

# True Natural Health

WINTER  
2015  
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*The Magazine of the Natural Health Society of Australia*

A photograph of a man and a woman laughing joyfully in a field of autumn leaves. The woman is in the foreground, wearing a dark jacket and a brown scarf, with her arms raised. The man is behind her, also laughing, wearing a brown leather jacket. The background is a dense field of yellow and orange autumn leaves.

**One Week Meal Plan and Recipes**  
**'Deadly Medicines, Organised Crime'**  
**Hair Tissue Mineral Analysis**  
**Repetitive Strain Injury**  
**Antioxidant Defences**  
**Relationship Rescue**  
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Perhaps the greatest health warrior of our time, Professor Peter Gotzsche is doing an awesome job of exposing the corporate members of Big Pharma for their – in some cases – unethical and criminal behaviour. Prof. Gotzsche visited Australia in February this year on a speaking tour and gave us permission to quote many of his statements, which lead this issue under the same title as his book, *Deadly Medicines and Organised Crime*. The fact that two pharmaceutical giants were each fined three billion US dollars in recent years verifies his views.

The natural therapist of high integrity, Greg Fitzgerald, on page 16 looks at the differences between the orthodox medical and naturopathic approaches to flu. Part and parcel of flu prevention is a healthy body, and this raises the issue of abundant antioxidants. Just why these nutrients are so important is explained in Your Questions Answered on page 8.

Equally vital to a healthy body is the essential minerals. So how do we know? The best way of finding if we have adequate levels is, I believe, from our hair. The technique of Hair Tissue Mineral Analysis is described on page 20, and the leading firm in Australia that offers this service is named in the adjacent advert (which I sought).

The only sure way to obtain an abundance of these critical nutrients is from our foods, with the usually helpful option of topping up with key supplements. The centrefold contains a one-week winter meal plan complete with recipes.

On page 7, *niulife* coconut products announce a new blend of coconut oil that is liquid at room temperature, and therefore suitable for salad dressings. With the great value of coconut oil in mind, I can't wait to try it.

Foods are easier to digest when they are fermented (see page 14) and also when accompanied by digestive enzyme supplements. Once again, we are pleased to be able to promote the brand, Lifestyle Enzymes – particularly as I have first-hand experience of their benefits.

Another product that I want to draw attention to is the range of Geovital mattresses, shown on the back cover. One was demonstrated at our Annual Seminar and this has resulted in considerable interest.

Roger French,  
Health Director and Editor



## About Natural Health Society

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

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

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

### Subscribers to the Society receive:

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

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

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### Subscription form

Turn to page 43 or use the telephone or website.

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## Contents

- [02] Deadly Medicines and Organised Crime
- [04] The mystery of tears
- [06] Honouring your authentic self
- [08] Your Questions Answered
- [12] NHS Notices
- [14] Fermented foods, gut health
- [16] Flu prevention – a 2nd opinion
- [18] Pain: foe or friend?
- [20] Hair tissue mineral analysis
- [22] Natural Health meal plan
- [24] Hopewood: Healthy this winter
- [26] Oral health affects whole body
- [27] News bites
- [28] Relationship rescue
- [29] The how and why of Gerson
- [30] Film review: Frackman
- [31] Action on aluminium in vaccines
- [32] Repetitive strain injury
- [33] News bites
- [34] From Dr Mercola
- [36] Atrial fibrillation
- [39] Good news bites
- [40] New products
- [41] Kindred Organisations
- [42] NHS Shop and order form
- [44] Tri Nature
- [45] NHS health products

# Deadly Medicines and Organised Crime

## How Big Pharma Has Corrupted Healthcare

Compiled by Roger French



**Deadly Medicines and Organised Crime** is the title of a book written by Professor Peter Gotzsche, who in 1993 co-founded the not-for-profit Cochrane Collaboration and established the Nordic Cochrane Centre. We have already published a review of the book in the Autumn 2014 issue of *TNH*. The following article is a sequel, based on Professor Gotzsche's February 2015 visit to Australia, during which he upped the tempo of his charges against Big Pharma.

After working in the pharmaceutical industry and being involved with clinical trials and regulatory matters, Peter Gotzsche has become a fervent critic of Big Pharma and its research dealings. He explains how he went from industry worker to industry decrier. Here is his account (in his words) of the dark side of the drug industry.

I soon realised that the drug industry not only lies routinely to doctors and consumers, but it is also the most criminal of all industries. When the drug industry is caught in wrongdoing, their standard reply is that there are a few bad apples in every enterprise, but I thought that it was more likely that it was the whole basket of apples that was rotten.

I have found out that what Big Pharma is doing is partly organised crime. I believe the drug industry is criminal and it kills an enormous number of people – it's far worse than the Mob [mafia] is.

I'm the first who has written that what they are doing is organised crime. I have studied American law... What they are doing fulfils what is understood by the law as organised crime. One of the biggest drug companies has in fact been convicted of organised crime and conspiracy, so I'm not using words here that are too strong.

[In America] prescription drugs are the third leading cause of death after heart disease and cancer. They are killing an enormous number of people, particularly the elderly, with anti-arthritis drugs and psychiatric drugs. Very many of these people would have been better without any drug treatment, because these drugs have many side effects, so we are harming

our populations to an incredible extent, and yet people virtually never speak out or do anything about it.

Doctors shouldn't trust a word of what they hear from the drug industry – the industry distorts information. Many doctors don't realise this; they still think that the pharma industry is a good and trustworthy partner and they still accept visits from drug salespeople...

To me this is very strange, because when you ask the general public in opinion polls about professions that they put their confidence in, they put the drug industry at the bottom of that list together with automobile repair shops and Big Tobacco.

So the general public know that they cannot trust these people, but this all changes when they visit their doctor and are prescribed drugs, because then they transfer the confidence they have in their doctor into the medicine they prescribe.

[But isn't the drug industry highly regulated?] It's wrong to say that the pharma industry is highly regulated – we should see this as PR. Despite the fact that some regulations look like they've tightened things up, it has become worse. It is easier to get drugs approved now than it was 20 years ago, and a greater number of dangerous drugs are being withdrawn from the market today than 20 years ago.

By far the biggest problem we have is that we let the drug industry test its own drugs. Pharmaceutical companies run [and fund] the clinical trials and they manipulate them – both in the way they design them and in the data analyses. They don't allow others to look at the raw data and do their own analyses – it's all kept secret.

This is not science. When other people cannot repeat the experiment or at least look at the raw data and analyse the figures, then we are not talking about science, we're talking about marketing.

There needs to be more public testing of drugs – the industry could still finance these trials, but they should have absolutely nothing to do with [running] them. This is by far our biggest problem today because drugs are what we use most in healthcare, yet we cannot trust the results of drug trials. It's all a disaster.

There are many classes of drugs that I feel we shouldn't be using at all. I believe that anti-dementia drugs don't work; drugs against urinary incontinence generally don't work, plus they have harms and shouldn't be used; and anti-depressant drugs most likely don't work but they have very important harms – half the people who use them have their sex lives disturbed and these drugs drive some people into suicide or homicide. We have turned many temporary problems in life into chronic ones with the drugs we use.

To make the current situation better for patients, we need more medical organisations and doctors to state clearly that we doctors will no longer accept money or other favours from the drug industry, that we will no longer attend courses sponsored by the drug industry, and we will no longer accept visits from drug sales people.

We also need to say that we doctors will no longer speak at meetings where our honoraria come from the drug industry. In short, we need to say that we won't accept any money from the drug industry, not even if they want good advice from us – we can do this for free. We need a radical change.

### REVIEW BY PUBLISHER, RADCLIFFE

Radcliffe, Life-long Learning for Healthcare Professionals, [www.radcliffehealth.com](http://www.radcliffehealth.com)

### A review of *Deadly Medicines and Organised Crime*

In his latest ground-breaking book, Peter Gøtzsche exposes the pharmaceutical industries and their charade of fraudulent behavior, both in research and marketing where the morally repugnant disregard for human lives is the norm. He convincingly draws close comparisons with the tobacco conglomerates, revealing the extraordinary truth behind efforts to confuse and distract the public and their politicians.

The book addresses, in evidence-based detail, an extraordinary system failure caused by widespread crime, corruption, bribery and impotent drug regulation in need of radical reforms. As a consequence, prescription drugs are the third leading cause of death [in America] after heart disease and cancer.

## Short list of contents

Asthma deaths were caused by asthma inhalers. Shady marketing and research. Organised crime, the business model of big pharma. The crimes are repetitive. Very few patients benefit from their drugs. Conflicts of interest at medical journals. What do thousands of doctors on industry payrolls do? Rent a key opinion leader to 'give advice'. Clinical trials are marketing in disguise. Ghostwriting. Highly expensive drugs. Impotent drug regulation. Corruption at drug agencies. Inadequate testing of new drugs. Restricted public access to data at drug agencies. Deadly slimming pills. Merck, where the patients die first. Switching cheap drugs into expensive ones in the same patients. Novo Nordisk interferes with an academic publication. Psychiatry, the drug industry's paradise. Are we all crazy or what? Screening for psychiatric disorders. Prozac, a terrible Eli Lilly drug turned into a blockbuster. Pushing children into suicide with happy pills. Antipsychotic drugs. Intimidation and threats to protect sales. How much medicine do we really need and at what cost? Drug regulatory agencies. Drug marketing. Doctors and their organisations. Medical journals.

## HONOURED IN 2014 BMA MEDICAL BOOK AWARDS

In a remarkable act of high ethics and freedom from bias, the British Medical Association acknowledged *Deadly Medicines and Organised Crime* in the Association's 2014 BMA Medical Book Awards. The ceremony conducted by this eminent medical body commenced with a welcome by Professor the Baroness Hollins, Chair of BMA Board of Science, and the awards were presented by Dr Hilary Cass, President of the Royal College of Paediatrics and Child Health.

The presenter declared, "I would strongly recommend this book to anyone with an interest in the topic, and more so I would say that this book should be compulsory reading for medical students and junior doctors to make them aware of these issues. With the recent outcry over unpublished Tamiflu data, this would be the ideal book to understand the issues involved and the potential solutions.

"I found this book an excellent read. The author's long experience in the field leads to a clear and authoritative view on the failings of the pharmaceutical industry. However, he is clear that doctors, their organisations, journals and policy makers also have a role in these failings. I was particularly interested in the entanglement between doctors and the pharmaceutical industry. The use of clear language – fraud, corruption and criminality – helps show what we would call this behaviour in any other sphere of life. It also refocuses our minds on the impact this behaviour has on patients, medication being the third largest cause of death.

"While the tone is at times strident, Peter Gotzsche provides evidence to back up his statements. I feel that the evidence in this book will shock even those who think they are aware of failings in the pharmaceutical industry. Prior to reading it, I felt I had a good understanding of many of the issues. However, this book highlighted many issues of which I was not aware. Some of the industry documents which have been leaked or revealed in court cases are particularly eye-opening.

"I feel that the clear recommendations for the future are a useful way of concluding the book. While some of the recommendations may seem extreme, they certainly are thought provoking. With the recent 'AllTrials' campaign and the media interest in the recent Tamiflu scandal, this is a book whose time has come. I would strongly recommend this book to others, both healthcare professionals and those in the general public. The central issue is that we should be focused on patients – whose safety must come before profits."

## Writers Comment

This award reflects the high integrity and objectivity of the British Medical Association, especially considering that the book fervently damns the key treatment modality of orthodox medicine, the pharmaceutical drugs.

The award also gives powerful credibility to Peter Gotzsche and his work. The critics who would like to say Prof. Gotzsche is over the top in his views, would first need to show that the august BMA is mistaken in its award to him. However, the critics could be making fools of themselves.

Congratulations Peter Gotzsche, you are providing a brilliant and brave service for humanity.

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# THE MYSTERY OF TEARS

By Jenny Livanos, Wholistic Optometrist



As an optometrist, I discuss tear quality, quantity and function in dry eye and external eye conditions with my patients every day. Tears are secreted mainly from the *lacrimal glands* in the upper, outer region of the eye and drained by the *puncta and lacrimal duct* in the opposite corner of the eye; they are moved across the eye through blinking.

There are three types of tears, consisting of different molecules, each serving a different purpose. Tears act as both a delivery and an excretory route for nutrients and metabolic products, and contain substances including mucin, lipids, antibodies, proteins and enzymes suspended in salt water. The specific composition of tears varies from day to day and with your health, with less being produced as we age.

## THE THREE TYPES OF TEARS

**Basal tears** – these continuously moisten and nourish the cornea (the clear front ‘window’ of the eye) with oxygen and nutrients. These tears help keep the cornea clear of debris and smooth out irregularities for better vision. Here the enzyme, *lysozyme*, fights against any bacterial invasion.

**Reflex tears** – foreign particles irritate the sensory nerves in the cornea, signalling to the ophthalmic nerve and causing these tears to be produced. Onion vapours, hot or peppery stimuli to the tongue and mouth, bright lights, smoke, wind, coughing and yawning can be triggers. These tears help wash out impurities and contain antibodies to help protect the eyes against infection from these irritants.

**Psychogenic tears** – these are triggered by strong positive and negative emotions, including pleasure, happiness, stress, anger, sadness and physical pain. The emotion is registered in the limbic system, the emotional centre of the brain, and the endocrine system is then triggered to flush hormones into the tears. These tears have higher levels of protein-based hormones like *prolactin*,

which is more prevalent in women and involved in the stress response; *adrenocorticotrophic* hormones, which help regulate stress in the body; and *leucine-enkephalin*, a natural painkiller and mood improver. This removal of extra hormones from the body is part of our emergency response to restore physiological and psychological balance.

## WHY DO WE CRY?

Tears produced with emotions seem to be a uniquely human experience; humans appear to be the only species producing these tears for health and as a survival advantage. However, research, including that by famous naturalist, Charles Darwin, has found that elephants can shed tears in grief. Crying may be an evolutionary adaptation to having our needs met. We cry to elicit sympathy and aid from others, to solidify relationships with those around us and to display vulnerability and submission, especially when we are young.

Crying is beneficial to our health and mental wellbeing – most people feel better after a good cry. Psychologists recommend that people express their emotions through talking and crying. If we stifle emotional tears, there may be an elevated risk of heart disease and hypertension – crying makes us less prone to stress-related illnesses. Studies have shown that sufferers of colitis and ulcers tend to have a less positive attitude about crying than healthier people. In Japan crying clubs have been set up to induce a good cry by watching sad movies, TV shows and reading sad books!

Men and women shed different kinds and amounts of tears, owing to biological and cultural reasons. Women are physically wired to cry more tears than men. Men have smaller tear glands and gland cells, so produce less tears at any one time. The male tear duct is larger than the female’s, so will hold more tears – a woman’s tears will spill out quicker! In men, testosterone helps raise the threshold between the emotional stimulus and the shedding of tears, so men tend to take longer to cry.

According to the German Society of Ophthalmology, women cry between 30 and 64 times per year, while men cry 6 – 17 times per year. Women cry for six minutes and more loudly, with a higher chance of sobbing, whereas men cry for 2 – 4 minutes. Men tend to cry over more serious matters than do women. As men get older, they become less angry and tend to cry more, whereas women experience the opposite – this is mainly due to the decline in testosterone in men and oestrogen in women.

Chemicals in emotional tears alert others to emotional or physical distress and can decrease men’s libido. An experiment by Weizmann Institute researchers tested male volunteers and found that after smelling odourless tears, they were less responsive to an attractive face.

A photographer named Rose-Lynn Fisher has recently found differences in the appearance and composition of tears under the microscope, depending on the emotion and its trigger. During a stressful period in her life, she decided to examine her own tears and those of volunteers, totalling 100 different types of tears. As tears are suspended in salt, they form very interesting patterns when they crystallise. Tears from onion-chopping, happiness, sorrow and grief all appeared different under the microscope.

Current research has indicated that biomarkers like proteins in tears can confirm different eye diseases. Also being studied are tear biomarkers for the early detection of systemic diseases, including genetic disorders, infectious diseases, diabetes and even cancer.

Tears are truly mysterious. As Antoine de Saint-Exupery wrote in his book, *The Little Prince*, “It is such a secret place, the land of tears”!

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# Honouring Your Authentic Self

By Lisa Phillips, Confidence Coach

The word 'authentic' seems to be a new buzzword at the moment, but what does it really mean? According to the dictionary, being authentic means 'coming from a real place within'. It is when our actions and words are congruent with our beliefs and values. It is being ourselves, not an imitation of what we think we should be or have been told we should be.

So how do you go about tapping into that authentic you? Unfortunately, many of us have been brought up to believe that we should act and behave in a way which suites other people more than it pleases ourselves. We may turn ourselves into Chameleons, wanting desperately to 'fit in' to society or be accepted by other people. As a result, we may have lost touch with our own beliefs and values and the person we really are on the inside.

Take a few minutes to think about the stuff in life you really enjoy doing. You know, the simple things that make you happy and make you feel free, light and joyful. If you are stuck, maybe think about the things you used to do when you were a child. If you are on the right track, your body and emotions will feel good just thinking about them! This is important as your body is giving you a clear sign that these things are aligned with who you really are, and therefore your authentic self. When you are tapped into your authentic self, it always feels good!

## Here are a few of my own examples:

1. Being around animals;
2. Quiet nights at home with a book;
3. Public speaking;
4. Eating peas in the pod!
5. Spending time with close friends rather than large groups of people.

When I take the time to do these things, it feels good! My body feels in alignment and as a result I feel emotions of positivity, happiness and alignment with who I really am. The reason for this is that all the activities on my list are authentically me. They may not be everyone's choice, but they are mine!

Each and every one of us will have a wide range of things which make us feel good. We have different habits, favourite foods, favourite pastimes and a whole range of different things which bring us joy. For some it is music, meeting friends and big nights out. For others it is quiet nights in, time alone or simply cooking a favourite dish.

Many of us, however, spend too much time fitting in with other people's preferences rather than our own. As a result, our body will provide an emotional indicator that usually doesn't feel good. The reason for this is that we are not honouring ourselves and, in fact, we are moving away from our authentic self. However, when we honour and prioritise doing things we enjoy, we are being authentic and true to ourselves.

## Action Steps:

- Write a list of what activities or pastimes give you joy. Then commit to doing more of them on a regular basis.
- Check in with your emotional guidance regularly to make sure the actions you are taking are aligned with your authentic self.

*Lisa Phillips is a Confidence Coach based in Sydney. Lisa features regularly in the media and is a popular speaker and writer on the topics of empowerment and confidence. For more information, please see [www.amazingcoaching.com.au](http://www.amazingcoaching.com.au)*

**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."

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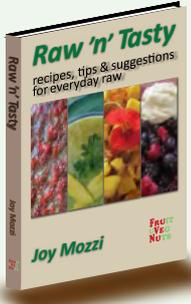
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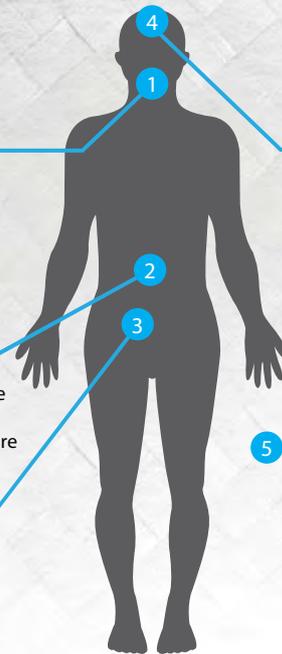
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# YOUR QUESTIONS ANSWERED



By  
**Roger  
French**

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

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

## **Q. COLD SORES:**

**Periodically a cold sore on my upper lip flares up. A doctor has prescribed a cream, which clears it up temporarily, but then it comes back. Is there a natural remedy for getting rid of cold sores? – N.C., Beechworth Vic.**

**A.** Cold sores or fever blisters are associated with the *Herpes simplex* virus, which most people have acquired at an early age. The sores first appear typically three to 10 days after exposure to the virus and usually last around 10 days or up to three weeks. The virus remains permanently in the body, lying dormant until triggered into action by some adverse lifestyle factor, like stress. The virus is very contagious, particularly in the moist weeping stage, and widespread in the community.

Orthodox medicine sees the virus as the cause of the cold sore and therefore treatment involves trying to stop the virus. But the virus-as-the-cause theory doesn't explain why the virus lies dormant in a large slab of the population for most or all of the time.

One of the world's leading microbiologists, Professor Rene Dubos, has written that, "The Herpes simplex virus is potentially capable of causing fatal encephalitis, yet large numbers of children and young adults become infected without displaying significant symptoms, and continue to carry the virus throughout life. Herpes infection usually causes nothing more than fever blisters ('cold sores'), a self-limiting disease that occurs only when the person is under some form of physiological stress."

Factors that can trigger the virus to produce a cold sore may be fever, the common cold, other viral infections, exposure to sun and wind, stress, emotional or physical fatigue, depression of the immune system, menstruation, high levels of the amino acid arginine, caffeine, sugar, refined foods or junk foods.

The primary cause of the virus becoming active is *toxaemia* of the system. Toxaemia

is almost universal in us to a greater or lesser degree due to processed and concentrated foods and the high levels of stress in modern living. The effective way to deal with a cold sore is to lower the toxaemia. Using medication tends to add to the toxaemia rather than reduce it.

A person who is prone to allergies may have an impaired immune system and be more susceptible to cold sores.

Prevention is through both internal and topical methods.

The general health and particularly the immune system can be strengthened through nutrients and herbs. The leading US text, *Prescription for Nutritional Healing*, lists the most important nutrients as: L-lysine 500 mg twice daily; B-complex vitamins at high levels temporarily; vitamin C; chelated zinc; acidophilus bacteria and garlic.

Recommended herbs are Echinacea, goldenseal (don't take on a daily basis for more than one week at a time, or during pregnancy), pau d'arco, red clover and/or olive leaf extract.

