

True Natural Health

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The Magazine of the Natural Health Society of Australia



Dog gazes trigger 'love hormone'

INDEX Spr. 14 – Wint. 16

**Nutrients protect
against EMR**

Female prolapse

High-fat diet demolished

'Age-related' hearing loss

Snoring and sleep apnoea

Recipes from Misty Mountain

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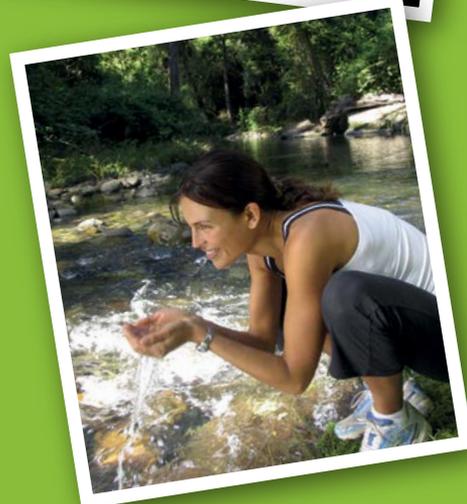
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Another Society seminar plus more confusion on nutrition

We are running a second seminar this year! And at a new location – Penrith, west of Sydney – the date being Sunday 18th September and the topic being one that gets at the core of the most rapidly growing ‘epidemic’ – obesity, diabetes and heart disease (details page 9).

We do feel badly that we can’t run seminars in other capital cities, but we have only two staff, who are both mighty busy. So, we can only say sorry to members in other States!

While the world is finally waking up to the importance of nutrition in framing our quality of life, authorities still manage to botch up some of their recommendations. In the leading article, two UK bodies strongly push for a high-fat, low-carb diet. We beg to soundly differ and give good reasons why.

The worst botch-up of all is that in the US, the third leading cause of death after heart

disease and cancer is medical error.

Can we believe this! The profession that is trained to cure disease is a major cause of death. (see page 14).

On a more heart warming note, personal coach, Anna Anderson, puts a strong case for competing businesses to replace competing with collaborating (page 4). It’s a great philosophy if you can achieve it – good work, Anna.

Among the health retreats that we detailed in the Autumn 2016 issue of *TNH*, Misty Mountain stood out for its detoxing program and charges. We thank their staff for supplying the recipes for some of their most popular dishes (pages 18 and 19).

As we grow older, two possibilities of great concern are loss of sight and loss of hearing. The leading causes of blindness – macular degeneration.

Editorial



cataract and glaucoma – were covered in the Summer 2010/11 and Autumn 2011 issues of our magazine. Now it’s the turn for hearing loss – so-called ‘age-related’ (pages 16 and 17).

Finally, I recommend that you look at the incredibly interesting news items presented page 36 to 41.

Enjoy the reading,
Roger French,
Health Director
and Editor



Cover Photo

Dog gaze triggers oxytocin
- see page 21

About Natural Health Society

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

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

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

Subscribers to the Society receive:

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

* Discounts at our seminars.

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Contents

- [02] High saturated fat diet demolished
- [04] Compete or collaborate
- [05] Story behind ‘Avemar’
- [06] Your Questions Answered
- [09] NHS Spring Seminar, Penrith
- [10] NHS Notices
- [12] Hopewood - restore your skin
- [13] The power of pulse
- [14] Medical errors - third cause death
Flatulence can be a good thing
- [16] Age-related hearing loss
- [18] Recipes – Misty Mountain Retreat
- [20] Gerson Therapy – how it began
- [21] Index: Spring 2014 – Winter 2016
- [26] Knowing this can save your life
- [28] Nutrients protect against EMR
- [30] Coconut oil for cats and dogs
Violent video games & violence
- [31] Dog gazes trigger ‘love hormone’
- [32] Female bladder & uterine prolapse
- [33] Catalyst presenter suspended
- [34] Jim Lanham Part 2
- [36] News from Dr Mercola
- [38] News from naturalnews.com
- [40] WDDTY news
- [41] Vaccination information
Classifieds
- [42] NHS Shop and order form
- [44] Kindred Organisations
- [45] NHS health products

New British push for — but we beg to differ

'Eat Fat, Cut the Carbs and Avoid Snacking to Reverse Obesity and Type 2 Diabetes'. This is the title of a report recently released by the British National Obesity Forum and the Public Health Collaboration

The following is a critique by Roger French of these new dietary recommendations, which push for higher fat, lower carbohydrate diets.

Some extracts are abridged and all COMMENTS are by Roger French.

The INTRODUCTION of the report includes the following statements.

In only 30 years, things have gone catastrophically wrong, with 'epidemics' of obesity and type 2 diabetes ... likely to cause reduced life-expectancy.

Diet-related disease now contributes to more disease and death globally than physical inactivity, smoking and alcohol combined.

The role of poor dietary advice has been ignored for too long. Specifically, the 'low-fat' and 'lower-cholesterol' messages have had unintended disastrous health consequences.

The flawed science behind ... the dietary guidelines introduced in 1983 has resulted in increased consumption of low-fat junk food, refined carbohydrates and polyunsaturated vegetable oils. The conspicuous rise in obesity immediately following their introduction suggests that they are a root cause of the problem.

It is shocking that consuming 22 teaspoons of sugar daily can fall within recommended guidelines.

The National Obesity Forum and Public Health Collaboration ... recommend a complete overhaul of dietary advice. Their report recommends the following ten points.

1. EATING FAT DOES NOT MAKE YOU FAT

Evidence from multiple randomised controlled trials has revealed that a higher fat, lower carbohydrate diet is superior to a low-fat diet for weight loss and cardiovascular disease risk reduction.

This can be explained partly by the fact that consumption of fat induces a greater feeling of fullness – or satiation – than protein or carbohydrates.

The report recommends that guidelines for weight loss should include a low-refined-carbohydrate and high-healthy-fat diet.

