

# True Natural Health

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*The Magazine of the Natural Health Society of Australia*



## Health Retreats In Australia

**Be well, enjoy life**

**Worrier or warrior?**

**Managing change**

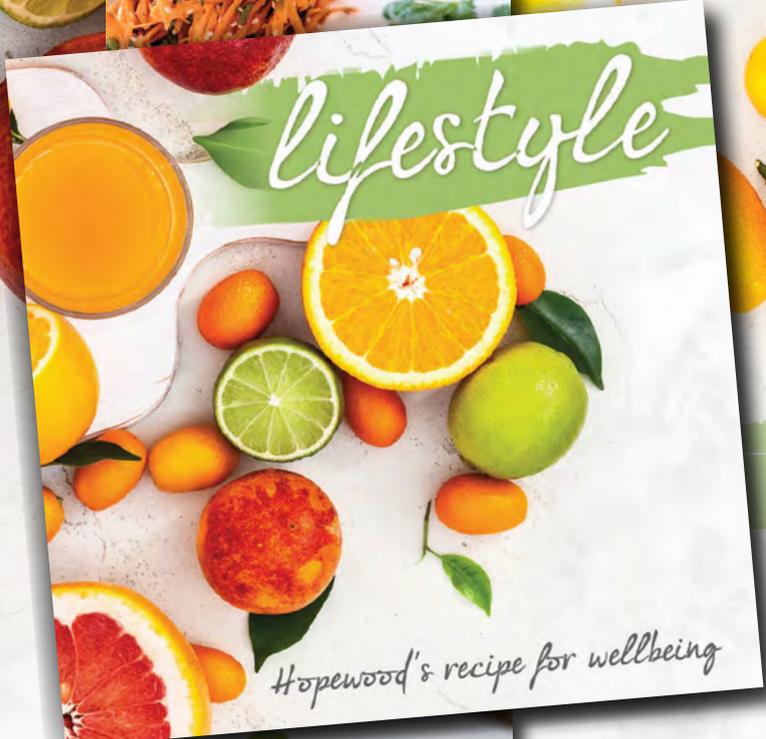
**Fruit — how much?**

**Pelvic tilt and sitting**

**Phone towers and diabetes**

**Diverticulosis, diverticulitis**

**Recipes from Hopewood**



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# Post Hopewood, we look at other health retreats

Somewhat overdue, but we are pleased to announce that we have studied most or all of the prominent health retreats in Australia and summarised them in this issue. None allows detoxing to the extent that Hopewood did, but some do offer short detoxes on juices. A number even have 100 percent all-plant cuisine. Almost all the other retreats do cater for special diets, including vegetarian.

The Natural Health Society has its Annual Seminar on Sunday 20th March at the usual venue, North Ryde Golf Club. A varied and intriguing program has been arranged (see page 17). Again, we apologise to distant readers who cannot attend.

I have written out one of my favourite talk topics – 'Be Well, Enjoy Life More' (page 4). It is a summary of how much better is life when we are well, and how the brilliant human body can enable us to achieve this, given the right conditions.

The opposing factor to wellness is toxæmia, a build-up of toxic substances in the body. Greg Fitzgerald presents a first-rate account of the devastating effects of toxæmia and how to reverse it (page 24).

We love to have some personal growth in the magazine. Two classic topics are presented by professionals, Lisa Phillips and Anna Anderson – 'Are You a Worrier or a Warrior' (page 2) and 'The 7 Steps to Managing Change' (page 28).

Painful pelvic tilt is the likely result when we sit all day and every day. It is helpfully explained by Lyn Craven (page 34). And if you are unlucky enough to suffer diverticular disease and/or diverticulitis, this is also covered (page 36).

There are plenty of other useful and interesting topics too. Browse this issue and have a look.

Roger French, Health Director and Editor

## Editorial



**Cover Photo: Cedarvale Health Retreat in the Kangaroo Valley, south of Sydney. Cuisine is 100% plant foods.**

## 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 now closed Hopewood Health Retreat at Wallacia, NSW, which was owned 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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- \* Discounts at our seminars.

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### Subscription form

Turn to page 43 or use the telephone or website.

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# Are You a Worrier or a Warrior?

By Lisa Phillips, Confidence Coach

Are you a worrier or a warrior? Are you one of those people who worries about everything and anything? Does your worrying habit prevent you from moving forward and doing something differently, as you are so worried about what could happen or what may go wrong?

Do you lie in bed at night going through all the concerns in your life and exhaust yourself just thinking about whether things will work out OK?

So much of the stress, pressure and anxiety in our lives comes from worry. Deep down we believe that we need to control every single thing which happens in our lives. When we do find ourselves in a situation in which we have little control, we end up worrying about it, believing we will not be able to deal with the outcome – or that we won't like the outcome. Many of us believe that we always need to control the outcomes of situations in our lives or control the actions of other people in order for things to work out for the best.

Worry takes a physical toll on the body. Some common signs of stress and worry include:

- Feeling exhausted, as we are tiring

ourselves emotionally and mentally.

- Failing to live in the moment. Life then passes us by while we are busy worrying about what 'might' happen in the future. Basically, we end up being so focused on what might happen that we forget to notice what is actually happening here and now.
- Failing to take time out for ourselves or take care of our own emotional wellbeing.

This can be an uncomfortable space to be in. Not only can it affect our whole emotional wellbeing, but life just feels to be hard work and a struggle. We feel scared, uncomfortable, trapped and stressed. We often feel so blocked that we can't think straight.

## HERE ARE A FEW OF MY TOP TIPS FOR WORRY WARTS:

1) Bring your attention back to what is going well in your life right now. Don't let your mind go into overdrive worrying about what may happen in the future. Focus on the *now* and appreciate what you do like about your life right now.

2) Switch off the 'struggle' switch. No amount of worrying is going to change a situation. Really! Worrying does nothing apart from tire you out. Reinforce this to yourself. The truth is you can't influence every situation. Sometimes the only option we have is to 'let go' and trust that everything will work out OK.

3) Soothe yourself into a better feeling place. I compare worrying to taking a canoe into a river and forcing it to go upstream. When you soothe yourself using kind and encouraging words, you end up turning your canoe downstream into the flow of life and this will always feel better.

4) Take the time to write down your worries in a book. This way they get out of your head and onto paper. This is particularly useful if you are one of those people who lies in bed worrying and can't sleep. Take the time to write down your worries before you go to bed. Worrying for long periods of time is not good for the body.

5) Restrict your worry time! Allow yourself only a certain time for worrying. For example, choose that only between 4pm and 4.30pm will you allow yourself to worry. Block this time out in your diary.

6) Try this affirmation: 'Even though it may not feel like it, everything is working out OK for me'. This will soothe your fearful thoughts.

7) Acceptance really is the key. When you learn to accept a situation and just 'be', it will bring you a feeling of calm. Choose to accept that you can't change anything, and switch off that struggle switch.

8) Remember that the Universe will always have a better outcome in mind than you ever will! Really! You may think that things have to work out in a certain way in order for you to be happy, but this really isn't the case. It could be that the Universe has something much better in mind for you than the outcome you would like to happen.



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**Lisa Phillips is an award winning Confidence and Empowerment Coach. She is the author of the book, The Confidence Coach (Exisle Publishing). For more information about Lisa's work, please see [www.amazingcoaching.com.au](http://www.amazingcoaching.com.au)**

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# Be Well, Enjoy Life More

By Roger French

It's very difficult to enjoy life if your body is wracked with the pain of arthritis or rheumatism or shingles or you are living in fear of cancer because it seems to be coming down through the generations before you.

One of the most desired qualities in life is peace of mind, and good health is a key component in this. Fortunately, our health is largely within our own hands.

Around 40 years ago, medical ecologists, looking at the health of Australians as a whole, concluded that virtually all the health problems in the Australian population, with rare exceptions, are *diseases of civilisation*, which means diseases of lifestyle.

This was good news, because if illness is inherited or due solely to a germ, there would be little we could do about it. But since illness is due to lifestyle and lifestyle can be changed, we can virtually be as well as we want to be – within reason.

So, yes, our health is essentially within our own hands.

Once we gain some understanding of the protective resources built into the most amazing 'machine' on Earth, the human body, we see that it is brilliantly designed to keep us well, even against a considerable degree of adversity.

**Our bodies have multiple levels of defence:**

## Our skin

This is dry, thick enough and unfriendly to germs. As long as we keep ourselves, and hence our skin, reasonably healthy, it will keep out marauding microorganisms.

## Tonsils

These lymph glands at the entrance to the throat act like guardians at the front gate of our intestines.

## Stomach acid

This can kill bacteria and some of the other microorganisms that come in large numbers with our food and need to be disposed of. Significantly, this hydrochloric acid does not harm the friendly bacteria, *Lactobacillus acidophilus*, which, as its name says, is acid loving.

## Friendly gut bacteria – 'probiotics' or the 'microbiome'

The vast numbers of friendly gut bacteria that are essential to our wellbeing – in fact,

our survival – have some marvellous roles. For a start, they 'dine' on the fibre in our plant foods, that is, the fibrous walls of the plant cells and in so doing, they release the nutrients inside the cells for our use.

Another vital role of the friendly bacteria is the manufacture certain B-vitamins, including B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>9</sub> (folic acid, folate), B<sub>12</sub> and biotin and also vitamin K.

The probiotics protect us from some nasty pathogens (disease-associated organisms). Studies have found that *Lactobacillus acidophilus* releases 'antibiotics' that don't hurt the friendly bacteria, but kill off the bacteria associated with cholera, typhoid, dysentery, golden staph and salmonella. But for this to happen effectively, we need to have a full colony of friendly bacteria, which in a healthy person can typically number around 100 trillion or more. The common enemy of these friendly bacteria is medical antibiotics, which is why courses of antibiotics should always be followed by supplements of probiotics.

Friendly bacteria are also present in the genito-urinary tract.

## Intestines loaded with antibodies

Our intestines contain high levels of antibodies. In fact, about 80 percent of the innate system cells (see below) reside in the gastrointestinal tract. This reflects the fact that the intestine is the major point of contact between our bodies and the outside world. Unwanted germs can be destroyed by the immune cells in the early part of the digestive tract.

## Antibodies in the bloodstream

We are all familiar with the fact that our bloodstreams contain antibodies of the immune system which destroy pathogenic bacteria and other microorganisms that get into our bodies via cuts to the skin, splinters, impaired mucous membranes or a 'leaky' gut.

The immune system has two components, the *innate* immune system and the *acquired* immune system. The white cells of the innate system, including *phagocytes*, *mast cells* and *natural killer cells*, patrol in the bloodstream looking for invading pathogens. The lymphocytes of the acquired system remember an invader

and mount a much faster response should the pathogen ever invade again.

The human body, like that of other mammals, is brilliantly designed to deal with invading hostile microorganisms and keep us safe and well.

However, our modern lifestyle is so far removed from the way of living for which our bodies are designed that our defence systems are typically impaired. This raises the question of infectious diseases – are they merely random attacks on our bodies or are they yet another part of nature's remarkable system of defences?

## Colds and flu – emergency elimination

There is abundant evidence that germs are nature's scavengers (see the Society's book, *How a Man Lived n Three Centuries*, Chapter 5, 'The 'Dangerous Germ' Myth'). Germs do have a role in disease, but bacteria, viruses, fungi and protozoa are *not* the *primary* causes of the disease, but rather the *secondary* agents, only able to gain a foothold in a body which is already suffering physiological stress – which would be the case for most people in modern society.

If and when the body becomes congested with toxemia – an accumulation of toxic food waste products and man-made chemicals – when its tolerance limit is reached, the body opens up an *emergency* channel of elimination to siphon off some of the toxemia. (For more on toxemia, see Greg Fitzgerald's account, page 24.)

Most commonly, toxins are sent to mucous membranes in the nose, which are conveniently close to the exterior. The mucous membranes become highly irritated, inflamed, swollen and painful and mucus is secreted copiously to literally wash wastes out of the body. This process is none other than the *common cold* or, when more severe, *influenza*.

The same process occurring in other regions of the body is given other names, including *laryngitis*, *bronchitis*, *pneumonia*, *gastritis*, *enteritis*, *colitis* and so on. These are all different names for the same basic process – an emergency elimination via mucous membranes. If the elimination is via the skin, the condition will be called *dermatitis*, *eczema*, *psoriasis* and so on.

When these conditions are in their acute stages, they are all part of the body's

defences attempting to remove toxic irritants and restore the body to its former healthier state. Afterwards the person feels as though they have had an inner spring-clean, and indeed they have – provided the 'ailment' was handled correctly.

But if it was mismanaged – which is the norm under orthodox medicine – the detoxification is suppressed by drugs, and the body now has the toxic drugs added to its load of toxæmia.

Our bodies tell us how to manage these minor, acute ailments correctly; all we have to do is listen and understand what they are saying – which is:

Appetite for food always disappears when we are sick. This is nature's way of saying don't eat so that the energy that would otherwise be used for digestion is conserved for the detox and healing processes.

We feel crook – this tells us to rest and avoid squandering energy physically.

Fatigue in the mind tells us to avoid squandering mental energy.

Our senses – nose, eyes and ears – lose their acuity or become fatigued, telling us to rest them.

If, as our bodies tell us to do, we rest mentally and physically and fast, only drinking modest quantities of water, the body can complete what it is trying to do for our very substantial benefit.

However, we can jump the gun and carry out a detox without waiting for the body's signal in the form of a minor ailment. We can simply give the body total rest – physical, mental and physiological – which means water fasting or a juice-only diet, and the body will automatically commence detoxing, with two provisos: (a) We must tell our bodies what we are doing by reducing our food intake gradually (over days or a week) and (b) Our body must have a reasonable level of vitality; if vitality is very low (typically after a lot of stress or a high junk-food diet), the body is likely to not detox, but go into starvation, which is very dangerous and can damage vital organs.

## We can head off the need to detox

It is possible for us to avoid or reduce the need for detoxing by adhering to a very healthy lifestyle in the first place. A lifestyle that provides the body's needs without causing harm has five major components:

- **Eating a balance of unprocessed foods** – mainly or entirely plant foods – and consuming pure water. The foundation of this balance is that three-quarters of the daily food intake is fresh vegetables and fruits, preferably in that order of quantity.
- **Dealing with mental and emotional stress**, remembering that stress is not the events around us, it is how we react – and we do have some control over how we react to stressful events.
- **Regular physical activity**. As little as half an hour's walking a day can make all the difference, provided it is brisk.
- **Minimising our exposure to toxic man-made chemicals** – the chemicals added to food, water and for use in our homes and workplaces, as well as air pollution. Also minimising exposure to electro-magnetic radiation.
- **Obtaining adequate vitamin D** by direct exposure to sunshine. There is a way to do this safely, at least for most skin types, the key being that there is never sunburn.

Each of the above aspects of lifestyle is covered in depth in *How a Man Lived in Three Centuries*. Only by seeing a full explanation of the various aspects can we understand what is required and achieve the full benefit without making mistakes that could possibly do more harm than good. The book is readily available from the Natural Health Society, members' price \$34 including postage.

One of the key defences in healthy eating is antioxidants, which are abundant in a variety of unprocessed plant foods with a high content of fresh vegetables and fruits.

An antioxidant prevents oxidation. Probably the most potent causes of oxidation are *free radicals*, aggressive chemicals which can destroy cells in arteries, nerves, joints, muscles and organs anywhere in the body. If there are trillions of them and the body's defences are poor, disease can take off.

Free radicals are caused by toxic environmental chemicals, cigarette smoke, nuclear radiation including X-rays, excessive UV radiation from the sun, surplus iron and other factors.

Antioxidants have the ability to block the chain reaction of free radicals as well as to prevent and repair free radical damage. These defending nutrients especially protect fat and cholesterol from oxidation, which is important because these are very prone to oxidation – and once oxidised, they are very toxic.

In short, eating the right foods provides a major defence that protects us against many very nasty degenerative diseases, including heart disease and cancer.

## Enjoy good health realistically

Most people appreciate the 'Five-percent rule':

*It's not what we do five percent of the time that governs our health, it's what we do 95 percent that counts.*

Only when we are dealing with a serious illness do we need to be strict in our lifestyle. Otherwise, the five-percent rule is designed to make life liveable and to enable us to keep our friends.

The bottom line is that if we follow a lifestyle that supports our body's needs without causing harm, our body will function normally, or close to it, and 'normally' means high levels of energy and relative freedom from illness.



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# HEALTH RETREATS IN AUSTRALIA

Compiled by Roger French

Since the closure of Hopewood Health Retreat in June 2015, Society members and other readers have been inquiring about alternative health retreats. This article aims to summarise all the main health retreats in Australia. However, there may be some that we have missed, and we would be pleased to be advised of any cases.

**A NUMBER OF THE RETREATS PROVIDE PLANT-BASED CUISINE, AND MOST OTHERS OFFER VEGETARIAN OPTIONS AND OTHER SPECIAL DIETS**

Please note that it is possible that some details have changed since the compilation of this article. Final details, especially prices, should be obtained directly from the retreat itself.

## QUEENSLAND

### Living Valley Springs Health Retreat

[ivs.com.au/retreat/therapies](http://ivs.com.au/retreat/therapies)

**Near Noosa. Vegetarian, vegan or meat-based options.**

Set among 145 acres of lush green hills and valleys, all pristine and complete with flora, views, kangaroos and other wildlife.

**Location.** 15 Sheppersons Lane, Kin Kin QLD. Approx. 30 minutes from Noosa.

Contact: Freecall 1800 644 733.

**Packages.** A Seven-Day Power Cleanse includes three days 'fasting' on detox shakes, juices and organic broths, therapeutic treatments, naturopathic consultations, gourmet meals, lectures, cooking demonstration, fitness classes. Kilometres of superb natural bushwalks.

Therapies: Massage, lymphatic drainage massage, colonic hydrotherapy, steam baths, facial massage, clay wrap and fever bath.

**A Fourteen-Day Pure Detox Cleanse** supervised by naturopaths. Deals with all kinds of health issues. Therapeutic treatments, organic meals, cleansing juices and detox shakes.

Treatments and inclusions are similar to the 7-day, but with components increased.

**Prices.** 7-day from \$3,300; 14-day from \$6,000.

### Gwinganna Lifestyle Retreat

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

**Gold Coast hinterland. Vegetarian or meat-based options.**

Scenic views of the coast and surrounding valleys. Over 200 hectares to explore. Gwinganna has won Luxury Travel Magazine's Best Australian Health and Wellness Property award for three years in a row.

**Location.** Tallebudgera Valley in the Gold Coast hinterland, 20 km from Gold Coast Airport.



*One of the great views at Living Valley Springs*

192 Syndicate Rd, Tallebudgera Valley QLD 4228. Phone: 07 5589 5000 or 1800 219 272. Email [info@gwinganna.co](mailto:info@gwinganna.co).

**Guest Obligation** A commitment to stay on retreat and respect the philosophy so staff can help re-evaluate lifestyle habits. Programs have different themes throughout the year.

**Packages.** Programs include weekend, two-, three-, four-, five- or seven-night stays. Or can have an extended stay.

**Program.** Includes Qi Gong, yoga, bushwalks, seminars, swimming in the pool and restorative treatments. The treatments include rockupuncture (hot stone massage and acupuncture), integrative massage, naturopathy with live blood analysis or iridology and nutritional consultations.

**Accommodation.** A range set in a village of beautifully appointed buildings.

**Meals.** Include seafood, chicken and vegetarian choices. Cigarettes, drugs, food, caffeinated drinks and alcohol are not permitted on the premises.

Food is organic, with some home grown.

**Prices.** As examples, 2 nights – single from \$1,095; double from \$980

7 nights – single from \$3,380; double from \$2,980

### Chi of Life Weight Loss Retreat

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

**Sunshine Coast. Vegetarian, vegan and meat-based diets; also offers raw food diets.**

**Location.** Set in a beautiful location on Queensland's Sunshine Coast. The venue is the Grand Mercure Beach House, situated right on the beach and in a tranquil environment.

**Program.** Main program is 20-days, with options for 13-day and 6-day programs. Each guest is given a personalised eating plan and has hands-on education in the kitchen. Program is customised to each guest's medical condition or injury and fitness level. Included are live and dry blood analyses.

The Life team are natural medicine, master NLP and elite fitness trainers. They understand what it's like to be obese, having been there themselves. For personal attention, the number of participants is limited to eight people.

Exercise is offered at a comfortable level, whether a guest is unfit or a gym junkie.

**Meals.** Only organic ingredients are used.

**Optional fitness adventures** include kayaking, stand-up paddling, cycling,

surfing, tennis, water aerobics, hiking, yoga and meditation.

The Resort declares that 100% of their guests achieve weight loss and centimetre loss that meet their expectations.

**Prices.** 6-day program from \$2,346; 13-day from \$5,083; 20-day from \$7,820

**Further information** – call Joanne on 0429 873 292.

## Eden Health Retreat

[edenhealthretreat.com.au](http://edenhealthretreat.com.au)

**Gold Coast hinterland. Can cater vegetarian.**

Set among 120 hectares of tropical rainforest and walking tracks, the retreat is surrounded by impressive mountains.

**Location.** At the end of the Currumbin Valley, in the Gold Coast Hinterland. 30 minutes drive from Gold Coast Airport and two hours from Brisbane Airport. Also accessible by rail.

1815 Currumbin Creek Road, Currumbin Valley, QLD. Phone 07 5533 0333

Ecologically-sensitive lodges are beautifully furnished, many with private balconies.

**The program.** The core Eden Program is a six-day program exploring change and how to handle it by dealing with obstacles such as fear and self-sabotaging beliefs. Note that challenging activities are optional.

The Eden Focus Program, for return guests, covers many aspects of life, primary relationships and overall wellbeing.

