

True Natural Health

SUMMER
2015/16

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The Magazine of the Natural Health Society of Australia



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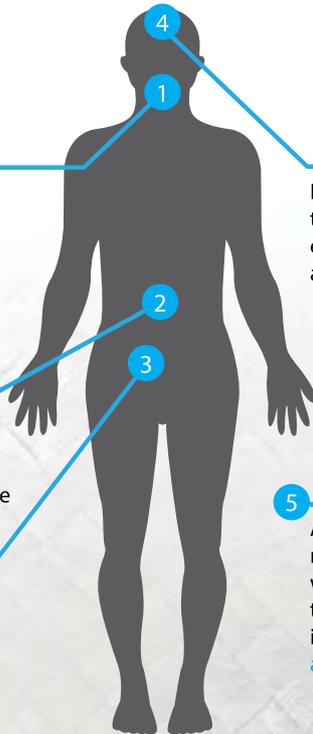


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Government action needed to 'clean-up' vaccines

A few months ago, we were directed to the Federal Government's list of the additives in vaccines, and we were horrified. It led to your Editor on behalf of the Natural Health Society National Committee writing a letter to every one of the 225 Federal MPs urging the Government to force changes on the vaccine manufacturers.

We focussed on toxic aluminium adjuvants and intact (undigested) proteins. These groups of compounds have well-founded connections to autism and allergy respectively, and both conditions are in virtual 'epidemic' proportions in our children and adolescents. Our letter is published on page 2.

On a brighter note, the couple who ran 366 marathons in 366 days in 2013 on a raw diet of mainly fruit and vegetables have been up to more interesting escapades. Janette's account of her and Alan's latest entertaining adventures is published on page 27.

Raw plant-based eating is catching on. Naturopath, Robyn Chuter, presents an account of a prominent US cardiologist who, as a result of his own health achievements, is pushing raw plant-based eating, and apparently attaining great success with his patients. Even the mighty Bill Clinton made the same kind of discovery for himself. (See pages 4 – 6.)

A critical group of constituents of raw foods, which cannot occur in cooked or pasteurised foods, is enzymes. On page 16 we go to the source of all wisdom on the subject, pioneer Dr Edward Howell, for a comprehensive account.

A completely new topic in this magazine – and almost anywhere else – is nutrigenomics, the study of our genes in relation to food and nutrition. Written by optometrist, Jenny Livanos, who branched out to make a formal study of the subject, nutrigenomics is likely to be

Editorial



the basis of an individual's nutrition and healing in the future.

We have articles on two diseases that mainly affect adults and children respectively, chronic fatigue and whooping cough. The explanations given by Greg Fitzgerald and Robyn Chuter could be very helpful.

And to relax and tone the body, yoga is superb. A new DVD has just been released, see advert. page 20. The instructor, Jolan, runs the classes that my wife, Society Vice-President Elizabeth French, attends.

Enjoy the reading!

Roger French,
Health Director and Editor



About Natural Health Society

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

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

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

Subscribers to the Society receive:

- * 4 issues a year of our vital magazine, *True Natural Health*;
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Turn to page 43 or use the telephone or website.

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On 2nd October 2015, the Natural Health Society sent the following letter to every Federal MP. It expresses our concern about toxic additives and other constituents in vaccines. These are chemicals which have no part in the primary function and purpose of vaccines.

GOVERNMENT ACTION URGENTLY NEEDED ON TOXIC VACCINE ADDITIVES

By Roger French, M.Eng.Sci., Dipl. Nutr., Health Director, Natural Health Society of Australia

IN SUMMARY

All vaccines contain additives, of which two categories are **preservatives** and **adjuvants**. The additives and components in different vaccines include aluminium compounds, formaldehyde, monosodium glutamate, antibiotics and undigested protein.

Some additives are well known toxic chemicals, which can be expected, to varying degrees, to cause harm to the more sensitive individuals, especially developing babies and infants.

Vaccine components are listed in *The Australian Immunisation Handbook, Appendix 3*, published by the Australian Government Department of Health and Ageing. From the 10th Edition 2013, updated 17th January 2014, we believe the following to be the most harmful.

Adjuvants are chemicals – most commonly aluminium compounds – that sensitise the immune system so that vaccine manufacturers can reduce the quantity of attenuated bacteria or virus in the vaccine, presumably to reduce costs.

The alarming increase in the incidence of autism has every sign of being straight cause-and-effect as a result of injecting aluminium compounds into developing babies and children.

Researchers have found strong correlations between aluminium adjuvant and autism and other nerve disorders in children. Professor Christopher Shaw, neuro-scientist and chairman of the Children's Medical Safety Research Institute of Canada, describes aluminium compounds as "insidiously unsafe" and capable of negatively impacting every level of the nervous system.

For more details of aluminium adjuvants, please refer to 'Attachment 1'.

Protein that has not been digested cannot enter the bloodstream of a healthy person. But in many vaccines, undigested protein in the form of egg albumin, animal serum, gelatine and/or yeast is injected directly into the bloodstream, bypassing the digestive system. The classic response is for the immune system to see it as a foreign body – like a bacterium – and react to it, creating an allergic reaction.

The increasing incidence of allergy in adolescents is likely to be a direct cause-and-effect consequence of injecting undigested protein directly into the bloodstream.

An organisation named 'SmartVax' has given a partly documented explanation of vaccine-induced allergies (see smartvax.com/index.php?option=com...id...vaccine...allergies).

The following points are extracted from this website:

"This theoretical exercise was not intended to encourage non-vaccination, as vaccination is an important aspect of public health to protect against disease. Instead it was intended to determine whether the vaccine-injury risk has risen to an unacceptably high level, in comparison to disease-injury risk, which would indicate that smart action is needed to make the current USA vaccination schedule safer and more effective."

For more details of proteins and allergies, please refer to 'Attachment 2'.

There are other additives in vaccines which are known toxic compounds and require thorough investigation.

The harm associated with vaccination would be considerably lessened if vaccine manufacturers were:

- Banned from using adjuvants in vaccines;
- Required to remove or at least greatly reduce the undigested proteins in some vaccines;
- Forced to replace other toxic chemicals in vaccines with only safe, non-toxic alternatives.

We urge the government to set up regulations that ban the use of adjuvants in vaccines, require the removal of or at least great reduction of undigested proteins and enforce the replacement of other toxic chemicals in vaccines with only safe, non-toxic alternatives.

Attachment 1 ALUMINIUM COMPOUNDS

These additives are in a number of vaccines, including a measles-mumps-rubella-varicella vaccine and diphtheria-tetanus-per-tussis vaccine.

Researchers have found strong correlations between aluminium adjuvant and autism and other nerve disorders in children.

The Third International Vaccine Symposium

on 26th March 2014, held under the umbrella of the Ninth International Congress on Autoimmunity in France, included papers presented by Professor Christopher Shaw, neuro-scientist at the University of British Columbia, Canada, and chairman of the Children's Medical Safety Research Institute of Canada.

Under the heading, 'Toxicity of Aluminium Adjuvants in Humans and Animal Models', Professor Shaw stated:

"The wide ranging and invariably toxic properties of aluminium on living cells are now well established in the scientific literature... In regard to such toxicity, aluminium's utility as an effective vaccine adjuvant needs to be re-examined due to strong correlations to a range of neurological disorders, including ALS [amyotrophic lateral sclerosis – causes muscle weakness, paralysis and ultimately respiratory failure], MMF [macrophagic myofasciitis – symptoms are similar to those of multiple sclerosis] and ASD [autism spectrum disorder]."

"Evidence points to aluminium adjuvants as playing a role in the range of neurological disorders and deaths following Gardasil vaccination.

"The implications of aluminium use as an adjuvant are three-fold: First, it is clear that it may impact the CNS [central nervous system – brain and spinal cord] at the time of administration with gradual changes to neuronal [nerve] integrity and function. Second, the links between aluminium-induced autoimmunity and neurological disease may suggest multiple triggering events in the latter. Third, genetic changes noted may suggest that aluminium can induce neurological disorders long after administration."

In a second paper entitled, 'Interaction Between Autism-Related Genes and Environmental Toxin, Aluminium', Professor Shaw stated:

"In young children, a highly significant correlation exists between the number of paediatric aluminium-adjuvanted vaccines administered and the rate of autism spectrum disorders. Aluminium, as a commonly known toxin, can drive the immune response by being carried into the central nervous system ... and further disturb prenatal or postnatal CNS development.

"In this study, we propose a 'two-hit model' to explain the potential interaction between aluminium and ASD [autism]-related genes, in which genetic predisposition (first insult) can sensitise children's CNS to toxic aluminium (secondary insult) which triggers downstream immune dysfunction and eventually results in developmental delay. The results strongly suggest that the immune response was activated and the neural [nerve] resilience to stress was decreased in CNS after aluminium injection."

Further comments on aluminium adjuvants by Professor Shaw are reported in a website, GreenMedinfo.com, 31st March 2014:

“... aluminium is “insidiously unsafe”... Its toxicity was recognised 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. There is no level of the nervous system that aluminium does not negatively impact.”

The article in GreenMedinfo.com is entitled, ‘A New Autoimmunity Syndrome Linked to Aluminium in Vaccines’ and is written by Celeste McGovern.

The alarming increase in the incidence of autism has every sign of being straight cause-and-effect as a result of injecting aluminium compounds into developing babies and children.

Four leading immunologists explain in a paper in the July 2013 issue of *Immunologic Research*, “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.”

We understand that sensitising the immune system enables vaccine manufacturers to reduce the quantity of attenuated bacteria or virus in the vaccine, presumably in order to reduce costs.

The rapidly increasing number of children who are sensitive or allergic to numerous foods and substances is an expected consequence of sensitising the immune system.

Attachment 2 UNDIGESTED PROTEINS

Egg albumin, animal serum, gelatine and yeast.

Egg protein is in a number of influenza vaccines.

Animal serum is in a measles-mumps-rubella-varicella vaccine, a diphtheria-tetanus-pertussis-inactivated polio vaccine, some hepatitis A vaccines and some chickenpox vaccines.

Gelatine is in an MMR vaccine and a varicella (chickenpox) vaccine.

Yeast is in two hepatitis B vaccines, Gardasil (human papillomavirus) and a D-T-P-Hep B-inactivated polio-Haemophilus type-b vaccine.

Undigested protein cannot normally enter the bloodstream unless the intestinal wall is damaged (often referred to as ‘leaky gut’). If protein is injected directly into the bloodstream, it is common for the immune system to see it as a foreign body – like a bacterium – and react to it, creating an allergic reaction.

The increasing incidence of allergy in adolescents is likely to be a cause-and-effect consequence of injecting intact protein or similar substances directly into the bloodstream.

The SmartVax explanation

An organisation named ‘SmartVax’ has given a partly documented explanation of vaccine-induced allergies (see smartvax.com/index.php?option=com...id...vaccine...allergies).

The following remaining points are extracted from this website:

This theoretical exercise was not intended to encourage non-vaccination, as vaccination is an important aspect of public health to protect against disease. Instead it was intended to determine whether the vaccine-injury risk has risen to an unacceptably high level, in comparison to disease-injury risk, which would indicate that smart action is needed to make the current USA vaccination schedule safer and more effective.

A study published in the journal, *Pediatrics*, in June 2011 found that 8.0% of American children have food allergies, with 38.7% of those children (or 3.1% of all children) having a history of severe reactions. Historically, the words ‘allergy’ and ‘anaphylaxis’ were coined to describe vaccine injuries.

Risk of vaccine induced allergies

Every vaccination will produce allergy antibodies. And the more potent a vaccine with aluminium or toxoid additives [adjuvants], the greater the risk for allergy and life threatening anaphylaxis to any of the injected ingredients. This is a medically recognised risk of vaccination.⁽¹⁾ This risk of anaphylaxis and allergy has become a reality for a rising number of children over the last 20 years as vaccines have increased in number and potency.

Allergic sensitisation occurs when a protein that is ingested, inhaled or injected manages to evade enzymatic modification [digestion] or detoxification and gain access to the bloodstream. If it persists in the blood, the protein is deemed a threat and the body sets up a defence that includes antibodies (such as IgE). On subsequent exposure to the protein, this antibody triggers the release of histamine. Histamine causes inflammation and the contraction of smooth muscle. Symptoms can include hives, constricted airways, vomiting, diarrhoea, a drop in blood pressure and even death.

Starting in 1994 and continuing through the 1990s, an outbreak of gelatine allergy in Japanese and American children was identified as having been caused by paediatric vaccination.

Given the recognised history of vaccine-induced allergy in children, has vaccination also precipitated the current increase of peanut allergy in children? Since 1997 prevalence of this life-threatening allergy has increased from 0.4% of children under 18 to an estimated 1.4% in 2008.

When children began reacting with anaphylaxis to the MMR vaccine as well as gelatine-containing foods (yoghurt, jello, etc.), doctors investigated.

They concluded that the aluminium adjuvant in the DTaP had helped sensitise children to the “minute amounts” of “poorly hydrolysed” beef and pork gelatine in the vaccine.⁽²⁾ Removal of gelatine from the DTaP vaccines was “an ultimate solution for vaccine-related gelatine allergy”.⁽³⁾ Subsequently, there was a decrease in new cases of anaphylaxis following the MMR vaccine in Japanese children. A similar association was found in the US.⁽⁴⁾

Gelatine continues to be used in other vaccines.

Allergy and anaphylaxis were invented to describe vaccine injuries

The terms ‘allergy’ and ‘anaphylaxis’ were created following a strange illness that affected up to 50% of vaccinated children at the close of the 1800s. This illness was simply called “serum sickness”. Prior to the advent of vaccination, mass allergy such as serum sickness was unknown.

As vaccine ingredients became better refined to reduce the sensitising proteins, the prevalence of serum sickness decreased. With the 20th Century expansion of vaccination programs and schedules to include food proteins and adjuvants, however, other unforeseen problems arose to take its place. One of these was a rise in food allergy.

Synergistic research from diverse scientific fields such as toxicology, endocrinology and immunology could lead to a fundamentally new scientific understanding of how vaccines work and how vaccine injuries occur. This could provide the knowledge of how to design a new vaccination program that is both safer and more effective.

But recent history indicates that ‘Max-Vax’ proponents in the government and public health industry will suppress such science,

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Taking the 'die' out of your diet



By Robyn Chuter, Naturopath and Counsellor

From the 3rd International Plant-Based Nutrition Healthcare Conference

Dr Kim Allan Williams is into 'firsts'. He's the first African American to be elected president of the American College of Cardiology, which is highly significant because African Americans suffer the ravages of cardiovascular disease more than any other ethnic subgroup in the US:

- African Americans have the highest age-adjusted death rates due to heart disease and stroke of any ethnic group;
- CVD is responsible for more deaths in the Black community than all other diseases combined;
- Nearly 44% of Black men and 48% of Black women have some form of cardiovascular disease;
- African American adults are much more likely to suffer from high blood pressure than white adults, and more likely to die of a heart attack or stroke;
- Up to 30% of deaths in hypertensive Black men and 20% in hypertensive Black women may be attributable to high blood pressure, which African-Americans may be more prone to due to genetically-determined salt sensitivity.

He's also the first 'openly vegan' president of the ACC, and he's doesn't hold back when asked why.

As he explained in his opening address to the 3rd International Plant-Based Nutrition Healthcare Conference, held in Anaheim, California, from 30th September to 3rd October 2015, back in 2003 a routine blood test revealed that his LDL cholesterol level was a frighteningly high 170 mg/dl (4.4 mmol/l) (Note that this is not total cholesterol, it is only the LDL part). It was a rude awakening for Dr Williams, who had prided himself on eating a 'prudent' diet in line with American Heart Association guidelines – he avoided red meat and fried foods, minimised dairy products and stuck to chicken breast and fish.

Coincidentally, after receiving his worrying result, Williams – who is a nuclear cardiologist, specialising in the diagnosis of cardiovascular disease – reviewed a patient in whom he had identified severe coronary heart disease six months earlier. The woman had blockages in three major blood vessels supplying her heart, which put her at extremely high risk of suffering a heart attack. Unbeknownst to Williams, in the interim the patient had put herself on Dr Dean Ornish's program for reversing heart disease, which incorporates a low-fat, plant-based diet, exercise, meditation and social support.

Noting that her follow-up scan was essentially normal – that is, her severe triple vessel disease had healed in the space of six months – Williams quizzed her about what she'd been doing. She reported that her chest pain had resolved about six weeks after commencing Ornish's program.

Spurred on by concerns about his own health, Williams began investigating Ornish's research, and was so impressed that that very day, he dropped all animal products from his diet and put himself on an Ornish-style low-fat, plant-based diet. Just six weeks later, his LDL cholesterol level was down to a much more respectable 90 mg/dl (2.3 mmol/l).

Now 12 years down the track from his personal epiphany, Dr Williams recommends a plant-based diet to his own patients who have high cholesterol, diabetes, high blood pressure or coronary artery disease, and even tells them where to shop for the plant-based foods that he enjoys!

In an interview, Dr Williams commented:

"Wouldn't it be a laudable goal of the American College of Cardiology to put ourselves out of business within a generation or two? We have come a long way in prevention of cardiovascular disease, but we still have a long way to go. Improving our lifestyles with improved diet and exercise will help us get there."

A long way to go, all right! Cardiovascular disease and stroke combined are still the leading cause of death in both the US and Australia. The practice of cardiology is a fraudulent farce, with close to 90% of interventional cardiology – stenting and coronary artery bypass grafting – being performed on patients who receive no benefit from these procedures (see my following article, 'What Bill Clinton's cardiologist didn't know – and why you need to know it' for more on this), but must still bear their economic cost along with the heightened risk of stroke, heart attack and cognitive impairment ('pump head') that come with them.

The bottom line is that sick people take medicines, undergo procedures and put up with being 'patients'. People who want to stop being patients, get healthy and extract themselves from the medical mill and take responsibility for their own health and wellbeing. My client Dennis is an inspiring example of the latter – here is his story.

(See more at: <http://empowertotalhealth.com.au/taking-the-die-out-of-your-diet/#sthash.pUv3Hqry.dpuf>)

CASE STORY

Dennis overcame rheumatoid arthritis, type 2 diabetes, high blood pressure and chronic obesity

He wrote:

"Late in 2012 I woke up one morning to find that my hand had swollen overnight and the major joints in my body ached. Quickly and progressively, I became weak, unable to walk more than a couple of hundred metres without a long period of rest.

"Already a type 2 diabetic, with a history of hypertension, I was soon diagnosed with rheumatoid arthritis. Over the next 18 months the number of medicines I was taking for these diseases was increased and changed until the diseases were somewhat under control. To make matters worse, I was very overweight at 106 kg.

"About to depart on a pleasure cruise, I was concerned by all the stories I'd heard from people who had gained another 5 kg following a week on board a ship. It was the catalyst I needed to seek help and advice, so I Googled, 'vegan naturopath' (I was then and remain vegan) and Robyn's name appeared on my screen.

"Soon after, I left the initial consultation knowing I would achieve my goal to lose 20 kg with Robyn's guidance and support. About three months later I had lost 22 kg and weighed 84 kg.

"There was also a very unexpected outcome. During the weight loss I relied less and less on the cocktail of drugs I'd been taking. Blood tests provided evidence that my diseases were disappearing.

"Having previously taken as many as twelve different drugs a day, I haven't taken a single tablet in the last four months. Subsequent tests showed no sign of diabetes or rheumatoid arthritis (my HbA1c is 5.5, which is in the 'normal', non-diabetic range, and all my inflammation markers are low). My blood pressure is better than normal, averaging around 115/70.

Continued page 6



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At 82kgs



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"I lost about 100 mm from my neck circumference (hence stopped snoring and now sleep soundly); had to take three links out of my watch band; need a belt to keep up my 32" (80cm) waist jeans and am down one shoe size – even my feet were fat!

"I have regained my strength. It feels good to be able to wear nice clothes and catch my reflection in a window, instead of sitting in a doctor's waiting room. I now go surfing, I save about \$200 a month in medical costs, and thanks to Robyn, I feel alive!

– Dennis, Sydney"

Postscript: as of March 2015, Dennis still weighs 82 kg – which is less than he's ever weighed in his adult life.

Here's what he wrote to me after visiting his endocrinologist:

"Dear Robyn,

"I went to see Stephen Thornley [his endocrinologist] this morning to provide him with my last set of blood tests from January and advise him of my state of health. Stephen was delighted to see how much weight I had lost, to hear that I hadn't taken any

medications since the end of September and that I was symptom free. He told me "You no longer have diabetes!"

"He also thought it, "surprising and fantastic" that I no longer have symptoms of rheumatoid arthritis either.