Also recommended are acidophilus yoghurt and other sour or fermented foods, as well as plenty of raw vegetables, which lower toxaemia.

Many different topical applications have been tried with cold sores, and each usually works for somebody, if not everybody. The more successful examples include:

- Salt water;
- Vitamin C mixed into calendula;
- Olive oil with the addition of vitamin C;
- Vegemite;
- Skin conditioner based on bees wax;
- Lemon balm in cream form;
- Aromatherapy oils – rose geranium, eucalyptus, tea tree, lemon, lavender, bergamot.

Lowering toxaemia can pull the rug out from under diseases of most kinds. Just undergoing a 'cleansing' diet of fresh fruit or fruit juices exclusively for two to five days can bring a significant improvement. Being on juices longer than this or water

fasting for more than three days would require professional supervision (as at the affiliated Hopewood Health Retreat). The minimum information that needs to be known by a lay person carrying out a cleansing diet at home was detailed in the Spring 2008 issue of *Natural Health and Vegetarian Life* and in the Society's book, *How a Man Lived in Three Centuries*, Chapter 15. Both are readily available from the Natural Health Society.

Finally, look at your stress levels, whether caused by anxiety, pressure, resentment, loneliness, anger, hatred or depression. The most effective techniques for dealing with stress are meditation, relaxation tapes, stress management courses, yoga and physical activity. Above all, adopt the philosophy – *worry only about those things that you can do something about and forget all the rest.*

## **Q. ANTIOXIDANTS – WHY SO IMPORTANT?:**

**Everyone here in Lightning Ridge is asking me what on Earth is an antioxidant and what does it do. – G. B., Lightning Ridge NSW**

**A.** An antioxidant does what the word says, it prevents oxidation. Because oxidation plays a huge role in causing heart disease, stroke, cancer, arthritis, Alzheimer's disease, Parkinson's disease and other nasties, antioxidants are critical to our health. They are the ultimate good guys.

Probably the most potent causes of oxidation are *free radicals*, which are very aggressive chemicals that can cause a vast amount of damage that can destroy cells in arteries, nerves, joints, muscles and organs anywhere in the body. The reason that free radicals are so destructive is that a single free radical can cause a chain reaction of damage. If there are trillions of them and the body's defences are poor, disease can take off – and be deadly.



The causes of free radicals include cigarette smoke, toxic pesticides, toxic solvents, chlorine, benzene (as in petrol), nuclear radiation including X-rays, excessive UV radiation from the sun, some drugs, surplus iron, air pollution and other factors.

The main lines of defence against free radicals are antioxidants.

## Antioxidant defences

Antioxidants are sometimes referred to as 'free radical scavengers'. They have the ability to block the chain reaction of free radical damage as well as destroy free radicals and so prevent damage. Remarkably, they also have the ability to *repair* free radical damage.

Antioxidants are manufactured within the body and are also obtained from food, particularly vegetables, fruits, nuts, legumes and seeds.

Antioxidants especially protect fat and cholesterol from oxidation, which is important because these are very prone to oxidation – and once oxidised, they are very toxic.

Our cells have two lines of antioxidant defences against free radicals.

Firstly, in the lipid-rich cell walls there are *vitamin E*, *beta-carotene*, *other carotenes* and *coenzyme Q10*. Vitamin E is probably the most potent of these.

The second line of defence is inside the cells; it consists of water-soluble antioxidants, which include vitamin C, and also antioxidant enzymes, for example one called *glutathione peroxidase*.

Putting it another way, *the body uses antioxidants to quench the biochemical fire!*

Vitamin E is the most abundant fat-soluble antioxidant in the body and one of the most efficient antioxidants available. It particularly defends against oxidation of lipids (fat and cholesterol). It thus provides potent protection against cardiovascular disease.

Vitamin C is the most abundant water-soluble antioxidant in the body. It acts primarily in cellular fluid and strongly combats free radicals caused by pollution and cigarette smoke. Vitamin C also helps convert vitamin E back to its active form. High vitamin C intakes are associated with low rates of cancer.

**Supplements of antioxidants.** There is abundant evidence that they are effective in increasing the protection against free-radical damage. But before purchasing *mega-doses*, we need to be aware that *more is not always better, in fact, often worse.*

Some people like to think that taking antioxidant supplements can compensate for a junk-food diet. But this is a dangerous mistake. In this situation, the antioxidants can reverse their roles and become *pro-oxidants*, which is exactly what we are trying to avoid.

The moral of the story is: eat your veggies and fruits – and in abundance – and top up key nutrients with supplements in *moderate* doses.

## Antioxidant sources

Antioxidants are abundant in vegetables and fruits, as well as nuts, legumes, seeds and whole grains, and also occur in some flesh foods. A properly balanced lacto-ovo-vegetarian diet supplies an abundance of antioxidants to protect the body. In contrast, a high-meat diet tends to create free radicals and also provides carcinogens (cancer-causing agents).

**Vitamin C**, or *ascorbic acid*, occurs abundantly in vegetables and fruits. Its richest sources (in order) are ripe (red) capsicum,

broccoli, Brussels sprouts, parsley, watercress, kiwifruit, cauliflower, red cabbage, pawpaw, orange, grapefruit.

**Vitamin E**, or *tocopherols* and *tocotrienols*, is found in plant foods high in unsaturated fats, including wheatgerm, nuts, soya beans, sunflower seeds, sesame seeds and corn.

**The beta-carotene group** of around 600 carotenoids is found in a wide range of veggies and fruits. Carotenoids include beta-carotene, alphan-carotene, lycopene, lutein and zeaxanthin.

**Beta-carotene** is responsible for the orange-yellow colour of many fruits and veggies, although this can be masked by green. 'Beta-carotene equivalent' is highest in (richest first) carrots, parsley, pumpkin, mangoes, English spinach, red capsicum, sweet potato, rockmelon, kale, lettuce, silverbeet, peas, broccoli, green beans, tomatoes, zucchini, avocados and sweet corn.

**Lycopene** is known to greatly reduce the risk of prostate cancer. It is found mainly in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges and capsicum.

**Lutein** is best known for its protection against, and partial reversal of, macular degeneration of the eyes. It is richest in kale, collard greens, spinach, broccoli, Brussels sprouts and egg yolks.

**Zeaxanthin**, the other carotenoid that prevents macular degeneration, is present in a range of green and yellow veggies, including sweet corn, spinach, turnip greens, celery, zucchini, kale, broccoli, green beans, Brussels sprouts, lettuce, green peas and sweet potatoes. Fruit sources include goji berries, stone fruits, mandarins, honeydew, mangoes and kiwifruit. An animal food source is egg yolks.

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**Selenium** is the mineral which enables the body to manufacture the antioxidant enzyme, *glutathione peroxidase*. Australian soils are low in selenium, so locally grown foods deny us this invaluable defence. However, Brazil nuts imported from Brazil are the richest of all foods in selenium. It is a good idea to eat a couple of Brazils every day, but don't eat too many because excess selenium is toxic.

**Anthocyanins** and **proanthocyanidins** are antioxidants more powerful than vitamin C by between 15 to 40 times. They colour veggies and fruits dark red, purple and blue. Veggies rich in these are eggplant, purple cabbage, beetroot, purple kale and purple onion. In the fruits, richest of all are blueberries followed by bilberries and other berries – blackberries, mulberries, raspberries, cranberries, strawberries and acai berries – and cherries, red grapes and red apples.

**Chelation.** Another protection from free radicals is to reduce the burden of toxic metals in our bodies so as to minimise their production of free radicals. Chelation is one way of achieving this.

**Spices.** Curry herbs like turmeric, red pepper, nutmeg and cloves have very powerful antioxidant properties. Combinations can be found in Indian, Asian and health food stores. Small quantities can be quite adequate.

## **Q. SUPRAVENTRICULAR TACHYCARDIA:**

**I have been experiencing supraventricular tachycardia for almost 20 years and am almost 80 years of age. I take a calcium supplement and have unfortunately taken Fosamax**

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**and Aclasta for my osteoporosis. I am finding acupuncture helpful. Have you any information about what brings on this condition? – H. D., Darling Point NSW**

**A.** An *arrhythmia* is an irregular heartbeat in which the heart is beating too rapidly, too slowly or irregularly. There are day-to-day causes, and if you can identify them and remedy them, the problem may disappear.

*Tachycardia* means the heart is beating too rapidly. *Supraventricular tachycardia* is rapid heartbeats involving the upper chambers of the heart, the *atria*. SVT can cause the heart to beat very rapidly or erratically, causing inefficient pumping and the body receiving an inadequate blood supply.

Arrhythmias are common and may cause a wide variety of symptoms, including palpitations in the chest, light-headedness, fainting, chest pain, shortness of breath, fatigue or no symptoms at all.

Although SVT is usually not *in itself* life-threatening, many people suffer recurring symptoms that impact on their quality of life. The uncertain and sporadic episodes of tachycardia can cause considerable anxiety.

According to the *Medical Journal of Australia*, vol. 190 (5) 2009, page 255, treatment of SVT "may not be necessary when the episodes are infrequent and self-terminating, and produce minimal symptoms". However, if the episodes are frequent and prolonged and affect quality of life, then something needs to be done. In the worst case, the result could be a stroke.

SVT has a number of forms, the most common being *atrial flutter* and *atrial fibrillation* (AFib).

Atrial flutter is when the electrical signal travels around the atrium in a circle instead of along the normal signal pathway. This causes the atrium to contract very rapidly or 'flutter'. It is not usually life-threatening, but can cause chest pain, faintness or more serious heart problems.

AFib is the most common form of SVT. Waves of uncontrolled electrical signals cause muscle fibres to contract out of time with each other so that the atria 'quiver' or 'fibrillate'. The heart does not pump properly.

Osteoporosis drugs are known to have the possible side effect of increasing AFib, which just may explain your problem.

AFib can involve a quivering pulse, irregular pulse, chest pain, tightness, weakness or dizziness. It can also increase the risk of stroke because blood tending to stagnate in the atrium can clot, and a clot can break away and travel to and lodge in the brain causing a stroke.

Atrial fibrillation is covered in depth in this issue, pages 36 – 38, and by following the guidelines to remove the causes and facilitate recovery, it may be possible to fully restore the heart to its regular, normal rhythm.

## **Q. ALCAT FOOD SENSITIVITY TEST:**

**How genuine is this test? Is there scientific backing for it? – L. B., Wallacia NSW**

**A.** The ALCAT test, which has been in use for over 25 years, is a test for sensitivity to various substances, including foods, additives, colourings, environmental chemicals, medicinal herbs, functional foods, moulds and pharmaceutical compounds. The person's white blood cells (key cells of the immune system) are challenged with one substance at a time in a laboratory, and the person's unique set of responses helps to identify substances that may trigger potentially harmful immune system reactions.

The patient's response to each substance is classified as *reactive*, *borderline* or *non-reactive*. From the set of responses, an elimination/rotation diet can be designed to eliminate the specific triggers that are activating the immune system chronically. By reducing this ongoing burden, normal bodily functions and immune system balance can be improved.

The ALCAT test – or *antigen leukocyte antibody test* – is manufactured by Cell Science Systems, Corp., located in Florida, and there are also headquarters in Germany and Thailand.

The Australian distributor is Nutripath Pty Ltd, 18A Harker Street, Burwood Vic 3125. Phone 1300 688 522; email info@nutripath.com.au

The basis of the ALCAT test is the ROBOCat II instrument, which counts and sizes white blood cells similarly to the method used in routine blood tests.

*It is important to note that the ALCAT test does not detect food allergy, allergy being an immune system reaction to a protein. It detects only sensitivities.* However, it may be only about 4% of our population that has a food allergy.

Much more common is food intolerance which could affect around three-quarters of our population. It is characterised by

digestive disorders, migraines, obesity, chronic fatigue, aching joints, skin disorders, behavioural issues, etc. Unfortunately, orthodox medicine often treats the symptoms rather than the underlying cause – sensitivity.

## What about scientific studies backing ALCAT?

The manufacturer states that a double-blind trial has demonstrated that ALCAT results have a high degree of correlation with oral challenges from foods. Drs Peter Fell and Jonathon Brostoff reported an 83.4% correlation for ALCAT.

In a study of intolerance to food additives, ALCAT results were compared with double-blind placebo controls and found to be 96% efficient, and there were few-false positives. (*Journal of Allergy and Clinical Immunology*, vol. 97, No. 1, part 3, January 1996.)

More recently, investigators designed elimination diets based on ALCAT tests for elite European soccer players who displayed symptoms suspected of being food related. After eight months they were re-tested, and there was found to be significant improvement in their condition as well as reduction in inflammatory responses. (*Journal of the International Society of Sports Nutrition* 2011, volume 8 (supplement 1).)

An investigator studied 72 patients who followed ALCAT-based elimination diets, and found significant improvement in their symptoms that included arthritis, bronchitis and gastroenteritis issues. The best result was for arthritis patients with 83% improvement, followed by 70% of migraine patients and 50% of asthma patients. (*Advances in Medical Sciences*, volume 40, number 3, 1995.)



## Novel information available through ALCAT

Apart from sensitivity, ALCAT testing can reveal other very useful information.

**Telomere Length Test.** Telomeres are bits of DNA found at the ends of our chromosomes. They allow our cells to divide without dropping off genes that are essential for life. Telomeres are responsible for limiting the number of divisions a human cell can have before it stops replicating, a process which protects us from unrestrained cell division and potentially cancer.

Telomeres become shorter over time as well as from oxidative stress, and can only be replenished by the action of the enzyme, *telomerase*. If this enzyme is lacking, there will be abnormal shortening of telomeres, which is associated with osteoporosis, dementia, diabetes, some cancers and rapid ageing.

This is a biomarker of ageing, and is useful for telling a person's actual degree of ageing compared to their chronological age. Shortened telomeres may also be indicative of some chronic degenerative condition. Fortunately, telomeres respond positively to improved dietary and lifestyle choices as well as decreased oxidative stress, so it is possible for the individual – motivated by the result of this test – to ease these conditions and extend their lifespan.

**MTHFR Test.** MTHFR (*methylene-tetrahydro-folate reductase*) is an enzyme which converts inactive folic acid to active folate, a vitamin with vital functions, including prevention of foetal spina bifida and heart disease. However, if the gene responsible for the production of MTHFR is mutated (damaged), there will be insufficient enzyme and possibly deficiency of folate.

This test is particularly appropriate for pre-natal couples with a history of miscarriage and people with a family history of cardiovascular disease, depression and other psychiatric illness.

## There are always critics

Critics say that the test is not supported by research and is therefore not considered to be a reliable diagnostic tool. However, the studies summarised above plus numerous other studies abstracted in the ALCAT website amount to substantial documentation – go to [https://www.alcat.com/pages/clinical\\_info](https://www.alcat.com/pages/clinical_info).

While no test is perfect, ALCAT appears to give fairly reliable results. It needs to be understood that you can get false positive results with food intolerance testing if you're either eating too much of the food or you've never eaten it, so the body reacts to it as a foreign object. And remember, ALCAT is *not* a test for allergy.

ALCAT has been in use for a long time, and there are many people who say that it has enabled them to greatly ease health problems.

## Cost

A test of this kind cannot be cheap, although the benefits could be well worth the price. In Australia, the panel for testing 50 foods costs \$250; for 100 foods it is \$350; for 150 foods \$475; and for 200 foods \$595.

There are also 'combination panels' for foods and chemicals, including food additives and environmental chemicals.

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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: **Hugh Bignold, John Smith, James and Elizabeth Lanham, Mark Bowman, Catherine Harris, Marilyn Marel, Joan Sudbury, Barbara Pearson and Larissa Bergmann.**

If other members would like to add their support – no matter how great or small –

we would be very grateful. Simply call our office on 02 4721 5068 or send a cheque to Natural Health Society, 28/541 High Street, Penrith NSW 2750, or go to our website [www.health.org.au](http://www.health.org.au) and click on



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## 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.

## Vegetarian Food Preparation Classes

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#### WELLNESS SUPPORT GROUPS

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



#### FOOD PREPARATION DEMONSTRATIONS AND TALKS 2015

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**Sat 27th June:** Doug Evans – 'Which fats, proteins and carbohydrates = cancer, heart disease and diabetes'

**Sat 25th July:** Don Benjamin – 'Cancer therapy – what works? Questioning the cancer paradigm'

**Sat 29th August:** Cecil Bodnar – 'Daily routine to achieve and maintain a healthy lifestyle'

**Sat 26th September:** John Ellerman – 'The role of probiotics and gut health in overall wellbeing'.

**Raw Desserts:** Sat. 20th June 1 – 5pm

**Real Wholemeal Breadmaking:**

Fri. 26th June 10am – 3pm.

For further information, please go to [healthandvitalitycentre.ntpages.com.au](http://healthandvitalitycentre.ntpages.com.au)

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

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**Bookings:** Ling 0410 688 499 or email [rawlaofood@gmail.com](mailto:rawlaofood@gmail.com)

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

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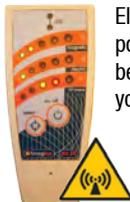
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# GEOVITAL

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# FERMENTED FOODS AND GUT HEALTH

By Sue Larkin, Medical Reflexologist



As you age, your healthy gut flora diminish and your stomach becomes less acidic, which may set you up for gastrointestinal dysbiosis (bacterial imbalance in the digestive tract) and a number of serious health problems that follow from it, including dementia.

Beneficial gut bacteria play important roles in vitamin production, mineral absorption, detoxification and helping to prevent diabetes, digestive issues, neurological problems, cardiovascular disease and even acne.

Your *microbiota* also plays a large role in your metabolism. Sugar, refined carbohydrates and junk foods cause certain bacteria to release endotoxins, which drive inflammation and cause metabolic changes that result in overproduction of insulin, increased appetite, increased fat storage and obesity.

## FERMENTED FOODS

One of the best ways to protect your health is by keeping your gut flora healthy with naturally fermented foods – one-quarter to one-half cup of fermented veggies with each meal is ideal, but you may need to work up to this gradually.

Through the art of making cultured vegetables and kefirs, you can enhance your 'inner ecology' and regain your own good health and wellbeing.

## WHAT ARE CULTURED VEGETABLES?

Cultured foods help re-establish the natural balance of our digestive system. They are preserved in a liquid of brine and probiotic cultures through fermentation.

Cultured vegetables are loaded with essential enzymes and good bacteria needed for optimal digestion and so are easier to digest than raw or cooked vegetables. When you eat raw cultured vegetables, you give your body an opportunity to make enzymes to rejuvenate itself, instead of wasting enzymes in digesting food. In addition, research suggests that *Lactobacillus plantarum* has the ability to reverse gut dysbiosis, as occurs in irritable bowel syndrome, Crohn's disease and colitis.

Cultured food was a healthy mainstay in the diets of our ancestors. Only a minimum portion of their foods were cooked – raw foods full of live enzymes made up the majority of their diet.

Our 'modern' methods of pasteurisation and adding chemicals to speed up fermentation of products like yoghurt and cheese have killed these once enzyme-rich foods and cause them to tend to disable our digestion and ultimately endanger our health.

Through the ancient art of fermentation, these foods are partially digested by friendly enzymes, fungi and good bacteria, making their nutrients readily available with little work for your body.

In addition to enhanced flavour and nutrition, living cultured foods also offer a multitude of medicinal rewards by:

- Alleviating digestive disorders – the flora form a 'living shield' that covers the inner lining of the small intestine and resists pathogenic (disease causing) organisms like E. coli, salmonella and an overgrowth of yeast.
- Strengthening immunity with increased antibodies that fight against infectious disease.
- Helping pregnant and nursing mothers transfer beneficial bacteria to their infants.
- Effectively impacting the behaviour of children with autism and ADD.
- Regulating weight and appetite by reducing cravings for sugar, soft drinks, bread and pasta.

## ABOUT THE BOWEL

**"All diseases begin in the gut" – Hippocrates 460-370 BC, the 'Father' of modern medicine.**

The human intestinal tract is eight to ten metres in length and if the inner lining was laid out flat, it would be the size of a tennis court. The large bowel is about one-and-a-half to two metres long. By the age of around 40, the average person may have five to eight kilos of hard, compacted faecal matter lodged in their intestinal tract.

When wastes build up in the colon, toxins are released into the body and absorbed, gradually making the person sick. These wastes need to be eliminated.

For many, constipation is an accepted way of life, but this is not a healthy condition. Passing a firm, painless stool two to three times a day is the natural and healthy way to avoid a toxic bowel and body.

Even if you eliminate regularly two or three times a day, you can still have a toxic colon. Waste matter can accumulate in the angled or flexed regions of the colon and continuously release poisons into the body.

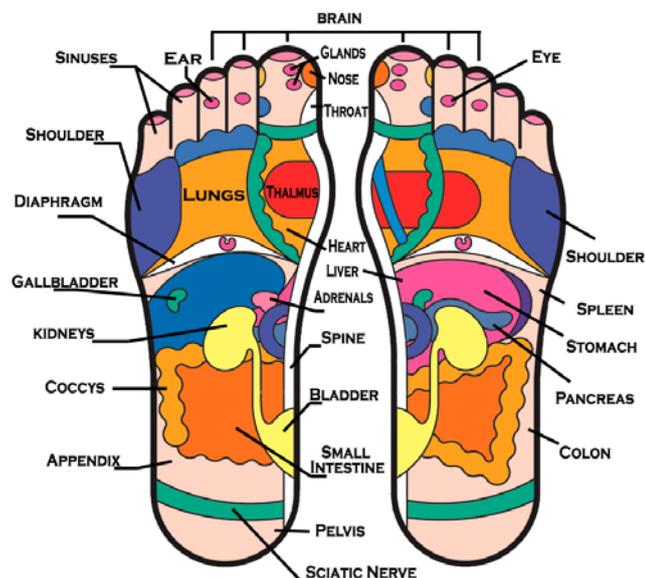
Another way the colon becomes toxic is through poor choice of foods. The typical Western diet contains a lot of processed foods, which are high in preservatives, fats and sugar and low in fibre. Nutritious, fibre-rich foods have long been associated with regular bowel function and improved digestive health.