COMMENT

First and foremost, why are investigators preoccupied with 'high' and 'low'? It might make good drama, but that might be all! They would do much better if they focussed on modest levels – according to need – of protein, carbohydrate and fat, and only go to 'high' with intakes fresh vegetable and fruits.

This is the way that Natural Health Dietary Guidelines were designed half a century ago, and they have worked remarkably well ever since.

High fat makes our blood thicker as visibly demonstrated in the video, *Diet for All Reasons*, produced by Michael Klaper, MD. After eating a high-saturated-fat meal, a man's blood was centrifuged and the fat appeared in a thick layer above the watery part of the blood, demonstrating that eating a lot of fat makes the blood fatty. Because high fat in the blood causes red blood cells to clump together and be unable to pass along the finest capillaries, tissues become partially deprived of their normal blood supply and cannot function normally. High blood fats – *triglycerides* – are a major risk for artery disease.

2. SATURATED FAT DOES NOT CAUSE HEART DISEASE

Researchers, De Souza et al ... declared that saturated fat intake is not associated with all-cause deaths, cardiovascular disease deaths, ischemic stroke or type 2 diabetes.

COMMENT

A Harvard study published this year, which had tracked the health of 126,233 health professionals, concluded that saturated fats – which come from meat, butter and dairy product – should be reduced and at least partly replaced by unsaturated fats from nuts, seeds, oils and salmon [we say only from nuts and seeds]. They say that favouring unsaturated fats will increase our chances of living longer by 19 percent.

Further, for every additional five per cent of saturated fats people ate, their risk of death increased by eight percent.

Intriguingly, as if to trump the British research that is the subject of this discussion, the Harvard researchers claim that with all the contradictory health advice about good and bad fats, their advice is about as definitive as we can get. In Natural Health, we agree with this. Our dietary guidelines include modest quantities of nuts and seeds and minimal animal fats. They have worked well for thousands of people.

The researchers warn that the deadliest are the trans fats in fried and processed foods, including margarine.

(Source: *JAMA Internal Medicine*, 2016; doi: 10.1001/jamainternmed.2016.2417)

High fat in the blood inhibits the action of insulin, which is inviting type 2 diabetes and then heart disease.

3. AVOID PROCESSED FOODS LABELLED 'LOW FAT', 'LITE', 'LOW CHOLESTEROL' OR 'PROVEN TO LOWER CHOLESTEROL'

Improvements in cardiovascular outcomes are independent of cholesterol lowering.

Dietary trials that provide abundant natural fats, including linoleic acid and omega-3 fatty acids found in nuts, olive oil, oily fish and vegetables rapidly exert positive health effects.

Replacing saturated fat with omega-6 containing vegetable oils lowers cholesterol but does *not* improve cardiovascular mortality. Worryingly, studies reveal a trend towards increased mortality.

COMMENT

We fully agree with the points about cholesterol and the positive value of plant-based unsaturated fats.

But the last point could confuse people. Unsaturated oils would be no better than saturated fats – or even worse – when they are extracted and made into margarines or added to processed foods. Unlike oils in whole foods, extracted omega-6 oils oxidise (turn rancid) easily and are then extremely toxic and dangerous for heart disease, cancer and a number of other degenerative diseases. Further, a very high intake of omega-6 oils increases the tendency to blood clotting and stroke.

4. LIMIT STARCHY AND REFINED CARBOHYDRATES TO PREVENT AND REVERSE TYPE 2 DIABETES

Refined and starchy carbohydrates are well known to increase blood glucose levels, the need for [diabetes] medications and weight gain. It is therefore very disturbing that both Diabetes UK and NHS websites prioritise the consumption of starchy carbohydrates for type 2 diabetics.

high saturated fat diet

A recent comprehensive review concluded that dietary carbohydrate restriction ... should be the first approach in diabetes management.

COMMENT

Yes, keep these carbs low, but don't have high fat either. The US doctor, Joel Fuhrman, MD, reports (*Natural Health*, Feb/March 1995, pages 15 – 19) that 95 percent of type 2 diabetes patients can come off insulin with a plant-based diet that has a fat content of 10 percent or less, which is far below the US and Australian averages of around 40 percent. Dr Fuhrman's diet includes a modest intake of *whole grain* foods.

5. OPTIMUM SUGAR CONSUMPTION FOR HEALTH IS ZERO

Refined sugar has no nutritional value whatsoever. No single study exists that demonstrates benefit associated with its consumption. Excess sugar consumption is strongly associated with increased risk of type 2 diabetes, high blood pressure and cardiovascular disease.

It should return to its role as a decadent, unnecessary thing to be consumed only occasionally.

COMMENT

We couldn't agree more. There is currently an almost world-wide push to discourage refined sugar consumption.

6. INDUSTRIAL VEGETABLE OILS SHOULD BE AVOIDED

Linoleic acid (the omega-6 fat in these vegetable oils) is extremely susceptible to oxidation, making foods rancid, and also oxidising inside the body. In nature, linoleic acid exists only in whole foods like seeds, nuts, fish and eggs that also contain vitamins, minerals and antioxidants that protect this highly susceptible polyunsaturated fat.

Studies have confirmed that high intakes of omega-6 fatty acids in *extracted* vegetable oils and margarines increase the risk of death and heart disease.

In addition, a Los Angeles study found that cancer mortality increased with the consumption of omega-6 rich vegetable oils. [The most commonly used extracted oils are sunflower, safflower, soya and corn oils.]

COMMENT

They've got this right.

But we need to be aware that the danger with omega-6 oils is with the *extracted* oils,

not the oil in the whole food. Nuts, seeds and eggs are protected from oxygen in the air by shells or their dense structure. The extracted oils have the added problem that they are added to so many foods, especially margarines, that the average person is greatly over-consuming them.

7. STOP COUNTING CALORIES

Calories from different foods have entirely different metabolic effects in the human body. For example, equal calorie portions of sugar, alcohol, meat or olive oil have widely differing effects on insulin and satiety signals.