"He asked how it had been achieved, and when I told him, he asked me to thank you. He also asked if you were local, and if you would please provide him with your contact details so that he may refer patients to you.



What Bill Clinton's cardiologist didn't know (and why you need to know it)

By Robyn Chuter, Naturopath and Counsellor

"High cholesterol runs in my family. My doctor says I can't lower it with diet; I have to take drugs." "I have high blood pressure because of my age." "I have four blocked coronary arteries so I have to have a bypass or I'll die."

If only I had a dollar for every time I've heard one of these statements from a client! Maybe you've heard them from a family member or friend, or even said them yourself. But every one of these statements is absolutely wrong. And not knowing the truth could cost you your life: cardiovascular disease is still the leading cause of death in this country, killing over 46,000 Australians each year.

Yet, despite the lip service paid to healthy diet and exercise as part of an overall strategy for preventing heart disease, the overwhelming majority of doctors – including cardiologists – are frighteningly ignorant of the published medical literature on what causes cardiovascular disease, and how it can be safely prevented and reversed ... without drugs or surgery.

The case of former US president, Bill Clinton, is a perfect illustration of this ignorance, its devastating consequences and the stunning results of effective dietary change. It is also, sadly, a perfect illustration of how the mainstream media in this country prevent the dissemination of potentially life-saving information to the public, through their highly selective reporting.

Back in September 2004, Bill Clinton underwent coronary artery bypass grafting – a 'heart bypass' – after experiencing an attack of chest pain and shortness of breath. His cholesterol level was 6 mmol/L, and his pre-operative angiogram showed he had multiple blockages in his coronary arteries. He had been overweight for much of his adult life, famously enjoyed Arkansas-style greasy food, and had been following the South Beach Diet – which

allows unlimited bacon, eggs, chicken and steak – in a (foolhardy) attempt to lose weight.

Less than six years later, in February 2010, Clinton was back under the surgeon's knife. One of his bypassed arteries had completely restenosed (blocked up with plaque again), and he had two metal stents inserted to hold it open.

His cardiologist, Dr Allan Schwartz, stated in an interview on CNN: "This was not a result of either his lifestyle or his diet which have been excellent... he has really toed the line in terms of both diet and exercise. He's followed an excellent program... His cholesterol numbers and other risk factors that we follow have all been excellent. This is part of the natural history, just as illnesses have natural history, treatments have natural histories. And this particular type of bypass graft has about a 10 to 20 percent failure rate at five to six years... I think this is like high blood pressure... this is a chronic condition. We don't have a cure for this condition, however we have excellent treatments that involve lifestyle modification, medications and, occasionally when necessary, procedures."

Then, in September 2010, a noticeably slimmer, younger-looking and healthier-looking Bill Clinton was interviewed by CNN's Wolf Blitzer about his amazing physical transformation. "How did you lose so much weight? What kind of diet did you go on?" Blitzer asked the former president. Clinton replied: "The short answer is I went on essentially a plant-based diet. I live on beans, legumes, vegetables, fruits."

It turned out that Clinton had adopted the heart disease reversal program developed by Dr Caldwell Esselstyn in May 2010.

Clinton continued by explaining that his personal research had revealed the startling fact that 82% of people who adopt the plant-based diet developed by

Dr Esselstyn (and other doctors including Dean Ornish) reversed their heart disease, effectively melting away the blockages in their arteries.

Remember that at the time the two stents were placed in Clinton's heart, his cardiologist had declared that he was following "an excellent diet" – by orthodox medical standards. Yet by dropping animal products from his diet, Clinton effortlessly shed 11 kg, returning to his high-school weight and transforming his metabolism, as he states in the interview.

Note the stark contrast between Dr Schwartz's insistence that, "We don't have a cure for this condition," with Dr Esselstyn's take on it: "Coronary artery disease is a toothless paper tiger that need never exist, and if it does exist, it need never, ever progress." And this remarkable doctor has the published data to back up his assertion.

See more at: <http://empowertotalhealth.com.au/what-bill-clintons-cardiologist-didnt-know/#sthash.ZaZohVfn.dpuf>

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Robyn Chuter, BHSc, ND, GradDip-Couns, is a naturopath, counsellor, EFT and Matrix Reimprinting therapist practising in Burraneer in southern Sydney. She offers in-person, telephone and Skype consultations.

Visit Robyn's website at www.empowertotalhealth.com.au and sign up for her FREE monthly e-newsletter, Empowered, or contact her on 02 8521 7374 or robyn@empowertotalhealth.com.au.

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YOUR QUESTIONS ANSWERED



By
**Roger
French**

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

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

Q. SMOOTHIES VS JUICING:

I am wondering what are your thoughts on the health benefits of smoothies versus juicing? This is quite a hot topic at the moment, especially with cold-pressed juicing rising in popularity because the marketing states that the heat involved in blending smoothies can reduce the nutrient levels through the heating and oxidation. – N. H., Glenmore Park NSW

A. 'Juicing' means that the fruit and/or veg is pureed and the juice squeezed off through a screen to give fibre-free (or close to free) juice from which the precious nutrients are very easy to absorb.

'Smoothie' means that the foods are pureed and nothing is removed, so you are consuming the whole foods. The resulting drink is thick and smooth, hence 'smoothie'.

Neither blending nor juicing needs to be long enough to substantially heat the fruits and veggies, so I think that in the normal case the increase in temperature would be insignificant (but see more detail below).

The website you quote says, "There are pros and cons to both juicing and blending. Juicing provides a very nutrient-dense beverage in a smaller amount of liquid... With smoothies you retain the fibre, which can help you feel fuller and improve your digestive health. In addition, you can add other types of foods to smoothies like nuts and seeds to increase your intake of healthy proteins and fats... Either process can help you to increase your fruit and vegetable intake."

However, making comparisons between the pros and cons might be missing the point. Juices and smoothies have different roles. Smoothies are appropriate for everyday nutritional topping up, whereas juices are most suitable for maximum absorption of nutrients and for detoxing.

In a smoothie, we benefit greatly by the fibre along with all the other nutrients. Fibre

has a stimulating effect on the intestine, which prevents stagnation of matter in the bowel and the likely result of colitis and bowel cancer.

But for *detoxing*, an exclusive juice diet is more effective, because the temporary absence of fibre for a *short period* minimises stimulation of the intestines, conserving more energy for healing.

Fruit juices have a natural sugar content well balanced with minerals and vitamins. The pleasant tasting sugar ranges from about 8% in watermelon juice to 20% in grape juice. Note that oranges contain a substance that irritates the liver in some people.

Vegetable juices are so high in minerals and vitamins, with no significant amount of fat, protein or carbohydrate, that they are like a mineral and vitamin cocktail, the ideal supplement. A good mix is the time-honoured *carrot-and-chlorophyll* juice, consisting of about one-third glass of carrot and beetroot juices and two-thirds glass the juice of any or all of spinach, silverbeet, celery, cabbage, kale, cucumber and small portions of parsley and dandelion and perhaps comfrey. As part of a normal daily diet, carrot-and-chlorophyll juice is an excellent supplement.

There is a trend now to go for a *cold-press* juicer, but this is a bit faddish – most juicers don't heat the food anyway, including the common department store centrifugal juicers. We don't recommend the centrifugal kind because the juice is spun out as thousands of droplets which have a very large total surface area and absorb oxygen. Nutrient loss due to oxidation is the real problem with centrifugal juicers.

The ideal way to puree the foods is by crushing; the juicers that do this use slowly turning augers. This is what is meant by 'cold-pressing'.

Smoothies are certainly *not* cold-pressed. Some blenders are so powerful, that the food may become hotter with consequent decline in nutrients – and if left running for long enough, the puree becomes hot soup. The solution for a cold smoothie with

such blenders is to add ice. The one true negative with blenders is that the spinning blades do incorporate some air bubbles into the mix, but this is not necessarily very significant.

Juices and smoothies made from fruit and veggies, especially veggie juices, are highly alkali-forming and ideal for combating the acidity that is par for the course for most Australians. Because of their mild content of natural sugar, fruit juices need to be consumed in moderation.

Cold-extracted fresh juices are a nutrient boost for our bodies and an instant health-hit to the bloodstream. It would be almost impossible to chew enough green, red and orange veggies to get the same nutrient impact.

Juices and smoothies made from organically-grown fruits and vegetables are far superior.

Summing up juices and smoothies, in *The Juice Generation*, author Eric Helms states, "These liquid elixirs are potent antidotes to the fatiguing effects of our time-challenged, fast-paced modern lives."

Q. RED GRAPE VINEGAR:

What is it about red grape vinegar that seems to make it special? – L. D., Colyton NSW

A. There are many kinds of vinegar, and red grape vinegar – or red wine vinegar – is just one of them. Here is a rundown on vinegars.

'Vinegar' means, as the French said, 'vin aigre' – or sour wine. Its origin was the discovery that a cask of wine gone past its time had turned into a wonderful new product.

Through the centuries, vinegar has been produced from many other materials, including molasses, dates, sorghum, fruits, berries, melons, coconut, honey, beer, maple syrup, potatoes, beets, malt, grains and whey. But the principle remains the same – fermentation of natural sugars to

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alcohol (wine) and then secondary fermentation to vinegar.

Grape-based vinegars come in three varieties – balsamic, red wine and white wine.

The following information about vinegar I have taken from the **Vinegar Institute** in the USA. This is an industry association that represents vinegar manufacturers in the United States and other countries. I feel sure that the Vinegar Institute won't mind me quoting them, in an abridged form as follows, re their members' very useful products!

Today's vinegar

The vinegar we use today is much like the product of years past, but with newly discovered flavours and uses. The mainstays of the category – white distilled, cider, wine and malt – have now been joined by balsamic, rice, raspberry, pineapple, chardonnay, flavoured and seasoned vinegars and more.

The US Food and Drug Administration (FDA) requires that any product called 'vinegar' must contain at least 4% acidity to ensure a minimum strength.

Specialty vinegars

Traditional Balsamic vinegar of Modena, Italy. Produced in Modena, Italy, this vinegar is made from cooked grape juice (extracted from the flesh, skins, seeds and stems of the fruit) and aged for a minimum of 12 years or for 'extra aged' 25 years.

Domestic balsamic vinegars produced in North America. These are made from wine vinegar blended with grape juice or cooked grape juice. Caramel may be added in small quantities for colour. Some juice may be subjected to an alcoholic

and subsequent acetous fermentation and some to concentration or heating.

Red wine vinegar or red grape vinegar, same thing, made from red wine. Red wine is allowed to ferment until it turns sour. After fermentation, the vinegar can be strained and bottled, or aged for up to two years before bottling. The longer the vinegar ages, the more muted the flavour. Even after straining, a miniscule amount of sediment will remain at the bottom of the bottle.

Red wine vinegar can be used in salad dressings, sauces, pickling and slow food and can be cooked in reductions to make sauces.

Is it special? It seems to me that it is no more special than any other vinegar appropriate for your purpose.

White wine vinegar. Made similarly to red wine vinegar. A selected blend of white wines is fermented to produce acetic acid, then aged and filtered. It is almost colourless.

Rice vinegar or rice wine vinegar. Sugars derived from rice are fermented into (white) wine, then further fermented to produce acetic acid. The vinegar has a clean, delicate flavour.

Malt vinegar. Grain (presumably barley) is steeped in water and allowed to germinate. The resulting sugars are fermented through to acetic acid, then aged and filtered to produce malt vinegar.

Q. HIMALAYAN BLACK SALT:

I have recently heard of 'black salt'. What is it and why is it black? – L. D., Colyton NSW

A. There are three types of black salt: *black ritual salt, black lava salt and black Indian salt.*

Black ritual salt is not consumed, and is believed to drive away evil and negative energy. It is sometimes referred to as 'witches' salt'.

Black lava salt, which is sometimes labeled 'Hawaiian black salt', is sea salt mixed with activated charcoal, making it black in colour. It has an earthy flavour and is usually used at the end of cooking as a finishing salt.

Indian black salt – or *kala namak* – is the well known Himalayan black salt. It is used in India, Pakistan and many other countries in the Himalayan region. It is regarded as a gourmet salt.

Kala namak was originally Himalayan pink salt, which was hand mined in Pakistan, heated to a high temperature then mixed with Indian spices and herbs.

Most black salts are not black. Black lava salt is black, but Indian black salt after being ground up is pinkish-gray to light purple, the colour being due to its iron sulphide content.



The sulphur compounds give Indian black salt a distinctive sulphurous smell and taste – like hard-boiled eggs. Interestingly, the smell dissipates in the food so that the end dish is basically smell-free.

Indian black salt has health benefits. The Indian Ayurvedic healers used it therapeutically as a cooling spice and laxative and for digestive problems, flatulence, heartburn, poor eyesight and hysteria. Because it is lower in sodium than table salt, they believe it to be the most beneficial form of salt and less of a problem for high blood pressure. (Source: <http://www.safesalt.com.au/kalanamak.html>.)

Although lower in sodium, it is still very high in this mineral, being 96.5% sodium chloride.

This salt contains *no additives* – no anti-caking or free-flowing agents or conditioners.

Indian black salt is used in authentic Indian cooking as a spice for many different foods – soups, salads, freshly cut fruit and other dishes where salt is usually added.

It is added in small quantities to chutneys, raitas, pickles and other savoury Indian snacks, offering a very different flavour to common table salt. In vegan eating, it can mimic the taste of eggs.

Q. VITAMIN B₁₂ IN PLANT FOODS?:

Is there any useable vitamin B₁₂ in seaweed, the algae AFA, Brewers' yeast or nutritional yeast or mushrooms such as Shiitake and Black Fungus?

On a vegan or vegetarian diet, should a supplement of B₁₂ be taken in isolation or in combination with the other B-vitamins?

Being on a vegan diet, would it be possible for me to cease taking the supplements? – C. P. Zillmere Qld

A. I have asked an expert for the latest on this question. She is Dr Kate Marsh, an Advanced Accredited Practising Dietitian and Diabetes Educator, and convenor of the Dietitians Association of Australia Vegetarian Interest Group. Kate, who has contributed articles to *TNH* in the past, pointed me to a paper that she co-authored with other Australian dietitians and researchers: Zeuschner C, Hokin B, Marsh K, Saunders A, Reid M, Ramsay M., 'Vitamin B₁₂ and vegetarian diets', *MJA Open*. June, 2012;1(Suppl 2):27-32. *The following paragraphs are taken from this paper:*

It was once thought that some plant foods, such as spirulina and fermented soy products, including tempeh and miso,

were dietary sources of vitamin B₁₂, but this has been proven incorrect.

Recent research has found traces of useable vitamin B₁₂ in white button mushrooms and Korean purple laver (nori), but the quantity in a typical serving means that they are not significant dietary sources of this vitamin. An average serving of mushrooms contains about 5% of the RDI, making the quantity required to supply adequate amounts of vitamin B₁₂ to vegetarians impractical. Further, use of Korean laver is unlikely to be widespread in the Australian diet.

With the unique exception of these two plant foods, any vitamin B₁₂ detected in other plant foods is likely to be the inactive analogue, which is of no use to the body and can actually interfere with the absorption of the active form.

Vitamin B₁₂ deficiency is a potential concern for anyone with insufficient dietary intake of vitamin B₁₂, including those adhering to a vegan or vegetarian diet or significantly restricting animal-based foods.

Studies have found that vegetarians, particularly vegans, have lower serum vitamin B₁₂ levels, and it is likely that anyone avoiding animal-based foods will eventually become deficient if their diet is not supplemented.

All people on vegan and lacto-ovo-vegetarian diets who don't consume adequate amounts of dairy products or eggs to provide sufficient vitamin B₁₂, should therefore supplement their diet with B₁₂ from fortified foods or supplements. *[End of quote.]*

My comment on the question of taking B₁₂ in isolation is that supplements and injections are almost always B₁₂ in isolation, and, since they are effective, this is the answer. However, the advantage in taking a combination of all the B-vitamins is simply that you gain the benefit of these other nutrients. Because all B-vitamins are soluble, they don't accumulate in the body and toxicity is not a risk. If too much is taken, the excess is eliminated.

Q. CAN TOMATO SEEDS MAKE YOU SICK?:

The seeds of tomatoes make some people feel sick, so they remove them. Is the cause the acidity or what else could it be? – L. D., Colyton NSW

A. This is a tricky one as there is not an obvious explanation.

Perhaps the seeds are sprouting inside the tomato. This is normally prevented by enzyme inhibitors which only break down when the tomato is dried out or rots. Hearsay is that sprouted tomatoes can make some people feel sick, but this seems to be very unusual.



Or perhaps it is the toxic alkaloid, *solanine*, which is nature's pesticide occurring in the *Solanum* ('Nightshade') family of vegetables – tomato, potato, capsicum, eggplant and chilies – and also the tobacco plant. Solanine is well known to exacerbate the symptoms of rheumatoid arthritis, but does not normally make people feel sick in the stomach. In tomatoes, the solanine compound is *tomatine*.

These nightshade plants contain the solanine in their roots, stems, leaves and fruit. Whether there is a higher concentration in the seeds, I cannot determine. Green tomatoes contain the highest concentration of tomatine, and as tomatoes ripen the levels dramatically decrease to the point where they pose no health problems for humans – although they are still very harmful to cats. Vine-ripened tomatoes have the lowest solanine content; when picked green and left to ripen off the vine, the levels are higher.

Another possibility with eating raw tomatoes is salmonella poisoning. Many foods, including tomatoes, have been linked to salmonella outbreaks, but, of course, the seeds would not be more affected than the rest of the fruit. To avoid the risk of salmonella, don't purchase bruised or damaged tomatoes, and consume cut tomatoes as soon as possible, but within two hours.

There could be allergy – actually sensitivity – to tomatoes, but again the seeds are probably no more the culprits than the flesh. Sensitivity causes the release of histamine by the intestines, which can result in swelling, cramping and stomach pains.

Tomatoes are an acidic fruit, and this may cause irritation if a person suffers acid reflux (heartburn) or stomach ulcers. Even in a person who is free of these problems, the tomato's high acidity (pH 4.3 – 4.9) can be enough to upset a stomach if it is already irritated.

There are two conditions in which problems could be triggered by tomato seeds alone. They are the related conditions, *diverticular disease* and *diverticulitis*. If the seeds gather in the diverticuli (pockets in the bowel wall), they could cause symptoms, or in the case of diverticulitis they could irritate the inflamed areas.

Finally, there are some people who just hate tomatoes!

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Q. DRUG-FREE TREATMENT OF WORMS:

I would appreciate any information you can give me on worming adults and children the natural way. – B.M., Email

A. Many people suffer intestinal worms. The most common types that infest the human digestive tract are threadworms, roundworms and tapeworms.

Threadworms in children are the most common worm infestation, the principal symptom being itching around the anus at night. Roundworms produce few symptoms until they have multiplied sufficiently to cause stomach pain, vomiting and diarrhoea.

Why do worms infest some people and not others? The Melbourne naturopath and author, Judy Jacka, says that it's due to imbalance of gut bacteria. Whereas a high intake of fibre-rich foods – plant foods – supports the fermentative bacteria (such as *Acidophilus* and *bifido-bacteria*) which protect us from all sorts of nasties, a high intake of meat and other animal products discourages these and favours the harmful putrefactive bacteria instead. In addition, worms love refined

carbohydrates, especially excess sugar, and even excess natural sugar.

Apart from these foods, even stress can upset the friendly gut bacteria.

Worms like to cling to an inflamed bowel lining.

To prevent worm infestations, minimise consumption of refined sugar and white flour products, and also avoid excessive animal products. Eat more fresh vegetables and fruits – up to sensible limits, of course. Ensure children always wash their hands after going to the toilet as well as before eating, vacuum carpets regularly particularly around and under the bed, and worm pets regularly.

A simple preventive is to consume one clove of garlic daily, fresh or in the form of capsules, or take wormwood under the direction of a herbalist.

Pumpkin seeds have long been used for eradicating intestinal worms. The late Sr Joyce Lubke, well-known to many Natural Health members, presented a pumpkin seed program for worms in her book, *I Had No Say*, which is unfortunately out of print.

Here is the program:

- For three days give three meals a day consisting only of grated apple and

grated pumpkin seeds (the green *Pepitas* or Mexican pumpkin seeds). Grate one or more apples according to appetite and add a number of pumpkin seeds according to age. Under 3 years, 3 seeds each meal; 4 – 8 years, 6 seeds; over 9 years, 9 seeds; and for adults 20 seeds each meal.

- On the fourth day at 8.00am give an enema, followed by grated apples only for breakfast. At noon give another enema followed by a lunch of fruit salad and then an evening meal of a raw vegetable salad.
- On the fifth day commence a balanced diet of natural foods in accordance with 'Natural Health Dietary Guidelines'.