The possible symptoms of poor bowel health and constipation include bloating, weight problems, bad breath, body odour, brittle hair and nails, circles under the eyes, eczema, cold hands or feet, thyroid problems, digestive problems, abdominal pain, back pain, headaches, poor appetite, lack of energy, weakened immune system and arthritis.

## HELP THROUGH REFLEXOLOGY

One of the therapies that can assist with detecting and clearing digestive problems is professional reflexology. This is the gentle application of pressure on the feet to move the fine crystalline blockages found in the feet and in the face and the intestines as well.

A body reflexology massage can detect these build-ups in the colon and assist with the movement (motility) of the bowel. As the practitioner massages the corresponding areas in the feet, it will gradually remove the blockages so that energy can flow back into the organ, and the organ can then heal itself.



## Reflexology can be good for helping all areas of the body and associated conditions:

- \* Allergies
- \* Arthritis
- \* Asthma
- \* Back problems
- \* Blood pressure
- \* Bowel disorders
- \* Constipation
- \* Eczema
- \* Frozen shoulder
- \* Hay fever
- \* Insomnia
- \* Knee problems
- \* Multiple sclerosis
- \* Muscle tension
- \* Neck problems
- \* PMS/hormonal problems
- \* Respiratory problems
- \* Gynaecological disorders
- \* Sinusitis
- \* Stress disorders
- \* Thyroid imbalance

## Some of the many benefits of Reflexology are:

**Stress reduction.** When we are stressed, our body's defences break down and we become more susceptible to disease. Reflexology reduces stress by generating deep tranquil relaxation, which helps the body balance itself and allows healing energy to flow.

**Improved circulation.** Blood needs to flow freely throughout the body carrying oxygen and nutrients to all the cells and removing waste products and other toxins. By reducing stress and tension, reflexology allows the cardiovascular vessels to conduct the flow of blood naturally and easily.

**Stimulated nerve function.** By stimulating more than 7,000 nerves in the feet, reflexology encourages the opening and clearing of neural pathways. It interrupts pain pathways, reducing pain.

**Improved immune system.** Reflexology stimulates the lymphatic system, thus reducing the risk of infection. It promotes cleansing of toxins and impurities and also stimulates the production of endorphins, leading to an improved immune system and sense of wellbeing.

**Increased energy.** Reflexology revitalises energy throughout the body by relaxing and opening up energy pathways.

## INTEGRATIVE WHOLISTIC HEALTH

Here are some of the Integrated Health services offered at my clinic:

- Medical reflexology;
- Acupressure massage of the body;
- Abdominal massage;
- Facial and scalp reflexology;

- Stress release meditations and visualisations (recordings included);
- Nutritional support;
- Fit Choice Program for healthy weight (TGA approved);
- Bio-available supplements (TGA approved);
- Chemical-free products for the home and bathroom;
- Advanced energy enhancing therapies including the Crystal Bed;
- Sue's healing hands which work with an open heart to help you on your journey to better health and happiness.

**Sue Larkin is a qualified Medical Reflexologist and Body Ecology Practitioner with 15 years' experience. She specialises in digestive health and has also trained with Donna Gates (USA), the founder of 'The Body Ecology Diet'.**

**Sue's Healing Haven is at 23 Ludgate St, Concord NSW 2137, phone 02 9743 4017, mobile 0414 291 489. sue@sueshealinghaven.com.au www.sueshealinghaven.com.au**

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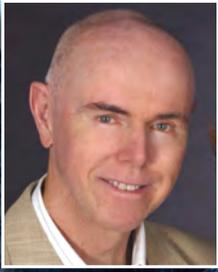
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A REGULAR COLUMN

# Flu Prevention: a second medical opinion

By Greg Fitzgerald, Osteopath and Naturopath

This magazine is the Winter edition, that time of year when we are regaled by the media with fear stories of the dangers of influenza, commonly called the flu.

As I write this in late April, the medical industry is in full swing issuing almost daily bulletins to a willing media calling on all responsible Australians to get their flu shot, or vaccination. This injection, the public is told, will “protect” them from the ravages of the flu virus.

We are told by the Health Departments and the medical profession that the flu vaccine offers protection from the flu. The mantra is: get vaccinated and we will be “protected”. The flu will not then “attack” us, because we have immunity to it.

You’ve heard the cries: “killer flu strikes”; “a cold is a nuisance, the flu can be fatal”; “flu protection is just one shot away”; “killer flu pandemic is not if, but when” and so on.

Such scaremongering does not convince me to run off and get ‘shot’. In fact, I have never had, nor will I ever have, the flu vaccination. Why is this? Well there are several reasons.

**Firstly, the virus is not the cause.** I do not even believe, nor does Natural Health or Natural Hygiene believe, that the flu virus is *the* cause of the flu! If the virus was *the* cause of the sickness, then my wife and I would be smitten down by the flu regularly, as we are continually exposed to the flu virus in our clinic setting. Neither of us has ever had the flu and we have never been vaccinated against it. We don’t wear surgical masks, we don’t take special measures to avoid those who are sick, nor do we use antibacterial soap or wipes. We simply wash our hands as we have done for decades.

The belief that influenza is caused by exposure to the flu virus relies on a theory, called ‘The Germ Theory’. And that’s just what it is, a theory. Exposure to germs, by and of themselves, has never been proved to be the sole cause of illness. Ever! Germs are not the sole cause of disease any more than flies cause garbage or maggots cause rotten carcasses. Germs follow disease,

they do not cause it. Just because microorganisms are *associated* with a particular illness, does not mean they cause it. It is a tenet of statistical science that association does not equal causation, where it is known in Latin as ‘cum hoc ergo propter hoc’ – or translated, ‘false cause’.

There is no doubt viruses do exist, and it must be mentioned that microorganisms do play a part in many diseases, but they do not by and of themselves cause the disease. From a Natural Health/Hygiene standpoint, the terrain (the body) is more important than the germ. Even Louis Pasteur, the famous chemist who founded The Germ Theory in the nineteenth century, is reputed towards the end of his life to have uttered the words, “It’s the soil, not the seed”, recanting his previous emphasis on germs as a causative factor in disease.

From the perspective of Natural Health and Natural Hygiene, the flu is caused by toxemia, which is where the blood, lymph and tissues become overloaded with metabolic (*endogenous*) and chemical (*exogenous*) waste products. Once an unacceptable level of toxicity has been reached, the body itself triggers an acute health crisis (acute disease) which is mounted to protect the body. Things that include fever, anorexia (loss of appetite), musculoskeletal aches and pains, prostration, headaches, vomiting and many other responses are produced by the living organism as a means of lowering the toxic level of the body. Such symptoms, although very uncomfortable, are essential for our survival.

Health authorities state that there are only two ways to prevent flu, and they are to be used in tandem. Number one is staying away from flu germs by regular hand washing, avoiding those already sick and, when necessary, using surgical masks. The other way is to receive the flu vaccine. From these recommendations, we then see that the medical view is that the ‘flu is something that ‘attacks’ us from outside. Healthy living, from their perspective, is no help at all in preventing the flu.

There are many doctors who disagree

with this erroneous view. One of them is Dr Jayne L M Donegan, who wrote the foreword to *Dissolving Illusions: Disease, Vaccines and the Forgotten History*, by Dr Suzanne Humphries and Roman Bystryanyk. Dr Donegan states: “After overcoming an awful lot of fear, I came to the gradual realisation that it is true what people on the outside had been telling me, that ‘health is the only immunity’” (page 1v), June 4, 2013

Another is Dr Joe Kosterich who wrote on his website, [www.drjoe.net.au](http://www.drjoe.net.au), June 3<sup>rd</sup> 2013 :

“Flu Shots – Spin Doctoring at Its Best: The push for flu shots is a textbook example of disease mongering. Scare people about a common condition. Expand the definition of those who are ‘at risk’ and then sell them a product. This would be bad enough if the solution was of any use. The fact that a flu shot does very little for most who have it makes the whole thing a disgrace!”

**Secondly, the right conditions.** The second reason I would run from the flu shot is that health is the normal state of human life. Health does not require causes, it requires conditions. These conditions are the biological needs of life, namely oxygen (fresh air), water (pure, not fluoridated or chlorinated), appropriate food (not processed, engineered or genetically modified), activity, rest and sleep plus mental poise. When disease develops, it does so due to the introduction of certain causes. Health needs conditions, disease needs causes.

The human body maintains health when these biological conditions are appropriately supplied and the causes of disease avoided. It also regains health when these conditions are supplied, and the causes of disease removed. It behoves all of us to avoid (or remove) the causes of disease and supply ourselves with the biological conditions of life.

The flu vaccine does not provide a normal condition of health. It contains toxic elements including *formaldehyde*, (a known carcinogen), *polysorbate 80* (a known

cause of allergic reaction and anaphylaxis), *Triton X 100* (a strong detergent), *gentamycin* (antibiotic), *thimerosal* (ethyl mercury), *egg protein* and *gelatine*, as well as influenza virus. These toxic elements are causes of disease, not conditions of health. Muddled medical thinking believes that you can prevent disease by introducing the causes of disease!

The remedy mentality of modern medicine would have us believe that we can live any way we like, eat what we like, and then get vaccinated to be protected. This is 'permission slip' thinking – take the drug or vaccine, be 'cured' or 'protected', and you have tacit permission to resume your normal life. No change required, no learning needed, no education, no getting to know yourself any better. Just get 'jabbed' in order not to get sick.

Such toxic ingredients injected into the body can never promote health nor prevent illness. They simply add to the toxic load.

**Thirdly, illness is a lesson.** Another reason I avoid the flu vaccine is because I regard any illness as a lesson. If I were to get influenza, or for that matter the common cold, I would give pause to what and how I was living my life. Have I become enervated, have I deviated with my diet, am I over/under-exercising, getting insufficient sleep and so on? Life comes with challenges and adversities. In business if we make mistakes the business suffers, and we (hopefully) learn to do things somewhat differently in order to avoid more of the same.

If we continually experience poor quality relationships, we might need to look at how we are behaving and do some reflection. We may need to work on our character. If we are continually in financial trouble, we might need to manage our financial situation differently.

Such adversities are not necessarily adversaries. They can carry, within the suffering, powerful seeds of improvement, provided we reflect on them correctly.

People can generally understand these principles, but rarely do they reflect on their lives when they get sick. This is for many reasons, not the least being the 'permission slip' mentality of modern medicine, with which people have been indoctrinated over the past 100 years.

**Fourthly, medical evidence against the vaccine.** Another reason I avoid the flu vaccine is because there is too much evidence against it, even within the medical literature. For example:

*British Medical Journal*, May 2013, 'Influenza: marketing vaccine by marketing disease' by Peter Doshi, postdoctoral fellow (*BMJ* 2013; 346 doi: <http://dx.doi.org/10.1136/bmj.f3037> (published 16<sup>th</sup> May 2013))

"Closer examination of influenza vaccine

policies shows that although proponents employ the rhetoric of science, the studies underlying the policy are often of low quality, and do not substantiate officials' claims. The vaccine might be less beneficial and less safe than has been claimed, and the threat of influenza appears overstated."

Continuing this attack in the *British Medical Journal* in 2014 is another caustic criticism of the flu vaccine, this time from Dr Margaret McCartney, general practitioner, Glasgow:

'What use is mass flu vaccination?' by Dr Margaret McCartney (*BMJ* 2014; 349 (published 20<sup>th</sup> October 2014))

"For each healthy adult, a Cochrane review found that vaccination saved an average of just 0.04 days off work and concluded that no evidence supported it as a routine public health measure. And among over-65s, Cochrane reviews found only poor quality data and were unable to draw conclusions of any benefit, thus recommending more trials. As for children, Cochrane again found the available studies to be of poor quality: the number needed to vaccinate to prevent one case ranged from seven (live vaccine) to 28 (inactivated vaccine) and effectiveness varied greatly depending on the season.

"A review of flu vaccination trials for healthcare workers who looked after older people in long-term residential care found no meaningful difference in the number of cases of laboratory confirmed 'flu, admissions to hospital, or deaths from respiratory infections in residents.

"So, why are we vaccinating so many people in whom we have no proof that it works?

"Treating children is one thing; treating adults like children is quite another. The Department of Health wants trusts to achieve a 75% uptake in flu vaccination for staff, when it would be better off ensuring that resources are used where they can do some good. I would have the vaccination if a high-quality trial showed that it was worth it for me or my patients. But flu vaccination is offered millions of times every year at huge cost; given so much uncertainty, *this policy is impossible to justify*".

Even Dr John McDougall, a long-time supporter of all vaccinations including the 'flu vaccination, and himself being a yearly recipient of the flu vaccine for many years, has now gone on record and stated that he does *not* support the flu vaccine and he himself is *not* receiving it anymore. His criticism of the public flu vaccination program can be read in his November 2014 Newsletter titled, "I Say No to Flu Vaccines!" ([www.drmcDougall.com](http://www.drmcDougall.com)).

**Fifthly, flu is the body's response to internal imbalance.** If people were educated to understand that influenza is not something that jumps on them from

outside, but something the body produces in response to its internal imbalance, they would take positive steps to intercept the earliest signs of illness (for example, feeling extremely tired, headachy, common cold) in order to circumvent the progression of their illness into something more serious (influenza, bronchitis, pneumonia, etc.), or 'nip it in the bud' so to speak.

Often if we listen to the body's whispers and take appropriate action or inaction, and then we avoid suffering the body's screams. This is intelligent and rational living. And this is why none of my family has ever suffered influenza. And this is despite being often in contact with the virus and despite not getting the flu vaccine.

If we – rarely – get a mild illness like a cold, cough or runny nose, then we know our bodies are telling us something. We need to listen to the whispers. We know we have to temporarily cut back on exercise and other commitments, eat less (or nothing) and get more rest and sleep.

We do not need to take anything extra to help our bodies, because we know the symptoms are themselves remedial and reparatory. They are not our enemies to be conquered and suppressed, but rather 'allies in disguise' to be respected. It is the body working as designed. We seek the solution in desistance more than assistance. The body will then lower its toxic level and a state of normal health will be resumed.

When we live this way, when we adopt this beautiful understanding of the marvellous miracle of health (which is indeed the miracle of life), then we have no fear of the flu, and no need for any flu vaccine.

Empowerment and health is the result, not disempowerment and illness.



**Greg Fitzgerald is an osteopath, chiropractor and naturopath and Principal of the Health for Life Centre, 31 Cronulla St, Cronulla in Sydney. Phone (02) 9540 1962 and 9544 0445; [www.healthforlife.com.au](http://www.healthforlife.com.au); email [info@healthforlife.com.au](mailto:info@healthforlife.com.au)**

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

# PAIN: FOE OR FRIEND?

By Jim Lanham, long-time Natural Health Society member

If someone were to ask you “What is the most misunderstood subject on earth?”, what would you reply? Personally, I'd be inclined to answer “Pain”!

We live in an age when painkilling drugs are consumed as never before. Is this an appropriate thing to do?

Pain hurts! Pain is not pleasant; sometimes it is miserably unpleasant. All animals avoid pain, as they should. So pain must be an enemy!

I propose that pain is a friend, a teacher and an important feedback mechanism. Even though pain is unpleasant, I propose that the pain response itself, is 'good'.

Pain hurts, simply because it is 'designed' to hurt. If it didn't hurt, we would all ignore it. What about those very rare people who have lost their pain perception? Are they blessed, or cursed? Sadly, they are cursed.

I once read a book entitled *Pain – the Gift Nobody Wants* by a medical doctor, Paul Brand, who had spent several decades working with leprosy sufferers.

Commonly, the parts of the body affected by leprosy have no pain receptors. Previously, it had been thought that the leprosy caused this result, but this author proposed the opposite. In his experience, loss of pain receptors (for whatever reason) came first and gradually the leprosy appeared. This occurs because without the vital feedback of pain, the person injures themselves in many ways without knowing it. This could be by something as simple as too much constant pressure in bed at night – the person won't roll over every hour or so, as we do. Or it could be leaning against a desk for long periods or the usual burning, cutting, banging, etc, that we try to avoid.

The result of no pain reception is constant damage and eventually dead tissue. Finally, the state we call leprosy is evidenced – the death of skin, tissue and even bone. Also, the person loses a sense of 'ownership' of the areas affected. Many sufferers of leprosy will mutilate themselves quite recklessly, as a kind of game. Pain initiates a sense of ownership and boundaries of care.

When the rest of us touch a hot object, the pain that causes us to withdraw enables us to avoid injury. When you hit your thumb with a hammer, the pain for the next week discourages the use of the thumb and stops you from using it, creating ideal conditions for healing. As a side benefit, you learn to be more careful.

What about less direct types of pain, like headache, muscle pain and the many other pains? To me, they indicate that something has happened to the body, such that rest, or some kind of change in behaviour is needed. The severity of the pain indicates the urgency to ease back or to change.

Most pain and most problems, tend to improve with time, provided rest and other needs are met. Before the advent of painkillers, pain ensured that rest or modification of movement was observed. Of course, with some kinds of damage, surgery or other intervention is indicated.

Pain also makes us think! “Is there some environmental factor I should be avoiding, or perhaps, seeking? Should I lose weight, get fit, stop smoking, give up junk food? And so on. Pain urges self-questioning. Pain is a 'wake-up call'. Pain is the irresistible incentive to get more information. It is therefore the great teacher – and one you can't ignore!

Sometimes, you can't seem to resolve a pain. While you're trying to find a solution, you can, at least, respond to the pain by modifying your activities. Mostly, this is what we all tend to do.

When pain talks, it doesn't use modern English! The language of pain can be completely obvious, or very cryptic.

But when a messenger has an urgent, important message, you don't shoot him just because you don't like the message. You listen to him – it could be 'life and death'. What do painkillers do? They shoot the messenger before he's finished the first sentence.

Painkiller drugs have two negative aspects. Firstly, the diminishment of the feedback mechanism. So we deny ourselves appropriate rest and we engage in activities which might occasion further damage. We 'soldier on', but is this in our interest?

Secondly, the toxicity of the drug. All these substances have to be excreted via the liver and kidneys to reduce the toxic effects. Long-term, these drugs tend to create pain, and there is a tendency to increase dosages, which is the pathway to addiction. Liver damage is likely, constipation is common.

Are painkillers ever justified? Anaesthetics for surgery are justified. Painkillers to

reduce pain for very important occasions are possibly justified. It's a very personal thing. If you do use painkillers, keep them to a minimum. Don't let them stop you from easing back and looking for lifestyle solutions.

I'm aged 69. I have not used painkillers since the age of 18, when I was addicted to many things, including painkillers. I have had significant dental work without anaesthetics, and have experienced other pains over the years without using painkillers. Occasionally, pain has kept me awake all night and in tears.



But pain does force you to immobilise, when *nothing else would*. Respecting pain, just might lead to a *lot less pain in the long run*.

Your body has other beautiful feed-back mechanisms including taste, smell, touch, sense of temperature, sense of balance, sense of position in space, hearing and eyesight. Pain takes its rightful place in this magnificent information system.

Could there ever be a time when pain becomes nothing but a 'loose cannon' from hell, wreaking despair and misery for no biological reason? I don't know. My observations come from my own limited experiences. Most people seem to feel that there is some kind of 'duty of care' to relieve pain.

I can think of a few people who appear to me to have shortened their lives and multiplied their troubles by an addiction to painkillers and alcohol, which is often used as a kind of painkiller. A lot of other people decide to use an occasional painkiller and it seems quite logical, to them.

I think I understand their point of view, as I've been there. But for me, the ultimate 'relief' was to leave that slippery slope far behind.

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# Hair Tissue Mineral Analysis

Off the top of your head  
– identifying nutritional imbalances



By Aimee Tracton, InterClinical Laboratories Pty Ltd

## NUTRITIONAL MINERALS

Minerals, also known as the ‘spark-plugs’ of life, are involved in almost all the body’s metabolic processes. ‘Metabolism’ refers to the synthesis of all the compounds needed by the cells and also the breakdown of molecules to obtain energy – the site of metabolism is the cell itself. Minerals provide structural support for bones, maintenance of the acid-base balance, water balance, nerve conduction, muscle contractions and enzyme functions.

Zinc, copper, magnesium and other minerals are necessary co-factors for many enzymes and the effective function of vitamins. The ideal way to get minerals into the body is, of course, a balanced diet. It isn’t so easy to do this in the modern world – environmental toxins, chemical food additives and stress are just a few factors that can affect one’s nutritional status.

## THE STRUCTURE OF HAIR

Hair is a soft tissue of the body made up primarily of a fusion of dead keratinised cells. Don’t let the word ‘dead’ mislead you. As hair grows from the root below the skin’s surface, living matrix cells are being nourished by the blood supply for growth. The matrix cells grow and divide in a process that keratinises minerals into the growing hair shaft (the part you can see). The biopsy of hair tissue is essentially a snapshot of the body’s metabolic activity including internal nutritional mineral stores as well as external exposure to toxic elements.

## HAIR TISSUE MINERAL ANALYSIS

Nutritional status can be tested and monitored using Hair Tissue Mineral Analysis (HTMA), a pathology tool used to correct nutritional imbalances and detect toxicity.

HTMA is an analytical test that measures the mineral composition of hair, providing a reliable indicator of mineral stores in the body. If you suffer from mineral imbalance or toxic mineral excesses due to health, diet or environment, this information will be recorded in your hair shaft.

