cancer so dangerous.

Because the pancreas is deep inside the body and surrounded by other organs, muscles and the spine, it is rare that a tumour can be felt manually. Further, the pancreas continues to function semi-normally even with cancer growing inside it, so many of the symptoms are not apparent until the cancer has spread to adjacent organs, in particular, the liver,

gallbladder, stomach and/or duodenum.

These facts explain why the symptoms of pancreatic cancer – including jaundice, pain in the abdomen and back, nausea and weight loss – usually don't become apparent until the advanced stages of the disease. Consequently, diagnosis often comes too late.

In the advanced stages, the tumours may have encapsulated major veins and arteries, besides having spread to the liver, gallbladder and/or intestines. In this situation, surgical removal of widespread tumours is not feasible. Death is often the result of liver failure.

However, if a pancreatic tumour can be discovered while it is still localised in the pancreas, it is possible that it can be surgically removed as long as the insulin-producing area can remain. Unfortunately, though, the cancer is still likely to return, which it does in 85 percent of such cases.

Why is pancreatic cancer so difficult to treat?

The lack of early symptoms and the way it spreads, as elucidated above, shows why pancreatic cancer is very difficult to treat. In addition, as explained by the director of the Gene Expression Laboratory at the Salk Institute, La Jolla, California, "The pancreas is building a 'safe' around the tumour. Drugs cannot get to the tumour because it's being protected by this living 'safe'."

The highly respected Mayo Clinic, of Phoenix, Arizona, summarises the problem (<http://www.mayoclinic.org/diseases-conditions/pancreatic-cancer/expert-answers/pancreatic-cancer-treatment/faq-20058407>): "Pancreatic cancer is one of the deadliest cancers. Even with aggressive treatment, the prognosis is poor. Various factors stack the odds against successful pancreatic cancer treatment:

- (a) Early detection is uncommon.
- (b) Pancreatic cancer tends to spread quickly ... to nearby organs – including the liver, gallbladder and intestines – early in the course of the disease.
- (c) Recurrence is likely.
- (d) In addition, pancreatic cancer tends to be relatively resistant to chemotherapy."

How much time is involved from initiation to the end?

Researchers at Johns Hopkins University in the US have estimated that it takes on average about 20 years from the beginning of the tumour process to death from pancreatic cancer. So it doesn't happen overnight. As with asbestos cancer, cancer development is a long, slow process.

Pancreatic cancer is slowly increasing. While deaths from breast, prostate and colon cancers are expected to decline, deaths caused by pancreatic, liver, bladder and leukemia cancers are expected to increase. This was declared by CNN in the US, 19th May 2014 (<http://edition.cnn.com/2014/05/19/health/pancreatic-liver-cancer-deaths>).

In fact, liver and pancreatic cancers will surpass breast and prostate to become the second and third-leading causes of cancer-related deaths in the US, say researchers.

The chief medical officer of the American Cancer Society, Dr Otis Brawley, attributes the slow increase in pancreatic cancer over the past 15 years largely to the prevalence of obesity and diabetes.

"Many Americans are not aware," states Dr Brawley, "that the combination of obesity, high-calorie intake and lack of physical activity is the second-leading cause of cancer in the US. This combination is linked to at least 12 types of cancer, of which liver cancer and pancreatic cancer are two."

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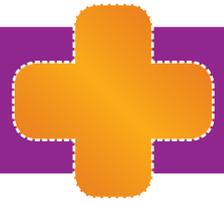
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From Dr Mercola



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

Dr Mercola issues regular free newsletters. His website is www.Mercola.com. The following are brief summaries or abstracts of some items in his recent newsletters. They are published under his generous not-for-profit policy.

HORMONE DISRUPTING CHEMICALS UBIQUITOUS

25TH OCTOBER 2014

We are now living in a chemical soup. 980 endocrine disrupting chemicals have been identified, with *phthalates*, *bisphenol-A* (BPA), *dioxin*, *atrazine* and *flame-retardants* being the most ubiquitous.

In 2013, the US Environmental Working Group (EWG) nominated its 12 worst hormone-wrecking chemicals. They are: *Bisphenol-A (BPA)*, *Dioxin*, *Atrazine*, *Phthalates*, *Perchlorate*, *Flame retardants*, *Lead*, *Arsenic*, *Perfluorinated chemicals (PFCs)*, *Organophosphate pesticides* and *Glycol ethers*.

Endocrine disrupting chemicals are similar in structure to our natural sex hormones, such as oestrogen.

They are even in the unborn. In 2005 the EWG found an average of 200 industrial chemicals in umbilical cord blood of infants born in the US. Of the 287 chemicals detected in umbilical cord blood, 180 cause cancer.

Common household goods and personal care products are major sources of toxic chemical exposure.

DEPRESSION MAY BE ANOTHER DISEASE OF INFLAMMATION

22ND JANUARY 2015

Psychologists are proposing that a significant underlying cause of depression may be chronic inflammation. This is in contrast to the popular belief that depression is caused by unbalanced brain chemicals.

Vitamin D deficiency and/or unbalanced gut flora have also been identified as significant contributing factors to depression.

A clinical psychologist at the University of California, George Slavich, who has spent years studying depression, has stated:

The basis of this new view is blindingly obvious once it is pointed out that everyone feels miserable when they are ill. That feeling of being too tired, too bored and too fed up to move off the sofa and get on with life is known among psychologists as sickness behaviour.

One researcher even goes so far as to suggest that depression should be rebranded as an infectious, though non-contagious, disease.

ANTIPERSPIRANTS CAN WORSEN BODY ODOUR

28TH JANUARY 2015

Antiperspirants affect the bacterial balance in our armpits, which can lead to more pungent-smelling sweat.

Study participants who used antiperspirant for a month saw a definitive increase in Actinobacteria, which are responsible for that unpleasant armpit odour. On the other hand, in some participants, abstaining from antiperspirant caused the population of Actinobacteria to dwindle into non-existence.

Aluminum chloride, the active ingredient that kills the Actinobacteria, has been found to act in a way that could promote cancer cells. Aluminum salts can also mimic oestrogen, and researchers have suggested that raised levels of aluminum could possibly indicate an increased risk of breast cancer.

Aluminum is also typically at elevated levels in the brains of Alzheimer's patients. It has been found that antiperspirant use can significantly increase the amount of aluminum absorbed by the body.

Parabens are another common ingredient in antiperspirants. They have been found in the breast and axillary gland area where antiperspirants are usually applied, suggesting they may contribute to the development of breast cancer.

REMARKABLE BRAIN CELL REGENERATION FROM EXERCISE

23RD JANUARY 2015

Exercise promotes *neurogenesis*, which is our brain's ability to adapt and grow new brain cells, regardless of our age.

Scientists have been linking physical exercise to brain health for many years. The evidence is that physical exercise helps build a brain that not only resists shrinkage, but also has increased cognitive abilities.

Dr Mercola refers to an article in *Real Simple* magazine which highlights that exercise shields us from stress and depression. Exercise is one of the 'secret weapons' to overcoming depression, and studies have shown its efficiency typically surpasses that of antidepressant drugs.

In fact, research has shown that in most cases these drugs work no better than a placebo – and may have serious side effects.

Exercise promotes mental health by normalising insulin resistance and boosting natural 'feel good' hormones and neurotransmitters associated with mood, including endorphins, serotonin, dopamine, glutamate and GABA.

DITCH ANTIBACTERIAL SOAP

3RD DECEMBER 2014

Washing our hands is at the top of the list, but it is a mistake to assume that we need to use antibacterial soap. The same goes for routinely disinfecting our body and surroundings. These may actually cause far more harm than good in the long run.

Not only do antibacterial compounds promote the development of drug-resistant bacteria, but some such as *triclosan* have also been linked to a number of harmful health effects, especially in young children.

Triclosan has been linked to interference with foetal development, allergies, thyroid dysfunction, endocrine disruption, weight gain, inflammatory responses and aggravated growth of liver and kidney tumours.

In the US, triclosan was found in 51 percent of umbilical cord blood samples and in nearly 75 percent of doctors and nurses tested.

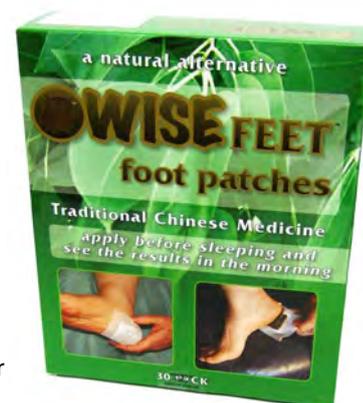
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EASYpH Test Kit – To Test if body is acidic

- 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;
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FOOD FOR FEELING GREAT

PROTEIN-RICH FOODS

Reproduced from True Natural Health, Autumn 2012

By Roger French

Most foods contain most categories of nutrients, but in very different proportions. Because protein is a key nutrient of which we need a certain quantity each day, any food containing a significant content of protein is regarded as a 'protein food'. A 'significant content' means about 10 percent protein or more, although preferably closer to 20 percent.