Obesity is a disease of energy partitioning, not one of total energy intake.

COMMENT

Natural Health Dietary Guidelines have a high total intake of fresh veggies and fruits – three-quarters of total food intake. Because both they are high in fibre and are mostly water, it is relatively difficult to overeat when following these guidelines. Only overeating or 'over-indulging' would produce too many calories.

8. YOU CANNOT OUTFIT A BAD DIET

Regular physical activity does indeed have a multitude of beneficial health effects, but weight loss is not one of them.

COMMENT

As Greg Fitzgerald explains so succinctly in the Winter 2013 issue of *TNH*, page 16, physical activity cannot and does not compensate for a bad diet. Greg quotes James Fixx, author of *The Complete Book of Running*, who declared that anyone who could run a marathon was immune to heart attacks. His diet was the typical American diet of the time. In 1982 he died of a severe heart attack while running.

Stating that weight loss is not one of the benefits of exercise is going overboard. There have been numerous studies showing that regular physical activity increases metabolic rate, which means the person is burning calories faster every minute of the day, which means less calories left over to be stored as fat.

9. SNACKING WILL MAKE YOU FAT (GRANDMA WAS RIGHT!)

A major change in our dietary habits since the 1970s, and prior to the onset of the current obesity epidemic, is an increase in meal frequency. In the 1970s, the average number of meals per day was three – breakfast, lunch and dinner. In 2005 and that number has almost doubled – breakfast, snack, lunch, snack, dinner and snack. Eating continuously does not allow our body to digest and use the foods that we eat.

Reducing the frequency of our meals will pay enormous dividends in weight loss. Eliminating snacking (especially after dinner) and adding back periods of fasting are simple ideas that were practised widely before the obesity epidemic.

COMMENT

Agreed. Greg Fitzgerald ably explained in the Winter 2016 issue of *TNH*, page 18, that snacking is a health hazard.

10. EVIDENCE BASED NUTRITION SHOULD BE INCORPORATED INTO EDUCATION CURRICULA FOR ALL HEALTHCARE PROS

Incorrectly 54% of doctors and 40% of nutritionists thought that eating cholesterol-rich foods raises blood cholesterol. Most "shocking" was that 83 percent of doctors thought butter was worse than margarine and 66 percent believed [extracted] vegetable oils are beneficial to health.

Nutritional interventions address and eliminate the root causes of chronic disease as opposed to treating symptoms and risk factors with drug therapy. The fact that prescription medications are now the third most common cause of death globally after heart disease and cancer should be a wake-up call.

The future of healthcare will require a strategy that incorporates evidence-based lifestyle changes to treat illness. We support the Academy of Medical Royal Colleges and the *British Medical Journal* who recommend reducing the harms of "too much medicine" by educating the public to ask medical professionals whether there are "simpler or safer options" to taking medications.

COMMENT

We couldn't agree more. In fact, all medical schools should include courses on clinical nutrition (which is how I was trained).



A Business Philosophy

COMPETE or Collaborate?

By Anna Anderson, Quantum Living Coach

17th May 2016. *Huffington Post*

I have recently contacted around 30 health and wellbeing retreats and spa centres across Australia with a collaborative proposal. Perhaps somewhat unusual and cutting edge (I love cutting edge!), my proposal was cost-neutral, with multiple tangible benefits for the wellbeing centre, clearly client-focused with unquestionable win-win-win outcomes.

Essentially, the proposal involved enriching the centre's package of services available to their clients with my independent, attractively discounted, cutting edge coaching program, plus group workshops on health and wellbeing-related topics, both paid and free, delivered at the centre. What else could you want, I thought, expecting to receive several expressions of interest, at least about the free workshops.

Some centres replied that they didn't have any practitioner positions available, but will contact me when they do. It appears that the concept of 'collaboration' was foreign to them and so they took my approach as a job-seeking enquiry. A handful of initial and follow-up replies from those who understood the nature of my proposal repeated pretty much the same line: "Thanks, but we are offering similar/identical services and so we are not interested in including yours." Even after my further explanation that, while their programs may be similar, they are certainly not identical, as I have developed my very own unique methodology – their position remained unchanged.

It struck me that what they saw was a conflict of interest, rather than an opportunity for a collaborative arrangement with an independent professional, providing more support options for their clients, plus some attractive additional benefits for the centre, included as an incentive.

What they were *really* saying was – "We don't want your competition!" I was more than disappointed – I was stunned.

I have a vision of being a part of a wellbeing centre, with many health and wellbeing practitioners in the *complementary* as well as *same type* of fields, alongside counsellors, naturopaths, energy healers, massage therapists and – yes, other life coaches – working together in collaboration to deliver wholistic client management and a wide range of services from which the clients could choose.

What seems to elude many people in this new (?) paradigm (in the personal development/wellbeing space) is that every professional can offer something different and unique that speaks to some people and not to others. I've had clients come to see me after completing programs with other life coaches without achieving any of the results they wanted. I have also referred a number of inquirers to other professionals more suited to offer the help that those people sought and needed. One size does not fit all.

Life is not meant to be a struggle – there is always a helping hand.

For a limited time only, Anna offers an exclusive discount for NHS members on her Quantum Living coaching program. There is no binding contract and you can 'pay as you go', taking as many sessions as you wish.

The coaching sessions are conducted via Skype from any location in Australia or around the world.

For details and to book your session, please contact Anna via her website www.quantumliving.com.au, quoting your NHS membership number.

Competition is an unsavory concept to me as it delivers a win-lose outcome. Whenever I am asked by marketers and business strategists – "Do you know your competitors?" I reply – "I don't have any." And it's not a conceded statement saying that I'm at the top, but the reflection of my values which, thank goodness, are the unquestionable foundation of the highly evolved society we are destined to become:

Let's not compete, but collaborate for the benefit of those who we serve with our products, services, knowledge, skills and talents. Everyone has something unique to offer that no other person can.