## TOXIC ELEMENTS

Toxic elements such as lead, mercury and cadmium can interfere with nutrient mineral absorption. Air pollution, cigarette smoke, food additives, aluminium, hair dyes and car exhaust are some common examples of everyday exposures we face that all contain toxic elements that have the potential to build up in the human body. Toxic elements may also enter the food chain due to farming practices and soil integrity. Common pathology tests, such as blood tests, are useful to detect toxic elements for only a limited time.

For example, after 30 – 40 days of exposure to high lead levels, elevated serum lead levels may be undetectable in blood. This is due to the body’s natural filtering system which removes toxic elements from the blood and deposits them into tissues including liver, bones and hair.

Toxic elements can replace or displace related nutritional minerals needed for healthy bodily functioning. Lead can displace calcium. The toxic element is stored in the tissue and inhibits the function of the nutritional element.

## BLOOD VS HAIR

Blood gives an indication of the mineral content of the nutritional and toxic elements in transport around the body, but not that stored in tissue. In many cases the body’s homeostatic mechanisms maintain proper serum mineral levels in blood, but mask

both mineral excesses and deficiency in tissue mineral concentrations.

On average, a HTMA result is a record of approximately three months of hair growth. Unlike blood, which can have dramatic daily or even hourly changes, hair is not affected by such fluctuation and is therefore particularly useful in detecting long-term mineral patterns.

## MINERAL IMBALANCES

A multitude of factors can cause mineral deficiencies or excesses, including:

*Improper eating habits* – Fad diets or diets high in refined carbohydrates, saturated fat, sugar and salt can lead to mineral deficiencies or excesses. Even a seemingly healthy diet can be the cause of a mineral imbalance, such as when foods are grown in nutrient-depleted soil.

*Stress* – Both physical and emotional. Vitamins and minerals are lost in greater quantities and absorbed less effectively when experiencing stress. High levels of physical activity can result in a requirement for increased levels of certain nutrients.

*Genetics* – There can be individual inherited factors that lead to a predisposition to mineral imbalances. Some individuals require a higher amount of certain nutrients for the maintenance of good health.

## RESTORING MINERAL BALANCE

A HTMA test can be interpreted in conjunction with other complementary pathology tests as well as observable symptoms to provide valuable information about your body’s mineral profile and general health status. A qualified healthcare practitioner can assist in identifying the sources of particular mineral imbalances or toxicity. Each individual will require a unique treatment regime, which can be tailored by your healthcare professional based on HTMA results alongside other pathology testing. This should assist in restoring or maintaining optimum health.





## Nutrient and Toxic Element Testing HAIR TISSUE MINERAL ANALYSIS PATHOLOGY

Hair is constructed of keratinised cells - creating a permanent record of metabolic activity, nutrient minerals and exposure to toxic elements.

### Hair Tissue Mineral Analysis (HTMA)

HTMA is a non-invasive pathology test that measures the levels and comparative ratios of nutrient and toxic minerals found in body tissue. HTMA is a valuable health screening tool for providing clinical information often not identified through blood and urine testing.

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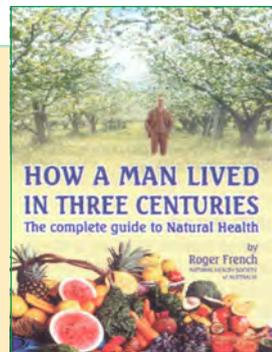
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# A NATURAL HEALTH WINTER MEAL PLAN

Compiled by Roger and Elizabeth French and Margaret and Richard Stepniowski

To maintain the desired high vegetable and fruit intake, each meal has these foods as its base. Lunch and dinner have 'feature' dishes that provide protein or starch. To satisfy food-combining guidelines, a starch dish is had with lunch and a protein dish with dinner or vice-versa.

Re the breakfast smoothies, coconut water from a fresh green ('drinking') coconut could be added to the smoothies or could replace one of the fruit ingredients. Note – after opening, use some of the flesh in the smoothie or keep it for later dishes.

If you add to your fruit breakfast protein foods, namely nuts or seeds, or starchy foods like oats, keep the quantity small, as concentrated foods do not digest well with fruit.

If you are accustomed to cereal or porridge for breakfast and would like to try switching to an all-fruit breakfast, make the change gradually. Have a small amount of fruit first and half to one hour later have your usual cereal. Gradually increase the quantity of fruit and decrease the cereal until after about six to eight weeks you have changed over completely to all fruit.

Dressings can be used with every salad or steamed vegetable meal. It would be reasonable to add a treat to one meal daily.

## FOR VARIETY

A virtually endless variety of menus can be achieved by substituting equivalent dishes in any of the following meals. That is, replace a protein dish with any other protein dish, and replace a starchy dish with any other starchy dish.

Protein-rich foods are nuts, legumes (lentils, chick peas, kidney beans, etc.), seeds (sunflower, sesame, pepitas and flax), eggs and cheese (and also flesh foods, which are not part of a plant-based diet). Starch-rich foods are potato, pumpkin and sweet potato and the grains wheat, rye, barley, oats, rice, buckwheat and millet.

## A SUGGESTED 7-DAY MENU

**(R) indicates that the recipe follows the meal plan**

### BREAKFASTS

On rising, lemon juice diluted with hot or cold water or diluted grapefruit juice.

#### SELECT FROM THE FOLLOWING SUGGESTIONS – an hour later:

- Fresh, ripe, in-season fruit. Don't eat banana with acid fruit. And don't include watermelon – it's a summer fruit. If fruit seems insufficient for breakfast, add some sunflower seeds, a few nuts, or wholemeal toast or muesli.
- Smoothies **(R)**
- Fruit salad:
  - Apple, pear and pawpaw
  - Orange, pineapple and pawpaw
  - Pawpaw, banana and dates.
- Grated apple topped with raisins, sultanas or prunes. Try sunflower seeds too.
- Apple muesli. A large grated apple topped with soaked, raw rolled oats or rice flakes (plus soaked raisins, optional).
- Yoghurt Sundae. Banana and raisins or strawberries, topped with yoghurt.
- Muesli – rice flakes (rolled rice), shredded coconut and sultanas in the proportion 2:1:1. Moisten with apple juice.

## LUNCHES AND DINNERS

### MONDAY

**Lunch.** Raw vegetable salad plus side dish of fermented veggies like sauerkraut. Cooked sweet corn. **(STARCH MEAL)**

**Dinner.** Salad or steamed vegetables. Thai Vegetable Curry **(R)**. **(PROTEIN MEAL)**

### TUESDAY

**Lunch.** Raw vegetable salad. Rice thins or corn thins with filling such as yeast extract (Dick Smith's OzEmite is Australian owned and made). **(STARCH MEAL)**

**Dinner.** Steamed vegetables. Vegetarian Nachos **(R)**. **(PROTEIN MEAL)**

### WEDNESDAY

**Lunch.** Fruit salad plus chia seeds sprinkled over. Nut Cream **(R)**. **(PROTEIN MEAL)**

**Dinner.** Steamed vegetables. Gluten-free pasta – buckwheat pasta is especially good. **(STARCH MEAL)**

### THURSDAY

**Lunch.** 'Antioxidant' soup **(R)**. Wholemeal roll, either wheaten or gluten-free, and filling if desired. **(STARCH MEAL)**

**Dinner.** Vegetable salad. Fritata (made with egg and vegetables) or omelette or boiled free-range eggs. **(PROTEIN MEAL)**

### FRIDAY

**Lunch.** Vegetable salad with nuts tossed through. **(PROTEIN MEAL)**

**Dinner.** Steamed vegetables – broccoli, beans and plenty of greens. Roasted vegetables – cut into pieces and roast any or all of potato, pumpkin, sweet potato, capsicum, onion, beetroot and mushrooms. (Cook extra for lunch tomorrow.) **(STARCH MEAL)**

### SATURDAY

**Lunch.** Mountain bread wrap with left-over roast veggies plus sprouts and some raw green vegetables. **(STARCH MEAL)**

**Dinner.** Green salad. Mushroom Moussaka **(R)**. Dessert: a sweet treat such as Raw Caramel Slice **(R)**. **(PROTEIN MEAL)**

### SUNDAY

**Lunch.** Vegetable salad. Bean and Lentil Loaf **(R)**. **(PROTEIN MEAL)**

**Dinner.** Soup – if have left-over veggies, can include in soup. Bread roll. Dessert: Salted Caramel Bliss Balls **(R)**. **(STARCH MEAL)**

# Recipes for the Meal Plan – plus a few extra selected recipes

## BREAKFAST SMOOTHIES

Use juicy fruits such as oranges as a base, or put half a cup of water in the blender to start. Then add any fruit you like, cut into pieces so the blender can handle it easily. Can also add baby spinach or kale. Blend well, then add nuts, seeds, coconut, avocado or yoghurt. Dried fruit, soaked overnight, could be added for extra sweetness.

Example (1) – 2 oranges, 1 pear, 1 apple and 2 tbsp sunflower seeds or 1 avocado.

Example (2) – half cup water, 1 banana, 2 apples, 4 tbsp shredded coconut.

## MIXED VEGETABLE SALAD

Select one or more of each type:

Leaf – lettuce, silverbeet, parsley, rocket, cabbage

Fruit – tomato, cucumber, capsicum

Stem – celery

Root – carrot, beetroot

Chop the above vegetables into 1 – 2 cm pieces, grating or processing the carrot and beetroot. Mix well.



## SALAD DRESSINGS

### OIL AND LEMON DRESSING

Oil, lemon juice and tamari. For variety, could add a few drops roasted sesame oil or mustard or ginger or sweet chili sauce.

### FLAX OIL DRESSING

This is a marvellous way to consume omega-3 oil. Serves one

2 dsp flax oil (or olive oil)

1 dsp apple cider vinegar (or 2 dsp lemon juice)

1 dsp tamari (pure soya sauce)

Mix all ingredients in a small screw-top jar, shake well and drizzle over salad or steamed veggies.

## SOUP

### 'ANTIOXIDANT' SOUP

Pile into a very large saucepan a mixture of vegetables chopped chunky style – any or all of broccoli, cabbage, cauliflower, celery, carrot, beetroot, silverbeet, kale, capsicum, onion and optional garlic. Add vegetable stock to taste.

Cover the vegetables with water, bring to boil and simmer until vegetables are tender. Allow to cool a little, then purée in processor or blender. Re-heat and serve.

## PROTEIN DISHES

### THAI VEGETABLE CURRY

100 gm red or green Thai curry paste (commercial or make your own)

400 gm tin coconut milk

400 gm mixed veggies, eg, potato, cauliflower, carrot, eggplant, handful frozen peas

1 tbsp corn flour

2 kaffir lime leaves

1 tbsp raw sugar

1 tbsp fish sauce or 1 tbsp soy sauce with splash lime juice

Can mixed beans



Heat curry paste in pan with 60 ml coconut milk. Bring to boil and add remaining 340 ml coconut milk, corn flour and kaffir lime leaves, and bring back to boil. Add vegetables and simmer 15 to 20 minutes until cooked.

Drain canned beans and add to pan. Add sugar, fish/soy sauce and frozen peas and cook for another few minutes.

Remove kaffir lime leaves and serve with brown rice.

### NUT CREAM

3 medium oranges

1 large apple

100 gm raw cashews

100 gm raw almonds

Juice oranges, removing any obvious seeds. Quarter apple. Place fruit and nuts in blender and blend until smooth.

## MUSHROOM MOUSSAKA

½ kg eggplant

500 ml tomato juice

1 cup onion, chopped

2 cloves garlic, crushed

2 cups button mushrooms, sliced

1 red pepper, deseeded and chopped

2 tomatoes, chopped

½ tsp fresh marjoram

Bay leaves

3 free-range eggs

300 ml ricotta cheese

Freshly ground black pepper

1 cup cheddar cheese, grated

Cut eggplants into 5 mm thick (¼ inch) slices and leave to stand for 30 mins.

Poach slices in tomato juice until soft. Set aside.

Sauté onion and garlic gently for 2 minutes. Stir in mushrooms, pepper and tomatoes and juice left from poaching eggplants. Add dried herbs and bay leaf. Bring to boil then reduce heat and simmer for 20 minutes. Add fresh marjoram. In a casserole dish, layer the eggplant slices with this tomato mixture.

In a bowl beat together eggs, ricotta cheese and pepper and pour over top. Sprinkle with grated cheddar cheese and bake for 30 – 40 minutes. Serve immediately.

## BEAN AND LENTIL LOAF

2 tsp olive oil

2 garlic cloves, crushed

2 finely chopped celery sticks

400 gm cooked or canned and drained red kidney beans and

400 gm cooked or canned and drained green lentils.

2 tbsp ground flax seeds

1 medium carrot, coarsely grated,

½ cup walnuts, coarsely chopped,

½ cup almonds finely ground,

2 tbsp tomato puree.

1 tsp ground cumin,

1 tsp ground coriander,

½ tsp chili powder, 1 tsp smoked paprika,

½ tsp black pepper, 1 tsp dry parsley,

1 tsp dry thyme, salt to taste.

**Recipes continued page 35**

# Stay Healthy This Winter at Hopewood Health Retreat



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

A sanctuary for good health and wellbeing for 55 years, Hopewood specialises in natural healing, delicious vegetarian food, relaxation, stress management, weight loss and first-class massage and beauty pampering. Everything you do, hear and eat at Hopewood is designed to optimise your health and wellbeing.

## Five simple tips to help you stay healthy this winter !

### 1. Increase your Omega-3

Omega-3 are essential fatty acids found in all sorts of food. Omega-3 contains two of the most healthy and biologically active fatty acids: EPA (eicosa-pentaenoic acid) and DHA (docosa-hexaenoic acid).

Omega-3 boosts your immune system, maintains healthy cholesterol levels and supports a healthy heart. To increase your omega-3 you can consume more leafy greens, cruciferous vegetables (broccoli, cabbage, cauliflower), nuts (particularly walnuts and Brazil nuts), and seeds (particularly flax, pumpkin and sesame seeds).

### 2. Improve your sleeping

Studies show that sleep plays a critical role in immune functions, metabolism, memory development and other vital functions, so a good night's sleep is crucial. Sleep deprivation actually suppresses immune system functions. The less sleep you have, the harder your immune system has to work to fight colds and bacteria, so getting a good sleep every night is very important.

### 3. Ginger tea

Having a cup of ginger tea not only warms your body, it can also help prevent the flu. Ginger tea can help relieve congestion by shrinking the blood vessels in the nose, and because it has virtually no side effects, it offers an all-natural alternative to pharmaceutical decongestants.

Ginger will not only make your throat feel better, it also has a reputation for helping relieve a wide variety of painful conditions. It can help lessen the aches and pains associated with a cold, including headaches and cramps. Ginger also boosts circulation and stimulates the immune system.

### 4. Exercise

Exercise is not only effective in burning calories, it also encourages a healthy immune system. Exercise temporarily boosts the production of macrophages, which are the cells that attack bacteria. Also, during moderate exercise immune cells circulate through the body more quickly and are better able to engulf bacteria and viruses.

### 5. De-stress and relax

De-stressing will help your mind, body and soul relax, so that when you do have to face the winter season, your body is in top condition. Hopewood offers health packages that can help you relax. Naturopaths are also available and can assist in getting your winter immunity back on track.

## Learn how to stay healthy

Hopewood is a genuine learning experience that provides you with the skills and motivation to continue on a healthy path when you return home. The website also contains a wealth of information designed to provide the tips and tools you need to stay healthy.

To book, or to find out more, visit [www.hopewood.com.au](http://www.hopewood.com.au) or call (02) 4773 8401.



# A PERFECT WINTER RECIPE

## Mushroom Nut Roast

### with Yoghurt Dressing



#### INGREDIENTS

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



#### Dressing INGREDIENTS

- 1 cup yoghurt (natural)
- 2 cloves garlic, grated
- 25 gm turmeric, grated
- 25 gm ginger, grated
- Juice 1 lemon
- 1 tbsp favourite herb, chopped

#### METHOD

1. Sauté large onion, garlic and mushrooms until soft.
2. Coarsely chop nuts in processor.
3. Combine nuts, mushroom mixture, cheese, egg and chives in a bowl.
4. Line loaf tin with greaseproof paper, enough to fold over the top.
5. Set the oven to 180°C and bake for thirty minutes.
6. Fold back paper after thirty minutes to brown the top of the loaf.

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# How Oral Health Affects the Whole Body



By Jeff Brown, wholistic dentist

Years ago, a physician who suspected heart disease would probably not refer the patient to a gum specialist. The same went for diabetes, pregnancy or just about any other medical condition. Times have changed. The past five to 10 years have seen ballooning interest in possible links between mouth health and body health. Physicians are taking a more wholistic approach to their patients' overall health. And for good reason. In one recent study, people with serious gum disease were 40% more likely to have a chronic condition on top of it.

Like many areas of the body, your mouth is teeming with bacteria – most of them harmless or beneficial. Normally the body's natural defences and good oral health care, particularly daily brushing and flossing, can keep these bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, namely, tooth decay and gum disease.

In addition, certain medications, including decongestants, antihistamines, painkillers and diuretics, can reduce saliva flow. Saliva washes away food and neutralises acids produced by bacteria in the mouth, helping to protect you from microbial invasion or overgrowth that might lead to disease.

Studies also suggest that oral bacteria and the inflammation associated with *periodontitis*, a severe form of gum disease, might play a role in some diseases. Certain diseases, such as diabetes and HIV/AIDS, can lower the body's resistance to infection, making oral health problems more severe.

To understand how the health of the mouth can affect the body, it helps to understand what can go wrong in the first place. Bacteria that build up on teeth make gums prone to infection. The immune system moves in to attack the infection and the gums become inflamed as the body attempts to control/deal with the infection. The inflammation continues unless the infection is brought under control.

Over time, inflammation and the chemicals it releases eat away at the gums and bone structure that hold teeth in place. The result is severe gum disease. The underlying causes can also lead to inflammation and problems in other parts of the body.

Fundamental to any attempt at creating greater oral health as well as whole-being wellness is to stop putting toxins into the system. There are three main sources of how toxins get into the system.

- The toxins that the 'bad bugs' that cause gum disease dump or trigger in our system.
- The acidic toxic waste products produced by a diet unbalanced with excessive protein-, carbohydrate- and fat-rich foods.
- The toxins that are inadvertently introduced to prevent disease through the use of oral hygiene products.

Therefore, we must be aware of introducing any toxins into our system as toxins are going to impair our immunological efforts to create health.

The reason the negative impact of gum disease goes beyond the mouth is that gum disease is an active bacterial infection which has access to the whole body via the bloodstream. The 'bad bugs' involved with gum disease are very mobile. They can and do swim upstream and colonise other areas of the body. In fact, the plaque deposits from bad bugs in the mouth are the same types of plaque found in arterial walls in heart disease sufferers! Given the understanding that these 'bad bugs' in the mouth swim through the bloodstream, it makes complete sense.

## HOW DOES THE BODY RESPOND TO BACTERIAL INFECTION?

Our immune system recognises the gum disease as the rampant bacterial infection it is. One way the body defeats an infection is to increase the inflammation in the local area of the infection in an effort to increase blood flow and thus increase the number of white blood cells available to fight the infections. Swollen, painful gums, bleeding when brushing or flossing, are clear signs of an active bacterial infection in the mouth.

Problems arise when the infection is a chronic one, as with chronic gum disease. In the case of chronic infection, the body's infection fighting reaction becomes habitual, thus creating a state of chronic inflammation.

It is this system-wide chronic inflammation that contributes to and sets the stage for many diseases of modern society.

## ORAL HEALTH AND DIABETES

The working relationship between diabetes and periodontitis may be the strongest of all the connections between the mouth and the rest of the body. Inflammation that starts in the mouth seems to weaken the body's ability to control blood sugar. People with diabetes have trouble processing sugar because of ineffective insulin, the hormone that pushes sugar out of the bloodstream and into the cells.

Periodontal disease further complicates diabetes because the inflammation further impairs the body's ability to utilise insulin. To make matters more complicated, diabetes and periodontitis have a two-way relationship. High blood sugar provides ideal conditions for infection to grow, including gum infections. Fortunately, you can use the gum disease-diabetes relationship to your favour: managing one can help bring the other under control.

## ORAL HEALTH AND HEART DISEASE

Though the reasons are not fully understood, it's clear that gum disease and heart disease often go hand in hand. Up to 91 percent of patients with heart disease have periodontitis, compared to 66 percent of people without heart disease. The two conditions have several risk factors in common, including smoking, unhealthy diet and excess weight. And some suspect that periodontitis has a direct role in raising the risk for heart disease as well.

The theory is that what causes inflammation in the mouth is also likely to cause inflammation in the blood vessels. This can increase the risk for heart attack in a number of ways. Inflamed blood vessels allow less blood to travel between the heart and the rest of the body, raising blood pressure. There's also a greater risk that fatty plaque will break out of the wall of a blood vessel and travel to the heart or the brain, causing a heart attack or stroke.

*Endocarditis* is an infection of the inner lining of your heart (endocardium). Endocarditis typically occurs when bacteria from another part of the body, such as the mouth, spread through the bloodstream and attach to damaged areas in the heart.

## ORAL HEALTH AND PREGNANCY

Babies born too early or with low birth weight often have significant health problems, including lung conditions, heart conditions and learning disorders. While many factors can contribute to premature or low birth weight deliveries, researchers are looking at the possible role of gum disease. Infection and inflammation in general seem to interfere with the development of the foetus in the womb.

Though men have periodontitis more often than do women, hormonal changes during pregnancy can increase a woman's risk. For the best chance of a healthy pregnancy, comprehensive periodontal (gum) examination is recommended to identify whether or not a woman is at risk.