The range of protein contents is quite wide. For example, pecan nuts contain around 10 percent, while at the other end of the scale, soya beans contain approximately 31 percent.

NOTE that quantities of food constituents vary among individual foods due to differences in climate, soil fertility, the tests used and so on. Throughout this article, it is only possible to give approximate figures. All nutrient quantities are per 100 grams of the food.

Almost all the protein-rich foods contain high levels of fat, making them our main source of this other essential nutrient. In fact, nuts are the richest of all natural foods in fat by a large margin. In contrast, the water content of protein foods is very low.

How much *pure* protein do we need each day? Nutritional authorities don't quite know the answer or they wouldn't keep changing their minds. Originally they said 100 gm so as to satisfy the meat industry, then 70 gm, and more recently half a gram per kilogram of body weight. Now they have upped the figure to three-quarters of a gram of protein per kg body weight, possibly because many people have mucked-up digestive systems.

The Natural Health guideline of around 80 – 150 grams of protein *food* (food as served on the plate) daily, according to the size of the adult, should supply somewhere between these later standards. Remember that many foods not labelled 'protein-rich' also supply small amounts of protein.

Having a large variety of protein foods should cause the amounts to balance out over, say, a week. *Variety is the 'spice' of good nutrition.*

Protein-rich foods are legumes, nuts, seeds, eggs, cheese and flesh foods. In an essentially plant-based way of eating, the sources of protein are legumes, nuts and seeds with perhaps small quantities of free-range eggs and unprocessed cheese.

There is considerable evidence that a plant-based meal pattern is nutritionally

superior. However, some people's digestive systems may be unable to adapt to this after a lifetime of meat eating, and will require some protein from animal sources. For those who do eat flesh there are two requirements: (a) be sure not to overeat protein from any source, by keeping within the above quantities of total protein food; and (b) compensate for the lack of fibre in all animal foods by having an abundance of vegetables in the meal, ideally three times the weight of the animal foods.

While it is important to have adequate protein each day (or at least six days per week), it is also very important to *not* overeat protein because the nitrogenous waste products are toxic and very heavy on the liver and kidneys. It is likely that Australia's 'epidemic' of kidney stones is due at least partly to people commonly eating something like twice as much protein as they need. Excessive protein is with little doubt also contributing substantially to our 'epidemics' of arthritis, heart attacks, strokes and cancer.

Because of the importance of vitamin B₁₂, people on any kind of diet, but especially plant-based where there is no B₁₂, should have levels checked periodically. A simple blood test does the job, and supplements (or injections if necessary) are effective.

LEGUMES

These dried beans and peas are very good sources of protein. They also contain carbohydrate in the form of starch and typically are well laden with minerals and vitamins. Fibre in most legumes is at very high levels. Some contain 'anti-nutrients', but these are greatly reduced by cooking and totally destroyed by sprouting.

Legumes contain purines (fortunately low levels), which convert in the body to uric acid. Unless a person already has gout, the purines should not be a problem.

Soya beans

The soya bean is the richest of all foods in protein, at 31% (dry weight). It is exceeded only by yeast which is a supplement rather than a food. The fat content is 20%, carbohydrate is 7% and fibre a huge 20%.

These beans are loaded with minerals, vitamins and phytonutrients, which may well explain why Asian peoples consume them widely, although in small quantities. In every 100 gm of beans, there are potassium 1800 mg, sodium 6 mg, calcium 180 mg,

magnesium 230 mg, iron 9 mg, zinc 4 mg, vitamin B₁ 0.76 mg, B₂ 0.16 mg and B₃ 2.7 mg. Soya beans are also very rich in folic acid (vitamin B₉) and vitamin K.

Lecithin – nature's detergent – is very rich in these beans, so much so that many confectionery items contain the emulsifying agent 'lecithin from soya beans'.

Also outstanding are the plant oestrogens, isoflavones, namely, *genistein* and *diadzein*, which tend to inhibit breast cancer and other oestrogen-dependent reproductive cancers.

Slightly offsetting these great benefits are two negative aspects of soya beans – very high levels of *enzyme inhibitors*, which compromise digestion, and *lectins*, which inhibit growth. Fortunately, both of these are mostly destroyed by cooking and fermenting and totally destroyed by sprouting. The substantial phytic acid content of soya beans does not significantly inhibit mineral absorption.

Soya beans take a long time to cook. The standard metaphor is to put a stone in with them, and when the stone is cooked the beans will be ready.

Over the millennia, the Chinese have invented numerous soy products. The common ones are:

Tofu. This 'bean curd' is produced by adding powdered gypsum to ground beans and straining off the liquid. It is bland in taste and picks up the flavours of other ingredients in a recipe.

Tempeh. This is fermented soya beans, and one of the best ways to consume them.

Tamari. Cooked beans and sometimes wheat are mixed with sea salt and water, impregnated with a particular fungus, sealed in vats and fermented for at least three years.

Soy sauce is made in the same way as tamari, but may contain caramel and other additives. Fermentation time may be much shorter.

Miso. A mixture of cooked beans, cooked rice and sea salt is fermented in vats with the same fungus as is used for tamari.

Natto miso is the Buddhist monks' version of miso.

Soya milk. Pre-soaked ground beans are mixed with water, boiled and then strained to yield the 'milk', which is not milk, but soya beans in water. Soya milk can be made from whole beans or 'soy isolate' which is the extracted protein without most of the

original minerals and vitamins. There is a good case for always choosing whole-bean milk. In contrast to cows' milk, soya milk is not mucus-forming.

Soya flour. A high-protein flour with a good oil content and no gluten.

Soya grits. Cracked beans that will cook more quickly than whole beans.

Peanuts

Also called 'ground nuts' because the seeds grow underground, peanuts are not true nuts, but legumes somewhat similar to soya beans.

Peanuts are notorious for causing allergy, especially in children. They can cause severe reactions that may result in anaphylactic shock and, in extreme cases, death. Why they do this is a mystery.

Not as loaded with nutrients as soya beans, peanuts are still rich. They contain protein at 25%, fat at 47% (mostly monounsaturated) and fibre 8%. As with most legumes, minerals and vitamins are abundant. Richly supplied are potassium at 540 mg, magnesium at 160 mg and vitamins B₁, B₃, B₅ and folic acid. Zinc, iron, copper and manganese are at good levels.

Peanut butter is the most relished use of peanuts, but we need to be choosy. The big brands tend to add a lot of salt and sugar plus artificial antioxidants. Often the oil is hydrogenated resulting in the 'dreaded' *trans fats*. Some health food shops make peanut butter before your eyes solely from roasted peanuts. Ask to taste the peanuts for rancidity first, and provided they are fresh, this is the best quality peanut butter.

Roasted, salted peanuts are roasted in oil, which is akin to deep-frying. The safer cooking method is dry roasting. Raw nuts are high in enzyme inhibitors, so roasted or raw peanuts are a bit like the devil or the deep blue sea.

Lentils

This popular legume was one of the first cultivated foods. Lentils are well known for their red and green versions, red having been developed in India and green lentils in China. Both kinds are packed with nutrition.

Protein content is 24% (well above red meat), starch is 34% and fibre a huge 14%. For people with a triglyceride (fat) problem, these are wonder foods, because, while supplying abundant protein, their fat content is only 2%. Of all the protein-rich foods, only a few other legumes can provide this most useful combination, with its particular role in heart disease reversal. However, two essential amino acids are low in lentils, so variety in protein foods is important.

Of the minerals, potassium is high at 840 mg per 100 grams of dry beans, and most

other minerals, as well as B-vitamins, are not far below the soya bean levels. There are significant levels of the trace minerals copper, manganese and molybdenum.

Lentils cook much more quickly than soya beans. The classic Indian dish, dahl, is made from red lentils, tomatoes, onions, garlic, curry and a bay leaf. Lentil burgers/patties are commercially available (try Syndian brand) or can be home made. There are many recipes for lentil dishes. Canned lentils can be OK depending on whether additives are used. Lentils are very easy to sprout and super nutritious this way.

Lima beans

Also called 'butter beans', lima beans originated in Peru. The common kind is white, and there are red, brown, black and purple.

Nutrient levels are very similar to lentils. Protein is 21%, starch is 34% and fibre is a massive 18%. As with lentils, fat is phenomenally low at 2%.

Lima beans contain more potassium than almost any other food at 1900 mg per 100 gm beans. Magnesium, iron and zinc are at high levels. Again, copper, manganese and molybdenum are at good levels. B-vitamins, including folate, are at high levels.