The attitude of competition cuts off the energy flow. It activates the lower energy centres governing survival and power. It invokes judgment and criticism, and puts you in a silo. It creates resistance to freely communicating and exchanging experiences and ideas from which we all can learn. It shuts you down, revealing your

fear of not being good enough and a fear of scarcity (losing clients). This fear, by the way, is propagated by the old-school marketing principle – 'It's either you or someone else. Beware'.

How about – *Let's work together, that is, collaborate for the benefit of those whom we serve ...?*

I love when a hardware store attendant says to me at a quarter to five: "We do have something similar that you can use, but I think the hardware store two blocks away has exactly what you're looking for," and gives me meticulous directions to get there on time. They don't compete – they collaborate to meet the customer's needs. I make sure I come back to this store for my future hardware requirements.

I allow on my website free meditation download ads right next to my own guided meditation products that I sell. It might raise eyebrows in some people; to me it's an enrichment of my services. I know that those who will benefit from my unique meditations will be drawn to and will purchase my products, whether or not they will also download the free ones offered by another company. I say 'yes' to the Universe, rather than 'no' which would cut off the flow of the universal energy.

So – compete or collaborate? In resolving this dilemma, remember that *the whole is greater than the sum of its parts*. It's not just a clever throw-away line – it's synergy that works.

This content originally appeared on Anna's blog.

If you are open to collaboration in the personal development/wellbeing field, please contact me via my website www.quantumliving.com.au

Follow Anna Anderson on Twitter: <https://twitter.com/QuantumLiving88>

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The story behind the name, 'Avemar'

By Jenny Blyth, CEO Avemar Australia

Hungarian, Dr Albert Szent-Györgyi (pictured), served in World War 1 as a medic, where he observed first-hand the horrors associated with the use of mustard gas. After the war, he developed a keen interest in finding a cure for cancer, and he learned that mustard gas derivatives [pre-cursors to chemotherapy] were being used as a form of cancer treatment. His work in the field of cancer intensified after losing both his daughter and his wife to the disease.

Györgyi is probably best known for being awarded the 1937 Nobel Prize in Physiology and Medicine for his work on the roles played by certain organic compounds (especially vitamin C). He postulated the role of unpaired electrons (free radicals) and their possible link to cancer, as well as the importance of certain protective enzymes and antioxidants (especially vitamin C) that can help prevent cancer.

Györgyi emigrated to the US following World War II, and his continuing work on cancer was based on his theory that certain naturally occurring compounds called *quinones* could be instrumental in

helping to control the proper metabolism in cells. As we now know, uncontrolled metabolism and rampant cell division is a defining characteristic of cancer.

Györgyi noted that wheat germ is a potent source of these quinone compounds, and he suggested that they could be concentrated further through fermentation with baker's yeast. His theories about the specific quinones found in wheat germ and their ability to inhibit cancer appear to be correct.

Just as his work was gaining momentum, his concept of regulating metabolism to prevent or control cancer was overshadowed by the new 'war on cancer' and the belief that cancer therapies should concentrate on killing the cancer at any cost. As a result, Györgyi's work suffered from funding problems and was largely overlooked. He died in 1986, with his research unfinished.

In the early 1990's, the fall of communism in Eastern Europe opened the door for more freedom, particularly in the field of scientific research. This allowed Dr Máté Hidvégi, also Hungarian, to resume and build on Györgyi's work.



It was Dr Hidvégi who actually developed the first fermented wheat germ extract for human consumption. His initial work was also limited by a lack of funding. At one point, his personal finances were completely exhausted and it appeared that the benefits of fermented wheat germ would fade into obscurity once again.

Dr Hidvégi prayed to Mary, Mother of God, to ask for guidance and help. The very next day he was approached by someone willing to provide the needed funding for his research. To show his thanks, Dr Hidvégi named the extract Avemar in honour of Ave Maria ('Hail Mary' in Latin).

Today, many years later, we have Avemar Fermented Wheat Germ Extract readily available.

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FOR LIFE

Fermented Wheat Germ Extract

- Unique and clinically researched product - now with natural stevia sweetener (no fructose)
- Over 20 years of studies, with more than 200 scientists and medical professionals from around the world
- More than 30 publications in peer-reviewed medical journals
- Wins the "NutrAward" in the USA for the *Best New Product of the Year* in 2006
- Wins the "President's Gold Medal of Merit" for Dr Máté Hidvégi, the inventor of Avemar (Hungary)

For detailed information and clinical data visit:

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YOUR QUESTIONS ANSWERED



By
**Roger
French**

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

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

Q. REBOUNding – WOULD IT HELP OSTEOPOROSIS?:

A doctor has informed me that I have mild osteoporosis. I have heard about the effects the drugs can have and am looking for another way to strengthen my bones. Would rebounding help?
– M. O'M., email.

A. Rebounding has been found to help osteoporosis, but it would be a long, slow process.

The principle is that when bones are made to carry load, they respond by becoming more dense and stronger – and therefore less 'porous', so less osteoporosis. When bones are *not* made to carry load – as when bedridden or being an astronaut – they become more porous, making them weaker and more easily broken.

Rebounding is a weight-bearing form of exercise that makes leg bones and the spine carry more load. Besides helping bones to become more mineralised, denser and stronger, it has the added benefits of strengthening muscles, tendons and ligaments, and helping the person to develop balance and coordination,

Most forms of weight-bearing exercise will strengthen the bones, but with osteoporosis having weakened them, the exercise needs to be low-impact on the legs.

These views are supported by the US National Osteoporosis Foundation of Washington D.C.: "Exercise that forces you to work against gravity – so called weight-bearing exercises, such as walking or jogging (and rebounding), are beneficial ... If you are at risk for osteoporosis, your [health practitioner] will most likely include exercise as part of your overall treatment program. The mini-trampoline (rebounder) provides a convenient form of exercise with a major advantage being its apparent low level of trauma to the musculo-skeletal system."