## ORAL HEALTH AND OSTEOPOROSIS

Osteoporosis and periodontitis have an important thing in common – bone loss. However, the link between the two is controversial. Osteoporosis affects the long bones in the arms and legs, whereas gum

disease affects the jawbone. Also there is the fact that osteoporosis mainly affects women, whereas periodontitis is more common among men.

Though a link has not been well established, some studies have found that women with osteoporosis have gum disease more often than women who don't have osteoporosis. Researchers are testing the theory that inflammation triggered by periodontitis could weaken bone in other parts of the body.

## HIV/AIDS

Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS

## ALZHEIMER'S DISEASE

Tooth loss before age 35 might be a risk factor associated with Alzheimer's disease.

## OTHER CONDITIONS

Other conditions that might be linked to oral health include Sjogren's syndrome – an immune system disorder that causes dry mouth – and eating disorders.

## TELL YOUR DENTIST

Because of these potential links, be sure to tell your dentist if you're taking any medications or have had any changes in

your overall health – especially if you've had any recent illnesses or you have a chronic condition, such as diabetes.

## HOW CAN I PROTECT MY ORAL HEALTH?

To protect your oral health, practise good oral hygiene every day. This means:

- Brush your teeth at least twice a day with a soft brush.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks. Particularly avoid refined sugar.
- Replace your toothbrush every three to four months or sooner if bristles are frayed.
- Schedule regular dental check-ups.
- Also, if an oral health problem arises, contact your dentist promptly.
- Remember, taking care of your oral health is an investment in your overall health.

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## NEWS Bites

### ITEMS RELATED TO DRUG COMPANIES AND DRUGS

#### STATIN DRUGS INCREASE RISK DIABETES

Statin drugs, used to lower cholesterol levels, have recently been found to cause a 46% increased risk of developing type 2 diabetes.

Finnish researchers studied 9,000 non-diabetic men for six years, and found that those taking statins were 46% more likely to develop type 2 diabetes. They found that statins decrease insulin sensitivity by 24%.

(Source: *Diabetologia* 2015; online 4<sup>th</sup> March 2015)

#### DRUG TRIALS, ONE-THIRD 'UNSCIENTIFIC'

Approximately one-third of the studies published in medical journals have drawn erroneous conclusions. The conclusion usually favours the drug or therapy that is the subject of the study. In other words, many of the drugs prescribed today have not been proven to be effective or safe.

The overall picture of medical studies was investigated by researchers from Stanford University School of Medicine. In reviewing 38 drug studies, they found that 35 per cent drew conclusions that weren't justified. As is common practice, most of the studies were funded by the drug manufacturer.

(Source: *Journal of the American Medical Association*, 2014; 312 (10): 1024)

#### PARACETAMOL NO BETTER THAN PLACEBO

In relieving lower back pain, this common painkiller is no more effective than a placebo (sugar pill) and is only slightly helpful in relieving osteoarthritic pain.

Researchers from the Sydney Medical School at Sydney University re-examined the results of 13 trials on paracetamol (acetaminophen) in order to draw their conclusions.

People on paracetamol were nearly four times more likely to have adverse liver function tests.

(Source: *British Medical Journal*, 2015; 350: h12250)

#### FLU VACCINE PROTECTS JUST THREE PERCENT

The UK government has acknowledged that the flu vaccine protects just three percent of people.

The flu virus has mutated so much that this has rendered the vaccine almost useless. In spite of knowing about the mutations almost a year ago, government health officials continued to press on with a flu vaccination campaign.

In addition to ineffectiveness, the vaccine has substantial side effects. Even front-line doctors and nurses have refused to have the shot, and some people have suffered serious reactions.

(Source: BBC News, February 5, 2015; WDDTY January 2015, 'Silent witness')



# Relationship Rescue

By Tula Tzoras

We may be adept in other areas of life. We have them down pat! When it comes to relationships, however, most of us seem to fall down. All we need to do is look at divorce rates.

We can find ourselves in so many situations, dealing with addictions, abuse, adultery or worse. Oh the path of Love! Many of us equate love with pain. Is that really love?

"We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present."  
– Marianne Williamson

## Relationship Rescue

### Tips:

- Relationship counseling can be great for establishing boundaries and tasks to follow to better the relationship.
- If you are working alone, the work you do can shift the perception of your relationship and provide an example your partner may choose to follow. Leading by example gives your partner the opportunity to act on their own accord.
- Take an internal inventory of your own habits and behavior. Develop self-awareness. This will allow you to see and take responsibility for your part in every situation. "It's not my fault!" you may argue. There are always two people in an intimate relationship. Even if you don't do anything, you are still doing something.
- Realise that continuing the same behavior will give you the same results. If you have been doing the same thing for years, insisting it's the only way and expecting different results, it is time to stop. We can gain a lot more by keeping our glass half full. Be open to change.
- Stay on your side of the fence. This means bringing the focus to the self and making it a rule not to name, blame, shame or state your partner's reality. This is referred to as 'self referral'. It's a practice of keeping our own energy and knowing what is ours and what belongs to others.
- Own your feelings. Our feelings belong to us and though they may be triggered by events, we cannot blame others for

them. Someone may do something that upsets you; however, the reaction remains yours.

- Refrain from criticism. If something hurts your feelings, you can communicate how you feel in a constructive way, without lashing out. 'Feeling' words are words like sad, scared, frustrated, angry, ashamed, lonely, etc. If you express how you feel and leave it at that, when asked why, you may respond by saying, "When you do this, I feel that". It is not asking anything, it is letting the other person know and leaving the choice up to them.
- Do not expect or ask someone to change. Love means accepting someone for who they are and who they are not. It is only at the point of something we absolutely cannot accept that relationships end.
- Find your joy! Stop focusing on what you hate and begin to focus on what you love. We are our attention. The happier you are within yourself, the less you are affected by others. This joy can only improve your relationship.
- The beauty of self-awareness is that we begin to identify what is ours and what isn't. This way we can build self-referral, aiding us in becoming immune to outside 'poison'.
- Find gratitude and express it for the great things your partner does. Have you noticed how quick we are to point out what our partner does wrong? It's amazing how much we take for granted.
- Begin to focus on your partner's good points. If that is difficult for you, remember why you fell in love. What attracted you in the first place? Open your heart.
- Recognise that we are all connected and our ultimate wish is the same. We all want to be loved.
- Realise that we are mirrors to each other. What we give, we give to ourselves; what we withhold, we withhold from ourselves.
- Find the love in your heart.
- Always ask yourself: 'Is this choice loving to me and to others?'
- Release the judge! When we stop classifying things as good or bad, right

or wrong, we experience peace.

- Show kindness to your partner, no matter what.
- Surprise your partner with treats, big or small, in or out of the bedroom.
- Compliment your partner. A compliment is a gift.
- Go into service for the other. This will give you happiness and invite service to you, though this is not an expectation.
- Practise regular meditation in which you visualise the relationship as you desire it to be.
- Always do your best – after all, that's all we can do!

It is said that leaders can only lead by example. With any luck your partner will be committed to a loving relationship and will choose to work with you. If not, practising these tips will most likely inspire him or her to reciprocate accordingly. When you have done your best, it will then be your choice to stay or leave the relationship. That will require some courage, which, of course, you will have cultivated working on your self-awareness.

Making life-changing decisions where there is property and family involved is not easy. By following some or all of these tools, you may at least gain some clarity about your part in the relationship and view it from a different perspective. We are brought together to heal and grow.

Wishing you happiness in your relationship, whether that is with yourself or someone else.

***Tula Tzoras, The Inspiration Genie is here to Unleash Your Full Expression. She is an actor, author, speaker and host with a successful acting career behind her, having starred in several of Australia's top-rating shows as actor and presenter. Tula's extensive experience in the corporate arena and mindset realm makes her a multi-dimensional source. For more information, courses and coaching, please visit [www.tulatzoras.com](http://www.tulatzoras.com)***

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# The how and why of Gerson

– illustrated by a case study

By Jo Thompson, RN, BN, Health Practitioner



Bill (not his real name), a 70-year-old male, came to see me two years ago, exhausted, scared and given a few months to live.

His medical history was prostate cancer, type 2 diabetes, hypertension (high blood pressure) and atrial fibrillation (the heart beating too fast and irregularly).

Bill's main goal was to increase his energy and get back to dancing, which he so loved.

His kidney function was poor, his body was very acidic with a pH of 6 (neutral is 7) and his neutrophils and lymphocytes (markers of the immune system) were very low.

He also had biochemistry markers indicating that he was not absorbing protein from his food. Fasting glucose was 8.3 (shouldn't be above 6), so his diabetes was not well controlled, which will cause inflammation in the body and the cancer to thrive (cancer loves sugar).

Bill's PSA level, a marker for prostate cancer, was also extremely elevated. He was not a well man.

Knowing a person's conditions allows us to work with their individual biochemistry and target the Gerson Therapy specifically for the person, monitor their progress and make changes where necessary.

Bill was prepared to change his ways, so we embarked on the Gerson therapy. He commenced with five juices daily, two coffee enemas, the appropriate natural medications/supplements and, of course, the diet protocols.

The introduction of raw foods in between the many juices – salads and specially prepared vegetables – gave Bill's body the nutrients, vitamins and minerals essential for healing.

The high level of potassium in the diet alkalisated his body, increased oxygen in the cells (which stopped fermentation) and decreased inflammation and oxidation.

The protein in his green vegetables, other vegetables and juices boosted his immune system, bringing his neutrophils and lymphocytes up to healthy ranges – these are our 'pack men' that engulf and eradicate bacteria, fungi, viruses and tumours.

Digestive enzymes are an essential supplement in the therapy. Not only do they assist the body in digesting food and absorbing the proteins, minerals and vitamins, they also help the body to digest tumours.

Gerson therapy laid the platform for Bill's body to naturally heal by:

- Eliminating other disease processes;
- Increasing his body's fighting ability through the immune system;
- Boosting natural killer cells to fight cancer;
- Returning his kidney function to normal, which settled his hypertension;
- Improving elimination of toxins;
- Also increasing his energy and oomph for life.

The removal of sugar and high carbohydrate foods allowed his blood sugar levels to return to normal and he is no longer diabetic. The coffee enemas removed toxins from his body, and

supported phase-1 and phase-2 detoxification in the liver.

It's two years on and Bill is a much happier man. He is no longer diabetic, his heart beats normally in sinus rhythm, and his blood pressure is stable and within normal limits. His immune system is robust and healthy; kidney function is normal.

His latest PSA level has decreased by more than half, bringing it down to within a normal range. He is living a full and happy life and dancing three times a week.

Bill continues on his personal Gerson regime and we monitor his biochemistry and emotional and mental status regularly. We continue to support and educate him along the way.

## For more information ...

For more information, monitoring and support, contact Jo Thompson for a consultation, short stay or advice on 02 4384 1501 or email [jothompson@bigpond.com](mailto:jothompson@bigpond.com), Facebook BN2 Health.

We now have a Gerson support Facebook page as well.

Happy healing!



**Joanne Thompson**  
Health Practitioner  
RN BN



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# The Natural Health Society Seminar



Held on Sunday 22nd March 2015, it was a day of informative and entertaining presentations, lots of socialising and really good food

**Greg Fitzgerald** wowed the audience with his account of how modern medicine causes a vast number of deaths in the population and how we can benefit by information taught by natural therapists, but not doctors.

**Doug Evans** gave an authoritative account of nutritional detoxing, ranging from mild to advanced, and how it can prevent and reverse a wide range of illnesses.

**Patrick van der Burght**, using the 32 years' experience of the Geovital Academy, outlined the sources of radiation in the home, how readily we can be exposed, and what simple things we can do to protect ourselves.

**Robyn Yates**, founder and CEO of Blue Mountains Cancer Help, described the experience of BMCH in assisting people with a cancer diagnosis to achieve improved quality of life through a range of natural therapies.

**Eleanor Oyston**, founder and board member of Oncology Massage Ltd, explained that this form of massage is designed to make a cancer sufferer feel better when suffering the side effects of orthodox treatment.



The five presenters: left to right: Eleanor Oyston, Robyn Yates, Patrick van der Burght, Doug Evans and Greg Fitzgerald



Back: Cecil Bodnar, Doug Evans, NHS Vice-President Elizabeth French and Health Director Roger French. Front: Dawn Fitzgerald, Marilyn Bodnar and Greg Fitzgerald



Patrick van der Burght and a member of the audience on a Geovital mattress

## FILM REVIEW Frackman, the movie

By Jim Lanham, NHS member, Forster.

Is it a bird? Is it a plane? Is it a bushfire?

No, probably just a coal seam gas (CSG) installation, all of which seem to continuously burn the unwanted volatile end of their gas storages. But the products of this combustion are the least of our worries and also the least of Frackman's worries.

'Frackman' is a Tara man named Dayne Pratzky, who bought a bush block near Tara in Queensland to get away from city life, only to have his peace and health disrupted by the roar of trucks day and night and the smell of toxic chemicals.

A lot of gas is extracted from mother Earth by relatively cheap means. But once the easy gas is gone, there's plenty of gas still locked away in coal seams, deep below the surface.

'Fracking' – or fracturing of rock formations to release these locked up gases – is going ahead at an alarming and ever increasing

rate in various parts of Australia. It involves the injection of highly toxic chemicals and much geological disruption.

Farmers have joined with other citizens to protest the environmental impact on prime agricultural land, on local people's health, on underground water aquifers, on water catchments and on the general environment. There is plenty of detail in this movie, which was made mostly in the Tara region of South-East Queensland.

The movie is in documentary format, but of high standard, with some interesting landscape filming. Like the Superman of old, Frackman faces many dangers to health and safety as he gathers samples for evidence and films parts of the problems.

This is a 'must see' for all people concerned about the environment. It is also a must see for anyone who dislikes bad politics, cover-ups and a 'blind eye' to the real dangers.

The film makers offer some practical solutions, which involve us ordinary users of banks and power companies. For more information visit [frackmanthemovie.com](http://frackmanthemovie.com).

I give five stars for this movie, which was carefully planned over several years to present its case, and also to document the problem in a professional way.

A sub-plot of Dayne's is developed with his love life and other adventures.

The issue of CSG is fairly large in the Gloucester valley of NSW, with four pilot wells already sunk to assess the volume and viability of the gas. If successful, many more wells are in AGL's plans for the Gloucester region. In Queensland the number of wells already is much larger.

See the movie to hear the issues and to support the causes. Dayne and his friends and neighbours did a great job.

It's a case of David versus Goliath. Correct me if I'm wrong, but in the original story, I think David won ... at least he did in Lismore. This is encouraging!

**Frackman:** 1 hour 36 minutes. Rated M (the 'F...' word is used liberally). The movie was screened in NSW, Qld, Vic and WA in March, April and May 2015

It can be viewed online at: [www.frackmanthemovie.com](http://www.frackmanthemovie.com).

# Government action needed on aluminium in vaccines



**With de facto 'compulsory' vaccination currently in the news, it is more important than ever that the Australian government takes note of the views of leading medical scientists and forces vaccine manufacturers to replace harmful additives with safe, non-toxic chemicals. This should solve a lot of the problems reported in relation to vaccination.**

**The following is abridged from an article written by Celeste McGovern and published in GreenMedInfo.com, 20<sup>th</sup> February 2015. The article is entitled, 'A New Autoimmunity Syndrome Linked to Aluminium in Vaccines', and reports the views of leading immunologists at the International Congress on Autoimmunity.**

While 'anti-vaxxers' are being smeared in public campaigns as backward and unscientific fear-mongers, a growing body of cutting edge research is emerging from the top echelons of medical immunology to confirm what the cranks have been saying for years about the effects of vaccine ingredients.

The biggest names in the field of study of the human immune system are attached to current papers in the most prestigious immunology literature that link widely used vaccine ingredients, such as aluminium, to modern epidemics of immune-mediated diseases, including autism and Alzheimer's. As well, they've identified an entirely new post-vaccine syndrome: Autoimmune Inflammatory Syndrome Induced by Adjuvants (ASIA).

Nearly 3,000 doctors and scientists from around the world gathered mid-February 2015 at the 9<sup>th</sup> International Congress on Autoimmunity (ICA) in the Nice Acropolis Convention Center on the French Riviera. An entire day of the four-day event, held every two years, was devoted to the 3<sup>rd</sup> International Vaccine Symposium held under the umbrella of the ICA.

ASIA was first identified in the *Journal of Autoimmunology* in 2011. It includes a broad spectrum of neurological and immune-mediated phenomena seen following vaccine injections which result from exposure to their ingredients, including aluminium. Among ASIA's diagnostic criteria are: weakness, anxiety, rashes, chronic fatigue, sleep disorders and the onset of a range of autoimmune diseases from systemic lupus erythematosus to rheumatoid arthritis – sometimes years after an initial reaction.

A registry was established in January this year to enable researchers to analyse cases of ASIA globally. In its first month of operation, 283 confirmed cases of the syndrome were registered – 73% followed vaccination and the remainder exposed to other known toxins.

Most registered cases of ASIA have followed vaccination for Hepatitis B (70 percent); 40 percent developed defined autoimmune conditions including multiple sclerosis and 20 percent had more than one diagnosed autoimmune disease.

"Adjuvants have been used for decades to improve the immune response [to sensitise the immune system] to vaccines, and among this large group, aluminium and silicone are most commonly described," explains a paper in the July 2013 issue of *Immunologic Research*, penned by four leading immunologists. "Nonetheless ... although rarely vaccines are able to trigger the development of autoimmune diseases in genetically susceptible humans, this could be ascribed to the presence of adjuvants.

The time relationship between the vaccine delivery and overt disease can last from a few weeks to even years."

The paper adds that "Now abundant literature shows that exposure of humans and animals to aluminium from various sources can have deleterious consequences on the nervous system, especially in adults."

Canada's Christopher Shaw, chairman of the Children's Medical Safety Research Institute, last week at the ICA described aluminium as "insidiously unsafe." "That the aluminium ion is very toxic is well known," he said. "Its toxicity was recognized as long ago as 1911 and evidence of that has only been amplified since, especially in a growing body of evidence of aluminium's role in Alzheimer's disease and autism."

"Aluminium is a demonstrated neurotoxin," he added. "There is no level of the nervous system that aluminium does not negatively impact."

Shaw reported on his research on mice injected with aluminium doses equivalent to those in vaccine injections. They showed progressive loss of muscle strength and endurance, and "profound loss of motor neurons."

Shaw's forthcoming research demonstrates the impact of aluminium on gene proteins and gene expression and how these relate to autism.



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# Do you suffer from RSI?



BY LYN CRAVEN, NATUROPATH

Repetitive Strain Injury – commonly known as RSI – affects many people in various ways, whether in the work environment or in sporting or personal activities.

RSI is a general term for any injury caused by overusing or overstressing a muscle, nerve, tendon or soft tissue.

This type of injury results from repeatedly straining or stressing a certain part of the body, resulting in injury. On occasions it can also result from hormonal changes such as during pregnancy, when breast-feeding or during menopause.

## WHAT KIND OF SYMPTOMS MANIFEST?

You may begin experiencing minor aches and pain, some muscle weakness, numbness or tender areas as a result of inflammation. Initially, you may not realise there is something wrong. However, underneath these aches and soreness, RSI is starting to manifest. If left untreated and you persist with activities that have resulted in the discomfort, a full-blown RSI will result.

## WHAT TYPES OF RSI ARE THERE?

This depends on the part of the body that has been overused. While RSI is commonly experienced in the arms and hands, it can occur anywhere in the body. Similar disorders are carpal tunnel syndrome (CTS), tennis elbow (TE) also known as golf elbow (GE) and bursitis.

No matter what type of RSI you develop, you need to seek appropriate treatment straight away, otherwise chronic cases can become quite debilitating and limit your ability to carry out everyday tasks. RSI can be very painful, and the worst cases have been known to take many months to completely heal and restore strength. If you persist in doing the tasks that have contributed to the RSI, then it takes much longer to resolve, and weakness can persist even after treatment.

## WHO IS MOST LIKELY TO DEVELOP RSI?

People involved in various sporting activities or regular fitness/gym classes, trades people, people who work in environments where the same task is conducted many times a day or over a period of time, or even lifting very heavy items. It is more likely in people with hormonal imbalance as indicated above.

RSI can result from everyday activities, such as using the mouse for computers, holding the telephone with same hand, favouring one shoulder for carrying heavy bags, or dragging shopping trolleys behind you with one arm. Tradespeople likely to be afflicted could be painters (same hand and arm) or any trade that requires over-use of the same limb. We need to be mindful of how we use our bodies to execute our tasks.

## WHAT YOU CAN DO

If we over-use one side of the body, we need to learn to polarise and switch sides. This often applies with sports, for example tennis. The recommendation might be to choose another kind of sport where you can polarise the body, for example, swimming in which the body is turning from side to side, or practising Pilates.

Initially, a person may need to do a couple of extra stretches or repetitions on the side of the body that is weaker. I have seen over-developed muscles on one side of the body which is constantly being used. We need to build up strength on the weak side so as to balance the body.

Change your activities, mix your sports and balance shopping by having a bag in each hand or switch hands for carrying. Likewise with the telephone, change hands, especially if you are a busy receptionist, or use headphones.

Always correct your seating position and desk if you work in an office, and avoid lounging on a soft sofa at home – these are the worst things for your back, hips or neck. Sit on a firm surface with a good backrest, which also applies to your car seat.

By mixing activities and alternating the sides of body you use, you change your focus and energy, which helps to rebalance your body physically, mentally and energetically.

Discuss any concerns you may have within the workplace with your OH&S department. It is a very important responsibility of your employer to ensure your comfort and safety at all times with work stations and any equipment and machinery that you use.

You also need to rest – even while receiving regular weekly treatments – so this would mean ceasing the activity that has contributed to the problem for a period of time. This may be an issue for many people, particularly regarding work and daily activities such as using the computer mouse, washing, lifting the baby, cooking or shopping.

