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WINTER
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The Magazine of the Natural Health Society of Australia



World trend to plant-based eating

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Editorial



A leading United States health maintenance organisation is urging people to adopt plant-based eating for the good of their health – and to reduce the claims burden on the fund. This is not wishful thinking on our part, it's true! What an unbelievable endorsement of the most fundamental tenet of Natural Health!

Along the same lines of unbelievable expert opinion, a world authority on cholesterol writes (page 4) that the main cholesterol-lowering drugs, statins, are just for superstitious people. Wow!

During our Annual Seminar in March, many attendees asked to have the recipes of the dishes that were served for lunch. Courtesy of the marvellous chef, Colin, the recipes are on pages 22 and 23.

Speaking of seminars, the Society's National Committee has decided to run another seminar in Spring. Tentative date

is Sunday 18th September and tentative venue is Penrith NSW (page 12).

A generous special offer to Society members from Hopewood re their lifestyle book is made on page 13.

Inimitable osteopath and naturopath, Greg Fitzgerald, urges us to avoid snacking between meals (page 18), while the experienced life coach, Anna Anderson, gives guidance for finding a life coach – which might benefit many of us! (page 20).

For light relief, we have from the also inimitable Robyn Chuter a pile of the dumbest things that doctors ever said. Makes great reading (page 24).

Some new skin oils that we judge to be highly acceptable are WomanOil8 for soothing skin (page 14) and Pain Strike Oil for pain relief (page 38).

We explain why NeoLife supplements are regularly promoted in this magazine (page 11) and also include a regular advert for Micror-ganics supplements which are also of exceptional quality (page 17).

Four troublesome conditions are covered: neck pain and stiffness (page 28), temporomandibular joint disorder (jaw misalignment, page 8), hypoglycaemia (chronic low blood sugar, page 34) and progressive supranuclear palsy (page 36).

Enjoy the reading,
Roger French,
Health Director
and Editor



About Natural Health Society

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

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

Natural Health guidelines have been influenced by the experience gained at the 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.

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Subscription form

Turn to page 43 or use the telephone or website.

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Major US health fund urges plant-based diet

By Robyn Chuter, Naturopath and Counsellor

Abridged from an article by Robyn Chuter published in her newsletter, *EMPOWERED!*, 1st December 2014



I thought I was dreaming when Dr Phil Tuso took the stage at the International Plant-Based Nutrition Healthcare Conference of November 2014.

Dr Tuso is the National Clinical Head for Total Health with the Care Management Institute of Kaiser Permanente, the largest health maintenance organisation (HMO) in the United States.

In the United States, unlike Australia, the UK, Canada and most Western European countries, there is no universal health insurance scheme. Retired and disabled people's medical treatment is covered by Medicare. Medicaid covers low-income earners, and everyone else takes out health insurance with an HMO.

Kaiser Permanente (KP) is the largest HMO in the US. It insures nine million Americans, has 15,000 doctors on its books and publishes its own peer-reviewed journal, *The Permanente Journal*.

And it was in that journal that Phil Tuso and three Kaiser Permanente colleagues published an article entitled, 'Nutritional Update for Physicians: Plant-Based Diets', in the Northern Hemisphere spring of 2013.

The abstract of the article read:

"The objective of this article is to present to physicians an update on plant-based diets. Concerns about the rising cost of health care are being voiced nationwide, even as unhealthy lifestyles are contributing to the spread of obesity, diabetes, and cardiovascular disease. For these reasons, physicians looking for cost-effective interventions to improve health outcomes are becoming more involved in helping their patients adopt healthier lifestyles.

"Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products and eggs as well as all refined and processed foods... Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may

also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates.

"Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease or obesity."

KP is renowned as an industry leader in the provision of managed care, so much so that its operations have been studied by the UK Department of Health to improve the operation of the NHS (Britain's publically funded medical care system). It's also renowned for its strong emphasis on preventive medicine, to rein in future costs and improve patient outcomes.

So when KP tells its doctors they should be advising *all* their patients to adopt a plant-based diet, it's a big deal, which is likely to have a ripple effect throughout the US health-care industry... and eventually the rest of the world.

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

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

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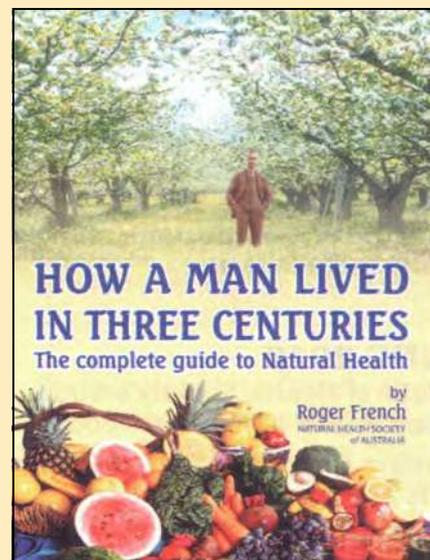
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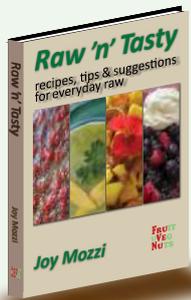
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The statins - drugs for the superstitious

by Uffe Ravnskov, MD, PhD

[Statins are the predominant cholesterol-lowering class of drugs.]

In a recent Danish paper published in *European Heart Journal* the authors claimed that negative statin-related news stories decrease statin persistence and increase myocardial infarction [heart attack] and cardiovascular mortality. It was based on the fact, that early statin discontinuation by some of more than 800,000 Danish statin-treated people was associated with the number of negative statin-related news stories published in the media between 1995 and 2010, and that 1.1% more of those with early statin discontinuation had died after 10 years of follow-up compared with those who continued.

A more reasonable explanation is that the statin-treated individuals learned that their many unpleasant symptoms were caused by the statins, because most adverse effects do not appear immediately. Very often they develop several weeks or months after the start of the treatment. As the side effects of almost all drugs appear immediately, neither the 'patient' nor the doctor realise that the late statin side effects are caused by the drug. The most common side effects – muscular problems, mental disturbances and decreased sexual potency – are therefore seen as a result of increasing age.

An interesting observation is that the heart mortality difference of 1.1% is what those who continued their treatment won after 10 years of treatment. This is much less than reported from the statin trials. In the first statin trial 4S, for instance, the difference between the statin and the placebo group as regards heart mortality was 2.5% after about five years of treatment. Not very impressive, but more than four times as much as in this paper.

Furthermore, there was not a word about total mortality in the paper. The only reason for excluding this information is, of course, that either there was no difference, or that those who stopped statin treatment lived longer than those who continued. It was not possible for a *Canada Free Press* journalist to get this information from Børge Nordestgaard, one of the authors and head of the department,

where the study was performed. He just gave the following answer: "We probably could have looked at all-cause mortality. What I thought would have meaning for people that are interested in this field was myocardial infarction and cardiovascular death. Those are the two major endpoints that you look for when trying to prevent cardiovascular disease."

Isn't the main interest of people on preventive medication to prolong their life?

In an interview in the Danish newspaper *Politiken*, Nordestgaard declared that "People, who stop their statin treatment have a 26% increased risk of a heart attack and 18% higher risk to die from a cardiovascular disease compared with those, who continue the treatment".

What explains his misleading words may be that he has strong economic links to the drug industry. In the section, 'Conflicts of Interest', you can read the following: "B.G.N. has received consultancy fees and/or lecture honoraries from Astra Zeneca, Pfizer, Merck, Amgen, Sanofi, Regeneron, Omthera, Dezima, ISIS Pharmaceuticals, Aegerion, Fresenius, B. Braun, Kaneka, Lilly, Kowa, and Denka Seiden".

Much evidence has shown that *there is little benefit from statin treatment, if any at all*. In my previous newsletter for instance, I told about the Danish study, where the authors had calculated how many years you are able to prolong your life by statin treatment. What they found was that on average you can prolong it by only a few days.

Recently a research group from Italy, the UK and Sweden published a study in *BMJ Open* [BMJ = *British Medical Journal*] about the trends of statin use and heart mortality between 2000 and 2012 in 12 European countries. In all these countries statin treatment has increased and heart mortality had decreased, apparently a support of statin treatment. However, there was no association between the degree of statin increase and the degree of mortality lowering between the countries. In Germany, for instance, statin treatment had increased by 54% during these years and heart mortality had decreased by 85%, whereas in Portugal statin treatment had increased by 102%, whereas heart disease had decreased by only 41%.

As I have said before, the directors of the statin trial do not allow access to the primary data. This has raised much criticism and a campaign, backed by the British Queen's former doctor, Sir Richard Thompson, calling for urgent public enquiry into drugs firms' 'murky' practices.

In 2005 new, stricter regulations were introduced in the conduct and publication of randomised controlled trials. Since then the results of all statin trials have been minimal compared to those published before 2005.

You can read more about this in a paper published in *Expert Review of Clinical Pharmacology* by Professor Harumi Okuyama and his co-authors and in a paper in the *Journal of Controversies in Biomechanical Research* by Michel de Lorgeril and Mikael Rabaeus. The authors of these studies are no amateurs; most of them are members of THINCS [see below] and de Lorgeril was the first scientist who demonstrated the benefits of the Mediterranean diet.

This letter has been sent to more than 1200 doctors, scientists, journalists and bright, open-minded lay people all over the world.

Uffe Ravnskov, MD, PhD, independent investigator Spokesman of THINCS, The International Network of Cholesterol Skeptics, Magle Stora Kyrkogata 9, 22350 Lund, Sweden. www.ravnskov.nu

Reproduced from Uffe Ravnskov's April 2016 newsletter, 2nd April 2016

[Uffe Ravnskov has been described as a world authority on cholesterol. In his book, *The Cholesterol Myths*, he declares that the idea that ... high cholesterol is dangerous to your heart and vessels is nothing but a myth.]





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YOUR QUESTIONS ANSWERED



By
**Roger
French**

Send your questions to Your Questions Answered,
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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. GARLIC – HOW MUCH?:

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

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

Investigators say that it:

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

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

Allicin decomposes rapidly, mostly within a day. After eating crushed garlic, allicin disappears from the blood in between one and 24 hours.

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

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

- Reduced absorption of nutrients;
- Impaired liver function.

[The above list was provided by Dr Earl Mindell in his book, *Garlic the Miracle Nutrient*.]

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

During cooking the allicin decomposes, so cooked garlic is not as therapeutic, although it is also less toxic in large amounts.

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

We need to be well aware that any very strongly flavoured substance like allicin normally has to be broken down by the liver, which can significantly add to the load on the liver. However, one clove or two small cloves a day is thought to be harmless to the liver for most people.

If there is garlic body odour, the smell can be eased by chewing a sprig of parsley or mint or thyme or a few leaves of basil.

For larger doses, commercially-prepared aged garlic is thought to be the safer way to go. The ageing eliminates allicin and makes the garlic odourless.

Q. IN A SPIN WITH VERTIGO:

I am 70 years of age and have overcome many ailments with the help of the Natural Health Society. Now I find I am suffering from vertigo. Is there a natural remedy for vertigo? – A. R., Wangaratta Vic

A. Vertigo is not a disease itself, but a symptom of other problems. Vertigo is the sensation that you or your surroundings

are spinning. The name is derived from *vertere*, the Latin verb meaning 'to turn'. You may feel that you are sinking or falling or that the room is spinning around.

The difference between genuine vertigo and a brief burst of light-headedness, queer turns or dizzy spells is that with vertigo there is this impression of rotation.

The mechanism of vertigo involves a disturbance to the balance mechanism of the inner ear, or disturbance to the auditory nerve, brain stem or eyes.

Brief bouts of vertigo can result from trivial causes such as fun-fair rides, motion sickness, digestive upsets, looking down from a height, rising too quickly from a lying or sitting position, fatigue and so on. If it is a *long-term* symptom, it may be due to something more serious. A prolonged attack is often accompanied by nausea, sweating or fainting.

A symptom of many conditions

At least 100 different health syndromes can include vertigo as a symptom. Among the causes of persistent vertigo are:

- High or low blood pressure;
- Allergies;
- Head injuries;
- Psychological stress, phobias;
- Changes in atmospheric pressure;
- Blockage of the eustachian tube (connects middle ear to exterior in the throat);
- Excess wax in the ear;
- Middle ear infections;
- Nutritional deficiencies;
- Side-effects of certain drugs such as streptomycin;
- Poor circulation in the brain due to narrowing of blood vessels, pinched blood vessels in the neck or a disorder such as diabetes or anaemia;
- Viral infection or fever;
- Diabetes;
- Anaemia;
- Nerve diseases;
- Brain tumours;

- Meniere's disease, which will be accompanied by tinnitus and loss of hearing.

A study conducted at West Virginia University by a Professor of Otolaryngology examined 444 patients with inner ear problems in the form of hearing loss, ringing in the ears or vertigo. It was found that 46% of the patients had high blood fats, 87% had diabetes or a pre-diabetic condition, and 80% were overweight.

Treatments

Treatment of vertigo depends, as with all conditions, on the cause. The removal or avoidance of the cause is the essence of allowing healing and recovery. For *immediate* relief in many cases, sit down, put your head between your knees and breathe deeply. Or lie flat and remove any restrictive clothing.

In case the cause is poor circulation, try taking infusions of a circulatory stimulant such as betony or fresh ginger, or infusions of a relaxant such as lemon balm. Acupressure may help – pinch hard between your eyebrows with index finger and thumb. If living in a hot climate, taking a vitamin B-complex and multi-mineral supplement regularly may help prevent attacks. For spinal misalignment or pinched blood vessels in the neck, consult an osteopath or chiropractor for a check-up.

Persistent vertigo may respond to reducing the intake of caffeine, refined sugar, fried foods, salt, nicotine and alcohol. (All the fun things in life, we know, but they come at a price.)

Referring back to the West Virginia University study, the doctor advised his patients to greatly restrict their intake of saturated fats, refined sugars, refined starches and concentrated sweets. Overweight patients were advised to reduce weight. Among those who conscientiously followed his instructions, the majority reported significant improvement in the inner ear problems, with vertigo being relieved as blood lipid levels fell.

An ear specialist in Alabama was consulted by a woman suffering vertigo so severely that she could barely stand up. Her triglyceride (blood fat) level was very high. After three weeks on a low-fat diet, triglyceride levels fell by 50% and her dizziness was gone.

According to the leading American text, *Prescription for Nutritional Healing*, nutrients that are likely to help vertigo are as follows:

- vitamin B-complex plus extra vitamins B₃, B₆ and B₁₂;
- vitamin C in large doses plus bioflavonoids;
- vitamin E – start with 200 IU daily and

increase gradually to 400 IU or at the most 800 IU;

- lecithin as directed on the label;
- co-enzyme Q10;
- a complex of carotenoids (beta-carotene family);
- zinc at 30 mg daily.

I regard these figures as a guide only. As with herbs, it is advisable to take supplements with professional guidance.

Q. MERCURY IN FISH:

A lot of people are asking their health practitioners whether there is mercury in just some fish or is this dangerous poison in most or all fish. Can you enlighten us please? – J. M., Wallacia NSW



A. This highly toxic heavy metal certainly is in many kinds of fish, and some fish are quite contaminated.

Fish is, of course, not part of a plant-based diet. I am simply answering this question as requested.

The most appalling example of mercury poisoning occurred in Japan in the mid-1950s when the people of Minamata City began to develop a 'strange disease'. Victims had degeneration of their nervous systems – numbness in limbs and lips, speech slurred, vision constricted, some had serious brain damage, while others lapsed into unconsciousness. Some residents were thought to be crazy when they began to uncontrollably shout. Cats were committing suicide and birds were dropping from the sky. Foetuses of mothers who had ingested contaminated marine life were the worst affected. Symptoms were serious, some having extensive brain lesions. The people of Minamata went into panic.

Minamata City is on Minamata Bay in the south-west of Japan's Kyushu Island.

The cause of this 'Minamata disease' was later found to be mercury poisoning from eating fish and shellfish contaminated with *methylmercury* (see below), which had been discharged for over 20 years in

waste water from a chemical plant (Chisso Co. Ltd). In the following 30-odd years, almost half the sufferers died.

Minamata was not the first case in history of mercury poisoning. The 'mad hatters' of the eighteenth and nineteenth centuries in Britain were hat makers who went mad as a result of inhaling mercury vapour from *inorganic mercury* used to treat the fur of small animals for making felt hats. Hence the expression, 'mad as a hatter'.

Food Standards Australia New Zealand has issued guidelines for fish consumption depending on mercury content. FSANZ advises that all fish do contain mercury, with some types of fish having more than others. Eating too much of fish with high mercury levels or eating them every day could have harmful effects.

(http://www.foodstandards.gov.au/consumer/chemicals/mercury/documents/mercury_in_fish_brochure).

FSANZ says that this issue is particularly important for pregnant women and those intending to become pregnant because the foetus is especially vulnerable to mercury poisoning. This warning also applies to young children because their bodies are growing rapidly. For breastfeeding women, FSANZ declares that the benefits of breastfeeding outweigh the risks from the small amount of mercury likely to be ingested by the baby. (The Natural Health view would be to advise such women to avoid fish altogether because mercury is so incredibly toxic.)

The Victorian Government's Better Health Channel points out that the fish that contain the most mercury are those that are predatory, large and at the top of the food chain. They include: shark (flake), rays, billfish (swordfish/broadbill, marlin), barramundi, gemfish, orange roughy (deep-sea perch), catfish, ling and southern bluefin tuna.

The Australian Institute of Food Safety adds to this list mackerel, tilefish, bluefish, sea bass and grouper. In its publication, *Australian Food Safety News*, 16th January 2013, the Institute states that fish known to have the highest levels of mercury should be avoided altogether, especially by pregnant women.

Fish that contain lower levels of mercury include salmon, bass, lobster, halibut, cod, carp, snapper, perch, tuna (chunk light, skipjack), flounder, herring, mullet, shad, whitefish, whiting, anchovies and clam.

The Natural Health view is that to minimise mercury exposure, we need to keep our protein sources to plant foods as advised under Natural Health Dietary Guidelines. We don't need any flesh foods for adequate nutrition.

Methylmercury is the most common form of organic mercury and the most hazardous

form encountered in food, fish being its major source. It accumulates in the aquatic food chain, especially in estuaries or the sea adjacent to industrial areas.

Methylmercury is readily absorbed and rapidly distributed around the body. It can cross both the blood-brain barrier and the placenta, resulting in higher mercury concentrations in the foetal brain compared to that of the mother. About 10% of the total body burden of methylmercury is found in the brain where it is slowly broken down to inorganic mercury. The daily excretion half-life is estimated to be 70 – 80 days.

High levels of exposure to methylmercury cause the death of brain cells. The first effect is typically numbness and tingling in lips, fingers and toes, which may progress to loss of coordination, narrowing of vision, hearing loss and speech impairment. In the foetal brain, the damage is more extensive and generalised, and in the infant the symptoms are similar to those of cerebral palsy. However, these severe effects are mainly due to large-scale poisoning rather than fish consumption.