Kidney beans

This tasty Mexican food staple originated in Peru. It is closely related to navy beans, pinto beans, cannellini beans and haricot beans.

Its nutrition is similar to lentils and lima beans. Protein is 22%, starch is 32% and fibre is 21%. Once again, fat is phenomenally low at 2%.

These beans are loaded with potassium at 1470 mg, and iron, zinc, magnesium and calcium are at high levels. Copper and molybdenum are at good levels. Folate is extremely rich and other B-vitamins are at high levels.

Soaking kidney beans, the first step in sprouting, greatly shortens cooking time. In fact, sprouting or cooking is essential to reduce the content of toxic *haemagglutinin* which could lead to gastroenteritis.

Canned beans are fine because the can hermetically seals the beans while they cook and usually the only additive is salt.

Chickpeas

Also known as 'garbanzos', chickpeas are prominent in Middle Eastern dishes, most notably hommos and falafels.

Protein is around 16%, starch 30%, fat a little higher than lentils at 6%, and fibre is 12% or higher.

Minerals are broadly similar to the above

legumes. B-vitamins are low, except for folate which is exceptionally rich, with 100 gm of dried beans containing more than a day's requirements.

When cooking chickpeas, their nutrient availability is enhanced by soaking for a few days, rinsing a couple of times each day. This also reduces their contribution to flatulence.

Mung beans

These little beans have been in India and China since the 'beginning of recorded time'. In Australia we use them almost entirely for sprouting.

Protein is high at 24%, fat is insignificant, carbohydrate is unusually abundant at 60% and fibre is plentiful. Minerals and vitamins are broadly similar to the other legumes, except that potassium is outstanding at around 1100 mg; calcium and iron are rich at 130 mg and 8 mg respectively.

Folate is exceptionally rich at 625 micrograms per 100 gm, which is way above the recommended daily intake of 400 micrograms. This B-vitamin is exceptionally important for preventing spina bifida, anaemia and heart disease.

NUTS

Nuts are the seeds of trees, and because they have to begin the life of a whole new tree, they are powerhouses of nutrients, including protein of good quality and fat (oil) at higher levels than in any other foods – but it is the kind of fat we need. In this regard, nuts are in stark contrast to legumes which, as we have seen, with the exception of soya beans, are exceptionally low in fat.

In spite of their high fat content, nuts reduce our risk of heart disease. Five large human studies, including the massive Nurses Health Study, all found that nut consumption reduces the risk. The researchers estimated that substituting nuts for an equivalent amount of carbohydrate resulted in a 30% reduction in heart disease; consuming nuts at least 4 times a week showed a 37% reduced risk; and when fat in nuts was substituted for saturated fats, the reduction was 45% compared to people who never or seldom ate nuts. Each additional serving of nuts per week was associated with an average 8% reduced risk.

Almonds

The almond, a cousin of the peach, cherry and apricot, is one of the most nutritionally dense nuts. The nutrients are well balanced, the fat is resistant to rancidity and almonds are very tasty. The mineral content is so high that almonds are alkali-forming, making them unique among the protein foods, all the others being acid-forming.

The protein content of almonds is 20%, carbohydrate is 5% sugar, fat is a rich 55% and

fibre is 9%. Regarding extracted almond oil, as with all oils, the least processed is virgin and cold-pressed.

As well as providing an array of powerful antioxidant flavonoids, almonds are among the richest sources of antioxidant vitamin E and a very good source of potassium (740 mg per 100 gm), calcium (250 mg), magnesium (260 mg) and zinc (3.8 mg). Copper and manganese are at good levels, as are B-vitamins.

This level of calcium is higher than in any other food except cheese and tahini. The accompanying magnesium makes this nut an excellent source of these minerals.

Almonds are as effective as any other nut at preventing coronary heart disease, no doubt due largely to their monounsaturated fat, vitamin E, magnesium and antioxidant flavonoids.

As with the legumes, almonds provide potassium, but only a scrap of sodium, making them especially good in protecting against high blood pressure and arteriosclerosis. A study found that almonds can reduce C-reactive protein, a marker for artery-damaging inflammation, as much as do statin drugs.

In spite of their high fat content, almonds are helpful for losing weight. A diet that included almonds at least twice a week achieved greater weight loss than a low-fat diet. This may be due to some of the oil not being released from the cells of the almond.

Consuming whole almonds is the best nutrition provided they are well chewed. Ground into almond butter is almost as good. Mix whole or chopped almonds into a tossed salad and try spreading almond butter along the hollow of a stalk of celery. Roasting causes some loss of nutrients and is not good for the fat.

Almonds with skins intact provide the most benefits. The flavonoids in the skins act synergistically with the vitamin E to more than double the antioxidant power.

Cashews

Some of us would run a kilometre for a feed of these delicious nuts that originated in Brazil; their popularity is inhibited only by their price. As with peanuts, cashews come to us 'raw', dry roasted or roasted salted (akin to deep-fried). 'Raw' cashews are not actually raw because the nuts were lightly cooked to remove their shells.

Cashews have good nutrition. Protein is 17%, fat 49%, carbohydrate 17% (starch 11%, sugar 6%) and fibre 6%. The fat is 90% monounsaturated, making it resistant to rancidity.

Of the minerals, potassium is mediocre, calcium is low, but richly supplied are magnesium (250 mg), zinc (5.5 mg), iron (5 mg) and copper (helps protect against

oxidation). Vitamins B₁, B₂, B₃ are also at high levels.

As with all nuts, it is a good idea to mix cashews with a variety of other nuts in a meal to improve the balance of essential amino acids and other nutrients.

Brazil nuts

This nut is a must in the diet for one reason – *selenium*. Brazil nuts are by far the richest source, with a couple of nuts a day supplying most or all of our needs. Because Australian soils are deficient in selenium, we need this nut. But don't overdo Brazils because excess selenium is toxic.

Selenium is the key mineral in an enzyme that blocks the chain reaction of free radicals, making it protective against heart disease, cancer, degenerative nerve diseases, arthritis and many other degenerative conditions. In a long-term study, optimum selenium intake halved the number of deaths from cancers of the prostate, lung and colon.

Selenium and vitamin E tend to substitute for each other in antioxidant power.

At 68% fat, Brazils are among the richest of all natural, whole foods in (good) fat, which is mostly monounsaturated, some polyunsaturated and some saturated. Rancidity is a problem, so these nuts particularly need cold, airtight storage.

Protein is only 14%, but it contains more of the essential amino acid, *methionine*, than any other natural food. Most protein foods are limited by low methionine.

Add whole or ground Brazils to your protein meal each day. As one author states, this nut "could be considered a life saver".

Hazelnuts

Vitamin E is the outstanding feature of hazelnuts or 'filberts'. They are the second richest nut after almonds, making them significantly protective against free radicals and oxidation of fat and cholesterol. Hazels are also blood builders due to a good combination of iron (3 mg), manganese and abundant copper.

Other minerals at high levels are potassium (680 mg), calcium (86 mg) and magnesium (160 mg). B-vitamins are at useful levels.

Content of protein is modest at 15%, carbohydrate is only 5% and fibre at 10% is higher than in most other nuts. For a nut that feels 'dry' to the palate, fat is a surprisingly high 61%.

Raw is always much preferable over roasted nuts to avoid oxidation of the fat.

Walnuts

These are well balanced in nutrients with an exceptionally high oil content of 69% of

which 8% is the precious omega-3, making them unique among the nuts. The omega-3 and high contents of magnesium (150 mg) and phosphorous make walnuts good for the organ they resemble – the brain.

Protein is 14%, carbohydrate is low at 3% and fibre a modest 6%.

Iron, zinc and B-vitamins are average for nuts, except for abundant folate.

Walnuts have the highest antioxidant content of all the tree nuts, and have been found to be particularly effective at lowering the risk of coronary heart disease.

A great benefit of walnuts is that they are normally eaten raw, except when used in recipes. The heat-sensitive folate and the omega-3 remain intact in the raw nut.

Pecan nuts

Pecans are low in protein at 10%, but very rich in fat at 72%, much of which is high quality polyunsaturated. As part of a low-fat diet, pecans have been found to reduce blood fats (triglycerides).

Like hazelnuts, pecans are rich in copper, with above average zinc and magnesium, so they are also good for the brain. Other minerals and vitamins are average for a nut.

Pecans are close to walnuts in antioxidant content, and are also particularly effective at reducing the risk of coronary heart disease.

Macadamia nuts

'Maccas' or 'Queensland nuts' (native to Queensland) have the lowest protein content of the nuts (8%), except for coconut, and contain very modest levels of fibre, minerals and vitamins.

Their outstanding feature is the highest fat content of any nut at 76%, of which most is monounsaturated and quite resistant to turning rancid. Maccas are richer than olive oil in this regard. Their particular fatty acids enable fat to be metabolised with improved efficiency in the body. As with most nuts, the fat is very high quality.