Placing an injured arm in a sling can help and enable you to still do some of these activities. It also acts as a reminder that the injured arm must not be used or at least needs to be supported while you execute your tasks gently.

I am not in favour of strapping forearms in cases of carpal tunnel syndrome, but slings are good because you can remove them when sitting to allow the circulation to flow efficiently again. If fingers are not injured, you can move and stretch them, which will help to further encourage circulation, not only in hands but also in forearms.

## THERAPIES THAT CAN HELP

Arranging regular weekly treatments in the form of Bowen therapy, remedial massage and acupuncture can help to re-align and balance the body. If you can find a professional practitioner who is also trained in naturopathy, he/she can offer you anti-inflammatory remedies in the form of homeopathy and specific minerals and other nutrients to give strength to tendons, tissues and nerves. Many body workers are not trained in this area, so you would need to consult two practitioners if you cannot find a multi-skilled practitioner.

**Bowen therapy** is a wonderful, non-invasive, gentle therapy that helps with

a wide range of injuries, including all RSI problems. This therapy is applied over loose clothing and is very relaxing. I have seen RSI cases resolve in four to six sessions, depending on how long the person has suffered from the disorder and, of course, whether they are compliant with the instructions given. Supporting remedies are essential to give strength to tendons and tissues and to replenish any deficiencies that may be present, while easing inflammation with homeopathy.

**Acupuncture** is very good for trapped nerves which issue sharp, painful sensations or numbness. Bowen therapy also helps free up pinched nerves and can be used in conjunction with acupuncture in stubborn cases. Liniments can be applied to assist with pinched nerves and for bringing nourishment to the nerve via improved blood flow and circulation.

**Sports/remedial massage** is much deeper in its application, so people may find this uncomfortable, especially when there is a lot of inflammation. Sports massage therapists are also trained in acupressure and trigger point therapy, which is something you must ask about when considering the treatment, since these techniques are very good for working on stubborn deep areas that are not generating too much pain from inflam-

mation. This applies particularly if there is miss-alignment in the body.

**Energy frequency**, often in the form of TENS machines, can be used to support the above if required. There are also devices which are used overseas that are not recognised by the TGA, such as various types of micro-current frequency machines, which have been known to resolve pain and improve tissue integrity.

As a naturopath I would always help such cases with anti-inflammatory homeopathic remedies and appropriate minerals which help strengthen tendons and tissues and give strength to bones. This is so important to help prevent an underlying weakness in future. People who have mineral deficiencies often fail to respond quickly to various treatments and have slower recovery. In this case, it might require blood tests to ascertain thyroid and parathyroid functions and so indicate any metabolic issues affecting calcium and other mineral levels.

Over the years I have observed many people resolve much more quickly through Bowen therapy rather than physiotherapy due to the unique techniques of Bowen therapy. It's not just about the hand/arm/neck; the whole body, especially the spine, needs to be treated. Many people have been saved from

surgery – including fusion of the metacarpal bones (the tiny bones in the wrist) – which can result in less flexibility or very little movement at all in serious cases. Of course, it depends on the surgical approach and expertise of the surgeon.

Education for the patient is necessary, and appropriate exercises should be included with the weekly treatments. Once RSI is resolved, I recommend people continue with maintenance treatments maybe every three to six weeks over time, especially if the sport/job/task has to be continued. This way you strengthen your body, improve posture, educate yourself, increase your flexibility for the future and lessen any further injuries occurring.

Prevention is the KEY in all things!

**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. Lyn runs a private practice in Sydney and can be contacted on 0403 231 804 or by email at [lyncraven@bigpond.com](mailto:lyncraven@bigpond.com). Website [www.lyncravencorporatehealth-naturopath.com](http://www.lyncravencorporatehealth-naturopath.com)**

## NEWS Bites ITEMS RELATED TO ENVIRONMENT AND CLIMATE CHANGE

### DOCTORS FOR THE ENVIRONMENT

Doctors have formed an independent national advocacy organisation with the objective of dealing with harms to health from climate change and pollution. It is called 'Doctors for the Environment Australia' (DEA), website [dea.org.au/](http://dea.org.au/).

DEA sees that just one degree of warming has resulted in hundreds of thousands of people dying every year and many millions severely affected. Australia is suffering more frequent droughts, floods, cyclones and bushfires, and increases in heat-related illness and death.

DEA believes that to restrain warming to the so-called 'safe' limit of two degrees, we need to leave 80% of known fossil fuel reserves in the ground. At their annual conference in March in Sydney, the theme was 'A Prescription for Action'. Younger doctors and students are particularly attuned to the threat.

There is growing evidence for the health impacts of our stubborn reliance on fossil fuel. For example, the Hunter Valley has "intolerable levels of coal dust on transport routes, and linkages between fine airborne

particles emitted by power stations and pulmonary and cardiac disease, and the prevalence of asthma among children".

(Source: Dr Helen Redmond, NSW representative of DEA, 3rd Mar 2015)

[We say good work, doctors, for your initiatives through DEA!]

### CLIMATE CHANGE: AUSTRALIA'S HOTTEST YEAR

Australia's hottest year on record, 2013, was "virtually impossible without climate change," according to the report, *Quantifying the Strong Influence of Climate Change on Extreme Heat in Australia*.

In 2013, the mean temperature across the nation was 1.2°C above the 1961-90 average. According to the Climate Council, a hot year like this would only occur once in every 12,300 years in the absence of human-made greenhouse gas emissions.

"In my view," said Will Steffen, author of the report, "it's extremely powerful, conclusive evidence that not only is there a link between climate change and extreme heat, climate change is the main driver of it."

The hottest years on record in Australia were 2013, 2005 and then 2014, according to the Bureau of Meteorology.

(Source: *Sydney Morning Herald*, 10<sup>th</sup> February 2015)

### POOR AIR QUALITY = POOR HEALTH

Air pollution is an increasing cause of cardiovascular and respiratory problems, the worst pollution being *particulate matter*, which is very fine particles suspended in the air.

Particulate matter was estimated to be responsible for 1,250 hospitalised cases of asthma or respiratory illness in children; 530 pneumonia or acute bronchitis admissions; and 2070 cardiovascular hospital admissions in Sydney, Melbourne, Brisbane and Perth between 2006 and 2010.

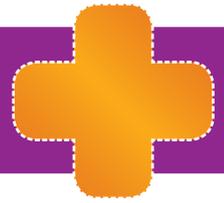
There is no safe level of particulate matter. It is associated with systemic inflammation, oxidative stress and alteration of the heart's electrical processes.

Its sources include construction debris, bushfires, road dust and the burning of fossil fuels.

(Source: Dr Malcolm Forbes of Doctors for the Environment Australia, *Medical Observer*, 4<sup>th</sup> May 2015)



# 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](http://www.Mercola.com). The following are brief summaries or abridged versions of selected items in his recent newsletters. They are published under his generous not-for-profit policy.**

## DIETARY CHOLESTEROL NOT A CONCERN

**2ND MARCH 2015**

As recently as 2010, US dietary guidelines described cholesterol-rich foods as “foods and food components to reduce.” Now, the US Dietary Guidelines Advisory Committee has done a complete about-face, and has finally acknowledged that “Cholesterol is not considered a nutrient of concern for overconsumption.”

Many Americans [and Australians] are under the false impression that eating cholesterol-rich foods will cause cholesterol levels to skyrocket and increase your risk of heart disease. Increasing evidence shows that dietary cholesterol has very little to do with cholesterol levels in your body. Eggs and butter are now *not* perceived as problem foods as far as cholesterol is concerned.

But if the cholesterol is oxidised, it is a different story. *Oxy-cholesterol* causes blood clots, hardens arteries and plays an important role in the development of atherosclerosis and therefore heart disease.

## TRANS FATS, BIG HEALTH PROBLEMS

**18TH MARCH 2015**

Ever since the introduction of the first trans fats in 1911, they have been implicated in serious health problems.

They promote inflammation, which is a benchmark of most chronic diseases. They also interfere with cell membrane function, which can pave the way for diabetes, cardiovascular disease and cancer. And they can radically raise the risk of ischaemic stroke.

Trans fats are found in foods that use hydrogenated vegetable oils, including deep-fried and baked foods, other fast foods and take-away meals, shop bought biscuits, pastries, pies and cakes.

Many restaurants are reverting to the use of synthetic vegetable oils, which may be worse due to the sheer volume many people consume. Hydrogenated vegetable oils are in the vast majority of processed foods, despite the fact that they degrade into toxic oxidation byproducts, such as *aldehydes*, when heated.

## COCONUT OIL FOR TOOTHPASTE AND OIL PULLING

**25TH APRIL 2015**

Coconut oil makes great toothpaste. It inhibits the growth of *Streptococcus mutans*, an acid-producing bacterium that is a major cause of tooth decay. It contains no harmful chemicals such as fluoride, *triclosan* (linked to concerns over endocrine disruption), aluminium or foaming agents. And it's simple to make – mix together coconut oil, baking soda, peppermint oil extract (for flavour) and bentonite clay which gives a paste-like consistency.

Coconut oil is ideal for ‘oil pulling’. This involves rinsing your mouth with coconut oil and then spitting it out. The oil is swilled around the mouth for about 10 – 15 minutes.

This allows the oil to ‘pull out’ cavity-causing bacteria and other debris from your mouth. It reduces the number of *Streptococcus mutans* bacteria, significantly reduces plaque, improves gum health and reduces bad breath.

## HOW EXERCISE AFFECTS OUR GENES

**13TH FEBRUARY 2015**

Brief, vigorous exercise causes immediate structural and chemical changes in the genes within our muscles that benefit our health.

Endurance training also produces remarkably beneficial genetic changes that play a role in energy metabolism, improving insulin response and reducing muscle inflammation.

The increased blood flow from regular exercise adapts the brain to turn different genes on or off. Many of these changes

help protect against Alzheimer's and Parkinson's and other diseases.

## HOW DISHWASHERS CAN CAUSE ALLERGIES

**11TH MARCH 2015**

Children living in households that hand-wash their dishes are less likely to develop allergies than those living in households where dishwashers are used.

The hygiene hypothesis suggests that exposure to microbes early in life is beneficial, as it stimulates the immune system and reduces the risk of allergies. Hand-washing leaves more bacteria on dishes than do dishwashers, which appears to be beneficial

Regarding peanuts, eating small amounts early in life may ‘train’ a child's immune system to avoid allergy in later life.

## ALUMINIUM IMPLICATED IN AUTISM AND ALZHEIMER'S

**12TH FEBRUARY 2015**

Aluminium is a known neurotoxin, and aluminium-containing products are likely to be fueling the rise in Alzheimer's disease. We are all accumulating it in our brains from conception to death.

People with aluminum toxicity display many of the same symptoms as those with dementia, Parkinson's, ADHD, autism and other neurological diseases. Mounting evidence suggests aluminium may play a significant role in those diseases.

We may be exposed to more aluminium than we realise. It's found in a wide range of products, including:

- Foods – baking powder, self-raising flour, salt, baby formula, coffee creamers, baked goods and caking agents;
- Drugs – antacids, analgesics, anti-diarrhoea drugs;
- Vaccines – Hepatitis A and B, Hib, DPT (diphtheria, pertussis, tetanus), pneumococcal vaccine, Gardasil (HPV) and others;
- Personal products including antiperspirants, deodorants, lotions, sunscreens and shampoos;
- Aluminum products – foil, cans, juice pouches and water bottles.

## BEAN AND LENTIL LOAF

Continued from page 23

Sauté olive oil, garlic and finely chopped celery over low heat till soft.

Pre-heat oven to 180°C. Lightly oil a 23 x 13 cm loaf tin and line with baking paper.

Place sautéed mixture in food processor with red kidney beans and green lentils. Process to obtain a coarse consistency.

Place mixture in a bowl. Add 2 tbsp ground flax seeds soaked in 6 tbsp lukewarm water, carrot, walnuts, almonds and tomato purée. Add ground cumin, ground coriander, chili powder, smoked paprika, black pepper, parsley, dry thyme and salt to taste. Mix well.

Pour mixture into loaf tin and bake in pre-heated oven for about an hour. Top should be well cooked with a little crunch. It will be a little moist in the middle. Remove from oven and allow to cool a little in the tin before turning out. Can be served warm or cold.

## SWEET TREATS

### RAW CARAMEL SLICE

#### Base

- 1 cup dates,
- ½ cup almonds.
- 1 tsp coconut oil.

Pulse ingredients in food processor until it forms into fine crumbs. Press into slice tin lined with non-toxic greaseproof paper. Place in freezer.

#### Caramel

- 1 cup dates
- ½ cup coconut oil
- 1½ tbsp tahini
- ¼ – ½ cup pure organic maple syrup
- 1 cup raw cashews (soaked 1 hour, then rinsed and drained)
- ⅓ cup water

Place ingredients in food processor and pulse until completely combined and smooth – may need a little extra water. Pour mixture over base and return to freezer to set.

#### Top layer

- ¼ cup coconut oil
- ¼ cup maple syrup
- ¼ cup raw cocoa or carob powder

Place ingredients in small saucepan on very low heat and stir until it resembles chocolate sauce. Pour over caramel filling after first making sure it is set. Place in freezer for an hour and then remove from tin. Slice and store in airtight container in the fridge.

## SALTED CARAMEL BLISS BALLS

- 1 cup fresh pitted dates
- 1 cup raw cashews
- 1 dsp coconut oil
- ½ tsp salt, ideally Himalayan rock salt

Whizz all ingredients on high speed in food processor. Form into balls in a size to suit you and place in fridge or freezer to firm up.

## A few extra dishes

### SALAD DRESSINGS

#### PEANUT BUTTER OR TAHINI DRESSING

- 2 tsp unsalted peanut butter or tahini
- 1 tsp honey
- Juice ½ lemon

Mix in a cup with a spoon, adding water for desired consistency.

#### CURRIED AVOCADO DIP

- 1 or 2 avocados
- 1 cup orange juice
- 1 tsp curry powder
- 2 tsp vegetable stock powder
- 1 clove garlic
- a few lovage leaves, parsley, fresh basil or marjoram

Blend the avocado flesh with the orange juice in a food processor and add the seasonings to taste. Adjust the amount of orange juice to get a thick dip or a thin dressing.

## POTATO AND PUMPKIN SOUP

- 2 large potatoes, cut into chunks
- ½ medium pumpkin, cut into chunks
- ½ cup parsley, chopped
- 1 tsp unsalted butter
- 6 cups water
- ½ cup onion, chopped
- 1 grated parsnip
- ½ cup celery, chopped
- 1 cup buckwheat or rice
- Vegetable stock to taste

Place all ingredients into pot, bring to boil and simmer for 20 min or until cooked. Allow to cool a little, then blend in a blender until smooth. Reheat and serve.

## NUT ROAST Serves 6

- 2 large onions, chopped
- 2 small tomatoes, chopped
- 2 tbsp cold-pressed vegetable oil
- 2 cups raw, unsalted cashew nut pieces
- 150 gm mild cheddar cheese, grated
- ½ cup fresh, raw wheat germ
- 1 tsp mixed herbs
- 2 eggs, beaten

Sauté onions in oil until tender. Add tomatoes, cover and simmer another 5 min. Grind cashew nuts to a coarse meal. Grate cheese into large bowl and add ground cashews, eggs, wheat germ and mixed herbs. Add the onion and tomato mixture and stir thoroughly.

Pack mixture into greased baking dish and bake in moderate oven approx. 40 min or until brown.

## CHICKPEA AND SPINACH CURRY

- 250 gm spinach
- 2 tbsp olive oil
- 2 tsp fresh ginger
- 2 tsp crushed garlic
- 1 large onion, chopped
- 2 tsp curry powder
- 2 tsp garam masala
- 2 – 3 bay leaves
- 400 gm tomatoes
- 420 gm can chickpeas, drained
- ½ cup water
- 1 tsp sea salt
- black pepper
- 2 tbsp chopped coriander

Stir-fry ginger, garlic and onion, until onion has softened. Add curry powder, garam masala and bay leaves. After 1 minute, add spinach and tomatoes (including juice if canned). Stir in chickpeas. Simmer for 15 minutes, adding water if necessary.

Season to taste with salt and pepper, then add the chopped coriander.

## CAROB/TAHINI LOG

- 2 tbsp tahini
- ½ cup honey
- 1 cup soya milk powder (or powdered milk)
- ⅓ cup carob powder
- desiccated coconut

Combine all ingredients except coconut. Knead until well mixed. Form into logs, roll in coconut and chill. Slice when firm.

# Atrial Fibrillation

## Natural, drug-free approaches

By Roger French

### SUMMARY

Atrial fibrillation (AFib) is the most common form of irregular heartbeat. It may come on suddenly and continue for a few seconds or for several days. Some episodes cause no symptoms at all. On the other hand, the chances of a stroke associated with AFib are greatly increased, which is why blood thinners are often medically prescribed.

A number of dietary and other lifestyle factors have been found to increase the risk of developing AFib. Although medical scientists say they don't know all the causes, the effects of these factors, many being triggers, point clearly to the causes.

The background risk factors are all to do with lifestyle and can be modified to minimise risk. They involve things such as reducing or avoiding caffeine, refined sugar and gluten-containing grains and ensuring a proper balance of key minerals.

Overcoming the problem can be achieved, as is illustrated by the closing case story, 'How I cured myself of Afib'.

### WHAT ATRIAL FIBRILLATION IS

Atrial fibrillation (AFib) is the most common form of irregular heartbeat (*arrhythmia*).

The heart is a muscular organ that functions as a double-sided pump, consisting of two chambers on each side. The two upper chambers are called *atria* and the two lower chambers *ventricles*. The atrium and ventricle on the right side of the heart pump blood to the lungs to become oxygenated and return to the heart, while those on the left side pump oxygen-rich blood into the large artery, the *aorta*, to be delivered all around the body.

The contractions of the heart – which we know as heart beat or pulse – are generated by electrical currents originating in the right atrium. If the beating is irregular and rapid or quivering or fluttering instead of beating regularly, this is known as *atrial fibrillation*. Instead of normal electrical impulses, there is a 'storm of electrical activity' in both atria, causing them to quiver at 300 – 600 times per minute, which is extremely fast, considering normal pulse is around 60 – 70.

The ventricles quiver at a much slower rate, but are still unable to pump properly. This

leads to pooling of blood inside the heart and a deficiency of blood going to the body. This is what produces the variety of symptoms of AFib, ranging from no visible symptoms at all to the worst symptoms which are blood clots and stroke.

AFib may come on suddenly and continue for a few seconds or for up to several days before returning to normal. Eventually the heart muscle can develop fibrosis and scarring.

### EFFECTS AFIB CAN HAVE

Up to one-third of A-fib episodes cause no symptoms at all. When symptoms do occur, they are most likely to be heart palpitations associated with dizziness, sudden fatigue, chest discomfort (pain, pressure or tightness) and/or shortness of breath.

Dr Julian Whitaker, of the Whitaker Wellness Institute in the US, has stated that "The most important thing to know about AFib itself is that it is not life-threatening. Episodes often come and go, and many require no treatment at all".

However, there is an increased risk of stroke, which can be dangerous. Because blood does not flow through the atria as quickly, it is more likely to clot. If a blood clot (*embolism*) travels to the brain, it is likely to lodge there resulting in an *embolic stroke*. Clots can also travel to other parts of the body, including the kidneys, heart muscle and intestines, causing death of tissue and serious damage to these organs.

The chances of a stroke occurring in people with AFib are five to seven times greater than in other people. This is why blood thinners are often prescribed medically.

### WHAT CAUSES AFIB?

Quite a number of dietary and other lifestyle factors have been found to increase the risk of developing AFib. Although medical scientists say they don't know all the causes, the known effects of these factors, many of which are triggers, seem to point clearly to the causes.

**Triggers.** An atrial fibrillation episode can be precipitated by any of numerous triggers.

These include:

- Caffeine or other stimulants (beware of stimulants used in cough and cold

medications; some contain ingredients that promote irregular heart rhythms – read the label);

- Excessive consumption of alcohol – causes weakened heart muscle and rapid, irregular heartbeats;
- Substance abuse – the situation with marijuana is similar to alcohol;
- Dehydration;
- Stress, anxiety (an AFib episode is often mistaken for an anxiety attack);
- Food additives;
- Electrolyte (mineral) imbalances;
- Obstructive sleep apnoea (one in two sufferers develop AFib);
- A blood clot in the lungs (pulmonary embolism);
- Exercising too hard.

**Background risk factors** – that is, ongoing conditions or habits that increase the risk of AFib:

- High blood pressure (one of the most common causes);
- Obesity; Diabetes;
- Coronary artery disease (blockages in the arteries of the heart);
- Heart failure (can be due to disease of heart muscle);
- Heart valve disease;
- Prior stroke;
- Chronic lung disease;
- Smoking (smokers are twice as likely to develop Afib; even low level smoking increases risk);
- Congenital heart disease (present at birth);
- *Helicobacter pylori*, associated with most stomach ulcers (people with AFib are nearly 20 times more likely to be infected with H. pylori);
- Pneumonia;
- Excessive doses of vitamin D. Very high body levels of vitamin D are associated with a much higher risk of AFib;
- Age (as we get older, the risk factors accumulate);
- A genetic predisposition to the disease.

**Less common causes of atrial fibrillation** include:

- Hyperthyroidism (an overactive thyroid);
- Pericarditis (inflammation of the outside lining of the heart);
- Viral infection.

In about one case in 10, Afib is not associated with another disease.

Among these possible triggers, exercise provides an enigma in that too much of a good thing may not be a good thing. Endurance athletes who are top performers tend to have the highest risk of developing Afib.