Improvement in bone density can be expected to take many months or years. There are reports of people who rebounded daily for ten minutes or more obtaining

results in from six to eighteen months. Only giving it a go and having periodic bone-density tests would reveal your own rate of improvement.

The obvious possible negative with rebounding is that the extra stress on the bones might cause the hip bones to break. This would, of course, be excruciatingly painful and require a medical operation. I assume that the osteoporosis would have to be advanced for this to happen. In any case, I consider it essential to seek professional guidance before commencing rebounding.

The doctor who ordered your bone-density tests should be able to advise you whether or not rebounding would be risky.

It's very important to commence with a gentle bounce, where your feet don't leave the mat, and to have short sessions of just a few minutes before increasing the time to significant sessions.

It is relevant to comment on drugs for osteoporosis. In May 2012 the highly reputable *The New England Journal of Medicine* published a review conducted by the US Food and Drug Administration that found the standard drugs to be only minimally effective and to come with potentially devastating side effects.

In summary, depending on professional guidance suggesting rebounding would be OK for you, I expect that you would see an improvement in bone density in a number of months or at least prevent it from progressing. The ideal would be to rebound almost every day eventually for periods of 20 – 30 minutes, not necessarily all in one go.

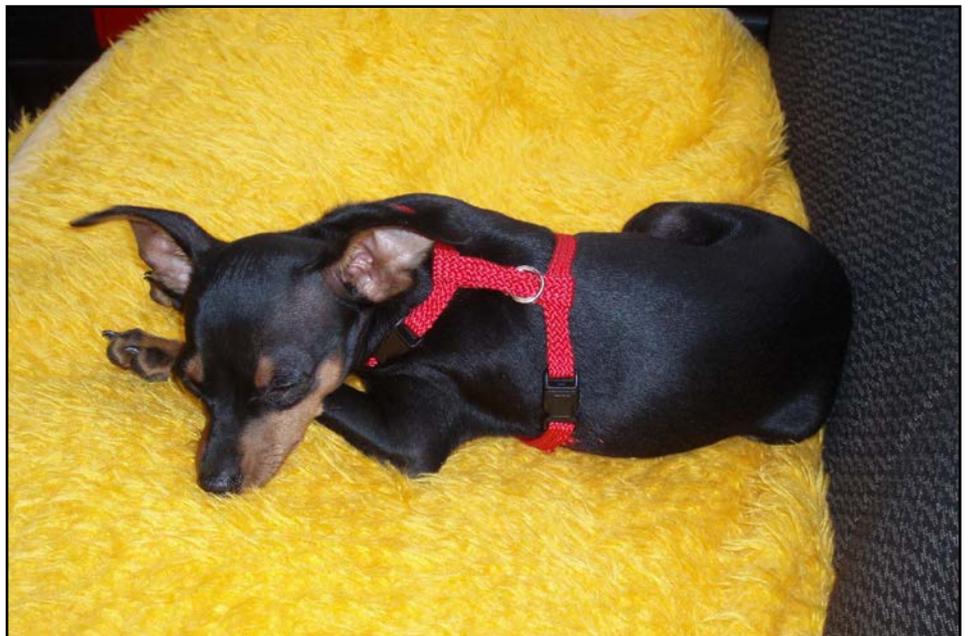
Q. PREVENTING SNORING:

Can you tell me about techniques or devices that can prevent snoring?
– A.R., Frankston Vic

A. Snoring can occur in people of any age, although it is most common in middle-aged men who are overweight, and particularly if they have large necks. Fatty tissue can reduce the size of the airway, encouraging mouth breathing. Smoking irritates airway linings and can also encourage mouth breathing. Some people are born with narrow airways, making them more prone to snoring.

Other things that can increase the risk of snoring are caffeine, eating late at night and sleep deprivation.

Women snore less than men, and are more likely to snore after menopause than before.



Snoring is the result of over-relaxation of the structures surrounding the airway. During sleep, the entire body relaxes naturally, but if the muscles of the soft palate at the base of the tongue and the adjacent area relax excessively and sag, they can obstruct the airway causing laboured breathing and snoring. The intensity can be increased by having a cold, polyps in the nose or enlarged adenoids.

Snoring can sometimes almost rival the noise of a jackhammer. It not only disturbs other people, but can be a serious problem for the snorer if the windpipe is closed off completely and breathing prevented. This is called *obstructive sleep apnoea*. The person wakes briefly and breathing is resumed. As explained in the next question, sleep apnoea can have dangerous consequences in extreme cases.

How can we prevent snoring? The simplest thing is to try sleeping on your side, because in many cases snoring occurs only when sleeping on the back. To ensure that you stay on your side while asleep, either prop yourself with pillows or sew a pocket on the middle of the back of your pyjama top and stuff into it a few socks or a tennis ball. You will surely stay on your side then!

If overweight, losing weight will be vital for both snoring and sleep apnoea. (For 'How to lose weight naturally', see *NH&VL*, Winter 2008 issue – available from the Society.)

Anything that *excessively* relaxes muscles will make snoring worse. In particular, taking alcohol, sleeping pills or tranquilisers at or close to bedtime is asking for trouble. Don't drink alcohol within at least two or three hours of bedtime, and eat your evening meal at least three hours before. Avoid sleeping pills altogether as there are natural ways of dealing with insomnia (see my book, *How a Man Lived in Three Centuries*, pages 171-2).

There are devices designed to keep the airway open during sleep. One is a U-shaped plastic piece that fits into the nostrils and keeps them dilated, while another fits outside the nose.

There are also mouth devices that hold the jaw forward, elevate the soft palate or prevent the tongue from falling back into the airway. However, these are still experimental and have a low rate of success. One device is *Ripsnore*, which is low cost; another is *Mandibular Splint* which has to be custom made and is expensive.