The incredibly hard shell of Macadamia nuts makes them difficult to extract (try using a vyce), but their taste makes it worth the effort. Best eaten raw, they go well added to salads.

Pistachios

At first sight, these are fairly average nuts with protein at 20%, fat at 51% and fibre 9%.

But they are exceptional in two ways. They contain more phyto-sterols than any other nut and more of the invaluable alkaline mineral, potassium (950 mg), than any other nut. Phytosterols carry spent cholesterol out of the body via the bowel, and so help keep cholesterol at proper levels. Potassium, of

course, helps counter the acid-forming foods of which almost every Australian consumes too much.

Other minerals and B-vitamins are generally at good levels.

Pine nuts

These nuts are taste par excellence, with a delicate crunch and oil content that make them delicious. Their fat is a very rich 70%, some being monounsaturated and some polyunsaturated.

Protein is a low 13% and fibre only 5%.

At quite rich levels are the minerals phosphorous, magnesium (230 mg), iron (4.1 mg) and zinc (5.3 mg) and also B-vitamins, making pine nuts good food for the nerves, brain and circulation.

Pine nuts are used in many Italian dishes, such as pesto, and are delicious added to fruit or vegetable salads.

Coconut

Coconut oil is one of the two plant oils that is highly saturated, the other being palm kernel oil. But – as we have discovered in recent years – this fat is different from the saturated fat in animals. The latter has long-chain fatty acids, whereas coconut fat has short- to medium-chain fatty acids, and this makes all the difference. The coconut fatty acids go to the liver where they are immediately available for energy, whereas the animal saturated fats are stored as body fat.



Coconut fat is liquid above 20° to 25°C, hence 'coconut oil'; below these temperatures it is solid. As with all oils, the least processed is virgin and cold-pressed.

So beneficial is coconut fat that an entire book has been written about its benefits. It is *Coconut Oil – the miracle oil for heart disease, diabetes, cancer, weight loss and more*, written by Siegfried Gurshe, and available in the NHS bookshop.

Because coconut fat is a whopping 90% saturated, it is extremely resistant to oxidation and will keep for a long time without turning rancid. If you must fry your food, this is the fat to use.

Dried coconut flesh contains low protein at 6%, fat at 65% and fibre a huge 15%. Minerals are at moderate levels and vitamins are very low. Nevertheless, this largest of all nuts offers a string of benefits:

The fat increases metabolic rate, good for weight loss;

Coconut fat helps diabetes;

Populations consuming coconuts have low rates of heart disease;

The fat is anti-inflammatory;

It is anti-bacterial, anti-viral and anti-fungal.

The coconut 'water' in green coconuts is refreshing and nutritious.

SEEDS

All plants produce seeds. What we are referring to in this context are edible protein-rich seeds that are not legumes or nuts – namely, sunflower seeds, sesame seeds, pepitas, flax seeds, chia seeds and quinoa seeds. Like the tree nuts, these seeds are protein-rich and high in oil, fibre, minerals and vitamins.

In contrast to animal products, all raw seeds (and also raw nuts) contain life force and are capable of sprouting.

Sunflower seeds

These seeds that come from huge, bright yellow flowers that follow the sun are super nutritious. Those cockatoos that can live for 100 years on them aren't stupid!

The richest level of vitamin E in any natural food is found in sunflower seeds. This powerful antioxidant protects against premature ageing and free radical damage, so it defends against skin damage, artery disease, cancer and other degenerative conditions.

Protein is substantial at 23%, fat is 51% and fibre 11%. The fat is mostly polyunsaturated (hence its use in margarine) and some is monounsaturated. There is only a trace of omega-3.

Sunflower seeds are loaded with minerals, including magnesium (370 mg), iron (4.6 mg), zinc (6.4 mg), copper, manganese, silicon and phosphorous. Potassium and calcium are at average levels. These minerals between them benefit the brain, nerves, bones, cartilage, skin, nails and also immunity and fertility. There is a poor calcium-to-phosphorous ratio, but this should not be a problem as part of a balanced plant-based meal pattern.

Vitamins B₁ and B₉ are extremely rich.

These seeds are truly good for us and when sprouted are even better.

Sesame seeds

Used for thousands of years, sesame seeds are widely eaten in China, India and the Middle East, where they are called the 'seed of immortality'. Sesame paste is known as 'tahini'. The seeds are too small for us to feel the need to chew them, so eating tahini enables them to be digested.

Nutritionally, they are very similar to sunflower seeds. Protein content is 22%, fat is 56%, carbohydrate is negligible and fibre is 10%. The protein is excellent with a rich content of the valuable amino acid methionine. Sesame seeds uniquely contain the antioxidant, *sesamol*, which protects the oil from rancidity and also tends to inhibit blood clotting. Because of sesamol, this oil is tolerably suitable for frying, although not nearly as suitable as coconut oil.

Another big plus is a very rich content of lecithin, nature's 'detergent' which keeps fat and cholesterol dissolved in the bloodstream.

Compared to the nuts, potassium and calcium (62 mg) are low in the hulled seeds (hulls have been removed), but there are extremely rich supplies of magnesium (340 mg), iron (5.2 mg) and zinc (5.5 mg). Copper and manganese are plentiful.

In sesame seeds with the hulls on (unhulled), calcium is extremely high, but is opposed by a high content of phytates, so using hulled seeds is probably better. Phosphorous is rich, and as with sunflower seeds, there is a poor calcium-to-phosphorous ratio.

There are good levels of B-vitamins, although well below sunflower seeds.

Pepitas

These green kernels of pumpkin seeds have a few remarkable assets. At 11 mg iron per 100 gm, they contain about four times the iron of red meat, making them invaluable for anaemia or excessive blood loss. They are very high in protein at around 27%. Their fat at 47% contains a lot of omega-3. In addition, pepitas are helpful at preventing and relieving prostate enlargement.

The negatives for pepitas – as for sunflower and sesame seeds – are a poor calcium-to-phosphorous ratio, and high-ish phytates. Phosphorous is extremely high at over 1,000 mg.

The important mineral, magnesium, is very rich at over 500 mg and manganese and copper are average.

Anti-inflammatory is another bonus for these seeds.

Flax seeds

These seeds, also known as 'linseed', offer one huge benefit – they are richer in those vital omega-3 fatty acids than fish oil. Flax oil contains twice as much omega-3 as cod liver oil. The particular fatty acid in flax seeds is *alpha-linolenic acid (ALA)* which in our bodies is converted to EPA and DHA. However, some of us make this conversion less efficiently, especially if there is diabetes or a high consumption of saturated fat or alcohol. These people need to consume plenty of flax seeds or flax oil.

Most Western people are deficient in omega-3s and so have very adverse omega-3 to omega-6 ratios. Flax seeds or oil can correct this imbalance.

ALA is anti-inflammatory, good for bone health, reduces high blood pressure, protects against diabetes, heart disease and cancer, and can increase fertility.

Flax seeds have a mediocre amount of protein (18%), overall fat content (34%) and fibre (9%), but are relatively high in carbohydrate content at 37%, all of which may be why some practitioners consider they are good for thin people trying to put on weight.

Calcium is very abundant at 270 mg, and there is a good calcium-to-phosphorous ratio. Iron is also rich at 4.4 mg.

Chia seeds

Chia is the richest plant-based source of omega-3. Containing 31% fat of which 57% is the omega-3, alpha-linolenic acid (approx. 18 mg ALA per 100 gm seeds), chia even surpasses flaxseed oil for ALA content.

In fact, chia seeds are akin to flax seeds, but have wider uses because of their milder flavour.

Chia was a staple of the Aztec and Mayan peoples. It comes in two varieties – black and white – both now being grown in Australia in the Kimberley region. Imported seed is mainly from Mexico.

Chia is a protein seed, with 16 to 21% protein content, depending on variety and growing conditions. The protein contains all the essential amino acids.

Starch content is 42%.

Minerals are at super-food levels – potassium averages 580 mg, calcium is over 500 mg, magnesium 300 mg, zinc 44 mg, iron 6.4 mg. Copper and manganese are also richly supplied. B-vitamins are at high-ish levels. Chia seed is a great source of vitamin B₁₇, a particularly anti-cancer nutrient.

Chia seeds are richly endowed with antioxidants that protect the vulnerable omega-3 fatty acids from oxidation.

These seeds absorb water readily, up to 10 times their own weight, and this helps prevent dehydration.

Chia seeds can lower blood pressure so effectively that it can be reduced to a dangerously low level if the person is taking blood pressure medication. People suffering heart problems or taking blood thinners like warfarin may be advised to avoid these seeds as they might increase the risk of bleeding.