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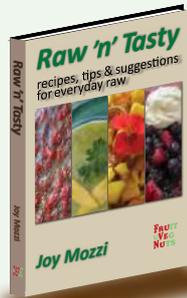
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If others care to add their support – great or small – we would be very grateful. Call our office on 02 4721 5068 or send cheque to Natural Health Society, 28/541 High Street, Penrith NSW 2750, or go to our website health.org.au and click on the 'Donate' link. [Regrettably, donations not tax deductible.]



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(Note Good Friday is 25th March 2016)

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Seven Ways to Boost Confidence

By Lisa Phillips, Confidence Coach



Are you one of those people who wish they had more confidence? Do you find yourself comparing yourself to other people or always worrying about what other people are really thinking about you and your actions? If so, don't worry, most of us suffer from a lack of confidence at one point or other and you can learn to build confidence at any age. Check out these seven tips to build confidence from the inside out:

Like yourself

Learning to like yourself is one of the most valuable things you can do for your confidence. You may think deep down that you are fatally flawed or not as good as everyone else, but this is not true. Acknowledge that you are just as worthy as everyone else and that you deserve your own love and attention. Remember, you deserve the best, just like everyone else, so put some effort into liking yourself a little more.

Learn to please yourself

Many of us spend our lives trying to gain approval from other people, whether it is family, friends or even complete strangers! In doing so, we often put ourselves second or hold back from saying or doing what we really want. Instead of putting all your energy into pleasing other people, start to please yourself and focus on what you want, rather than what other people want. It's important to remember that some people are simply unpleasable, so stop turning yourself inside out trying. Approve of yourself, rather than working so hard to gain approval from others.

Soothe your negative thoughts.

Many of us have been thinking the same old negative thoughts for most of our lives, and we simply keep repeating them over and over again each day. Most

of our negative programming stems from our younger years and is simply old spam and old programming. Decide not to let these thoughts have any power over you anymore. OK, you may not be able to ever get rid of all these negative messages, but you can practise choosing more nurturing and kinder thoughts each day. It will take some practice, but over time it will get easier and the new healthier thoughts will replace the old mouldy ones.

Give yourself a pat on the back

When is the last time you said something nice about yourself or gave yourself some well deserved praise? Most of us find it easy to say something negative about ourselves, but rarely do we take the time to say something nice or praise ourselves. Get a notebook or blank book and write something nice about yourself in it every day. Do this for at least a month and it will boost your confidence.

Stop worrying about what people think

Seriously, you are not a mind reader, so do you really have any evidence that people are thinking negatively about you? Does it really matter anyway if someone doesn't like you that much? We often even worry about what strangers think of us! Be honest with yourself – does it really matter? Learn to like yourself first, rather than worrying about what other people think of you.

Stop comparing yourself to other people

It would be a very boring world if we were all the same. Don't get into the habit of thinking that just because someone is different from you, it means they are 'better than you' in

some way. Each and every one of us has our own unique personality and talents, so why not celebrate them instead of keeping them hidden? Be proud of who you are – you were born to be different, so don't try so hard to fit in and be like everyone else. Why not write a list of some of the things you have achieved in your life and celebrate being you.

Don't scare yourself

Many of us lie awake each night worrying about the worst that could happen. Our minds play tricks on us, making us believe that things will not turn out well. Challenge these scary thoughts – most of them are based on mere speculation rather than facts. Remind yourself that even if things don't go according to plan, you

will be OK! Why not assume that things will go well for you, rather than making frightening assumptions. If you are a worrier, try writing down your concerns in a notebook before you go to bed to get them out of your head.

Lisa Phillips is a speaker, workshop leader and Confidence Coach based in Sydney. She is also the author of The Confidence Coach – theconfidencecoachbook.com. For more information, please see www.amazing-coaching.com.au

Lisa's book was reviewed in the Spring 2015 issue of TNH, page 42. It is available from the Natural Health Society's bookshop. See order form, page 43.



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MEN'S HEALTH

Opinion: Why I've given digital rectal examinations the flick

BY DR BRETT MONTGOMERY



Three prime ministers and nearly three years ago, 'first bloke' Tim Mathieson caused a brouhaha with his advice on prostate cancer screening:

"We can get a blood test for it, but the digital examination is the only true way to get a correct reading on your prostate, so make sure you go and do that, and perhaps looking for a small Asian female doctor is probably the best way."

It was the "small Asian female" part of this statement that attracted criticism, but what of the rest of his advice?

It correctly identifies the two common ways GPs screen for prostate cancer: a blood test (for a protein called *prostate-specific antigen*, or PSA) and the digital rectal examination, in which a doctor feels the prostate gland by inserting a gloved finger ('digit') into a man's rectum.

But rectal examination is less accurate than the PSA blood test, missing more cancer and causing more false alarms.

Until recently, the combination of PSA and rectal examination was recommended. If the PSA level is too high, or the prostate feels suspiciously abnormal, men usually get a biopsy to see if there is truly cancer in the prostate.

In news that may come as a relief to apprehensive men and short-fingered doctors alike, guidelines are changing. Both the Cancer Council and the Royal Australian College of General Practitioners have recently recommended doctors dispense with the rectal examination when screening for prostate cancer.

What is prostate cancer screening?

The prostate is a gland at the base of the male bladder which wraps itself around the beginning of the urethra (the urine outflow tube). Though small, it can cause big problems for men's wellbeing. Prostate cancer is the fourth leading cause of death in Australian men, after heart attacks, lung cancer and stroke.

By 'screening', we mean doing tests that look for prostate cancer in men who are at low risk – those with no family history of prostate cancer. (The situation is more complicated for men with such family history; I won't discuss this here.) This screening is most often considered for men aged 50 – 69.

The hope with cancer screening is that, by picking up cancer early, we

may forestall death and avoid suffering. But for prostate cancer, our screening tests (PSA and rectal examination) have significant limitations.

Should you choose to be screened for prostate cancer at all?

Prostate cancer is a disease that many men die *with* rather than *of* – that is, despite aggressive prostate cancer killing some men, many more men would peacefully co-exist with their mild prostate cancers if they were left undiscovered.

Detecting prostate cancer might do good if it allows timely treatment to save men's lives, but can do harm via treatment side-effects: impotence, incontinence, the anxiety of false alarms or of discovering cancer, and so on.

Whether prostate screening saves lives at all is still debated. Several trials have found no preventive effect. The best-conducted trial (probably our most reliable) showed that screening could prevent about one in five deaths from prostate cancer. However, this protection doesn't happen very often.

For a useful illustration, over 11 years about 1,000 men must be screened (with PSA with or without rectal examinations) to save one life. In saving this one life, the trade-offs include:

- Scores of men will have to undergo a prostate biopsy (passing a needle into the prostate several times via the rectum, and getting samples to be examined under a microscope).
- Several will have complications of this biopsy.
- About 37 extra men will find out they have prostate cancer (many of whom would not have suffered if the cancer was undetected), several will suffer cancer treatment side effects such as impotence or incontinence.

How should we weigh up these pros and cons?

For some men, the small chance of benefit and the larger risk of harm leads them to decide not to proceed with testing. For others, the possibility of averting a cancer death, though small and uncertain, is worth the risks.

There's no right or wrong answer about whether to screen – it's a value judgement.

Doctors should share good information with their patients and help men make a decision in keeping with their own preferences.

If you do choose screening, should you have a rectal examination?

Doctors have a hackneyed saying about rectal examinations: "If you don't put your finger in it, you'll put your foot in it".

The point is that we can miss important things by not doing a rectal examination. This can be true for some people with symptoms, such as rectal bleeding. But on balance, it seems it's not the case for prostate cancer screening.

We need to decide where to set the threshold for what is considered normal for diagnostic tests. This is the case for the PSA blood test, where traditionally we use a cut-off of four nanograms per millilitre (4ng/ml) as dividing normal from abnormal (though some studies used a cut-off of 3ng/ml).

Set the cut-off too low, close to zero, and we'll send nearly all men for biopsies that are largely unnecessary. Set the cut-off too high and we'll miss many prostate cancers. Unfortunately, there's no magic threshold that perfectly divides the men with the cancers we want to catch from the men we needn't trouble.

Does the digital rectal examination improve matters when added to the PSA test? Not really. The rectal examination does pick up slightly more cancers, but these seem to be mostly the less aggressive cancers, less likely to be the ones we need worry about. In doing so, it causes more false alarms, by creating two or more false positive results for every cancer found.

The right balance between detection and false alarm is again a value judgement. But, critically, we can achieve the same sort of pick-up of cancers that we get from adding a rectal examination just by changing our PSA threshold from 4ng/ml to 3ng/ml.

Why would we want to perform an examination that many men find unpleasant when we could instead simply interpret the blood test a little differently? ▶

As a GP, I'm following the new guidelines and not routinely performing screening rectal examinations any more.

No doubt some men will expect an examination, perhaps due to tradition, or fear of missing things. If so, I will go ahead with the examination if they prefer. But first, I'll make sure I discuss all the pros and cons – first of screening at all, and then of the limited additional value of the rectal examination.

It'll be good to be able to reassure many men that screening rectal examinations are no longer the norm.

Brett Montgomery is a Senior Lecturer in General Practice, University of Western Australia.

This article was originally published in The Conversation, 14 October 2015.

The Conversation is an independent, not-for-profit media outlet that uses content sourced from the academic and research community.

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Enzymes – the mystifying ‘nutrients’

Based on the pioneering work on the subject by Dr Edward Howell, published in his book, *Food Enzymes for Health and Longevity*, this article has been abstracted, modified and added to by Editor, Roger French.

Sweeping the natural health world is a growing awareness of the crucial role in health and longevity of a large group of nutrients, the roles of which are somewhat obscure.

These nutrients – the enzymes – may well be the most important casualties in the cooking of food, the harm of which has been warned about for a century by natural therapists urging the use of raw foods.

Enzymes are not a recent discovery. Dr Edward Howell assessed their value 80 years ago, but only in recent years has the word, ‘enzymes’, become a household word.

Enzymes are a double-edged sword. While being critical to our wellbeing and to life itself, they are also the agents of food perishability and therefore the cause of great inconvenience to the food industry and consumers alike. Understanding their usefulness and how to avoid their negatives can be very helpful.

ENZYMES ARE THE TRIGGERS OF LIFE’S PROCESSES

In the same way that chemical reactions in the school laboratory can be triggered by catalysts, the chemical changes that constitute all the life processes in all living things require catalysts to trigger them off. Enzymes are simply *biological catalysts*.

As with vitamins and minerals, enzymes occur in all vegetable and animal tissue in its natural state, so that all wild animals always ingest them with their food.

Enzymes make possible the energy supply for every one of the millions of processes occurring within the human body. They are necessary for the digestion of food, for the metabolism of food after digestion, for the elimination of wastes and for all other bodily functions.

Each enzyme has a specific purpose so that there are tens of thousands working away in the human body, with something like 50 thousand in the liver alone.

LIFESPAN GOVERNED BY ENZYME SUPPLY

Surprisingly, the less food that is consumed on a long-term basis by insects, animals and humans – but above starvation level – the longer they live. In the case of insects and animals, by restricting the quantity of food, it is even possible to double the lifespan. Increasing the temperature causes insects to be vastly more active – like mosquitoes in summer – but they die sooner. It appears that more food or greater activity causes more enzymes to be used up and this reduces longevity.

In humans, enzyme levels are highest in young adults and decline with age. One of the digestive enzymes was found to decrease in quantity by about 30 times by the age of 80. It has been found that bigger college students tend to have poorer health than those who have grown less rapidly (and used-up their enzymes less rapidly.)

It appears that maximum growth rate and longevity are incompatible. In addition, because greater enzyme potential is associated with increased vitality, enzymes may well emerge as the true yardstick of vitality. Put another way, the enzyme potential and the life-force may be the same thing.

FOOD ENZYMES INCREASE OUR ENZYME POTENTIAL

A very important question is whether enzymes consumed in food can work in the body. If they can, then the enzymes manufactured in the body will be conserved and the enzyme potential increased, leading to better health and longevity. Generally, it has been assumed that food enzymes cannot work in the body, but Dr Howell has produced evidence to the contrary.

Very interesting experiments found that it is possible for complex substances, such as bacteria, yeast cells, proteins and fats which were not digested, to be absorbed into the bloodstream, where they provoked an allergic response. It was found that if there were adequate enzymes in the blood,

the enzymes would complete the digestion of the substances, but if the levels were low, symptoms of allergy occurred. When enzymes were administered orally to the patient the symptoms subsided, demonstrating that external enzymes could work in the body.

Food enzymes commence the digestion of a food the moment the cell walls are ruptured by chewing. Later on, the body’s own digestive enzymes begin to work and some of them are very powerful. Pepsin breaks down the protein in eggwhite in just a few minutes, but it takes hours to do the same thing in a laboratory.

Because cooked food can be digested with apparent ease by most people, it is usually assumed that food enzymes are destroyed in the acid medium of the stomach. But this is wrong.

It has been shown over and over again that, although some are destroyed in the stomach, the enzymes in raw food play an important part not only in assisting the digestive processes and thus relieving the pancreas of extra work, but also in supplementing other enzyme production within the body.

Some animals, notably ruminants, have a separate stomach – a ‘food enzyme stomach’ – in which food is pre-digested by food enzymes before the body’s digestive enzymes are called upon. The human stomach functions as two parts, the upper part performing the same function as the food enzyme stomach in animals.

There is no doubt that food enzymes play a significant nutritional role in contributing to our total enzyme potential.

THE ENZYME ROLE IN DISEASE

Increased metabolic activity is paralleled by a rise in the enzyme content of the blood and occurs during muscular work, increased food intake, pregnancy and fevers.

Enzymes activity requires the presence of moisture and varies with temperature and acidity, according to the particular enzyme. In the human body, enzyme activity reaches a maximum at fever temperatures in order

to achieve the maximum rate of action by the body's defences. For every one degree centigrade rise in temperature, the basal metabolism increases by approximately 13 percent. Because bacterial activity decreases in fever, it is thought that increased enzyme activity is the main mechanism in the body's defence against bacteria. The body's defending cells, white blood cells, possess a greater diversity of enzymes than any other kind of cell and are thus able to digest bacteria.

In contrast to the situation in acute illness, enzyme levels are always low in chronic disease. If the enzyme content becomes so low that metabolism cannot proceed, death occurs.

Enzymes have another interesting role in disease, this time in prevention. Raw food enzymes reaching the colon (bowel) regulate the natural intestinal bacteria (the microflora) by binding any oxygen present. This eliminates the aerobic condition in which harmful bacteria grow and cause fermentation and putrefaction leading to toxæmia and consequent degenerative diseases including cancer. With the harmful bacteria gone, the beneficial bacteria can flourish and carry out their vital work, including the digestion of plant cell walls and the manufacture of vitamins, particularly certain B vitamins.

COOKING KILLS ALL ENZYMES

Enzyme activity increases with temperature, but only up to a surprisingly low temperature, at which it tapers off, namely 42°C. If the enzymes in raw food are heated to 48°C (118°F) for more than half an hour they are completely destroyed. However, dry heat – which does not occur in foods – is not destructive to enzymes until above 150°C (302°F).

Thus the natural, health-giving enzymes found in all raw foods are totally destroyed by cooking and even by pasteurisation – to our peril.

COOKING KILLS PEOPLE

Wild jungle animals live exclusively on raw food and don't develop degenerative disease, but when fed cooked food in captivity, disease becomes rife. When a raw food diet is restored, their health improves again.

The differences in health, physical condition and lifespan between animals maintained on a cooked, vitamin-supplemented diet, and animals maintained on a raw food diet can only be attributed to the extremely heat-sensitive enzymes in raw food.

The significance of enzymes in raw milk is supported (not proved) by an early Chicago study of 20,000 babies, in which seven percent of those that died were breastfed, compared to 66 percent of deaths in the bottle-fed group on pasteurised milk.

Although Bulgarian peasants ate large quantities of dairy products, including sour milk, they achieved unusual longevity. All the dairy products were raw and unpasteurised.

Our appallingly high incidences of cancer, heart disease, diabetes, arthritis and other degenerative diseases is consistent with the expected results of enzymes damaged in a highly cooked diet. Conversely, the therapeutic value of a diet of raw fruits and vegetables and/or their juices, which has been established repeatedly all over the world, is exactly what we would expect.

The 'life force' that we attribute to raw foods may well be largely due to their enzyme content.

GLANDS ENLARGE ON COOKED FOOD

In humans eating cooked food, the gland that produces most of the digestive enzymes, the pancreas, is enlarged due to overwork. In proportion to total body weight, it is over twice the size of that of herbivorous animals, the only explanation being the cooking of food.

POOR DIGESTION CAN RESULT IN LOSS OF NUTRITION



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Consistent with this, Oriental people on a high-carbohydrate cooked diet, mainly rice, have a pancreas approximately 50 percent larger than that of Western people. The salivary glands, which produce the starch-digesting enzyme, ptyalin, are also larger. Interestingly, cattle and sheep, on raw high-carbohydrate diets have inactive salivary glands and only very small pancreases. They are obviously dependant on food enzymes for digestion.

RAW VEGETABLES NOT RICH IN ENZYMES

Although we would naturally expect raw vegetables to be high in enzymes, they are not. The enzyme content of raw natural foods is roughly proportional to the calorie content, and bulky vegetables are very low in calories. Therefore, the addition of salad to a meal of cooked meat and potatoes will not compensate for the enzyme destruction.

Fresh fruits are high in enzymes, which are responsible for rapid ripening and then the fruit going bad, more rapidly in hot weather. Bananas are a striking example of this. By comparison, vegetable only wilt and shrivel.

Animal foods – meat, fat, eggs and dairy products – when raw and unpasteurised contain valuable enzymes (of course, this is not a recommendation for meat in the diet).

ENZYME INHIBITORS IN SEEDS, CEREALS AND NUTS

The seeds of all plants contain abundant enzymes, but these are inhibited by 'enzyme inhibitors' until temperature and moisture are right for germination. This is why seeds may last for years in the soil without rotting.

Unfortunately, enzyme inhibitors are also effective against our digestive enzymes, which means that, as a general rule, seeds are difficult to digest.

Soya beans and peanuts are particularly high in enzyme inhibitors and need to be cooked or preferably sprouted to destroy the inhibitors.

Cereal grains, the 'starchy' foods, must be cooked for us to be able to digest them. Firstly, heat is needed to burst the fibrous wall surrounding the starch and, secondly, the enzyme inhibitors must be destroyed to enable its digestion. Of course, the valuable food enzymes are also destroyed. Consequently, cereals, although considered the staff of life, are not ideal foods for humans unless sprouted. As Ross Horne wrote many years ago, 'Grains are for the birds'.

Nuts, being the seeds of trees, contain enzyme inhibitors which cause many people to notice discomfort with more

than small quantities of nuts at a meal. It is best to soak nuts to initiate germination and consume them raw – except cashews, since even raw cashews have been heated.

FOOD PRESERVATION DESTROYS ENZYMES

Cooked food keeps well because its enzymes have been destroyed. Otherwise it would decompose as quickly as fresh food.

Because enzymes are inhibited by cold, refrigerated food keeps well, and frozen food will keep indefinitely.

Similarly, because enzymes need moisture, dehydrated food will keep indefinitely.

Canned foods keep indefinitely because the enzymes have been destroyed by heat (pasteurisation as least) and the food sealed in the can against bacteria which could reintroduce enzymes.

Preservatives work by inhibiting enzymes, and therefore they must be difficult to digest.

REFERENCES

Food Enzymes for Health & Longevity by Dr Edward Howell

The Health Revolution 3rd Edition by Ross Horne

OBITUARY Peggy Laing, 1918 – 2015

Long-time 'Natural Healer', Peggy Anna Laing, was laid to rest in mid-October 2015 after passing away in her sleep at a retirement home in the Illawarra region of NSW. She was age 97.

Many people would remember Peggy as that colourfully dressed elderly white-haired lady who loved to involve herself in discussion in any of her many areas of interest. Peggy was a very caring person who loved life. She always had a good word or two to say, and although somewhat hard of hearing, she was a good, sympathetic and empathetic listener. She loved reading on many topics and would often give books away, just to share the knowledge.

Peggy was the proud mother of three sons who she mentioned often in conversation. Among other passions were her strong Baha'i faith, classical music, gardening, and, of course, a commitment to following and promoting the principles of Natural Health, for which she was eventually awarded life membership of the NHS.