### **Atrial fibrillation due to prescription medicines:**

The osteoporosis drugs, bisphosphonates, increase the rates of serious atrial fibrillation. This class of drugs includes alendronate (Fosamax), ibandronate (Boniva), risedronate (Actonel, Atelvia), zoledronic acid (Reclast, Aclasta).

The regular use of the anti-inflammatory medications NSAIDs and the newer cox-2 inhibitors.

Steroids, particularly high doses of corticosteroids.

## **HOW TO EASE ATRIAL FIBRILLATION**

### **Orthodox treatment**

Treatment aims to keep a patient's resting heart rate to fewer than 110 beats per minute.

Orthodox treatment options include medications, non-surgical techniques, medical devices such as pacemakers and surgical procedures.

Afib medications can cause side effects that include nausea, fatigue and even death. Digoxin, derived from a digitalis plant, has serious side effects including increased risk of death.

Over-treatment of Afib with anti-clotting drugs may double the risk for dementia due to brain bleeds.

If drugs are not able to be used, *electrical cardioversion* may be used. This applies an electric shock to synchronise the heartbeat via electrode patches placed on the chest.

*Catheter ablation* is a surgical procedure in which a thin tube (catheter) is inserted into a blood vessel in the upper thigh and pushed towards the heart. In the heart an electrode on the catheter tip emits electrical energy that destroys the defective heart tissue that is causing the Afib.

A permanent artificial *pacemaker*, which delivers electrical impulses to the heart muscle, may be inserted to maintain regular rhythm.

**Stroke Prevention.** It appears that there are no natural blood thinners (anticoagulants) that are as effective as warfarin. There are natural substances that have anticoagulation properties, but none have been proved to prevent stroke in a person with Afib.

Interestingly, warfarin is the result of a chance discovery related to a plant. It was noticed that cattle bled to death after eating sweet clover, and this led to the finding that sweet clover has anticoagulant properties. It is from this plant that warfarin is made, brand name Coumadin.

Blood thinners require close supervision by a doctor.

### **Natural therapies treatments**

Afib is likely to improve with some basic lifestyle changes.

First and foremost, **avoid stimulants.** The caffeine in coffee, tea, chocolate and energy drinks is a well-known cause of tachycardia (racing of the heart). Over-the-counter weight loss medications and other drugs may also need to be avoided.

Although a number of studies don't find a link between caffeine and Afib, there are practitioners whose experience is the opposite.

**Alcohol** may need to be reduced or eliminated.

In his website, [www.livingwithatrialfibrillation.com](http://www.livingwithatrialfibrillation.com), 2013, Robert Ellis advises reducing or eliminating other possible triggers that include **wheat and other gluten-containing grains, tyramine-containing foods** (such as aged cheeses) and the additives **aspartame and MSG.**

Perhaps the most important dietary consideration, states Robert Ellis, is to maintain the **proper balance of the minerals** sodium, potassium, calcium and magnesium.

Sodium intake needs to be much less than 2,400 mg per day by minimising intake of table salt. Because salt is almost ubiquitous in processed foods, it can be partly offset by ensuring an abundant intake of potassium from fresh vegetables and fruit.

Magnesium is a marvellous muscle relaxant, deficiency of which can induce heart arrhythmias. It will normally be at adequate levels if the diet is high in dark green, leafy vegetables, nuts, whole grains and fruits. Supplements in addition can be beneficial. Calcium is found at modest levels in these foods; however, in a largely plant-based diet, calcium is not leached from the body as it is in a high-meat diet, so these sources can be adequate. A good supplement is one containing chelated calcium and magnesium in a ratio of two-to-one by weight.

Magnesium is such a beneficial mineral that Ray Sahelian, MD, in 2015 reported that magnesium has been found to be much more effective than a placebo in treating Afib and does not have side effects. One of his sources was an issue of the *American Journal of Cardiology* in 2007.

Dr Julian Whitaker of the Whitaker Wellness Institute in the US uses intravenous magnesium, which "works wonders relaxing the smooth muscles in the heart".

**Vitamin C** can be helpful in reducing the low-level inflammation that accompanies Afib.

**A Chinese herb** called *wenxin keli* has been found to be beneficial in reducing abnormal heart rhythms as well as inflammation and heart failure.

**Some supplements and herbs can make Afib worse** by stimulating the heart and need to be avoided. They include tyrosine, phenylalanine, SAM-e, alpha-lipoic acid, ginseng, tongkat ali and yohimbe. Also to be avoided are high doses of vitamin D.

**Refined sugar** intake needs to be reduced as much as possible due to its association with diabetes and obesity. When obese people shed kilos, they reduce their risk. Artificial sweeteners like aspartame may trigger episodes in some people.

**Keep well hydrated.** Pure water is the best drink, but since fluoride and chlorine are problems with most tap waters, a water purifier will be necessary. Otherwise an ideal drink could be coconut water, which is high in potassium and magnesium and low in sodium and carbohydrates.

**Moderate physical activity is essential** for general wellbeing and specifically benefits Afib – but it must be moderate. Yoga is excellent in that it is good exercise, good for flexibility and stretching and also is a great stress reliever. Dr Julian Whitaker states that people who regularly practise yoga have a 50 percent reduction in episodes of irregular heartbeat.

**Stress can raise the heart rate** – not surprisingly. We would all be familiar with our hearts racing in times of acute stress – anxiety, fear, panic, etc. In extreme cases, this can manifest as Afib. Techniques for easing the effects of stress are presented in *Natural Health and Vegetarian Life*, Spring 2010 issue, and the Society's book *How a Man Lived in Three Centuries*, Chapter 9. The most effective calming technique is meditation.

A key part of minimising the effects of stress is plenty of sleep. Simple ways of overcoming insomnia are given in the above-mentioned article and chapter on stress.

A physical technique that might relieve a bout of heart fluttering involves lying on one's back on the floor, raising the legs above the head and resting them on a wall. Another technique is to squat down and hold the breath *for a short time*. This is very helpful with tachycardia.

## HOW TO PREVENT ATRIAL FIBRILLATION

The above section is about reducing or overcoming atrial fibrillation. This section is about preventing the condition from developing in the first place. Many of the above points are repeated here for the purpose of making this section as complete as is possible.

**Minimise background lifestyle risk factors.** Aim to avoid being overweight, having high blood pressure or high blood sugar levels. If there is sleep apnoea, reducing weight can be a big step in the right direction. If a person smokes, quitting is vital; if a heavy drinker, it is necessary to cut down (from *University of Adelaide news release*, 10th Dec. 2014).

Turn from wine to water, advises one writer. In susceptible people, even small quantities of alcohol can cause abnormal heart rhythms. Fortunately, the pulse tends to stabilise after the intake has ceased.

**Avoid Stimulants.** Avoid substances that stimulate or irritate the heart. It is worth making the effort to avoid all caffeine intake, which means coffee, regular tea, chocolate and energy drinks. Energy drinks often also contain other known cardiac stimulants besides caffeine. Similarly, avoid over-the-counter weight-loss products.

**Keep well hydrated** with adequate pure water and the water in fruits and vegetables. A good option is coconut water.

**Ensure adequate alkaline minerals** in the daily meals. When it comes to the heart, we need to be especially careful about what we eat. The all-important potassium, magnesium and calcium will be adequate if there is an abundance of fresh fruits and vegetables. Because magnesium can accumulate in the body, if supplements are taken, levels should be measured if possible.

**Omega-3 oil.** While there is evidence that fish oil can improve the condition of the atria of the heart, we in Natural Health have a strong preference for plant sources of omega-3 oils. These occur at good levels in chia seeds, flax seeds and walnuts in the form of alpha-linolenic acid. Most people's bodies can convert this to the important DHA and EPA, which are normally obtained from fish oil. Plant-based DHA is obtained from micro-algae, the most notable brand being Udo's 3.6.9 DHA oil.

**Minimise gluten intake.** Because there is a link between coeliac disease and Afib, it might be wise to limit consumption of foods based on wheat, rye, barley and oats, and instead use rice, buckwheat and millet foods.

**Avoid excessive doses of vitamin D.** To be excessive, doses would need to be of the order of 10,000 IU or more per day.

**Dietary fibre.** A study found that high fibre intake – from fruits, vegetables, cereals and legumes – reduced risk of atrial fibrillation by between 14 and 36 percent. In addition, these foods provide a myriad of other health benefits. The most favoured of these whole foods are vegetables, fruits and legumes.

**Anti-inflammatory herbs and foods.** There is a lot of information connecting inflammation with higher risks of Afib, according to T. Jared Bunch, MD, in his article, 'Exploring Natural Approaches and Therapies for Atrial Fibrillation', [www.everydayhealth.com](http://www.everydayhealth.com), published 28th Aug 2013. Dr Bunch lists some foods that are prominent anti-inflammatory agents. Whether or not the following agents reduce Afib is not certain, but they promote good health anyway:

Olive oil, avocado oil and grapeseed oil; garlic; nuts – choose a variety; fruits – choose a variety such as blueberries, cherries, raspberries, strawberries, pineapple, apples, etc; wholegrain gluten-free foods; green tea; and dark chocolate, at least 70% cocoa. In addition, reduce or eliminate red meat from the diet.

**Vitamin and mineral supplements.** There are no supplements that are considered 'A-Fib specific'. A person taking prescription medications would be wise to consult with the doctor before taking supplements as they may interact.

A scientist who has made a study of Afib is Steve Ryan, PhD, who in 2014 recommended these supplements for heart rhythm problems (<http://a-fib.com/supplements-for-healthy-heart/>): taurine, coenzyme-Q10, L-carnitine, omega-3 oils, ribose (d-ribose), hawthorn berry and BCAA+G. Here are abstracts of Steve Ryan's details:

**Taurine.** Taurine, magnesium and potassium have been described as 'the essential nutritional trio' for Afib. Taurine, an amino acid, protects potassium levels inside the heart and dampens over-activity in the sympathetic nervous system. The problem food additive, MSG, lowers the body's levels of taurine.

**Coenzyme Q10 (ubiquinone)** has the ability to energise the heart and also protect it from oxidative stress. 'Ubiquinol' is the more readily absorbed form. Taking statin drugs reduces CoQ10 levels.

**L-Carnitine,** a derivative of the amino acid lysine, is extremely important in cardiac health; one of its effects is to reduce arrhythmia. Co-Q10 and carnitine work together.

**Omega-3 Oils.** EPA and particularly DHA are natural defibrillators, lessening the incidence of cardiac arrhythmias.

**Ribose (d-ribose)** increases tolerance to cardiac stress and improves exercise tolerance. Start with small doses and

increase gradually.

**Hawthorne Berry.** The extract has been used in traditional medicine since ancient times. It prevents premature ventricular contractions and can energize the heart without prompting arrhythmias. If a person is on medication to slow heart rate, a doctor should be consulted before using hawthorn because it can react with these medications, including digoxin.

**BCAA+G** means Branched Chain Amino Acids coupled with L-glutamine. These are critical for the repair and maintenance of strong muscles – and the heart is muscles.

**Exercise.** But not too much! A good, regular workout is likely to be very helpful for the health of the heart. However, be sure that your routine doesn't push your heart rate through the roof. Follow each session with adequate rest. Attending yoga classes is a great way to de-stress – and to socialise which is also beneficial.

**Reduce stress by whatever ways you can.** Emotional health influences physical health. Achieving adequate sleep every night should help with this.

## A CASE STORY

### 'How I cured myself of Afib'

The following case story is abridged and edited from the website, <http://www.patient.co.uk/forums/discuss/how-i-cured-myself-of-afib-61763> (the person's name is not given).

I've had atrial fibrillation for 30 years, the last five of which I had the symptoms all day and every day. I now know why it gets worse with age. I found out that an acidic condition in the body causes irritation of the nerves of the heart. If the acid condition is corrected, the irritation goes away – slowly, it takes time.

I changed my diet from eating anything I felt like eating and as much as I could eat (carrying around a big belly) to a plant-based, alkali-forming diet.

I take bentonite clay every morning and evening, because it is the best thing in the world for removing toxins, parasites and yeast from the body, as well as removing accumulated acidity.

It took me many years to find this 'secret' and it works. Also in the mix are probiotics, flaxseed, nutritional yeast, digestive enzymes, systemic enzymes and plenty of rest to heal my exhausted adrenal glands.

This works for me, and it may work for others. I have been doing this for at least three years, and every day is better than the previous day. No drugs are taken now – none – nothing to damage my liver and pollute my body with acid-forming chemicals.



## GRATITUDE REDUCES HEART RISK

Being grateful to other people has surprising health benefits.

Gratitude improves our mood and sleep, and makes us less tired. It even reduces the chances of a second heart attack in a person who has already suffered a heart attack.

Researchers from the University of California, San Diego, studied the impact of gratitude in 186 men and women, who had had heart failure that had damaged the heart. The researchers found that gratitude lowers the biomarkers of inflammation, indicating reduced risk of a second attack, as well as benefits for a range of other chronic problems.

Gratitude is part of a wider outlook on life, said the researchers.

(Source: *Spirituality in Clinical Practice*, 2015; 2(1): 5)

## A SENSE OF PURPOSE REDUCES HEART AND STROKE RISK

Researchers from Mount Sinai Medical Centre analysed 10 studies that involved more than 137,000 people and found that people with "a high sense of purpose" are 23 percent less likely to die prematurely from any disease, and 19 percent less likely to have a heart attack or stroke. Sense of purpose has a significant impact on both health and longevity.

Their definition of a sense of purpose is "A sense of meaning and direction, and a feeling that life is worthwhile."

The converse is also true. People who lack sense of purpose are more likely to have a heart attack or stroke and a shortened lifespan.

(Source: Mount Sinai Medical Center website, reported by WDDTY, 11<sup>th</sup> March 2015)

## GREEN VEGGIES REDUCE MENTAL AGE 11 YEARS

Consuming green, leafy vegetables daily, particularly spinach and kale, can provide the same mental sharpness as a person 11 years younger.

A new study conducted by Martha Clare Morris of Rush University, Chicago, Illinois, discovered that the key nutrient is vitamin K, which not only protects against dementia and Alzheimer's, but also keeps us mentally sharp.

The study involved more than 950 people with an average age of 81, tracked

for around five years. The result was a "significant decrease" in the rate of cognitive decline in the people eating the most leafy vegetables. One to two servings daily resulted in the cognitive ability of a person 11 years younger, compared to people who didn't eat green vegetables.

[A detailed account of vitamin K was published in the Summer 2014-15 issue of *True Natural Health*.]

(Source: *Proceedings of the Federation of American Societies for Experimental Biology* (FASEB), March 30, 2015)

## HOMEOPATHY OF VALUE FOR CANCER SUFFERERS

Homeopathy has been found to be of significant value in the mental and physical wellbeing of cancer patients who are being treated with chemotherapy or radiotherapy.

Researchers from the Medical University of Vienna found that half the 410 cancer patients taking prescribed individual remedies reported "significant improvements" in their levels of fatigue and pain and had better appetites than those not taking homeopathic remedies.

The patients all had stages 3 and 4 cancer, and reported improvements ranging from seven to 14 times due to homeopathy. In fact, the benefits to overall health in those on homeopathic remedies averaged 10 times greater.

(Source: *Complementary Therapies in Medicine*, 2015; <http://dx.doi.org/10.1016/j.ctim.2015.03.004>)

## MINI-FASTS FOR LONGEVITY

Consistent with what has been found from numerous studies of animals and 'primitive' populations, researchers have recently found that undertaking mini-fasts regularly in the form of merely skipping a meal or eating less could have great health benefits. Such fasts can increase longevity and significantly reduce the risk of chronic disease.

Researchers from the University of Florida, USA, say that this light fasting appears to increase the number of genes that promote longevity and protect cells. This little-but-often approach seems to trigger small stress responses in the body which have the effect of boosting the immune system and lowering insulin levels, which would reduce the risk of diabetes.

(Source: *Rejuvenation Research*, 2014; 141229080855001; doi: 10.1089/rej.2014.1624)

## SAUNAS CAN BE LIFE SAVING

Taking long saunas frequently has been found to significantly reduce the risk of cardiovascular disease and death from all causes in middle-aged men.

Researchers studied more than 2,300 Finnish men, aged 42 – 60, for about 20 years. Men who had two or three sessions weekly were 22 percent less likely to experience sudden cardiac death than the men who had a sauna just once a week. Better still were those who had four to seven saunas per week; they had a 63 percent reduced risk of sudden cardiac death.

The length of the sauna made quite a difference. Sauna sessions of more than 19 minutes resulted in a 52% lower risk of sudden cardiac death compared to sessions of less than 11 minutes.

The researchers concluded that their findings were not necessarily applicable to steam rooms, hot tubs or saunas that operate at lower temperatures than typical Finnish saunas with a mean temperature of 79°C.

(Source: *Journal American Medical Assocn Intern Med* 2015; online 23 Feb)

## SOLAR NATION

Interesting news is that Bangladesh has committed to becoming the world's first 'solar nation' by 2021.

Bangladesh already has 3.5 million solar homes – roughly 10 per cent of the population powered by solar.

The US and China agreed to reduce their greenhouse gas emissions last year at the G20. India has announced that they intend to stop importing thermal coal and have a target of 100 gigawatts of solar capacity by 2022.

Renewable energy has proven itself as a reliable, cheap supplier of energy in countries that have high numbers of people living off-grid and where even grid-connected areas are subject to unreliable supplies.

Meanwhile, back in Australia, after many years of the excuse that we can't act alone on climate change so shouldn't act at all, the rest of the world has just got on with it. As attempts here are made to wind back the renewable energy target, the UK has just announced that climate change is a risk to "national and global security, to poverty eradication and economic prosperity".

(Source: *Beyond Zero Emissions enews*, 19-2-15)

## Beetroot juice effective in reducing blood pressure

Beetroot juice may be as effective as medical intervention in reducing blood pressure.

Drinking a daily cup of beetroot juice has been shown to significantly lower blood pressure among people with high blood pressure, according to a new study from the Queen Mary University of London, published in the American Heart Association's journal, *Hypertension*, in November 2014.

People with high blood pressure who drank a 250 ml glass of beetroot juice daily experienced an average decrease in blood pressure of about 8/4 mm mercury, bringing their blood pressure levels back to the 'normal' range. This is due to beetroot juice naturally containing high levels of dietary nitrate.

The importance of these findings is substantial, as large-scale observational studies suggest that each 2 mm mercury increase in blood pressure increases the likelihood of death from heart disease by 7 per cent and stroke by 10 per cent.

"This research has shown that a daily inorganic nitrate dose can be as effective as medical intervention in reducing blood pressure and the best part is we can get it from beetroot and leafy green vegetables. The trick is not to boil the vegetables – as dietary nitrate is water soluble – but steaming, roasting or drinking the juice all has a positive effect," says lead author of the study, Professor Amrita Ahluwalia.

A commercial beetroot juice is available in the form of **Beet It** to provide a daily intake of this root vegetable. Beet It beetroot juice naturally contains high levels of dietary nitrate.

It is available from Chemist Warehouse, health food stores and independent retailers. Prices start at RRP \$3.09.

The Australian distributor of Beet It is Trialia Foods Australia. For more information on Beet It, visit [www.beet-it.com/australia](http://www.beet-it.com/australia)



## Sweet Balsamic Reductions

A sugar-free, 100% organic Sweet Balsamic Reduction is now available.

It is the latest product in a range of balsamic reductions produced by Jomei's Fine Foods, founded by Vicki and Martin Nguyen, who have combined their love of wholesome foods with their wholistic professions, which include yoga and Chinese medicine. The result was a Sweet Balsamic Reduction with Balsamic Vinegar of Modena, Italy, forming the base. Traditional Balsamic Vinegar is only made in Reggio Emilia, Modena, Italy.

This latest reduction is sweetened with coconut sugar, a healthier alternative to refined sugar, and is 100% organic, gluten-free, dairy-free and suitable in a vegan or vegetarian diet.

For more information, stockists and prices for Jomei's Fine Foods, visit [www.jomeisfinefoods.com.au](http://www.jomeisfinefoods.com.au).



## No Added Sugar Cereal Bars

Newly released by Vitality Brands Worldwide, these Well Naturally bars, with a Health Star rating of 4.5, are delicious, chewy bars sweetened naturally with stevia, not refined sugar.

**Well Naturally No Sugar Added Cereal Bars** are gluten-free, rich in fibre and full of healthy ingredients that include quinoa, flax seeds, sunflower seeds, pepitas, almonds and currants. They are made with natural colours and flavours and are suitable for a vegetarian diet.

The bars come in three varieties and are available in the Healthier Bites section of Woolworths. The full range of Well Naturally chocs is now also available in Target stores.



## Classifieds

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# Kindred Organisations

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



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Phone 02 9698 4339

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## VEGETARIAN/VEGAN SOCIETY OF QLD Inc

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### EASY, AFFORDABLE RAW (New)

How to go raw on \$10 a day

By Lisa Viger

Price \$35 with postage up to \$13.40

This book kickstarts your raw food lifestyle with everything you need to know for nourishing a healthier, happier you. Tells you how to get the most nutrients, protein and energy from your food. Easy, delicious recipes for smoothies, salads, breakfasts, entrées and more.

### FORKS OVER KNIVES, THE COOKBOOK (New)

By Del Sroufe with desserts by Isa Chandra Moskowitz.

Price \$35 with postage up to \$13.40

Over 300 recipes for plant-based eating all through the year. Simple, affordable and delicious, the recipes put the power of real healthy food in your hands. Start cooking the plant-based way today. It could save your life.

### THE CHINA STUDY ALL-STAR COLLECTION (New)

By Leanne Campbell, PhD

Price \$35 with postage up to \$13.40

Following her best selling *The China Study Cookbook*, Leanne Campbell brings together top names in the plant-based community to share their favourite and most delicious recipes, such as Sneaky Chick-Pea Burgers, Peppermint Chocolate Chunk Ice Cream, Fiesta Quinoa Salad. This book has you covered for any occasion or craving.