From a nutritional point of view, chia seeds deserve a large tick of approval.

Quinoa seeds

Unknown in Australia until a few years ago, quinoa is a superstar seed. As a native of the Andes of South America, it was called 'the gold of the Incas'.

Often thought of as a grain, quinoa (pronounced 'keen-wa') is a seed and a relative of leafy green vegetables like spinach. It has the great advantage that it can be used in many of the ways in which wheat is used, but is gluten free.

Unlike the grains, quinoa is protein rich. Its most striking quality is that it contains an almost perfect balance of all eight essential amino acids. In particular, it is very high in the amino acids, *lysine*, *cysteine* and *methionine*, which are typically low in grains, so it provides a great alternative. It nicely complements legumes, which are typically low in methionine and cysteine.

Protein content is 14%, fat a mere 6%, starch 52% and fibre 7%.

Quinoa contains excellent levels of minerals, in particular, magnesium (197 mg), zinc (3.1 mg), iron (4.6 mg), manganese and copper. B-vitamins are at very good levels, including folate (184 µg). Powerful antioxidants in quinoa include *quercetin*, *curcumin*, *ellagic acid* and *catechins*. An abundant group of phyto-nutrients is lignans, which are protective against breast and colon cancers as well as heart disease.

If there is a bitter taste, it is due to saponins in the outer layer of the seed. These are usually removed before the seed is put on sale.

Quinoa appears to be nutritionally far superior to wheat, corn and other grains.



CHEESE

Many people love cheese – how very popular are bikkies, cheese and wine, as are numerous other ways to consume cheese. Unfortunately, most cheeses are high in saturated fat, devoid of fibre, observed to be mucus-forming and prone to causing allergy.

Cheese is essentially protein, saturated fat, calcium and a quantity of B-vitamins. As examples of the hundreds of different cheeses, here are some protein contents and fat contents respectively: parmesan 38%, 32% (very low water content); Swiss 28%, 30%; edam 28%, 27%; gouda 26%, 31%; cheddar unprocessed 25%, 34%; cottage 15%, 9%; cottage low-fat 18%, 1%; ricotta 10%, 11%; ricotta reduced fat 10%, 9%.

The soft cheeses – cottage and ricotta – have much lower protein and fat contents simply because they are three-quarters water.

Cheese is a complete protein with a good balance of amino acids. But it contains too much saturated fat, and most cheeses are extremely salty, with sodium contents ranging from a huge 2,900 mg in haloumi to 650 mg in cheddar to 200 mg in cottage and ricotta (all per 100 g cheese).

Dairy products are normally consumed for their abundant calcium, typically around 600 mg to 800 mg per 100 gm of cheese. The reason is to prevent osteoporosis, but this is questionable. It was reported in the *American Journal of Public Health* in 1997 (vol 87) that the 'Nurses Study' of 78,000 women found that higher intakes of milk and other calcium-rich foods (none took calcium supplements) did not reduce the incidence of bone fractures due to osteoporosis. In fact, hip fractures tended to be more common with the higher calcium intakes.

Other minerals are relatively low and there is a poor calcium-to-magnesium ratio.

Another big issue with dairy products is the observation by many natural therapists and many parents that dairy products are the most mucus-forming of all foods, that is, the body makes it in response to them. Whether this is allergy or another kind of reaction is a good question.

Cheese is made from liquid milk by adding the enzyme, *rennin*, contained in rennet, which clots the protein, casein. The liquid whey (containing the lactose and most of the minerals) is squeezed away through cheesecloth and the semi-solid remainder is cottage cheese. Beating this with rubber fingers – *cheddaring* – makes it solid cheddar cheese. Ricotta cheese is made from the whey.

Cottage cheese is remarkably easy to make at home by adding lemon juice (one cup) to milk (two litres) at room temperature. Wait a few hours for it to clabber (clot), then strain off the whey through a clean old tea towel. The cheese is lemony and delicious!

Processed cheese contains additives and more salt, so unprocessed is much preferred. There is also a preference for the soft cheeses.

There is a cancer warning with large intakes of cheese. A British professor of natural sciences, Jane Plant, in 2001 warned that she had good reason to believe that eating a large amount of cheese (and red meat) every week had caused her breast cancer. When she ceased all intake of dairy and meat, the cancer healed.

We believe that moderate quantities of cheese (say 100 gm a week) should be fine, provided there is not an allergy problem. If the other sources of protein are plant foods, this pattern is referred to as lacto-vegetarian.

EGGS

Eggs are the other animal food in a lacto-ovo-vegetarian diet. Although egg yolks are very rich in cholesterol, eggs do not raise cholesterol or contribute to heart disease the way some cardiologists still assume. This is partly due to their very high content of lecithin, which is nature's 'detergent' keeping cholesterol and fat dissolved in the bloodstream. In any case, the state-of-the-art view of independent medical researchers is that cholesterol has little or nothing to do with the *initiation* of heart disease. So a moderate number of eggs in a week (say 2 to 4) should not affect the arteries.

The early heart disease researcher, Nathan Pritikin, recommended eating the egg white and throwing the yolk away, but this is ridiculous because the yolk has most of the nutrients, whereas the white is mostly the protein, albumen, which is difficult to digest and can cause allergy. The Natural Health view is to eat the whole egg, but perhaps throw away *some* of the white.

Whole egg statistics are: protein 13%, fat 10%, carbohydrate negligible, fibre zero as in all animal products. The protein is the best balanced of any food for humans.

Minerals and vitamins are surprisingly low, considering the egg can feed an embryo and foetus until it is a full chick. Potassium, calcium, magnesium, iron and zinc are at low-ish levels, whereas sodium is high-ish at 133 mg per 100 gm of egg. B-vitamin levels are mediocre, except for an abundance of choline. The yellow of the yolk is due to a good quantity of vitamin A.

Eggs are useful foods in a vegetarian diet because of their vitamin B₁₂ content, which ranges from about 0.3 micrograms in a small egg to 0.5 microgm in a large one. Our daily need for B₁₂ is 2 to 3 micrograms. However, on average, no more than two to four eggs a week are recommended, as they share some of the problems of flesh foods.

Free-range eggs are far superior to battery eggs, not to mention the appalling cruelty of hens imprisoned in tiny cages.

FLESH FOODS

Most flesh foods are essentially protein and saturated fat. They do not contain fibre and may contain hormones, antibiotics, vaccines, 'fear poisons' and sometimes high levels of pesticides. Flesh foods are highly acid-forming and need to be particularly avoided by people with arthritis, rheumatism or gout. The uric acid that causes gout is a big risk with a high meat or seafood intake.

In our intestines, we need extremely high concentrations of the 'friendly' bacteria, such as *acidophilus*, that feed on plant fibre. Flesh foods tend to discourage these and promote harmful putrefactive bacteria, notably *Escherichia coli*.

From another perspective, the human body has not a single quality in common with a carnivorous animal. In truly natural conditions, can we imagine a human tucking into a raw rabbit dripping with blood and intestines! Revolting! All these facts are why the Natural Health Society has promoted plant-based eating throughout its 54 years. The Vegetarian Societies share similar views, with strong concern for animal cruelty.

If flesh food is to be eaten, it is important to balance it with about three times its weight of fresh vegetables.

Particularly to be avoided are preserved meats cured with *sodium nitrite* which may form carcinogenic compounds in our stomachs – ham, bacon, corned beef, salami, red frankfurter sausages and some smoked fish.

Fish

Fish are not part of a lacto-ovo-vegetarian diet. For those people who do eat flesh foods, the best are deep-sea, cold-water fish because they contain the highly unsaturated omega-3 fatty acids, DHA and EPA. These fish include salmon, tuna, sardines, herrings and mackerel – and fresh-water trout. Tuna has a mercury problem and is better avoided.

Farmed salmon have a stack of nutritional problems. Of the *fresh* salmon on the market in Australia, 98% is farmed. The only way to obtain *wild* salmon is in a can in which the word, 'Alaska', is pressed into the metal of lid (Alaska has banned salmon farms). Everything else is farmed.

Looking at the make-up of salmon canned in brine and drained, well balanced protein is 22%, fat is 10% and water content is 68%. There is a lot of sodium (from added salt) and calcium is very rich (375 mg) due to the bones (softened by cooking alone). Other minerals are average. B-vitamins are at excellent levels.

Poultry

As flesh foods go, *free-range* chicken is next best to cold-water fish. Hens outdoors have sunlight, exercise, green pick and insects – a reasonably well balanced lifestyle – in stark contrast to hens raised in large intensive sheds with an unbalanced and cruel lifestyle. To counter the inevitable diseases in such an intense population, antibiotics are routinely added to the feed. Such carcasses must surely be unhealthy to eat.