Peggy was an active committee member

of the NHS Wollongong Branch. And as far back as 1970, she was instrumental in forming a small chapter of the NHS in Port Kembla. She and interested others would meet to discuss the teachings of L.O. Bailey and his supporters. Peggy would value-add at these meetings with self-sufficiency tips on home vegetable growing and lessons on food preparation or seed sprouting. And in later years when mini-trampolines (rebounders) came on the scene, she delighted in demonstrating their function and talking about their worth.

In 1981 the writer of this piece was not in a good place health-wise, and was not receiving much helpful advice from the medical fraternity. An eight-session 'Natural Health Course' was promoted by the WEA, and when I inquired its nature, it was Peggy, the facilitator, who assured me of the potential benefits. If I could provide myself with the right lifestyle conditions, there was every reason to believe that my health would naturally improve.

I completed that short course, and have



never looked back, going from strength to strength. Peggy Laing will always have my undying gratitude for what she taught me, admiration for being the person that she was, and for the examples that she set.

Peggy will be sadly missed by all who knew and loved her, particularly her family members, her Baha'i fraternity and fellow Wollongong NHS colleagues. The world will be a much poorer place without her.

Rest in peace, Peggy Laing.

Terry Dwyer,

Past NHS National President, and Wollongong NHS Committee member

NUTRIGENOMICS – for optimal health

By Jenny Livanos, Holistic Optometrist

The Human Genome Project was completed in 2003, identifying 25,000 genes and the three billion chemical base pairs in these sequences of DNA that code for protein.

Genetic variation among individuals is minimal, about one percent, however, this leads to a wide variation in health, depending on dietary intake, lifestyle, gut health, emotional health and environmental exposures. Two people with similar lifestyles and environments can have very different health issues because of this genetic variability – we are all biochemically individual.

The most common forms of this variation are *single nucleotide polymorphisms* (SNPs), of which there are more than 10 million! An SNP is a variation in a single base pair in a gene. An SNP may have a positive or negative effect on an indi-

vidual's health, depending on the type of gene and whether the person has one or two copies of the SNP from each parent.

Nutrigenomics focusses on the effect specific foods have on the expression of genes, impacting on our nutritional status and metabolism. Some nutrients, including vitamins and minerals and food-derived biomolecules, can affect how genes are expressed, by activating or deactivating biochemical switches and enzymatic activity in the metabolic pathways of our cells – they talk to our DNA. Different diets can lead to variations in gene expression and metabolite production.

Current research is now analysing information on genes and genetic variants, diet, lifestyle and environment in order to develop nutritional strategies. Specific dietary suggestions can now be

made to reduce the risk of disease and slow ageing. Simple testing, through a cheek swab or saliva for a DNA sample, can now identify our individual genetic susceptibility to many diseases, including diabetes, obesity, cardiovascular issues and inflammation. In the future this will encompass many more diseases.

Nutritional research has traditionally focused on the assumption that all individuals have similar requirements, with some variations depending on their sex and age. Dietary guidelines have focused on the prevention of deficiency diseases. These are typically presented as *Recommended Dietary Allowances* (RDA's), which state the amount of a nutrient that is needed per day for most people to stay healthy, rather than to optimise health. Better health can be achieved if nutritional requirements are



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customised for each individual, taking into consideration their genetic makeup.

Our genes exert a significant influence over our health and affect metabolic processes like *detoxification* and *methylation*, in turn affecting our nutritional status and potential risk for disease. Our lifestyle and diet choices can help to optimise genetic health.

Recommendations include eating more organic, green, leafy vegetables, cruciferous vegetables, other green, red, orange, purple, yellow vegetables and fruits, berries, herbs like turmeric, ginger and garlic, adequate protein and essential fats from avocado, coconut and olive oil.

Supplementation is suggested with zinc, vitamin C, pyridoxine (vitamin B₆) as these can assist metabolic functioning. Other suggestions include:

- Minimising the intake of processed foods, which can cause systemic inflammation and gene interference;
- Avoiding trans-fats and high-fructose syrup as they promote the activity of genes that cause liver damage;

- Avoiding canned foods with Bisphenol-A (BPA) lining;
- Minimising gluten intake to reduce inflammation;
- Drinking clean water;
- Eliminating exposure to environmental toxins;
- and exercising often.

As a holistic optometrist, I am interested in the effects our diet and lifestyle have on eye health, and have recently begun offering genetic testing for general health, including cardiovascular health, obesity, vitamin D receptors, diabetes and inflammation. The tests identify specific genes and indicate a protocol for specific diet, supplementation, exercises and lifestyle improvements. This would indirectly benefit eye health, and I am anticipating that in the future a more comprehensive genetic profile will indicate the risk for eye diseases also.

In the future, doctors will integrate genetics into their practices with personalised medicine and personalised nutrition to optimise health and our response to certain drugs and their effects. Nutrigenomic formulations are

now being developed to assist better cell functioning; they are derived from bio-available plant foods, rather than individual micronutrients.

As individuals, our health is defined by our genetic coding and how it interacts with our nutritional, exercise and other lifestyle changes. While we can't change our genes (yet!), we *can* influence their expression to improve our health.

Jenny Livanos is an optometrist practising at Concord Eye Care, 227 Concord Rd, North Strathfield in Sydney. Phone 02 8765 9600. Email concordoptometrist@hotmail.com

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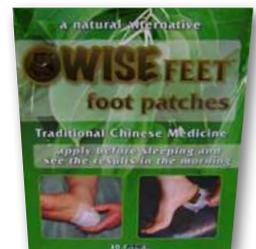


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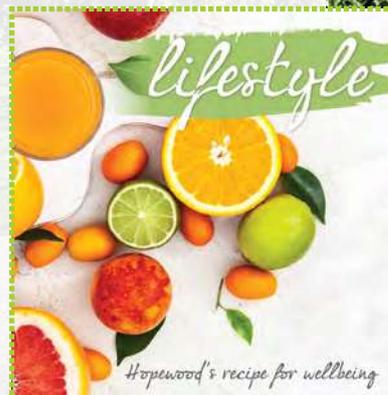
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Hopewood agrees wholeheartedly with the old adage 'you are what you eat!' Their abundant experience demonstrates that fresh natural food, in a predominantly ovo-lacto-vegetarian diet, is the best way to achieve and maintain wellbeing.

Sneak peek

To celebrate the book launch, Hopewood has provided one of the tasty recipes featured in **Lifestyle – Hopewood's recipe for wellbeing!**



Mushroom and spinach frittata

Ingredients

- 1 onion, sliced
- 250 gm mushrooms, sliced
- 1 cup peas (optional)
- 2 cups baby spinach, washed and patted dry
- 4 – 6 eggs (depending on their size)
- 1 cup milk (cows' or seed milk)
- 1 teaspoon fresh lemon zest
- ¼ cup cheese, goats cheese or feta (optional)

Method

1. Sauté onions and mushrooms in a little water until soft, then place in an oven-proof dish lined with baking paper (add peas here if you are using them).
2. Add baby spinach to onion mixture.
3. Add lemon zest.
4. Beat eggs with the milk and pour over the onion, mushroom and spinach mixture.
5. Bake in a moderate oven (180°C) for 30 minutes or until the frittata is cooked through.
6. Sprinkle grated or crumbled cheese on top and leave to melt (optional).



QUINOA AND BLACK BEAN BURGERS

Ingredients

½ cup quinoa
1 medium onion
2 cloves garlic
½ – 1 small fresh chilli, to taste
1 tsp ground turmeric
1 tsp ground cumin
1 tbsp ground cinnamon
1 capsicum, cored, seeded, and coarsely chopped
2 tbsp no-added-salt tomato paste
Several dashes balsamic vinegar
1½ cups cooked or canned black beans (measured after draining)
6 pecans, toasted and finely chopped, plus ¼ cup pecans, toasted and ground to a coarse powder
1 cup rolled oats, blitzed in food processor to a coarse powder



Thermomix method

Rinse the quinoa in a fine strainer under cold running water, then transfer to Thermomix steamer basket. Add 1 cup water and cook for 14 minutes at 100°C on speed 4.

Measure 1 cup of cooked quinoa and set aside – you can use the excess in another recipe.

Preheat oven to 180°C.

Place onion, garlic and chilli in Thermomix bowl, chop for 3 seconds on speed 5, then add 50 ml water and cook for 5 minutes at 100°C on speed 1.

Add capsicum, spices, tomato paste and balsamic vinegar and cook for 3 minutes at 90°C on speed 2.

Add cooked quinoa and black beans to the bowl and pulse until ingredients are thoroughly blended but not homogenised.

Add chopped nuts, ground nuts and rolled oats and pulse until well-mixed.

Place on baking tray lined with baking paper, and bake for 15 minutes, then flip and bake for another 10 minutes.

Regular method

Rinse the quinoa in a fine strainer under cold running water, then place in a medium-sized saucepan with 1 cup water and bring to the boil.

Reduce heat and simmer, covered, until all water is absorbed and quinoa is light and fluffy, about 12 minutes. Turn heat off and leave quinoa for another 5 minutes with lid on.

Measure 1 cup of cooked quinoa and set aside – you can use the excess in another recipe.

Preheat oven to 180°C.

MITCH'S 'FAMOUS' ANTI-CANCER SALAD

My son, Mitchell, and I developed this delicious and beautifully eye-catching salad, which, with its shades of green and vivid red, is perfect for a Christmas meal spread. Pomegranates, asparagus, avocados and spinach are all high in phytochemicals that have cancer-fighting properties. This may just be the ultimate anti-cancer salad!

Ingredients

1 bunch fresh asparagus
½ cup raw, unsalted macadamia nuts
1 fresh pomegranate
150 gm snow peas
1 bunch English spinach or 150 gm baby spinach
1 ripe avocado
2 tbsp Spanish (red) onion, finely sliced

Dressing

juice 1 orange, juice ½ lemon & ½ tsp Dijon mustard

Method

Trim the tough ends off the asparagus, and steam until just tender. Plunge the cooked asparagus into iced water for 5 seconds. Cut asparagus spears into 4 cm lengths.

Place the macadamias in an oven preheated to 150°C and toast until they are just starting to darken, shaking and stirring frequently to avoid burning. Remove and cool.

Cut the pomegranate into wedges and carefully pull out the pomegranate seeds and save for the salad (wear an apron – the bright red juice stains!). Make sure you remove the white pith from the seeds. Trim the ends off the snow peas and slice diagonally into 2 cm lengths. Tear or shred the spinach into small pieces. Dice the avocado.

Whisk the dressing ingredients together, then put all the salad and dressing ingredients in a large bowl and toss to combine.



Chop the onion, mince the garlic and chilli, and sauté in a small amount of water in a non-stick frying pan until onion is wilted (about 5 minutes), then stir in capsicum, spices, tomato paste and balsamic vinegar and cook, covered, until capsicum softens. Add extra water if mixture starts to stick to the pan.

Place onion mixture, cooked quinoa and black beans in a food processor and pulse until ingredients are thoroughly blended but not homogenised. Transfer mixture to a bowl and stir in the chopped nuts, ground nuts and rolled oats.

Place on a baking tray lined with baking paper, and bake for 15 minutes, then flip and bake for another 10 minutes.

'BLUEVADO' PIE

Crust Ingredients

10 date and coconut rolls (available from many large supermarkets, health food shops and greengrocers)

- 1 cup rolled oats
- ¼ cup desiccated coconut
- ¼ cup sunflower seeds
- ¼ cup walnuts

Filling Ingredients

- 300 g frozen blueberries
- 10 dates, pitted and chopped
- 4 – 5 bananas
- 1 ripe avocado, pitted and peeled
- 2 tsp desiccated coconut

Crust Method

In a bowl, thoroughly blend all ingredients. Transfer mixture to pie plate, pressing down to make pie crust.

Filling Method

In a high-powered blender, blend all filling ingredients, except coconut, until smooth.

Pour into pie crust. Sprinkle with coconut.

Cover and freeze for at least 3 hours before serving



CHOCOLATE PEANUT BUTTER ICE CREAM CAKE

Crust Ingredients

- ½ cup hulled hemp seeds or walnuts
- ⅓ cup whole flax seeds
- 3 tbsp cacao powder
- 1 cup dates (use sticky ones like Medjool)

Filling Ingredients

- 3 frozen bananas (peel and roughly chop before freezing)
- 1 cup dates
- 2 cups cashews
- 1 ¼ cups hemp or other plant milk, as needed
- ¼ cup cacao powder
- 2 tbsp peanut butter (or other nut butter of choice)

Sauce Ingredients

- ¾ cup water
- ½ cup dates
- ¼ cup cacao powder
- 1 tbsp tahini
- extra nut butter

Crust Method

Pulse the hemp seeds/walnuts and flax seeds and cacao in food processor until roughly ground, then add the dates and process until mixture forms a sticky ball.

Press into the bottom and up the sides of a springform pan or cake tin lined with baking paper. Put in fridge while preparing filling.

Filling Method

Blend all ingredients until smooth and creamy. Spread evenly into your crust, swirling in extra nut butter and chocolate sauce with a palette knife. Use any remaining sauce to decorate the top of the cake.

Sauce Method

Simmer dates in water for 10 minutes. Blend with cacao and tahini until very smooth and creamy. Add extra water if mixture starts to set before you've swirled it through the filling.

Freeze finished cake for several hours or until solid. Allow to thaw for 10 minutes before serving.



MUSHROOM LOAF

Ingredients

- ¾ cup brown rice
- 1 ½ cups water
- 1 medium onion, finely chopped
- ½ cup chopped celery
- 2 cups chopped Swiss brown mushrooms
- 1 tbsp Dr Fuhrman's VegiZest or other no-added-salt seasoning
- 2 tsp paprika
- 1 ½ tsp oregano
- 1 ½ tsp basil
- 1 tsp thyme
- 2 tbsp arrowroot
- 4 tbsp water
- 250 g silken firm tofu, drained
- ¾ cup chopped walnuts
- ¾ cup rolled oats, coarsely ground in food processor

Method

Bring rice to boil in 1 ½ cups water and simmer, covered, for 30 minutes.

Preheat oven to 180°C.

Sauté onion, celery, mushrooms, VegiZest, paprika and herbs in a small amount of water until vegetables are soft, stirring occasionally.

Blend arrowroot, water and tofu in a blender or food processor. Add walnuts and blend until smooth.

In a bowl, mix together tofu mixture, vegetables, oats and cooked rice.

Line a loaf pan with baking paper. Spoon mixture into pan, smooth the top and bake for 1 hour and 15 minutes.

Allow to cool for 30 minutes. Turn out loaf and slice.





GERSON THERAPY

Life-changing challenge using nutritional therapies

By Jo Thompson, RN, BN, Health Practitioner



Recently I ran a four-week health challenge based on the Gerson nutritional therapy. The results were outstanding, but only to those who actually completed it!

If you're looking to improve your sleep, increase energy, stop those sugar cravings, but most of all alleviate illness and the symptoms of your current health issues, then this should work for you. Another benefit is the cost savings on your weekly food bill. Sounds too good to be true, but it's not. No gimmicks, no outlaying of money or signing up to plans – just a simple, effective and easy-to-follow regime.

In my group I had 12 participants from varying backgrounds, weights, health issues and lifestyles. Every single person lost three or more centimeters off their waist, the most being 10 cm with an average of 5 cm. Every person was sleeping better, was happier and less emotive. Most of all, every single person declared that their energy had improved and they felt so much better. Bloating was gone, constipation and IBS (irritable bowel syndrome) alleviated and aches and pains no longer there.

Many of the women in this group had had breast cancer, and all said they couldn't believe how wonderful they now felt. I checked their biochemistry pre- and post-challenge, and it was exciting to see the improvements in their livers, kidneys and immune systems.

What do I have to do? you say.

Follow a plant-based whole-foods diet. I did allow a few eggs a week and if a person was struggling a piece of deep-sea fish once a week. Nothing was allowed to be consumed that came from a packet, can or bottle; in other words no processed food. This is where many struggled in the first few weeks, but once they got going, they found it easier and easier.

The diet consists of all plant foods – fruits, nuts, seeds and some brown rice occasionally; lots of juices made mostly from vegetables; smoothies are OK too. If possible, make your smoothies from water or juice bases.

The participants were allowed one cup of coffee a day, preferably organic and espresso, made with coconut or soy milk, not cows' milk. No alcohol either. Many of these people did minimal to little exercise. So if they wanted to increase their weight loss, 30 – 45 minutes of exercise daily would yield a better result.

Each week I monitored their waist circumference, weight, pH (acidity level) and blood pressure. We shared recipes of the beautiful food that we were preparing. I am happy to share these recipes with you too.

Here is an example of a daily food intake:

7am: Fresh juice, apple, carrot, parsley, spinach and ginger

8am: Quinoa flakes with fresh fruit or frozen berries and nuts, or a smoothie

10am: Piece of fruit, for example, pear, orange or apple

Noon: Fresh garden salad, or left overs, soup

3pm: Carrot and celery sticks with home made hummus or guacamole, another juice

6.30pm: Dinner. For main dish ideas, I can email you recipes. For example:

- Chickpea, tomato and avocado salad
- Chickpea soup
- Chili con veggie
- Healthy satay sauce
- Indian vegetable curry
- Nut falafels
- Pumpkin and chickpea patty

We did make sweets again, all from scratch and all with organic whole foods.

If a person has a sugar craving and tests positive to Candidiasis, we omit all sugar.

One participant was very acidic, her pH was 5.5 (neutral is 7.0) with severe Candida overgrowth. Her symptoms were:

foggy brain, craving sugar and other carbohydrates, bloated, fatigued, irritable and her tongue was thick and white.

She was not to have any sugar, including no fruit. After two-and-a-half weeks her symptoms had diminished by 75%. By the end of the four weeks she had none of the above symptoms. She stated that she felt amazing and loved having clarity of mind again.

This program illustrated 100% that you can regain, boost or improve your health status just by changing the food you put into your body. I see this over and over again. Don't wait until it's too late. Don't wait until the doctor gives you a disease title. Stop all those sabotages and excuses and start changing your diet today. You will feel amazing.

Gerson Therapy is a whole-food, plant-based program. Its principles are to restore the body to optimal health using the body's innate ability to heal. You just need to give your body the right tools – and this program will deliver what's needed to those hungry little cells.

For more information or guidance on this program or a copy of the recipes we put together, please contact me:

Jo Thompson, 02 4384 1501, info@bn2health.com.au

Bn2health

Joanne Thompson
Health Practitioner
RN BN



'Gerson Therapy' The missing link in vital health

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

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A REGULAR COLUMN

Chronic Fatigue

(CFS/ME)

By Greg Fitzgerald, Osteopath and Naturopath

In my clinic over the past 30 years I have seen literally hundreds of people suffering from what has been termed *chronic fatigue syndrome*, or CFS.

Despite a pessimistic medical prognosis (doctors say it will take years to run its course, because there is no known cause or treatment for it – in their opinion), I must say that I have been privileged to witness tremendous success in helping people regain their health and indeed lives, often after they have unnecessarily suffered for years through inappropriate advice and treatments. And this, of course, to the delight of the patient and the shock of their doctor. After a brief technical and historical explanation of the syndrome, this article will outline the basic approaches I have successfully used.

CFS/ME HISTORY

The term CFS was coined in the USA in 1986, but in Canada, the UK and Australia the term *myalgic encephalomyelitis* (ME) has also been used.

It is an illness with a very controversial background. Because many of the symptoms overlap the symptoms of other illnesses like glandular fever, fibromyalgia, multiple sclerosis and even ARD (AIDS-related dementia), many in the medical establishment refused to acknowledge its existence, often labelling the sufferers as malingerers.

What further confused any acceptance of it was the fact that it was common to find the presence of many viruses like CEBV (chronic Epstein-Barr virus), HHV-6 (human herpes virus-6), Ross River virus in Australia and certain retroviruses like XMRV, which was isolated in 2006, in patients exhibiting CFS/ME symptoms.

CFS/ME has no definitive diagnostic marker. In other words there is no blood test, imaging procedure or tissue analysis which confirms it. So it sits in medical no-man's land, where often the poor patient wanders in the medical wilderness from specialist to specialist for years, receiving symptomatic treatment but little

solid lifestyle and nutritional advice, which is what is desperately needed.

Because of the vague, non-specific symptoms of CFS/ME and its lack of reductionist diagnosis, there still exists some controversy over the very existence of the illness, although much less so than 25 years ago.

WHAT ARE THE SYMPTOMS OF CFS/ME?