**Packages.** 5 night: Single from \$3,090 pp; double/twin from \$2,690.

6 night: Single from \$3,490 pp; double/twin from \$2,980 pp

**Meals.** Whole foods, mostly plant-based. Chicken, fish and lamb are occasionally on menu.

**Inquiries** phone 1800 074 157; Email [reservations@edenhealthretreat.com.au](mailto:reservations@edenhealthretreat.com.au)

## Natural Attitudes emPower Retreat

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

**Sunshine Coast Hinterland. Vegetarian, raw living cuisine.**

Therapists work on changing how you think and how you feel, clearing emotional blocks and limiting mindsets and creating a true foundation for real change.

**Location.** Conondale, Queensland, one-and-a-half hours north-west of Brisbane and within Crystal Waters Eco Village. Retreats also in Bali and Hawaii.

51 Crystal Waters Eco-Village, Conondale

Queensland 4552. Phone 07 54944558.

**Retreat founder,** Izabella Siodmak, had worked as a nutritionist, naturopath and herbalist, but knew that this was only a fraction of the healing picture. Having healed herself as a teenager of intense self-loathing, she knew that she had to work with emotions and mindset. Since 2003 at the retreat, Izabella has been working with each person 1-on-1.

**Different retreats.** Mental and Emotional Wellness; Personal Conscious Creation; Relationships; Entrepreneurs; Goddessence; and High Vibe Living Day. There is also a new online virtual retreat.

Retreats two or three days. Small groups.

**Meals.** Sugar-free, gluten-free, dairy-free, vegetarian and gourmet raw living cuisine. Some organic and fresh ingredients from own garden.

**Prices.** \$3,400 for 3 days (2 nights).

## NEW SOUTH WALES

### Cedarvale Health and Lifestyle Retreat

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

**Kangaroo Valley. Completely plant-based cuisine.**



**Not for profit and produces own electricity.**

The Retreat's lifestyle principles: 'NEWSTART' = Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust.

**Location.** Among 150 acres of temperate rainforest in beautiful Kangaroo Valley in the Southern Highlands. Wildlife, waterfalls and 5 km of walking trails. Two hour's drive from both Sydney and Canberra.

2999 Moss Vale Rd, Fitzroy Falls, NSW. Phone 02 4465 1362; [info@cedarvaleretreat.com.au](mailto:info@cedarvaleretreat.com.au)

**Program.** 5-day and 12-day programs. Include a consultation with Dr Paul Wood, covered by Medicare. Dr Wood's special interests include diabetes, obesity, stress

and cardiovascular disease that tend to respond well to lifestyle changes.

Health lectures, cooking demonstrations, treatments and activities all included.

**Accommodation.** Rooms with ensuites.

**Meals.** Completely plant-based meals.

**Packages and Prices.** 5 days – twin \$1,700 per person, single from \$1,950; 12 days – twin \$3,750 per person, single from \$4,250.

**Note.** Casual visitors can book for lunch and/or treatments, depending on demand.

## Misty Mountain Health Retreat

<https://www.mmh.com.au>

**Bellbrook. Vegetarian.**

Owners are Barbara and Michael O'Neill. Barbara is a qualified naturopath and nutritionist, author and speaker on self-healing. Has raised eight children and is a specialist in women's and children's health.

**Location.** Nulla Nulla Valley NSW, inland from Macksville and Nambucca Heads. Bellbrook is on the Armidale to Kempsey Rd. 1800 Nulla Nulla Creek Rd, Bellbrook NSW 2440. Phone: (02) 6567 2221; [relax@mmh.com.au](mailto:relax@mmh.com.au)

**Program.** Commences with a naturopathic consultation. For the first two days, the detox diet is freshly prepared juices every two hours. Steam-baths, lectures, supervised exercises, pleasant walks cycling and tennis, massages and a facial or hydrotherapy.

**Meals.** Fresh fruits and vegetables from the Retreat's gardens, grown organically, are combined into vegetarian dishes.

**Accommodation.** There are 9 rooms in three areas, ranging from shared to luxury with ensuites.

**Prices.** For 8 days (7 nights) single from \$2,100 pp, double/twin from \$3,500 (for two people).

For 15 days (14 nights) range from single from \$4,000 pp, double/twin from \$6,700 (for two people).

## Billabong Retreat

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

**Maraylya, north-west of Sydney. Vegetarian, gluten-free, dairy-free.**

Offers a reset away from the pressures and strains of everyday life. 12 acres of natural bush, two beautiful billabongs and abundant colourful wildlife.

Paul and Tory van Bergen are the owners.

**Location.** An hours' drive from Sydney. 41 McClymonts Rd, Maraylya NSW 2765, Phone 02 4573 6080

**Programs.** Choice of four: Optimal Wellness, Relaxation and Yoga, Mindfulness One, and Food for Life.

Naturopathic and yoga consultations, yoga, Tai Chi, cardio and meditation classes, healthy cooking workshops and nutrition workshops.

**Activities** include organic facials, massages, live music and movie nights

**Accommodation.** A variety of types.

**Meals.** Gluten-free, sugar-free and dairy-free organic wholefood meals

**Prices.** Sunday to Wednesday: twin from \$600 per person; single from \$750 PP  
Sunday to Friday: twin from \$975pp; single from \$1,200 pp. Sunday to Sunday: twin from \$1,330 pp; single from \$1,610 pp.

## Quest for Life Centre

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

**Bundanoon. Close to vegetarian; option available.**

The Quest for Life Foundation was established in 1989 by Petrea King, who in 1983 had been diagnosed with acute myeloid leukemia and overcame it by dealing with deep-seated emotional blockages.

In 1999 Petrea set up the Quest for Life Centre at Bundanoon, Southern Highlands. Purpose is to help people living with cancer, grief, depression, anxiety and other traumas by creating emotional resilience and peace of mind.

Petrea is the CEO and is qualified as a naturopath, herbalist, clinical hypnotherapist and yoga and meditation teacher.

**Location.** Set in nine acres of landscaped gardens.

13 – 33 Ellsmore Road, Bundanoon NSW. Program enquiries and bookings 1300 941 488. General enquiries 02 4883 6599; email [info@questforlife.com.au](mailto:info@questforlife.com.au)



**Programs.** There are retreats for different purposes. The Quest for Life Retreat shows guests how to create an environment for physical healing, how to understand themselves and others more deeply and offers practical tools for meditation, communication and healing.

Retreats are Monday to Fridays, through most of the year. Also weekend retreats.

**Accommodation.** Single and twin rooms.

**Meals.** Seasonal wholefoods, largely, though not entirely plant-based.

**Prices.** 5-day retreat: early bird single \$1,795, twin \$1,395. Otherwise single \$1,995, twin \$1,595.

Subsidised places are available for people on low incomes or pensions.

## Byron Bay Detox Retreats

[byronbaydetoxretreats.com.au](http://byronbaydetoxretreats.com.au)

**Byron Bay. All plant-based meals, organic.**

**Location.** Tallow Beachfront Retreat is on a 30-acre sanctuary of bushland on pristine Tallow Beach. Nearest Airport is Ballina. 2 Alcorn St, Suffolk Park NSW 2481.

They also have a retreat at Desa Seni in Bali.

**Head Facilitator** and naturopath is Natalie Purcell, who has a Bachelor of Naturopathy from Southern Cross University, and specialises in detoxification, nutrition, homeopathy, Reiki and massage. She is also qualified in colonic hydrotherapy, having 19 years' experience.

**Program.** Detox Retreats – six nights at set dates or other dates by special arrangement. A wholistic and comprehensive naturopathic detox program, which includes 5 days on cold-pressed, organic juices and broths, consultations and parasite, heavy metal and bowel cleanses. Included are yoga, meditation and raw food classes. On offer are blood pressure monitoring, herbal medicine, three colonic treatments, infrared sauna daily and sound healing.

**Accommodation.** Beach houses set in natural bushland by the ocean.

**Retreat dates:** 2016: March 18<sup>th</sup> – 24<sup>th</sup>; April 23<sup>rd</sup> – 29<sup>th</sup>; August 8<sup>th</sup> – 14<sup>th</sup>; September 11<sup>th</sup> – 17<sup>th</sup>; October 16<sup>th</sup> – 22<sup>nd</sup>; November 6<sup>th</sup> – 12<sup>th</sup>; December 4<sup>th</sup> – 10<sup>th</sup> 2016.

**Prices.** From \$2,990 single all-inclusive.

Information and bookings: phone 0458 633 869 or email [info@byronbaydetoxretreats.com.au](mailto:info@byronbaydetoxretreats.com.au)

## Embracing Life Health Retreats

[embracinghealth.com.au/retreat](http://embracinghealth.com.au/retreat)

**Byron Bay [and WA and Bali]. 100% raw, vegan and organic.**

**Philosophy.** The body is able to heal itself given organic wholefoods, pure water, sunshine, rest, exercise, fresh air, laughter and having a passion or purpose in life.

Retreats are held in the three locations at various times of the year. Lectures and supervision are provided by the founder

of Embracing Health, Leisa Wheeler, who had previously worked for five years at the well-known Hippocrates Health Retreat at Mudgeeraba in Qld. Leisa is a qualified naturopath who has been specialising in detoxification through a vegan juice dieting program for over a decade.

**Location.** Tallow Beach Houses, Byron Bay. 10 minutes from Byron Bay township.

**Contact:** Leisa Wheeler ND, Embracing Health Pty Ltd. Suite 299, 15 Albert Avenue, Broadbeach QLD. Phone 1800 842 726; [info@embracinghealth.com.au](mailto:info@embracinghealth.com.au)

**Programs.** A six-night retreat includes a three-day juice fast; an eight-night retreat includes a five-day juice fast.

The detox program includes specific herbs, supplements and therapies – skinbrushing, infrared sauna and colonic hydrotherapy.

**Dates.** Retreats September 2<sup>nd</sup> – 10<sup>th</sup>; November 20<sup>th</sup> – 26<sup>th</sup> 2016

**Food.** 100% raw vegan and organic, sourced from local suppliers.

**Prices.** 6-night from \$1,995, 8-night from \$2,995 pp.

## Golden Door Health Retreat and Day Spas

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

**Pokolbin. Can cater for vegetarian and special diets.**

Offers quality time to relax, disconnect from the pressures of daily life and improve health and fitness. The Retreat has been doing this for over 20 years.

Programs are centred on healthy eating, physical activity, education, rest and relaxation – “guaranteed to be truly rewarding and life changing”.

**Location.** Hunter Valley among beautiful scenery, 165 Thompsons Road, Pokolbin NSW. Toll Free: 1800 212 011

**Program.** Aims to empower guests to make positive lifestyle changes, whether for stress management, weight loss, handling grief, improved fitness or general wellbeing.

Weekend stay or 7-nights.

The 7-night package commences every Sunday and includes wellness assessment, seminars, workshops, spa treatments and access to steam room, spa bath and relaxation lounges. Other facilities include an indoor heated pool, outdoor pool, floodlit tennis courts, gymnasium and indoor and outdoor activity studios.

Activities – Tai Chi, Qi Gong, guided walks, stretch classes, workshops and seminars.

**Meals.** Nutritious whole-food, low-fat cuisine. Organic where possible. No alcohol, coffee, tea or sweets allowed on site.

**Accommodation.** Luxury villas or suites.

**Prices.** 7 nights: single \$4,315 pp; twin share \$3,750 pp.

## Solar Springs Health Retreat

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

**Bundanoon. Not vegetarian, but special diets catered for.**

Solar Springs has been a haven for escaping from the pressures of life for over 30 years. Set among acres of beautifully manicured gardens, it looks out over spectacular Morton National Park in the NSW Southern Highlands.

**Location.** Situated in the picturesque village of Bundanoon, just one-and-a-half to two hours south-west of Sydney and a similar drive north of Canberra.

96 Osborn Ave, Bundanoon NSW 2578  
Phone 1800 044 944; 02 4883 6027;  
email [enquire@solarsprings.com](mailto:enquire@solarsprings.com)

**Accommodation.** A wide range.

Extras are naturopathy including iridology (midweek \$95) and haemaview live blood analysis. Available pamperers are body peels and wraps, facials, massages, hand and feet treatments and a Lithos or Yin-and-Yang treatment.

**Activities.** Each day is different. For example, Wednesday: Stretch and strengthen, breakfast, bushwalk to Fairy Bower (2.5 hrs, mod/steps) (other days have short walks), Turbo Aqua, lunch, core conditioning, archery, circuit class, yoga, dinner, Glow Worm Glen Walk (moderate/steps).

There are an aquatic centre, gym, cycling, tennis, archery and bushwalks.

**Meals.** Breakfast, lunch, afternoon tea, three-course dinner accompanied by a wine list. This is definitely not a fasting retreat! The Retreat does "delight in looking after any special dietary needs".

**Prices.** Weekend, single from \$750, twin from \$620; full week (7 nights), single from \$2,295; twin from \$1,795.

## On Track Weight Loss Health Retreat

[OnTrackRetreats.com.au](http://OnTrackRetreats.com.au)

**Central Coast, NSW. Not vegetarian, but special needs catered for.**

**Location.** Close to The Entrance on the Central Coast, NSW, 90 minutes from Sydney. A 5-star resort with direct beach access.

OnTrack Retreats, Magenta Drive,  
Magenta NSW 2261. Phone 1300 949  
144; email [info@ontrackretreats.com.au](mailto:info@ontrackretreats.com.au)

**Accommodation.** Ranges from basic shared rooms to luxury apartments.

**Program.** A comprehensive weight loss camp program combines exercise, nutrition, education and food preparation. A typical day will involve several hours of exercise (at guest's pace and level) and an optional

education seminar program to tackle emotional eating and food psychology.

Limit of 8 to 14 guests each week to ensure personalised attention.

**Facilities.** Indoor and outdoor pools, spa, gym, steam room and multipurpose courts.

**Meals.** Typically meat-based, but also caters for vegetarian, lactose-free and gluten-free

**Prices.** Mon – Sat: single from \$2,490; twin from \$2,090

## Gaia Retreat and Spa

[gaiaretreat.com.au](http://gaiaretreat.com.au)

**Byron Bay hinterland. Can cater for vegetarian.**

Gaia was founded in 2005 by Olivia Newton-John, Gregg Cave, Ruth Kalnin and Warwick Evans.

Expert qualified staff tailor programs for each guest, whether it is to de-stress, lose weight, detoxify, get fit, improve general wellbeing or just enjoy peace and serenity.

Gaia means 'spirit of Mother Earth'

**Location.** Nestled on 25 acres in the hinterland of Byron Bay, and majestically poised on the highest point in the Shire.

933 Femleigh Road Brooklet, NSW, 2479  
Phone 02 6687 1216;  
email [info@gaiaretreat.com.au](mailto:info@gaiaretreat.com.au)

**Program.** Specialised packages include all activities, gourmet cuisine, services and facilities.

The Gaia Day Spa offers 14 treatment rooms with over 35 therapists.

Check-in and check-out any day.

Day-only visits are available.

**Meals.** Organic, locally-sourced produce, prepared by world-class chefs. Can be tailored for special diets.

**Accommodation.** Four retreat styles; altogether 23 elegantly appointed rooms.

**Prices.** 2 nights: \$1,915 total for a couple; 7 nights \$6,585 total for a couple.

## VICTORIA

**Yarra Valley Living Centre – Home of The Gawler Cancer Foundation**  
[www.gawler.org](http://www.gawler.org)

**Yarra Junction. Entirely plant-based, wholefoods, organic where possible.**

The Gawler Cancer Foundation and the Yarra Valley Living Centre is a not-for-profit organisation that promotes a holistic and integrative approach to health and wellbeing.

Set on 40 acres of stunning bushland, the centre hosts a range of healing and general wellbeing retreats, based on 7 Essential Elements for good health. During their stay, guests learn how to implement these lifestyle practices into their everyday lives to encourage the body's own innate healing potential, and to help them connect with a deep sense of inner peace. Visit [gawler.org](http://gawler.org) for more information.



**Location.** Beautiful Yarra Valley. Yarra Valley Living Centre  
55 Rayner Court, Yarra Junction, Vic  
Phone 1300 651 211; [info@gawler.org](mailto:info@gawler.org)

**Meals.** All plant-based wholefoods, organic where possible.

**Prices.** Weekend retreats from \$650; 4-night retreats from \$1,690 pp; 6-night retreats from \$1,990 pp.

## On Track Weight Loss Health Retreat

[OnTrackRetreats.com.au](http://OnTrackRetreats.com.au)

**Torquay. Not vegetarian, but special needs catered for.**

**Location.** On the beachfront in Torquay.

OnTrack Retreats @ Wyndham Resort  
The Esplanade, Torquay VIC 3228. Phone  
1300 949 144; [info@ontrackretreats.com.au](mailto:info@ontrackretreats.com.au)

**Program.** Start any Monday, and stay 1 to 12 weeks.

A comprehensive weight loss camp program combines exercise, nutrition, education and food preparation. A typical day will involve several hours of exercise (at guest's pace and level) and an optional education seminar program to tackle emotional eating and food psychology.

Limit of 8 to 14 guests each week to ensure personalised attention.

**Meals.** Typically meat-based, but also cater for vegetarian, lactose-free and gluten-free.

**Prices.** Mon – Sat: single from \$2,890; twin from \$2,290 pp.

## SOUTH AUSTRALIA

### Kangaroo Island Health Retreat

<https://kihealthretreat.com>

**Kangaroo Is. Not vegetarian.**

**Philosophy** – is grounded in some basic principles, based on abiding by the laws of nature. Healing is from within, and toxemia is the principal cause of disease. Mind and body are treated as a whole. Detoxification is the only way to absolute health.

Owner, Sue McCarthy, has been teaching health and wellbeing for over 30 years.

**Location.** Kangaroo Island is 16 kilometres off the Fleurieu Peninsula of South Australia. It features unspoiled wilderness and spectacular scenery and is a haven for wildlife.

227 Bates Rd, Emu Bay, Kangaroo Island SA 5223 Phone 08 8553 5374, email [vitality@kihealthretreat.com](mailto:vitality@kihealthretreat.com)

**Program.** 'Dynamic Detox' is intimate with only 6 people. The guidance is professional. Program is for people aged 18 to 60. Five nights commencing Sundays.

**Accommodation.** Single bedrooms with ensuites; large bedroom with ensuites for couples.

**Meals.** Organic foods and filtered rainwater. Light, nutrient-dense meals.

**Prices.** For the 5-day stay, single \$2,799 couple \$3,999 pp.

## WESTERN AUSTRALIA

### Embracing Life! Health Retreat

[embracinghealth.com.au/retreat](http://embracinghealth.com.au/retreat)

**Busselton. Vegan, raw and organic.**

**Philosophy.** The body is able to heal itself given the right tools and environment. These tools are organic wholefoods, pure water, sunshine, rest, exercise, fresh air, laughter and having a passion or purpose in life.

Lectures and supervision are provided by founder, Leisa Wheeler, who had previously worked for five years at the well-known Hippocrates Health Retreat at Mudgeeraba in Qld. Leisa is a qualified naturopath who has been specialising in

detoxification through a vegan juice fasting program for over a decade.

**Location and dates.** Geopraphe Bay two and a half hours drive south of Perth, with beautiful beaches (venue yet to be decided):

1<sup>st</sup> to 7<sup>th</sup> April 2016 (or thereabouts)

[Also retreats at Kori Ubud Resort, Ubud, Bali; July 16<sup>th</sup> – 24<sup>th</sup>]

**Contact:** Leisa Wheeler ND, Embracing Health Pty Ltd. Suite 299, 15 Albert Avenue, Broadbeach QLD 4218.

Phone 1800 842 726;

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

**Programs.** A six-night retreat includes a three-day juice fast; an eight-night retreat includes a five-day juice fast;

The detox program includes specific herbs, supplements and therapies – skinbrushing, infrared sauna and colonic hydrotherapy.

**Accommodation.** Studios or apartments with shared living areas. Heated indoor pool, outdoor pool, tennis courts, spa, squash courts, gym, bike paths.

**Meals.** 100% raw vegan and organic, sourced from local suppliers.

**Prices.** 6 nights from \$1,995 pp; 8 nights from \$2,995 pp.

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# YOUR QUESTIONS ANSWERED



By  
**Roger  
French**

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

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

## Q. IS GLUCOSE A GOOD SWEETENER?:

We hear how fructose is bad for our health, but how about glucose? If glucose is used as a sweetener instead of sugar, is this a better alternative than sugar, honey or other high-fructose sweetener? – L. I., North Nowra NSW

**A.** Glucose, the simplest of sugars, is the form of sugar that we are designed to run on. Every cell in the body 'burns' glucose for energy. Fructose is another simple sugar, one which occurs naturally in fruits, making them deliciously sweet. Fructose is a 'natural' sugar, but when concentrated fructose is added to processed foods, it is, as we will see, a very different story.

When adding sugar to sweeten foods, both glucose and fructose suffer from the same fundamental problem as white sugar – they contain no minerals or vitamins to enable the body to use them properly. Not a single food in nature contains sugar without minerals and vitamins. The reason is that B-vitamins are required to enable our cells to break sugar down to release its energy ('burn' the sugar) and alkaline minerals (potassium, magnesium and calcium) are required to neutralise the end product of this slow combustion, carbonic acid. Without the minerals and vitamins, glucose is broken down to lactic acid and the bodily fluids become more acidic due to both this acid and carbonic acid.

This acidity underlies most diseases, particularly rheumatism, arthritis and osteoporosis.

Glucose, fructose and white refined sugar each contain just one nutrient, sugar. Even lettuce contains at least a thousand nutrients. This is why refined pure sugars are called 'empty calories'.

Excessive fructose has a heap of additional negatives. According to the good Dr Mercola, it is the worst of the worst.

In its natural form in fruit, fructose is fine. Fruit contains relatively small amounts,

which are very easily and beneficially processed in the body, typically around 15 grams a day. But the classic Western diet containing a lot of sweetened processed foods and drinks is extremely high in fructose, and people can be consuming well over 70 grams a day, which can cause a host of adverse health effects. Fructose intake has increased dramatically in the past few decades, mainly from white sugar and high-fructose corn syrup.