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What can you do if your cat gets worms or if your dog has bad breath? Use Coconut oil! It is the most versatile oil and can be used with most pets. It can improve their coat, feathers and skin, eliminate body odour and help to normalise weight. It can prevent and heal bacterial infection and do so much more.

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By Don Burke

Special price of \$12.95 and postage \$7.45

Get the kids outdoors! The Kit includes a beautiful book with creative garden activities for kids. Small and large projects for gardens or just a window sill. Handy garden trowel for digging and planting. Compass to find the sunny spots in your garden and a special night-time UV torch to discover hidden secrets.

### NEVER TOO LATE TO GO VEGAN

By Carol J. Adams

\$30 + postage up to \$12.73

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

By Matt Frazier

\$20 + postage \$7.20

First published in 2013. This is a unique guide book offering healthy living ideas, recipes and nutritional information for the beginner and for the serious athlete who wants to live a meatless

## VegSA NEWS

VegSA held its AGM on 15th April at 'The Joinery', the new home of the Conservation Council of SA (of which VegSA is a member). While still in the development stage, The Joinery will be a centrally located hub for a number of groups and activities, including a community garden, meeting spaces and a café. VegSA looks forward to being involved.

While most of the previous Committee members continue on, it was good to welcome two new members – Pam who has an interest in developing the website and Paul who will help with membership. As communication systems develop, our website is increasingly important in promoting our ideas and ideals, while we still enjoy personal contact and events with our members.

lifestyle. Matt Frazier shows that there are many benefits to embracing a meat-free athletic lifestyle. Great all-round fitness book.

### VEGAN SLOW COOKING

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 this book and create delicious meals for the family or just for yourself. This colourful book makes it a joy to eat vegan.

### COLOUR ME VEGAN

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.



# Natural Health Society Shop

Books, health products and Tri Nature products

Book prices include postage and members 10% discount



## THE VITAMIN CURE SERIES OF BOOKS

In the preceding Autumn 2015 issue of *TNH*, we reviewed *THE VITAMIN CURE for Eye Disease*. This book has proved to be so popular that we have decided to offer further books in this series dealing with other health conditions.

All books in the series are based on the publisher's premise as follows:

Most people's diets are woefully inadequate for providing proper nutrition. Even good diets fail to deliver sufficient levels of nutrients. **THE VITAMIN CURE** series highlights the safe and clinically effective use of vitamin [and mineral] supplements for a variety of illnesses. Research continues to prove the immense value of vitamins for maintaining health and fighting disease. **THE VITAMIN CURE** books are written by authors who are recognised experts in their fields.

I (the Editor) cannot be certain that all the following books promote nutrition that is plant-based. However, we feel that the books can be of value for their advice overall, and if flesh foods are listed, the reader can simply substitute nuts, legumes or seeds or small quantities of free-range eggs or unprocessed cheese

## THE VITAMIN CURE FOR ALLERGIES

By Damien Downing, MD

\$27.50

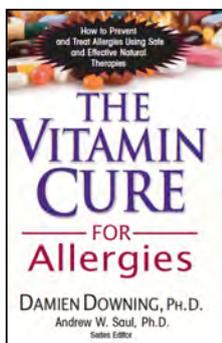
Throughout the developed world, the number of people with allergies to inhalants, foods and chemicals has been rising for the last twenty years. Many allergy cases are misdiagnosed, but fortunately, there are commonsense steps that can be taken to relieve and even prevent allergies.

The steps are: Avoid – once you have discovered what sets you off, stay away from it.

Protect – use nutrition, including vitamins C and D, essential fatty acids and magnesium.

Desensitise – this involves exposure to small doses.

The author claims that many people with allergies have experienced profound improvement by using the recommendations in this book.



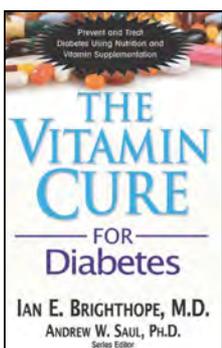
## THE VITAMIN CURE FOR DIABETES

By Ian Brighthope, MD

\$27.50

There is an epidemic of diabetes and it's getting worse. Diabetes mellitus affects the use of sugar (glucose) in the body, either because the body does not produce enough insulin or the cells do not respond to it. High levels of blood glucose may result in blindness, kidney failure, brain and nerve damage, heart disease and rapidly developing atherosclerosis.

Dr Brighthope's advice can help the majority of diabetes sufferers come off all or most medications by changing their



## 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.

lifestyle, eating a healthier diet, starting to exercise and taking nutraceuticals.

This book provides a complete supplement program (vitamins, minerals and other dietary supplements) that can prevent or delay the onset of diabetes.

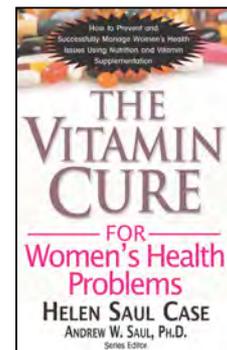
## THE VITAMIN CURE FOR WOMEN'S HEALTH PROBLEMS

By Helen Saul Case

\$27.50

Women's health issues are often handled by physicians who have little time, and often no inclination, to get to the root cause of their patients' illnesses. Almost always women are sent on their way with a prescription for what at first seems to be simple pharmaceutical answer to their problems. Unfortunately medical solutions often don't work and have side effects that may seem as bad as or worse than the original illness. At best, they leave the person relying on drugs instead of addressing the root cause of the problem. Good nutritional guidance, natural alternative options and vitamins that can cure are the appropriate options.

Helen Saul Case speaks from personal experience in dealing with her own health concerns. She backs up her knowledge of orthomolecular nutrition and its use for women's health issues with extensive research into the scientific studies of nutrition and supplementation, and she shares this information in an engaging, easy-to-read style.



## THE VITAMIN CURE FOR EYE DISEASES

By Robert G. Smith, Ph.D.

\$27.50

This book, which was reviewed in the Autumn issue of *TNH*, offers a genuinely nutritional approach to preventing nasty eye diseases, including macular degeneration, diabetic retinopathy, retinitis pigmentosa, glaucoma, conjunctivitis, dry eye and other conditions.

## HOW A MAN LIVED IN THREE CENTURIES

The Complete Guide to Natural Health

By Roger French

\$34.00

With the caption, 'Heart attack at 34 – fit and well 'til 104'  
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
<b>NATURAL HEALTH SOCIETY'S OWN BOOK</b>				
How a Man Lived in Three Centuries	Roger French	\$34.00		
<b>NEWTITLES</b>				
THE VITAMIN CURE For Allergies	By Damien Downing	\$27.50		
THE VITAMIN CURE For Diabetes	By Ian Brighthope	\$27.50		
THE VITAMIN CURE For Women's Health Problems	By Helen Saul Case	\$27.50		
<b>NUTRITION &amp; LIFESTYLE</b>				
Chia – Using The Ancient Superfood	Beverly Lynn Bennett	\$23.00		
Coconut Oil	Siegfried Gursche	\$23.00		
Food Combining Made Easy	Herbert M. Shelton	\$18.00		
Mushrooms For Health And Longevity	Ken Babal	\$23.00		
Quinoa	Beth Geisler	\$23.00		
Superfoods – Nature's Top Ten	Mark Alan Goldstein	\$23.00		
The Force - Living safely in EMR	Lyn McLean	\$38.50		
The Vitamin Cure For Eye Diseases	Robert G. Smith, Ph.D.	\$27.50		
Vitamin D, The Sunshine Vitamin	Zotan Rona	\$20.00		
What's the GI?	Catherine Proctor	\$13.00		
Wheat Belly	William Davis	\$36.50		
Wild Fermentation	Sandor Katz	\$36.50		
<b>RECIPE BOOKS</b>				
Busy Mum's Vegetarian Cookbook	Mary Gwyn	\$34.00		
Extraordinary Vegan	Alan Roettinger	\$34.00		
Friendly Food	RPA Allergy Unit	\$30.00		
Golden Energy - Recipes For Rejuvenation	Dr Marilyn Golden	\$34.00		
Greenlicious	Benham & Drew	\$38.50		
Grills Gone Vegan	Tamasin Noyes	\$34.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Jazzy Vegetarian	Laura Theodore	\$41.00		
The Juice Generation	By Eric Helms	\$31.00		
Kitchen Divided	Ellen Jaffe Jones	\$34.00		
Supercharged Food Eat Clean, Green and Vegetarian	Lee Holmes	\$38.50		
Vegetarian Cooking Without	Barbera Cousins	\$36.50		
<b>HEALTH ISSUES</b>				
A Cancer Therapy – Results of 50 Cases	Max Gerson, MD	\$31.00		
Healing the Gerson Way	Charlotte Gerson	\$47.00		
The Gerson Therapy Full DVD Set	Gerson Institute	\$95.00		
The Healthy Liver & Bowel Book	Dr Sandra Cabot	\$30.00		
Hormone Replacement – The Real Truth	Dr Sandra Cabot	\$24.50		
Cancer - Three Months to Live?	Michael Sichel, ND, DO	\$38.50		
Censored Health	By Dr Gabor Lenkei	\$29.00		
Cut Poison Burn [Dvd]	Food Matters	\$25.00		
Fatty Liver -You Can Reverse It	Dr Sandra Cabot	\$29.50		
Healthy Home, Healthy Family	Nicole Bijlsma	\$34.00		
Herbal Healing For Children	Demetria Clark	\$27.50		
Iridology Simplified	Bernard Jensen, DC	\$19.00		

Natural Prostate Cure	Roger Mason	\$20.50		
Raw Can Cure Cancer	J. Murray-Wakelin	\$34.00		
Raw Juices Can Save Your Life	Dr Sandra Cabot	\$29.00		
Running Out of Time	J Murray-Wakelin	\$34.00		
Shattering the Cancer Myth	Katrina Ellis	\$38.50		
The ADD and ADHD Cure	Jay Gordon, MD	\$32.00		
You and Your Hormones	Dr Peter Baratosy	\$34.00		
<b>MIND ISSUES</b>				
End Your Addiction Now	C. Gant & G. Lewis	\$34.00		
Five Good Minutes in the Evening	J. Brantley, W. Millstine	\$22.00		
Making a Killing (DVD)	CCHR	\$19.50		
The Marketing of Madness (DVD)	CCHR	\$19.50		

## PRODUCTS/EQUIPMENT/APPLIANCES

LADYSHIP Organic Essence Juicer, Blender LS658	\$385		
LADYSHIP Organic Essence Juicer, Blender LS588	\$249		
CHAMPION JUICER (non-member's price \$620)	\$595		
REBOUNDOZ rebounder – See inside back cover Pack 1	\$220		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265	\$208		
SKIN BRUSH, BODECARE	\$45		
FACE BRUSH, BODECARE (Price for both \$62)	\$23.50		
WISE FEET FOOT PATCHES box of 30 (non-members \$65)	\$59.50		
box of 90 (non-members \$145)	\$131.50		
EASY PH TEST KITS (inc frt) (non-members \$22)	\$20		
<b>BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25</b>			
Members \$50; NT & WA \$55 Non-members \$55; NT & WA \$60.			
<b>Tri Nature Products (see page 44)</b>			
<b>TOTAL \$</b>			

## SUBSCRIPTION APPLICATION or RENEWAL

New member  Renewal  Gift  **GIFT VOUCHER**

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

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

Are you a practitioner? Yes  No

### GRAND TOTAL \$

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

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

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

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

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

### For Payment By Credit Card

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

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

\_\_\_\_\_

**New Release!**

## Citrus Heaven

### TANGERINE GROVE

#### GENTLE FACE WASH



Tri Nature's Gentle Face Wash is a natural, emollient rich replacement for harsh bath soap. For gentle cleansing of the face and hands, or to use as a make-up remover and shaving gel, it teases away dirt and grime and emulsifies oily matter, leaving no insoluble residues. Ideal for sensitive and problem skin.

With a fresh, zesty, essential oil based fragrance of tangerine and cypress, Gentle Face Wash contains vitamin E from natural wheat germ to add vitality to the skin and strengthen skin cell tissue. A gorgeous addition to your bathroom vanity.

### Teamed with CITRUS ORCHARD

#### BODY WASH and BODY MOISTURISER

Citrus Orchard & Jojoba Body Wash is a rich, luxurious, foaming shower balm that maintains the skin's natural pH balance while imparting healing properties and a silky softness. No residue; grey water friendly.

Citrus Orchard Body Moisturiser is a beautiful balance of natural vitamins, plant extracts and antioxidants to boost new cell growth. Skin is noticeably softer.

The fragrance of these lovely products is similar to Tangerine Grove, but with the addition of soft florals and deeper notes of musk, moss and amber.



Citrus Heaven Pack: 3 x 250ml bottles (one of each) at **20% OFF!** \$34.90 Order Code: NHS-W15-1

### LAUNDRY BASICS

**SAVE 20%!**



1kg Alpha Plus Herbal Laundry Powder Soft Pack (Refill) – no fillers, 100% biodegradable.  
500ml Angelica Fabric Softener  
500ml Express Enhance Pre-Wash Spray

**\$31.90** Pack Code: NHS-W15-2

### KITCHEN ESSENTIALS

**SAVE 20%+!**

2kg Citrus Dishwasher Powder Bucket – childsafe and biodegradable, bucket can last 1–2 years.

500ml Citrus Rinse Aid; 500ml Chamomile Dishwashing and Multipurpose Liquid – removes pesticides from fruit & veggies.

**\$54.95** Pack Code: NHS-W15-3



Winter Specials are available to Subscribers 1/6/15–31/8/15 or until stocks last.

## NON-TOXIC PLANT & MINERAL BASED HOUSEHOLD PRODUCTS – NHS ORDER FORM

Retail prices below include GST. Subscriber Discount: 10% Products and prices 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](http://www.health.org.au); by phone: 02 4721 5068; by fax: 02 4731 1174; or email: [admin@health.org.au](mailto:admin@health.org.au)

Product	Qty	\$	Total	TOTAL FOR ALL ITEMS	\$
Chamomile Dishwashing Liquid Refill 1lt (no pump)		19.95		Less 10% subscriber discount if applicable	\$
Citrus Machine Dishwasher Powder Refill 2kg		34.95		<b>SUBTOTAL</b>	\$
Citrus Machine Dishwasher Powder Refill 1kg		18.95		Plus Freight (flat rate)	\$ 17.00
Sphagnum Moss Disinfectant (mint/musk) 1lt		22.95		<b>TOTAL AMT to pay by:</b> CHQ <input type="checkbox"/> M/O <input type="checkbox"/> C/C <input type="checkbox"/>	\$
Sanazone Odourless Disinfectant (AQIS approved) 1lt		18.95		Payment by C/C: MasterCard <input type="checkbox"/> Visa <input type="checkbox"/>	
Alpha Plus Pre-Wash Soaker Bucket 2kg		37.95		<input type="checkbox"/>	
Refill 1kg Qty: 17.95 Refill 2kg		31.95		Signature _____ Exp.Date ____ / ____	
Alpha Plus Laundry Powder Bucket 2kg		39.95		NAME _____	
Alpha Plus Laundry Liquid Bottle 2lt		32.95		ADDRESS _____	
Alpha Plus Gentle Wash Bottle 2lt		29.95		Postcode _____	
Enhance Pre-Wash Spray Concentrate 1lt		24.95		Phone H _____ Alt.Ph. _____	
Supré Multi-Purpose Cleaner Conc. Eucalyptus 1lt		20.95		<b>First Tri Nature order</b> <input type="checkbox"/> <b>Please send full product/price list</b> <input type="checkbox"/>	
Supré Multi-Purpose Clnr Conc. C'fruit & Palmarosa 1lt		20.95		IF I'M OUT, please leave at: Front door <input type="checkbox"/> Back door <input type="checkbox"/>	
Please use separate sheet for all other products, inc. Cleaning, Car, Skin, Hair, Body, Aroma, Baby, Kids, Express, pumps etc, and include in TOTAL.				Garage <input type="checkbox"/> Carport <input type="checkbox"/> Other <input type="checkbox"/>	

Place all Tri Nature orders with the Natural Health Society of Australia, by internet, phone, fax or email, using codes for specials and regular names & prices shown above and elsewhere. No further discounts on specials. Products are highly concentrated, long-lasting, economical and effective. Please refer to containers and usage guides.

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

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

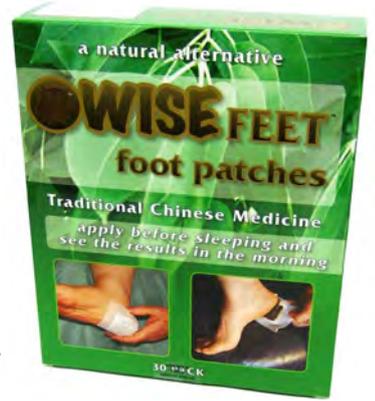
# Health Products

Available from the  
**Natural Health Society**  
**28/541 High Street**  
**Penrith NSW 2750**  
**Phone (02) 4721 5068**  
**Fax (02) 4731 1174**  
**admin@health.org.au**

\* NB 'Members' means financial members of the Natural Health Society and the Vegetarian Societies

## Detoxification Foot Patches

- Literally detoxification while you sleep, without unpleasant headaches or nausea.
- Best placed on soles of feet, in which 60 acupuncture points – or reflexology points – reflect the condition of various organs.
- Toxins from vital organs settle down to the feet which become 'storage pits' for heavy metals and other toxic substances.
- Pads are impregnated with a dozen ingredients from Traditional Chinese Medicine.
- Substantial detox can be achieved in a matter of days, but with sluggish circulation up to three months.
- Pads must be in close contact with skin – adhesive tape is provided.



**Posted price: box 30 – members \$59.50; non-members \$65.00**  
**box 90 – members \$131.50; non-members \$145.00**

## In-Lieu Toilet Converter



- Converts ordinary toilet so that you can squat instead of sit
- Prevents injury to pelvic-floor nerves caused by straining while sitting
- Has been found helpful for constipation, incontinence, prostate problems, haemorrhoids, diverticulitis, bed-wetting in children under 10 years
- Extremely strong plastic; white, stylish design
- A once-in-a-lifetime purchase; an excellent investment

Phone Natural Health Society for price

## Ladyship Juicer, Blender

Two models - LS658 and LS588F

Like nine machines in one



- Makes juices, smoothies, nut milks and soups
- Bends, grinds seeds and crushes ice
- Works with hot or cold recipes
- Simple to use, easy to clean
- Bonus recipe book and instructional DVD

**LS-658 PRICE including freight**  
**Members \$385, Non-Members \$405**

**LS-588F PRICE including freight**  
**Members \$249, Non-Members \$274**

## ReboundOz

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

- Strong mat and springs designed for the right bounce
- Heavy-grade all-steel frame, UV-resistant mat
- Tapered springs mounted on pins to avoid fatigue cracks
- Folding legs, spring-loaded for ease of use
- Rubber tips on legs
- Frame folds in half for convenient transport

**Price incl. freight basic unit:**  
**non-members \$240,**  
**members \$220**

**Package 2 \$260 or \$240;**  
**Package 3 \$270 or \$250;**  
**Package 4 \$280 or \$260**



## EASYpH Test Kit – To Test if body is acidic

- The Natural Health experience is that if our tissue fluids have the correct acid-alkali balance most diseases are prevented.
- The foundation of sound nutrition is balancing alkali-forming vegetables and fruits with the other foods which are mostly acid-forming.
- The only practicable way to assess our acid-alkali state is pH testing of urine and saliva.
- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
- Kit contains enough test paper for 90 tests, if 5 cm (2 inch) is used each time.



**Posted price: members \$20.00;**  
**non-members \$22.00**

For interesting radiation and home health articles, research and newsletter subscription Go to [geovital.com.au](http://geovital.com.au) or [co.nz](http://co.nz)



VIDEO: Our approach and mattress design: [youtu.be/6w1U7jQ0rm0](https://youtu.be/6w1U7jQ0rm0)

# Verifiable Solutions for Radiation-Free Living

Most homes need some improvements. Call today!

Geovital's approach and products are unique because with our 30 year history as a natural health clinic in Austria, the long-term health recovery and protection of our patients has always been the goal.

With just one phone call or email, we can organise an assessor to come and look at your home. Here are some of the solutions available to our assessors and you...

**IF YOU WOULD LIKE TO BECOME AN ASSESSOR  
FIND OUT MORE ABOUT OUR 3-DAY WORKSHOP...  
WE NEED MANY MORE!**



**T98 ALPHA:** German armed forces testing confirms, it is unique and the world's best SHIELDING PAINT on graphite basis. Deflects high-frequency radiation from mobile towers, smart-meters, WiFi and more away from your home or bedroom.



**WANTED HOME HEALTH ASSESSORS**  
Suits Naturopaths, integrated doctors, therapists, sleep consultants, architects, builders and anyone else interested in making a difference in people's lives.



**JOIN OUR 3-DAY WORKSHOP**  
and learn to assess and consult on radiation-free living for your clients or patients.



**CIRCUIT CUT-OFF SWITCH:**  
This switch will cut power to circuits not in use. Completely eliminating electric field exposure from life wiring in the walls found on the bodies of most sleepers in most homes.



**DON'T BUILD A SICK HOME!**  
We consult with yourself, your architect, builder or electrician on how to make small changes in your home design with the aim to reduce radiation exposure found in most homes.

## 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.



Addressing health burdens others ignore | Metal-free (no aerial effect) |  
Toxin and Latex-free | Stretch-effect to reduce pressure in discs |  
Antistatic | Anti-allergy | Anti-fungal | Washable cover

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ENVIRONMENTAL MEDICINE