As the name implies, chronic fatigue is the hallmark, particularly post-exercise malaise. Note that the word 'malaise' is used here and not 'fatigue'. Post-exercise fatigue, or tiredness, is common in healthy people. You exercise and you feel somewhat tired. However, post-exercise malaise is rare in healthy controls, as it goes beyond being tired to include prolonged, profound exhaustion. Sometimes in extreme cases the person can be bed-ridden for days or even weeks.

It is important to differentiate between *chronic fatigue* and *chronic fatigue syndrome*. The former has no accompanying symptoms, only general, non-specific fatigue, whereas for a CFS/ME diagnosis to be made, chronic fatigue has to be present for at least six months in adults or three months in children, PLUS at least four of the following for at least six months:

- Impaired memory or concentration;
- Post-exertional malaise (extreme, prolonged exhaustion and sickness following physical or mental activity);
- Unrefreshing sleep;
- Muscle pain;
- Joint pain without swelling or redness;
- Headaches/migraines of a new type or severity;
- Recurring sore throat;
- Tender cervical (neck) or axillary (armpit) lymph nodes.

There are also about 50 recognised symptoms of CFS/ME, including things like tingling and numbness (hence the association with MS); gut problems often similar to those of IBS; hormonal issues like PMT and low libido; genito-urinary frequency and interstitial cystitis; recurrent viral infections and flu-like symptoms; skin irritations, allergies and food and chemical sensitivities; noise/light intolerance; orthostatic intolerance – dizziness, imbalance and irregular heart rhythm; moodiness and anxiety and muscle/joint stiffness. This list is by no means exhaustive.

So we can see this is a multi-symptom and variable illness. It ranges from mild to severe, as do many other illnesses. About 70% of those affected are females, and it occurs in children and adults. Generally before diagnosis, there has been a history of intermittent and vague symptoms, food sensitivities/allergies and/or sporadic bouts of unusual fatigue. The diagnosis often closely follows a particularly severe episode of fatigue and malaise, which itself followed a 'trigger', such as a vaccination or drug prescription, recreational drug use, an acute illness, a severe life/work stress or a bout of grief.

MEDICAL TREATMENT

Most doctors are unsure how to approach this illness, so they generally refer the person on to specialists – after rounds of blood tests and other investigations.

Treatment consists of symptomatic pharmaceuticals, including antibiotics (yes, even today they are still commonly prescribed). It also includes rest and exercise, the latter supposedly to avoid the deconditioning effect of the fatigue. On occasions, a more aware medical practitioner will refer the patient for some psychological counselling, which generally revolves around the employment of what is called Cognitive Behaviour Therapy (CBT).

Overall, the conventional medical approach has been and still is, entirely unsatisfactory.

ALTERNATIVE THERAPY APPROACHES

The modern 'natural' therapy approach consists of one or combinations of the following: large numbers of vitamin and mineral supplements; co-enzyme Q10 (necessary if statin drugs like Lipitor or Crestor, etc, are being taken); herbs; pro-biotics and/or pre-biotics; tonics; homeopathic 'remedies'; frequent, regular meals; too often the trendy 'paleo' high-protein diet; drinking lots of water; reducing alcohol and caffeine intake; avoiding gluten and dairy; the recommendation of supposed 'superfoods' like cacao, kale and curcumin and the commencement of a graduated exercise program.

The alternative approach above can be helpful in areas like reducing caffeine, alcohol, gluten and dairy, and is certainly an improvement on the medical approach, but in my opinion it still misses the basics and can lead to increased patient frustration and unnecessary expense.

The causes of CFS/ME are the same as the cause of other chronic illnesses: profound enervation (drop in vitality) and the accompanying increased toxemia – an increased burden of endogenous (internal) and exogenous (external) toxins in the blood, lymph and tissues.

Enervation leads to toxemia! This situation results all too commonly today because of our modern Western way of eating and living. This illness and other chronic diseases are very *uncommon* in certain areas of the world known as Blue Zones, where the inhabitants are not exposed to the crazy lifestyle of us in the west.

LET'S GET BACK TO BASICS: REMOVE THE CAUSES!

My approach encompasses a four-pronged emphasis:

1) Avoid all stimulants and irritants

This is absolutely key. All caffeine and alcohol must be avoided. That means ALL. No coffee, tea (black and green both contain caffeine), cola soft drinks, chocolate, cacao and any tonics and herbal stimulants. The body does not receive energy from these substances, it uses energy to detoxify them, thus we feel temporarily stimulated, followed by a let-down. The uppers become downers!

Every form of alcohol becomes first a relaxant, then a stimulant during its metabolic detoxification. It also interferes with deep sleep, which we don't want. Both caffeine and alcohol are irritants to

the nervous system, and further bankrupt the poor person of even more energy.

All self-prescribed supplements should also be stopped and only those maintained which have been professionally prescribed.

In addition, it is important to be aware of, and avoid, all chemical exposure over which you have control – perfumes, deodorants, conventional cleaning products and the like. This becomes increasingly important the more severe the CFS/ME.

The initial period of withdrawal from these stimulants results in a period of feeling worse. This is common, and only lasts a few days. Refer to my website, healthforlife.com.au, for a more detailed analysis of withdrawal effects in 'The Effects of Caffeine'.

2) The food you eat

The recommendation to eat a mostly plant-based diet, avoiding dairy and gluten-containing grains, is a wise one. If animal protein like fish or chicken *must* be eaten (completely avoid all red and processed meats), make it no more than once a day. Stay away from all fried foods, and avoid all processed foods, preservatives, artificial sweeteners, soft drinks, energy drinks, refined sugar and foods containing it.

Have a variety of vegetables, and, yes, potatoes are fine, just not fried! Aim for a raw salad every day. Avocados are an excellent source of fat/oil. Fruit should also be included, but not fruit juices as they provide too much sugar. Steamed vegetables are important as well.

So in a given day, one meal (say, breakfast) might be fruit, then lunch/dinner can be based on raw salad or steamed vegetables. The nutritional program is enhanced with the addition of foods containing proteins like quinoa, legumes, raw nuts and seeds, and starchy foods like baked potatoes, sweet potatoes, pumpkin and rice. Soups are fine too. Perhaps the occasional gluten-free bread or pasta and if desired small quantities of the above-mentioned animal protein.

Do not snack as a rule. Stick to three meals a day. Do not drink a lot of water *unless* dry or thirsty. Eat early in the evening, allowing about three hours after eating before retiring to bed. Do not drink during that three hours if possible, as this affords better uninterrupted sleep.

If not hungry (especially while coming off the stimulants), then don't eat. Remember, hunger is a mouth/throat sensation, not a tummy rumble. True hunger is not unpleasant.

3) Exercise

Avoid all exercise like the plague! I realise this goes against conventional and much of the alternative thinking, but it is essential for the person to listen to their body. Too often people with this condition force themselves to exercise – their minds say 'go, go, go', while their bodies say 'no, no, no'! Again I say: listen to your body. This is so key. I do not recommend exercise in anyone lacking energy, and those with CFS/ME fall into this category.

This recommendation must be followed especially strictly during the stimulant withdrawal stage, otherwise the person could possibly become critically sick. The release of certain pro-inflammatory *myokines* during exercise in those people already exhausted or sick can precipitate a worsening spiral into more severe ill-health. Death has followed on rare occasions when intense exercise has been forced on very sick or exhausted people.

Does this mean that exercise is bad? Of course not. It is just inappropriate at this time when stimulants have just been stopped and the diet changed. After the detoxification from the stimulants and the implementation of improved nutrition as outlined above, graduated activity can then be commenced when the person begins to feel improved energy levels. This must be carefully and judiciously introduced. Short walks are great to begin with; as energy returns, they can be lengthened and speeded up. Hasten slowly! Other activities can be gradually introduced, and this would be advised by a skilled practitioner.

Continued page 28



The latest adventures of the marathon couple

– Janette Murray-Wakelin and Alan Murray

Janette Murray-Wakelin and Alan Murray are veteran runners, who in year 2013 together ran 366 marathons in 366 days around Australia, setting a world record. We featured the story of their astonishing feat in the Winter 2014 issue of *TNH*.

They ran a total of 15,782 km in those 366 days, with no days off! This gave them world acclaim as the only couple over age 60, fuelled entirely on raw fruits and vegetables and wearing barefoot shoes, to run 366 consecutive marathons (a marathon is 43 km).

This triumphant ‘expedition’ was primarily to inspire and motivate people to make conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future.

Since their ultra-endurance feat, Janette and Alan have undertaken other expeditions. In Janette’s own words, here is their update.

We have been following a raw vegan lifestyle for over 13 years since I was diagnosed with cancer and told that I had six months to live. The resulting lifestyle choices I made – with the support of Alan – set us both on this journey to optimal health. Our endurance feat has proved beyond doubt that living a raw, vegan, conscious lifestyle can result in optimal health, where physically, mentally and emotionally, almost anything is achievable.

Since that achievement, we have been inundated with global media interviews for TV, radio, podcasts, newspapers, magazines and online blogs. We have been invited to speak at schools, festivals, seminars and conferences throughout Australia and overseas. Our speaking venues included the Toronto Raw Vegan Festival and the Toronto Ideacity Conference in Canada (similar to ‘TED Talks’), the Woodstock Fruit Festival in New York, National Public Radio New York, the World Vegan Summit in Los Angeles, the first Raw Vegan Festival in Hong Kong and a two-week speaking tour of China. In addition, we were invited to speak with

government ministers and in schools in the Sultanate of Brunei.

We were also approached by a film production company to make a documentary based on the Run Around Australia and the positive message that it conveys. The film will include raw footage of the Run, as well as cinematic standard footage taken on location during 2014. A short version of the upcoming feature film was accepted for screening at the prestigious Cannes Film Festival in France earlier this year, which resulted in a favourable response from well respected global film distributors. The feature film, entitled *RAW – the Documentary*, is currently in final production and is expected to be released for screening in film festivals around the world during 2016. (Websitechuffed.org/project/raw-the-documentary)

During our travels and speaking events, many people told us that they couldn’t run, or didn’t enjoy running, so what would we recommend they do for exercise. We always replied that so long as a person does some exercise to keep the body active every day, that will keep them physically fit. We don’t recommend running a marathon a day, but there are many options to enjoy on a daily basis. For instance, how about a nice walk?

A year after we had completed Running Raw Around Australia, we decided to embark on another challenge, this time with a ‘Change of Pace’, to show again by example what is possible physically, mentally and spiritually when living a conscious lifestyle.

Many years ago while we were living in France, we ran or walked along many of the walking trails that are established throughout Europe. Most of these date back several hundred years to the days when pilgrims would walk from their homes to places of sacred or spiritual renown, in search of healing and/or inner peace. Although we were able to enjoy some of these trails, we were working at the time, so could only do short walks. We always felt that we’d go back one day to do an extended walk.

So, thirty years later in May 2015, after screening the Short Film for ‘RAW – the Documentary’ at the Cannes Film Festival, we undertook another adventure. This time, carrying everything we needed in our backpacks, we walked 2,200 km from Paris in France to Santiago de Compostela in Spain following the Pilgrim Way, known as El Camino.

El Camino de Santiago de Compostela is a network of routes across Europe which all lead to the northwest of Spain and the sacred shrine of St James in Santiago de Compostela. This route has attracted devout pilgrims since the 12th Century, but today hundreds of thousands of people from all over the world (over 200,000 in 2014) set out each year to walk the route for many reasons, notably for a physical challenge, to experience hiking in outstanding natural landscapes and/or to visit historical heritage sites. Of course, many still walk the Way as an inner journey to both spiritual and self-enlightenment.



To reach the start of the 800 km route across Spain, we decided to begin in Paris and walk through central France, heading south alongside the canals and rivers where we had worked many years before. It was a wonderfully nostalgic part of our adventure, especially as we were able to visit friends along the Way. When we reached the start of El Camino after crossing the mountainous Pyrenees, we had already walked 1,400 km. Then there was only 800 km to go! Apart from it being an amazing physical challenge, walking the Camino through ever-changing scenery and meeting with other pilgrims was incredibly enjoyable. We found it very easy to do on a raw vegan diet of mostly fresh fruit and some green vegetables.

It is certainly an experience Alan and I would highly recommend. There is something very special about it and many people find out for themselves what that special thing is during their own walk. We plan to return and walk a different route sometime in the future, but we hope that by walking the Camino this year, two years after our Australian adventure, and now at the ages of 70 and 66, we have inspired others to realise that you're never too old to achieve anything you want, whether it be

physical, mental and/or spiritual, provided you are in an optimal state of health and conscious awareness.

I am currently writing an account of our Camino Walk, entitled 'A Change of Pace', to be published as a picture book containing a selection of the 3,700 photos taken during our 80 days on the Camino.

So, the question for us now is, 'What's next?'

I think we may have set the bar a little high with our Run Around Australia and now the walk through France and Spain, so we do get asked that question often. However, we do have some exciting plans for 2016 and beyond. Our main focus will be to premier our film *RAW – the Documentary* which may involve going on tour to the various film festivals worldwide, but certainly around Australia.

We will of course, continue to give presentations worldwide, but we are also planning to offer more personal consultations and conscious living workshops and retreats here in Australia. We will also be offering 'Camino Walkshops' for people interested in following the Way.

So, with this in mind, we have decided

to find a suitable property as a venue and also the place where we can live in a self-sufficient, sustainable way and share hands-on what it means, and how simple and satisfying it is, to be healthy and happy living a Raw Vegan Conscious Lifestyle.

We plan to move to Far North Queensland and set up our new property to offer retreats in the near future, and we will also be starting an inspirational blog and YouTube Channel as well as online consultations through our website in the New Year 2016. This way, we can continue to lead people down the raw vegan path, so to speak!

Janette is the author of the highly acclaimed book *Raw Can Cure Cancer* (now in its 4th edition) and a second book, *Running Out of Time – Running Raw Around Australia*, released in 2014. Both are available through their website: <http://rawveganpath.com>

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Chronic Faigue Continued from page 26

Get fresh air and sunshine in regular but *small* doses. When in the sun, do not wear glasses, sunglasses or sunscreen.

To reiterate, one of the most common mistakes in many patients with CFS/ME is doing exercise when tired/exhausted, or overdoing exercise when they start to feel better. One step forward and two steps backwards can be avoided by self-restraint. Remember the motto: 'better too little than too much'. When it comes to energy, every person with CFS/ME lives off their capital. Now as we build up our energy we must learn at all times to live off the interest, not the capital!

4) Conserve your mental and emotional energy

Get lots of rest and sleep. Have afternoon naps when possible. Do not soldier on! Do not push yourself to get things done unless there's an emergency. Avoid excesses of all kinds. All excesses are enervating, draining us of our precious vitality. Do your best to not waste too much nerve energy worrying about things you cannot control.

Let go of negative emotions like bitterness, jealousy, anger, hate, envy, etc, as these are corrosive and become serious nerve leaks which further enervate us. Give up trying to change other people ('a man convinced against his will, is of the same opinion still'), as this is another nerve leak robbing you of peace of mind and needed energy. Focus your energies on positively

changing yourself, which is where all improvement lies (and what this program emphasises), and you will surprise yourself at how quickly you improve.

For many people, practising meditation, emotional freedom technique (EFT or tapping) and cognitive behaviour therapy (CBT) can be very helpful.

Work on procuring better quality sleep. This is a subject unto itself, and I will cover it in more detail in a future article.

Avoid long periods of time on technology. Avoid sitting for more than 30 minutes without standing up. Do not watch TV for long periods. If you are reading, make sure the material is uplifting and positive. All these things take you forward, not backwards, in your pursuit of improvement. Big doors swing on little hinges!

It is a fact that the majority of people who experience CFS/ME have a history of getting things done irrespective of how they feel. They have a history of soldiering-on, often flogging themselves to accomplish tasks with the aid of stimulants and even painkillers. Pacing ourselves aids recovery, because it conserves energy. The old game plan led to CFS/ME, and must be replaced with a new game plan, and this is it.

TO CONCLUDE ...

Self-awareness is the start, followed by self-restraint and patience.

Conservation of your energy is your key to success. This is achieved by your new game plan centred around stopping the energy-robbing stimulants; eating a diet based on energy-producing, plant-based, alkali-forming foods; temporarily ceasing all exercise and resting more. Plus becoming mindful of releasing as many negative, energy-sapping emotions as possible.

I can enthusiastically recommend that you follow this game plan, as it has not only helped hundreds of people regain their lost health from CFS/ME, it has also seen me recover from it.

If anyone needs further and more personal assistance, I invite you to consider a consultation with me either at my clinic or by phone. One hour could change your life.

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

Your body talks to you

By Jean Sheehan

Imagine if you were your own doctor and were able to understand what your body is saying to you, particularly in times of pain and disease. What do you think your body would be communicating to you?

The truth is that your body is the only thing you will ever truly own in your lifetime. It is your vehicle and your 'tarot card' which tells you exactly what is happening in your life, physically, emotionally, mentally and spiritually. It holds onto our experiences, thoughts, belief systems and unconscious secrets.

Steven was a client of mine who wanted to pursue his career in golf. He excelled in this sport and was keen to enter professional competitions.

However, Steven and his wife were expecting a baby. As a result, he felt **selfish** when he left his wife to play in golf tournaments and feared the lack of stability this career might bring. As Steven was pondering these concepts, he fell and broke his ankle. He did not realise it, but his ankle was expressing exactly how he felt about taking the next step of change and lack of **stability**

Each body part has an emotional link and metaphysical meaning. The metaphysical meaning for the ankle is selfish, next step, change, stability and decisions. As a result, Steven's body was talking to him and expressing the unconscious secrets he held. The good news was that while Steven's ankle was in a cast, he was able to reflect on what he really wanted to do, which included openly communicating with his wife about his golfing career. Two months later Steven made a confident decision that his next step forward would be to be a dad and to play golf as leisure rather than as a career.

Casey was a 15-year-old girl who had

constant headaches. She was unable to focus and her parents tried everything to help her. They had seen neurologists and psychologists and tried all sorts of medications. What was interesting was that Casey's headaches occurred only on weekday mornings. Her cranial bones were **holding on** to something. She felt the need to be alone to **protect** herself.

The metaphysical meaning of the cranial bones is about holding on to and protection. If there is no free movement in this area, there will be generalised headaches. What Casey's parents didn't know was that Casey felt she didn't fit in at school as she was a sensitive child who preferred to be at home, reading in solitude. Her headaches were actually 'allowing' her to stay at home and keep her protected. Once her parents were made aware of this situation, they assisted her with home schooling – in which she thrived – and her headaches promptly disappeared. It was almost as though she had created the headaches to create what she wanted most.

Anna was a full-time working mum who was struggling to lose weight. She had four children who she adored and was always there for them. After work and on weekends she would be in a rush driving her children to after-school **activities** and then go home to complete the housework, etc. Unfortunately, Anna found that she had little time for herself and felt **suffocated**. Subconsciously she wanted to be everyone's friend, but she forgot about being **her own best friend**. Welcome to the thyroid and weight gain!

What Anna didn't know was that by doing all these things for everyone else and forgetting about herself, her body was talking to her and saying 'we will hold onto your fat for your survival'.

The thyroid is concerned with activity, feeling suffocated and dedication to self. Everything Anna did was for somebody else.

It was time for Anna to have a lifestyle change, which would allow her weight to shift and for her to have time for herself. Her body was screaming at her to look after herself, but she did not understand that. Once she was aware, Anna made herself the priority by walking each morning before the children got up, making her own lunch before the children's and learning to say 'no' to too many requests. Within four weeks, she lost 8 kg. Anna was now being her own best friend.

So next time your body is ill, in pain or something else is going on, have a look at what is happening in your life. What are you feeling, what are you wanting and what are you not communicating to yourself or others? Once you know these things, your body won't have to **scream** at you to get your attention.

Remember, your body talks to you.

Jean is known as the 'Walking Talking MRI'. She left nursing, pathology and autopsies to build her internationally recognised and award-winning business from a dream in her heart. With 20-plus years' experience, Jean teaches about accessing potentiality and empowers others to transform their lives from corporate to 'live the life they love'.

For more information, please see www.absoluteempowerment.com



STRESS... the Final Frontier



By Anna Anderson, Professional Life Coach (ICF, ACC) and Quantum Living Practitioner

Stress is not a dirty word. Or is it?

Our body's autonomic response comes in very handy when we are in a life threatening situation and need to survive. The *sympathetic* nervous system kicks in, taking control of all bodily functions preparing us to fight, flight or freeze in a blink of an eye. Once the threat is gone, the *parasympathetic* system counteracts stress, restoring the body back to its normal state.

When our stress response becomes frequent, however, it sets up a *chronic state* where the body does not have enough time to recover – and that's when problems begin.