Fructose does have a low glycaemic index, and so does not upset blood sugar levels the way glucose does. But for other reasons it can put us at much greater risk of developing heart disease and diabetes than if we were ingesting equivalent quantities of glucose.

Our bodies metabolise fructose very differently from glucose. Glucose can be burned in the cells, but when we



consume large amounts of fructose, it goes straight to the liver, and places a heavy toxic load on the liver, which must work very hard to process the fructose, sometimes resulting in scarring.

High fructose intake is associated with:

- Increased levels of blood fats;
- Obesity and belly fat;
- Adverse cholesterol ratios;
- Increased uric acid (causes gout);
- Fatty liver;
- Liver scarring (cirrhosis);
- Wrinkling and other signs of skin ageing.

Fructose is associated with skin ageing up to 10 times more rapidly than glucose.

Fructose occurs in concentrated form in crystalline fructose, agave nectar, high-fructose corn syrup and refined cane sugar.

High-fructose corn syrup is widely used in the USA, but rarely in Australian foods and beverages. We use cane sugar, which is cheaper and more readily available.

High fructose corn syrup and white sugar (sucrose) are both combinations of glucose and fructose. Sucrose is exactly half of each, while corn syrup is similar, although variable. From a nutritional point of view, they are the same and are high sources of fructose.

I repeat that this does *not* apply to fruit. It is considered almost impossible to overeat fructose by eating fruit. It's the large amounts of fructose in processed foods that can cause the health problems.

To round-off the subject of sugars, here are the different kinds of *refined* sugars:

**White sugar** is 99.9 percent sucrose. GI is 65.

**Caster sugar** is the same as white sugar, except that the crystals are smaller so it dissolves more rapidly.

**Icing sugar** is white sugar ground to a fine powder, so it dissolves quickly and makes smooth icing.

**Raw sugar** and **coffee sugar crystals** are almost identical to white sugar, at 99 percent sucrose.

**Black** or **dark brown sugar** contains 95 percent sucrose and 5 per cent molasses,

**Fructose powder** contains the same number of calories as white sugar. *Brands include Fruisana and Sweetaddin.*

**Glucose**, or 'dextrose', is a white crystalline powder with GI 100, which means that it is rapidly absorbed into the bloodstream and can cause a spike in blood sugar levels. Brands include *Glucodin* and *Glucose-D*.

## Q. FRESH FRUIT – HOW MUCH?:

I eat several pieces of fruit per day, and now it is being said that we shouldn't eat more than one or two pieces per day. What do you think? – L. I., North Nowra NSW

**A.** Fruit is the most natural food for us humans. Like gorillas, we are essentially fruit and vegetable eaters; our bodies are designed to obtain a lot of energy and nutrients from a variety of fresh fruits – along with some other foods.

I often marvel at the lack of commonsense among orthodox 'experts', and this is a classic case. Of course, fruit, like any other food can be overeaten, and I will come back to this.

If we don't eat substantial quantities of fruit, what do we eat? Loads of fresh vegetables? Yes, they are our most protective foods, but in general they supply nothing like enough calories. Grains? These are controversial. Many people do better when they give up grains altogether. We certainly don't want large quantities if we want to avoid arthritis or coeliac disease. Cheese and eggs? In Natural Health, we strongly advocate no more than a small intake of these. Meat? Not if we don't want arthritis, heart disease and cancer eventually. Nuts and seeds? Yes, in modest quantities, definitely. In fact, nuts and seeds are the perfect complements to fruits and veggies in the human diet.

In Natural Health Dietary Guidelines, each meal in the day is based on fruit or veggies. Either have one fruit and two veggie meals or two fruit and one veggie meal. Each meal is three-quarters by weight either veggies or fresh fruit, which means around 350 – 400 grams in a meal. By consuming this proportion of these alkali-forming foods, we balance the acidic wastes produced by the acid-forming foods – the protein-rich and starch-rich foods.

So why does fruit have such bad press? It is partly the sugar content and partly glycaemic index.

As explained in the question above, the sugar in fruit is mainly fructose, but people who condemn fruit for this must be ignoring the fact that when eating *whole* fruit, it is almost impossible to consume enough fructose to cause harm.

What about glycaemic index? Fruits

are mostly water (ranging from bananas 75% to watermelon 93%) with a very significant fibre content, so the rate of absorption of the fruit sugar is modest. For most fruits the GI is medium to low. Even with watermelon with a high GI, the sugar content is so low that the *glycaemic load* is still moderate. So no major problem here either.

I have long believed that where there are sugar/GI problems with fruit, it is because people have eaten so much refined sugar that they have already developed chronic low blood sugar (*hypoglycaemia*). In this condition, the body may then react to the modest levels of natural sugar in fruits. It's not the fruit that's the problem, it's the added refined sugar that went before it. The average Australian is consuming something of the order of 100 – 130 grams of white sugar per day – and this is a lot, equivalent to the natural sugar in about five or six apples.

In a person with diabetes, fruit intake needs to be restricted to the quantities indicated by blood sugar readings.



Fruits are excellent nutrition. Besides their contents of pure water, natural sugar and fibre, they are abundant in vitamins and minerals, in fact, some 'super' fruits are loaded with antioxidants and other highly beneficial nutrients.

Further, fruit is wonderfully filling. So much so that it is generally self-protective against overeating. Most of us after eating a couple of pieces of fruit or a 300 – 400 gram fruit salad will feel full and satisfied.

Compare fruit to soft drink. Two large-ish apples and a standard can of soft drink contain roughly the same amounts of sugar. But the latter is swallowed in a few minutes, usually on top of a full meal, whereas the apples take a lot longer to eat and fill us up on their own. A huge difference!

Let's face it, humans or pre-humans have been eating fruit for a million years. It's one of our most natural foods and can be eaten abundantly unless there are already blood sugar problems due to other foods.

## Q. EYES CLOSED VS ASLEEP:

I mostly retire to bed at about 10 or 10.30pm to allow for up to eight hours sleep as sleep therapists recommend. But I often wake up at around 3am or 4am and sometimes can't get back to sleep. So I am in bed for close to eight hours, but only asleep for maybe five or six hours. How close is this to the benefits of a full seven to eight hours sleep? – A. N., Wyong NSW

**A.** This question must occur to a lot of us older people, since we need less sleep as we get older.

Brian Fung, writing in *The Atlantic Daily* newsletter, 17th September 2012 (<http://www.theatlantic.com/health/archive/2012/09>), explains that lying in bed with our eyes closed depends on the purpose of the sleep. If it is simply to free up energy for other tasks, then it should accomplish that.

However, if we want full restoration of body and mind, we need real sleep. Sleep therapists, reports Brian Fung, believe that the ultimate purpose of sleep is to recharge the brain. A University of Wisconsin neuroscientist, Dr Chiara Cirelli, explains that while we're awake, all our brain nerve cells (neurons) are constantly active, but during sleep, they calm down to an "up-and-down" state during which only some neurons are active at any particular time. As the stages of sleep progress, there comes a time when all neurons go quiet. This is when the most restorative sleep takes place.

Chiara Cirelli concludes that "The fact that there are these periods of total silence is very typical and unique of sleep relative to being awake".

It's remarkable to see how dolphins manage to get some sleep in spite of the fact that they need to keep moving to breathe, so they can't nod off the way we humans do. It has been found that dolphins keep swimming by turning off half of their brains for about eight hours a day, leaving the other half functioning. We could say that their brains are half asleep for much of the day, but never go into a full sleep state.

For us humans, it's not until we get into real, deep sleep that we get a cognitive boost from rest.

Lying down and awake isn't completely useless – it does help muscles and organs to relax. We'd get the same benefits from just reclining on a couch. But nothing matches sleep for full restoration of body and mind.

So if you can't get to sleep at night or



you wake up and can't get back to sleep, what can you do? For a start, develop a regular sleep pattern, using your bed only for sleep and intimacy. Don't play with your smart phone or iPad in bed, and don't consume caffeine anywhere near bedtime.

Sleep experts at the Center for Sleep Medicine at the Mayo Clinic and the Sleep Disorders Center at the Cleveland Clinic in the US give the following tips:

Get out of bed. If you lie awake in bed, you send your brain the wrong message. "You're basically training your body not to sleep in bed, but to lie there and not sleep," they say. "The longer we lie there and get frustrated in that environment, the more we come to anticipate it next time we're there. We come to associate the bedroom with not sleeping well." This is the last thing we want!

After being unable to sleep for about 15 to 20 minutes, get up, go to another room and try something relaxing and non-stimulating. It might be listening to music, reading a book or even doing some house cleaning or washing the dishes. A warm bath might do the trick, because the small drop in body temperature following a bath can induce sleepiness. When you're feeling drowsy, go back to bed.

When you get up, though, be sure not to use your computer or smart phone or watch TV. The blue component of the light from the screens tricks your body into thinking it's daytime and your brain does not release the all-important sleep hormone, melatonin.

An alternative is to try a relaxation technique or meditation. Or perform a calming yoga pose. A simple and effective technique is to lie on your back (if possible) and become conscious of the pressure of the bed on your body and the contact of your pyjamas with your skin. Then feel the breath flowing into your nose and windpipe and note the sounds coming to your ears. Or you can simply note the flowing in and out of your breath while you slowly inhale and exhale.

Deep meditation, in which we 'empty the mind', can offer a superior form of rest. But even a simple meditation can allow the mind to settle inward beyond thought to experience 'pure awareness'. Studies show that a great deal of restorative function can be achieved this way.

An eminent US sleep specialist, Dr Matthew Edlund, declares in his book, "Rest does not mean simply plonking yourself on the sofa in front of the TV. Although this downtime does allow for a degree of cellular renewal, the brain will still be buzzing." He says that we need complete rest to make us more alert and effective, reduce stress levels and give us a better chance of a healthier and longer life.

## Q. NIGHT SWEATS:

For the past six years, irrespective of the weather, my night wear, the bed covers or any physical conditions, I have suffered excessive sweating virtually every night. I generally change my pyjamas three or four times every night.

My GP has checked most things, including my hormones, without any result. I am age 93.

I welcome any solution you might have to offer. – F. A., Tuncurry NSW

**A.** Doctors often hear their patients complain of night sweats because they are common. Night sweats refer to any excess sweating occurring during the night. If the bedroom is unusually hot or you are using too many bedclothes, sweating is normal. But you have *true night sweats* which doctors refer to as *severe hot flashes* and which can drench sleepwear and sheets.

There are numerous possible causes of night sweats. Most of these won't apply to you, F. A., but I will cover them comprehensively. Remember that when we see a list like this, we often fear the worst, but it usually turns out to be something relatively benign.

A likely cause is hypoglycaemia, but let's look at the range of possibilities.

### Common causes are:

**Fever.** Sweating is a standard symptom.

**Infections.** Bacterial infections, including endocarditis (inflammation of the heart valves) and osteomyelitis (inflammation within the bones).

A viral infection – Epstein-Barr virus can lie dormant until the immune system is stressed and then the virus can reactivate. The body responds with fever and possibly sweating.

### Infection-associated conditions.

Serious abscesses, including appendicitis, boils, tonsillitis and diverticulitis flare-ups, are all common sources of night sweating

as the body attempts to deal with the source of infection.

**Medications.** Night sweating is often a side-effect of prescription medications, such as those to treat depression, including tricyclic antidepressants and SSRIs, hormone therapy, drugs to lower blood sugar level and the steroid cortisone. Something as simple as aspirin or acetaminophen, taken to treat a severe headache or low-grade fever will often result in night sweating. Note that the food, garlic, can promote sweating, although probably not profusely.

**Menopause and other hormone disorders.** In women, night sweats are common during the menopausal transition as oestrogen levels decrease.

**Anxiety.**

**Sleep apnoea.**

**Hypoglycaemia** (low blood sugar). The drop in blood sugar levels overnight can lead to profuse sweating, and sometimes also nightmares and headaches. People taking insulin or oral diabetes medications may have hypoglycaemia at night that is accompanied by sweating.

**Hyperthyroidism** (overactive thyroid).

**Diet.** A very low protein diet can create a tendency to sweating, as can deficiencies of vitamin C, potassium and zinc. Spicy food can obviously heat the body.

**Alcohol or drug use.**

**Common neurological conditions,** such as stroke and Parkinson's disease, can make the person prone to night sweats due to damage to the nerves controlling the sweat glands.

**Autonomic neuropathy** (damage to the autonomic nerves).

**HIV/AIDS.**

**Cancers** – including Hodgkin's lymphoma (Hodgkin's disease), non-Hodgkin's lymphoma and leukemia. Nocturnal perspiration can be an early warning sign of certain cancers. The profuse night sweating



is often accompanied by fever and severe and drastic weight loss. Sweating could also occur during the day, depending on the cause and situation. Night sweating can be caused by cancer treatments.

**Stroke.**

**Syringomyelia** (a fluid-filled cyst in the spinal cord).

**Tuberculosis** – In centuries past, the most common cause of night sweats. Fortunately, relatively rare these days.

**Hyperhidrosis.** *Idiopathic hyperhidrosis*, or excessive sweating without any identifiable medical cause, is considered a chronic condition. No cause can be found other than genetics or family history. People with this condition sweat easily and often.

**Overcoming night sweats**

Many medicos don't have solutions for night sweats. However, Glenbrook NSW naturopath, Michelle Beech, offers a range of herbal options. Remember that naturopaths are experienced in identifying lifestyle causes, in contrast to doctors treating symptoms with drugs. Michelle's options are as follows:

If the nervous system is over-charged, as indicated by stress, inattention, acid-reflux, mind chatter or a tendency to panic attacks, herbs that can support the nervous system include:

Where there is anxiety – *zizyphus*;  
 Where the person is overactive with acid reflux – *chamomile*;  
 For adapting to physical, nervous, emotional and environmental stress – *withania*.  
 In traditional Chinese medicine, *astragalus* is used for night sweats, its key role being to improve immune function. (Note that astragalus may interfere with corticosteroid medications and drugs that suppress the immune system.)



According to Chinese medicine, a person can have a 'hot' constitution, with red face and ears. 'Refrigerant' herbs that can cool the system include:

- *zizyphus* – good for anxiety with excessive sweating;
- *sage*;
- *rehmannia* – an anti-pyretic herb (anti-fever herb).

Homeopathic remedies for heavy perspiration may be found to bring relief. The various aspects of sweating require specific remedies. For example, for hot, burning fever – *belladonna*; sweating with cold dampness and headache – *gelsemium*; for sudden fevers following cold exposure or shock – *aconite*; where temperature rises rapidly, but profuse sweating doesn't lower the fever – *pyrogenium*; frequent flashes of heat and burning – *sulphur*

These are simply examples to show the specificity of homeopathic remedies.

To use herbs or homeopathic remedies, it is strongly advised to consult an experienced homeopath or naturopath.

If a person has been overseas and bitten by mosquitoes and become infected with malaria, the classic symptom is drenching night sweats every second or third night. The homeopathic remedy is *China*.

If none of the causes are obvious, F. A., it is just possible that your underlying condition is hypoglycaemia. To overcome hypoglycaemia, it is necessary to avoid all high-glycaemic index foods (high-GI foods), which include white sugar, sugary sweets, white flour products, processed breakfast cereals, chips, white rice and some dried fruits, namely raisins and dates.






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# NHS NOTICES

## NSW OFFICE HOURS

Mon to Fri 9.00am - 5.00pm

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

**Closed weekends.**

## MEMBERS SUPPORTING THE NHS

Thoughtful donations from members are making a big difference to keeping the Society's finances stable. For recent donations, we say a big 'thank you' to:

*Cynthia Handley and Barry Hastie, Bonnie Hawkins, Cyndi Holmes, John Webber, Nan Meynink, Leonie Ireland,*

*Bill and Dorothy Williamson, Shirley Drake and Melva Fleming, Barbara Holmes, Sandra and David Norman, John Wood, Stuart and Heather Carter, Joseph Monage, May Port, Mark Bowman, Vicki Cain, Mark and Deborah Veness, Judy Wood.*

If others care to add their support – great or small – we would be very grateful. Simply 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 [www.health.org.au](http://www.health.org.au) and click on the 'Donate' link. [Regrettably, donations not tax deductible.]



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## Vegetarian Food Preparation Classes and Talks

### LEPPINGTON, NSW

#### WELLNESS SUPPORT GROUPS

By Marilyn Bodnar (Nature Cure Practitioner) and Cecil Bodnar, both long-time NHS members.

#### Food Preparation Demonstrations and Talks

5.00pm: **Organic food preparation and demonstration of vegan meals** followed by **buffet meal**. Recipes provided. **Guest speaker** approx. 7.30pm to 9pm.

**Sat. 5<sup>th</sup> March:** Laughter Therapy Workshop with Elizabeth French, Vice-President Natural Health Society and trained laughter leader.

**Sat. 2<sup>nd</sup> April:** 'How Sunshine Can Prevent Skin Cancer & Toxic Ingredients in Sunscreens' – Roger French, Health Director, Natural Health Society.

**Raw Desserts Workshops:** Sunday 3<sup>rd</sup> April, 1 – 5pm

**Real Wholemeal Breadmaking:** Friday 4<sup>th</sup> March, 9.30am – 2.30pm, and Sunday 10<sup>th</sup> April, 1 – 5pm

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

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

### NTH PARRAMATTA, NSW

#### MEAT FREE COOKING WORKSHOPS

Presented by Ling Halbert, Health and Happy Heart Hub

At Health and Happy Heart we see that all the different nutrients of body, mind, heart and spirit are the soil from which emerges the beautiful tree of wellbeing.

Provided are:

Meat-free cooking workshop;

Raw cooking demonstration;

Horticulture therapy;

Meat-free catering;

Co-creating and co-dreaming garden design;

Wholistic Tai Chi;

Tea meditation.

**Time: 1<sup>st</sup> Saturday each month, 11am – 3pm:** 5<sup>th</sup> March; 2<sup>nd</sup> April; 7<sup>th</sup> May; 4<sup>th</sup> June; 2<sup>nd</sup> July 2016

**Cost:** \$45 (we share the lunch we cook)

**Where:** Kamballa, 1 Fleet St, North Parramatta NSW 2151

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

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



### ADELAIDE, SA

#### COOKING UP A STORM

Vegetarian with style

Presented by Natalie Playford

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

Natalie offers:

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

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

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

phone (08) 8386 1672 or 0403 555 011.



### MACARTHUR AREA NSW

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

### SYDNEY AND CENTRAL COAST, NSW

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

By Joy Mozzi of Fruvenu

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

Joy has produced a Raw Food E-book and Bonus Menu Planner. It has lots of recipes with colour photos. \$12 in easily downloadable format.

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



# Natural Health Society 2016 ANNUAL SEMINAR



## 'GERSON THERAPY – AN OPPORTUNITY FOR RECOVERY FROM DREADED DISEASES'

**Jo Thompson, RN, natural medicine practitioner**

Having recovered from brain cancer herself and having seen the suffering of patients in palliative care, Jo developed a passion for empowering people with dreaded diseases.



Her presentation will address lifestyle diseases, especially cancer, and how Gerson Therapy can assist in recovery through self-healing.

Jo will give a detailed presentation on the four components of Gerson Therapy, how it works, how to get started, and the benefits. She will explain lifestyle strategies based on the Gerson nutritional program, which can alleviate the symptoms of most diseases, including cancer. Jo will illustrate with examples of case studies.

## 'DISPELLING OLD WIVES TALES'

**Michelle Beech, ND, Naturopath and Medical Herbalist**

Many herbal and other natural remedies were standard treatments many years ago. But along came people who thought they knew better and there was big money to be made, so the tried and true natural remedies were abandoned under the myth that they were 'old wives tales', because it was literally old wives who were using them.



Michelle will explain the intriguing and sometimes tragic history of herbal medicines and how many of the later 'scientific' medicines were worse than the original diseases. She will then focus on the science behind herbal remedies and how to help yourself with simple and safe home remedies.

## 'IS YOUR MOOD DISORDER A FOOD DISORDER?'

**Robyn Chuter, Naturopath, Counsellor, EFT therapist and producer of Empowered! newsletter**

Anxiety, depression and other mood disorders are at epidemic levels in our society. Yet most people aren't aware of the dramatic impact of what we eat on



how we feel and think. Fascinating findings emerging from research on the gut-brain connection, and the connection between inflammation and brain function, point the way to a new, drug-free approach to the treatment of mood and anxiety disorders. In this informative and practical lecture, Robyn will present the science on food and mood in an easy-to-understand format, and will share inspiring case histories.

## 'TRIUMPH OVER TINNITUS'

**Rafaele Joudry, founder of Sound Therapy International**

For people with tinnitus, hearing, auditory discrimination or auditory processing problems, Rafaele's Sound Therapy may be the answer.



For the past 25 years Rafaele has been writing, speaking and educating about the ear and its healing potential. Her passion has helped thousands of people enhance their ear and brain health for life through Sound Therapy.

Rafaele has authored three best-selling books as well as numerous articles. She has given hundreds of lectures and media interviews and has trained several hundred practitioners on the uses of Sound Therapy.

**DATE: Sunday, 20<sup>TH</sup> March 2016, 9.30am to 4.15pm**

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

**Our seminars are great social occasions, packed with valuable information. We have an exciting program of topics and speakers**

## 'ELECTROMAGNETIC RADIATION: KNOW THE ENEMY'

**John Lincoln, Professional Electrical Engineer, investigator into EMR and formerly on the government's standards committee**

Can you be sure that you are safe from the electricity that powers the lights and appliances in your home and workplace? Mobile phones, computers, clock radios, electric blankets, TV's, microwave ovens, fuse boxes, etc, are all associated with electromagnetic radiation. This may be harmless or it may be harmful depending on the particular situation.



Often the remedy is extremely simple, but you need to know the appropriate guidelines in the first place. This practical presentation aims to provide these guidelines.