In the Natural Health Society's office (in Penrith) in 2013, we were surprised to have a member walk in and tell us that he had medically diagnosed mercury poisoning from regularly eating tuna. Sounds like a pretty astute doctor to have spotted that condition. The case illustrates that the mercury contamination in tuna can cause significant problems.

Q. TMJD OF THE JAW:

[Temporomandibular Joint Disorders (TMJD)]

I have been suffering TMJD for three months since I yawned one morning and later heard the clicking and experienced what felt like bone grating on bone in my left jaw. It is worse after I eat. I am 67 and have upper and lower dentures; even taking the dentures out makes no difference.

I stopped singing and have tried a low pillow, soft foods and so on. An X-ray showed no problem. Taking Celebrex and glucosamine sulphate made no difference.

Nothing seems to work. Do you have any suggestions? – L. A., Bli Bli Qld

A. I know how frustrating it can be to do the right things and still have the problem persist. I hope I can help. I will explain TMJD from scratch.

The temporo-mandibular joint is a hinge that connects the jaw to the temporal bones of the skull, which are in front of each ear. When there are problems, they are called 'temporo-mandibular disorders' (TMJD, TMJ or TMD).

There can be inflammation and tightness of

the joint and difficulty opening the mouth completely; it can even be 'stuck' open or closed. Clicking when the jaw is opened or closed is a common symptom. There can be misalignment of the teeth or jaw. In severe cases, there can be pain in the neck and shoulder and headaches.

When you are stressed, symptoms can be exacerbated.

The large majority of TMJD sufferers are women.

Causes

Some common causes are: injury to the jaw, the joint or the muscles of the head and neck; grinding teeth; loose or missing teeth; poor alignment of teeth; the joint disc erodes or moves out of position; arthritis in the joint; spinal misalignment; mental trauma, stress or anxiety; nutritional deficiencies, especially of calcium and magnesium; a birth defect or developmental abnormality (probably not relevant at your age); or overuse of jaw muscles as when chewing gum continuously or talking a lot.

Less likely possibilities are infections in the jawbone or tumours.

Even with all these possible causes, the true cause may still be obscure.

Symptoms

These can be temporary or last for years. They may include: clicking or grating when mouth is opened or shut; jaw 'locked' open or shut; pain or tenderness in jaw, face, neck and/or shoulders; difficulty chewing, an uncomfortable bite; swelling on the side of the face. Other possibilities are toothache, headache like a ring of pain around the head, dizziness, earache, hearing problems and tinnitus (ringing in the ears).

Diagnosis

May be provided by a dentist, oral surgeon, orthodontist, osteopath or chiropractor.

Treatments for TMJD

Medical-dental treatments

A dentist may suggest transcutaneous electrical nerve stimulation (TENS), ultrasound, trigger-point injections, radio-wave therapy or low-level laser therapy.

Standard dental work can sometimes solve a bite problem. The jaw may be brought into better alignment by splints or other dental treatment.

A useful device is a plastic splint or night guard, which fits over the teeth and keeps the upper and lower teeth apart. A night guard is worn while you sleep; a splint is worn day and night.

The most invasive option is surgery, which once done can't be undone. The

TMJ Association advises that surgery be employed only as a last resort, since there are no long-term studies to verify its safety and effectiveness. The kinds of surgery range from minor to open-joint surgery.

Home treatments

Jaw-irritating habits, like psychological factors, often play a role, especially depression, anxiety or stress.

Jaw problems often ease on their own in several weeks or months. But not always.

Many techniques are suggested in the literature. Here is a range of them.

Resting the jaw is the most important therapy. Quit detrimental chewing and biting habits, avoid opening the mouth wide while yawning or laughing; if necessary, hold a fist under the chin. Watch out for clenching the teeth, tooth grinding at night, biting the fingernails, chewing gum or chewing on a pencil, all of which can exacerbate the problem. Avoid shouting or singing. And don't stretch your mouth to bite large food items like whole fruits.

Avoid the jaws being in contact. Use your tongue between the teeth (carefully) or a splint to prevent grinding during the day.

Use hot and cold packs. Apply a heat pack to the side of your face and temple area for three minutes, followed by a cold pack for one minute. Repeat twice more, that is, three cycles altogether. Perform this a couple of times a day for the purpose of relieving inflammation and pain. A heat pack can be a hot water bottle wrapped in a warm, moist towel.

'Hot massage' is another effective muscle relaxant. Massage jaw, neck and shoulders with heating pad or hot-water bottle.

Ice packs alone can ease inflammation and pain and promote healing. Don't put ice pack directly onto skin; wrap the pack in a towel or cloth. Be sure to limit the time to 10 – 15 minutes.

Eat a balance of unprocessed whole foods. Make three-quarters of total food intake fresh vegetables and fruit. And make the diet as close to plant-based as you can. Qualify with the following points:

Eat soft foods: pureed or steamed vegetables; soft fruit; smoothies; soup; mashed potato; yoghurt; cottage cheese; scrambled eggs; mashed beans; pure nut butters and soft cooked grains. Chop up foods to minimise chewing. If you have difficulty getting enough protein, try protein shakes.

Eat an abundance of magnesium-rich foods – Magnesium is the calming, relaxation mineral.

In order from the richest down: sunflower seeds, Brazil nuts, sesame seeds, tahini, almonds, cashews, oat bran, soya beans, pine nuts, lima beans, hazel nuts, peanuts, walnuts, kidney beans, rolled oats,

wholemeal rye flour, brown rice, pecan nuts, wholemeal wheaten flour, pistachio nuts, macadamia nuts, coconut desiccated, lentils, dried figs, English spinach.

Nutritional supplements. Top-up a balanced diet with some key nutritional supplements:

- Calcium and magnesium in the ration of 2:1 by weight – helps relax the muscles and nervous system;
- MSM – anti-inflammatory and reduces muscle spasms;
- B-complex vitamins – helps ease stress.
- Glucosamine sulphate builds and repairs our body cartilage and relieves pain, stiffness and swelling in joint disorders. Because of some side effects, it is advisable to take it under professional guidance.

Avoid foods that increase inflammation and compromise immunity – refined sugar, caffeine, alcohol, chewing gum, hard confectionery and tough foods.

Detox the body. A few days on a fruit-only diet can help reduce the load of toxic wastes and free radicals that cause muscular stiffness.

Keep well hydrated. Not drinking enough water is one of the main causes of TMJ-related cramps. Drink pure water according to thirst, erring on the side of too much rather than too little, but don't overdo it. Drink water evenly through the entire day.

Practise relaxation techniques to help loosen up your jaw and reduce teeth clenching or grinding. Meditation, yoga, massage, guided imagery and deep, slow breathing can help ease the pain.

Essential oils for pain. The best oils to relieve TMJD pain include **peppermint** (relieves pain), **frankincense** (reduces inflammation) and **lavender** (relaxes the tense muscles). Mix 1 drop each oil into ¼ tsp coconut oil and rub onto area of pain.

Check any pills you might be taking. Many antibiotics and 'The Pill' compromise immunity and increase muscular strain and therefore pain.

Consider your pillow. Using a 'cervical pillow' can be beneficial for TMJD.

If you smoke, quit. This toxic habit aggravates TMJD pain.

Professional treatments

Osteopathic manipulation. Osteopathy sees a TMJ disorder as being either of cranial origin or dental.

Osteopaths who are trained in cranial methods are able to treat TMJD by gently mobilising to release the imbalance between the temporal and mandibular bones which may be causing the disorder.

A cranial problem can lead to an imbalance between the temporal and mandibular bones resulting in a TMJ strain. On the other hand, if there is a dental bite irregularity, this can create a problem between the mandibular and temporal bones, again creating strain in the joint.

A study in the *Journal of Bodywork and Movement Therapies* showed that this technique, practised by a doctor of osteopathy, reduced pain and improved the range of motion after six months. (*J BodywMov Ther.* 2010 Apr;14(2):179-84).

Chiropractic care. When muscles in the cervical spine (neck) get tight, this can also affect the TMJD. Chiropractic can help reduce this tension, reduce stress and improve TMJD symptoms fast.

Acupuncture has been found to provide short-term relief from painful TMJD (*Clin J Pain.* 2010 Jul-Aug).

Jaw exercises. The TMJ Association states that "Slow, gentle jaw exercises may help increase jaw mobility and healing. Your healthcare provider or a physical therapist can evaluate your condition and suggest appropriate exercises based on your individual needs."

The Association declares: "Help yourself first – remember less is best!"

Therapists called Home-Cure recommend the following jaw exercises (<http://home-cure.net/home-remedies-exercises-natural-cures-tmj-treatment>):

- Open your mouth as wide as you can without feeling any pain. Move the jaw gradually to the right and hold for 10 seconds; return to middle. Move the jaw gradually to the left and hold for 10 seconds. Return jaw to centre and close mouth. Repeat 4 – 5 times.
- Using your right-hand index finger, trace the jaw hinge on your right side, and gently massage the muscles with a downward action of your finger. Repeat the action on the left side with left index finger.
- **Sit** erect and move your chin up and down for about a minute. Then move your chin side to side for another minute. Repeat twice. Do not stretch too hard or you may sprain your neck.
- Yawn as widely as you can without causing pain. Then yawn twice more, but only opening your mouth half as wide. Repeat twice.

Full body massage using essential oils improves circulation; for example, sandalwood, juniper, bergamot or tea tree oils.

Herbal and homeopathic remedies. Some are very effective for TMJD. Those commonly used include: Rhus toxicodendron, Valerian officinalis, Magnesia Phosphorica, kava, Kali Phosphorica, methylsulfonylmethane. Professional guidance is essential with such remedies.



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GERSON THERAPY

Epigenetics – is it genetics or lifestyle that causes disease?

By Jo Thompson, RN, BN, Health Practitioner

Is it genetics or lifestyle that is causing the disease epidemic we are seeing today? Epigenetics is the study of the effects of lifestyle on our genes.

One in eight people will develop some form of cancer. In the age group of 51 – 60, 11 percent of females will develop hypothyroidism. In America by 2018 autism will affect one in four boys. According to Diabetes Australia 1.7 million Australians have diabetes, with one person being diagnosed every five minutes. Why?

I recently presented at the Natural Health Society's Annual Seminar in Sydney, discussing what you can do about preventing and healing today's dreaded diseases. It comes back to lifestyle, especially food choices – what kind of food, how often you eat, how you eat, where you eat and where the food was grown.

The nutritional program we offer to assist the body in healing is based on the Gerson principals: eliminate toxins and relieve the body of its deficiencies. Research now tells us that only five percent of cancers are due to genetics, so if most of our diseases are not from genetics, why are we so sick?

Epigenetics plays a large role in the risk of developing lifestyle diseases. It literally means 'above' or 'on top of' genetics, and refers to external modifications to DNA that turn genes 'on' or 'off'. These modifications affect how cells 'read' genes. If you are new to this subject, we first need a quick crash course in genetics:

- Cells are the fundamental working units of every human being. All the instructions required to direct their activities are contained within the chemical, *deoxyribonucleic acid*, also known as DNA.
- DNA in humans is made up of approximately three billion nucleotide bases, of which there are four fundamental types – *adenine*, *cytosine*, *guanine* and *thymine*, commonly abbreviated to A, C, G, and T.
- The sequence of the bases is what determines our life instructions. Interestingly, our DNA sequence is so similar to that of a chimpanzee that only a fraction of different sequences makes us human.
- We have about 20,000+ genes. Genes are specific sequences of bases that provide instructions for how to make

proteins which trigger various biological actions to carry out life functions.

Epigenetics is about what affects how genes are read by cells. Here are a few important points:

- Certain influences can cause genes to be turned off (becoming dormant) or turned on (becoming active) over time.
- Epigenetics influences are everywhere – what you eat, where you live, who you interact with, when you sleep, how you exercise, ageing, stress, toxins, work environment and even sunshine and love. In certain diseases, such as cancer or Alzheimer's, particular genes will be switched to their opposite state, away from the normal, healthy state, making the body more susceptible to developing cancer or Alzheimer's.
- Epigenetics is reversible.

Research is consistently showing that gene expression can determine whether we will live a full, healthy life or develop illness. It's not the gene itself, but how it is expressed, and only our environment can determine this.

At a conference I recently attended, world medical specialists (cardiologists, gastroenterologists, neurologists) repeatedly presented evidence that the health of the microbiome [friendly bacteria] in our gut plays a major role in the development of disease in any part of the body. The association between intestinal permeabil-

ity (leaky gut) and inflammatory diseases, including colorectal cancer, diabetes, IBS, Crohn's disease, autism, hypothyroidism and others, has been proven repeatedly. Confirmation of what we have known for a long time is now here. Our diet determines the signalling of our genes and so whether we remain healthy or develop disease.

The evidence presented at this conference was that a plant-based diet kept the gut lining intact, decreasing inflammation of the body and brain. It increases the amount of healthy pre- and pro-biotic (bacteria) in the intestine due to the high fibre in plant foods and decreases the risk of inflammation and thus disease.

Also, the evidence for the impact of gluten on the intestine and brain was overwhelming. Depression, anxiety and even psychosis could all be traced at least partly to the impact of gluten on the gut wall.

In summary, our diet and lifestyle can turn our genes on and off. A plant-based, whole-foods diet lowers the risk of disease by reducing inflammation in the body and brain, and it keeps the intestine intact, which allows for the normal, healthy functioning of every cell in the body

For more information, support or advice please don't hesitate to contact me – or follow us on facebook @ Bn2Health



Joanne Thompson
Health Practitioner
RN BN



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About 'NeoLife' Nutritional Supplements

By Robyne Smith, NeoLife distributor

The theme of this brand of supplements is 'PURITY, POTENCY AND PROOF'

For over 50 years, generations of families around the world have counted on NeoLife to do what no other company does: produce products that are based on whole-food, human-food ingredients that are shown to be effective by millions of satisfied customers.

Skilled technologists select only the finest raw materials in order to ensure the highest possible level of ingredient purity.

The whole-food supplements are sourced from human food ingredients. For example, the Carotenoid Complex is made entirely from carrots, tomatoes, spinach, capsicum, peaches, strawberries and apricots.

All ingredients are GMO-free, and all sources of ingredients are screened for over 160 potential contaminants, with an allowable detection limit of zero.

Where possible, vitamins and other nutrients are offered in their naturally occurring balanced ratios. For example, NeoLife's Vitamin-B Complex supplies

all 10 members of the B-vitamin family in the balanced ratios that nature intended. Another example is the vitamin E-Complex; it is 100 percent food based and contains all eight forms of natural vitamin E.

The excipients – or fillers – used are non-toxic and approved safe for human consumption. Their exact nature is proprietary information.

The supplements have been developed by world-leading scientists, researchers and nutritionists, whose ethic is to search for effective solutions to promote and protect long-term health.

NeoLife products are potent. They have been developed with scientific expertise and state-of-the-art technology to concentrate and standardise the active ingredients from the raw materials. This ensures that the final product delivers all the benefits that nature intended.

Testing of NeoLife products is rigorous, so as to ensure safety, quality and effectiveness.

The effectiveness of NeoLife products has been proven by clinical studies, which have been published in some of the world's most

prestigious scientific journals. An enduring commitment to scientific excellence has attracted the attention of researchers from the United States Department of Agriculture, the US Centers for Disease Control, major universities and respected scientific institutions around the world.

[NOTE: The above item is intended to explain why promotion of NeoLife supplements appears regularly in this magazine. Because of their natural, non-synthetic origin, your editor has been using this brand for about 30 years – Editor.]



NEOLIFE



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 the Society's funds. For recent donations, we say a big 'thank you' to: **James and Elizabeth Lanham, Christa Gwozdz, John Smith, Pauline Kenyon, Paula Kontomina, Jeanette Chippendale, Anita Anderson, Penelope Greeney, Vera McLean, Catherine Harris, Larissa Bergmann, George Carter, Diana Grosser, Nicole Ramsden, Pam Robinson, Patricia Bell**

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 and click on the 'Donate' link. [Regrettably, donations not tax deductible.]



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NATURAL HEALTH SOCIETY SPRING SEMINAR 2016

TENTATIVE DATE: Sunday 18th September 2016

TENTATIVE VENUE: A hall in Penrith NSW

THEME: 'Defeating obesity, diabetes and heart disease'

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

Keep this date free and watch for full details in the Spring 2016 issue of *TNH*

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. 25th June: 'Reversing Your Biological Age – How to Look and Feel Younger' – Doug Evans, Osteopath and Naturopath.

Sat. 30th July and Sat. 27th August: Phone for details. Speakers to be confirmed. **Raw Desserts Workshop:** Friday, 1st July, 11am – 3pm.

Wholemeal breadmaking: Friday, 24th June, 10am – 3pm.

For further information, go to www.healthandvitalitycentre.ntpages.com.au

Bookings – phone 9606 2203 or 0410 627 556

MERRYLANDS, 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 and beautiful cooking demonstration;
Horticulture therapy;
Meat-free catering;
Co-creating & co-dreaming garden design;
Wholistic Tai Chi;
Tea meditation.

Time: 1st Saturday each month, 11am – 3pm: 4th June; 2nd July; 6th August; 3rd September 2016

Cost: \$25 (we share the lunch we cook)

Where: Merrylands Community Garden, Orana Lane, Merrylands

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

For flavoursome **recipes** visit 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 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.

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

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

Hopewood's favourite exercises

will help maintain bone mass, increase flexibility and cardio fitness – and these are only some of the physical benefits. By following a gentle exercise program, you can also reduce stress and enhance self-esteem.

Yoga

Yoga is a great form of exercise and can be done at any level. The practice of yoga can help unlock us on physical, mental, emotional and spiritual levels. It's a holistic form of exercise, with several components, including asana, pranayama, meditation and deep relaxation techniques.

Yoga provides a toolbox of techniques that enhance our wellbeing in many different areas of our life. Research shows there is a change in our internal chemistry as a result of doing asana and pranayama exercises. Findings demonstrate that people who do yoga have higher levels of the good hormones – dopamine and serotonin.

Yoga practices develop more neural matter and activity in the parts of our brain that need to be developed – the pre-frontal cortex (modern brain) where we do most of our reasoning and planning.

Apart from the exercise benefits, yoga also enhances our ability to think clearly, effectively manage stress and stay out of our lower, reactive brain.

Tai chi

Tai chi is a type of martial art very well known for its defence techniques and health benefits, evolving over years into an effective means of alleviating stress, anxiety and improving health and wellbeing.

It's considered to be a form of 'meditation in motion', which promotes serenity and inner peace.

This is a low-impact, slow-motion exercise that uses graceful movements – putting minimal stress on muscles and joints.

Tai chi is unhurried and gentle, so it doesn't leave you breathless. It addresses the key components of fitness – muscle strength, flexibility (significantly boosting both upper and lower body flexibility), balance and (to a lesser degree) aerobic conditioning. It also aids in reducing stress and anxiety.

Tai chi cultivates and stimulates your internal energy, or 'chi', encouraging its circulation within the bodily system, keeping you rejuvenated, refreshed, fit and healthy.