Table chicken is around 21% protein and fat ranges from low levels in the breast to around 23% in the leg. About one-third is saturated. Fibre is, of course, zero. Minerals are at low levels, especially calcium because almost all of it is in the bones which humans don't eat.

Pork

Many years ago, a London researcher concluded that pigs are so intelligent that when they smell the blood of their own kind at the abattoir, their bodies produce a lot of adrenalin, causing the flesh to decompose, producing 'fear poisons'.

Investigations (*Consumer Reports*, late 2012) have also discovered that pork tends to be contaminated with harmful microorganisms. The widespread use of antibiotics in pig feed simply adds to the toxin load in pork.

Further, because the pig's digestive system processes food very quickly, toxins are not eliminated efficiently, but are absorbed into the cells and organs of the pig itself.

Perhaps 'unclean' is a somewhat accurate description of pork.

Red meat

Some people love their steak, while some of us can't see what all the fuss is about. Nutritionally, the protein is well balanced and typically 20% to 23%. Fat content in beef and lamb is often 10% or less, depending on how fatty is the cut, but it is mostly saturated.

Red meat is promoted for its iron content, but at typically between 2 mg and 3 mg for many types, it pales against pepitas at around 11 mg per 100 gm. Further, plants contain mostly *non-haem* iron which the body can absorb selectively – it can reject what it doesn't need. Red meat contains mainly *haem* iron which tends to be absorbed regardless of need. Large amounts of red meat can easily lead to iron excess, which generates harmful free radicals and can be quite dangerous in the long term.

As with chicken, calcium is almost negligible because most is in the bones of the steer or lamb. Magnesium is also very low, but zinc is well supplied. B-vitamins are at abundant levels and B₁₂ is substantial.

The worst aspect of red meat is that many people eat so much of it. If red meat is limited to around 120 gm in a day and eaten no more than three days a week and balanced by 350 gm veggies in the meal, this may not be such a problem. Nevertheless, the view of Natural Health, based on many years of study, is that plant-based eating is far superior.

In my case, as the writer of this article, after 47 years on an essentially lacto-ovo-vegetarian way of eating, the cardiologist has informed me that the condition of my arteries is "ridiculously" good for my age. And it so happens that my experience matches that of many earlier populations, such as the Hunzas, who were virtually free of heart disease.



NEW Products

Qi Relax White Chai Tea

As the cooler months draw closer, a warm cup of guilt-free tea can be most satisfying. Qi Tea's Relax chai style tea – a new tea – can satisfy sweet cravings and is calorie free.

Qi Relax Tea blends exotic, warming spices, including cinnamon, ginger and cloves, with a hint of orange to help the mind relax and release stress. Using only organically-grown ingredients, Qi Relax contains 80 percent Chinese white tea and seven percent cassia cinnamon, cloves, ginger and natural orange flavour blended.

Because the tea contains *only natural, organic ingredients* and flavours, it could be considered to be a healthy, indulgent drink.

Qi Tea is sourced and hand-picked from tea bushes on the mountainside of Xitou Village in China. It is grown and carefully prepared according to age-old tradition. All ingredients are certified Fairtrade and the tea is purchased directly from a small co-operative of independent Fairtrade farmers.

Relax tea is made from white tea leaves – the baby buds and new shoots of the tea plant. This gives a natural, sweeter flavour with no added preservatives, GMOs or artificial flavouring, but high levels of antioxidants.

Because of its natural sweetness, the tea does not need milk or sugar added. Hence the distributor's claim that "It's completely guilt-free enjoyment".

The Australasian distributor of Qi Tea is Universal Village. Qi Tea Relax is available from mid-March at Coles, select IGA supermarkets, Food Works and premium organic grocers.

For more information visit www.qitea.com.au



eClosure services for grieving families

eClosure Online provides services to help grieving families find and close online assets of their deceased loved ones. The company works with various social media outlets, including Facebook, Instagram, Email, Twitter, LinkedIn, etc, and either removes or memorialises social pages.

eClosure has also begun other services. One of these is eClosure Money, a service that searches for lost superannuation, money and hidden bank accounts of deceased family members. The second is eClosure Wishes (a free service) which enables members to choose what happens to their social media accounts once they depart this Earth.

For people who don't use social media, eClosure Money is the relevant service. It can track down missing superannuation and forgotten accounts.

For more information, visit www.eclosure.com.au.



Your SAY

COCONUT BUTTER – JUST WHAT IS IT?

Roger, I read your article on coconut oil in the Summer 2014/15 issue of *TNH* and noted your statement that "coconut fat, coconut butter and coconut oil are the same thing". Yes, coconut oil and fat are the same, but at different temperatures.

However, my experience in using and buying coconut products is that coconut butter or paste consists of the whole coconut flesh or 'meat' ground up, so it includes the oil and the solids, but not the coconut water. Coconut butter is like the other nut butters – peanut butter, almond butter, cashew butter, etc. – just the ground-up flesh. (In fresh coconut solids, fibre is 71% and there is

some protein and a very small amount of digestible carbohydrate). Coconut flour is what remains when the oil is extracted.

I would not use coconut butter for cooking in place of the coconut oil because it is not fatty. I do use it in porridge or biscuits or cakes or bliss balls or to eat on its own.

Interestingly, coconut is classed as a seed botanically, not as a nut.

Hope this information is useful. Your article was a great summary of the significant value of coconut products.

Carlene Pirie,
Coffs Harbour NSW

Classifieds

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



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GOING VEGAN (New)

By Joni Newman

\$35 + postage up to \$12.73

Where do I start if I want to go Vegan? This book is the perfect place! It's a step by step guide for anyone interested in moving to a plant-based diet. It doesn't matter what your reason is, plant based foods offer a great amount of variety, taste and health benefits that are easy to enjoy and fulfilling. Recipes, menu planners in here.

VEGAN SLOW COOKING (New)

By Kathy Hester

\$30 + postage TBA, O/S

Slow cooking releases more nutrients and flavours while making the foods easier to digest for some. You don't need meat to enjoy the full aroma and flavours so get out the crockpot, vegetables, herbs and spices and open up this book and start creating delicious meals for the family or just for yourself. This colourful book makes it a joy to eat vegan.

COLOUR ME VEGAN (New)

By Colleen Patrick-Goudreau

\$25 + postage up to \$12.73

With colour as the guiding principle behind each section, Colleen shows vegetarians and vegans exactly how phytonutrients – the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds – can be expertly incorporated into your meals for the greatest nutritional punch.

HOME COOKED VEGAN COMFORT FOOD (New)

By Celine Steen

\$30 + postage up to \$12.73

It does not need to be winter to enjoy full flavoured comfort foods. Morning, noon or night these dishes are fit for a king or queen, are easy to make and will fill that gap with high quality long lasting nutrition. Covering baked goods to burgers, pies and drinks this book is unique in many ways. What about Kale Bagels? Or Chocolate Pecan Muffins?

NEVER TOO LATE TO GO VEGAN (New)

By Carol J. Adams

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If you're over 50 you may be thinking about your health and possibly what life is all about. Have you considered turning vegan? Yes that's right, cutting out all animal products, no meat or dairy, no eggs, butter. None of the good stuff! Well if so, this book will get you there in the easiest possible way with no fuss. It is well written and has over 75 recipes.

NO MEAT ATHLETE (New)

By Matt Frazier

\$20 + postage \$7.20

First published in 2013. This is a unique guide book offering healthy living ideas, ideas, recipes and nutritional information for the beginner and for the 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

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.

VegSA NEWS

VEGAN FESTIVAL 2014 PRONOUNCED SUCCESS

INTERNATIONAL VEGETARIAN WEEK

Our Vegan Festival was held in Adelaide's central Victoria Square on 16th November. The newly upgraded venue housed over 80 stalls – food, information, merchandise, etc. – and in the grassy area between we could picnic and listen to live music and speakers.

Possibly a highlight for many was the talk by USA vegan body builder, Robert Cheeke, stressing that you can do it all without animals in your diet!

The event was not only a celebration for the 'converted', but an opportunity to answer questions from the curious and to speak to the general public. Much praise has been received and due to its popularity and large attendance a similar event is planned for this year.

See more on Facebook: Vegan Festival Adelaide. For all VegSA and related events see: www.vegsa.org.au/vegsanew/diary.html





Natural Health Society Shop

Books, health products and Tri Nature products

Book prices include postage and members 10% discount



THE VITAMIN CURE FOR EYE DISEASES

By Robert G. Smith, Ph.D.

\$27.50

This book offers a genuinely nutritional approach to preventing nasty eye diseases, including macular degeneration, diabetic retinopathy, retinitis pigmentosa, glaucoma, conjunctivitis, dry eye and other conditions.

Chapter 1 commences with an inspiring case. A woman in her thirties had been told by her eye doctor that her progressive eye disease was going to get worse and nothing could be done about it. Through changed eating habits, a miracle seemed to happen and after many months, her sight had returned to almost normal.