## PROGRAM AND BOOKING FORM

are presented in the leaflet that accompanies this magazine in NSW.

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

**INQUIRIES AND BOOKINGS:** Natural Health Society, phone 02 4721 5068; fax 02 4731 1174; email [admin@health.org.au](mailto:admin@health.org.au); web [www.health.org.au](http://www.health.org.au)



# Mobile phone towers a cause of type 2 diabetes

By Patrick van der Burght, Director of GEOVITAL

Type 2 diabetes mellitus is one of the world's rapidly increasing health crises. Researchers in Saudi Arabia have recently made a clear link between exposure to radiation from mobile phone towers and diabetes mellitus.

Around the planet, 415 million adults have diabetes, and, according to the International Diabetes Federation, this will rise to 642 million people suffering diabetes by 2040. This means that:

- Every 6 seconds someone dies from diabetes (5 million deaths);
- One in 7 births is affected by gestational diabetes;
- One in 11 adults has diabetes (415 million people);
- By 2040, one in 10 adults will have diabetes (642 million people).

There are multiple factors contributing to the risks of diabetes mellitus, including obesity (particularly abdominal obesity), lack of physical activity, unhealthy food intake, smoking, stress and depression, as well as sleeping patterns. However, it comes to light now that the ever increasing number of mobile phone towers in our cities may very well be increasing our chances of, or an earlier onset of, type 2 diabetes. By logical extension, the same most likely applies for all that wireless technology we are exposed to from personal devices and Wi-Fi at work, at home and from the neighbours.

## THE PHONE TOWER STUDY

The title of the study is *Association of Exposure to Radio-Frequency Electromagnetic Field Radiation Generated by Mobile Phone Base Stations with Glycated Hemoglobin (HbA1c) and Risk of Type 2 Diabetes Mellitus*. The researchers were Sultan Ayoub Meo,\* Yazeed Alsubaie, Zaid Almubarak, Hisham Almutawa, Yazeed AlQasem<sup>(1)</sup> and Rana Muhammed Hasanato<sup>(2)</sup>

The study, which was led by Sultan Ayoub Meo from King Saud University in Saudi Arabia, investigated the effect of radio-frequency electromagnetic radiation (RF-EMFR) from nearby mobile phone towers on *glycated haemoglobin* (HbA1c) in the body and the occurrence of type 2 diabetes mellitus. Participants in the study were 159 students between the ages of 12 and 17, who were spread over two schools.

One school had an exposure to RF-EMFR of 9.601 nW/cm<sup>2</sup> at a frequency of 925 MHz. In the second school the RF-EMFR was 1.909 nW/cm<sup>2</sup> at a frequency of 925 MHz. Students were exposed to RF-EMFR for 6 hours per day, five days a week. Please note that this is only 96.01 µWatt/m<sup>2</sup> and 19.09 µW/m<sup>2</sup> – values found in many living rooms and schools due to WiFi devices and phone towers.

Blood was taken from each of the students and comparisons made for the levels of HbA1c. This is a type of haemoglobin and an important indicator of risk for type 2 diabetes. In diabetes patients, it has also been associated with cardiovascular disease, nephropathy (kidney disease) and retinopathy (damage to the retina of the eye).

The levels of HbA1c were “significantly higher” in the school children with greater exposure from the mobile phone towers. It was concluded that their risk of type 2 diabetes was also “significantly higher” and that mobile phone towers could be linked to higher occurrence of HbA1c.

## OTHER RADIO FREQUENCY RADIATION MAY ALSO BE A FACTOR

Exposure to radio frequency radiation (RF) throughout the day also needs to be considered.

How much better might you feel without high-frequency radiation exposure in bed?

It is interesting to consider that these children (like most of us) were, of course, also exposed to mobile phone tower radiation *outside of school*, but those levels, for the much greater remaining 18 hours, would average out for all the children of both schools. The fact that they were ‘pinned down’ for just six hours a day in one radiation exposure ‘situation’ is what produced the variation between the two groups.

Doesn't it make sense that if 24 hours of exposure brings on a particular increase in glycated haemoglobin, that a shielded home, or at least shielded bedroom, would reduce the average exposure over that 24 hour period?

## HOMES CAN PROTECT AGAINST PHONE TOWER RADIATION

Homes need to provide protection from rain, burglars and extreme temperatures – and also phone tower radiation.

This diabetes finding is another example showing that a home – the place where we have control over how much EMF radiation we are exposed to – should provide protection against the ongoing and relentless invasion of phone tower radiation. It's normal for a home to have a roof and walls to protect us against the elements and to keep thieves out; it's time we came to terms with the fact that effective radiation protection should also become a standard feature of any home. A geobiological assessment, in which the body is measured for high-frequency radiation absorption, can help determine if your home and bedroom exposure could do with improvement.

## RADIATION-FREE LIVING AND FUTURE PROOF A HOME

More and more people are taking control and protecting their homes or bedrooms against mobile phone tower radiation and the radiation that can come from other sources. The internal wiring is often the most prevalent cause of radiation exposure.

We are also seeing a trend in which people shield their homes or bedrooms preventively, understanding that the radiation exposure from towers, Wi-Fi, smart meters, etc., can only increase as the years go by.

In my line of work with GEOVITAL, we are also involved in providing meaningful radiation shielding for newly constructed homes and apartment buildings. The investment involved in shielding an entire home against radiation is manageable and often comparable to that of the other parts of the home (like a roof) that we consider normal.

## REFERENCES

International Diabetes Federation, [www.idf.org](http://www.idf.org)

Study by Sultan Ayoub Meo et al, [www.mdpi.com/1660-4601/12/11/14519](http://www.mdpi.com/1660-4601/12/11/14519)

(1) Department of Physiology, College of Medicine, King Saud University, PO Box 2925, Riyadh 11461 Saudi Arabia

\*Author of study.

(2) Department of Clinical Biochemistry, College of Medicine, King Saud University, PO Box 2925, Riyadh 11461 Saudi Arabia

## THE AUTHOR

Patrick van der Burght is a Geobiologist and director of GEOVITAL Academy Australia/New Zealand. He is an author and international speaker on the subject of domestic radiation assessment and protection, and teaches assessment skills for GEOVITAL in Australia, Austria, the UK and the USA.

Website <http://en.geovital.com>



## FEELING GENEROUS RE YOUR WILL?

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

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

“I bequeath to the Natural Health Society of Australia (NSW) Inc. ABN 91 080 087 725

the sum of \$ \_\_\_\_\_ (or part or all of residue of Estate) free of all duties to be applied for the purposes of the Society (or as directed by the donor) and the receipt of the Secretary of the Society shall be sufficient discharge for the same.”

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

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See order form page 43.



# Plant-Based Nutrition and Cancer

By Robyn Chuter, Naturopath and Counsellor

## From the 3rd International Plant-Based Nutrition Healthcare Conference



Dr Dean Ornish is nothing short of legendary in the field of research into plant-based nutrition. His research career began in 1983, and since then he has published numerous carefully-conducted studies in peer-reviewed medical journals, demonstrating that his comprehensive lifestyle program comprising a low-fat, plant-based diet, regular moderate exercise, training in stress management techniques and structured social support can:

- Reverse heart disease, even in people who have been told they need bypass surgery or stenting;
- Reduce or eliminate the need for medication in type 2 diabetes sufferers;
- Allow many hypertensive people to get off their blood pressure drugs;
- Dramatically reduce total and LDL cholesterol and triglyceride levels;
- Help even people who've struggled with their weight for decades to attain and maintain a healthy weight – without dieting;
- Relieve depression;
- Lengthen telomeres, the ends of chromosomes that erode as we age; and
- Slow, stop and even reverse the progression of early-stage prostate cancer, allowing men to avoid or delay treatments that dramatically decrease their quality of life.

It was on the latter finding that Dr Ornish focused his presentation at the 3rd International Plant-Based Nutrition Healthcare Conference – and with good reason. Prostate cancer is the second leading cause of cancer death in American men (and in Australian men too). Although one in seven US men will be diagnosed with prostate cancer during his lifetime, only one in 38 will die of it, and as Ornish pointed

out, this leads to massive overtreatment of men who cannot possibly benefit from that treatment.

Dean Ornish's research has focused primarily on early-stage prostate cancer because urologists often offer patients in this category the option of 'watchful waiting', which allows researchers to ethically randomise study participants to the treatment or control arm. Yet, in the case of early-stage prostate cancer, *only one out of 49 men who opts for medical or surgical treatment actually lives longer.*

The other 48 men not only don't enjoy any survival benefit (and at the end of the day, why else would you undertake treatment for cancer?), they suffer demoralising side effects including urinary incontinence and impotence. In fact, as Dr Ornish explained, by 15 years after treatment for prostate cancer, virtually all men suffer from erectile dysfunction. Having your sex life wrecked is a high price to pay for a treatment that you didn't get any real benefit from anyway.

Ornish took us deep into the studies his team – and other researchers – have conducted that are trying to determine exactly how his lifestyle intervention program stops cancer in its tracks. Here are some of the mechanisms they've discovered:

- Blood serum from overweight men was collected before and after they went on a low-fat, high-fibre diet and exercise for just 11 days. At the end of the intervention, their serum reduced the growth of prostate cancer cells in a petrie dish by 30% more than at the beginning. Even more impressively, the serum of men who had been on a low-fat diet long term (on average 14.2 years) was even more effective at inhibiting prostate cancer cell growth *in vitro* [in glass].
- The expression of over 500 genes involved in the growth, invasion and spread of cancer is beneficially affected after just 90 days on the Ornish program.
- After 90 days on the Ornish program, the telomeres of 30 men with low-risk prostate cancer were significantly lengthened. Telomeres protect against the DNA mutations that can give rise to cancer. Shortened telomeres predict a higher risk of developing, and dying from, breast, prostate, colorectal, bladder, head and neck, lung and renal cell cancers. The researchers found

that the closer the men adhered to the program, the more their telomeres lengthened.

The last finding underlined a point that Ornish emphasised several times during his presentation:

*"The more you change the better you get."*

No matter how old you are and no matter how sick you are, the more improvements you make to your diet and lifestyle, the more vitality and wellbeing you will enjoy. In many cases, this leads to the reversal of clinical illness and a reduced need for medical care. (In fact, almost 80% of the cardiovascular disease patients who had been told they needed a heart bypass no longer required the surgery once they had gone through the Ornish program.)

Furthermore, unlike researchers who struggle to get study participants to adhere to diets that represent only a slight variation to what they normally eat, the Ornish program – which asks participants to make significant dietary changes – has achieved remarkable adherence rates: 85 – 90% in nearly 3,000 men and women at 24 sites after one year. Why such good results? Because, says Ornish, when people make big changes to the way they eat and live, they feel better so quickly that they want to adhere to the program long-term!

This is something I've been telling my clients for years: Small, incremental changes may seem easier to make than 180-degree shifts, but they often lead to disappointing results, which reduces the motivation to continue.

See more at: <http://empowertotalhealth.com.au/plant-based-nutrition-and-cancer/#sthash.vylaWCyH.dpuf>

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## GERSON THERAPY

# Dreaded Diseases of modern society alleviated by Gerson Therapy

By Jo Thompson, RN, BN, Health Practitioner

We are sicker, fatter, more toxic and deficient and more anxious and depressed than ever before. Dreaded diseases – all lifestyle diseases – are no longer an elderly or middle-age problem. Younger generations are also inflicted with these dreaded diseases.

Too often we solely blame genetics, pollution, toxins, technological developments, increased noise, violence, stress or the breakdown of relationships. The overwhelming culprit that effects every living being is the huge dietary changes that have taken place over the last few centuries. This is quite amazing considering the abundance of beautiful, fresh food in Australia that we can source with minimal effort.

## What are these dreaded diseases?

- Cancer
- Heart disease/PVD (peripheral vascular disease)
- Hypertension
- Hyperlipidaemia (high cholesterol or inability to metabolise fats)
- Diabetes
- Chronic fatigue
- Asthma
- Allergies
- Autoimmune disorders, for example, Crohn's, multiple sclerosis, lupus, fibromyalgia
- Hyperactivity

## What Can Gerson Therapy Do for these Diseases?

This well structured, precise, long-term therapy is able to undo the harm and damage the body has undergone over many years. Restoring the natural defence systems of the body enables it to heal itself. The therapy can remove built-up toxins, chemicals and more from deep within the cells that are causing inflammation, damage to cells and their inability to work effectively and properly.

If followed exactly the way it is instructed, the therapy will remove toxins, chemicals, other poisons, etc, from the body, lightening the load on the stressed systems that are breaking down and causing disease.

As mentioned, most of these diseases take years to develop, yet most are 'curable' if the body is given the right conditions – which is

exactly what the Gerson Therapy does. 12 to 18 months was the time given originally for the full therapy to eradicate disease, but with increased toxicity and weaker immune systems the time frame is now 18 – 24 months and longer if you have received chemotherapy.

We are now exposed to more lethal and damaging chemicals on a daily basis than ever before. I still believe that on top of the chemical maze and bad food choices, etc, the biggest driver is constant stress or longer term, feeling overwhelmed or unhappy or living in a toxic relationship. I see this over and over again. When I take a cancer sufferer's medical history, there has usually been some significant life stress or event 12 – 24 months before their cancer diagnosis. It's too common to go unnoticed, Restoring the liver to full functioning capacity is one the main requirements for healing the body. Dr Max Gerson researched for many years while perfecting his therapy. He discovered that chronic disease patients have weak livers and cancer patients have toxic livers. His research also found that the cancer patient did not fully digest or assimilate fats and oils, and the undigested residues were picked up by tumour tissue which grew and thrived on them. Hence the Gerson diet is very low in fats.

Boosting the immune system is another high priority, as well as restoring the function of damaged or deficient enzymes so that they can ingest tumours. Basically, the therapy gives the body the tools to repair, restore and heal.

Our aim is to restore health by addressing deficiencies in the cells, especially essential minerals like potassium. The body is then able to heal itself of any dreaded disease as it has been given the right environment and tools.

## The Four Components of Gerson Therapy

1. Diet: a mostly raw-food diet with slow-cooked vegetables;
2. Juices: specially designed juices taken hourly throughout the day;
3. Coffee enemas: to assist the body in removing toxins;
4. Supplements: each has a specific purpose for detoxifying and restoring health and homeostasis.

For more information on these four components, see my previous articles or attend the Natural Health Society Seminar on 20<sup>th</sup> March where I will be speaking.

You *can* give your body the right tools and conditions to heal. It takes discipline, consistency and the best plan. Many people have enough self-sabotages or excuses as to why they can't carry out this therapy – but that's all they are, excuses.

Don't wait until you develop cancer or another disease before you make the changes, start today, right now! Take a step towards optimal health, be pain-free, happy and energetic.

## More information ...

For more information, support or guidance, please contact me.



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

# Recipes from Hopewood

## Tangy fruit salad with cashew nut cream

### Ingredients

Choose from a selection of the following fresh fruits: berries, e.g., strawberries, blueberries and raspberries, passionfruit, green apples, pears, pineapple, plums, kiwi fruit, oranges.

### Method

1. Chop fruit, except passionfruit, into small pieces.
2. Combine and top with passionfruit.
3. Serve with cashew nut cream.

## Cashew nut cream

### Ingredients

2 cups raw cashews

vanilla to taste

400 ml water (enough to make a smooth paste) or 3 cups orange juice in place of the water

### Method

1. Blend all ingredients together until desired texture is achieved.
2. Cashew nut cream is a delicious topping for fruit salad, or as a dipping sauce for fresh fruit pieces served as a healthy snack or dessert.



## Now is the time to get healthy!

Make 2016 the year that you achieve ultimate health. If you're not sure where to start, we can help. Our new lifestyle and recipe book, *Lifestyle: Hopewood's recipe for wellbeing*, provides you with the information you need to live a healthy life and to be continually inspired.

This is a gorgeously presented coffee-table book that features over 100 mouth-wateringly delicious, incredibly healthy and easy-to-prepare vegetarian recipes, liberally peppered with industry-leading natural health wisdom.

This book is designed to inspire its readers to adopt and maintain a healthy lifestyle – to eat, heal, move and nurture their body – the Hopewood way! This limited online edition can be purchased at [www.hopewood.com.au](http://www.hopewood.com.au).

Here's a taste of the recipes you will find in our new book...

## Asian carrot

### Ingredients

1 teaspoon sesame seeds

$\frac{1}{2}$  teaspoon cumin

$\frac{1}{2}$  teaspoon black mustard seeds

1 pinch coriander, ground

$\frac{1}{4}$  teaspoon cayenne pepper

2 carrots, grated

1 tablespoon lime juice

2 tablespoons fresh coriander, chopped

### Method

1. Dry stir-fry sesame seeds with cumin, mustard seeds, ground coriander and cayenne pepper.
2. Stir the mixture into the carrots, lime juice and fresh coriander.



## Tomato and mushroom fettuccine

### Ingredients

250 gm fettuccine pasta  
2 garlic cloves, chopped  
4 – 6 mushrooms, chopped  
4 – 6 Roma tomatoes, chopped  
100 gm goats' cheese, crumbled [or soya cheese]  
fresh basil leaves, torn  
ground pepper

### Method

1. Cook pasta in boiling water until al dente and drain.
2. Toss garlic, mushrooms and tomatoes in a pan until warmed through.
3. Add goats' cheese and basil. Combine together gently.
4. Place pasta in a large serving bowl or into individual dishes.
5. Top with tomato mixture and garnish with a little fresh ground pepper and basil leaves.

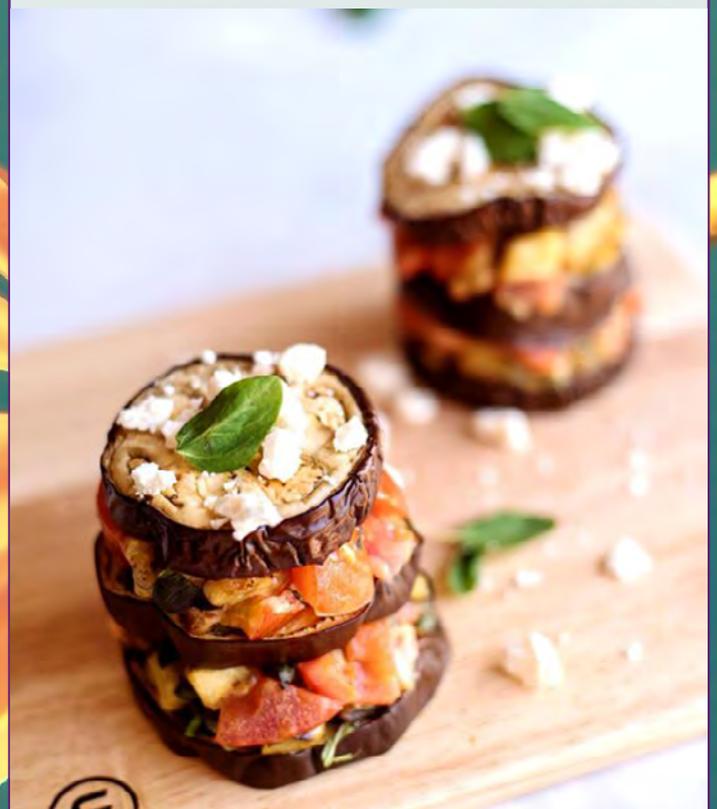
## Eggplant, tomato and feta stack

### Ingredients

3 eggplants, sliced into rounds  
1 onion, chopped  
2 garlic cloves, chopped  
3 tomatoes, chopped  
1 teaspoon fresh or dried Italian herbs  
1 cup low-fat tasty cheese, grated [or soya cheese]  
½ cup feta, crumbled  
basil and parsley for garnish, chopped  
2 tbsp Spanish (red) onion, finely sliced

### Method

1. Cut the eggplant into rounds allowing three slices per person and place these on baking paper, setting remainder aside.
2. Bake in oven at 180°C for 20 – 25 minutes, until almost cooked.
3. Cube the remaining eggplant.
4. Sauté onions and garlic with the cubed eggplant until soft.
5. Add tomatoes, herbs and tasty cheese, tossing gently in the pan until the cheese begins to melt.
6. On the baking tray, assemble eggplant rounds with layers of the tomato mixture in a stack.
7. Top with crumbled feta cheese.
8. Return to the oven for a further 5 minutes to heat through prior to serving.





A REGULAR COLUMN

# The Body Burden: all else is window dressing

By Greg Fitzgerald, Osteopath and Naturopath

Presidential candidate Hilary Clinton recently announced two major initiatives her party will pursue if elected. Firstly, two billion dollars will go towards research and treatment for the rapidly increasing Alzheimer's disease. Secondly, she will focus on supporting those with autism, another rapidly increasing health issue. This will mainly centre around providing work opportunities for autistic people, and greater protection for them at school and in the workplace. There was no mention of researching the reasons why this illness is increasing exponentially.

Autism now is affecting one in 45 people, mainly children. This is up from one in many thousands in the 1980's, and this increase has been shown *not* to be attributable to improved detection methods nor genetics. If it is *not* genetic or better diagnosis, then it leaves the environment as the smoking gun (environment includes everything from food, drugs, the physical environment and right through to personal behaviours).

Although Hilary's motives might be commendable, no significant progress will be made in these or any other health issues until they understand first principles. First principles focus on the real causes of a problem and removing them. They are the primary reasons for a disease. It's what Dr Dean Ornish referred to as "The causal chain of events" in his landmark book *Reversing Heart Disease*, published in 1990. As he stated, we need to go back as far as possible to establish the primary, or real causes. When these are understood, we take every opportunity to remove them from our way of living.