Qigong

Qigong (pronounced chee-gong) has its roots in traditional Chinese medicine.

Also based on gentle movements, meditation and breathing, qigong has wide-ranging health benefits.

Its movements are simple and repetitive, cultivating qi or chi energy. It can ease stress and emotional imbalance, loosen muscles, strengthen the nervous system, improve vascular function, strengthen organs, lower resting heart rate and respiratory rate, increase leg strength and improve balance.

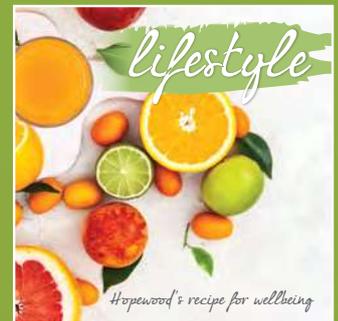
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Did you enjoy the article?

It came from Hopewood's new book *Lifestyle – Hopewood's recipe for wellbeing*. This limited edition, coffee-table-styled book features over 100 mouth-wateringly delicious vegetarian recipes, gorgeous photography, inspirational quotes and abundant natural health wisdom. Its 270+ pages are designed to inspire readers to eat, move, heal and nurture their bodies naturally.



Hopewood provided guidance and support at its health retreat for over 55 years with a goal to help people understand and maximize their unique, inner potential for good health and wellbeing through a holistic, natural approach.

Lifestyle – Hopewood's recipe for wellbeing is packed with information to kickstart your health journey. Learn about food combining, juicing, detoxing, eating for preventative health, weight and stress management and how to nurture your body.

Purchase your copy today at www.hopewood.com.au.

Green smoothie recipe

Ingredients

- 1 large kale stalk
- 1 silver beet stalk
- 3 large Cos lettuce leaves
- 1 cup spinach leaves
- ½ fresh lemon juice
- ½ small banana
- ½ green apple
- Handful fresh mint leaves
- 1 tsp chia seeds
- 1 tsp stevia
- 3 – 4 ice cubes
- 1 cup coconut water or filtered water

Method

Place all ingredients in a blender and combine until its smooth enough to drink.





A New Soothing Skin-Care Oil

An interview with Anne McBride, the Executive Director of WomanOil8 Australia, conducted by Margaret Laing

Because it was not possible to purchase quality skincare plant oils without artificial ingredients, Anne McBride set out to develop 100% natural, quality oil blends for her clinic clients, family and friends. Anne's resolve created what is now known as the successful and beautiful range of natural skincare oils – WomanOil8 and ManOil8.

Anne in 2002 was working as a qualified reflexologist and massage therapist in her own business using a range of different plant-based oils and essential oils. "I could not buy an easy-to-use massage oil," said Anne, "that was light, soothing and moisturising and left the client's skin soft and supple and not greasy.

"For the face area of the client I later developed a blend of super-light oils that were fast absorbing – and the clients would often remark on how good their skin felt and looked. Soon, clients wanted to buy my oil blends as alternatives to commercial moisturisers."

Anne, you mentioned you also supplied family and friends with oils?

"Yes my family all had sensitive, fair skin and often suffered from the effects of the harsh Australian sun and the dehydrating effects of air conditioning. I was aware that the products on the market for sensitive skin were generally chemical concoctions with the occasional token natural ingredient thrown in for good measure. One of my family was suffering from skin rashes, dry, inflamed skin and skin cancers. I was determined to produce natural, nourishing, anti-inflammatory oil formulations to feed, nourish and heal the skin."

What is involved in the blending process?

"Quality ingredients are at the top of the list. I realised that by using a high percentage of Australian premium oils with their superb properties and blending them with other highly nourishing prized oils in the correct ratios, fantastic regen-

erative blends were being developed. The unique blend is a result of selecting top quality oils and sequencing the blending in the right percentages. It took a lot of time, trial and error to get it right."

Through word of mouth, the WomanOil8 and ManOil8 product ranges are becoming very popular. Anne's own youthful and smooth skin is testimony to the properties of her oils. She constantly receives compliments on her radiant, healthy skin as does her daughter.

"While she was working as a flight attendant in the dehydrating pressurised planes," Anne said, "my daughter found my oil products kept her skin healthy and balanced. Some of the other young flight attendants then started using them to combat the drying effects of flying."

Anne became busy making her WomanOil8 blends for clients, friends, mums and grandmothers.

She remarked, "They had never previously used a completely natural, safe and nourishing oil blend on their skin. After using my products they would soon notice changes and improvements in their skin. Long-term conditions caused by irritating chemical concoctions would often improve or completely clear up. Red, itchy, inflamed, dry, patchy skin would improve and other conditions like rosacea and scarring would also improve. Everyone preferred the natural fragrance of the essential oils in the Body Oil, compared to the synthetic fragrances in other products. They all welcomed smoother, healthier skin, with less fine lines and wrinkles at a very reasonable price and without dangerous chemicals. Young mums love our pregnancy and baby oils."

And how did ManOil8 come about?

"I developed ManOil8 for my son and son-in-law who are both in the Australian navy and often work in extremely hot, stressful conditions, which have a very drying, dehydrating effect on skin. ManOil8 soaks deep into the pores to moisturise and protect skin in the



Anne McBride

harshes of conditions and is also antimicrobial. It is calming and has proved to be very effective and popular for outdoor workers, sportsmen and also indoor workers in drying air-conditioning."

Anne, what is your role in the company now?

"I'm very much hands on. I still manage the production side and new product development. To ensure the quality of the blends is maintained, I still select and mix the ingredients by hand. So it all keeps me very busy, but I love it!"

How do people buy your products?

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Empowering language to support parents and children

By Jean Sheehan

The language a parent uses can empower or dis-empower a child – get it right and you can leave a child feeling inspired. However, get it wrong and the child will limit themselves and feel dis-empowered.

The Millennium Children® are the new generation of children who are often more sensitive, emotional and reactive. As a result, they require parenting that fits their sensitivities and personalities. By taking the time to use empowering language, you will be able to assist a millennium child to become more empowered and to develop in mind, body and spirit.

For example, let's take the area of money and wealth. I think any of us will agree that the language used around finances can be extremely empowering or, more often, extremely disempowering!

Think back to your own childhood. How often did you hear the words '*We can't afford it*'? This simple statement can often lead children to focus on the lack of money and the feeling that there is never enough. Sublimely children mimic their parents, and even in adulthood get stuck in the cycle of poverty, debt and 'can't afford'. In addition, frequently hearing statements like this does not encourage a child to grow an abundance mindset and seek wealth and abundance,

However, positive wealth language will empower both the child and the parent. Can you imagine how much more empowered your child would feel if they heard statements like this each day:

Life is an opportunity.

Abundance is everywhere – see the trees with lots of leaves!

See all those roads? Well, because Mummy pays taxes we have roads to drive on.

We always have enough.

I don't know how, but it always works out.

Mummy chooses to buy these (groceries) first so we can eat.

When parents use empowering language, it allows the child to access their creative right brain and learn to see and experience empowering insights and also see the wealth in all things. This is uplifting for the parent as well!

Other words which assist children in learning self-responsibility and self-awareness include:

- Want
- Feel
- Like
- Can
- Will
- Choose

These words give the feeling of choice, a feeling that anything is possible and an innate knowing that all will be OK. They also take the mind to a space of potentiality.

Lastly, instead of saying '*No*' to a child or yourself, say '*We will see*' or '*Things always work out, I don't know how*' or '*It is possible*'. Write these words in your phone, put them on the fridge for all to see and create an affirmation book.

In contrast, words that will *disempower* your child and leave them feeling unenthusiastic include 'have to', 'should', 'must', 'got to', 'ought to' and 'need'. These words bring with them senses of guilt, distrust, punishment and forcefulness and may lead to a life of 'shoulds', 'can'ts' and limitations.

Remember, your words and language can have a lasting effect on yourself and your family. Uplifting language will not only empower others, but also yourself.

Jean Sheehan is the award winning founder of <http://www.absolutempowerment.com/>. Jean runs a wide range of courses for parents, adults and children, sharing her techniques which assist in their becoming more empowered and enhancing self-esteem and self-worth.

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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A REGULAR COLUMN

Snacking is a Health Hazard

By Greg Fitzgerald, Osteopath and Naturopath

Over the past few years there has been an emphasis on eating regularly throughout the day, with main meals separated by snacking: Breakfast followed by a mid-morning snack; lunch followed by mid-afternoon snack and dinner followed by evening snack or 'supper'. This advice was supposed to help stimulate metabolism, keep weight in check and provide stable blood sugar regulation. Well it hasn't worked and it will never work.

People today eat more food than ever and eat more frequently than ever. Despite (or because of) this, the problems of metabolism, overweight and blood sugar irregularities are worse than ever. The rates of obesity and overweight are climbing, diabetes is epidemic and chronic tiredness is universal.

It is no exaggeration to say that Western society is eating itself into a stupor, chronic illness and an early grave, in that order.

UNDERSTANDING METABOLISM: ANABOLISM AND CATABOLISM

Metabolism is the balance between two biological processes within the body called *anabolism* and *catabolism*.

On the one hand the body has to be continually renewed. New tissues, including the skin, the gut, bones and so on are continually rebuilding. This process is called *anabolism*. You have heard of anabolic steroids, which are sometimes taken illegally by athletes to stimulate new tissue growth. Bodybuilders are notorious for taking anabolic steroids to build bigger muscles. Well, this is where the word finds its context. Anabolism means building-up.

The second process is *catabolism*. This is where the body breaks down old tissue, removes waste products and excretes them, a process closely linked to detoxification.

In bones, for example, two different types of cell perform these two functions. One bone cell, the *osteoclast*, clears away old, mottled bone. This process is then followed by the second type of bone cell called an *osteoblast*, which builds new bone.

All bodily tissues undergo these processes, some more quickly than others. Thus the entire body replaces itself every few years.

THE IMPORTANCE OF CATABOLISM

If our catabolic processes are compromised or inefficient, we become toxic. When cellular wastes and old, used tissues and materials are not efficiently removed, they accumulate in different parts of the body. *Toxaemia* results, where these waste products accumulate within the tissues, fat and blood. This condition of *toxaemia* was officially accepted by the US Environmental Working Group (EWG) in 2001. All kinds of illnesses result from this chronic process, ranging from inflammation to chronic disease to premature ageing.

It is what we want to avoid if we wish to live a healthier, more energetic, disease-free life, and, of course, a long one.

SO WHAT DOES SNACKING HAVE TO DO WITH CATABOLISM?

When we eat – and this includes snacking – we promote anabolism, or building up, and we temporarily and partially suppress the process of catabolism. We divert energy away from the catabolic or clearing processes of the body and focus the body's energy on building up.

When we do *not* eat, we rest our digestive system and promote detoxification and catabolism. This helps keep our bodies cleaner and less toxic, allowing our bodies to remove wastes and detoxify materials which otherwise could cause unwanted health issues.

To further illustrate this, it is why we might often notice a slightly 'off' breath upon arising in the morning. This is because we have spent a number of hours (hopefully!) not eating while asleep, and this allows the body the necessary rest to initiate its catabolic and detoxification processes. Not only is our breath odour stronger, but our urine is also a little darker in colour, a result of the kidneys having extra energy to help detoxify our blood.

This is why we lose our appetite when sick, feverish, very stressed or exhausted, called *anorexia*, meaning lack of appetite. It has important survival value. Animals

and young children automatically do it, but many adults and doctors encourage the opposite, which is to eat "to keep your strength up". Such foolish advice has literally killed countless people.

EAT, THEN DON'T EAT!

It is best to eat and then go without eating. No snacking. Wait until the next meal and you will enjoy that meal with genuine hunger. You will relish the food. Due to this, your genuine hunger will allow better digestion because the digestive enzymes and organs have had a rest, a catabolic rest. The few hours away from all food allows our bodies to focus on detoxifying or cleaning the system. The body becomes less toxic, cleaner and lighter. Our normal and healthy weight is more easily attained.

Many people are on an 'eat-all-day-diet'. They are forever eating and drinking. Snacking is engaged in frequently. The problem is that they are not truly hungry. They are governed by what Dr Joel Fuhrman calls "toxic hunger" in his books *Eat to Live* and *Fasting and Eating for Health*. This toxic hunger is not true hunger, but is characterised by a feeling of weakness or discomfort, headache, light-headedness, tummy rumblings and emptiness, which the person mistakenly interprets as hunger. It is really a symphony of withdrawal symptoms from food addiction. Eating then relieves the discomfort until shortly afterwards, when more eating is engaged in, perpetuating a cycle which is ruinous to health.

To eat and snack regularly this way is to invite trouble: indigestion, reflux, overweight, headaches, fatigue, nausea and later on more serious problems.

TRUE HUNGER

True hunger is felt in the mouth and throat, not in the stomach. It is associated with salivation, and is not accompanied by any form of pain or discomfort.

People in excellent health can miss a meal completely and still feel neutral: not incapacitated by discomfort or weakness. They just feel 'hungry' until they go to their next meal feeling energetic and 'ready to eat'.

In fact, the Native American 'Indians' had a saying: "The hungry dog hunts best!". When hungry, the dog had great energy and alertness, necessary for its continued survival.

SCIENCE PROVES SNACKING SHORTENS LIFE (AT LEAST IN RATS)

The US National Institutes on Ageing conducted a study on rats – that also applies to humans – which was published in *Science Magazine* in August 2002.

They fed two groups of rats 7,500 calories each per week. Group 1 was fed regularly throughout the day (snacking), while Group 2 was fed only three times per day (non-snacking). At the end of each week, both groups had consumed the same food and the same calories. By the end of the study, Group 2 rats (non-snacking) had significantly outlived the Group 1 (snacking) rats.

In a more recent study, dated March 31st 2016 in *JAMA Oncology (Journal of the American Medical Association)*, researchers found that not eating at night for at least 13 hours markedly reduced the risk of breast cancer recurrence. Women who ate with less than 13 hours break between eating had a 36% increased risk of recurrent breast cancer. This is a hugely significant statistic and further

highlights the benefit of extending time without eating, and that, of course, means not snacking as a regular habit.

IF NOT HUNGRY, DON'T EAT

It goes without saying that we should not eat if we are sick or unwell. It also applies when we are not genuinely hungry. The fact that we are not hungry simply means that our body has no need for food at the time. To eat because of someone's mistaken opinion is to overburden the body and increase toxemia.



There is no adverse consequence to missing a meal when not hungry. The opposite is true – there is great benefit. You will set in motion greater catabolic activities which facilitate enhanced detoxification processes. Just as breakfast means 'break-fast', so periods of time between meals represent a form of mini-fast, with its plethora of biological benefits.

For better health, do not snack routinely. The occasional transgression is not a problem. It is when snacking becomes a routine, habitual part of our lifestyle that it is a problem.

Best to eat and then go without eating!

ONE EXCEPTION

Elite athletes engaged in high-intensity or ultra-endurance sports and training might need to modify this principle, as their high-energy routines may require the judicious use of high-nutrient snacks.

Greg Fitzgerald's Health for Life Seminars:
email: info@healthforlife.com.au
Clinic : 37 Cronulla St, Cronulla,
www.healthforlife.com.au
02 9544 0445

OBITUARIES

Bonnie Hawkins, 1922 to 2016

Bonnie Hawkins was a foundation member of the Natural Health Society and had been a close acquaintance of Society co-founder, Madge Cockburn. An enthusiastic supporter of the Society, Bonnie had promoted Natural Health to friends and acquaintances for many years.



Motivated by her passion for Natural Health, Bonnie was instrumental in the founding of the Society's Central Coast Branch in February 1987, and was its first president.

At the 40th Anniversary celebration of the Natural Health Society, held at the Bodhi Restaurant in the City of Sydney, November 2000, Bonnie presented an inspiring address, following key note speaker, Brian Wilshire of Radio 2GB.

This spritely resident of Copacabana on the NSW Central Coast, where she had lived for 50 years, was also an ardent campaigner for local community issues.

She regularly sat in the public gallery at Gosford Council meetings, and became well-known to Councillors. "She will be sorely missed," said the Gosford Mayor.

In her community activities, Bonnie helped establish the Copacabana Progress Association and Neighbourhood Watch, and was instrumental in having a skate park built in Copacabana.

She was nominated for NSW Woman of the Year in 2009.

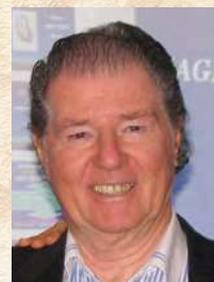
Bonnie practised yoga regularly and would walk daily from Copacabana to MacMasters Beach and back. Friends described her as "so agile". Up to a couple of weeks before her death, she was frequently swimming in the Copacabana rock pool.

It was only in 2015, at age 93, that Bonnie retired from hobby distributor, Dawn Trading.

Her death in Gosford Hospital in March was due to a heart attack.

The Copacabana community is planning to create a permanent memorial in Mrs Hawkins' honour.

Farewell Alec Burton, 1929 to 2016



It is with great sadness that I find myself writing this farewell.

I know of no other health practitioner and educator who could match Alec's depth of knowledge and insight. He had a profound impact on many aspects of my life. He was influential in my understanding of health and disease, and indeed the very direction of my life. Most importantly, he and his wife, Nejla, trained me in the process of health recovery, specifically through fasting.

I met Alec when I was a third-year osteopathic student, some 35 years ago. He was the newly appointed head of the osteopathic faculty, smartly dressed and accompanied by his attenuated English/Manchester accent.

A couple of years later, I had the further fortune to do an internship with, and subsequently work for, Alec and Nejla at Arcadia Health Centre, Arcadia NSW. My eight years there gave me the most valuable experience of my professional life, and I witnessed many and varied remarkable recoveries.

Alec had a great sense of humour and a talent for telling a story or a joke, and for acting out a prank. Here is an example.

It was about noon on a warm summer's day, and most of the Centre's guests were gathered about the pool. Alec – in his suit and white coat – was attentively inquiring after each guest. He then turned suddenly and deliberately and walked straight into the deep end of the pool, disappeared to the bottom and then popped up, got out and laughed his head off. Everyone was in stitches. That's how I will remember him!

Alec's death was caused by complications from an operation following a recent cycling accident.

Thank you, Alec, for all you have done for so many people.

– Doug Evans, DO



The 7 Keys to Finding a Perfect Life Coach (for you)

By Anna Anderson, Quantum Living Coach and Trainer



SO YOU'D LIKE TO HIRE A LIFE COACH ...

You are doing OK, yet something is missing in your life and you have a desire for an unspecified change. Perhaps, you are dealing with some challenges in your personal or professional life – with your relationship, finances, health or career – feeling *off kilter*, unsure how to restore the balance as nothing seems to work. Or you feel restless, having outgrown your comfort zone, and seek to step up to the next level of your amazing life experience.

Whatever the driving force and reasons for seeking professional help, you have decided to hire a life coach.