If these simple measures fail and snoring is a serious problem, you can purchase or rent a CPAP machine, which is the device used for severe cases of sleep apnoea (see next question).

If you want to know what is really going on during your sleep, you can request a doctor's referral for a night or two at a sleep clinic and have your sleep monitored.

To contact a sleep clinic, inquire at your local chemist or get in touch with Sleep Disorders Australia. Their branch contacts are:

NSW 9990 3514;
Qld 3378 1610;
SA 8232 5319 (City),
1800 813 629 (Country);
Vic 9578 3795;
WA 9332 1037;
Tas 6326 7889;

Sleep Disorders Australia has sleep clinics dotted around each State in the larger towns.

Q. SLEEP APNOEA:

I went to hospital because I keep waking up in my sleep short of breath, and finding it difficult to get my breath. The doctor said it could be sleep apnoea. What are the implications and can it be treated without drugs? – P.P., Emu Plains NSW

A. If a person snores, then becomes silent because breathing has stopped, and then makes a loud snort or gasp as breathing resumes, this is *sleep apnoea*. The name employs the Greek word, *apnoea*, meaning 'want to breathe'.

IMPORTANT NOTICE FROM THE NATURAL HEALTH SOCIETY RE PURCHASING TRI NATURE PRODUCTS

**From September 2016, Tri Nature's
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will be available *directly* from Tri Nature**

**via online or phone shopping, at a fixed 5% discount and
reduced freight rates, with further generous discounts
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For details on how to become a personal shopper, contact

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Sleep apnoea affects a small but significant portion of middle-aged adults, and the sound can sometimes rival that of a jack hammer.

Very occasionally children can suffer sleep apnoea if they are overweight or have enlarged tonsils and adenoids.

The person typically stops breathing for 10 seconds or longer, even up to two minutes, and this may occur between one and hundreds of times during the night. Needless to say, the disturbances to sleep can cause serious problems.

The poor quality of sleep may result in abnormal sleepiness during the day (you could fall asleep while driving a car), difficulty concentrating, forgetfulness, anxiety, depression and, not surprisingly, irritability.

Add to this the lack of oxygen from the interrupted breathing and the result could be high blood pressure, which could eventually lead to heart failure, heart attack or stroke.

How it occurs

As explained above under 'Preventing Snoring', the muscles of the soft palate at the base of the tongue and the adjacent area can relax and sag and obstruct the airway causing laboured breathing and snoring. However, it is possible for these tissues to relax so much that they close off the entrance to the windpipe and block breathing entirely.

As the body feels the need to breathe, sleep is temporarily interrupted which activates throat muscles and clears the airway so that breathing resumes. This type of breathing difficulty is called *obstructive sleep apnoea* (OSA). It typically occurs in overweight men and often causes blood pressure to rise because the heart must pump harder to deliver enough oxygen to all parts of the body. Women tend not to suffer OSA until after menopause, although it is never as common as in men.

OSA can be caused by certain illnesses, including reduced thyroid production or the presence of a very large goitre. It can also be caused by medications, including sleeping tablets and sedatives.

The incidence of OSA is stated by Deloitte Access Economics: 'The economic cost of sleep disorders in Australia, 2010' is approximately 775,000 people or 4.7 percent of the population. OSA accounts for 84 percent of sleep apnoea cases.

The other kind of apnoea, called *central sleep apnoea* (CSA), is less common. The windpipe remains open, but air stops flowing into the lungs because communication between the brain and the lungs has been affected, so the automatic breathing stops. The cessation of breathing sounds warning bells in the brain which causes the sleeper to wake and resume breathing. People with CSA don't often snore, so the condition sometimes goes unnoticed.

CSA is more common in older people, affecting around one in every four people over 60 years of age.

Heart disease and stroke

The greatest concern with sleep apnoea is if it leads to heart trouble or stroke – which, I hasten to add, often does not occur.

A sleep laboratory in Gothenburg, Sweden, conducted a seven-year study which found that in sleep apnoea sufferers who were not effectively treated, the cardiovascular disease incidence was 57 percent. In contrast, in those who were efficiently treated, the incidence was just under seven percent. The authors concluded that apnoea significantly increases the risk of heart disease in middle-aged subjects and that efficient treatment significantly reduces the risk. (Source: *American Journal of Respiratory and Critical Care Medicine*, Vol. 166, No. 2 (2002)).

High blood pressure, a major risk factor for heart disease, is significantly associated with sleep apnoea. According to Prof. Donna Arnett, incoming president of the American Heart Association, "The evidence is very strong for the relationship between sleep apnoea and hypertension and cardiovascular disease generally." ('Sleep Apnoea and Heart Disease, Stroke', American Heart Association, September 16, 2015)

Clearly, there is a pressing need to effectively deal with sleep apnoea.

Treatment

After discussing symptoms with a doctor, it may be desirable to have a referral to a sleep disorders centre and sleep for a night or two in a sleep clinic where the staff monitor your sleep and make a diagnosis. To contact a sleep clinic, inquire at your local chemist or get in touch with Sleep Disorders Australia – see details in the previous question.

Techniques for dealing with sleep apnoea are similar for dealing with snoring. Be aware that muscle tone is excessively reduced by alcohol, sleeping pills and tranquillisers, and that taking these at bedtime is asking for trouble. It is advisable to eat your evening meal at least three hours before bedtime.

Avoid alcohol within at least two to three hours of bedtime. It is a sedative that promotes muscle relaxation, which results in snoring and OSA becoming worse. Reducing regular or peak alcohol consumption can reduce the severity of both conditions.

Avoid sleeping pills altogether as these tend to depress breathing and make sleep apnoea worse. For natural ways of dealing with insomnia, see above.

In many people with apnoea, it occurs only when sleeping on the back and not when on the side. Sleep on your side, propping yourself this way with a pillow or tennis ball as described above.

If overweight, losing weight will be vital for prevention – see previous question.