## Toxaemia: The real cause of disease

Toxaemia is the condition where the blood, fluids and hard and soft tissues of the body become handicapped in their structure and/or function by an excess of toxic residues. These toxins come from the by-products of normal metabolism, all kinds of drugs whether prescribed, illicit or social stimulants (like caffeine and alcohol), pesticides and artificial additives, household and personal care chemicals, inappropriate foods and beverages, vaccinations and, of course, environmental chemicals in the form of pollution. For over 100 years, the medical establishment

ridiculed the belief that toxaemia was a primary cause of disease.

Then another medical reversal occurred in 2001 when the EWG (Environmental Working Group) in the USA proved beyond doubt that such a situation does in fact exist, and further, could cause disease. They termed this the 'Body Burden'. It had been known for centuries that people could be poisoned by exposure to certain chemicals (acute poisoning), and then in 2001 the concept of chronic poisoning was scientifically accepted. Such chemicals are measured at trace levels, and it is now understood that these trace levels can dramatically and adversely affect the human body, particularly the hormone system and immune system.

## A New Health-Care Model Urgently Needed

At the time of writing (January 2016), it is obvious that the human race is in a fight for its own survival. Not only are we faced with unprecedented damage to the environment, we are also witnessing the rapid extinction of many species of animals and the epidemic of disease within our own species. Disability-free life expectancy is getting lower. In other words, the age people reach before becoming partially disabled through disease is now shorter than ever in the modern world. To put it another way, we might be alive, but we are falling apart, and at younger and younger ages. We are suffering from chronic disease at an earlier age. We might be living longer, but we're dying younger!

Modern medicine has not provided the solution, and, in fact, has contributed to the cause. Because medicine is now married to the pharmaceutical industry, nearly all illnesses are treated with toxic drugs which themselves cause side-effects and more disease. The word *iatrogenic* was coined to describe diseases caused by medicine. It is a fact that modern medicine is now the third leading cause of death in the modern world, after vascular diseases and cancer. This is not my opinion, it was admitted in *The Journal of the American Medical Association* a few years ago.

The health-care system we have is failing us. No doubt there are some successes, particularly in emergency and trauma

situations. But with chronic illness, which has an incalculable cost in terms of human suffering and death, not to mention the unsustainable financial cost, we need a new model. This is why Hilary Clinton's well-meaning commitments are doomed to produce poor results. She will be still working from the same paradigm that produced these diseases in the first place. But you cannot throw everything at any disease, ignore removing the real causes, and expect success.

Cancer is the best example. In 1972 President Nixon declared war on cancer. Since then, for 44 years this war has been an abject failure, with the exception of a couple of less common cancers like testicular and some lymphomas. Everything has been, and still is, thrown at cancer from chemo to radiation to surgery and yet the major cancers which cause the most morbidity (disease) and mortality (death) remain epidemic.

Most recent improvements in breast cancer survival have come about through smoking cessation and a marked reduction in the prescribing of hormone replacement therapy. This has been acknowledged by the Cancer Council itself.

There is not much chance of any fundamental change in the immediate future. The marriage of medicine to BigPharma is a huge and extremely profitable business, and as such will aggressively resist any threats to its position.

The new health-care model may never be accepted by the powers that be, but *you* can benefit by adopting it yourself. You can take more control over your health, energy and wellbeing than ever, and step off the medical merry-go-round. You can transform your own health. You can prevent most diseases, and reverse many. You do that by changing your mode of living.

This means you re-evaluate what you eat and drink, how you sleep, rest and calm your mind and how you cope with stress. It includes appropriate activity, fresh air and sunshine and an attitude of goodwill. It means not flogging yourself or routinely soldiering on. It involves listening to and trusting your body! This is the new game plan. It is possible to live at a higher level. It's simply a decision away!

## The Public Health-Care System Vs Your Private Health Care System

The good news is that you need not wait for the public health care system to become more enlightened. The more modern medicine relies on drugs, surgery and radiation as interventions, the less emphasis there will be on the self-healing powers that reside within you. Medicine's paradigm will probably never change, and other peripheral, cosmetic changes are glacially slow anyway. But you can change your own private health-care system today.

This shift has to start with a basic desire to improve your health, physically, emotionally and mentally. From there your knowledge about health will improve the more you read and observe, and the more you question established beliefs. Go beyond daily newspapers, television and popular magazines. Become a critical thinker. Become more self-aware. Listen, really listen, to your body. What is it telling you? Do an audit on your own health. Perhaps consult with a health-care practitioner who you have had recommended to you, one who will educate and empower you, not simply recommend that you take bag loads of supplements and remedies.

Explore the concept of Natural Health and Natural Hygiene. This changed my life more than 30 years ago and has formed the philosophical and scientific basis of my life ever since. My wife, Dawn, and I raised our three children on these timeless truths and principles, and it is no coincidence that two of the three (aged 24 and 17) have never been to a doctor, with the other (now 22) having sought medical attention only when he split his head open at age 10. Natural Hygiene teaches the principle of *vis medicatrix naturae*, or the healing power of nature. When you harness this power, you become not only healthier, but empowered. You will stand for something, and won't fall for anything. It is the greatest private health-care system in the world.

## How Natural Hygiene/Health Relates To Your Own Health Choices

The human body is a remarkable, miraculous creation. It is a survival machine, which is:

- 1) Self-developing;
- 2) Self-defending;
- 3) Self-repairing.

For the human body to function in good health as it is intended, we need to provide it with the biological conditions of health. We do *not* provide it with materials, agents and influences inimical to health, like drugs and inappropriate foods. The biological conditions that build life, also build health. The power that builds us is the same power that heals us! When healing is required,

the same biological conditions are needed but they are modified to suit the organism's needs at the time.

Thus we might not eat or we eat less for a time, or we might get more sleep and rest or less activity. Our commitments might need to be lightened for a while. Such modifications allow the human body the necessary energy to do its repair work, just as it was designed to do. This is self-regulation. For our body to self-regulate, self-awareness is needed. Health care is self-care.

If we care for it well, we live well. If we care for it poorly, we live poorly. We reap what we sow. It's the law of cause and effect. Natural Health, the new model of health and disease, is based on keeping our bodies as internally clean as possible. This concept is widely accepted today, and is encapsulated in the term detoxification used by so many.

Our everyday choices determine the level of internal toxicity that we have.

At one extreme, we can confidently predict sickness, disease and suffering if a person:

- Smokes tobacco;
  - Drinks substantial alcohol, tea and coffee;
  - Eats sweets and processed foods regularly, with a diet top-heavy in animal-based foods;
  - Eats for pleasure more than hunger;
  - Drinks when not thirsty;
  - Has too little or too much exercise, fresh air and/or sunshine;
  - Eats food and takes medications when sick;
  - Habitually soldiers on and gets poor sleep and little rest.
- Poor lifestyle choices are the cause; sickness is the effect.

If on the other hand we choose to live more rationally and intelligently, then we can confidently predict a much healthier outcome. This means:

- Avoiding tobacco, alcohol and caffeine;
  - Adopting a diet predominately of plant-based foods;
  - Eating treats *only* as celebration foods and certainly not when sick;
  - Avoiding dairy;
  - Exercising regularly, sleeping and resting adequately;
  - Procuring sufficient sunshine and fresh air;
  - Limiting chemical exposure;
  - Eating only when hungry and drinking when thirsty;
  - Not soldiering-on habitually;
  - Fasting when unwell or not hungry; and working on our minds.
- Healthy lifestyle is the cause; good health is the effect.

The former case (disease) is life expressing itself in disadvantageous circumstances. The latter case (health) is life expressing itself in advantageous circumstances.

This is what forms the basis of the science and philosophy of health known as Natural Hygiene/Natural Health. It is the ultimate truth in understanding health and disease.

## Why it Will Never Become Mainstream

Imagine our world if chronic disease was an exception, instead of the norm. Imagine if the rates of heart disease, strokes, diabetes, osteoporosis, Alzheimer's disease, cancer, auto-immune diseases, ADHD, autism and depression, to name a few, all dropped precipitously. This would be an effect. The question would then become: what caused this decline? Obviously the cause would be a complete change in the way we live.

Entire industries would be either completely decimated or forced to drastically downsize.

These would include: the meat and livestock industries, the sugar industry, the alcohol and tobacco industries, coffee and tea manufacturers, the dairy industry, processed food manufacturers, soft drink companies, microwave oven makers, illicit drug peddlers, the pharmaceutical industry, the weight loss industries like Jenny Craig and Weight Watchers, hospitals and all the healing professions. These would be changed forever.

Such a radical shift would inevitably lead to social chaos, as people became unemployed and desperate. Realistically, this will never happen. The forces of conformity are so strong that you need to act individually to achieve such benefits. You can perform your own radical shift without waiting for the majority to join you.

## Your New Game Plan

Remember that your health depends on keeping your body burden, or toxemia, as low as possible. This means basically three things:

- Following as natural a way of life as possible;
- Really listening to your body and allowing it to lower its level of toxemia by not suppressing acute symptoms like coughs, colds, discharges, fevers, vomiting, diarrhoea and the like when they occur. Such symptoms are not our enemy, they are allies in disguise, allowing the body to detoxify and keep its internal environment as clean as possible;
- Keep learning about health, nutrition, activity and the principles upon which these are applied. More importantly keep learning about *you*. Research and study Natural Health/Natural Hygiene, and apply these priceless and timeless principles to the betterment of yourself and your family. It will be an investment of incalculable riches!

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



# Give peas a chance

By Doug Evans, Osteopath and Natural Health Practitioner

Legumes are great for our health. This group includes all the beans and peas, such as lentils, chickpeas, baked beans and soya beans (which are particularly beneficial).

All the longest living, healthy populations share one outstanding common dietary factor – they eat legumes/peas several times a week. In fact the greater the proportion of protein obtained from legumes, the healthier they tend to be. If you live and eat as they do, you can expect lowered risks of cardiovascular disease, cancer, diabetes, osteoporosis, menopausal problems and even dementia – just like the peoples of Okinawa, rural China, Azerbaijan, Tarahumara and Hunza Land.

What is it about legumes that would explain their health advantages?

## 1. THE PROTEIN ADVANTAGE

Legumes are a rich source of high-quality protein that is low in fat.

Containing a good balance of all the essential amino acids, soya beans have a higher level of protein than lean steak. The following are the raw dry-weight protein contents, except where shown:

Soybeans	31%
Tofu (moist state)	7%
Navy beans (used in baked beans)	22%
Broad beans, green	7%
Lima beans	21%
Lentils	24%
Peas, green	6%
Split peas	23%
Chickpeas	16%
Kidney beans	22%

[For comparison, lean steak protein content is approximately 21%

Another advantage of legumes is that this kind of protein, unlike animal protein, doesn't cause loss of calcium from our bones. They also provide protection against cardiovascular disease and some forms of cancer.

## 2. THE HIGH FIBRE ADVANTAGE

**Fibre in one cup of:**

Soybeans	17 gm
Split peas	16 gm
Broad beans	9 gm
Peas	5 gm
Chick peas	12 gm

**Legumes compare well with other high fibre foods:**

Berries	8 gm
Broccoli	5 gm
Oats	8 gm
Spinach	4 gm

Fibre in unprocessed plant foods including legumes, is known to reduce the risk of cancer, specifically of the large intestines. Fibre helps make legumes low-GI foods, which are great for stabilising blood sugar level problems. It also reduces the risk of cardiovascular disease, partially by drawing cholesterol out of the body.

All animal products – meat, eggs and dairy – do not contain fibre.

## 3. THE MINERAL ADVANTAGE

**Legumes are a rich source of minerals, particularly calcium and iron.**

Milligrams per 100 gm portion:

	Calcium	Iron
Soya	180	9.5
Chickpeas	120	5.5

Although red meat is a rich source of iron, it is a very poor source of calcium. Dairy products on the other hand are a reasonable source of calcium but are low in iron.

## 4. THE PHYTOESTROGEN ADVANTAGE

Legumes are the richest source of phytoestrogens (plant oestrogens) which are often referred to as flavonoids, isoflavones, lignans, etc. Soya is exceptionally high.

A diet high in phytoestrogens has been found to:

- i. Reduce menstrual and menopausal problems. Just by including some legumes in your diet daily you can reduce hot flushes.
- ii. Lower the incidence of cancers, particularly breast cancer – and reduce the likelihood of its return; also prostate and colon cancer.

It has also been firmly established that it is not only safe, but provides extra benefit to include soya (beans, tofu, tempeh) in your diet, if you have or have had breast cancer.

- iii. Reduce cardiovascular disease – most likely by lowering harmful cholesterol and triglycerides.

- iv. Increase bone density and strength, that is, less osteoporosis.

In their groundbreaking study of the Okinawan people (islands in the southern-most part of Japan), Drs Wilcox and Suzuki discovered that soya products, that is, tofu, tempeh, beans, etc, were a significant factor in keeping bones strong and reducing the incidence of breast cancer. Furthermore they found that the introduction of soya products (which included soya milk) into the diets of Americans at similar levels "resulted in significant increases in osteocalcin, a blood marker for bone formation," that is, it stimulated bone regeneration.

The Okinawans are renowned for currently being the longest living, healthiest people on Earth, with low levels of heart disease, cancer (breast cancer was almost unknown), diabetes and dementia, and with exceptionally strong bones (even though they seldom eat dairy products).

## 5. THE ARGININE ADVANTAGE

Peas and other legumes are one of the richest sources of arginine, so there is certainly no need to take it as a supplement. Arginine is used by the cells lining the arteries to produce nitric oxide. Nitric oxide helps keep the blood flowing through the arteries by relaxing them to stay open, and making the endothelium surface (inner lining) slippery smooth. This is vital in preventing and reversing cardiovascular disease.

Most fats and oils in the Modern Australian Diet (MAD), namely processed fats, trans fats, heated oils, animal and saturated fats all suppress nitric oxide production.

## 6. ENVIRONMENTAL ADVANTAGE

Legume production not only requires less energy from fossil fuels compared to animal products, but also directly reduces carbon dioxide in the atmosphere. Legumes do this because, like all plants, they absorb CO<sub>2</sub> from the atmosphere and release oxygen. Scientists are also impressed by their 'nitrogen fixing' properties – they draw nitrogen from the air and combine it into plant tissue. This enables following crops to grow at faster rates and therefore absorb even more CO<sub>2</sub>.

The United Nations has determined that the consumption of animal products,

especially those intensively raised, comes at a high environmental cost. The UN has calculated that over 50% of the greenhouse effect could be attributed to their production, when fossil fuel expenditure such as refrigeration is included. Furthermore, according to Professor Bruce Kelly, methane produced by cows, for example, is seventy-two times more potent as a greenhouse gas than carbon dioxide.

## SOME CONCERNS?

If you are not accustomed to eating legumes, introduce them slowly. At first they can be a little difficult to digest for some people, leading to gas production. Prior to cooking, they should be soaked for an hour or longer, according to their size, rinsed, then cooked until soft. This removes most of the trypsin inhibitors (which inhibit the action of digestive enzymes). Many people find that tofu and tempeh are the most easily digested of all.

Some people are allergic to soya beans and their products.

The idea that legumes contain significant levels of so-called 'anti-nutrients' is not well founded. Researchers and dieticians tend to shy away from the use of this term, because they have found these 'anti-nutrients' to actually be of overall benefit. They include phytates, lectins and saponins.

Phytates in legumes and whole grains do reduce the absorption of minerals, including calcium and iron. However exhaustive studies have shown this effect to be "insignificant." Moreover, phytates have been found to have beneficial antioxidant effects.

Lectins, like phyto-haemagglutinin, are harmful in large doses. However, levels are only high enough in red kidney beans to be of any concern. When legumes, including kidney beans, are prepared properly, the phyto-haemagglutinin and other lectins are degraded or eliminated.

Although saponins, which are found in most plants, are resistant to digestion, any evidence that they may be harmful to human health is not forthcoming.

If you have been diagnosed as having low thyroid function, then it is advisable to restrict your soya intake to no more than twice per week.

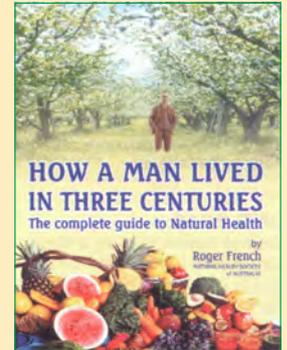
Despite some recent bad press, particularly from ill-informed Paleo Diet advocates, legumes are proven to be nutritious and beneficial. For optimal health, a variety of legumes could play an important part in your diet.

Give peas a chance!

## Special Offer

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

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## News Bites

### No magic in the Eskimo diet after all

The wholistic Dr Michael Greger has demonstrated that the fish oil in the Eskimo diet has not prevented heart disease. He asks, how did this whole fish tale begin?

Danish researchers, Bang and Dyerberg, went to Eskimo land and reported a very low incidence of heart attack. Yet, they didn't examine the people, they just accepted at face value that atherosclerosis is almost unknown, which has since been disproven over and over again.

After all, how would you not get artery disease on a diet of meat, fish and blubber, almost devoid of any fruits and vegetables. The abundance of omega-3 fish fat in the Eskimo diet wouldn't compensate for such an unnatural diet.

Michael Greger points out that a thousand years ago frozen Eskimo mummies had atherosclerosis. Studies show that they have the same plague of coronary artery disease as non-Eskimo populations, have twice the fatal stroke rate and don't live particularly long.

(Source: Michael Greger's enewsletter, 23<sup>rd</sup> January 2016.

Website [www.NutritionFacts.org](http://www.NutritionFacts.org))

### Computers in the classroom

The use of technology in schools is not necessarily improving academic performance, according to an OECD report published on 15 September 2015.

The report, 'Students, Computers and Learning: Making the Connection', found that moderate computer use at school slightly improved student performance, but that frequent computer use produced much worse results.

(The report: 'Students, Computers and Learning: Making the Connection, Andreas Schleicher, Director, OECD Directorate for Education and Skills, OECD Education.)

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# Change Just Ahead



By Anna Anderson, Quantum Coach

## The 7 Steps to Managing Change (without pain)

**Managing our life transitions is really about managing oneself.** Until we get that, all change – whether initiated, imposed or inevitable – will cause considerable pain.

Why is that? you ask. The source of the 'pain of change' lies within our psyche, which is only loosely connected to the external world. And what is the best way of dealing with pain? You go straight to its source.

Our conscious mind (ego) perceives all departure from the known and familiar as a threat to our existence. As the ego's primary job is to protect us, it will do anything it can to prevent us from venturing out of its comfort zone and into the area of 'danger' by inducing fear, resistance and apprehension to retain the status quo. Therefore, in order to successfully and with the least amount of pain implement the change – whether desired, imposed or inevitable – we need to appease our ego and make it believe it is safe.

Over many years of helping people manage their various life transitions, I developed a 7-step formula to minimise the 'pain of change' which I'd like to share with you. There is a catch, however, as the formula is a transformational tool in itself and poses a challenge for the implementer: it asks you to change something *within* yourself, as only then can you master all the change that you are dealing with.

### The 7 Steps

#### 1. Accept full responsibility for the change you are going through

Yes, this includes all imposed and inevitable change, such as your company's restructure, retrenchment, losing a loved one, your child (finally!) leaving home, illness, ageing, the economy and the weather. The

reason is deeply psychological, and your brain neurology actually changes (pun intended) as a result of a different chemistry created by the different states of mind – your thoughts, attitudes and emotions.

The key to this step is to accept that you do create every experience in your life at some level – conscious or unconscious. As the creator of an experience you are going through, it is only natural and appropriate that you accept your responsibility for it, which immediately puts your psyche at ease rather than exhausting it through the internal conflict of rejecting the ownership of your creation.

#### 2. Put it in perspective

Every change process, while embedded in the broader, always evolving continuum of your life, does have a beginning and an end just like every chapter of a book, which means that *the change you are going through is only temporary*. Realising that at some point the unknown and unfamiliar is going to become a known and trusted component of our living experience is truly liberating, easing resistance and stress. 'Nothing lasts forever' is more than a cliché; it is (with just a few exceptions) an ultimate truth of life.

#### 3. Identify and dissolve the fear

Reflect on your thoughts and emotions in relation to the change you are facing. Pinpoint what the fear is about. Write it down. Unless you are in an immediate and obvious physical danger, your fear – *any* fear or worry – is nothing more than an assumption, anticipating that something will go wrong and you will end up in a worse situation than you are in now. It is completely unfounded, as it is based on a possible future scenario which may never eventuate. Rationalise the fear by asking yourself what is the worst thing that could possibly happen. Then ask if there is any worse possible outcome lurking around the corner. And then look for the worse still and decide

how you will deal with it in case it does indeed occur. Once you've exhausted all your potential nightmares and arrived at *the* worst possible case scenario, ask yourself what is the likelihood that this scenario will happen, really. By that point your fear will be gone. The key here is to pull all the monsters out from under the bed and shred them to pieces in the light of commonsense.

#### 4. Decide on the positive outcome and hang on to it!

What you focus on is what you get – as quantum physics has proven by now. The river of change is often stormy with strong under-currents in which you may feel you have no control and are being swept away. The positive outcome you create in your mind at the onset of the journey is your strongest point of reference; a welcoming beacon on the other shore from which a rope is thrown into your hands. As long as you hold on tightly to this rope and swim towards the beacon, you will get to it and you will be fine. Do *not* let go of this safety rope due to worry, fears, assumptions and doubts, not even with your struggle or pain. Don't lose sight of your beacon and never, ever look down!

#### 5. Trust your higher purpose

The Universe works in mysterious ways. Many a time our biggest challenge becomes our greatest blessing, initially in disguise.

Whether:

It's a health issue that re-connects us with our own healing powers and teaches forgiveness and self-love, often propelling us onto a path of helping others;

Or losing a job only to find a much better one shortly after;

Or a relationship breakdown that sets us free and brings in our true soulmate;

*Continued P30*



# Nutrition for Cats

## The benefits of getting your kitty off kibble and onto a raw diet

By Tracey Morrison, Homeopath and Animal Health Practitioner

Does your beloved kitty wake from his or her all-day nap at the sound of the kibble being poured into their favourite bowl? MEOW! ... (cat's interpretation... YUMMO!) Unfortunately many of our loving cats have become consumer victims of the increasingly popular dry pet food. Cats are finicky creatures, having evolved very specific taste and scent capabilities and can unfortunately become addicted to salty, fatty foods and sugars and will easily crave carbohydrates.