WHAT IS LIFE (PERSONAL) COACHING

While coaching is a professional relationship bound by a coaching agreement or contract, it is also a deeply personal, if not intimate, relationship at the same time. Think of your coach as a blend of your best mate, an authority figure, a teacher and your guardian angel. They know you and understand you better than you understand yourself; you can tell them your darkest secrets without being judged; they will guide you through your heaviest storm to the safety of the shore, and their job is – in essence – to build a high level of self-awareness and self-empowerment within yourself.

I think you would have noticed here a strong emphasis on the 'self', which is the key secret to the coaching success. It is by no means a passive process of being 'fixed', like taking drugs from a doctor. The liberating, transformational outcome of a coaching program begins and ends with YOU.

If you are ready for the challenge of jumping into the river of change, here are the seven keys you can follow to find your ideal coach:

KEY NO. 1 – THE COACHING QUALIFICATIONS

There are many life-coaching training programs out there, popping up like mushrooms after the summer rain on the

bandwagon of popularity of life coaching as a career, some of which can be completed over one weekend online.

A suitably trained coach would have obtained (as a minimum) a nationally accredited qualification at Certificate IV or Diploma level, or an equivalent recognised training of at least 6 – 12 months (in Australia).

KEY NO. 2 – NLP CERTIFICATION

This key is as important as it is controversial. Coaching based on Neuro-Linguistic Programming (NLP) is exponentially richer and more effective than standard coaching without NLP, although not everyone agrees with this point of view.

A standard coaching approach (without NLP) is what can be described as 'surface coaching' which deals with the symptoms the client brings to the coaching session. The results are usually short lasting, as the underlying issue in most cases remains unresolved. Sooner or later, that same issue creates a new symptom for the client who, even more frustrated, comes back with "another problem" to their trusted coach.

By contrast, an NLP-trained coach is focused on what lies *underneath* the client's problem, and works with them to identify, unpack and resolve the real issue which often has no apparent connection with the symptom the client sought to address. The outcomes of NLP-based coaching are long lasting (usually permanent), as the changes are programmed in the unconscious mind.

KEY NO. 3 – GENERAL EDUCATION AND TRAINING

While not critical, general post-compulsory (academic and vocational) qualifications of your coach will strengthen their credentials. The higher the level of education (especially when relevant to their chosen niche), the greater the level of the client's comfort and confidence in their coach's skills. For example, a coach specialising in health and wellbeing would ideally have some training in alternative medicine, diet and nutrition, fitness or a related field.

KEY NO. 4 – PROFESSIONAL MEMBERSHIP AND ACCREDITATION

At present, life coaching is unregulated in Australia (although this may soon change), which means that there are no professional benchmarks, regulatory bodies or professional standards to give clients the level of confidence and protection they have such as when they see an accountant or a doctor.

However, there is a number of non-regulatory alternatives such as professional membership and accreditation by global industry bodies.

For example, the International Coach Federation (ICF) issues three levels of accreditation based on the level of training and coaching experience, both of which are tested and verified. In addition, members are bound by ICF's Ethical Standards and Code of Practice, and any complaints lodged with the ICF about a breach of conduct may result in membership suspension for the coach.

For a limited time only, Anna is offering a special discount on her Quantum Living Coaching Program, exclusive to NHS members. For details, please contact Anna directly via email anna@quantumliving.com.au including your NHS membership number.

KEY NO. 5 – COACHING EXPERIENCE

The hands-on experience of your coach can be gauged by the length of their coaching practice (for example, two or seven years) and the total number of coaching hours.

This is a more flexible criterion, generally reflected in the coaching fee. The more experienced the coach, the more they will usually charge. This criterion, however, should be assessed in conjunction with

the level of training, as some coaches run full-time practices, while others engage in coaching only on a part-time basis.

As a rule of thumb, your coach will have a good level of experience if he/she has at least 100 – 150 coaching hours under the belt. So how, you ask, do I take this into account in my selection? In the end, it's a balance between your budget and the level of expertise and experience you want in your coach.

KEY NO. 6 – CLIENT TESTIMONIALS

Word of mouth is the best form of advertising. Everyone knows that, including life coaches who collect and display on their websites testimonials from clients. If you can't find testimonials on their website, ask the coach to show them to you.

If they can show you a written endorsement, that's even better. Endorsements are testimonials signed by happy clients with their full name and contact details, which serve effectively as passive referrals. You can contact them directly and ask them to elaborate on their endorsement of the coach.

KEY NO. 7 – SPECIALISATION AND PERSONALITY

Last but not least, you want a coach who (i) has the appropriate background/specialisation and training required to meet your needs, and (ii) has a matching personality and coaching style to ensure an enjoyable coaching experience (for both of you).

A professional coach will usually offer you a free, no obligation 30 – 45 minute diagnostic session, during which you discuss your expectations and objectives for the coaching program, find out about the coach's methodology and style, and address any other relevant issues such as your physical and mental health.

This session will also allow both of you to establish good rapport and select the most suitable coaching program for addressing your issues. If all goes well, the session will end with the signing of The Coaching Agreement, otherwise the coach may refer you to another professional, depending on your circumstances.

COMMUNICATION IS THE MASTER KEY

Don't hesitate to ask your prospective coach to show you their credentials at the first meeting, and discuss with them the outcomes you are looking for. Check their qualifications and client testimonials, ask questions about their practice and ethical standards, and clearly articulate the outcomes you want to achieve from the coaching program.

Be open and forthcoming, share any doubts or fears. The more information you provide to the coach, the better decision they will be able to make about the best way forward for you. If a professional coach is unable to meet your needs, he/she will always refer you to another practitioner (Counsellor, psychologist, doctor, financial advisor, etc.) or even another life coach.

Communication is the master key, so use it to your advantage, keeping in mind the old adage: Ask and you shall receive!

Anna Anderson is an accredited Life Coach (ACC, ICF), author, speaker and facilitator based in Melbourne. Anna teaches her unique Quantum Living Coaching Program through one-on-one coaching, seminars and group workshops. For more information visit quantumliving.com.au or call Anna on 0417 996 616.

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Recipes for Autumn 2016 Seminar

SWEET POTATO WITH MANGO DRESSING

Ingredients

Whole small sweet potatoes
250 gm silken tofu
100 gm mango chutney
Stalks of 1 bunch coriander
Juice of 1 lemon
2 tsp turmeric
2 tbsp slivered almonds

Method

Bake sweet potatoes. Combine all other ingredients and blend until smooth. Cut sweet potato into rounds and drizzle the dressing over. Garnish with coriander leaves and toasted almond flakes



CHATS WITH PESTO



Ingredients

Chat potatoes
Basil
Parmesan cheese
Pine nuts
Extra-virgin olive oil

Method

Steam potatoes until tender. Blend the basil, nuts and parmesan. Add oil slowly while blending to achieve desired texture. Place potatoes on serving dish and spoon over dressing.

PEARL BARLEY & BUTTERNUT SQUASH

Ingredients

1 butternut squash cut into wedges
250 gm pearl barley
300 gm broccolini, chopped
1 small red onion, diced
2 tbsp pumpkin seeds
1 tbsp capers
Handful tarragon leaves.

Dressing

5 tbsp balsamic vinegar
6 tbsp extra-virgin olive oil
1 tbsp Dijon mustard
1 garlic clove, chopped.

Method

Boil pearl barley in salted water until al-dente, then drain. Whisk dressing ingredients together, then pour over the barley, mix well and let cool. Roast the squash and blanch the broccolini. Add these and other ingredients to the pearl barley and mix well.



GREEK SALAD

Ingredients

Salad leaves
Tomato
Cucumber
Red onion
Red capsicum
Feta cheese
Kalamata olives
Dry oregano.

Dressing

Mix 1 part red-wine vinegar with 2 parts extra-virgin olive oil and season to taste.

Method

Cut all salad components into similar sized pieces. Cut feta cheese into cubes and mix with salad. Toss with dressing.



ASIAN SLAW



Ingredients

Wonga bok (Chinese cabbage)
Red cabbage
Daikon (a mild-flavoured winter radish)
Shallots
Bean curd sheets.

Dressing

1 part tamari
2 parts extra-virgin olive oil
1 tsp crushed garlic
Sesame oil to taste.

Method

Combine dressing ingredients well. Shred the red cabbage and wonga bok. Mix with chopped shallots and julienne daikon. Toss salad with dressing and top with crushed bean curd sheets.

BUTTERBEAN SALAD

Ingredients

400 gm butter beans
300 gm diced zucchini
250 gm quartered cherry tomatoes
1 red onion, chopped
Coriander, chopped
2 tbsp lemon juice
3 tbsp extra-virgin olive oil
1 tsp cumin.

Method

Place all ingredients in a bowl and mix well.





The dumbest things a doctor (or other health professional) has ever said

By Robyn Chuter, Naturopath and Counsellor

I've been hearing so many astoundingly stupid things that doctors and other health professionals (including nurses, dietitians, personal trainers and naturopaths) have said to my clients lately, that I thought I'd write them down for a good laugh (or a good cry).

Here are some of my absolute favourites – if that's the right word for it:

From a dietitian to a client who eats a wholefood, plant-based diet, cooking most of her own food from scratch:

“You should eat marshmallows.”

Umm, I can't think of any nutrients that are supplied by marshmallows, unless you count sugar, artificial colours and gelatine as nutrients.

A client who's a nurse was lamenting to a colleague that most of the difficult and unsavoury tasks they're required to do simply wouldn't be necessary if patients took better care of themselves (ate better, lost weight, quit smoking, exercised more...). Her colleague replied,

“But their conditions are hereditary.”

Really? Obesity, lung cancer, COPD and diverticulitis are hereditary? Who knew?

From a GP to a client who had just gone vegan and had asked the GP if it was healthy:

“I don't think so, because we are natural carnivores – just look at our eye teeth.”

She asked him how much study of nutrition he had done in his medical degree, and he answered,

“Oh, about six hours all up”.

Well, at least he was honest.



From a 'wholistic' doctor (who is overweight and puts all her patients on hundreds of dollars of supplements) to an acquaintance:

“If you're eating vegan, I can't help you. All vegans are sick.”

Yep, that's what the Seventh Day Adventist Health Studies clearly *don't* show.

From an overweight, unhealthy female GP to a client:

“If you get pregnant and you eat a vegan diet without any eggs or milk, I'll need to report you to DoCS, just so you know”.

My client is now pregnant and thriving. She no longer sees that doctor, I'm pleased to say!

From a GP to a vegan woman:

“You know how much spinach you need to get to get as much iron as less meat?”

Actually, as Professor T. Colin Campbell documented, rural Chinese people eating almost no animal products consume an average of 34 mg of iron per day, compared to 18 mg per day for Americans eating an animal product-laden diet. All of the Chinese markers of iron status were perfectly normal.

From a doctor to a woman, just before she went vegan:

“Your chronic migraines will never go away, and the only way to treat your bowel problems is with pills.”

She ditched animal products and processed food, and her migraines and bowel issues were gone within two weeks, except for the odd stress-induced migraine.

From a GP to a client, who had a simple head cold:

“Do you want antibiotics for that?”

Duh!! – colds are caused by viruses, and antibiotics don't work against viruses!

From a GP, who owns a vineyard and sells his wine to patients, to the husband of an acquaintance:

“Drink red wine – it's good for your health!”

Actually, careful analysis of a study which excludes 'sick quitters' from the non-drinker group shows that alcohol consumption offers no benefits to the vast majority of people. (That is, health outcomes in drinkers are compared to outcomes in lifelong non-drinkers, not 'sick quitters' who used to drink but gave it up.)

Same GP, when my acquaintance's husband (who had switched to a plant-based diet and no longer needed his diabetes medication) asked him why no one mentions that Type 2 diabetes can be cured with diet:

“Most people can't be bothered and would rather stay on medication and eat whatever got them into the problem in the first place.”

So we shouldn't give any type 2 diabetes sufferers the right information, just because they may not like it? How utterly patronising.

From a (very expensive) paediatrician to a client who is raising her son on a vegan diet:

“You don't want your son to end up as a council worker [due to iron deficiency-induced brain damage] do you?”

This one floored me. Not just the disgusting attitude toward council workers – implying that they're mentally deficient – but also the stunning ignorance of the fact that iron deficiency anaemia is no more common in vegans than omnivores, and some studies have shown that children raised on plant-based diets have higher IQs than omnivorous children. This is possibly because people with higher IQs have a higher likelihood of going vegetarian or vegan, and smarter parents tend to have smarter children, but at the very least it's clear that a vegan diet doesn't prevent children from developing their full intellectual potential.

From a personal trainer to a client's friend:

“Saturated fat is good for you, but potatoes and grains aren't.”

Sigh!

From a personal trainer to a client at the gym (overheard by a friend who is also a personal trainer):

“Eat cheesy pizza right after your workouts – that is the perfect

time to do it!"

Perfect, because??

From a doctor to a vegan woman:

"There is no way meat is linked to cancer."

I'm pleased to add that as soon as that was said, she laughed, told him he needed to research health and nutrition, and walked out. I wonder how this doctor reacted to the recent WHO report on red and processed meat and their relationship to cancer?

From a GP to a man who struggled with high cholesterol and blood pressure:

"Eat three steaks a week for good heart health."

Evidence-based medicine, at its best! The man went plant-based, which lowered his blood pressure and cholesterol dramatically, but the same GP told him to continue taking his cholesterol and blood-pressure-lowering drugs, even though he no longer needed them. (And, in fact, taking blood pressure meds when you don't need them is dangerous – it can cause falls and strokes.) I'm happy to report that the man no longer takes any medications.

From a doctor:

"You definitely can't cure type 2 diabetes with diet, once you've got it, you've got it for life."

What ignorance!

From a doctor to a woman who was recovering from anorexia nervosa, and had clawed back up to 50 kilos (with a height of 163 cm, that put her BMI at just under 19 – barely in the healthy weight range of 18.5 – 24.9):

"You need to lose at least 8 kg."

Brilliant! That would put her BMI at under 16 ... and put her back in the eating disorders unit. Luckily she was far enough along in recovery to dismiss his asinine comment. I shudder to think what would have happened to her otherwise.

From a GP to a woman complaining of extreme, consistent back pain, after viewing her x-rays:

"There is no physical issue or reason for your pain – it's all in your head. Take more Ibuprofen"

After taking 8+ Ibuprofens per day for years, she finally saw a chiropractor, who examined her old x-rays and immediately detected that she had a fractured vertebra. Too shocking for words!

From a paediatrician to the mother of a type 1 diabetic boy, who was concerned about how to manage his nutrition in a split parenting situation:

"That's fine – I go by the scales. I don't care what he eats; if he's putting on weight, he is healthy."



Right, so by that logic obese people are healthy. And all the terrible complications of type 1 diabetes, such as kidney failure, blindness, heart disease and peripheral neuropathy aren't affected one little bit by what the diabetic person eats. Wow!

From a female GP when asked by a pregnant woman about options for where to have her baby, for example in a birth centre as opposed to a maternity ward:

"What are you worrying about that for? You'll be lying on a bed and they'll cut you open to get the baby out anyway."

Because the only possible way to have a baby is by caesarean section, of course! I'm pleased to report the woman never went back to that GP.

From a GP to a sensitive teenager:

"You're overweight for a teenager...what works for me is just a cup of tea in the morning, skip lunch and a big dinner, I'm slim so it obviously works."

Brilliant advice. Just brilliant.

From a GP to a woman struggling with IBS and chronic fatigue:

"Your blood tests are all fine, so you don't have anything wrong with you. Your IBS and fatigue are all in your head."

Because we all know that IBS and CFS can be diagnosed from a blood test!

From a doctor to the mother of a constipated baby (as reported to me by a colleague):

"Feed the baby French fries to lubricate the bowel."

The same colleague told me that a different doctor had told a pregnant woman who was suffering fatigue:

"You are yeast deficient – you should start drinking beer."

Trust me, I'm a doctor – forget about foetal alcohol syndrome.

From a cardiologist to an acquaintance who is now an accomplished plant-based chef (Adam Guthrie – check him out) when Adam complained that the medications he was put on after his heart attack were making him feel sick:

"The reason you are feeling sick is because of the side effects of the medications, but you need to get used to it because you will be on them for the rest of your life".

Adam replied:

"I don't think so!"

That afternoon Adam began researching his options, and discovered a whole-food plant-based diet. He began following it and was off all medications within six months. Six years later he's still off all medications, is 30 kg lighter, looks and feels younger and completed his first Ironman triathlon. Adam says:

"Looking back, those words were the best words he could have said to me because it motivated me to find another way. I'm so grateful for those [ignorant] words."

From a doctor to a woman who was putting on weight and feeling tired:

"Your symptoms are all in your head – you're depressed."

After seeing him twice weekly for months with the same complaints, finally he examined her expanding abdomen and told her she may have an ovarian cyst. He sent her off to have an ultrasound ... which revealed that she was 18 weeks pregnant!!

The woman's mother-in-law saw the same GP, complaining of bad pain in her legs. He brushed it off as "old age". Sadly, she died 6 months later from cancer that had spread to her bones.

From a psychiatrist to a client, in a social setting:

"There's some nasty viruses going around, but I should be fine, as I've had all the vaccinations."

Yes, because we all know that getting a vaccine for one disease protects you against other diseases!

And finally, from a GP to me, when I presented with my six-year-old son who had been complaining of increasingly intense headaches and morning vomiting without nausea, diarrhoea or fever (classic signs of raised intracranial pressure, as I pointed out to her):

"It's just gastric flu. There's a bad bout of it going around."

He was diagnosed with a malignant brain tumour four weeks later. (Don't worry; he made a full recovery and is now a thriving teenager!)

Abridged from Empowered, 28th March 2016, with kind permission of the author



More Nutrition for Cats

How to make the transition from dry food to a raw diet

By Tracey Morrison, Homeopath and Animal Health Practitioner

This is the sequel to 'Nutrition for Cats' published in the Autumn 2016 issue of *TNH*, page 29

IS YOUR KITTY AN ADDICT?

It is true. Cats do have addictive natures, especially to the additives and carbohydrates in dry kibble. Did you also know that, disturbingly but true, food manufacturers have researched and developed what 'shapes' cats prefer? Our poor kitty is therefore not just addicted to the sugar and salt, but to their favorite shape as well. As you can imagine, they are not going to willingly surrender their beloved dry food without a fight and it may be a chore to try to introduce different types of food into their diet.

SLOW AND STEADY WINS THE RACE

Convert your kitty very slowly to their new, healthier diet. Prepare to spend as much as six months, even up to a year, making the transition to raw food. It will be a very gradual process. This is extremely important because cats have unique metabolisms, and if they fast for too long, they can run the risk of developing a life-threatening condition called hepatic lipidosis, also referred to as fatty liver disease. Your patience will be tested, although inevitably rewarded.

THE PROCESS

As mentioned, it needs to be a slow process.

To begin, if your cat is on a mainly dry diet (biscuit or kibble), we will start with making the transition from dry to canned (wet) food.

Start by breaking up your kitty's all-day grazing biscuit into three smaller portions. Feed one of these portions in the morning, one at lunchtime and one at night, keeping the times roughly the same each day. This way, your cat will get used to portion control and realise that there is not just a never-ending magical supply of his or her favourite food available.