People with sleep apnoea tend to have 'dream deficit' sleep, that is, they don't have adequate rapid-eye-movement sleep during which dreaming occurs – which is very important. A couple of herbs that promote sound sleep, including the beneficial REM sleep are *valerian* and *passionflower*. *Chamomile* can help but should not be used on an ongoing basis.

For serious sleep apnoea, a positive and effective – though costly – treatment to employ is a CPAP machine. CPAP stands for *Continuous Positive Airways Pressure*. During sleep, air is pumped into the airway via a mask worn over the mouth and nose. The pressure is gentle, but enough to keep the airway open, allowing the person to sleep and breathe normally. To locate a CPAP machine, inquire at your local pharmacist. It is usually possible to rent one for a trial period.

For people who do not tolerate CPAP or have only mild sleep apnoea or snoring, there are two new devices on the market. *Provent* uses small, disposable, adhesive structures that cover the nostrils. A microvalve allows almost unrestricted airflow into the nostril, but limits the flow of air out, creating an expiratory positive air pressure that holds the airway open. *Theravent* is a similar device, designed for patients with snoring but minimal degree of airway collapse.

As mentioned above for snoring, there are mouth devices designed to keep the airway open during sleep. The success rate of these is low, and the long-term risk of jawbone dysfunction has not been fully evaluated.

Surgery can be used to correct physical abnormalities such as nasal polyps, abnormal nasal septum bones or malformations of the jaw or upper palate. Doctors would probably recommend removal of enlarged tonsils or adenoids, but in Natural Health we would instead suggest using cleansing diets to facilitate self-healing.

In any case, SNORE Australia states that it is now evident that the long-term success rate of surgery is low.





Natural Health Society 2016 ONE DAY SEMINAR



KNOWING THIS COULD SAVE YOUR LIFE'

Dr Greg Fitzgerald (allied health), Osteopath, Chiropractor and Naturopath

Our public health-care system is not a health-care system, but a disease-management system.

It sees disease as the 'enemy', and modern medicine as being at 'war' with it. This approach is failing, and public health will only improve when it is replaced by a new paradigm.

But that might never happen. You can take charge of your health now, by understanding the lifestyle approach to health and disease. Knowing this can literally save your life.

'LOSING WEIGHT WITHOUT LOSING YOUR MIND'

Dr Greg Fitzgerald (allied health), Osteopath, Chiropractor and Naturopath

Weight-loss is a billion dollar industry worldwide, but the weight keeps coming on, despite (or because of) so many diets, meal-replacement shakes, exercise programs, surgery, drugs and public health initiatives. No wonder people nearly lose their minds trying to lose weight.

This presentation will beautifully tie together nutrition, exercise, sleep, psychology and energy, so that your weight will look after itself. You will be able to lose weight without losing your mind!



'SLEEP 'LIKE A BABY' AND TURN YOUR HEALTH AROUND'

Theo Theodorou, Pharmacist and owner of Priceline Pharmacy, Penrith

Poor sleep can lead to ill health, low immunity, depression, aggravation, low sex drive, weight gain – and feeling tired and miserable all day.

Theo has had much experience in this field and will present ways to achieve greatly beneficial sleep. And the answer does not involve pharmacological agents.

In this talk you will discover numerous techniques that have been studied and proven to be successful in managing long-term insomnia.

'OVERCOMING AND PREVENTING DIABETES NATURALLY'

Dr Kevin Coleman – Wholistic Medical Practitioner with interest in nutrition and mental health

A wholistic approach to diabetes and any other condition recognises that man is 'body, mind and spirit'. The 20th century has seen the triumph of pharmaceutical and behavioural approaches to human health, and modern medicine has ignored the heart and denied the spirit.

A truly wholistic approach acknowledges the impact of lifestyle and culture and explores the subjective experiences of the individual. Type II diabetes requires a wholistic approach to prevention and healing.



DATE: Sunday, 18TH September 2016, 9.30am to 4.30pm

VENUE: Penrith Senior Citizens Centre, 86 Station St

'Conquering Diabetes, Obesity and Heart Disease Naturally'

Buffet lunch included.

Practitioners' CPE points available.

'THE TRUTH ABOUT PHYSICAL ACTIVITY IN RESTORING HEALTH'

Ian Austin, Physiotherapist, and Francine Austin – owners of Everybody Physiotherapy in Penrith

Does exercise seem overwhelming? Have you been inactive for too long? What is the best activity for your condition? Gaining the full benefit of physical activity in restoring health starts with seeking professional guidance.

Ian has been helping the people of the Penrith district for 26 years. He is passionate about exercise-based physiotherapy, correct diagnosis and educating his clients. Ian is currently the head physiotherapist for Western Sydney Wanderers Football Club.

'NO MORE HEART ATTACKS – THE EVIDENCE IS CLEAR'

Roger French, Nutritionist, Health Director and Editor, Natural Health Society of Australia

Heart disease and stroke are causing health havoc, yet the conventional risk factors don't explain about two-thirds of the cases of heart disease. In spite of the fact that a number of studies show that the higher the cholesterol, the less heart disease, the current emphasis for preventing heart disease (and stroke) is largely on lowering cholesterol.

The true causes of artery disease are largely known and are readily explained. This information can be life-saving.



PROGRAM AND BOOKING FORM

are presented in the leaflet that accompanies this magazine in NSW

Early bird rates – prior to 7th September:

Visitor rate **\$100 per person**; Visitor concession **\$90 per person**

Subscriber discount **\$90 per person**; Subscriber concession **\$80 per person.**

After 7th September:

Visitor rate **\$110 per person**; Visitor concession **\$100 per person**

Subscriber discount **\$100 per person**; Subscriber concession **\$90 per person.**

INQUIRIES & BOOKINGS: 02 4721 5068, admin@health.org.au, www.health.org.au



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.