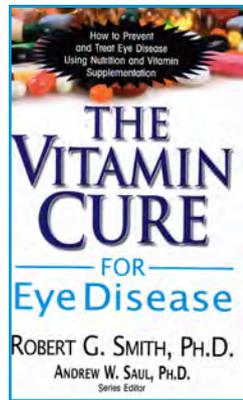
Eye health is directly related to nutrition, and with the proper knowledge, we can prevent many degenerative conditions, and can improve or eliminate existing eye conditions.

Author, Dr Smith, is a research scientist focusing on the eye. In parts the writing is a little technical, but the practical information is in plain language.

He is well informed. Not only is he very clued regarding the use of vitamin, mineral and other supplements, but he clearly prefers a plant-based way of eating. And he is strongly down on refined foods.

In supplementing the correct diet – but only if supplements are necessary – Robert Smith covers a gamut of nutrients – vitamins, minerals, ultra-trace minerals, fatty acids, the critical eye carotenoids lutein and zeaxanthin, lipoic acid, Co-Q₁₀ and glutathione.

This valuable book gives us natural weapons to defend and protect our eyes from destruction.



THE JUICE GENERATION

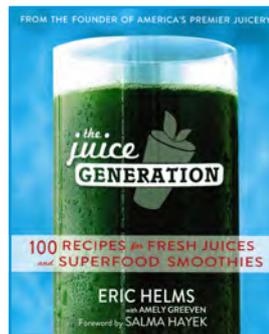
100 RECIPES for FRESH JUICES and SUPERFOOD SMOOTHIES

By Eric Helms

\$31.00

After 34 pages of explanation of juices, the sections begin. Firstly, 'The Green Curve' which is a step by step journey into a new food world that is simple, fun and satisfying. Then follows 'Phase 1: Light Green: Bright and Refreshing'. 'Phase 2: Medium Green: Take Your Juice to the Next Level'. 'Phase 3: Ultra Green: The Full Feel-Good Effect'. Finally, 'Cleanse and Revive: Using Your Juicing Tools for Detoxing and Healing'.

Fresh juices and superfood smoothies can help us feel energised and invigorated with glowing skin and a clear mind. *The Juice Generation* offers practical down-to-earth instructions for making restorative vegetable and fruit juices, smoothies and tonics. Included are detoxing cleanses and "flu-fighting elixirs".



GIFT SUBSCRIPTION

For the usual Society subs. rate of single \$32 or family \$40, give a gift subscription to a health-minded friend or relative. See order form next page.

Eric Helms is the founder of Juice Generation, America's premier juicer. His book is very creatively laid out and is laden with colour photos.

SUPERCHARGED FOOD – EAT CLEAN, GREEN AND VEGETARIAN

By Lee Holmes

\$38.50

Vegetables are our nutritional heroes – delicious, high-fibre and packed with essential vitamins and minerals and hundreds of other phytonutrients. Lee Holmes is a wellness warrior and food writer with a passion for supercharged foods. This new title invites us to put veggies front and centre at mealtimes.

Australian published with Australian units, *Supercharged* offers 120 recipes, each one labeled to suit individual dietary needs, making it especially suitable for food allergies and sensitivities. The labels are *wheat-free*, *dairy-free*, *gluten-free*, *sugar-free*, *suitable for vegetarians*, and *suitable for vegans*.

After 40 pages of explanatory introduction, the recipe chapters cover vegetable drinks, breakfasts, salads and soups, main meals, desserts, dips and snacks, and dressings and sauces. Mouth-watering colour plates are spread abundantly through the book. And, unusual for a recipe book, there is an index.

The recipes look wonderful and super-creative. As examples, Creamy curried cauliflower with cashews, Pumpkin curry with brown rice, Caramelised onion tart, Friday night pizza, Lentil moussaka, and Eggplant and green bean curry.

Desserts appear to delight the sweet tooth and even these include veggies. Try Cauliflower and raspberry cheesecake, Lemon slices and Goopy chocolate cake.

This semi-hard-cover book is eminently suitable for a gift, and its great marvel is the nutritional labelling of every recipe.



HOW A MAN LIVED IN THREE CENTURIES

The Complete Guide to Natural Health

By Roger French

\$34.00

See page 21 for more details.

Price including postage \$37.00; members' discounted price \$34.00

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
NATURAL HEALTH SOCIETY'S OWN BOOK				
How a Man Lived in Three Centuries	Roger French	\$34.00		
NEW TITLES				
The Vitamin Cure For Eye Diseases	Robert G. Smith, Ph.D.	\$27.50		
Supercharged Food Eat Clean, Green and Vegetarian	Lee Holmes	\$38.50		
The Juice Generation	By Eric Helms	\$31.00		
NUTRITION & LIFESTYLE				
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		
Superfoods – Nature's Top Ten	Mark Alan Goldstein	\$23.00		
Mushrooms For Health And Longevity	Ken Babal	\$23.00		
Quinoa	Beth Geisler	\$23.00		
The Force - Living safely in EMR	Lyn McLean	\$38.50		
Vitamin D, The Sunshine Vitamin	Zotan Rona	\$20.00		
What's the GI?	Catherine Proctor	\$13.00		
Wheat Belly	William Davis	\$36.50		
Wild Fermentation	Sandor Katz	\$36.50		
RECIPE BOOKS				
Friendly Food	RPA Allergy Unit	\$30.00		
Golden Energy - Recipes For Rejuvenation	Dr Marilyn Golden	\$34.00		
Grills Gone Vegan	Tamasin Noyes	\$34.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Jazzy Vegetarian	Laura Theodore	\$41.00		
Kitchen Divided	Ellen Jaffe Jones	\$34.00		
Vegetarian Cooking Without	Barbera Cousins	\$36.50		
HEALTH ISSUES				
A Cancer Therapy – Results of 50 Cases	Max Gerson, MD	\$31.00		
Healing the Gerson Way	Charlotte Gerson	\$47.00		
The Gerson Therapy Full DVD Set	Gerson Institute	\$95.00		
The Healthy Liver & Bowel Book	Dr Sandra Cabot	\$30.00		
Hormone Replacement – The Real Truth	Dr Sandra Cabot	\$24.50		
Cancer - Three Months to Live?	Michael Sichel, ND, DO	\$38.50		
Censored Health	By Dr Gabor Lenkei	\$29.00		
Cut Poison Burn [Dvd]	Food Matters	\$25.00		
Fatty Liver - You Can Reverse It	Dr Sandra Cabot	\$29.50		
Healthy Home, Healthy Family	Nicole Bijlsma	\$34.00		
Herbal Healing For Children	Demetria Clark	\$27.50		
Hungry For Change [Dvd]	Food Matters	\$38.50		
Natural Prostate Cure	Roger Mason	\$20.50		
Raw Can Cure Cancer	J. Murray-Wakelin	\$34.00		
Raw Juices Can Save Your Life	Dr Sandra Cabot	\$29.00		
Shattering the Cancer Myth	Katrina Ellis	\$38.50		
The ADD and ADHD Cure	Jay Gordon, MD	\$32.00		
You and Your Hormones	Dr Peter Baratosy	\$34.00		
MIND ISSUES				

End Your Addiction Now	C. Gant & G. Lewis	\$34.00		
Five Good Minutes in the Evening	J. Brantley, W. Millstine	\$22.00		
Fix Your Phobia in 90 Minutes	Anthony Gunn	\$23.00		
Letting Go of Anxiety (CD)	Sarah Edelman, PhD.	\$20.20		
Making a Killing (DVD)	CCHR	\$19.50		
The Book of Affirmations	Sharon Elaine	\$27.00		
The Five Minute Mediator	Eric Harrison	\$26.00		
The Marketing of Madness (DVD)	CCHR	\$19.50		

PRODUCTS/EQUIPMENT/APPLIANCES

COMPACT JUICER (non-member's price \$299)	\$279		
LadyShip Organic Essence Juicer, Blender LS658	\$385		
LadyShip Organic Essence Juicer, Blender LS588	\$249		
CHAMPION JUICER (non-member's price \$620)	\$595		
REBOUNDOZ rebounder – 4 Packages available (Phone NHS or visit www.health.org.au) (non-member's add \$20)	Pack 1 \$220 Pack 2 \$240 Pack 3 \$250 Pack 4 \$260		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265	\$208		
FOOD DEHYDRATOR – SNACK MAKER (non-member's \$199)	\$179		
SKIN BRUSH, BODECARE	\$45		
FACE BRUSH, BODECARE (Price for both \$62)	\$23.50		
WISE FEET FOOT PATCHES box of 30 (non-members \$65)	\$59.50		
box of 90 (non-members \$145)	\$131.50		
EASY PH TEST KITS (inc frt) (non-members \$22)	\$20		
BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25			
Members \$50; NT & WA \$55 Non-members \$55; NT & WA \$60.			
Tri Nature Products (total from page 41)			
			TOTAL \$

SUBSCRIPTION APPLICATION or RENEWAL

New member Renewal Gift **GIFT VOUCHER**

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

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

Are you a practitioner? Yes No

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

For Payment By Credit Card										
Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Expiry Date ____/____										
Signature: _____										
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NON-TOXIC PLANT & MINERAL BASED HOUSEHOLD PRODUCTS - NHS ORDER FORM

Retail prices below include GST. Subscriber Discount: 10% Prices and products subject to change.