Once your kitty has adjusted to this new method, you can start replacing one of the meals with canned food. You can either substitute the lunchtime meal with the wet food entirely or try mixing a little into the kibble. If they are happy to eat this, you can gradually start to increase the canned food and begin to decrease and eventually eliminate the dry food. Take into account that the canned food contains less carbohydrates than the dry food, so it would be advisable to talk to your vet about the difference in calories as you start this transition to ensure kitty is getting the correct balance. You may need to slightly adjust the portion sizes here.

Note that you should be feeding your cat roughly 2 – 3% of their bodyweight. For example, a cat that weighs around 5 kg would eat roughly 125 gm (approx. 2.5% of their bodyweight). Commonsense will soon tell you if they are becoming a little chubby or are looking a little thinner than usual, so use your intuition here and adjust their meals accordingly.

When you can see that they are quite happy to eat the canned food (either by itself or mixed with the kibble) and that each meal is being devoured, you can transition them back to two meals a day (breakfast and dinner) and divvy up the three smaller portions into two larger ones.

Three cheers for you! The transition from dry to canned is the hardest part, so you are well on the way to a healthier life for your kitty.

If your cat is going well with this transition over a period of weeks or months (some will adjust quicker than others so you may need to really stretch this out gradually for the extremely picky kits) and has been consistently eating their straight canned food for several weeks, you can now begin to add a little fresh meat to the mix.

THE FINAL STEP ONTO A RAW DIET IS NEAR!

To begin, just add a very small amount, around 10% of fresh, raw meat to the meals.

Mix a little fresh meat into the canned food. This could be chicken mince, turkey mince, mince steak or similar – you can even try a

bit of raw kangaroo mince. Don't despair if your cat turns their nose up. Keep trying to find a substitute that they are happy with. You could try a little canned or fresh fish for variety.



Don't increase the 10% ratio for a few weeks and do give your kitty time to adjust. Once they are happy with this, you can begin to increase the proportion of fresh meat to 20% and reduce the canned food down to 80%. Continue this gradual adjustment over the next months until your kitty is happily eating a 100% fresh, raw food diet.

Other raw foods can be gradually introduced a couple of times a week at this stage. A little cut-up offal – for example, liver, heart, kidneys or giblets – could be tried. Raw bones like chicken necks can also be offered.

Bones are an essential part of a raw feeding plan and apart from the nutrients they provide, they will also assist in maintaining clean and healthy teeth and gums, free of tartar build up.

The truth is, that no matter how convinced you are about how healthy is this transition to raw food, you will probably still have a hard time trying to break your cat's addictive kibble habit. I cannot stress enough how important it is to go slowly and give your cat as much time as they need to make the change.

Having patience, being consistent and giving lots of loving care will be the keys to your success. Your efforts will be rewarded when you see how healthy and happy your kitty has become.

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 her 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. Visit www.proactivepets.com.au.



NEWS FROM MICHAEL GREGER, MD

Michael Greger, MD, is a physician, *New York Times* bestselling author and internationally recognised professional speaker. He serves as Director of Public Health and Animal Agriculture at the Humane Society of the United States.

People are invited to receive Michael Greger's daily blogs and his free videos.

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The following items are abridged from some of Dr Greger's latest items.

How to Protect Our Telomeres with Diet

26th April 2016

Telomeres are protective caps at the ends of our chromosomes that tend to shorten as we age. A comparison of telomere lengths in people aged 20 and aged 50 shows that the older people have telomeres that are significantly shorter.

Stress reduction through meditation is one factor that can lengthen our telomeres.

What about exercise? London researchers studied 2,400 twins and found that those who exercised for a mere half-hour a day improved their telomeres.

A South Korean study of people in their 50's who worked-out three hours a week also had longer telomeres.

The plant-based diet advocated by Dr Dean Ornish has been found to powerfully protect telomeres, even after just three months on the diet.

It wasn't weight loss or exercise that did it, observes Dr Greger, it was the food.

What aspects of a plant-based diet make it so protective? Studies have demonstrated that it's foods high in fiber and vitamins – more vegetables and fruit – and less butter. The key may be avoiding saturated fat, which can be toxic to cells.

Dr Greger summarises: inflammation, oxidation, damage and dysfunction are constantly hacking away at our telomeres. At the same time, our antioxidant defences, healthy diet, exercise and stress reduction are constantly rebuilding them.

Plant-Based Diets Protect Artery Function

28th March 2016

The improvement in arterial function on a whole food, plant-based diet, states Dr Greger, appears so pronounced that cardiac patients can achieve a 90% reduction in angina attacks.

The remarkable finding is that progressive decline in the functioning of our arteries is not an inevitable consequence of ageing. It is possible to retain the arterial function we had in our 20's into our 60's, as do elderly Chinese, who have increased consumption of vegetables and fish with lower consumption of other meat and dairy. But it's probably not the fish. Studies have found that consuming fish or fish oil has no significant effect on artery function.

Dr Dean Ornish showed that a few dozen cardiac patients on his plant-based diet and lifestyle program had a 91 percent reduction in angina attacks. In contrast, control group patients following the advice of their physicians had a 186 percent *increase* in reported angina attacks [almost double]. Ornish's remarkable improvement was still sustained five years later.

Years later, Dr Ornish put 1,000 patients on a whole-food, plant-based diet, and within three months 74% of angina patients became angina free.

The Protein Combining Myth

26th April 2016

Protein contains essential amino acids, which our bodies can't make, so are essential to get from our diet. All essential amino acids originate from plants, and all plant proteins have all essential amino acids, although some are in relatively low quantities.

About 40 years ago, the myth of 'protein combining' came into vogue. The concept was that we need to eat 'complementary proteins' together in the one meal, for example, rice and beans, to make up for their relative shortfalls. This fallacy was refuted decades ago – although many in medicine evidently didn't get the memo.

The body maintains a pool of free amino acids that it can use to make all the many proteins we need – not to mention the body's massive protein recycling program. Some 90 grams of protein are dumped into the digestive tract every day from our own body to be broken down and reassembled.

It's practically impossible to even design a diet of whole plant foods that's sufficient in calories, but deficient in protein.



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Neck disorders and treatment



BY LYN CRAVEN, NATUROPATH

Many people have suffered neck pain or stiffness over time and others may have succumbed to injuries such as whiplash. Neck pain or stiffness is often caused by poor posture, carrying items incorrectly often over several occasions, and any repetitive movement of the body that affects the neck.

It is important to understand what the neck actually does and how it works, so you can improve bodily posture and conduct tasks in a better way.

What comprises the neck?

The neck is comprised of several muscles, some of the main ones are called *digastric*, *mylohyoid*, *stylohyoid*, *thyrohyoid*, *superior* and *inferior belly of omohyoid muscles*, *scalene*, *sternohyoid*, and the better known muscles, *deltoid*, *trapezius*, *pectoralis major*, *sternothyroid*, and *sternocleidomastoid*.

If you saw both frontal and side view images of the neck muscles, you would see how they cross over in such a way that they create flexible strength, even to enable people to carry heavy items on their heads, as do tribal women in Africa. They have perfect posture! The neck muscles being 'organised' in this way allows for even distribution of tension, providing stability and strength. Depending on how you use your body/neck, you can either maintain such strength or weaken it over time.

The neck, often referred to medically as the *cervical spine*, comprises a number of vertebrae extending from the skull to the upper torso. The cervical discs absorb shock between the bones. The bones, ligaments and muscles of the neck support the head and allow motion.

Understanding crucial aspects of the neck

The neck has a lot to support – the head, including the brain. It's a very important part of the human body! We take the neck for granted and it is only when we feel discomfort or limited movement that we realise its importance in daily activities.

The adult human head weighs approximately 4.5 to 5 kg.

The adult brain itself weighs approximately 3.4 kg, so you can see the amount of work the neck has to do to keep the head balanced, since it contains such a vital part of your anatomy!

Interestingly, poor posture can 'add weight' to the load the neck must carry. We do want to avoid this, since over-burdening the neck muscles can weaken them and contribute to discomfort.

Check your posture now

Stand straight, pull your core in – and remember to keep breathing! Relax your shoulders and your chin. Now place your longest finger very lightly on the outside of your thigh. Close your eyes and see if you have the sensation of rocking slightly or are you stock still. See if you get a sensation of rocking slightly forward more than back and forth. Tune into your body and notice how your feet are placed on the ground. Ideally, we should have a very slight rock back and forth, indicating that the craniosacral pump is switched on.

Many years ago Dr Robert Boyd, an osteopathic doctor, described the head as a bowling ball, which, due to its heavy weight, will shift to keep the head in balance. If a person experiences an injury to the neck or skull, this can misalign the head which rests on the atlas (the top cervical vertebra). This change in position can affect the flow of cerebrospinal fluid and cause a block with the craniosacral pump.

Disorders linked to this malfunction are headaches and migraines, sinus problems, constant aching neck, TMJ misalignment and even blockage of the optic canal that could be a contributor to glaucoma.

I check this stance with everyone. It could be very subtle, but people never pay attention to how they stand, even how they walk. It may also indicate a tilting pelvis.

In Bowen therapy we always state that, "How you place your feet on the ground will reflect on all the joints above" – in this case, right up to the shoulders and neck.

Next time you are out walking watch people, see how they move, notice dis-

crepancies with their posture, since so many people stand, walk or run incorrectly. Many people walk with their head forward, slightly extending the neck. We call this 'Forward Head Posture' (FHP). You could be standing straight, but your ears are not in line with your shoulders. This is something I look for prior to applying Bowen therapy.

For example, if you tend to lead with your head when walking, even by 2.5 cm, it can put an extra 4 kg weight on your neck and shoulder muscles. If it's just 1.25 cm, then it would be approximately 2 kg extra.

Habitual FHP can, over time, contribute to degenerative disc disease, joint problems, herniation of discs, misalignment of the tempo-mandibular joint (TMJ) and headaches/migraines. It can also affect the lower back, since the top of the spine, the axis, the vertical opposite to the coccyx (tail bone), and what effects the lower end of the spine can affect the upper end and vice versa.

We might refer to this as poor biomechanical use of the body.

Other contributing factors

Sleeping in a wrong position, such as on your stomach and twisting your neck on the pillow, or using a pillow that is too high/low that does not support you correctly.

Jerking the neck during an exercise routine.

Spending periods of time resting your head on an upright fist or arm, a habit often seen by those studying or listening to lectures.

Sitting at a desk for too long without a break, in particular a desk that is of incorrect height. Having poor seating and back support. Hunching over computers and smart phones.

Holding your head in a forward or awkward position for lengthy period of time while working, watching TV, operating a smart phone, reading or holding the telephone. It is particularly problematic if your habit is to crook the phone under your neck so you can be hands-free.

Work, such as painting the ceiling or other overhead work, so you crook your neck for a long time.

Head stands, such as in gymnastics, yoga and Pilates. Particularly those exercises that require you to put weight on the upper back and shoulder area while raising legs.

Ballet dancing especially on the 'point' puts tremendous stress not just on all foot and ankle bones, but the entire spine right up to axis and neck.

Sinusitis can trigger neck pain because of the location of the sphenoid sinuses. Sinus headaches can trigger radial pain on the top of the head and the back of the neck.

Ear disorders, including earache, swimmers' ear, foreign object in the ear, ruptured ear drum or labyrinthitis (inflammation of the labyrinth, a part of the inner ear helping to control balance).

Digestive stress, digestive reflux (now often referred to as GERD). Coeliac disorder.

Minor nerve root compression affecting T1 – T4.



Ageing joint problems, in particular osteoarthritis (often referred to as *cervical spondylosis* or *cervical osteoarthritis*) and especially when bone spurs develop, restricting joint movement and flexibility and generating pain in the neck. Osteoarthritis is referred to as an ageing process and degeneration where the cervical spine gradually breaks and down loses fluid, which restricts movement and feels stiff.

Herniation of discs, including bone spurs, can cause pressure on nerves branching out from the spinal cord, which will generate neck pain.

Whiplash from impact accidents, commonly associated with vehicle collisions.

Fibromyalgia causes muscle pain throughout the body – which can include neck pain.

Osteoporosis can weaken bones, contributing to small fractures and breaks. This can affect the cervical vertebrae.

Thyroid cancer/nodules. Swellings can cause some neck discomfort. But remember, not all nodules are cancerous.

Medications that can trigger neck tension and spasms

Certain drugs can trigger tension in the upper back and shoulders, especially drugs associated with eye movement. Ocular muscles that move the eyes are also involved in feedback to the brain along with stimulating the neck muscles. Often referred to as a *postural reflex occurring when focusing on a target*, the neck muscles activate, allowing head movement in the direction of the eyes. This close connection between eye movements and neck muscles occurs on a sub-conscious level.

Glaucoma medications can contribute to neck tension. Prostaglandin analogues (the most popular glaucoma drops) act as messenger molecules regulating contraction and relaxation of smooth muscles and could overstimulate ocular muscles. The signal is relayed via neural pathways to the vestibular region in the brain that coordinates postural reflex muscles in the neck. If you take prostaglandin analogues and you are experiencing persistent neck tension despite several treatments, then you may wish to change the medications.

The interesting thing is that it is very important to free-up tension in the neck if you suffer brain disorders, macular degeneration or glaucoma and chronic sinusitis, so that circulation of blood and lymph can flow evenly and efficiently.

So many drugs trigger side effects, and often it's the ones you have been prescribed for a particular disorder that in turn exacerbate your disorder! Some sensitive people react within 24 hours.

Other drugs that have been noted to contribute to neck pain are: Atapryl, Carbex, L-Deprenyl, Eldepryl and Selegiline (used to treat Parkinson's disease and tremors). Nefazodone, an anti-depressant, was removed from the market in a few countries due to hepatotoxicity (liver toxicity), but appears to be still scripted in Australia. Serzone, another anti-depressant, has been observed to affect brain chemicals and then cause depression! No logic here!

Disorders resolved by treating the neck

Just a few common disorders:

During menopause, I have observed some women complaining about tingling and weakness in their forearms or hands. Poor posture and hormonal change can

contribute to this, but the neck is what must be treated to relieve tension and misalignment.

RSI, tennis elbow and carpal tunnel syndrome would require regular neck treatments to free-up misalignment, tension and sometimes pinched nerves due to constriction of tissues and/or fascia.

Short leg syndrome. Besides the specific techniques applied during a treatment, the sterno-mastoid muscle must be treated quite firmly. Often this can be a bit painful initially, but once freed up it can help with adjusting the shorter leg.

Whiplash. This can be minor or severe. Depending on the individual case, the neck can be treated gently with Bowen therapy. Over time, strengthening exercises would be encouraged to give strength and help with recovery. Inflammation can be treated with acupuncture or in combination with anti-inflammatory remedies such as Arnica.

Dizziness can result from neck tension/pain and misalignment, since the head position is very important for equilibrium. Headaches can also occur with the dizziness. When neck pain is resolved, the dizzy spells often cease.

TMJ misalignment, sinusitis, headaches, postural problems as noted above, fibromyalgia, labyrinthitis (including homeopathic/herbs) and all digestive disorders (including relevant remedies).

Joint disorders can be improved, but degeneration cannot be reversed. However, I work at stabilising this disorder with treatment and supporting remedies.

Education for improving body posture is extremely important and, if problems are to be avoided, everyone needs to practise this on a daily basis. By applying appropriate exercises, you will gradually retrain the body to let go of bad habits and so help to avoid ongoing neck pain.

So don't put off receiving treatment for neck pain!

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. Website www.lyncravencorporatehealth-naturopath.com.

Join Lyn on Facebook. www.facebook.com/NaturopathandBowenTherapy



Asymmetry, Deformity and Corrective Exercise

PART 1. By Jim Lanham, long-time Natural Health Society member

"We first make the machine and then the machine re-makes us". – A former neighbour

Due to our well developed hand-brain connection (and to a lesser extent, the foot-brain connection), we humans have become the great tool users. For convenience and for the development of skills, most people favour a dominant hand. Approximately 90% are right-handed. Those few people, who are more or less ambidextrous, were often originally left-handed and were encouraged towards right-handedness.

It is this common aspect of handedness, or one-sided dominance, that leads to increasing *asymmetry* in our bodies.

Some animals exhibit 'handedness'. They can favour a paw, claw or foot. Google says that most kangaroos are left-handed! In the great south land, boxing kangaroos have a long tradition of being southpaw! Next thing, there'll be a movie about it!

Fiddler crabs are an exception to symmetry, as the male has one large claw and one small one. (Females, being much more sensible, are symmetrical.) Some four-legged animals have a favourite leading foot when cantering (or equivalent). A kind of asymmetry of motion and a type of 'handedness'.

However, animals don't generally spend long hours using tools or special equipment. One-sided dominance would be generally less a feature in animals than in ourselves, resulting in far less asymmetry for them.

When viewed from the front (or rear) our bodies are approximately symmetrical. That is, there is a corresponding appearance (or other quality) left to right, around a central axis – like a mirror image. When viewed from the side, there is no symmetry at all.

No animal is precisely symmetrical, but

PLEASE NOTE: I am not qualified to give advice, but I am sharing ideas. If you want advice about exercise, consider talking to a personal trainer at a gym, a physiotherapist or other professional. Or you could read a book which I will mention.

many are close. In the human case, the left lung is smaller than the right, since the heart is slightly left of centre. Very rarely (less than 1% of people) the right lung is smallest and the heart is right of centre (*dextrocardia*).

Long-repeated one-sided activities, such as with the use of tools, increases asymmetry beyond what might be considered normal. Professional tennis players, for example, have one arm considerably larger, stronger and more skilful than the other – unless they are one of the rare players who swap the racquet over instead of doing a backhand.

Most two-handed activities, like raking, using a shovel or playing golf, have a handedness, with one arm lower or further away. Most people have a strong preference for one particular way.

So, more than the other animals, humans unconsciously cultivate asymmetry. Asymmetry can be in terms of size, shape, height, strength, endurance, flexibility or skill. It is not only in appearance.

From the point of view of structural harmony, ease of general activity and freedom from problems, this increase in asymmetry might not be a good idea. Spinal curvature, viewed from the front (scoliosis) can result. Shoulders or hips can be at different heights.

Symmetry, or loss of symmetry, is a fairly minor aspect of health. But there might be flow-on effects in some cases, such as impingement to nerves or bodily organs. However, the body is very accommodating, within its limits.

We have a neighbour with only one leg (he lost the other in a car accident). He prefers to use crutches rather than a prosthetic leg, which he has tried. This man is very athletic. He swims almost daily and 'walks' everywhere using crutches. He carries shopping home in a backpack and is an inspiration. He must at least have some scoliosis and hip displacement.

Symmetry is pleasing to the eye. And the ability to share a degree of strength, flexibility and skill on either side, just might be health enhancing. Excessive asymmetry might be considered a type of 'deformity'. But there are some deformities which are largely symmetrical.