What Triggers Stress

There are three types of stress that put our biological system into an emergency-survival mode:

1. **Physical stress** – caused by injury, illness, infection, surgery; exhaustion; extreme temperatures, sound, light and sun exposure; lack of sleep; starvation; dehydration; poor oxygenation; weight imbalance.
2. **Chemical stress** – caused by poor nutrition, lack of essential vitamins and minerals; food, water and environment toxins; hormonal imbalance; drugs (legal and illegal); alcohol; cigarettes; vaccinations; excessive acidity of the system.
3. **Emotional stress** – caused by negative thoughts and emotions, both those expressed and those bottled up that create our state of being in which we live day by day.

With the physical and chemical types of stress being easier to control, as their triggers are well known and can easily be managed, let's focus here on emotional stress creating havoc in our lives. I propose that there are three main categories of emotional stress linked to the passage of time:

1. Worry, fear and anxiety about the **future**.
2. Negative emotional attachments to **past** experiences (such as regret, guilt, shame, anger, blame, judgment, criticism, hatred and resentment).
3. Negative emotional reactions expressing our inability to accept and deal with **present** circumstances such as:

“Except for the life-threatening situations when our nervous system is in charge, our emotional stress response to life is conditional - which means that we are in control. By changing the meaning of the triggers we can stop those false alarms”.

- People and situations pushing our ego buttons (traffic, conflicts, undesired outcomes);
- Challenging situations (health, family, relationships, finances, career);
- Overwhelm, deadlines and being stuck on the problem with no solution in sight;
- Negative self-talk, poor self-confidence and self-esteem.

It is important to realise that except for the life-threatening situations when our nervous system is in charge, our emotional stress response to life **is conditional** – which means that **we are in control**. By changing the meaning of the triggers, we can stop those false alarms.

The Final Frontier

Stress – whether physical, chemical or emotional – has been long recognised as a contributing factor to many health problems that people suffer from. I would like to radically expand on this view and propose that *stress in its various forms is the cause of the majority of, if not all, health malfunctions in the body. Particularly significant in this is chronic emotional stress.* That's right – the very cause, due to the impact on the body of steroid hormones (adrenaline, cortisol and epinephrine) secreted during stress.

Here is a summary of the key impacts of stress which in time can create all kinds of dis-ease in the body from Hashimoto's and cancer to allergies and weight gain.

- All bodily systems and functions non-essential to the fight-flight-freeze response are altered or suppressed: the digestive system, reproductive system, immune system and all growth and repair processes (except for the wound repair in case of fight). In chronic stress, all functions governed by these systems are continually impaired, resulting in the

cells' and organs' increased susceptibility to illness and disease.

- Other bodily systems are being overtaxed – cardiovascular, respiratory, musculoskeletal, endocrine and nervous system. How long can you ride a horse without proper rest until it collapses?
- Drastic chemical changes caused by stress affect our DNA in a way that can activate dormant genes such as cancer genes that most people have.
- Acidosis – an excessive blood acidity which in itself creates a wide range of health issues, reinforcing the damaging effects of stress hormones, such as ulcers, cancers, arthritis, porous bones, skin problems and weight gain.
- Blood is being redirected away from the frontal cortex to the sensory and motor centres in the brain. Your ability to think, analyse, comprehend and remember in a stressful state is significantly impaired. Some people believe that there is a link between chronic stress and dementia, as well as with Alzheimer's disease.

Finally, it is not a well-known fact that chronic stress creates a *chemical addiction* to stress hormones in the body, which then craves those hormones, pushing us to create some more.

This case study will illustrate my point:

Half way through our program addressing her anxiety issues, my client admitted bravely: *“Anna, now that all my problems have been addressed and so much has changed in my life, I worry, I really worry that I have nothing to worry about!”*

Keep It Under Control

While some stress is an inevitable part of life, keeping it to the bare minimum is of paramount importance, given its long-term ill effects on our body and mind. Here are a few simple strategies you could easily implement to keep your emotional stress under control:

Do not dwell on past negative experiences – whether they took place 20 years, two months or one hour ago. Every time you recall them, *you create the same negative emotions that produce the same stress hormones damaging your body.* The past cannot be undone, no matter how many sleepless nights you invest in it. Forgive yourself and others for what has happened, break the energetic

attachments to those events and simply move on.

Worrying about the future is pointless and bad for your health.

Remember, every time you have a negative thought it creates negative emotions that produce stress. Ask yourself: is this future scenario within my control? If yes – take action to ensure the outcome you want. If not – your worry is a waste of time; moreover the negative outcome that you worry about may, in fact, never eventuate!

Build your resilience to deal with the challenges of life by taking these few simple steps:

- Take time out for yourself regularly. Meditate, do yoga, listen to relaxing music, have a full body massage, spend some time in nature.
- Take care of any unresolved negative emotions such as anger, fear, guilt, blame and shame. They produce a host of related emotional responses, including frustration, judgment, criticism, hatred, anxiety and depression that ultimately lead to self-sabotage. Uncover and deal with any negative beliefs such as *I'm not loved, I'm not good enough, or I don't belong* – as these create very sensitive buttons in your interface with the world, waiting to be touched and triggered to finally explode.
- Develop a positive, kind and accepting attitude to life. Become oblivious to the situations and people that tend to ruffle your feathers. If someone or something did not meet your expectations – so what? Your life still goes on.
- Seek professional help if needed. Life is not meant to be a struggle – there is always a helping hand.

Conflict and challenging situations do **not** induce stress; our interpretation of them determines whether we respond or react. As the late Dr Wayne Dyer said: *"When you squeeze an orange, what comes out? Orange juice, of course. And why does orange juice come out? Because it's there."*

The bottom line is that while you have no control over the sympathetic nervous system that floods your body with stress hormones in a real emergency, you can eliminate the *false emergency* (emotional) trigger buttons to reduce stress. The key here is to understand what those triggers are and eliminate them from your psyche as quickly as you can.

And when everything else fails – just remember: *take a deep breath in and smile!*

For more information and to book your free 45 minute consultation with Anna via Skype, please phone 0417 996 616, email info@quantummind.com.au or visit quantummind.com.au

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A WRINKLE FREE FACE FOR \$5

Under the heading, 'Dr Oz and team outsmart surgeons and discover \$5 solution to a wrinkle-free face for \$5', the question is asked, 'How do Hollywood starlets look so radiant and youthful well into their forties, fifties and even sixties? Is it always expensive botox and dangerous plastic surgery?' No, they are using something that is effective and safe, but also cheap.

Dr Oz had searched for months for a remedy for wrinkles and discovered two substances that took only a month to make a woman look 10 to 20 years younger. And its cost

is insignificant.

The formerly secret ingredients are the natural substances vitamin E and elastin.

The contribution of vitamin E is to stimulate the production of new collagen in damaged skin; this makes skin appear plump and firm. Elastin can absorb up to 1,000 times its weight in water; this makes the skin even more plump. Elastin also helps skin to regenerate.

Source: Medical Observer, 16th Sept 2015

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INTELLIGENCE VERSUS GOOD THINKING

By Jim Lanham, long-time Natural Health Society member

PART 2



"It's not what we don't know that causes trouble. It's what we know, that ain't so." – Will Rogers.

In Part 1, we considered some of the weaknesses of the brain. We saw that brain function ultimately depends on bodily health. Let's now look at some possible ways to improve our own thinking – a 'work in progress' that is obviously never completed.

- Consider letting go of certainty. By all means, act on your present beliefs; we all must, but don't close the door to some even better ideas. The 'good' is sometimes the enemy of the 'better'.
- Develop the habit of 'looking'. The time of day is always there; but we don't know the time, until we look at our watch. In a similar way there may be some great ideas out there, somewhere. We'll find some of them, only if we look. This is using intelligence to explore, not just to defend our present ideas.
- Don't take yourself too seriously. Admit your own faults and mistakes. Laugh at yourself, occasionally. Barry Humphries said, "If you can't laugh at yourself, you might be missing the joke of the century".
- Defer judgement, unless it is needed for immediate action. We all tend to judge too quickly, with little information. But, at the same time, if a decision must be made, then 'make it boldly, knowing that you will be wrong, much of the time'. (Bert Weir)

Modern psychology believes that decisions are generally *not* made using logic or intelligence. Most decisions are made using intuition, combined with emotion. *Then* we cast around for reasons and specific information which support our choice. Intuition is actually as reliable as anything else and has the advantage of being relatively fast. Intuition is similar to commonsense.

Objectively, there may be no such thing as logic or intelligence. These can really only exist within a frame of reference, or within a belief system. For example, if pain is a friend (as I believe it is), then it is intelligent

behaviour to avoid painkillers. If pain is an enemy (as many believe), then it becomes logical to use painkillers. (More on pain was published under my name in the Winter 2015 issue of *TNH*.)

- We are social animals. Our thinking might need to incorporate ideas like respect, kindness, tolerance and generosity. These are not normally regarded as aspects of intelligence. Perhaps they could be.
- Criticism of others is often thinly veiled self-praise. Remind yourself of this possibility. If you must criticise someone, do it to their face; not behind their back to someone else. Gossip is a useless habit, which we can all get drawn into. (I'm ashamed to say.)

Sometimes I sit and think....
and sometimes....
I just sit!



- Rejoice in who you are. A bit of optimism can open up the pathways of thinking; negativity can shrink them down. For your own wellbeing, cultivate happiness. I believe Wayne Dyer said: "There is no way to happiness. Happiness is the way".
- At this point in time perhaps our most urgent need is to drastically simplify our indulgent lifestyles. We are the prodigal sons and daughters of Mother Earth and it's time to wake up and get real.

To protect the environment and to save our planet, we're all going to need some new ways of thinking. The old ways don't seem to be quite good enough.

The brain can examine itself and the brain can change itself. This is one aspect of neuro-plasticity. It's a bit like 'self-healing' and perhaps explains why many people can eventually recover from mental illness.

Your body is an awesome biochemical factory of astonishing complexity. Thousands of processes are taking place without us being aware of them. There is wisdom in every cell and every bodily

region. There are actually about ten trillion individual cells in your body. Yet a single cell has been described as more complex than New York City.

Intelligence doesn't just reside in the confines of the brain. It is found throughout the whole of Nature. Biological decision making tends to dwarf the human intellect. We are but a small part of a greater tapestry of ordered wisdom.

I wouldn't dismiss the possibility of a god-like 'central intelligence', somewhere in the infinite universe. Every idea has the right to exist. Conversely, you have the right to question anything. Somebody once said, "The only silly question is the question you don't ask".

Love your brain. It's the seat of self-awareness, beauty, happiness and perhaps love itself. Man-made computers surpass the brain for calculating and storage, but they will probably never approach the brain for versatility and creativity. Our onboard brain-computer is a thing of deep wonder. Don't ever give up on your brain. If you don't like your present style of thinking, no worries. You can more than likely change it by conscious endeavour and a healthy lifestyle.

I can't give advice, of course, but personally I'd keep well away from psychiatric drugs. Many antidepressants appear to be linked to self-harm and suicide. Two of my acquaintances suicided after being on antidepressants for a year or so. Yet another friend used them for a few months, without apparent harm.

For a comprehensive review of brain protection, read Greg Fitzgerald's article on Alzheimer's disease, page 32, Summer 2013/14 issue of this magazine. Worth buying a back-issue, if necessary. Greg's article also mentions the empowering observation that the brain can change itself. [The Society sells back-issues at two for \$10 incl. postage.]

Also, on page 20 of Spring 2015 (last issue), Tula Tzoraz, in her article on anxiety, tells us that the brain is 'malleable' and she quotes Dr Norman Doidge from his book, *The Brain that Changes Itself*.



From Dr Mercola

don't just sit there; take a short walk

On the pathway of life, we all have a silent partner. An unseen and largely forgotten intelligence is quietly at work, 24/7, right throughout our body. This biological intelligence strives constantly for homeostasis (a state of equilibrium in the body), which provides a steady state of health. Use the conscious brain to assist this other intelligence; not to hinder it. That is the great challenge of health; to harmonise mind, body and environment.

The journey of gaining respect for bio-intelligence is what Natural Health is all about – trying to follow a lifestyle that connects with our biological needs and with the source of our needs, Nature.

Occasionally there's going to be a time when, despite our best efforts, some sort of human intervention (like surgery, glasses or other mechanical aid) will be necessary. Nature can sometimes seem to 'get it wrong'.

But if we were able to analyse the complexities of several generations, we'd probably find that human errors had contributed. Nature gets an awful lot right, despite environmental challenges mostly created by us. She's never had to work so hard, as in the modern era.

Our lives have a beginning and an end. Nature goes way back ... into the mists of time. She is a mentor with long experience.

It's a learning curve for us, and it's a kind of dialogue between one intelligence and another. The integrated intelligence of Nature is surely entitled to the word 'wisdom'.

Aren't we the lucky ones, to have been open to the ideas of Natural Health?

I hope it's been fun ... thinking about thinking!

Sitting for long periods each day has been found to increase the risk of developing numerous health problems, including type-2 diabetes, heart disease and cancer, and to result in premature death.

Sitting for more than eight hours a day increases the risk type-2 diabetes by 90 percent. Believe it or not, prolonged sitting is associated with a death rate similar to smoking.

Many desk workers actually spend eight, 10 or even 12 hours of their day sitting.

Even though exercise tends to counteract a largely sedentary lifestyle – especially short sessions of high-intensity exercise – recent research indicates that the usual daily session doesn't counteract the effects of long periods of sitting.

But there is a solution. It is to make a point of getting up and walking around for two minutes out of every hour. That's all – just two minutes!

This is so beneficial for long-time sitters that research has found that it can increase lifespan by around a

third compared to remaining seated for many hours.

Why this is so is explained in the book, *Get Up! Why Your Chair Is Killing You and What You Can Do About It*, written by Dr James Levine, a co-director of the prestigious Mayo Clinic. He says that if you've been sitting down for over an hour, certain mechanisms involved in the maintenance of your body begin to shut down. But within a minute and a half of standing up, the mechanisms that process blood sugar, blood fats and cholesterol are activated and they push fuel into our cells, decreasing the risk of diabetes and obesity.

Our bodies are designed to be active and moving all day long. These beneficial mechanisms are activated simply by carrying our own bodyweight.

Dr Levine recommends that we move for at least 10 minutes out of every hour, but it seems that a more realistic two minutes is a reasonable compromise.

It would be ideal to sit for no more than three hours in the day, and one way office workers can achieve this is by using a standing workstation.

From Electromagnetic Radiation Association of Australia Mobiles and cancer



The results of a new German study show that mobile phone radiation may promote cancer and suggest that current safety standards are not sufficiently protective.

"Our results show that electromagnetic fields obviously enhance the growth of tumours," said Alexander Lerchl, a Professor of Biology at Jacobs University, who conducted the study.

Lerchl's study replicated a 2010 pilot study, which found exposure resulted in higher numbers of lung and liver cancers and higher rates of lymphomas.

What's remarkable about the study is that the cancers were found at what Lerchl's team called 'low to moderate exposure levels' – which were far below those allowed by Australian and international standards for mobile phone use.

"Everyone using a 3G mobile phone or iPad or other tablet will be exposed at higher levels than this," said Alasdair Phillips from Powerwatch. "This study flags a big and important wake up alarm call."

Following this study, Professor Lerchl has not only cast doubt on the adequacy of safety standards, but has reversed his previous view that mobile phone radiation is not a potential health risk.

(Ref. Lerchl A et al, 'Tumour promotion by exposure to radiofrequency electromagnetic fields below exposure limits for humans', *Biochem Biophys Res Commun*, 6th March 2015, reported in *EMR Australia* newsletter, 23rd May 2015)



Nutrition for Dogs and Cats

The benefits of feeding your pet raw meat and bones

By Tracey Morrison, Homoeopath and Animal Health Practitioner

We are our pet's guardians, so as responsible pet parents it is up to us to provide our dogs and cats with a diet that is nutritionally healthy, balanced and sustainable for the long term.

A Balanced, Varied Diet

Dogs and cats do require a balanced diet, but it would be quite unrealistic to consider every meal to be as completely balanced as the next. The internal digestive organs of dogs and cats have not changed or evolved from their wild ancestors, so it stands to reason that when they feed, they would digest their meal and absorb the nutrients they require in the same way that they have always done.

As an example, in a wild dog pack, a dog may only have access to the bony carcass from a kill and nothing else. The next time, that dog may eat only flesh, and from the next meal it may have access to only internal organs. All these meals would inevitably make up a varied, balanced diet, though not all in one meal or all at the same time ... as nature intended.

This example may help to explain and give insight into the harmful effects of feeding the same bowl of kibble, with the same ingredients, day in and day out, attributing to the risk of excessive nutrients being absorbed from any one specific food variant. This means that if there is more of one ingredient or excess of one ingredient – added calcium for example – then this could be regarded as 'dangerous levels of any one type of ingredient to absorb'. However, this is a topic for further discussion all on its own.

Raw Versus Cooked

Raw meat alone has enormous health benefits for pets. It supplies high quality protein, including essential amino acids (especially lysine and methionine) and is extremely digestible (beef containing the highest levels of protein). Numerous minerals and vitamins are embedded in this protein. Meat also supplies varying levels of fat, containing essential fatty acids (EFA's), which are critical for good health. Embedded in the fat are fat-soluble vitamins

If meat is cooked, the heat damages the essential amino acids, decreases the digestibility of the protein and destroys the digestive enzymes. It should be noted that dogs and cats rely on the naturally occurring enzymes present in raw food to aid their digestive process. Enzymes can be lost from the animal's body through sickness, pregnancy, urine, faeces, stress and the effects of extreme weather conditions. Unless you replace these using raw foods, your pet's immune system and other systems will be compromised.

Research indicates that most animals, including our canines, have digestive organs that allow the enzymes in raw food time to act before utilising the body's own digestive enzymes. This pre-digestion plays a major role in the overall digestive process and the absorption of nutrients. If it is not functioning correctly, food may pass through the system without the full benefit of the proteins and vitamins, and your pet's health may suffer as a result.

Raw meaty bones also have substantial health benefits. They provide an important source of iron (embedded in the marrow), antioxidants and, again, the all-important enzymes. They also contain the correct natural balance of calcium and phosphorus. An excessive amount of calcium, for example in dry dog food, inhibits zinc from being absorbed. Zinc is essential for healthy production of skin cells and for vitamin absorption (especially B-vitamins) and plays a major part in bone growth.

Hazards In Commercial Pet Food

Another culprit that can be found in excess in commercially processed pet food is phosphorus. Generally, phosphorus by itself does not pose too much of a problem, but if the kidneys are already damaged by, for example, excess calcium, they will not be able to properly eliminate the phosphorus and there will then be a build-up of both nutrients, and the damage to the kidneys increases.

Nature's Toothbrush

Raw meaty bones also act as nature's toothbrush for dogs and cats. Ripping and tearing the meat off the bone and chewing

the bones promote healthy teeth and gums, and helps to prevent and remove tartar build-up and the associated bacteria growth. Most mouth infection is related to a build-up of tartar on the teeth, infected gums and tooth decay and is indicated by bad doggie breath. If left untreated, the infection can systemically spread throughout the body of dog or cat via the bloodstream and the pet could become extremely ill.

Variety Is Essential

It is important to vary your pet's diet. There is so much variation in the vitamins and minerals present in a range of raw foods, that it is essential that a variety of foods is offered to fulfil their total nutritional requirements. For a dog, this means a good serve of pureed vegetables (especially dark green, leafy veggies) along with their meaty bones and a few healthy table scraps if you have them thrown into the mix. But *don't* feed them solanum family veggies – tomato, capsicum, eggplant, potatoes and chilies (not that anyone would feed chilies to a dog anyway) and don't feed them onion either.

This does *not* apply to cats, as cats are strict carnivores.

Meals should be well thought out and varied appropriately to provide your pet with balanced portions of nutritional goodness.

The wellbeing of your pet's health and longevity is in your hands!

Tracey Morrison is a Homeopath, Remedial Massage Therapist, writer and animal health practitioner, having studied a wide range of natural health modalities for pets, including nutrition, diet and behaviour, over the past 15 years. She is based near the beautiful Blue Mountains west of Sydney and is passionate about providing guidance for optimum pet health.

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'Breakfast Like A King ...' A Myth

It is a myth that calories consumed at night cause greater weight increase than calories consumed at breakfast.

Many nutritionists promote the saying, 'Breakfast like a king, lunch like a prince and dine like a pauper'. But there is good evidence against a big breakfast.



Associate Professor Amanda Salis says that clinical trials have shown conflicting results as to the best or worst time to eat. Some trials have shown that there are weight advantages for people who have a heavier breakfast and a light dinner, but other trials have shown the exact opposite.