After all, we are only human, so if the celebrity on the TV says that this is the "best" we can do for our beloved pets, well, wouldn't you do it? Unfortunately advertising is a big industry and we are so easily swayed by their say so.

Here's a hint ... dry, cooked, fortified kibble biscuit is *not* a suitable, natural or healthy option for long-term sustainability of your cat's health.

### FACTS ABOUT KIBBLE

Dry commercially prepared pet food does contain a number of nutrients, though what kind of balance these nutrients have is anyone's guess.

The amounts of nutritional value and additives in products can vary, from containing too few nutrients to excessive amounts. Most commercial pet foods are made from a limited number of ingredients to begin with, so take into account that this food has also been cooked at high temperatures, and anything listed on the ingredients panel could have been calculated prior to the cooking process. Therefore, a vast amount of vitamins, minerals and essential nutrients could be substantially decreased by the cooking process. We wouldn't know. The only assumption that we could make would be that the nutrients are in there, somewhere, in some capacity.



We must therefore assume, when purchasing processed pet foods, that they will contain both excessive nutrients and deficiencies, and they will not promote or produce optimum health for your cat (or dog).

### CORRECT BALANCE OF NUTRIENTS IS ESSENTIAL

Correct nutrient levels are an important part of a balanced diet. Cats are obligate carnivores, meaning that their digestive systems are geared to consuming fresh meat and therefore receiving a natural balance of vitamins, minerals and enzymes that meat from natural prey would provide. We need to try to mimic this.

The risk you take with these commercial foods is that you may be overloading your pet with excessive nutrients that they do not require and robbing them of the ones that they desperately need.

A great example can be seen by analysing the calcium that is added to most commercial pet foods. Many of us would read "added calcium" and think this is an extra health benefit, but this is far from the truth. Excessive amounts of calcium added to kibble can create a number of health issues.

Calcium in unregulated large amounts can overload and damage kidney function, which can initiate another problem. An excess of phosphorus can build up as a result and inhibit kidney function further. Excessive calcium also inhibits zinc from being absorbed. But zinc is not supplemented in most commercial pet foods, and the generic brands found in most supermarkets are particularly lacking in this mineral.

Zinc is essential for healthy skin cell production, vitamin absorption, bone growth and a healthy immune system.

Some symptoms associated with skin conditions as a result of lack of zinc include, and are by no way limited to, dry, flaking, itching, smelling, allergic skin reactions – which are such common complaints these days.

### THE BENEFITS OF FEEDING RAW FOOD AS OPPOSED TO PROCESSED FOOD

Cats must eat fresh food. They do not have the metabolic means to digest rancid food and cannot get rid of toxic by-products (as opposed to dogs who can). Therefore, fats and oils that have become rancid in kibble from incorrect storage or heating over a period of time could build up to toxic levels in your cat.

Cats have evolved on a diet of fresh, whole, raw prey along with a small amount of gut contents that the stomach of the prey would have contained. It stands to reason that raw animal protein (including raw animal fat) and raw bones should make up the bulk of your cat's diet.

Raw food for cats is also essential for optimum levels of an essential amino acid, *taurine*. This occurs in muscle meat, organs and also in seafood. Cats (unlike dogs) are not able to synthesise sufficient taurine from other amino acids like methionine and cysteine. Insufficient amounts can lead to the development of retinal (eye) degeneration, reproductive failure and possibly heart cardiomyopathy. Cooking meat at a high temperature can leach out some of the taurine from the meat.

A diet consisting of whole, raw food will provide your cat with all the natural vitamins, minerals, trace elements, essential fatty acids and amino acids that they require.

Processed pet food contains *no* raw food and is therefore biochemically quite different. A cat's metabolism is totally geared to a diet that is raw and naturally wholesome, so the further you stray from this type of diet and the more you substitute this natural diet with unnatural processed foods, the worse health your kitty will be prone to.

Continued next page

## POOR NUTRITION AND DISEASE

Most degenerative diseases can be attributed to a lifetime of unhealthy diet. Over-feeding of cooked and processed foods combined with a lack of raw meaty bones and lack of raw whole foods in general attributes to these diseases, of which kidney disease and cancer are the main culprits.

A lifetime of unhealthy diet can cut a cat's lifespan greatly. Considering that ageing commences prior to conception and continues throughout a cat's entire life, by giving your cat a good start in life with a healthy, raw, whole-food diet, you can help to slow down the degenerative processes. Your cat can also suffer irreparable tooth decay and gum disease due to a poor diet (devoid of raw bones for dental care), which can be both very toxic to their system and very costly at the vet.

Disease in old age is not inevitable. It has been found that the degenerative disease processes can be controlled to an extent. The process can be sped up or slowed down, depending on what food your pet consumes. Nutrition is foremost in keeping the body's organs and the immune system well protected and functioning to full capacity. The breakdown of the immune system due to poor diet can result in infectious diseases and other problems.

In summary, feeding our pets a raw, whole-food diet that is naturally balanced with essential vitamins and minerals, trace elements, essential fatty acids and amino acids should keep our cats free from disease and in peak nutritional health.

As I always say ... 'The wellbeing of your pet's health and longevity is in your hands!'

**Tracey Morrison is a Homeopath, Animal Health Practitioner, Remedial Massage Therapist and writer, passionate about providing natural alternatives for optimum health and wellbeing.**

**Tracey operates a private practice 'Proactive Pets' in both Western Sydney (based near the beautiful Blue Mountains) and on the Lower North Shore. She can be contacted on 0419 813 620 or by email [Tracey@proactivepets.com.au](mailto:Tracey@proactivepets.com.au). Visit [www.proactivepets.com.au](http://www.proactivepets.com.au)**



## US STUDY PROVES PROCESSED PET FOOD = DISEASE

### By Dr Becker, US Wholistic Veterinarian

Dr Danielle Conway, an integrative veterinarian, has conducted a pilot study that proves that there are health-damaging compounds in processed pet foods.

Dr Conway's research is investigating *advanced glycation end products* (AGEs), which form when a protein joins with a carbohydrate. The resulting compounds can cause widespread inflammation and damage in the body.

In humans, AGEs are known to exacerbate diabetes, interfere with kidney function and promote ageing, Alzheimer's disease, cancer and neurologic diseases. Our bodies have mechanisms to deal with AGEs, but if we eat enough processed foods, the levels of AGEs increase. The reverse is also true: eat foods low in AGEs and blood levels decrease.

In my practice, I (Dr Becker) see processed pet foods causing inflammation in dogs.

Dr Conway's pilot study found that there are significant amounts of AGEs in processed pet foods and that the less processing, the less heat applied and the more moisture maintained, the lower the AGEs.

Her next research will be to do a full feeding trial with dogs.

Dr Conway is currently developing a nutrition program for dogs. The entire wholistic veterinary community is excited by her work in the area of nutrition for pets.

*Abstract published under Dr Mercola's permission to non-commercial organisations*

### The Seven Steps Continued from P28

Or financial challenges that teach us how to manage our resources so that when abundance comes we are smart and ready;

Or losing a loved one in a way that teaches us the most precious lessons about life and love – trusting that there is a higher purpose in your difficult transition will carry you over the discomfort and pain.

### 6. Transform the pain

In general, we can eliminate or significantly reduce the pain of change by taking control of (mastering) the change process as described above.

However, certain changes do carry inevitable pain, such as grief when we

lose a loved one. Our life will never be the same from that point onwards – and that is OK. Going through the grieving process is very important, so don't hold it back if that's your experience. Know that even in these circumstances you can choose to transform your pain into something positive and accept this change as is. Celebrate the life of your departed loved one and imbue the pain of separation with eternal love. Channel this energy into your commitment to live an even better, happier and more expansive life – in the memory of the person who passed on, if you like.

### 7. Acknowledge the NEW YOU

Once you have crossed the river of change and reached the other side where things are known and familiar

again, look back at the person you were before and notice who you are now. You are stronger, wiser, more open and loving, more understanding and grateful for what you have achieved. Acknowledge the new you, celebrate the end of the journey and ... get ready for your next challenge that inevitably lies ahead!

**Anna Anderson is a professional Life Coach (ICF ACC), author, public speaker and facilitator based in Melbourne. Anna teaches her unique Quantum Living Program through workshops and one-on-one coaching.**

**For more information please visit [www.annaanderson.com.au](http://www.annaanderson.com.au)**

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# SUCCEEDING AT SCHOOL MAKES A HAPPY STUDENT

By Anita Robertson

Kinesiology supports us to choose success, and with positive results ultimately brings about happier and healthier lives. Children and adults grow, study and perform at a higher level of productivity when they choose success for their lives.

A good example of this is a child not liking school, which may later lead in adulthood to not liking the work they are in. The adult's employment is the total result of the performance expressed at school.

So we are fully aware, as are most parents, that a child who is under-achieving will lead to an adult who is under-educated, and consequently in under-skilled employment. That person did not reach his/her potential. No success, no fun and it is reinforced day after terrible day for the student who 'hates' school.

We had one little person who was made to rewrite his writing book. This only reinforced his failure to produce neat hand writing and resulted in tears every night. After a short time of brain integration and addressing a primitive reflex, his writing improved to the level of receiving achievement awards. His particular reflex was 'the palmer' (called this because the pencil is held in the palm), which did not allow him to hold it correctly. In other words, that student was not in touch with his fingers neurologically. No amount of extra homework will correct this condition. To hold a pencil correctly, each finger has its own neurological position in the brain.

This diagram indicates the approximate natural development of a child's ability to use a pencil to write.

## HERE ARE SOME FINGER GAMES FOR A CHILD WHO CANNOT HOLD THEIR PENCIL CORRECTLY:

- Massaging the hands for a few minutes daily, being sure to rub the soft flesh between the fingers. Lightly flick the finger tips.
- Hanging and playing on monkey bars to strengthen fingers, arms and shoulders.

- Any fun games with the fingers, including music and songs.
- Learning a musical instrument.
- Placing pressure against the fingers with an elastic sports band.

Why children don't like school is a loaded topic with many possible answers. The ramifications of this dislike for school could last from a few days to a lifetime.

From a kinesiologist's point of view, there are a number of reasons why a child can be underperforming. He/she may have allergies which distress him/her, it may be a hearing or perception difficulty, or he/she may not be sleeping well (even secretly out of bed playing computer games).

What is important is that parents, teachers or carers do not overemphasize this particular period by adding to the child's stress. This can be done with good intentions by giving additional homework or coaching, when, in fact, he is unable to do it. If the school or teachers is blamed, this will only reinforce the child's dislike for school, after seeing that their parents also agree. This is a very important and sensitive time for all concerned.

On the other hand, if the child does not want to go to school and this protest has gone on for more than a few days, there may be other issues of which the parents are unaware. It may well be a primitive or postural reflex which works against the child's own good intentions and will totally undermine their attempts.



**Brain integrative fun with two-handed drawing. Paper is not needed.**

## IS YOUR CHILD READY FOR SCHOOL?

Some of the symptoms of retained reflexes are:

- Poor posture and/or awkward gait;
- Poor written expression;
- Poor spatial awareness;
- Bedwetting past five years of age;
- Poor handwriting;
- Poor hand-eye co-ordination;
- Difficulty learning how to swim or ride a bike;
- Poor gross and fine motor skills;
- Quick temper/easily frustrated/short fuse;
- Depression, anxiety or stress;
- Does he cry and get upset when you leave him;
- Is he anxious about 'getting it right';
- He seems very young for his age;
- Is very shy and will not eyeball people;
- Has difficulty socialising with other children.

## FACT OF THE MONTH

The Australian Bureau of Statistics estimates that 7.3 million Australians – almost half the adult population – have problems with literacy. These people often struggle to hold down jobs and balance their household budgets and just make their way through each day.

## FOR FURTHER INFORMATION

For further information on screening, testing and remediation for Primitive and Postural Reflexes, contact Lyn Francis and Anita Robertson, phone 02 4861 7443. Website [www.ekinesiology.com.au](http://www.ekinesiology.com.au) or [www.brainjoggers.com.au](http://www.brainjoggers.com.au)

Lyn and Anita run a +Primitive and Postural Reflex course for parents and/or therapists, which is accredited for 16 Continuing Education Points with the Australian Traditional Medicine Society.

# FAIR DINKUM HONESTY

By Jim Lanham, long-time Natural Health Society member

'The furnace is for silver and the fining pot for gold. Living tries the heart.' – anonymous variation on Proverbs 17 – 3.

What a fascinating subject honesty is, and could it possibly be related to health?

The **first** thing to be said about honesty is that *it is not natural*. We are all born complainers, liars and thieves and we die with these basic *possibilities* still intact. However, with most of us, somewhere along the way an interesting process of change begins. Because honesty is learned behaviour, we cultivate honesty, just as we cultivate happiness. These are lifestyle choices.

The **second** thing to say about honesty is that it has surprising benefits for health and even for material gain. Could honesty really be the best policy? A win-win for everyone?

The **third** thing is that honesty is one of the greatest of conversational taboos. Everyone gives honesty a lot of thought. For example, "How do I want to be treated?" or "How will I treat others?" but it's rarely spoken about. Except that sometimes people will boast about their dis-honesty – such as how much tax they have evaded, or about the cheap, stolen goods they can get for you.

Death, religion, politics and sex (considered taboos) are discussed quite frequently, I find. But only rarely do we talk about the important matter of commitment to honesty.

The **fourth** point is that honesty is a part of the larger concept of *generosity*. Generosity can be in terms of things other than money. It could be in terms of time spent for someone, focussed attention, kind words, gratitude or respect. It might be allowing other cars to enter a queue while driving, or being tolerant of others' mistakes. Generosity is pretty much the opposite of theft; it is giving rather than taking.

Can generosity be overdone? Probably. There is a time to say 'No' and a time to be completely selfish. But within our self-centred lives, a broad margin of generosity is a wonderful thing.

Something inside us grows and expands when we cultivate generosity. Dick Smith was once asked why he gave money away. "It makes me feel good," he said. Generosity is a way of looking at life.

And you don't need to think in terms of altruism. You can treat others well for purely selfish reasons; you'll feel so much better about yourself. Another reward is that generosity usually begets generosity.

Generosity might also include paying all our taxes in good spirit. No government is perfect, just as no person is perfect. But we live in the best country on Earth, so why shouldn't we be proud to contribute fully? (as imperfect as the system might be!)

Does generosity include *forgiveness*? It might, if you want it to. Much better than forgiveness, I think, is to not take offence in the first place. You know what human nature is capable of, because you know yourself. It was Thoreau who said, "I've never met a worse person than myself".

Nothing should surprise us with people. If you are wronged, how about just walking away? Focus your energy onto something which you have control over, such as yourself.

Honesty comprises both truthfulness and non-theft, and there are many subtle aspects to both. There are also various rationalisations as to when (if ever) dis-honesty is justified.

One might commit to honesty *no matter what!* Or one might have excuses for certain dis-honesties. It's a personal thing. For example, many people tell small children that Santa Clause is real. Some people ask others to lie for them, such as when the phone rings, they call out, "If that's Bill, tell him I'm not here!"

We know that people such as Robin Hood or Ned Kelly thought that they were right and the system was wrong (and it might have been). Many criminals regard themselves as public benefactors, even though they're not. We might need to be careful with self-justification, but, in the end, we're all free to make up our own minds.

A friend suggests that I've got it wrong when I say that we are all born dishonest. She says children are born 'pure' and are then corrupted by society. Either way, honesty will challenge us all. In my own case, both my parents were very committed to honesty and yet, I stole a bit and I lied. No one told me to be dishonest, it came from within. However, a process of self-examination became the catalyst for change.

Most religions, most philosophies and most school education systems would recognise that there are elements of human nature which are open to self-modification. This is what makes life so interesting. How totally boring it would be if we were all perfect. So, whether or not you enjoy a challenge, you've got one, deep within.

But if you doubt that we are all born to whinge, to lie and to steal, then you could ask Diogenes. There is a slight problem, however, as Diogenes lived over 2000 years ago. But nothing has changed with human nature.

Diogenes was an ancient Greek philosopher who devoted the second half of his life to searching for an honest woman. Or was it an honest man? It doesn't matter, because he died (aged 89) before he found either.

So shall we throw up our hands in despair? I hope not, because trust is a beautiful thing and the foundation of business and friendship. We all know people who we can trust, at least 99 percent of the time. Maybe you are one of them. So what's going on?

The only people who you can trust are those who have made some level of commitment to honesty in their own lives. Until you've made such a commitment, how could you imagine that anyone else could? We do meet the occasional person who won't trust anyone. This might tell us something about them. If we do place trust in people, we all know that occasionally we can be disappointed. But, hey! we can all disappoint ourselves. When trust is honoured, it's a good feeling all round. But to be trusted, you first have to be trustworthy.

Diogenes was also a believer in 'voluntary simplicity'. He pushed the boundaries of simplicity further than Thoreau or Gandhi (in more recent times). Diogenes lived in a discarded wine barrel, his only possessions being a couple of sheets, which also formed his clothing. His favourite saying was, "He has the most who is content with the least".

Both he and his father had worked at a coin mint. His father was accused of theft and this led to Diogenes studying the matter of honesty, full time, as only a true ancient Greek philosopher might. He gave up other concerns and began his long, but unsuccessful, search for an honest person. There's a bit of mythology that has grown up around Diogenes, but he is considered a historical figure. He was slightly eccentric but very much loved by the local citizens (including Alexander the Great).

and to take are eventually questioned by most of us. In the interests of social cohesion, we are taught, or commit voluntarily, to the idea of honesty. But honesty is a goal and a direction which is never entirely perfected. How close can we get? The answer is that it can become a personal challenge.

So, what are the benefits of honesty? Here are some points which are adapted from the book, *Total Life Coaching* (2005) by Williams and Thomas.

- Honesty promotes authenticity. If you want people to know who you really are, be honest in speech.
- Honesty fosters courage. It can require courage to say exactly what you feel. It takes practice, but courage is a useful life skill and beautiful in itself.
- Honesty shows that you care about and respect other people. Gentle

- Honesty attracts other honest and positive people into your life.
- Honesty keeps you out of trouble and out of jail!
- Finally, when committed to honesty, you now stand for something! In a partly dishonest world, honesty can be a challenge. You have risen to this challenge. You are becoming a part of a better world which you would like to live in. You are part of the solution, not the problem. More of a 'giver' and less of a 'taker'. Your experiment with generosity has begun.

Some websites describe the results of honesty as improved physical health, more relaxation and less stress. Other people claim that honesty becomes a deeply spiritual path (whatever that is). I certainly believe that it adds a huge amount to happiness.

We know that there are fraudulent people who sometimes seem to prosper. Perhaps we could try to understand their short-term thinking. Perhaps they don't yet see all that they could see. Like all of us, they are somewhere on a learning curve. We understand, because we have been there.

In the long run, honesty is the best policy in so many ways. Businesses which include honesty as part of their service will prosper. They will receive repeat business because customers trust them. Most people will pay more for quality service.

Another reward for honesty is self-respect and inner peace. The universal punishment for the liar and the thief is that *they must live with themselves*. They know their own greed and lack of respect for others. How can they then respect themselves? But change is only a decision away.

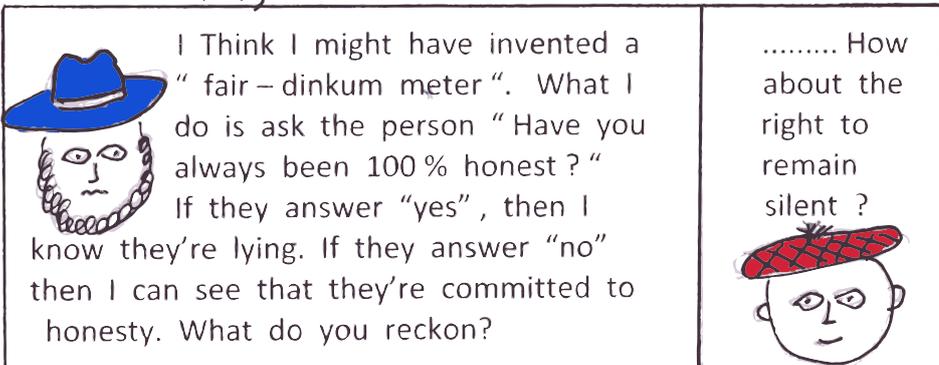
I'm not a Christian, but I like a lot of the ideas attributed to Jesus. He was ahead of his time with neuro-plasticity. He asked people to examine themselves and make changes. Things like 'Love your neighbour as yourself' and 'Let the thief go and steal no more'. Such words have a timeless resonance to the most socially interdependent of all the animals, we humans.

Dear reader, do any of these ideas make sense or are they slightly crazy? Are they crazy enough? I look forward to any constructive criticism or alternative ideas. Be honest with me!

Here's a bit of genuine spelling reform which I saw the other day. Maybe it sums up this article. GEN-U-WIN.

Paddy & Norm

- Jim



In nature, we find natural disasters that kill thousands of people and natural poisons that kill almost as surely as man-made ones. 'Natural' is not always good, even though we know that Nature is overwhelmingly good and the only means by which we exist. The fact that dishonesty is an innate gravitational pull doesn't make it good.

We are animals and, like all animals, our first instinct is to take possession of our territory and take food or other things for survival. Teamwork is seen in some animals, but basically, with them, it's 'survival of the fittest'.

We don't apply the concepts of theft or un-truth to animals. However, we do notice some social 'rules' with many groups of animals. Examples of animal co-operation and even punishment can be found.

We humans have the most sophisticated brain, the most advanced language and a complex social structure. We have the concept of truth (or at least 'belief truth') and we have the concept of ownership (supported usually by laws). The basic human tendencies to complain, to lie

honesty is universally admired as a character trait.