One of the most common human deformities is rounded shoulders or rounded back, with the resulting changes in spinal curvature when viewed from the side. From the side, a normal healthy spine has a slight 'S' curve. When viewed from the front, standing straight up, it is hopefully straight. The spine, of course, can be consciously moved a little in all directions, but particularly to the front.

Round shoulders, or rounded back (*kyphosis*), detracts from an upright posture and tends to crowd the lungs, making breathing more shallow. Rounded shoulders can be pretty much symmetrical when viewed from the front, although it can be compounded by the common dominance of one arm.

Long repeated and restrictive activities, like driving, desk work or slouching in front of TV, can contribute to round shoulders. However, there is a psychological cause as well. We can be shy, or lacking in confidence, so we divert our gaze to the floor and close ourselves from the world, by rounding the shoulders. This can become a habit.

Some deformities (unless caused by osteoporosis or other degeneration) are fairly easy to reverse, or at least to reduce. They can also be prevented by compensating activities. Poor posture is to a large extent remedial, because the body is fairly plastic. It is our plasticity which allows postural deformation in the first place.

Lyn Craven had an interesting article on lordosis of the lumbar region ('Pelvic tilt', Autumn issue of *TNH*, page 34). The two excessive curves of the lumbar and the upper back can occur together (kypho-lordosis). The 'S' curve (viewed from the side) is now exaggerated.

Deformity correction (when possible) can often be achieved by 'corrective exercise'. We know that crooked teeth can be corrected using gentle pressure over time (using braces with springs or rubber bands). Corrective exercise is slightly similar, but instead of springs, we use our muscles.

I'm 70 years old and have only ever encountered two people who were fully aware of corrective exercise. One was a yoga teacher, whose classes I attended, and the other was US naturopath, Herbert M. Shelton.

I lost my copy some years ago, but the principles of corrective exercise are so simple that I don't need to buy another copy. If you want the book, Amazon and others sell it online. Second-hand copies start from about \$20 plus postage. Could be a good investment.

Apart from deliberate corrective exercises, we can go a long way towards reducing asymmetry by moving in the direction of ambidexterity. That is, we do as much as possible with the non-dominant hand or foot.

I Googled 'corrective exercise' and got a lot of conflicting messages. The term seems to have become used by some people for "Stretches to help with recovery from injury". What they mean is "everyday injury" and, not deformity. This is a far cry from Shelton's use of corrective exercise.

General, everyday injury is healed by the body. In this case, the body needs rest or modified activity and probably not stretching. Separate to everyday healing, the body can reorganise its shape and skills, in response to selected activity.

When planning exercises for general health and fitness (rather than correction), it's good to choose activities which are

and stretching. Here's a very quick outline of the basic principles:

Decide on the problem (a mirror might help);

Decide what parts need to move to achieve correction;

Design exercises to strengthen all muscles involved in moving the parts in the chosen direction;

Design also exercises to stretch tissue which is restricting such movement. These two classes of exercise will often overlap. If we stretch gently against the body's resistance, this will strengthen muscle as well as stretching resisting tissue.

Practise exercises regularly, and also be conscious of what you are doing in general body use.

One other thought. When some body-builders talk about symmetry, they mean something beyond left-right symmetry. They refer to uniform development of all muscle groups, so that strength, skill and 'muscle definition' are developed uniformly throughout the body. Apparently, this is what wins competitions.

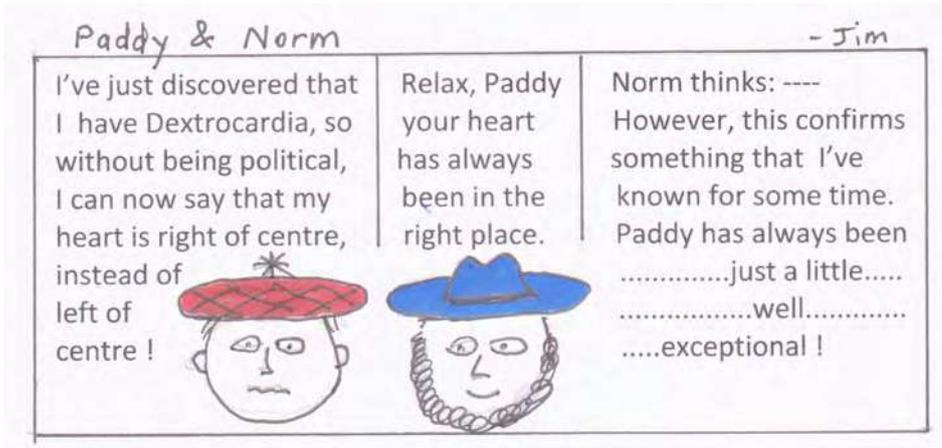
Their symmetry is a kind of informal symmetry from top to toe – above and below the waistline. Balance of a kind, but not mirror image. This doesn't mean that judges wouldn't also look for left-right symmetry.

You may be thinking that working towards symmetry has little value, but many of us might be a little better with balanced development. Nobody knows exactly how to live. Every human life is an experiment in living!

It's been a pleasure to have had an opportunity to mention Herbert Shelton and his books. *Exercise!* is about exercise in general and not only corrective exercise.

Maybe I should buy another copy and re-visit the book, which caught my attention many years ago. A blast from the past, chock full of *uncommon* sense!

In Part 2, I'll go into more detail on deformity correction (strictly as an amateur). I'll talk about ambi-dexterity as a way of reducing asymmetry. I'll begin Part 2 with 'round shoulders', which is not an issue of asymmetry, but is said to affect more than half the population. If it were an illness, it would make the headlines and be described as an epidemic.



If you have an interest in the global history of Natural Health, you might enjoy reading some of Shelton. His influence was significant and it continues today. He wrote prolifically (over 30 books) and wrote countless magazine articles.

Many modern health educators, like Joel Fuhrman, MD, in the USA and locally Greg Fitzgerald, Osteopath and Naturopath, were inspired by Shelton.

Shelton wrote on many aspects of health, sometimes a little extreme or controversial, but always interesting. A dedicated weightlifter, he also wrote about exercise. The only book I have ever read which deals with corrective exercise was his book, entitled *Exercise!* (Natural Hygiene Press, 1971).

symmetrical – like walking, swimming, cycling or weightlifting. Any kind of symmetrical exercise will not contribute to asymmetry. Corrective exercise will sometimes need to be asymmetric, to counter a perceived imbalance.

One last thing about Shelton. He ran a health retreat in Texas, USA, for possibly more than 50 years. (He lived to about 90). He is considered by some people to have personally supervised more fasts than any other person, before or since. Fasting can often be appropriate with general healing.

Less well known is Shelton's experience with corrective exercise. This is not healing so much as using the normal bodily response to progressive overload

Natural News is a science-based natural health advocacy organisation led by activist-turned-scientist, Mike Adams, the Health Ranger.

Natural News covers wholistic health, nutritional therapies, consciousness and spirituality, permaculture, organics, animal rights, environmental health, food and superfoods and performance nutrition. The site strongly criticises drugs-and-surgery medicine and corporate and government corruption.

Website www.NaturalNews.com

The following items are abridged from Natural News under Mike Adams' not-for-profits permission.

AMA (USA) calls for banning prescription drug advertising

8th March 2016

To the surprise of many, the American Medical Association is now openly calling for the Food and Drug Administration to ban direct-to-consumer drug advertising, a deceptive marketing channel that was only legalised by the FDA in 1997.

Since then, drug prices have skyrocketed, health care costs have hit the stratosphere and consumers are asking their doctors for an increasingly bewildering array of high-priced patented chemicals (medications) that, for the most part, don't even work on most people.

Instead of America's health getting better, it's getting worse.

Interestingly, both Donald Trump and Hillary Clinton have publicly attacked Big Pharma's pricing monopolies.

Learn more: http://www.naturalnews.com/053232_drug_advertising_Big_Pharma_American_Medical_Association.

America's mass apathy brought on by junk foods and GMOs

By Jennifer Lea Reynolds
18th March 2016

There are a lot of folks walking around in a bleary-eyed state of perpetual fatigue and an I-don't-care-what-happens mentality.

It's a seemingly never-ending loop, whereby the powers that be push for events to unfold in their own favour, so bills are unfairly passed, vaccine injuries are dismissed and often blamed on bad parenting, and power hungry giants like Monsanto continue to insist that glyphosate is safe.

And as long as the masses continue to indulge in high-sugar, chemically-laden junk foods, they are likely going to keep the wheels of apathy going, giving up any and all control that is rightfully theirs.

There's also outright disregard for certain personal freedoms.

Learn more: www.naturalnews.com/053355_apathy_junk_food_mass_obedience.

Censorship of medical truth reaches fever pitch in the US

By Mike Adams, 12th April 2016

Medical censorship in America has reached a fever pitch as films and books are being targeted because they teach people the truth about topics like cancer and vaccines.

Right now, Americans are suddenly waking up and realising that the political system is rigged and the medical system is also rigged.

You are not supposed to ever find out the truth about how to prevent cancer or even reverse it. You're never supposed to know about the toxic ingredients added to vaccines. These truths have been hidden from us for generations, but they're now starting to emerge as our world heads into the 'Age of Transparency'.

Learn more: http://www.naturalnews.com/053637_medical_censorship_cancer_narrative_documentaries.

Fluoride is in same category as brain-damaging lead and mercury

By David Gutierrez, 13th April 2016

A report published in the March 2014 edition of *The Lancet Neurology* states that fluoride is a neurotoxin in the same category as mercury, lead and arsenic.

The review stated that there is strong scientific proof that five separate (but similar) industrial chemicals function as neurotoxins: lead, methylmercury, arsenic,

polychlorinated biphenyls (PCBs) and toluene (used in paint thinners, glues and animal feed). The list now includes fluorides.

The researchers explicitly linked these chemicals to ongoing rises in autism, ADHD, dyslexia and other cognitive impairments, calling the situation a "pandemic of developmental neurotoxicity."

The researchers further criticised the US toxics regulatory structure for not requiring safety testing of industrial chemicals.

Evidence is beginning to emerge directly linking water fluoridation to brain damage.

And it is of no benefit: "Fluoridation is no longer effective," said Hardy Limeback, head of the University of Toronto's preventive dentistry program.

Learn more: http://www.naturalnews.com/053648_water_fluoridation_neurotoxicity_brain_damage.

New FDA head is the Big Pharma insider

By Mike Adams, 7th March 2016



With the confirmation of Big-Pharma insider, Robert Califf, as the new head of the FDA, America can look forward to many years of FDA conspiracy with pharmaceutical manufacturers, while using the full power of the federal government to intimidate, censor and criminalise natural product companies.

Califf, formerly chancellor at Duke University, received money from 23 drug companies, including the giants like Johnson & Johnson, Lilly, Merck, Schering Plough and GSK, according to Duke Clinical Research Institute. He has also served as a high level Pharma officer.

The new head of the FDA thinks that a wealthy corporation that funds drug studies should be able to call the shots. He thinks that the FDA should "consult" with the pharmaceutical industry and that it's perfectly OK when FDA leaders are on the take from drug companies.

He is known for defending the arthritis drug, Vioxx, which is reported to have caused at least 50,000 heart attacks and events before being withdrawn.



Wow! Apparently the opposite idea that the FDA should regulate drug companies is totally foreign to Califf.

Now, more than ever, all Americans need to learn the truth about natural medicine, because the FDA will be trying to censor it out of existence in order to protect the profits of Big Pharma.

Learn more: http://www.naturalnews.com/053219_Robert_Califf_FDA_head_Big_Pharma.

Gardasil safety fraud

22nd February 2016

The American College of Paediatricians has sounded the alarm over damage caused by the Gardasil vaccine.

In today's journal, the group warns about the massive scientific fraud that was committed to try to make the vaccine appear safe when it was actually causing great harm.

The vaccine industry faked the clinical trials by putting aluminium and polysorbate-80 chemicals into the placebo group to conceal serious injuries caused by the vaccine.

Putin: Human evolution under threat from GMOs, vaccines

By J. D. Heyes, 27th March 2016

Those who support vaccine choice and oppose genetically-modifying our food chain have an unlikely ally: Russian President, Vladimir Putin.

A report prepared by the Russian Security Council says that Putin has given orders to protect the Russian people from GMO food as well as Western pharmaceuticals "at all costs."

Putin believes that the next phase of human evolution is being put at "grave risk," and that Western and other great powers are "intentionally decelerating the process for their personal gain."

"We can continue to develop our bodies and brains in a healthy upward trajectory, or we can follow the Western example ... and intentionally poison our population with genetically-altered food, pharmaceuticals, vaccinations and fast food that should be classified as a dangerous, addictive drug," says the report.

Under Putin, a billionaire himself, the Russian government has been giving away land for free over the past few years to

anyone who is willing to farm organically and sustainably, with the goal of becoming the world's "leading exporter" of non-GMO foods that are based on "ecologically clean" production. And Russia is continuing to lead the way in organic, natural food production.

Learn more: www.naturalnews.com/053444_Russia_Putin_GMOs.

Monsanto suffers devastating defeats

LAWMAKERS BACK AWAY FROM BIOTECH INFLUENCE

By Julie Wilson, 20th March 2016

Monsanto may hold a near-monopoly on the world's seed supply, but it cannot control the minds, hearts and voices of those who support and demand clean, healthy and non-toxic food. The powerful health food movement is now deemed unstoppable.

Thanks to the tireless work of food and health activists, the public is no longer in the dark about the health and environmental dangers of GMOs.

Americans have shown overwhelming support for GMO-labeling, a position reflected in the US Senate yesterday when it blocked an 'anti-consumer' bill that would have denied states the right to pass GMO-labeling laws.

The State of Vermont has now won its battle, and its requirement for labeling will go into effect July 1, 2016.

The legislation was essentially Monsanto's dream bill, as it would have put a permanent end to the expensive battles fought by them and other seed giants, as well as Big Food, in several U.S. states trying to pass labeling laws.

Learn more: http://www.naturalnews.com/053368_GMO_labeling_Jeff_Merkley_Senate_bill.

Half 'scientific' literature is fabricated or false

By Daniel Barker, 14th April 2016

Dr Richard Horton, editor-in-chief of the world's best known medical journal, *The Lancet*, has publicly stated that as much as half the scientific literature being published is unreliable and often completely false.

In *The Lancet* Dr. Horton stated, "The case against science is straightforward: much of the scientific literature, perhaps half, may simply be untrue. Afflicted by studies with small sample sizes, tiny effects, invalid

exploratory analyses and flagrant conflicts of interest ... science has taken a turn towards darkness.

For someone in Dr. Horton's position to make such statements is indeed compelling evidence that "Something has gone fundamentally wrong..."

Learn more: http://www.naturalnews.com/053663_scientific_literature_fabricated_studies_Big_Pharma.html#ixzz45qtXZXgb

GlaxoSmithKline fined nearly half a billion dollars

- FOR CRIMINAL BRIBERY OF DOCTORS AND HOSPITALS IN CHINA

By L.J. Devon, 9th March 2016

China has just dished out the biggest fine in the history of the country.

GlaxoSmithKline, the British pharmaceutical giant that medical authorities trust in around the world, is now being exposed as an institution rooted in coercion and bribery.

According to the Chinese news agency, Xinhua, GlaxoSmithKline is guilty of bribing doctors and hospitals in order to have their products promoted. The court verdict slaps GSK with a \$490 million fine. Chinese officials estimate that GSK made \$150 million in illegal profits.

Mark Reilly, GSK's former head of Chinese operations, is now facing a three-year prison sentence; other top GSK executives await suspended jail sentences.

By bribing hospitals and doctors with their deep pockets, drug companies are able to control entire medical systems from the top. This means that a vaccine or a drug manufactured at their factories might not be sound medicine at all.

Instead of thinking what's best for the institution that employs them, medical professionals must start questioning where the money's coming from, who pays for the drug safety studies, and why they are prescribing concoctions that a drug company has had to bribe them to do in the first place.

Medical professionals should question the status quo of where they get their medicine from and start doing what's honestly best for other human beings.

Learn more: http://www.naturalnews.com/053239_GlaxoSmithKline_criminal_bribery_China.html#ixzz42SNOHJXb



HYPOGLYCAEMIA

Can be prevented and overcome

BY ROGER FRENCH

Hypoglycaemia is a state of abnormally low blood sugar level. In over 90% of cases it is, paradoxically, the result of *excessive* sugar consumption. It may occur after a single meal in which case it is trivial, or it may be chronic and a serious problem. Other factors in lifestyle besides excessive sugar consumption may also lead to hypoglycaemia, but organic causes (that is, resulting from diseased organs) are quite rare. Over-dosing with insulin when treating diabetes is another cause of short-term hypoglycaemia.

Although the level of sugar in the blood can fluctuate between quite wide limits, the body has very effective mechanisms for restoring the level to its normal value. If for some reason the level rises very high, blood sugar – glucose – spills over into the urine and this condition is called diabetes. If, on the other hand, the level falls too low, the brain and nerves are deprived of fuel and this is called hypoglycaemia.

Unlike other cells in the body, brain cells do not depend on insulin to feed glucose into them, but rather on simple diffusion, which requires the blood sugar level to be just right. If the level is too low, the brain is starved of fuel and brain fatigue sets in.

The standard test for hypoglycaemia is the Glucose Tolerance Test in which the patient is fasted for a short period and then given a small amount of glucose. At regular intervals the blood level of glucose is measured and a graph is drawn. If the sugar level falls too rapidly or to too low a value, this is likely to indicate hypoglycaemia. However, the GTT should not be taken as gospel. It is possible to have an 'abnormal' GTT and not suffer hypoglycaemia, and it is also possible, although less likely, to have a perfectly normal GTT and still suffer symptoms of hypoglycaemia.

THE CAUSES OF HYPOGLYCAEMIA

High and/or rapid sugar intake

A diet rich in sweet foods lacking fibre is the cause of the vast majority of hypoglycaemia cases. Because the various kinds of sugar need either no digestion at all or only one simple step, the sugar in a meal is absorbed rapidly into the bloodstream and the blood sugar level rises markedly. If fibre is lacking, the rise is even faster.

To reduce the level back to normal, the pancreas increases insulin which pushes

glucose into the liver and cells, where it is stored as glycogen.

Normally we are quite unaware of fluctuations in blood sugar level (BSL), but when it rises too fast and to too high a level, the pancreas 'panics' and secretes too much insulin which dumps BSL to abnormally low levels, resulting in symptoms.

The symptoms would soon go away as the BSL corrects itself, but, unfortunately, one of the symptoms is a craving for sugar. As a result, a couple of hours after a meal the person typically reaches for a sweet snack, BSL rises rapidly, the pancreas panics and BSL is dumped again. Thus a vicious cycle is created, which goes on and on over the years until eventually the pancreas enlarges and becomes supersensitive to sugar. It then pours out a flood of insulin with even a small rise in BSL.

The person now experiences symptoms after every meal which contains even a small amount of sugary food and is said to be suffering hypoglycaemia.

Foods that raise BSL rapidly are referred to as 'high-glycaemic index' (high-GI) foods. The common ones are listed below under 'TREATMENT OF HYPOGLYCAEMIA'.