As commonsense tells us, overweight and obesity depend primarily on whether we take in more calories than we expend.

Source: *Daily Tele, Taste.com.au*, 22-9-15

Nuts Extend our Lifespan

It's already known that eating nuts reduces the risk of serious degenerative diseases, including heart disease and diabetes. Now it has been shown nuts enable us to live longer.

A Harvard University study of 100,000 people tracked for decades found that those who ate nuts every day lived significantly longer. People who consumed nuts daily had fewer deaths from cancer, heart disease and respiratory diseases and had significantly greater longevity.

Even obesity was reduced, in spite of the fact that nuts are very high in fat/oil.

How many nuts do we need to eat? Not many. Just a few servings a week can make a difference, provided we keep it up.

Source: *Michael Greger, MD, 14th May 2015*

nutritionfacts.org/2015/05/14/nuts-may-extend-your-lifespan-by-about-2-years/

Curcumin spice slows brain ageing

New research has found that the active ingredient in turmeric may slow ageing of the brain.

Hugo Wilcken, editor of *Specialist Updates*, reported that the Blackmores Institute Symposium in Melbourne in October was told:

"The main findings are that curcumin significantly improves mental function in older people, improves working memory and attention and also people's fatigue and energy levels."

The trial was conducted to investigate the possible use of curcumin for the prevention of Alzheimer's disease. In India, many people regularly consume as much as 100 mg curcumin a day.

The researcher who conducted the study said that his view is that drugs to treat Alzheimer's disease have been a huge failure.

Source: *Medical Observer, 23rd Oct 2015*



Life Expectancy has dramatically improved

Life expectancy has increased rapidly since the onset of industrialisation and modernisation. In the pre-modern, poor world, life expectancy was around 30 years in every country.

In the early 19th Century, life expectancy began to increase in the early industrialised countries, but stayed low in the rest of the world.

Just half a century ago, the health of the world was very unequal; there was good health in the rich countries and persistent bad health in poor countries. Fortunately, this situation is improving. Countries that not long ago were suffering bad health are catching up rapidly. Now no country in the world has a lower life expectancy than the countries with the highest life expectancy in 1800.

Since 1900 the global average life expectancy has more than doubled and is now approaching 70 years.

There have been dramatic increase in life expectancy over the last few centuries. In recent decades, the most dramatic shifts can be seen in the developing countries.

For example, around 1900 average life expectancy in both India and South Korea was as low as 23 years. In 2012, just a century later, life expectancy in India has almost tripled and in South Korea it has almost quadrupled.

In Japan average life expectancy in 1900 was less than 40 years, but as a result of rapid improvements in health, life expectancy in 2012 reached 82.7 years, the highest in the world.

In countries which have experienced dramatic improvements in life expectancy, a major factor has been a decrease in childhood mortality. It was common for every third or even every second child to die before age five. This situation has improved greatly over the last century.

For higher ages, mortality patterns have also improved greatly. A century ago, a 50-year-old person could expect to live twenty more years. Today the life expectancy of a 50-year-old is 83.

Source: *'Life Expectancy' by Max Roser (2015). Published online at OurWorldIn-Data.org.*

Retrieved from: <http://ourworldindata.org/data/population-growth-vital-statistics/life-expectancy/>

A supplement that slows ageing

Scientists have discovered that the supplement *alpha-lipoic acid* (ALA) seems to reverse the worst effects of chronic diseases such as atherosclerosis (hardening of arteries) and diabetes.

It works by stimulating the body to produce more *telomerase*, an enzyme that promotes the growth of *telomeres*, the protective caps at the ends of chromosomes. Telomere-shortening contributes to the ageing process and is also an indication of ageing.

ALA is an antioxidant produced naturally by the body, but it can also be taken as a (vegetarian) supplement.

However, these findings are based on animal studies, and it is yet to be investigated for achieving similar results in humans.

Source: *Cell FReports, 2015; doi: 10.1016/j.celrep.2015.07.047, reported in WDDTY, 25th August 2015*



WHOOPING COUGH — PUTTING IT IN PERSPECTIVE



By Robyn Chuter

Whooping cough has been in the media a lot lately, generating enormous amounts of fear especially in parents of babies and young children. But what exactly is whooping cough, how is it spread, and what can we do to prevent it or minimise harm from it?

The 'official' name for whooping cough is *pertussis*, named for the bacterium *Bordetella pertussis* that is associated with it. Notice that I said *B. pertussis* is 'associated with' whooping cough, not that *B. pertussis* 'causes' whooping cough. That's because some people can carry the bacteria in their bodies without getting sick,⁽¹⁾ and some people who have whooping cough-type symptoms may not be harbouring *B. pertussis* in their bodies at all.

For example, the related but distinct bacterium, *Bordetella parapertussis*, can cause whooping cough,⁽²⁾ and, worryingly, vaccination against *B. pertussis* – the 'Pa' component in the DTPa vaccine administered at 2, 4 and 6 months of age, and again at 4 years and 10 – 15 years⁽³⁾ – may, according to animal studies, increase the colonisation of *Bordetella parapertussis* in the lungs, and therefore the risk of developing whooping cough-type illness, by 40 times.⁽⁴⁾

SYMPTOMS

Catarrhal stage

Typically, whooping cough begins with symptoms that resemble the common cold, such as a runny nose, low-grade fever and mild occasional cough.⁽⁵⁾ Babies may temporarily stop breathing, a symptom known as 'apnoea'. The catarrhal stage typically lasts one to two weeks.

Paroxysmal stage

The coughing intensifies during this stage. Typically, coughing occurs in 'paroxysms' (protracted fits of rapid coughs) that may be followed by vomiting and a period of exhaustion. In between coughing fits, sufferers generally feel quite well, although the coughing fits tend to become worse at night, which may interfere with sleep and delay recovery.

Babies and young children are more likely to exhibit the classic 'whoop' – a high-pitched sound made at the end of a protracted coughing fit, which is actually a forced, rapid inhalation due to all the air being expelled from the lungs during the coughing fit.⁽⁶⁾

Babies under one year of age are also at highest risk of severe complications from the disease, including pneumonia, convulsions and encephalopathy (brain disease or malfunction).⁽⁷⁾

Older children, teenagers and adults may not exhibit the 'whoop', especially if they have a milder form of the disease.⁽⁸⁾ This results in many remaining undiagnosed, and inadvertently continuing to circulate the infection in the community.⁽⁹⁾ (Even more alarmingly, both the whole-cell and acellular whooping cough vaccines may reduce the severity of the illness, but they do not, and cannot, prevent the transmission of the culprit bacteria. This results in vaccinated people potentially becoming asymptomatic carriers of *B. pertussis*.^(10, 11))

Complication rates in this age group are not high – for example only two percent of teens and adults develop pneumonia from a bout of whooping cough, compared to about 23 percent of babies under one year of age.⁽¹²⁾

This 'paroxysmal' stage of the disease can last between one and 10 weeks, although typically no more than six weeks.

Convalescent stage

Coughing fits become less frequent and less severe during this phase, which lasts one to two weeks, although if the person contracts another upper respiratory tract infection (such as a common cold) the coughing fits may return.⁽¹³⁾

TRANSMISSION

It's in the first two weeks of the coughing phase, when whooping cough may not yet be suspected (especially if the 'whoop' is absent), that the person is most contagious.⁽¹⁴⁾ The infected person expels bacteria from their lungs when they cough or sneeze.

While it's unlikely that you would pick up whooping cough from being sneezed on just once, if you have frequent close contact with an infected person, share breathing space with them, don't wash your hands frequently, and put your fingers in or on your nose or mouth after handling something that an infected person has just sneezed or coughed on, your risk goes up – especially if your overall immunity is not high due to poor nutrition, inadequate sleep, sedentary lifestyle or high stress level. This explains why whooping cough spreads so rapidly among children, who are notorious for not paying attention to the

finer points of hygiene!

The incubation period (how long it takes to get sick after being exposed to the bacterium) is typically five to 10 days, but can be as long as three weeks.⁽¹⁵⁾

MEDICAL TREATMENT

Once diagnosed, doctors will often recommend antibiotics to shorten the length of the time that the person will be contagious (taking antibiotics does not reduce the severity of the illness, however, unless they are commenced *before* the coughing begins – when you probably won't know that you have whooping cough⁽¹⁶⁾), but there is considerable doubt about how effective this 'antibiotic prophylaxis' actually is at reducing transmission.

The Cochrane Collaboration – a global independent network of researchers who work together to produce credible, accessible health information that is free from commercial sponsorship and other conflicts of interest – published a review titled, 'Antibiotics for whooping cough (pertussis)', which concluded:

"For preventing infection by treating contacts [that is, people who were not yet sick, but had had contact with an infected person] older than six months of age, antibiotics did not significantly improve clinical symptoms, nor the number of cases developing culture-positive *B. pertussis*."⁽¹⁷⁾

If you do choose to take antibiotics, a short course works just as well as a longer course, but is safer:

"For eradicating *Bordetella pertussis* (*B. pertussis*) from the nasopharynx, short-term antibiotics (azithromycin for three to five days, or clarithromycin or erythromycin for seven days) were as effective as long-term (erythromycin for 10 to 14 days)... but had fewer side effects."⁽¹⁸⁾

Probiotics should always be taken while on antibiotics (although at separate times) and for at least one month after completing the course of antibiotics, to prevent antibiotic-associated diarrhoea⁽¹⁹⁾ and to recolonise the bowel with beneficial bacteria destroyed by the antibiotics.

Cough medicines are not recommended as they are ineffective at relieving the cough or reducing the number of coughing bouts.^(20, 21)

THE NATURAL HEALTH APPROACH TO WHOOPING COUGH PREVENTION AND TREATMENT

As mentioned above, maintaining good hygiene practices, such as frequent handwashing, especially after touching anything that an infected person might have coughed or sneezed on, help to reduce the risk of infection. Above all, *keep your hands off your face* (unless you've just washed them)!! Touching your nose or mouth with hands that have been in contact with secretions from an infected person is a sure-fire way to convey *B. pertussis* straight into the tissues that it prefers to colonise.

Teach young children to wash their hands frequently with soap and water, especially after they have coughed or sneezed, or been around other children who are coughing and sneezing. Also teach them to cough into their sleeve, not their hands, if they don't have a tissue or handkerchief.

Your general state of immunity is a key determinant of how susceptible you will be to any infection, including whooping cough. (See my article 'Immunity and Swine Flu – the inside story' in the Spring 2009 issue of *Natural Health and Vegetarian Life* – copies available from the Natural Health Society. Or go to Robyn's website <http://empowertotalhealth.com.au/immunity-the-inside-scoop/>.)

A Natural Health-style diet, high in fresh fruits and vegetables, legumes and whole grains, with some omega-3-rich seeds and nuts, provides the vitamins, minerals and phytochemicals that your immune system needs to function at its optimal level.

Avoid any type of simple carbohydrate (including sugar, honey and fruit juice) as these suppress the immune system's ability to fight bacteria.⁽²²⁾

Regular moderate exercise increases resistance to infection, but there is a 'Goldilocks Zone' for exercise – prolonged exercise suppresses immunity, as endurance athletes know only too well.^(23, 24)

Adequate sleep is crucial for immune function. Getting too little hampers your immune system's ability to respond to invaders.⁽²⁵⁾ Interestingly, adequate sleep may not reduce *infection* rates, but it does reduce clinical illness.⁽²⁶⁾ That is, you may still have the bug in your body, but you don't get sick from it.

HOW SHOULD WE BEST PROTECT BABIES FROM WHOOPING COUGH?

As mentioned above, babies, particularly those under six months of age, are most at risk of serious complications and even death if they contract whooping cough. As also

previously mentioned, the whooping cough vaccine does not prevent the transmission of *B. pertussis*, leaving young babies susceptible to picking up an infection from their older siblings and parents, even if the entire family is vaccinated and no one appears sick.⁽²⁷⁾

The so-called 'cocooning' strategy, in which parents and other adult carers of babies too young to be vaccinated, are vaccinated against whooping cough in order to protect the baby, is estimated to prevent at best only about 20% of cases in babies.⁽²⁸⁾ A recent study conducted in Western Australia found that vaccinating both parents just after their baby was born made no difference whatsoever to the rate of whooping cough infection in the babies.⁽²⁹⁾

Concerned parents would be better off minimising the time their young babies spend in busy places such as supermarkets, restaurants and on public transport, if at all possible. Many traditional cultures had a custom of 'lying-in' – a period of time after childbirth in which mother and new baby stay home together, largely in bed, bonding, resting and getting to know each other's rhythms. Not only does this help new mothers recuperate from the intense demands of childbirth and establish breastfeeding, it also minimises the risk of either mother or baby picking up whooping cough or other infections from the general community.

Any adult or child who has a cough should be kept away from young babies, and siblings and other young visitors should be instructed to wash their hands with soap and water before playing with the baby.

MY FAMILY'S EXPERIENCE WITH WHOOPING COUGH

In September this year our 10-year-old daughter picked up whooping cough from her best friend – who, incidentally, was fully vaccinated against whooping cough, as were the other dozen or so children at the school who became infected. Our daughter sat at the same desk as this girl every day at school, shared writing implements with her, played with her at recess and lunch-time, and of course was coughed and sneezed on by her for several weeks before the friend was diagnosed with whooping cough.

Our daughter developed a mild form of the disease – so mild in fact that we didn't suspect it was whooping cough until her friend's parents advised us that their daughter had been diagnosed. A nasopharyngeal swab confirmed that our daughter was also infected ... and in the meantime she had passed it on to our teenage son, whose cavalier attitude to personal hygiene is the stuff of legend in our household, and who had been short-changing himself on sleep for some months beforehand, due to schoolwork.

Despite being at close quarters to two coughing, sneezing children with whooping cough (confirmed by nasopharyngeal swab), neither my husband nor I contracted the illness, and both of us tested negative on the swab. Why didn't we get infected or become ill? Because we eat a high-nutrient, plant-based diet, exercise daily, and wash our hands frequently – especially when we have sick children in the house.

I'm glad to say both children recovered promptly and were able to enjoy hiking, cycling and other vigorous pursuits on our family trip to California during the school holidays, and they now have much more respect for the power of hand-washing!

Robyn Chuter, BHSc, ND, GradDip-Couns, is a naturopath, EFT therapist and counsellor. She offers in-person, telephone and Skype consultations and regular wholefood cooking classes. Visit Robyn's website at www.empowertotalhealth.com.au and sign up to her FREE weekly e-newsletter, or contact her on 02 8521 7374 or robyn@empowertotalhealth.com.au.

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Media campaign to mandate fluoridation

The *Sunday Telegraph* announced in its edition of 30th August 2015 that it was launching a campaign to change the law regarding fluoridation of town water supplies.

The newspaper is pushing state governments to take control and mandate fluoridation Australia-wide in place of the current law which allows individual councils to decide.

The article says that tens of thousands of children across Australia are suffering tooth decay because some councils decide not to fluoridate, despite "universal agreement from scientific and medical experts that fluoride is safe".

Apparently the journalists responsible for the *Sunday Telegraph* policy haven't read the massive scientific study on the subject by world leading allergy specialist, Dr Georg Waldbott or the many hundreds of scientists who have concluded that fluoridation can cause much more harm than good. We summarised the evidence for harm in the Summer 2013/14 issue of *TNH*, page 16.

Fracking — 1000 chemicals threat to health

A study funded by the US Environmental Protection Agency concluded that fracking may interfere with human reproduction due to the fact that many of the estimated 1000 chemicals involved are known endocrine disrupting chemicals. Some can individually cause infertility and metabolic diseases.

The threat is to workers and local residents due to pollution of air and water.

For example, testing of water samples near Colorado, USA, drilling sites found elevated levels of oestrogen antagonist and androgen antagonist. One of the chemicals, naphthalene, can affect levels of steroid hormones.

For people living near the wells, there are increased risks of cancer and birth defects.

Source: *Environ Health Perspect* 2015; DOI: 10.1289/ehp.1409535

How much alcohol might risk cancer

The huge, long-standing Nurses' Health Study was analysed to evaluate the association between alcohol consumption over many years and the risk of cancer.



The researchers concluded that men consuming an average of more than 15 grams of alcohol per day (one-and-a-half typical drinks) have significantly increased risk of alcohol-related cancers. In women, even an average of 5.0 – 15 grams of alcohol per day (half to one-and-a-half typical drinks) was associated with a slight increase in total cancer risk, mainly breast cancer.

For both men and women, as the alcohol dose went up, the risk increased.

The standard recommendation of no more than one or two drinks/day may need revising.

Source: *The International Scientific Forum on Alcohol Research*, newsletter September 2015

Six risk factors for cancer

By Clare Pain

A study of preventable cancer deaths found that around 37,000 cancers in Australian each year could be prevented 90 percent by paying attention to six lifestyle factors.

The QIMIR Berghofer Medical Research Institute lists the factors as:

- Quitting smoking;
- Reducing exposure to UV radiation;
- Reducing excess weight;
- Keeping alcohol consumption down;

- Eating less red meat;
- Consuming sufficient fruit, green vegetables and fibre.

The Australian BBQ culture may be partly to blame, say the researchers. Excessive consumption of red and processed meats was likely to account for 16 percent of colon cancers and 23 percent of rectal cancers. Insufficient dietary fibre could account for 18 percent of colorectal cancers.

Source: *ANZ Journal of Public Health*, 2015; online and reported in *Medical Observer*, 7th October 2015.

Digital Amnesia

Forgetting phone numbers? Maybe you have *digital amnesia*.

'Digital Amnesia' is a term coined to describe 'the experience of forgetting information that you trust a digital device to store and remember for you.'

A European study found that most people stored contact numbers, not in their memory, but in their digital devices. Most could remember the phone number of their childhood home (before the electronic age), but could not remember the current phone numbers of their children, their workplace or their children's schools.

Also, people are using the internet to find information, but many are forgetting an online fact once they have used it, rather than committing it to memory.

Source: *EMRAustralia newsletter*, 29th August 2015



PROCESSED MEATS A CANCER RISK – WORLD HEALTH ORGANISATION

The World Cancer Research Fund has been saying for years that processed meats are carcinogens (cancer causing), and can cause cancer if eaten in enough quantity [yet naturopaths have been saying this for decades]. But the WHO's International Agency for Research on Cancer has now declared that even small quantities of processed meats could cause cancer.

The everyday processed meats include ham, bacon, salami and sausages. Also implicated to a lesser degree are red meats, including lamb, pork chops, mince and hamburgers. A theory is that carcinogens could be created during processing when the meat is smoked, cured or salted, or when preservatives are added.

Source: WDDTY, 28th October 2015



NEW PRODUCTS

'Food for Health' muesli bars

In response to the increasing interest in more wholesome foods, Food for Health, one of Australia's leading muesli brands, has launched two new muesli bars – Coconut and Vanilla Blueberry. With no added cane sugar, gluten, wheat or dairy, they make excellent snacks.

Made with nutrient-packed superfoods, the bars are high in fibre and FODMAP approved, with a 4.5 health food star rating. They are Australian made and owned.

The ingredient list reads like a 'who's who' or actually 'what's what' of nutritious foods:

chia seeds (richest food in omega-3 fatty acids; few other foods are as nutrient-rich), sorghum (very high in fibre), pumpkin seeds (the richest food in iron; also high in zinc, potassium and magnesium), barley bran (contains low-level of gluten, but rich in the fibre, beta-glucan), amaranth (more protein than any other grain; rich in the valuable amino acid, lysine), sunflower seeds (packed with B-vitamins and vitamin E), rice bran syrup (better and lower GI than glucose), buckwheat (gluten-free, rich in amino acids and B-vitamins), psyllium husks (very high in soluble fibre, mitigate bowel movements), flaxseeds (second richest food in omega-3s; high in fibre), millet (so rich in minerals that it is alkali-forming, making it a rarity among the grains), slippery elm (a mucilage that soothes the intestines), oat bran (high in both insoluble and soluble fibre).

Available in supermarkets and some smaller shops.

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Kindred Organisations

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



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Email veg@veg-soc.org
Web www.veg-soc.org

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1086 Waterworks Rd, The Gap QLD 4061

Phone 07 3300 9320
Email vegsocq@tpg.com.au
Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

PO Box 311, Kent Town, South Australia, 5071
ph 08 82602778. vegsa.org.au

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

For orders: www.vegsoc.org.au maureen@vegsoc.org.au Phone 07 3300 9320

Turning Points in Compassion: Personal Journeys of Animal Advocates (New)

By Gypsy Wulff

Price \$29 plus postage up to \$13.40

Covering a range of topics from politics and law, to spiritual and social change, this book makes a compelling case for the recognition of the beauty, sentience and intelligence of all things. This volume is essential reading for anyone interested in, or committed to, the ethics, politics and life of veganism. All profits from sales are donated to animal sanctuaries and rescue groups (Dr Shannon Brincat, Research Fellow at Griffith University, Qld).