Please post order with cheque, money order or credit card details to Natural Health Society, 541 High Street, Penrith 2750; or order on-line: www.health.org.au; by phone: 02 4721 5058; by fax: 02 4731 1174; or email: admin@health.org.au

Code	Product	Qty	\$	Total
1C	Charcoal in Dishwashing Liq. 500ml sprayer		11.95	
1	Charcoal in DW Liquid Refill 1L (no pump)		19.95	
2	Citrus Citric Acid Machine DW Powder 2kg		40.95	
2F	Refill 1kg C: 18.95 2A Refill 2kg		34.95	
2D	Citrus Fibre Aid 500ml		15.45	
13	Alpha Plus Pre-Wash Soaker Bucket 2kg		37.95	
13D	Refill 1kg C: 17.95 13A Refill 2kg		31.95	
14	Alpha Plus Laundry Powder Bucket 2kg		39.95	
14D	Refill 1kg C: 18.95 14A Refill 2kg		32.95	
15	Angelica Fabric Softener 1L		23.95	
16	Alpha Plus Laundry Liquid 2L		32.95	
17	Alpha Plus Gentle Wash 2L		29.95	
61	Essence Pre-Wash Spray 1L		24.95	

TOTAL FOR ALL ITEMS	\$
Less 10% subscriber discount if applicable	\$
SUBTOTAL	\$
Plus Freight (flat rate)	\$ 17.00
TOTAL AMT to pay by: CHQ <input type="checkbox"/> M/O <input type="checkbox"/> C/C <input type="checkbox"/>	\$
Payment by C/C: MasterCard <input type="checkbox"/> Visa <input type="checkbox"/>	
<input type="checkbox"/>	
Signature _____ Exp. Date ____/____/____	
NAME _____	
ADDRESS _____	
Phone H _____ A&P# _____	
Postcode _____	
First Tri Nature order <input type="checkbox"/> Please send full product/price list <input type="checkbox"/>	
IF PM OUT, please leave at: Front door <input type="checkbox"/> Back door <input type="checkbox"/>	
Garage <input type="checkbox"/> Carport <input type="checkbox"/> Other <input type="checkbox"/>	

*Please use separate sheet for Cleaning, Car, Skin, Hair, Body, Aroma, Baby, Kids & Express products, plus pumps etc, and include in TOTAL.

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

Products are highly concentrated, long-lasting, economical and effective. Please refer to containers and usage guides. More products & info: www.health.org.au, www.trinature.com, email customer-service@trinature.com, Tri Nature FREECALL 1800 243 714

Tri Nature's Australian made products are guaranteed to give satisfaction when used as directed. If unsatisfied, contact N-HS within 30 days & 25% usage.

Rest Refresh Revitalise

HOPEWOOD IS
THE HOLIDAY YOU
TAKE HOME!



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

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



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



www.hopewood.com.au

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

Vitality that is gained from a refreshing regenerative sleep will flow to all aspects of your life

Toxin-Free Mattress with Stretch-Effect



Mattress health information events for the general public & practitioners.

Australia

Melbourne	Sydney	Coffs Harbour	Byron Bay	Caloundra	Perth
Sat 21 March 2015	Sun 29 March 2015	Thur 19 March 2015	Sat 28 March 2015	Sat 21 March 2015	Sat 18 April 2015
Sat 23 May 2015	Sun 17 May 2015	Tue 19 May 2015	Sat 23 May 2015	Maleny	Sat 20 June 2015
Sun 11 October 2015	Sun 4 October 2015	Tue 14 July 2015	Sat 18 July 2015	Sat 23 May 2015	
Shepparton	Albury	Armidale	Gold Coast	Noosa	
Mon 12 Oct 2015	Fri 27 March 2015	Sat 21 March 2015	Sat 11 April 2015	Sat 25 July 2015	
Adelaide	Port Macquarie	Sat 16 May 2015	Sun 28 June 2015	Townsville	
Sat 21 March 2015	Wed 18 March 2015	Sat 25 July 2015	Sun 12 April 2015	Sun 24 May 2015	
Sat 23 May 2015	Thur 21 May 2015	Sat 26 Sept 2015	Sun 28 June 2015	Sun 28 June 2015	
Sat 18 July 2015	Wed 15 July 2015		Sun 12 April 2015	Sun 2 August 2015	
Sat 19 Sept 2015	Wed 16 Sept 2015		Sun 28 June 2015	Sun 27 Sept 2015	
			Sat 19 Sept 2015		

New Zealand

Auckland	Wellington	Christchurch
Sat 7 March 2015	Sun 14 June 2015	Sun 8 March 2015
Sun 13 Sept 2015	Sat 12 Sept 2015	Sat 13 June 2015

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, Silver and Latex-Free • Stretch-effect to reduce pressure in discs
 • Anti-static • Anti-allergy • Anti-fungal • Washable cover

You Tube
www.geovital.com.au/mattress.html
www.geovital.co.nz/mattress.html

GEOVITAL

Academy for Radiation Protection and Environmental Medicine

* Adore it or exchange your Theravital or Vitallind mattress purchase within 60 days. Conditions apply, see en.geovital.com/exchange-it for details.

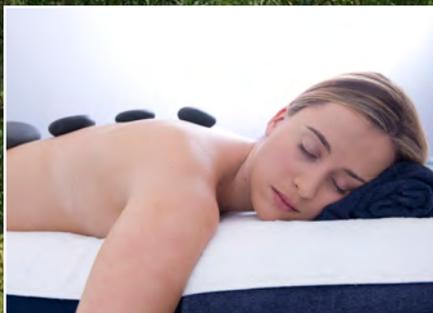
Make 2015 the year you focus on you!

Hopewood is a health-focused home away from home and we'd love to welcome you as a guest. If you are looking for a relaxing healthy break with some indulgent pampering, or you need to address a specific health issue, Hopewood could be the ideal place for you!

Achieve your 2015 health goals!

Hopewood's experienced therapists and practitioners will help you unwind, cleanse and set achievable long- and short-term health goals, in a gentle and nurturing environment. It's never too late to start treating your body well!

Many guests depart feeling relaxed, refreshed, energetic and happy.



Four foods to eliminate!

At Hopewood we have combined a simple checklist of foods you should eliminate (or at least try to cut down on) to help you feel healthier.

Soft drinks – Even though many advertisements tell you otherwise, carbonated soft drinks do not eliminate thirst or hydrate you – in fact, they make you thirstier due to their sodium content. Apart from that, there are countless reasons to say goodbye to soft drinks – they are addictive, they contribute to obesity (due to their high sugar content) and, of course, they also harm your teeth. For a healthy, hydrating alternative on those warm autumn days, try water with a squeeze of lemon or iced herbal teas.

Deep-fried food – Foods cooked at high temperatures create a substance called *acrylamide*, which is linked to cancer. Even though there is a safe level for consuming this substance, deep-fried food consists of 100 times the safe limit. Addicted to fried potato chips? For a nutritional alternative, try slicing up a sweet potato and baking it instead.

Excessive alcohol – We all know that excessive alcohol is bad for us and can lead to many health problems, including cirrhosis of the liver, high blood pressure and many other things. This year, we encourage you to cut down on alcohol consumption and be aware of what you're drinking. Water is always best!

Canned soups – This may come as a surprise to many people, but most canned soups you buy from a supermarket have high levels of *artificial flavourings, preservatives and other additives like MSG and trans-fats*, as well as high levels of sodium. Throw some veggies and herbs in a pot with some stock and you can make your own healthy, tasty version.

Remember to love your body and treat it well – it does a lot for us!

Hopewood recipes

We all know how important it is to eat healthy food, but with the frantic pace of life these days very few of us have time to spend hours in the kitchen preparing fresh, healthy meals.

Hopewood's delicious vegetarian cuisine is renowned for its flair and creativity. Our food is one of the many features our guests love and regularly comment upon.

For delicious and healthy Hopewood vegetarian recipes, visit hopewood.com.au where you can purchase the **hopewood@home recipe book**

Information and bookings

For more information, or to book, call us on **(02) 4773 8401** or visit our website hopewood.com.au