Stimulants – coffee, tea, chocolate, cola drinks and cigarettes

Caffeine and nicotine increase blood sugar level rapidly by stimulating the adrenal glands which cause the liver to release sugar into the blood. Just as with excessive sugar consumption, the pancreas panics, releasing too much insulin which dumps BSL. To relieve the symptoms, the person then reaches for another cup or another cigarette, and a vicious cycle is again created in which the person eventually develops hypoglycaemia. Sweet coffee or cola drinks contain both caffeine and sugar and are double trouble.

After years of this kind of stimulation, the adrenal glands may become exhausted and unable to produce enough adrenalin, so that as blood sugar is used up with normal activity, the body is unable to restore the level. The person now suffers worse hypoglycaemia.

Stress

Stress acts like the stimulants. Causing the body to consume much energy, it stimulates the adrenal glands to produce large supplies of adrenalin which eventually leads to exhaustion of these glands and a consequent lack of adrenalin. Again the

body will be unable to raise its blood sugar level when necessary. This hypoglycaemia will be worst during periods of distress.

Allergies

Allergy causes the body to work overtime in order to cope with a substance which is a problem to it. This demands a lot of energy and has the same effect as stress, exhausting the adrenalin supply.

Alcohol

Alcohol prevents the release of glucose from the liver into the bloodstream, and so alcoholics become chronically low in blood sugar.

Pancreatic tumours

A pancreas with a tumour is enlarged and secretes an excessive amount of insulin, which depresses BSL abnormally. This type of hypoglycaemia is relatively rare.

Mineral and vitamin deficiencies

Vitamins, including B₅, B₆, Biotin and C, and minerals, such as magnesium and zinc, are deeply involved in the body's mechanism for maintaining its normal blood sugar level. Deficiencies may inhibit this mechanism and contribute to hypoglycaemia.

Interestingly, the liver needs large amounts of Vitamin B₆ in order to process red meats, which themselves are very poor sources of B₆. The conventional treatment of hypoglycaemia often involves a high meat diet!

THE SYMPTOMS OF HYPOGLYCAEMIA

- Weakness, trembling, fatigue
- Sleepiness, dizziness, faintness
- Craving hunger
- Irritability, nervousness, depression, memory loss, poor concentration
- Cold sweats
- Ringing in ears (tinnitus)
- Headaches, migraines
- Nausea
- Heart palpitation
- Allergies
- Addictions
- Behavioural problems, such as delinquency, hyperactivity, manic-depression and schizophrenia

Many other symptoms may be experienced. The above are the most common.

Note that most of these symptoms are common to many other diseases, so the layman should not be too hasty in making a diagnosis. Professional guidance may be worthwhile.

Regarding addiction, this can easily develop because caffeine, nicotine, alcohol and other stimulants provide temporary relief from the symptoms.

Overweight is another possible consequence of hypoglycaemia. The craving for sweet things and the excessive insulin or depletion of adrenalin creates a high level of glycogen, which can cause the manufacture of excessive fat.

TREATMENT OF HYPOGLYCAEMIA

Because hypoglycaemia is more of a functional problem than of organic disease, the 'treatment' is not really treatment as such, but rather a reprogramming of the pancreas or resting of the adrenal glands in order to allow them to restore normal function. These processes only involve lifestyle changes.

Hypoglycaemia-induced by stress

There is only one treatment – learning relaxation. By one means or another, the person must break the stress pattern or else serious trouble lies ahead. Readily available techniques include yoga, meditation, relaxation tapes and stress management courses. The subject of stress is covered in the Natural Health Society's book, *How a Man Lived in Three Centuries*, Chapter 9.

Hypoglycaemia resulting from other causes

Hypoglycaemia resulting from sugar consumption, stimulants, allergies, etc., require a dietary approach. If allergy is involved, then it will need further special attention.

The dietary approach for reactive hypoglycaemia involves the following principles.

FOODS TO AVOID

It is necessary to avoid high-glycaemic index (high-GI) foods.

High GI foods are: Basically concentrated sugars, refined starchy foods and a few fruits.

Concentrated sugars are the refined sugars – white sugar, raw sugar, brown sugar or black sugar – honey, maple syrup, agave nectar and some dried fruits.

Refined starches – white flour and white rice found in white bread, cornflour, many breakfast cereals, potato crisps, French fries, white rice crackers, cakes, biscuits and pastries.

Fruits – grapes and watermelon. However, because watermelon is only around 5% sugar, its *glycaemic load* is low, so watermelon in small quantities may not be a problem.

Vegetables – potato can cause problems.

Avoid stimulants, although these must be reduced gradually, because if the change is too sudden there will be very low blood sugar and a craving for sweet things.

Avoid alcohol.

FOODS TO HAVE

The general principles of the corrective diet are:

- Have small meals, and, if necessary, increase the number of meals;
- Instead of sugary foods, use slow-release carbohydrates, that is, starchy foods;
- Ensure plenty of fibre by having an essentially plant-based diet.

The main constituents in the diet will then be as follows:-

- Have an abundance of the bulky, water-rich vegetables;
- Eat only moderate amounts of fresh fruit, limiting intake to two or three pieces at any one meal. Avoid grapes because of their very high glucose content. Including some protein, such as nuts, seeds or cheese, in the same meal as the fruit will beneficially slow the rate of absorption

of the fruit sugar.

- Starchy foods such as potato, pumpkin and the grains – wheat, oats, barley and rye and especially millet and buckwheat.
- Have normal requirements of protein foods as explained in *How a Man Lived in Three Centuries*, Chapter 7. Recommended protein foods are nuts, legumes, seeds and/or small amounts of free-range eggs or unprocessed cheese. Seeds and nuts are particularly beneficial because their higher oil contents slow the absorption of sugar. Ensure adequate protein because protein deficiency leads to a craving for sugar – which will make this diet extremely difficult!

If breakfast can be limited to one or two pieces of fruit, that would be fine. But if distressing symptoms or sugar craving arise during the morning, a heavier breakfast will be necessary. In this case include nuts, seeds, wholegrain toast or muesli, etc.

Full details of how to balance eating are given in *How a Man Lived in Three Centuries*, Chapters 6 – 8.

Medical treatment for hypoglycaemia. Often in the past, hypoglycaemia has not been recognised for what it is and it has been treated with drugs.

When it is recognised as a functional blood sugar problem, it is often treated with a high protein/high fat/low carbohydrate diet. But this diet is about as far from human's natural diet as one could possibly get, and eventually causes other serious problems.

CONCLUSION

Hypoglycaemia is a widespread problem in Australia, involving persistent low blood sugar predominantly as a result of refined sugars, refined starches, stimulants, alcohol and stress. It produces a variety of physical and mental symptoms, which doctors in the past have often mistaken for other diseases.

The only satisfactory long-term approach to hypoglycaemia is to remove the causes and, at the same time, reprogram the body's mechanism for regulating blood sugar level by a corrective diet. In this diet there can be no concentrated sugary foods – whether refined or natural and no refined starchy foods.

One final point must be stressed and this is that there is no single answer to hypoglycaemia. However, by understanding the basic principles of hypoglycaemia as outlined above, it should be possible for the individual to adopt the suggested diet and, by trial and error, modify it according to his/her needs until a satisfactory result is achieved.

In severe cases, at least, a practitioner's guidance and encouragement may be needed.



FOODS TO AVOID - HIGH GI



Progressive supranuclear palsy and similar incurables

By John Coleman with introduction by Roger French

Introduction By Roger French

This disease is very rare, afflicting approximately six people per 100,000 of population.

The PSP Association explains in its guide for carers, entitled 'Pathway Care for PSP', that:

"Progressive supranuclear palsy (PSP) is a progressive neurological disease caused by the death of nerve cells in the brain. It causes severe and unpredictable impairments, which have an enormous impact on the individual and their family. Average life expectancy is six to seven years from symptom onset for the majority of people.

"As PSP progresses, it causes difficulty with balance, movement, vision, speech, swallowing and cognition. The individual's ability to walk, talk, feed themselves or communicate effectively with the world around them decreases, and thought processes often slow down, yet sufferers usually remain mentally aware.

"PSP is a very individual disease, with symptoms being experienced at different points, in different ways and to varying severities from person to person." Needless to say, this makes diagnosis difficult, and the disease is often confused with Parkinson's disease".

The US National Institutes of Health describes PSP as a condition that causes symptoms similar to those of Parkinson's disease. Many areas of the brain are affected, including the part that controls eye movement and also the area that controls steadiness when you walk. The frontal lobes of the brain are also affected, leading to personality changes.

One theory of the cause is exposure to some toxic chemical in the food, air or water which slowly damages certain vulnerable areas of the brain.

A very likely possible cause of PSP is free radical damage. Exposure to a wide range of toxic man-made chemicals and low consumption of antioxidants (main sources are vegetables and fruits) can result in very large numbers of free radicals in the body, which can damage tissues, especially nerves, which are highly specialised tissue.

Taking responsibility for recovery

By John Coleman

We have, in Australia, many different stories of recovery from ostensibly 'incurable' disorders. 'Elizabeth'⁽¹⁾ recovered from Parkinson's disease, I recovered from late stage Parkinson's disease and early stage MSA,⁽²⁾ while Barbara Brewster⁽³⁾ and Deborah Spring recovered from multiple sclerosis. Rachelle Breslow of the USA also recovered from multiple sclerosis during the 1980's.⁽⁴⁾

Since I began practice in 1999, 'Tom', 'Harold', 'Franca', 'Shel', 'Cynthia' and a number of others have recovered from diagnosed chronic neuro disorders deemed incurable by the medical profession. Our stories are different, and none of us professes to have developed a 'cure' for our particular disorder. But we do know that we were able to recover from our illness by setting off on a journey of discovery that changed our lives irrevocably.

While these stories are different, there is a common theme running through them. The commonality revolves around our willingness to take responsibility for our own life and wellness, and stop relying on 'experts' to 'cure' us.

It is worth reflecting on the real meanings of 'cure' and 'recover'. *The New Shorter Oxford Dictionary* (1993 edition) includes the following definitions:

'Cure': medical treatment; curing or preserving fish, pork, etc; the process of curing rubber or plastic.

'Recover': restore to health, strength or consciousness; regain health, strength or consciousness after; get better from.

Each of us, at some point of our illness, became determined to take control of our lives and find our individual way to become well. Some chose a combination of conservative Western medicine with complementary medicine, while others chose to move away from Western medicine entirely. The important point is that we chose what was right for us.

Embrace wellness rather than fight disease

We embraced wellness rather than fighting disease. By fighting something, we make it stronger. By filling ourselves with thoughts of wellness and embracing activities that encourage wellness, we leave no room for illness. This is a complete reversal of the way we have been taught to think. The Western model says that if anything is hurtful to us, we must *fight* it. Our model says, welcome in love and wellness, and illness can no longer exist. Most importantly, we have found ways of celebrating what we had *today*; we let go of the 'I'll be happy when' syndrome and found joy in a smile, a hug, a beautiful flower, the warmth of sunshine on our shoulders and the hundreds of little blessings we each experience every day.

We all developed confidence in our ability to decide what was good for us. This is difficult because we are constantly reminded, via media and social interaction, that we have allowed certain people to become 'authorities' on how we should live and behave. But these authorities can only be influential if we allow them to be.

Perhaps the most difficult decision for each of us was finding ways to explore those dark corners of our minds that had remained silent for so many years. There is strengthening evidence that degenerative disorders like Parkinson's disease, multi-system atrophy and progressive supranuclear palsy are strongly linked to traumatic stress in our early years that remains unresolved.^(5,6) Often these events or circumstances stay hidden for very good reasons – they are too painful to remember. But our body remembers them, and to fully embrace wellness we need to find ways of allowing our body to express our pain and resolve it. That may not mean 'reliving' painful circumstances, but it does mean acknowledging that life is not always rosy, and we have 'issues in our tissues'.^(5,6)

We each learned to be very honest about ourselves and those around us, and to create an environment around us that allowed us to live in love – love of ourselves as well as others. That sometimes meant changing the way we think about ourselves, or behave towards ourselves. It invariably meant a very significant change in the way we live.

What we think is how our body works

Healing the body starts in the mind and the heart. Western science is now telling us what we have known for thousands of years – what we think has a profound influence on the way our body works; and this influence is at the deepest level.^(5,6) We have seen studies showing that meditation can change almost every bodily function, and that small changes in thoughts lead to an instant change in body chemistry.^(7,8) Changing our thoughts from “I am sick and I have to fight” to “I am beautiful, loved and happy” reduces the production of ‘stress chemicals’ like *adrenaline* and *cortisol*, and increases production of ‘happy chemicals’ like *dopamine* and *serotonin*. There are many ways to do this, and some take only a few minutes each day. More than anything anyone else can do for us, a change of thought will start our healing journey.

When we develop a degenerative disorder, we are already vastly experienced in life. We have spent years, one way or another, developing our life path, building knowledge unique to us, and creating a wonderful, complex being that has never been on this planet before and never will be here again. Our disorder has developed in a unique way, and so cannot be defined or described with generalist or reductionist language.

When diagnosed with degenerative disorders like progressive supranuclear palsy, Parkinson’s disease or multi-system atrophy, we have a clear choice to either accept a Western medical diagnosis and prognosis with symptomatic treatment, or find ways to improve our health using all the resources at our disposal.

Our road will include: choosing only foods that will enhance health; hydrating appropriately with water; spending time each day for self-love, laughter and meditation; removing toxins from our homes, avoiding toxic environments (including toxic relationships); and exercising to the limit of our ability.⁽⁹⁾

We may choose to ingest some of a number of available supplements and remedies that can enhance our progress towards health, and seek gentle bodywork that can enhance our natural healing processes.⁽⁹⁾

There is one other factor that must be mentioned. Symptoms of progressive supranuclear palsy and other neuro disorders can be mimicked by chronic infections which are commonly called ‘Lyme Disease and co-infections’, but more properly Multi-System Infectious Disorder Syndrome (MSIDS). Only an experienced Lyme Literate/Aware doctor or naturopath will be able to tell the difference, which can be confirmed with a simple ‘challenge test’ using specific herbal remedies. Despite government denial, MSIDS does exist here in Australia, and must be considered when diagnosed with progressive supranuclear palsy or similar disorders.

Steps to enhance our natural healing processes

If you have been diagnosed with progressive supranuclear palsy, I suggest the first step is to change your food choices to a *modified* Paleo diet. That is, eliminate from your daily eating all grains/gluten, animal flesh, dairy (except a little organic butter – *do not* use margarine or spreads made from vegetable oils), refined sugar, caffeine, alcohol and additives.

Do eat good protein food (eggs, raw nuts, raw seeds and quinoa); eat lots of vegetables of all colours, plus fruits (all organic if possible), fresh vegetable juices and culinary herbs. Drink around two litres of clean water daily between rising and your evening meal, plus Rooibos tea or other herbal teas if desired. Modest amounts of legumes, non-animal dairy and buckwheat complete our choices.

Within this list of foods, there is enormous variety and flavour variation for every palate. Many patients complain they are “giving up” so many foods, but, in fact, they are gaining good food choices and the possibility of wellness.

Treatment regimens are likely to include an increase in healthy fats by ingesting oils from coconut, sunflower seeds, flaxseeds or borage and Evening Primrose. Good quality vitamin C and magnesium powders are always helpful. Cell hydration can be enhanced through the use of Aqua Hydration Formulae, which are homeopathic complex remedies made in Australia. All these treatments are best supervised by an experienced health practitioner – naturopath, herbalist, homeopath, integrative medical practitioner or similar – who is familiar with treatment of neuro-degenerative disorders.

Begin meditating on a daily basis; meditation is simple, natural and free. There are many techniques, and they all work; use the technique that suits you. Seek laughter by choosing what you watch, listen to or read and the people with whom you associate. If your body won’t laugh, pretend to laugh – make the sounds and actions of laughter – until it becomes natural. Use specific, simple techniques to move towards unconditional love of yourself.

Detoxification techniques can include dry skinbrushing, Epsom salts baths or foot baths, lemon water, soaked chia seeds (must be soaked in water for at least eight hours before consumption), specific detox remedies like BioPractica Matrix Phase Detox or MH Enhance P2 Detox powders, homeopathic remedies and herbs that support our liver, kidney and bowel function. It is vital to maintain two to three big bowel motions daily.

There are many ways to approach hidden or forgotten trauma from the past –

meditation, emotional freedom technique (EFT), kinesiology, talk therapy, flower essence therapy and others. These can be an important part of your road to wellness, and enhance every aspect of your life.

Professional support

Each individual will require some specific supportive therapies – bodywork, homeopaths, herbal mixes, other supplements – that can only be provided by an experienced health practitioner. Seek someone who believes in recovery, treats you with respect and will work closely with you to create a recovery pathway. You may need to find two or three different practitioners with varied skills to create a healing team directed by you, the only ‘expert’ on your health.

You are the primary creator of health in your life. Grasp this opportunity for adventure, knowledge and healing.

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THE AUTHOR

John Coleman is a naturopath and Bowen therapist in Melbourne. He recovered from stage-IV Parkinson’s disease in 1998, and is involved in assisting many people diagnosed with degenerative disorders towards recovery. He is a Lyme Aware practitioner. His book, *Stop Parkin’ and Start Livin’ – reversing the symptoms of Parkinson’s disease*, was released in October 2005 (it applies to all neurodegenerative disorders). *Shaky Past*, his autobiography, was released in 2012.

John has presented his work to patients and practitioners in person and via webinars around the world. He lives in rural Victoria and has clinics in Lancefield and Melbourne.

NEW PRODUCT

Pain Strike Oil

This multi-purpose product contains a blend of 100% natural essential oils of plants.

The oils include *cajuput*, *wintergreen*, *clove* and *camphor oil*.

Applied topically, clove oil may have local anaesthetic and antiseptic properties, which may assist in the relief of aches and pains of muscles and joints, while camphor is renowned for its use as a topical chest rub to ease coughs.

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Pain Strike Oil could be kept on hand as an everyday essential.

Consumers can apply the formula topically onto the affected areas, quickly and mess-free, with the convenient roll-on applicator that is also fitted with a children's safety cap.

Pain Strike Oil is 100% Australian owned and manufactured.



It is available online at www.painstrikeoil.com.au. RRP \$11.99 for the 8 ml roll on.

Laughter is the best medicine! Here's some medicine ...

Insults with class By Robyn Chuter



Back in the days when four letter words were not uttered in polite society, if you wanted to insult somebody, you had to do it with wit and class. Here are some of my favourites:

'They never open their mouths without subtracting from the sum of human knowledge.' – Thomas Brackett Reed

'In order to avoid being called a flirt, she always yielded easily.' – Charles, Count Talleyrand

'He loves nature in spite of what it did to him.' – Forrest Tucker

'Why do you sit there looking like an envelope without an address on it?' – Mark Twain

'His mother should have thrown him away and kept the stork.' – Mae West

'Some cause happiness wherever they go; others, whenever they go.' – Oscar Wilde

'He uses statistics as a drunken man uses lamp-posts – for support rather than illumination.' – Andrew Lang

'He has Van Gogh's ear for music.' – Billy Wilder

'He is a self-made man and worships his creator.' – John Bright

'I didn't attend the funeral, but I sent a nice letter saying I approved of it.' – Mark Twain

'I am enclosing two tickets to the first night of my new play; bring a friend ... if you have one.' – George Bernard Shaw to Winston Churchill

'Cannot possibly attend first night, will attend second ... if there is one.' – Winston Churchill, in response.