Vegan Ninja: A Cookbook of Confronting Proportions and Personal Meaning (New)

By Paul Maguire

Price \$25 plus postage up to \$13.40

... through the years I've been stunned by the number of people who know so little about being vegan. At times it has felt like existing as a member of a secret sect. Like a ninja ... Supporting Nepal earthquake relief.

Childrens' Books

Great Uncle Edgar and the Lady with the Hat (New)

Written by Gypsy Wulff and illustrated by Ryan Jones

Set of two: price \$19.95 + \$3.50 post.

An activity book and one for reading. Pigs have feelings too. They want to live happy lives just like we do. Ideal Christmas present for children.

I Love Animals (New)

Written by Gypsy Wulff and illustrated by Ryan Jones.

Set of two: price \$19.95 + \$3.50 post.

An activity book and one for reading. Seeing animals as our friends, not our food. Ideal Christmas present for children.

There's a Polar Bear in the Fridge! (New)

Written by Gypsy Wulff and illustrated by Ryan Jones.

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By Leanne Campbell, PhD

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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.

FROM VEG SA

ADELAIDE'S VEGAN FESTIVAL

This year it was held on 7th November in the heart of the City (Victoria Sq.). There was a great range of stalls, including cosmetics, massage, books, recycled goods, vegan wine and lots of food. VegSA was kept busy on its stall handing out information, particularly on the health aspects of a plant-based diet. The event was especially well organised and numbers seemed up on last year.

VEGSA UPCOMING EVENTS

We will celebrate **Christmas/end of year** at Cuddlee Creek on **Sunday 13th Dec.** from 12 noon. Bring vegan foods and drink to share. Contact VegSA for more details or see Diary Dates on: www.vegsa.org.au

ANNUAL VEGSA PICNIC

Sunday 7th February from 12 noon. Hazelwood Park; enter from Davenport Tce and look for VegSA sign. Bring vegetarian/vegan food to share, drinks, cutlery, plates, something to sit on – and family, friends and furry ones. *Note: if forecast is 36°C or above, event will be cancelled.* See VegSA Diary Dates on website or current VegSA newsletter for further details





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How about a gift subscription to the Natural Health Society, or one of the books or products described below and listed page 43.

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For the usual Society subs. rate of single \$32 or family \$40, give a gift subscription and we will provide subscription for 15 months. See order form page 43.

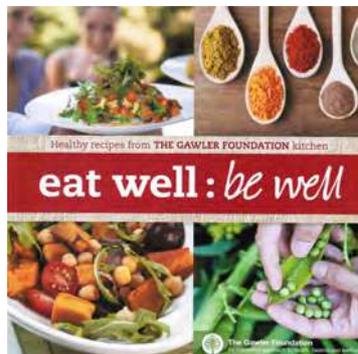
EAT WELL: BE WELL

By The Gawler Foundation

\$36.50

One of the best recipe books we have ever seen! First and foremost, it is healthy, wholefood and plant-based. And it would make a most 'tasteful' gift.

The book is marvellously laid out with clear print and bold to highlight the ingredients; the spine is wire so the book stays open easily; there is a good splash of colour photos; and the numerous recipes provide a truly excellent range. They are all-Australian, and are the kind of recipes that we (and our children) are used to as well as plenty of novel creations.



Of the 136 pages, the first 31 are devoted to introduction, cooking measurements (very handy), the basic science of cooking and detailed explanations and uses of legumes, grains, nuts and seeds; juices; vegetables; sea vegetables; herbs and spices and a utensil list.

On page 19 is a most useful seven-day menu. Great for getting started.

The wide range of breakfast recipes will suit people who like porridge, muesli, dried fruit compote, soy yoghurt or scrambled tofu to commence the day. For those of us who have a fruit breakfast, we just pass this section.

'Dips and nibbles' includes almond sea sushi, hummus, rice paper rolls, basil pesto, olive tapenade, guacamole, lentil paté and numerous others.

'Dressings and sauces' – leading the 14 ideas is 'Gawler Foundation salad dressing' comprising flax oil, apple cider vinegar, mustard and honey.

'Soups' – the 16 creative recipes include mushroom, curried zucchini, roast pumpkin and good ole celery soup.

Among almost 30 'Main course' dishes are vegetable lasagne, cabbage rolls, creamy curried lentils, baked pumpkin risotto, bean and olive bake, Mexican rice, shepherd's pie, vegetable tempeh

burgers, tofu curry and cutlets and frittata.

'Salads' are in good variety, including some cooked.

A dozen 'Sweet treats' include almond and fruit truffles, soy custard, jelly (uses agar agar), banana 'ice cream', spiced apple muffins, yummy fruit cake and a smoothie.

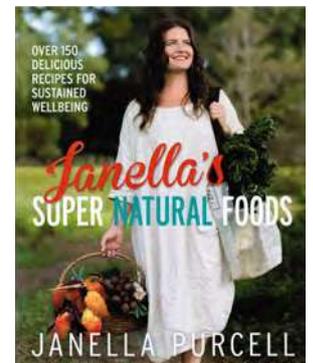
The Foreword, written by a medical professor at St Vincent's Hospital, Melbourne, sums up: "This delightful collection of recipes, built on decades of experience and research at the Gawler Foundation, is a delight to recommend."

JANELLA'S SUPER NATURAL FOODS

By Janella Purcell

\$43

Another outstanding recipe book. The special virtue of this book is that every one of the 150 recipes is labelled to assist special dietary needs, that is if dairy-free, gluten-free, grain-free, nut-free, soy-free, raw, vegetarian or vegan. The recipes are well laid out, easy to read and interspersed with colour plates. Published in Australia. Also a great gift, especially for special choices.



Talented naturopath, herbalist and environmentalist, Janella has produced "A dynamic mix of superfoods and a good old-fashioned plant-based diet" – except for the occasional free-range, organic egg and rare use of feta cheese. Along with Australian dishes, she includes flavours from Italy, Japan, India, the Middle East and South-East Asia. Sections are breakfasts, lunches, dinners, desserts, snacks, drinks and sauces.

Breakfasts include a green smoothie and porridges and muesli based on chia, quinoa and hemp seeds. There is tempeh in nori and coconut waffles.

Lunch suggestions include Indonesian salad, lentil loaf, fantastic veggie fritters, barley and beetroot salad, Vietnamese pancakes and many others.

For dinners, among a long list are warm freekeh, spaghetti and 'meat' balls, pan-fried navy beans and feta, frittata, shepherd's pie, veggie burgers.

The end section, dessert and sweet things, includes cacao and coconut crackles, roasted hazelnut and choc coffee cups, banana nut cupcakes, tahini and date fudge, spiced coconut ice cream and strawberry mouse.

A QUICK REFERENCE GUIDE TO FOOD ADDITIVES

With safety and hyperactivity ratings

Sponsored by Awareness of Chemicals in Foods Inc. \$14

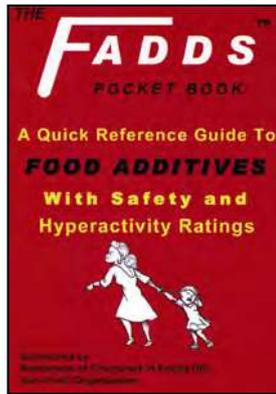
One of those super-useful books, pocket-sized, for checking the chemical additives in packaged foods. Published in Australia for Australian foods. The chairman of the sponsoring group is Natural Health Society member, Cliff Moore.



The bulk of this booklet lists additives numerically according to their official government number, and at the back they are listed alphabetically. So quick access to any additive is simple.

The details of each additive are very brief. For example, "Guar Gum; Thickener, Stabiliser, Emulsifier. High intake can cause flatulence and bloating, nausea and cramps".

Many additives have no adverse effects and are shown with just a tick.



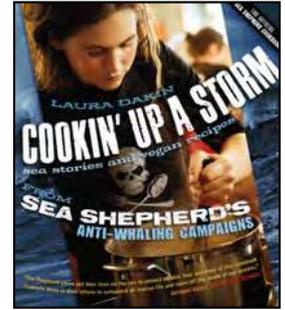
COOKIN' UP A STORM

Sea stories and vegan recipes from Sea Shepherd's anti-whaling campaigns

By Laura Dakin, chef of the 'Steve Irwin' \$43.00

The most exciting recipe book we have ever seen. Remembering that Sea Shepherd sends its ships to the world's oceans to confront, disrupt and halt the illegal slaughter of whales, dolphins, seals, turtles and sharks.

Laura Dakin is responsible for feeding the 50 crew of the *Steve Irwin*. *Cookin' Up a Storm* is a collection of the crew's favourite plant-based recipes, modified by Laura to feed us landlubbers.



Along with endless fascinating photos, interspersed through the book are riveting true-life stories from crew members that offer a glimpse of the dangers they face while stalking whaling vessels on the high seas.

Although published in America, the recipes look great.

Current Titles

WHEAT BELLY

Lose the wheat, lose the weight and find your path back to health

By William Davis, MD

\$36.50

This book was the basis of the article, 'Wheat the Strife of life' in the Spring 2013 issue of *TNH*.

How is it possible, asks Dr Davis, that dedicated athletes – who have extreme levels of sustained activity – are still overweight?

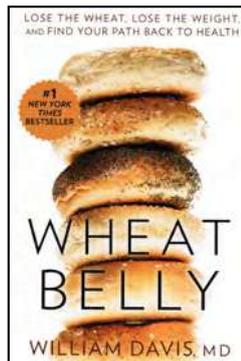
He argues that the problem with the health of most Americans [and Australians] is not mainly fat or sugar, it's wheat.

Modern wheat is not really wheat at all, but the transformed product of genetic research conducted during the latter half of the twentieth century.

A complex of diseases results from wheat, ranging from coeliac disease to neurological disorders, obesity, diabetes, heart disease, arthritis, curious rashes and the paralyzing delusions of schizophrenia.

When wheat is eliminated, the author has seen dramatic turnarounds in health.

Eliminate the wheat, eliminate the problem, says the author.



GRILLS GONE VEGAN

By Tamasin Noyes

\$34.00

"Grilling is fast, fun, easy and flexible," says the publisher, "and it imbues food with deep, tantalising flavours." Tamasin offers tips for grilling like a pro, along with more than 125 unparalleled vegan recipes.



Recipes are laid out in large type, spaciouly and with bold headings. There is just a token number of colour plates.

Here is sample of the dishes:

Mouth-watering mains: Tangy Tofu Triangles, Smoky Grilled Tofu, Italian Tempeh, Garlic Cutlets, Fresh Herb Frittata, Fruited Tofu Skewers.

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

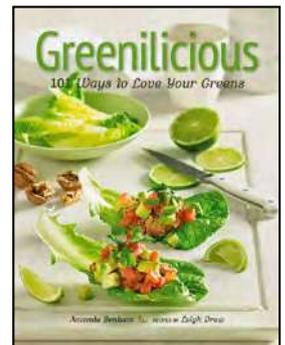
GREENILICIOUS

By Amanda Benham with recipes by Leigh Drew \$38.50

This is the latest book from recipe author, Leigh Drew, produced in conjunction with Amanda Benham, practising dietitian and nutritionist. Leigh was recently named Australian 'Creative Vegan of the Year'.

The book demystifies more than 40 different greens, outlining their nutritional benefits, flavour and cooking tips.

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



THE JUICE GENERATION

100 Recipes for Fresh Juices and Superfood Smoothies

By Eric Helms

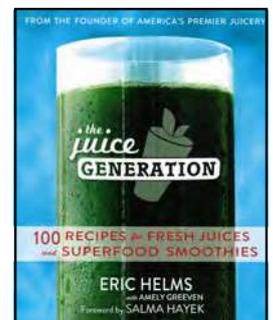
\$31.00

After 34 pages of explanation of juices, the sections begin. Firstly, 'The Green Curve' which is a step by step journey into a new food world that is simple, fun and satisfying.

It is followed by 'Cleanse and Revive: Using Your Juicing Tools for Detoxing and Healing'.

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

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



NATURAL HEALTH SOCIETY BOOKSHOP ORDER FORM

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

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

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

TITLE	AUTHOR	\$	NO.	TOTAL
NATURAL HEALTH SOCIETY'S OWN BOOK				
How a Man Lived in Three Centuries	Roger French	\$34.00		
NEWTITLES				
Eat Well, Be Well	Gawler Foundation	\$36.50		
Janella's Super Natural Foods	Janella Purcell	\$43.00		
A quick reference guide to food additives	Awareness Chemicals	\$14.00		
NUTRITION & LIFESTYLE				
Chia – Using The Ancient Superfood	Beverly Lynn Bennett	\$23.00		
Coconut Oil	Siegfried Gursche	\$23.00		
Food Combining Made Easy	Herbert M. Shelton	\$18.00		
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		
THE VITAMIN CURE For Allergies	Damien Downing	\$27.50		
THE VITAMIN CURE For Diabetes	Ian Brighthope	\$27.50		
THE VITAMIN CURE For Women's Health Problems	Helen Saul Case	\$27.50		
Vitamin D, The Sunshine Vitamin	Zotan Rona	\$20.00		
Wheat Belly	William Davis	\$36.50		
RECIPE BOOKS				
Busy Mum's Vegetarian Cookbook	Mary Gwyn	\$34.00		
Cookin' Up a Storm	Laura Dakin	\$43.00		
Extraordinary Vegan	Alan Roettinger	\$34.00		
Greenilicious	Benham & Drew	\$38.50		
Grills Gone Vegan	Tamasin Noyes	\$34.00		
Hopewood at Home	Hopewood Health Retreat	\$27.00		
Jazzy Vegetarian	Laura Theodore	\$41.00		
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		
HEALTH ISSUES				
A Cancer Therapy – Results of 50 Cases	Max Gerson, MD	\$31.00		
Healing the Gerson Way	Charlotte Gerson	\$47.00		
The Gerson Therapy Full DVD Set	Gerson Institute	\$95.00		
The Healthy Liver & Bowel Book	Dr Sandra Cabot	\$30.00		
Hormone Replacement – The Real Truth	Dr Sandra Cabot	\$24.50		
Cancer - Three Months to Live?	Michael Sichel, ND, DO	\$38.50		
Censored Health	By Dr Gabor Lenkei	\$29.00		
Cut Poison Burn [Dvd]	Food Matters	\$25.00		
Fatty Liver -You Can Reverse It	Dr Sandra Cabot	\$29.50		
Healthy Home, Healthy Family	Nicole Bijlsma	\$34.00		
Herbal Healing For Children	Demetria Clark	\$27.50		
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		
Sound Therapy: Music to recharge brain	Rafaele Joudry	\$32.00		
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You and Your Hormones	Dr Peter Baratosy	\$34.00		
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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		
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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 \$24)	\$22		
BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25			
Members \$50; NT & WA \$55 Non-members \$55; NT & WA \$60.			
Tri Nature Products (see page 44)			
TOTAL \$			

SUBSCRIPTION APPLICATION or RENEWAL

New member Renewal Gift **GIFT VOUCHER**

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

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

Are you a practitioner? Yes No

GRAND TOTAL \$

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Address: _____

Phone: (home) _____

Phone: (business / mobile) _____

Email: _____

For Payment By Credit Card

Mastercard Visa Expiry Date ____/____

Signature: _____



KITCHEN ESSENTIALS

- 1 x 500ml Chamomile Dishwashing Liquid – kind to hands, its many uses include **removal of pesticides from fruit & veg**
 - 1 x 500ml Express Sanazone Odourless Disinfectant Spray
 - 1 x 500ml Express Supré Eucalyptus Multi Purpose Spray
 - 1 x 1Kg Citrus Dishwasher Powder Soft Pack – child-safe
 - 1 x 500ml Citrus Dishwasher Rinse Aid
- Pack was \$60.75; **NOW \$42.50**
Code: NHS-SUMMER15-1

SAVE 30%!



ALPHA PLUS LAUNDRY PACK

- 1 x 500ml Express Enhance Stain Removal Spray
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 - Fantastic for nappies & white business shirts!**
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- Pack was \$57.80; **NOW \$40.45**
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30% OFF!



CLEANING ESSENTIALS

- 1 x 500ml Excel Bactericidal Cleaner – removes mould & scum
 - 1 x 1L Optimate Floor Cleaner for bucket or spray dilution
 - 1 x 500ml Express Hyaline Window & Glass Cleaner
 - 1 x 500ml Express Sphagnum Moss Disinfectant
- Pack was \$47.80; **NOW \$35.85**
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25% OFF!



COMPLETE READY-TO-GO

- 500ml Express Spray Bottles
 - Supré Eucalyptus Multi Purpose Cleaner
 - Enhance Pre Wash Stain Remover
 - Sanazone Odourless Disinfectant
 - Hyaline Window & Glass Cleaner
 - Sphagnum Moss Disinfectant
 - All Express spray products are pre-mixed and ready to use.
- Pack was \$130.40; **NOW \$97.50**



HOUSEHOLD CLEANING PACK

- 500ml Products Used Neat
 - Blitz Oven, Hot Plate & BBQ Cleaner
 - Angelica Antistatic Fabric Softener
 - Chamomile Dishwashing Liquid
 - Illumina Stainless Steel Polish
 - Excel Bactericidal Cleaner
 - Heritage Furniture Polish
 - Ultra Cream Cleanser
- Code: NHS-SUMMER15-4

SAVE OVER 25% ON THE TOTAL OF THESE 12 PRODUCTS!

NHS Summer Subscriber Specials are available from 1/12/15 to 29/2/16. See Tri Nature's website for more specials. Order early in December to guarantee pre-Christmas delivery, otherwise any time in December/January/February.

Prices shown above include GST. No further discounts are available on any specials. Regular products & prices are subject to change. For info on regular products & prices with 10% subscriber discount, see previous magazines or www.health.org.au or www.trinature.com. Please place all orders with the Natural Health Society of Australia: by post with cheque/money order/credit card details to NHS, 28/541 High Street, Penrith 2750; or online: www.health.org.au; by ph: 02 4721 5068; fax: 02 4731 1174; or email: admin@health.org.au. Tri Nature's Australian made, non-toxic, plant-based products are guaranteed to give satisfaction when used as directed. If dissatisfied, contact NHS within 30 days & 25% usage.

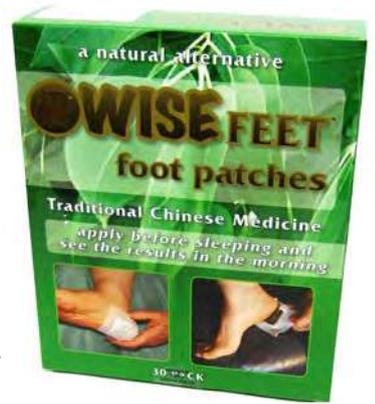
Health Products

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.



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non-members \$24.00

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

Toxin-Free Mattress with Stretch-Effect

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**For mattress health information events for the general public & practitioners,
visit <http://en.geovital.com/mattressinfo>**

The bedroom is the most important room to keep free of health burdens and sources of irritation for the body because this is where we are supposed to rest and regenerate. In the quest to create the healthiest sleeping environment, Geovital – Academy of Radiation Protection and Environmental Medicine quickly realised mattresses were a big problem. 600 Different types were tested and all failed to meet the Academies criteria. So... we have been making our own patented mattresses since 1984 and at prices anyone can afford.

Our mattresses are very different:

- **Stretch-Effect:** Downward pressure is converted in a gentle traction reducing pressure in the spine to aid regeneration.
- **Metal-Free:** Metal attracts radiation from transmitters and propagates electric field radiation from internal wiring.
- **Latex-Free:** Far beyond Allergy testing, is intolerance testing. We found Latex to be the worst and causes intolerance reactions in most people.
- **Anti-Static:** Most mattresses build up a static charge which is not good for you.
- **Toxin-Free:** Instead of using chemical propellants in the production as other manufacturers do, we use toxin free processes.
- **High air permeability:** Most mattress materials are like plastic bags sealing off 1/3 of your skin. Our foam and design allow much airflow. Making it inhospitable to fungus and bacteria and bringing great oxygenation to the skin.
- **Removable and Washable outer cover:** Renew your mattress whenever you feel like it.

Also optionally available with total customisation to your body size and shape.

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Addressing health burdens others ignore • Metal-free (no aerial effect)
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* Adore it or exchange your Theravital or Vitallind mattress purchase within 60 days. Conditions apply, see en.geovital.com/ exchange-it for details.

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and Environmental Medicine