- Honesty strengthens friendships and inspires honesty in others. Honesty can encourage love to snowball into something bigger. Deception makes love melt away.
- Honesty develops people skills. We don't want to be brutally honest and offend people. It takes experience to express honesty in a sensitive way and at an appropriate time.
- Honesty makes all parties feel secure. Everyone works better and is more productive.
- Honesty feels exhilarating because it is so liberating. At last we have escaped from any veil of deceit or avoidance. It's very similar to the mysterious sense of wellbeing we feel after doing something generous. Our self-respect goes way up. This is the icing on the cake of mental health. Honesty is giving an accurate account of your reality. And isn't sanity related to seeing reality clearly?
- Living a lie is energy sapping, and there is always the fear of being discovered.



# Back pain due to pelvic tilt/rotation

BY LYN CRAVEN, NATUROPATH

## A pelvic tilt or rotation can occur for many reasons.

When people sit for long periods of time, the hip flexors are affected and back pain can result. This tends to 'shorten' or constrict muscles affecting the lower back. If your hip flexors are shortened through sitting for long hours, when you stand up they will pull on the femur (thigh bone) at one end of the hip, along with the lumbar spine (your lower back). This pulling (like a rubber band) causes the hips to tilt forward and the lumbar curvature to increase (often referred to as *excess lordosis*).

This all leads to lower back and hip pain. It's like two rubber bands pulling in opposite directions, so your lower back is very stressed.

Knee pain can also occur in some cases – all affecting your gait and posture. The anterior pelvic tilt will generate a stronger curvature of the thoracic spine (upper back), otherwise you would be leaning backwards all the time! This misaligned posture generates *kyphosis* (curvature of the spine), contributes to neck and shoulder pain and sometimes headaches and can impact on the circulation to the brain and eyes due to constriction around the neck. The spine is completely out of balance, since what affects its lower part will impact on the upper part, known as the axis, which supports the head. It's a simple polarisation.

We all have a tiny amount of natural pelvic tilt. The problem occurs when this is exaggerated and creates tension resulting in a distorted posture – and pain. When the gait is affected and no treatment is received to correct the pelvic rotation, this will have a negative impact on all weight bearing joints.

**Assessing for excessive pelvic tilt is easy.** Lie on the floor or stand against a door or wall with heels, buttocks, shoulders and head touching the wall. Slide your hand behind the lower back at waist level. You should be able to slide only your fingers behind the lower back. If you are able to slide your whole hand or arm through, then you have excessive pelvic tilt (*lumbar lordosis*).

Many people simply put up with it and never seek help. This misalignment not only causes pain and stiffness to persist,

but the knee and hip joints begin to wear down over time.

Hip and knee replacement is not always due to mineral imbalance or injuries, but can be due to misalignment of the entire body as well as pelvic imbalance impacting on your bearing joints every time you move.

## Psoas Muscles

When you sit for lengthy periods – or, worse still, sit on soft sofas that don't support your lower back – you develop tight psoas muscles. Psoas muscles flex the hip and spinal column and are approximately 40 cm long in an adult. They are one of the largest and thickest muscles in the body. The psoas runs down the lower mid-spine from the 12<sup>th</sup> thoracic vertebra (level with the back of your lungs) and connects to all the vertebral bodies, discs and transverse processes of the lumbar vertebra right down across to the pelvis and then attaches on the inside at the top of the leg at the lesser trochanter (hip joint).

I describe the psoas just to let you see how large and important this muscle is.

The lower part of the psoas combines with fibres from the iliacus muscle which sits inside the surface of the pelvis and sacrum (very low back) and then becomes the iliopsoas muscle which curves over the pubic bone to insert on the lesser trochanter.

This description allows you to see how the psoas extends itself over the body and how general lower back pain can result from distortion of the psoas muscle, which in turn can tilt and rotate the pelvis.

If you have poor posture or trauma or walk incorrectly or sit for too long, the psoas muscle can stay tight and contracted. It is a strong muscle, so regular stretching is required to relax it.

Sitting all day means the body must adjust to an 'abnormal' position, since as 'hunter gatherers' we are meant to be moving forward and active. The body adjusts itself and accommodates the need to sit, and then muscles become tight and shorten. Prolonged sitting (daily) creates the way for abnormal holding of the psoas, creating a dysfunctional pattern in the body.

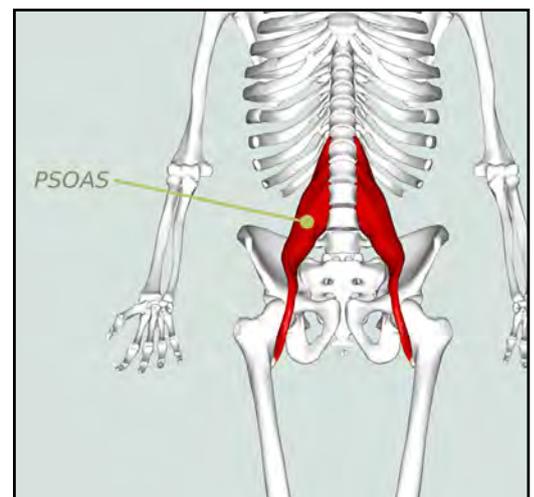
Now you can see, if you have to work sitting down for hours, how important it is to get up and walk around often. Quit being the couch potato and get out there walking!

If you have unresolved trauma, the psoas can tighten and become short in response to the 'flight or fight' fear response to danger. The psoas is powerful and prepares the body to run and flee from danger. The problem can occur if the muscle is not released and relaxed, staying in a contracted state for a long time and becoming even shorter, leading to spasm. Then when you need it to flee danger, you might just get caught since the psoas will not perform well enough due to this chronic tension.

The psoas is often described as a 'primal messenger of the central nervous system', an emotional muscle, expressing what is felt deep within the gut core, often referred to as your 'gut feelings'.

When the pelvis tilts, you often pronate more, and that can cause problems with feet, in particular the ball of the foot and large toe. If untreated for years, bunions and corns along with calcification can arise due to wrong placement of the foot on the ground. The arch can also weaken. Plantar fasciitis can be a result.

So you can see how sitting for long hours is not conducive to the health of your back, even when you have a good quality back support. We are simply not meant to sit for hours, yet office workers and people who drive vehicles for a living are subjected to this abnormal positioning of the body every day.



A tense psoas can disturb digestion and reproductive functioning and create a host of other ailments. When constriction is released and energised, this often generates feelings of pleasure and being comfortable.

When you hear people complaining about lower back pain, it could be due to what I have described here – and a general massage is not always enough.

## Therapies that can free up stiffness and correct postural alignment

Bowen therapy, sports massage (including trigger point and acupressure), osteopathic manipulation and Rolwing are just a few. Conventional treatment is usually physiotherapy.

Each therapy differs, with Bowen therapy being the only energy-based bodywork that encourages the body to align by working on meridians and acupressure points. There is rarely any discomfort with this therapy, whereas sports massage, acupressure and trigger point can be quite uncomfortable and sometimes painful, especially if your problem is chronic (has lasted for three months or more) and inflammation is present.

Correct exercises to stretch and open up the muscles are needed after treatments to encourage the body to be more flexible and to give it strength. Usually two to four treatments are required, although some cases may require more. Patients are encouraged to practise relevant exercises in between treatments and to keep them ongoing for maintenance and flexibility.

The 'take-home message' is:

Sit, carry and walk correctly, learn correct stretches and have regular treatments to maintain postural alignment before the above disorders arise.

*Lyn Craven is a practitioner of naturopathy and Bowen therapy and an Energy/Reiki therapist, meditation teacher, corporate health facilitator and presenter for health expos. She is also a health writer and has produced a meditation CD for stress, anxiety and insomnia. Lyn runs a private practice in Sydney and can be contacted on 0403 231 804 or by email at [lyncraven@bigpond.com](mailto:lyncraven@bigpond.com). Website [www.lyncraven-corporatehealth-naturopath.com](http://www.lyncraven-corporatehealth-naturopath.com).*

Join Lyn on Facebook. [www.facebook.com/NaturopathandBowenTherapy](http://www.facebook.com/NaturopathandBowenTherapy)

## NEW PRODUCTS

### Barnana bites

Barnana, a potassium-rich snack, was created to overcome the issue of bananas browning quickly and being squashed, while at the same time providing a healthy on-the-go snack.

It is made from *organic* bananas that have been dehydrated in a unique process that keeps Barnana bites deliciously chewy. The dehydration means that the naturally occurring sugars caramelise and condense, making them different to anything else on the market.

This bite-sized snack is organic, gluten-free, dairy-free, non-GMO and Kosher friendly. Barnana contains no refined sugar, preservatives or cholesterol and has 18 months of shelf life. The flavours in the range are *Original*, *Coconut*, *Chocolate* and *Peanut Butter*.

20 percent of bananas are wasted at the farm as they don't meet retailer expectations. Barnana avoids this waste by sustainably upcycling these bananas. It has the bonus of providing additional income for organic banana farmers.

Barnana is available at independent health food stores and organic grocers. Or for stockist information, contact 02 9959 1014.

**Prices:** \$8.99 for 100 gm packet of Original and Coconut; \$9.99 per 100 gm packet of Peanut Butter and Chocolate.

**For more information**, visit [www.barnana.com](http://www.barnana.com)



## HEART FOUNDATION OFFICIALLY RETIRES 'TICK'

**By Mary Barry, CEO, National Heart Foundation, 8<sup>th</sup> December 2015**

For those of us old enough to remember shopping in supermarkets when packaged foods had no nutritional information on them, it was like trying to pick the healthier food option in the dark.

The Tick was accompanied by the inclusion of a Nutrition Information Panel on the back of all packaged foods. 13 years later it was mandated by the Food Standards Authority.

Today more than 2,000 products carry the Tick across 80 food categories.

The Tick program encouraged the food industry to reduce trans fat levels, and by 2005 all spreads with the Tick were virtually trans-fat free. From 1997 Kellogg's reduced the sodium content of 12 breakfast cereals; 235 tonnes of salt were removed annually from Australian cereals.

The Heart Foundation has always recommended eating a diet of wholefoods first and foremost and reducing packaged and processed foods.

So, while the Tick has served Australians well, the time is right to make the transition to a new system that better reflects community needs and expectations. We helped design the Federal Government's new Health Star Rating (HSR) system. It provides on the front of packaged foods information on the

amount of energy, saturated fat, salt and sugar. More than 1500 products currently carry the stars of the HSR.

### SOME GROUPS SAW FAULTS IN THE TICK SYSTEM

**By Roger French, Editor**

The online group, [www.change.org](http://www.change.org), declared on 8<sup>th</sup> December 2015 that they are delighted that the Tick has been officially retired. The group's Jessie Reimers wrote, "Today is a momentous day... This is fantastic news. I would love to celebrate and we will, but first we need to have the very same done to the Health Star Rating system."

Their opposition to the Tick has been due to the fact that they believe (as do we in Natural Health) that the Tick has been given to a number of foods that would not provide a net benefit for health. They apparently see the same with the new HSR system.

Examples of ticked foods attracting criticism include Milo Chocolate Cereal, Gravox reduced-salt gravy, McCain's Ham and Pineapple Pizza Singles, pasta sauce, margarine, mayonnaise containing more sugar than soft drink, a children's snack which is 73 percent sugar and spreads made of the very oils which science says almost double the risk of heart disease death.



# Diverticular disease

By Roger French

## Introduction

Diverticulosis occurs more commonly in affluent countries where the diet is generally low in fibre. In the US more than 50% of adults over age 70 have diverticula, and 80% have no symptoms.

*Diverticula* are small, pea-sized, bulging pouches in the walls of the digestive tract, occurring most commonly in the large intestine. This is called *diverticulosis* and is often unrecognised because there may be no symptoms. However, if the diverticula become infected or inflamed, it is called *diverticulitis*, which can be acute or chronic.

Most diverticula occur in the sigmoid colon, the curved part of the large intestine closest to the rectum, and they tend to become more numerous as we age. The inflammation may be local or may spread to the abdominal lining, called *peritonitis*. Small or large perforations in the intestinal wall occur in 15 to 20% of people who have diverticula.

## Signs and Symptoms

The University of Maryland Medical Center in the USA offers the following points (website, <http://umm.edu/health/medical/altmed/condition/diverticular-disease#ixzz3fpilS9H4>):

Often diverticula cause no symptoms, except irregular bowel movements. If symptoms do appear, they may include: abdominal tenderness or pain, especially on the lower left side of the abdomen; rectal bleeding; fever; nausea; vomiting; constipation or diarrhoea; wind; bloating and/or frequent or painful urination.

Most people with diverticulitis recover well with treatment. In those who don't, complications may include: an abscess; blocked intestine; bleeding; a perforation in the intestinal wall; fistulas (abnormal passageways from the intestines into the abdomen or an organ) or peritonitis which can be life threatening if left untreated.

## Causes of diverticular disease

Lack of fibre in the diet is the primary cause of these conditions. Matter congesting the bowel or stools that are difficult to pass causes increased pressure inside the intestine which causes defects in the intestinal wall. If there is also poor tone, the wall can collapse to form the pouches,

which tend to increase in size if the walls weaken with age. The diverticula can be the result of straining during bowel motions for many years.

Smoking and stress exacerbate symptoms.

The diverticular can develop inflammation due to the presence of irritating and inflammatory foods, including grains and certain types of fats, and if animal protein foods putrefy in the area. Diverticulosis is now accompanied by diverticulitis.

Bacterial overgrowth, states Chris Kresser (<http://chriskresser.com/how-to-prevent-diverticulitis-naturally>), along with stagnation of bowel matter in the diverticula, can contribute chronic *dysbiosis* (an imbalance in microbial colonies, in which the unfriendly bacteria take over). This can lead to low-grade inflammation and diverticulitis.

People are most at risk of these conditions if they smoke, have a diet high in animal foods, have a high fat intake, don't exercise, are obese, are older, have gallbladder disease or coronary artery disease and/or a family history of diverticular disease.

Medications that increase the risk are non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids and opiate analgesics

## Prevention

The development of diverticular disease is largely avoided by:

- Eating a high-fibre diet, fibre being abundant in fresh vegetables and fruits, nuts, legumes, seeds and whole-grain foods;
- Avoiding red and white meats, particularly red meat;
- Avoiding high-fat and stodgy foods. Eat a low-fat diet;
- Having regular physical activity;
- Taking steps to ease stress levels.

These eating guidelines will be achieved by adopting Natural Health Dietary Guidelines. In essence:

Three quarters of each day's food intake is fresh vegetables and fruits, ideally more veggies than fruits;

Protein from legumes, nuts and seeds and perhaps a few free-range eggs per week;

Whole-grain foods at very low levels, avoiding wheat products as much as possible;

Replacing refined sugar with dried fruit, honey or maple syrup, but in very moderate quantities.

## Treatment

### Medical treatment

For mild symptoms, a doctor may recommend a clear liquid diet and antibiotics. More serious cases may require hospitalisation, intravenous feeding to rest the intestine, antibiotics and antispasmodics to relax the intestine.

If there are repeated episodes of diverticulitis and poor success with therapy, a doctor may recommend surgery to remove part of the colon.

### Natural therapies

Treating diverticular disease and diverticulitis for long-term healing is to do with lifestyle. Nutrition plays an important role in preventing and treating gastrointestinal disease, especially diverticulosis.

Natural therapists offer a wide range of ideas for this. Prominent among these therapists is Dr Andrew Weil, MD, website [www.drweil.com/drw/u/ART00345/Diverticulitis.html](http://www.drweil.com/drw/u/ART00345/Diverticulitis.html)

### Nutrition

Many practitioners support an essentially plant-based diet as the most effective way of eating. Studies have shown that Seventh-Day Adventists, who eat no beef, chicken or seafood, have lower rates of diverticular disease and colon cancer.

**Diverticular disease.** A high-fibre diet – as above for Natural Health Dietary Guidelines – is the starting point, aiming to provide around 20 to 35 grams of fibre a day. Drinking plenty of pure water each day is essential to make the fibre effective – but be sensible and don't go overboard with water.

If raw vegetables cause irritation, lightly steam them.

Foods that need to be minimised or preferably avoided include dairy products, meats, fried foods, spices, alcohol, refined sugar products and other processed and refined foods. Tend to minimise grains as they can be difficult to digest, resulting in bloating and wind. Also avoid extremely hot or cold fluids and foods, as these can cause gas.

Although people with diverticula disease may have been told to avoid nuts and seeds, Dr Andrew Weil says there doesn't

appear to be any scientific evidence to support this.

In the case of **diverticulitis**, the intestinal inflammation can be eased by avoiding potentially irritating and inflammatory foods, including grains and omega-6 fatty acids (mainly in sunflower oil, safflower oil, corn oil, soya oil and cottonseed oil) and by encouraging friendly gut bacteria. A plant-based diet supports the friendly gut bacteria and reduces inflammation. Improving gut bacterial balance is crucial to reducing intestinal inflammation. (See 'Probiotics' under 'Supplementation' below.)

Significantly, our stools mostly comprise dead bacteria, so without plenty of good bacteria we're going to have a tough time bulking up the stools.

**Detox to reduce toxins.** If an attack seems to be coming on, a cleansing enema with up to two litres of luke-warm water (perhaps with a touch of lemon juice) may aid the colon in ridding itself of trapped undigested food matter. It may also relieve the pain.

Water fasting or diluted fruit juices can be beneficial when the colon is irritated or inflamed. Except for very short periods (2 – 3 days), experienced professional supervision is essential.

Alternatively, consume vegetable juices exclusively for a few days. Use silver beet, spinach, celery, parsley (small amount), carrot, beetroot and perhaps slippery elm – or wheatgrass juice.

Hydrotherapy may be helpful – warm sitz baths, cold compresses on the abdomen and/or castor oil packs.

## Supplements

**Fibre supplements** can help prevent more matter accumulating in the diverticuli. Soluble fibre supplements, particularly flaxseed, psyllium and oat bran, can be less irritating than insoluble fibre supplements such as wheat bran. It is advantageous to take plenty of water with these bulking agents. Start fibre supplementation at a low dose and gradually increase it.

**Probiotics.** A study found that people with diverticulitis who took probiotics were more likely to remain symptom-free after a year. Professional guidance is advised rather than over-the-counter products.

*Probiotic* supplementation with the right kind of bacteria is believed to be safe and useful for reducing diverticular disease and diverticulitis. *Prebiotics* are also very helpful with dysbiosis, because they selectively 'feed' the probiotics. A brand with a suitable prebiotic-probiotic combination, called a *synbiotic*, is 'Entralive', produced by microbiologist, John Ellerman (phone 0404 361 753), who outlined the subject at the Natural Health Society's seminar in March 2014.

With prebiotics, it's wise to start with a very small amount and increase slowly.

**Omega-3 fatty acids**, such as those in chia seed oil, flax oil and walnut oil, may decrease inflammation. A person on blood-thinning medication, should not take high doses of an omega-3 oil as it has its own blood-thinning effect. Check with a doctor first and perhaps reduce the medication.

**Digestive enzymes** – aid digestion and reduce inflammation in the colon.

**Vitamin B Complex** – B-vitamins aid proper digestion.

**Vitamin C** – anti-inflammatory and boosts immunity.

**Magnesium supplements** can also be very helpful for people with constipation.

**5-HTP (a precursor to serotonin)** may alleviate constipation since it increases serotonin levels. Note that 5-HTP should not be taken by a person on an SSRI medication without medical supervision.

**Garlic** – is a natural antibiotic and assists digestion.

**Alfalfa** – is a natural source of vitamin K and essential minerals that most people with intestinal disorders are lacking. Its chlorophyll promotes healing.

**Aloe Vera Juice** – promotes healing of the inflamed areas. Take the juice before meals or the gel after meals, but keep below the dose that has any laxative effect.

**L-Glutamine**, an amino acid, maintains the absorption surfaces inside the gut, the villi. But glutamine should not be taken if there is diabetes, seizures, liver disease or a history of mania or manic episodes.

## Herbs

The right herbs can strengthen and tone the bodily organs systems. They can be taken as dried extracts (capsules or powders), as tinctures (alcohol extracts) or as teas by adding one teaspoon herb to a cup of hot water. For some teas, drink two to four cups per day.

Be sure to have professional guidance before taking herbs.

The following herbs have been found to help with gastrointestinal illnesses:

**Slippery elm**, a demulcent, soothes and protects irritated tissues and promotes healing. Dr Andrew Weil uses slippery elm powder as a gruel – mix one teaspoon powder with one teaspoon sweetening (honey or maple syrup) and add two cups boiling water, mixing well; could flavour with cinnamon; drink one to two cups twice a day.

**Cat's claw**, an anti-inflammatory. It should not be taken by a pregnant woman, or by a person with an autoimmune disease or leukaemia. Cat's claw can interfere with some medications.

**Wild yam.** Check with a doctor before taking wild yam if you have breast cancer, prostate cancer or any other hormonally-influenced condition.

**Chamomile.** This also has oestrogen-like effects, so should be avoided if a woman

is pregnant, taking 'The Pill' or has a history of hormone-related cancers.

**Marshmallow root**, a demulcent and emollient that soothes and promotes healing. It can interfere with the absorption of many medications, and should not be taken by a person with diabetes.

**Licorice** may reduce spasms and inflammation in the gastrointestinal tract. It should not be taken for a long period or if there is high blood pressure, heart failure, kidney disease or hypokalaemia. A licorice herb that contains only 'DGL' has had most of the blood pressure raising component removed.

## Deal with stress

The functioning of the digestive system is directed by the parasympathetic nervous system and is highly influenced by stress. In fact, as one therapist says, stress can wreak havoc on the gut. Since stress is known to promote inflammation in the intestine, it is vital to reduce stress

If you're someone who's constantly stressed out and never takes time to take care of your own wellbeing, it's unlikely you'll succeed with diverticulitis attacks unless you find ways to be more relaxed. This means regularly practising mind-body activities like yoga, meditation, tai chi and so on.