'I've had a perfectly wonderful evening. But this wasn't it.' – Groucho Marx

'I feel so miserable without you; it's almost like having you here.' – Stephen Bishop

'I've just learned about his illness. Let's hope it's nothing trivial.' – Irvin S. Cobb

'He is not only dull himself, he is the cause of dullness in others.' – Samuel Johnson

'He is simply a shiver looking for a spine to run up.' – Paul Keating

'There's nothing wrong with you that reincarnation won't cure.' – Jack E. Leonard

(Source: EMPOWERED, 1st February 2011)

Psychic failure?

(Source EMPOWERED, 1st August 2010)



News from What Doctors Don't Tell You

What Doctors Don't Tell You is an excellent monthly magazine and an e-newsletter which publishes the latest healthcare news and information on complementary therapies. It is the largest magazine of its kind in the UK. Principals are best-selling author, Lynne McTaggart, and her husband, former *Financial Times* journalist, Bryan Hubbard.

Website: www.wddty.com. **Subscriptions are available.**
E-newsletter: inquiries_news@common.wddtyvip.com>
The following are abridged versions of articles written by Brian Hubbard.

Vegan diet could reverse brain cancer

4th April 2016

A 'super vegan' diet could slow, or even reverse, the most common form of brain cancer that is also the most lethal. Most sufferers don't live much beyond a year after *glioblastoma* (GMB) has been diagnosed, but its supposedly inevitable course could be altered by a drastic change in diet that excludes two essential amino acids – *methionine* and *tryptophan* – that drive the cancer once they have started to metabolise abnormally. Foods rich in these include cheese, lamb, beef, pork, chicken, turkey, fish, eggs, nuts and soybeans.

(Source: *Clinical Cancer Research*, 2016; doi: 10.1158/1078-0432.)

An apple a day keeps a fatal heart attack away

12th April 2016

Just eating one apple a day could reduce your chances of a fatal heart attack by 60 percent. It could even be as good as a statin drug for reducing cholesterol levels and an antihypertensive for bringing down blood pressure.

These health benefits can be achieved when you eat just 100 grams of *fresh, unprocessed* fruit – which is equivalent to half an apple – every day.

Oxford University researchers say that regular fruit eaters reduce their risk of a fatal heart attack by 60 percent and their chances of major heart problems and stroke by 66 percent.

The study found that lack of fruit is a leading causes of premature death in China.

(Source: *New England Journal of Medicine*, 2016; 374: 1332-43)

ADHD? No, the child is just being immature

14th March 2016

Millions of children have been diagnosed with attention-deficit hyperactivity disorder (ADHD) – and it's made the drug industry billions of dollars in profits – but in many cases the child has just been immature, a new study has found.

Researchers in Taiwan looked at data of 378,880 children, aged from four to 17, and found that ADHD seems to affect only pre-school children. The older children probably didn't have ADHD, but were just behaving immaturely, they said.

(Source: *Journal of Pediatrics*, 2016; doi: 10.1016/j.peds.2016.02.012)

Fast foods double risk of lung cancer

7th March 2016

Smoking is the major cause of lung cancer, but the standard Western diet of processed foods can double the risk in people who've never smoked.

High glycaemic-index (GI) foods, including processed and fast foods, are an unsuspected cause of lung cancer, whereas eating plenty of fruits and vegetables can prevent the disease, say University of Texas researchers.

Their discoveries explain why a growing minority of non-smokers are developing lung cancer.

High-GI foods include sugary drinks and foods, white bread and white rice, chips, biscuits and cakes and most commercial breakfast cereals.

(Source: *Cancer Epidemiology Biomarkers & Prevention*, 2016; 25(3): 532)



Classifieds

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News from DR MERCOLA

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

Dr Mercola issues regular free newsletters. His website is www.Mercola.com.

The following are summaries or abridged versions of some recent items, published under his generous not-for-profit policy.

Big Health Benefits to Small Weight Loss

11th March 2016

Obese individuals who lost just five percent of their bodyweight gained significant health benefits that would lower their risk of stroke, diabetes and heart disease. This small weight reduction lowered glucose, triglyceride and insulin levels and systolic blood pressure, along with liver fat and intra-abdominal fat volume.

These beneficial changes continued with progressive weight loss of up to 16 percent of bodyweight, which suggests that more weight loss may lead to even greater health benefits

Conversely, a 2014 study that analysed data of more than five million adults found that every five kilogram increase in bodyweight was associated with increased risk for 10 types of cancer, including leukaemia, uterine, gallbladder, kidney, cervical and thyroid cancers.

Testosterone-Boosting Foods

8th April 2016

Testosterone is important to the health of men and women. It increases feelings of wellbeing, helps build lean muscle, and increases libido and sexual pleasure.

As we age our levels tend to decline. Environmental factors, such as exposure to statin medications and the herbicide Roundup, may also cause a decline in hormone production.

A low testosterone level in men is associated with prostate enlargement, hair loss and certain cancers. Although women have lower levels than men, their bodies are more sensitive to it, and their health depends on the balance between oestrogen, progesterone and testosterone. Testosterone plays a key role in the natural production of

oestrogen, helps maintain bone and muscle mass and contributes to libido.

The body needs specific nutrients to produce adequate testosterone. Some foods that boost levels are:

Pomegranate. One glass of pomegranate juice a day can increase testosterone levels by between 16 and 30 percent.

Olive oil. People who consumed olive oil daily had an increase in testosterone levels of between 17 and 19 percent over a three-week period.

Coconut. The body requires healthy [plant] saturated fats to produce most hormones, including testosterone.

Cruciferous vegetables. Broccoli and cauliflower may help a man's body excrete excess oestrogen and increase the amount of testosterone available to cells.

Whey protein. Whether from quality whey protein powder or ricotta cheese, this protein may help restrict your body's production of cortisol and thus increase the effect of the testosterone you are already producing.

Garlic. The allicin in garlic also lowers the levels of cortisol in the body, and the body can more effectively and efficiently use its testosterone.

Activity Avoids Age-Related Brain Shrinkage

26th February 2016

Physical exercise decreases the risk of age-related brain shrinkage, and increases cognitive abilities by promoting *neurogenesis* – your brain's ability to adapt and grow new brain cells.

Low physical fitness correlates to smaller brain volume over time.

Any movement that strengthens your leg muscles, such as walking, leg extensions and squats, helps protect your brain against cognitive decline and memory loss

How Aluminium in Vaccines harms Health

3rd April 2016

The aluminium in many vaccines poses a very significant health risk, especially to infants. It's a known neurotoxin shown to play a significant role in neurological diseases, including dementia, autism and Parkinson's disease.

Aluminium is retained 28 days after intramuscular injection. In adults it is still present three years after intravenous injection.

Once the aluminum is injected, it's gobbled up by immune cells (macrophages), which act like Trojan horses, allowing the aluminum entry into our brain by carrying it through the blood-brain barrier.

B-Vitamins Combat Dementia

17th March 2016

Recent research found that giving a multi-vitamin supplement to seniors suffering mild cognitive impairment and depression helped improve both conditions.

Compared to a placebo, seniors with high omega-3 levels who were given high doses of vitamins B₆, folic acid (B₉) and B₁₂, experienced a 40 percent reduction in brain atrophy rate over two years.

Not only do B-vitamins slow brain shrinkage, but they specifically slow shrinkage in brain regions known to be most severely impacted by Alzheimer's disease.

Are Egg Yolks Good or Bad?

29th February 2016

Egg yolks provide valuable fat-soluble vitamins (A, D, E and K), omega-3 fats and antioxidants, much of which is not found in egg whites.

The cholesterol in egg yolks is not associated with high blood cholesterol levels or heart disease.

The yolk is arguably the healthiest part of the egg and is best consumed lightly cooked or raw (provided it's free-range and organic).

How Many Eggs Can we Safely Eat?

1st April 2016

Research has found that eating 12 eggs per week has no effect on cholesterol levels or triglyceride (fat) levels, compared to eating less than two eggs per week.

You can safely eat at least one dozen eggs per week, provided they're pasture-raised and eaten raw or very lightly cooked.

[While it is reassuring to have Dr Mercola's report that a dozen eggs a week is OK for health, the Natural Health view right from the beginning has been that a conservative limit would be 2 – 4 free-range eggs per week.]

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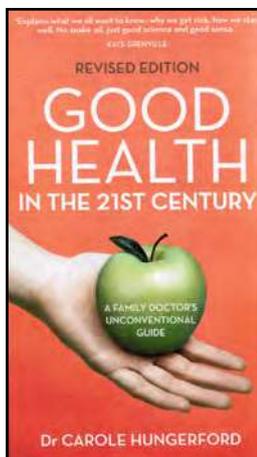
Give a 'gift of health' to a friend or relative. Subscription is the usual rate of single \$32 or family \$40. See order form page 43.

NEW BOOK TITLES

GOOD HEALTH IN THE 21ST CENTURY

BY DR CAROLE HUNGERFORD **\$34**

This monumental work is like an encyclopaedia of health. It delves into almost every aspect of health and disease with depth and sensitivity, requiring 544 (small) pages, including detailed index, to cover the topics. Some is a little technical, but the bulk of the messages conveyed are in plain language.



Dr Carole spoke at the Natural Health Society's 2013 Annual Seminar, and we were impressed by her dedication to 'alternative' health.

For the first time in history, our modern lifestyle has produced a generation that may have a shorter lifespan than its parents. Like many other doctors today, Carole Hungerford began to question the health industry which is based on 'curing disease'.

The result is this book. It provides an extraordinary amount of information for maintaining health and wellbeing. This good doctor rejects the routine cocktails of medication, with their side-effects, and shows how to provide the chance for minerals, vitamins and essential fatty acids to do their health-giving work.

Some of Dr Hungerford's gems:

Trees put down roots to bring up minerals, which nourish other plants, which we eat and then send the minerals via the sewers and rivers to the oceans, where they are lost forever.

What can doctors learn from vets? That the first question a vet asks when presented with a sick animal is what does it eat?

Drug trials are usually funded by drug companies and they use 'relative risk' which can be misleading.

The Plimsoll line in ships was invented to prevent overloading of ships. We need Plimsoll lines for toxicity in humans.

Among hundreds of topics, Dr Carole includes discussion of free radicals, the immune system, genetics and vaccination.

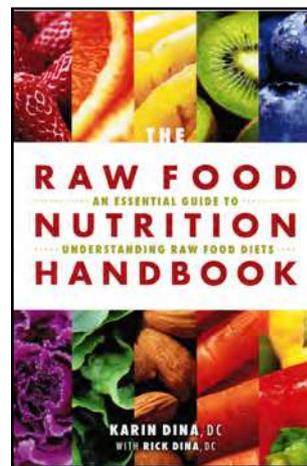
Chapters cover 'Medicine and Progress', 'The Politics of Health', 'Macronutrients and Minerals', 'Vitamins and Essential Fatty Acids', 'A Systematic Approach to Disease', 'Some Fixed-Name Diseases', 'Two Leading Causes of Death', 'Mental Health' and 'Some Conclusions'.

RAW FOOD NUTRITION HANDBOOK

AN ESSENTIAL GUIDE TO UNDERSTANDING RAW FOOD DIETS

BY KARIN DINA, DC, WITH RICK DINA, DC **\$31**

As we saw on page 2 in this issue, plant-based eating is gaining momentum around the world, not only among health-minded people, but also among orthodox medical scientists. Further, it is well known from decades of studies that cooking destroys nutrients, so raw, plant-based eating is the best. This is why this couple wrote this book. 209 pages, including index, and very readable.



Karin and Rick are highly respected raw-food educators in North America. Both are doctors of chiropractic and Karin has trained as a naturopath as well. Rick has worked at the Boston Hippocrates Health Institute where raw, enzyme-rich foods are used to promote healing for cancer. They are currently instructors at the 'Science of Raw Food Nutrition' classes in California.

The topics included are:

- The effect of heat on nutrients;
- Why whole plant foods are vital to health;
- The relationship of fruit to glycaemic index and glycaemic load;
- How to optimise omega-3 levels through plant foods;
- Understanding nutrient and calorie density.

A few points of special interest:

Vitamin C is partially destroyed by cooking: 32 percent is lost by steaming for five minutes, 48 percent by boiling and a huge 87 percent by frying.

For folate – or folic acid – boiling destroys 48 percent in five minutes and 65 percent in 15 minutes.

Cooking is not all bad! By destroying phytic acid and oxalic acid, it can improve absorption of certain minerals.

Not every person is ready to jump from a Western diet to a raw, plant-based diet. Making the change in small increments is fine.

The authors prefer flexibility in thinking and also being open to new ideas.

How to get friends and family interested in healthy eating.

CURRENT TITLE

HOW A MAN LIVED IN THREE CENTURIES

The Complete Guide to Natural Health

By Roger French **\$34.00**

For details, see page 2 in this issue. or visit health.org.au

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The Marketing of Madness (DVD)	CCHR	\$19.50		

PRODUCTS/EQUIPMENT/APPLIANCES

LADYSHIP Organic Essence Juicer, Blender LS658	\$385		
LADYSHIP Organic Essence Juicer, Blender LS588	\$249		
CHAMPION JUICER (non-member's price \$620)	\$595		
REBOUNDOZ rebounder – See inside back cover Pack 1	\$220		
IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro	\$208		
Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265			
SKIN BRUSH, BODECARE	\$45		
FACE BRUSH, BODECARE (Price for both \$62)	\$23.50		
WISE FEET FOOT PATCHES box of 30 (non-members \$65)	\$59.50		
box of 90 (non-members \$145)	\$131.50		
EASY PH TEST KITS (inc frt) (non-members \$24)	\$22		
BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25			
Members \$50; NT & WA \$55 Non-members \$55; NT & WA \$60.			
Tri Nature Products (see page 44)			
TOTAL \$			

SUBSCRIPTION APPLICATION or RENEWAL

New member Renewal Gift **GIFT VOUCHER**

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

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

Are you a practitioner? Yes No

GRAND TOTAL \$

Name: _____

Address: _____

Phone: (home) _____

Phone: (business / mobile) _____

Email: _____

For Payment By Credit Card

Mastercard Visa Expiry Date ____/____

Signature: _____

Kindred Organisations

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



AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc.

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email veg@veg-soc.org.au

Web www.veg-soc.org.au

VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

1086 Waterworks Rd, The Gap QLD 4061

Phone 07 3300 9320

Email vegsocq@tpg.com.au

Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

PO Box 311, Kent Town, South

Australia, 5071

ph 08 82602778. vegsa.org.au

NATURAL HEALTH SOCIETY (SA) Inc.

7 Emily Ave, Clapham SA 5062

Phone 08 8277 7207

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

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

TURNING POINTS IN COMPASSION: PERSONAL JOURNEYS OF ANIMAL ADVOCATES

By Gypsy Wulff

Price \$29 plus postage up to \$13.40

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

VEGAN NINJA: A COOKBOOK OF CONFRONTING PROPORTIONS AND PERSONAL MEANING

By Paul Maguire

Price \$25 plus postage up to \$13.40

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

Childrens' Books

GREAT UNCLE EDGAR AND THE LADY WITH THE HAT

Written by Gypsy Wulff and illustrated by Ryan Jones

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

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

I LOVE ANIMALS

Written by Gypsy Wulff and illustrated by Ryan Jones.

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

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

THERE'S A POLAR BEAR IN THE FRIDGE!

Written by Gypsy Wulff and illustrated by Ryan Jones.

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

An activity book and one for reading. Thanks for making the earth a healthier place. Ideal Christmas present for children.

KIDS GARDEN ADVENTURE

By Don Burke

Special price \$12.95 + \$7.45 post.

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

FORKS OVER KNIVES, THE COOKBOOK

By Del Sroufe with desserts by Isa Chandra Moskowitz.

Price \$35 plus postage up to \$13.40

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

THE CHINA STUDY ALL-STAR COLLECTION

By Leanne Campbell, PhD

Price \$35 plus postage up to \$13.40

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

VEGSA News, May 2016

VegSA has three social sub-groups:

Southern – meets once a month, usually at Christies Beach;

Northern – meets occasionally;

Vegewise – meets once a month, third Wednesday, usually at a vegetarian place or one offering good vegetarian options.

In March Vegewise visited one of our members in aged care. In April the group visited The Middle Store in Melrose Park, where the fare is basically Lebanese with a number of vegetarian dishes including vegan and gluten-free options. Everyone enjoyed the friendly service and the dishes they chose, all reasonably priced.

The Middle Store, at 118 Winston Ave, Melrose Park, is open Mon. to Fri. 7.30am to 4pm and Sat. 8am to 2pm.

Contacts:

Vegewise – Pam, 8274 2531 or pam@theshoppe.com.au

Southern group – Jill, 8386 1943 or Su,vegsu2003@yahoo.com.au

Northern group – Karin, 0466 972 112 or glad2bveggie@gmail.com

2016 is the United Nation Year of the Pulses



David Leaker

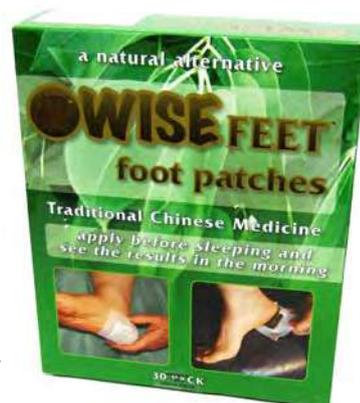
Health Products

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

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

Detoxification Foot Patches

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



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

In-Lieu Toilet Converter



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

Phone Natural Health Society for price - 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

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

Toxin-Free Mattress with Stretch-Effect



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

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

Our mattresses are very different:

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

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

THE NATURAL THERAPY MATTRESS WITH STRETCH EFFECT

After testing 600 different mattress types, none of which meet the Academies criteria, we started making our own at prices anyone can afford.

VIDEO: Our approach and mattress design:
<http://youtu.be/6w1U7JQ0m0>



With reasonable prices you can't afford not to sleep on a mattress that supports your health.

Contact us or your practitioner today!

Geovital Academy
Australia: 03 9020 1330
New Zealand: 09 887 0515

Addressing health burdens others ignore • Metal-free (no aerial effect)
• Toxin, Silver and Latex-Free • Stretch-effect to reduce pressure in discs
• Anti-static • Anti-allergy • Anti-fungal • Washable cover



www.geovital.com.au/mattress.html
www.geovital.co.nz/mattress.html

GEOVITAL

Academy for Radiation Protection and Environmental Medicine

* Adore it or exchange your Theravital or Vitallind mattress purchase within 60 days. Conditions apply, see en.geovital.com/exchange-it for details.