## Physical activity

Have at least 30 minutes of exercise on most days of the week. Jogging and running have been found to reduce the symptoms of diverticular disease. But run only on soft surfaces, like grass, and keep exercise moderate.

## Regular toilet routine

Establish a regular toilet routine, and take care to avoid straining during bowel motions. Respond promptly to bowel urges, because constipation can increase intestinal pressure.

## Homeopathy

When prescribing remedies, a homeopath selects remedies according to a person's physical, emotional and intellectual makeup. One or more of the following remedies may be recommended for diverticular disease:

- *Belladonna* – helps abdominal pain and cramping;
- *Bryonia* – particularly useful if there is vomiting or constipation with pain;
- *Colocynthis* – for sharp, cramping abdominal pains.

## Acupuncture and Chinese medicine

Being needled may help relieve pain and other symptoms.

## Keep treatment going a while

After improvement begins, keep the treatment going for a while longer, otherwise the condition may revert back to its troublesome stage.



# Alternatives to Antibiotics

For the past decade we've consistently heard that antibiotics don't work as well as they used to. Bacteria are becoming increasingly resistant to their effects and we are approaching a time when many bacteria could be resistant to all the antibiotics we have.

Apocalyptic premonitions of the post-antibiotic era aside, what is being done about it? The World Health Organisation recommends a number of different measures. High on the list is renewing efforts to discover and develop blockbuster agents that can combat these new 'superbugs'.

Lower down the list are recommendations about how to use antibiotics more responsibly. This means having strategies in place to help preserve the remaining effective antibiotics.

Any use of antibiotics encourages exposed bacteria to develop ways of becoming resistant. Exposing bacteria to antibiotics pressures them to adapt to the antibiotics in an 'adapt or die' life-and-death saga. This is called 'selection pressure'.

Bacteria under threat from antibiotics eventually come up with a way of overcoming their vulnerability. They may develop thicker or more repellent membranes to stop antibiotics from getting into the bacterial cell in the first place. Bacteria may switch on or turn up pumps to expel any antibiotic that does get into the cell. These are just some of the tricks they have to become antibiotic resistant.

Part of ensuring we preserve the antibiotics we have left is to reduce the development of resistance. One way to do this is by replacing antibiotics with agents that kill micro-organisms, but aren't actually antibiotics. These are called 'non-antibiotic antimicrobials'.

## NON-ANTIBIOTIC BACTERIA KILLERS

Antibiotics are chemicals that can inhibit the growth of, or kill, bacteria. They generally have one way to inhibit or kill bacteria and can usually be taken internally, say orally or intravenously.

Like antibiotics, non-antibiotic antimicrobials also inhibit and kill bacteria. However, unlike antibiotics, they often have multiple ways of killing or inhibiting bacteria, and are often toxic if ingested. They are frequently limited to topical applications

such as creams and ointments. Antiseptics are classic non-antibiotic agents.

Many antibiotics are used topically to prevent infections such as those on the skin. While they do this quite effectively, exposing bacteria to antibiotics encourages the processes that lead to antibiotic resistance. Using non-antibiotic antimicrobials instead of antibiotics can help reduce antibiotic resistance.

## SOME NON-ANTIBIOTICS

### Honey

Honey is natural and effective.

As part of a larger study into keeping dialysis patients healthy, researchers found medical-grade honey was as effective as a topical antibiotic cream they had used around catheter sites to stop infections starting. They also noted that the level of resistance to the antibiotic they previously used declined once they stopped using it.

### Mannose

Recent trials in humans have suggested that mannose, a type of sugar similar to glucose, may be useful in the treatment of urinary tract infections. Mannose, found in many fruits and vegetables, was found to render bacteria incapable of attaching to the cells of the urinary tract.

### Trisodium citrate

Doctors working with kidney dialysis patients in the 1990s identified a simple salt, trisodium citrate, that could help keep the patients' catheters (thin tubes inserted into the skin to drain fluid or administer drugs) from becoming blocked. A secondary effect, serendipitously observed later, was that its use also led to lower rates of infection.

In the almost two decades since, and largely through the efforts of non-commercial interests, trisodium citrate has become one of the main strategies used globally for preventing catheter-related bloodstream infections in dialysis patients.

### Vinegar

Peritoneal dialysis patients, who permanently have a catheter in their abdominal cavity, sometimes develop infections on the skin around the permanent catheter. If the infection is caused by the notoriously antibiotic-resistant bacterium, *Pseudomonas aeruginosa*, it can be difficult to treat and can lead to the loss

of the catheter and the end of that type of dialysis for the patient.

Bathing the site with a dilute solution of vinegar can help resolve this otherwise difficult-to-treat infection. The acidity of the vinegar, due to its acetic acid content, is thought to be responsible for its effectiveness.

### Tea tree oil

Tea tree oil inhibits and kills a wide range of bacteria and is safe for topical use. Tea tree oil has also been found to be effective against some antibiotic-resistant bacteria.

## WHY AREN'T WE DOING THIS?

In order to be substituted for antibiotics, there must be evidence that the non-antibiotic agent is as effective as antibiotics and is safe. The evidence would come from laboratory-based work and clinical trials, which cost money to generate. Usually this work is done by companies that patent the product, pay the costs of development and then derive benefit from the market monopoly the patent gives them.

Many non-antibiotic antimicrobial agents, such as those discussed above, are not products that can be patented. Thus no drug company can make money from their use. Consequently, the work either happens very slowly or doesn't get done at all.

So despite the potentially enormous health, social and economic benefits that may flow from their development and use, including the preservation of antibiotics, there is almost no commercial incentive to develop and test the alternatives and few efficient non-commercial pathways.

Antibiotics are a rapidly waning resource that should be preserved for as long as possible. Substituting non-antibiotic agents for antibiotics, if proven safe and effective, would mean that bacteria would be less likely to develop resistance. Then if and when they are really needed, antibiotics would still work.

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## 22,000 US nurses refuse 'mandatory' vaccinations, fighting for the right to choose

US nurses who refuse the flu vaccine must wear a face mask while on duty.

This is in spite of the fact that numerous studies have shown that these vaccinations are not effective and vaccinating the nurses doesn't offer any extra protection for hospital patients. Even the US Centers for Disease Control has admitted that flu vaccination don't always work because the viruses mutate too rapidly.

Some nurses are quitting their jobs rather than being vaccinated. Others are suing the hospital and state and federal governments for trying to take away their constitutional rights. They are fighting as a group called Nurses Against Mandatory Vaccines, and argue that mandatory flu vaccine policies are just another money train for Big Pharma.

(<http://naturalociety.com/22000-nurses-refuse-mandatory-vaccinations/09/01/15>)

## US Senators had vested interests in 'compulsory' vaccination

As in Australia, California has ended allowing parents to refuse to have their children vaccinated because of religious or conscientious beliefs. But it turns out that many of the senators involved in the policy change had been receiving donations from drug companies. Vested interest doing its dirty work once again.

During 2013-14 when the de-facto compulsory vaccination legislation was being considered, vaccine manufacturers made donations of more than \$2million to senators and others in the legislature and also paid around \$3million to lobbyists.

One of the most enthusiastic promoters of the bill, a senator and doctor, received \$95,000 in donations. The biggest donor was Eli Lilly, which had developed the controversial thimerosal preservative used in most vaccines until recently.

(Source: *Sacramento Bee*, 13<sup>th</sup> Jan 2016)

## Aust. Senate committee backs 'compulsory' vaccination

The special Senate Committee which was set up in Spring 2015 to investigate the 'No Jab, No Pay' bill has rejected calls from groups – including the Natural Health Society – for freedom of choice in

vaccination. However, the Committee did call for a national vaccine injury compensation scheme, but this is akin to shutting the stable door after the horse has bolted.

The Committee declared that the community's right to protection against disease outweighs the right of families who wish to remain unvaccinated. In other words, it ignored the Australian Constitution which makes it illegal to force or coerce people to have medical procedures.

In spite of their recommendation, the Committee admitted that vaccination carries a small risk of severe adverse reactions.

The Committee drew attention to the fact that the Department of Health and the Department of Human Services are issuing conflicting information about which vaccines have to be given for a child to be considered to be fully immunised.

(Source: *Medical Observer*, 13 Nov 2015)

[www.sacbee.com/news/politics-government/capitol-alert/article24913978.html](http://www.sacbee.com/news/politics-government/capitol-alert/article24913978.html)

## Prevalence of autism

Aust Bureau Statistics figures show that in 2012 an estimated 115,400 Australians (0.5%) had autism. This was a 79% increase on the 64,400 people estimated to have autism in 2009.

Males were four times more likely than females to have the condition. The prevalence of autism peaked in the 5 to 9 years age group, and markedly declined with older ages.

(Source: ABS 4428.0 – Autism in Australia, 2012)

## Drugs kill more than the two world wars

Since year 2000, chemotherapy has directly led to the deaths of more than 16 million Americans and 240,000 British citizens.

Iatrogenic deaths – caused by medical procedures – have totalled more than 12.5 million in the US, along with a further 7 million deaths from hospital errors and 3 million from bedsores or infections while in hospital.

In these 15 years, pharmaceutical drugs have killed more people than the combined total who died in the two world wars and from all acts of terrorism.

The most deadly are chemotherapy drugs followed by SSRI antidepressants, NSAID painkillers and opioid pain-relievers.

Deaths from psychiatric drugs – including suicides – have totalled 8 million in the West.

These statistics have been collated by America's Mike Adams of Health News for

his new website, Pharma Death Clock.

(Source: [www.pharmadeathclock.com](http://www.pharmadeathclock.com)) 13<sup>th</sup> January 2016, reported in WDDTY, 14<sup>th</sup> January 2016)

## Conflict of interest in statin warnings

The *European Heart Journal*, 3 December 2015, reported that whenever the news media issues negative comments regarding the benefits of statin drugs, there is a nine percent increase in the number of people stopping taking the drugs.

The study in question also stated that in people who stop the drugs early, the risk of myocardial infarction increases by 26% and the risk of cardiovascular-related death by 18%. However, these findings are clouded by an apparent conflict of interest.

The Chief Physician at Copenhagen University Hospital, who contributed to the study, has admitted receiving "consultancy fees and/or lecture honoraries" from pharmaceutical companies that produce statin drugs.

These findings are "very misleading" says the Deputy Chairman of the British Medical Association, and the benefits of statins were "grossly exaggerated".

(Source: Resli Buchel, Clinical Reporter, *Medical Observer*, 3<sup>rd</sup> December 2015)

## US Vice-President: new cancer therapies being blocked

The politics of cancer is blocking innovative new treatments from being tried, says US Vice-President Joe Biden, whose own son died from a brain tumour last May.

In the UK, Lord Saatchi, following the death of his wife, is working to free oncologists from being restricted to chemotherapy, surgery and radiotherapy.

Since his son died, Vice-President Biden has been exploring why more innovative treatments aren't being trialled. He found that the entire industry is rife with competition, territorialism and resistance to information-sharing.

Two promising therapies, says Mr Biden, include immunotherapy and 'precision medicine', which is based on the person's genetic make-up.

(Source: *Daily Mail*, 15<sup>th</sup> January 2016, and reported in WDDTY, 19<sup>th</sup> January 2016)

## Foods that cause wind are good for us

Renowned for being antisocial, passing wind is not a way to make friends and influence people. But, on the other hand, the production of gas means that your gut bacteria are the right kind. Eating fibre-rich foods is the basis of a healthy bowel, but recent research has discovered the importance of *resistant* starch. This passes through the stomach and small intestine and feeds the *microbiome* in the large intestine. Having healthy bacteria in the large intestine has real health benefits.

Resistant starch is in significant amounts in whole grains, legumes and cooked and cooled foods such as potatoes, pasta and rice.

This fibre is fermented to produce short-chain fatty acids, and this creates gas.

(Source: CSIRO SNAPSHOT, 2<sup>nd</sup> December 2015)

## Sugar feeds cancer cells — new studies

Two new studies have confirmed that cancer feeds off sugar.

One study found that people with high insulin levels (insulin pushes sugar out of the blood and into the cells) have more rapidly growing tumours that spread. Although it was already known that high insulin levels contribute to the growth of tumours in women with early-stage breast cancer, the new finding is that excessive insulin helps cancer to spread (metastasise).

In the second study, researchers discovered that blood sugar – glucose – plays a key role in the survival of cancer cells by helping them communicate, thrive and grow. Glucose is essential for life, but excessive amounts feed cancer cells.

(Source: WDDTY newsletter, 16<sup>th</sup> December 2015)

## Osteoarthritis: Chondroitin superior to drug

A recent two-year Canadian study found that in knee osteoarthritis sufferers, chondroitin sulphate was better than the drug, celecoxib, at reducing the rate of loss of cartilage. The decrease in symptoms was similar with both treatments.

The Canadian researchers concluded that this was the first study to show that chondroitin provides better results than celecoxib for the long-term progression of knee osteoarthritis structural decline.

(Source: American College of Rheumatology, *Arthritis Rheumatol.* 2015; 67 (suppl 10). Abstract no. 950 <http://acrabstracts.org/abstract>)

## Drug-free therapies for depression

The Royal Australian and New Zealand College of Psychiatrists has issued clinical practice guidelines that list six complementary therapies which are evidence-based for *mild to moderate* depression.

The guidelines state that they should not be used instead of established prescription medication for severe depression and bipolar disorder.

The possibility of medication interactions must be assessed before using these therapies, they say, especially in the case of St John's wort.

They say that a sense of empowerment from using complementary therapies may uplift a person's feelings of wellbeing and control.

The six complementary therapies for mild to moderate depression are: omega-3 fatty acids; St John's wort (has similar efficacy to SSRIs); A-adenosyl-methionine; zinc; N-acetyl cysteine; folate.

(Source: Amanda Davey, writing in *Medical Observer*, 10<sup>th</sup> December 2015)

## Prolonged sitting and poor sleep patterns deadly

We are all familiar with lifestyle habits that bring on premature death among older Australians – smoking, excessive alcohol, unnatural diet and lack of physical activity.

Now two other lifestyle aspects have been added to this list. It tends to come as a great surprise that they are prolonged sitting and unhealthy sleep patterns.

To come to this conclusion, Australian researchers studied death rates for over 230,000 Australians aged 45 and over.

(Source: Amanda Davey writing in *Medical Observer*, 9 December 2015)

## Fluoride from water and many more sources

By Stuart Cooper, US Fluoride Action Network campaign manager

The best way to avoid a toxic intake of fluoride is to end water fluoridation.

When fluoride was first added to water in the 1940s, not a single dental product contained fluoride: no fluoride toothpastes, no fluoride mouth rinses, no fluoride varnishes and no fluoride gels. In the past 60 years, as more communities began fluoridation and one fluoride product after another entered the market, exposure to fluoride increased considerably, particularly among children.

Exposure from other sources has increased as well, including: infant formula, processed foods, soups, soft drinks and beer made with fluoridated water, food grown with fluoride-containing pesticides and fumigated in warehouses with sulfuryl fluoride (buy organic!), iced tea, raisins, fruit juices, wine, mechanically deboned chicken, pharmaceuticals and fluoridated anaesthetics.

This glut of fluoride sources has created a toxic cocktail, one that has caused a dramatic increase in dental fluorosis (a tooth defect caused by excess fluoride intake) over the past 60 years. The problem with fluoride, therefore, is not that we are receiving too little (we don't need any!), but that we are receiving *too much*.

(Source: Fluoride Action Network newsletter, 18<sup>th</sup> Dec 2015)

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## NEW BOOK TITLES

### THE VITAMIN D SOLUTION

BY MICHAEL F. HOLICK, PHD, MD **38.50**

A remarkably interesting book. In spite of being a big 300 pages, the chapters keep the reader turning pages for more and more fascinating – and very beneficial – information. And all in plain language.

Dr Holick, regarded as 'the father of modern vitamin D research', has had three decades of studying vitamin D, limited sun exposure and our wellbeing.

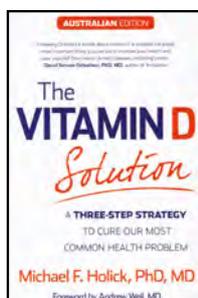
Chapters cover every imaginable aspect of vitamin D and particularly how we can get enough. For a start, calcium in the body depends on vitamin D, and hence the condition of our bones.

Deficiency of D is widespread in Australia, and, besides lack of sunshine, numerous other things exacerbate the deficiency. The consequences are greater risks of cancer, rheumatoid arthritis, multiple sclerosis, diabetes, heart disease, dementia, schizophrenia, high blood pressure and other diseases.

"Let the sun shine in", says the good doctor, adding the caution, "Some is good doesn't mean that a lot is better." In comparison to supplements, "The body can in no way overdose on vitamin D created through sunlight as it can through supplementation." However, Dr Holick has found that psoriasis is helped greatly by topical supplementation.

Besides the numerous conditions that are at reduced risk by having adequate D, there are also the benefits of stronger bones and – it has been found – less risk of falling over.

All in all, this is a book that reassures us of the advantages of having a little regular sunbathing, but carried out safely.

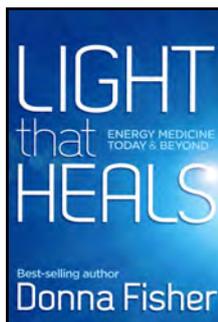


## LIGHT THAT HEALS

BY DONNA FISHER **\$34.00**

Another remarkable book – that is, remarkable in its wide coverage of the subject and in the thoroughness of detail. In spite of the title, the first half is essentially about radiation from electricity, especially 'dirty electricity'. Part 2 then explains how various forms of light and various appliances that produce light can promote healing.

Donna Fisher, born in Australia, has studied psychology and written about the role of women for a better world. As part of a better



world, she has campaigned against dirty electricity, which has led to a number of important books on the subject.

"EMF damages and causes mutations in DNA and makes it difficult for the body to heal itself," she writes. "Mutations in DNA are believed to be [among] the initiating steps in the development of cancers... Symptoms of EMF exposure resemble premature ageing."

It has been estimated that by next year, 50% of the industrialised world will experience debilitating symptoms from EMF exposure.

Among the first 13 chapters are: 'Cancer and Dirty Electricity', 'Autism', 'Genes versus Environment', 'The Toxic 20<sup>th</sup> Century', 'Cleaning Up Electricity'.

Part 2 presents many electrical and light devices that are used to promote healing – including TENS, SCENAR, Radiowave Therapy, Oncothermia (using heat for cancer), Infrared and Polarised Light. The book is very readable.

## SOUND THERAPY MUSIC TO RECHARGE YOUR BRAIN

BY RAFAELE JOUDRY **\$29.50**

Patricia, mother of Rafaele, was so sensitive to noise that the resulting stress meant chronic exhaustion and years of insomnia. After discovering a therapy based on sound, she regained peaceful sleep and renewed energy. She then developed Sound Therapy, which Rafaele now travels the world to lecture on its benefits.

The book contains documented results for tinnitus, insomnia, chronic fatigue, hearing loss, sound sensitivity, travel sickness, learning difficulties and diminished memory.

The book is in three parts – 'Sound Therapy for the Walk Man', 'Listeners' Stories' and 'The Latest Developments'.

For insight into this subject, see Rafaele's article, 'Tinnitus – how to end that ringing' in the Spring 2015 issue of *TNH*, page 26.

Rafaele will be presenting Sound Therapy at the Natural Health Society's Annual Seminar on Sunday 20th March at North Ryde in Sydney (see announcement, page 17).



## CURRENT TITLES

### WHEAT BELLY

By William Davis, MD

This most interesting book by a cardiologist is **now in paperback and has a price reduction**. Instead of \$36.50, the new members' price incl. postage is **\$25.00**

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By Roger French **\$34.00**

For details, see page 27 in this issue.

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(formerly Vegetarian Society of South Australia)

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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

By Paul Maguire

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... 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.

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## VEGSA ANNUAL PICNIC

was held in Hazelwood Park on Sunday 7<sup>th</sup> February.

Hazelwood Park has majestic giant gum trees, and with the temperature in the low 30s and a cool breeze, it was the perfect setting for a delicious shared lunch. Member David Law's short talk on Earthing and Earthing devices was much appreciated. Visitors availed themselves of our literature including *True Natural Health* magazine – and our dogs enjoyed themselves too.

Vegetarian and Vegan Society (VegSA) Inc

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



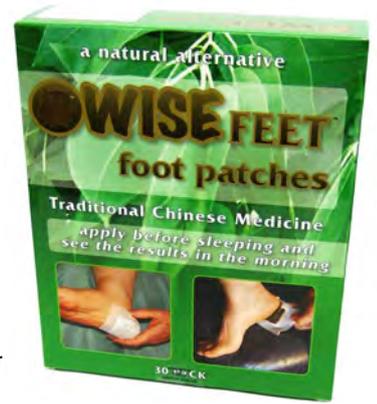
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\* NB 'Members' means financial members of the Natural Health Society and the Vegetarian Societies

## 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 - or see page 43

## Ladyship Juicer, Blender

Two models - LS658 and LS588F

Like nine machines in one



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

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

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

## ReboundOz

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

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

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

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



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

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



**Posted price: members \$22.00;**  
**non-members \$24.00**

For interesting radiation and home health articles, research and newsletter subscription Go to <http://en.geovital.com>



**TRAINING NOW ALSO AVAILABLE IN THE USA**



**Patrick van der Burght**  
Course Director, GEOVITAL International



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

# Don't put up with radiation from Phone Towers and Smart Meters

Most homes need some improvements. Call today!

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

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

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



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



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



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



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



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

## THE NATURAL THERAPY MATTRESS WITH STRETCH-EFFECT

After testing 600 different mattress types, none of which meet the Academies criteria, we started making our own at prices anyone can afford.



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

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