NOTICE OF MEETING NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2016 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 27th September 2016, at 7.30 pm, at CBs Café, 1 Gibbes St, Penrith NSW.**

Business

Reports of President and Health Director

Receipt and adoption of Treasurer's report

Election of National Committee members

Transactions of any other business in accordance with the Constitution.

A committee meeting is scheduled to follow the Annual General Meeting.

Members please notify the office if planning to attend.

MOTION ON NOTICE

That the Constitution be amended as follows:

Under 'PART 2 – OBJECTS', clause 2. OBJECTS (2) (a), paragraphs (i) and (ii) – swap these two paragraphs around and re-word as follows:

To achieve good health and long life in the community through the Principles of Natural Health as espoused by the Society and to encourage the adoption of those Principles by all persons in the community as the means of preventing illness and disease.

To promote acceptance in the Australian community of the principle that as far as personal health and wellbeing are concerned prevention of illness is better than cure.

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:

Bridget Houseman, Cheryl Muller, Peter Townsend, Clelia Bellifemine, Tricia Veale, Sharyn Peters, Katie Deverell, Patricia Churm, Jeanne Silverson, Sandra Van Zyl and Ruth Rinot

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.]



Follow Natural Health Society of Australia on Facebook

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

5pm: **Organic food preparation and demonstration of vegan meals** followed by **buffet meal**. Recipes provided. **Guest speaker** approx. 7.30pm to 9pm.

Sat. 24th Sept.: 'Transition to a More Whole Plant Foods Diet; Planning Your Weekly Menu', with a natural foods demo. by Marilyn Bodnar

Sat. 29th Oct.: 'Three Simple Steps to Effective Detoxing and Cleansing' – Cecil Bodnar

Sat. 26th Nov.: 'How I Keep Strong & Fit on a Raw Vegan/Whole, Living, Plant Foods Lifestyle' – Grant Campbell, Raw Aussie Athlete, Ultra-Marathon Runner & Health Educator.

Raw Desserts Workshop: Sat. 24th Sept., 1pm – 5pm

Wholemeal Breadmaking: Fridays 23rd Sept., 28th Oct. and 25th Nov., 9.30am – 2.30pm

For further information, 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**

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: 3rd Sept.; 1st Oct.; 5th Nov, 3rd Dec.

Every 3rd Sunday: Health and happy heart circles: 21st Aug, 18th Sept, 16th Oct, 20th Nov

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

Where: Merrylands Community Garden, Orana Lane, Merrylands

For flavoursome **recipes** visit www.healthandhappyheart.com

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

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

SUBSCRIPTION RENEWAL



Natural Health Society members

If your subscription is due, remember to renew. Look at your address sheet or contact the Society.

Phone 02 4721 5068,
email admin@health.org.au

GIFT SUBSCRIPTION

For the usual Society subs. rate of single \$32 or family \$40, give a gift subscription - a gift of health.

See order form page 43.

Special Offer re the Society's book

How a Man Lived in Three Centuries

The complete guide to Natural Health

The fully revised and updated **Second Edition by Roger French**. Single copy price \$32.00 including postage; member price \$29.00.

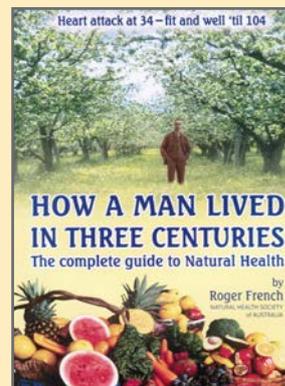
The ideal book or gift for anyone interested in Natural Health or in improving their health.

As a special offer – and also a fund raiser – we are offering you these options in which you could make some cash for yourself:

Option 1. Buy your first copy full price (\$25), and you can have 2 more copies at \$15 each (total \$55). Add postage and handling costs of NSW and ACT \$9.00 or elsewhere \$11.00. You can use them as gifts or sell them for \$25.

Option 2. Buy 5 copies at \$15 each (total \$75). If you wish, for an extra \$10 we'll include a 160 mm x 160 mm perspex display stand that holds 4 books (total \$85). Add postage and handling Sydney Metro area \$10.00, elsewhere \$12.00. You can use the books as gifts or sell them for \$25 each.

To order, call the NHS on 02 4721 5068, email admin@health.org.au or go to our website at www.health.org.au



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Cal Mag – chelated calcium and magnesium + vit. D
Zinc – chelated; antioxidant mineral, many functions
Multi-min – small doses of 11 minerals + sea kelp
Full Motion – glucosamine complex for joint mobility
Formula IV – multivitamin and omega-3 oils

For more information or to place an order, contact:

Robyne Smith: 0427 534 585 | 02 6553 4585 | robynesmith2429@gmail.com



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NeoLife supplements are potent and backed by clinical studies



NEOLIFE

Restore your skin this spring

The dry winter months can really take a toll on our skin, especially if we spend a lot of time inside with the heaters running. Did you know that your skin's ability to self-repair can decline by more than 50 percent when you reach middle age? Just as your body needs nutrients and sleep to maintain a strong immune system, your skin needs several tools to nourish, restore and protect itself.

Restore skin to its smoother healthier self the Hopewood way by trying these remedies:

- **Apply moisturiser daily** to repair and protect your skin. Hydrating the skin regularly helps stimulate the production of new collagen, a protein that helps give skin its texture and appearance.
- **Exfoliate your skin** with a loofah or a scrub to remove the dead skin cells and leave your skin feeling smoother.
- **Avoid soap.** Soap not only strips away the natural moisturisers and defences in our skin, it can also dry and irritate. Aloe vera body wash and essential oils in your bath water are good alternatives.
- **Drink water.** Your skin needs plenty of water to stay hydrated from the inside out, so restore it by keeping your fluids up.
- **Eat vitamin-C-rich foods.** Citrus fruits, mustard greens and spinach are essential for the production of collagen. Try to include vitamin C in your diet where possible.
- **Eat adequate protein.** Protein is key for rebuilding cells. We recommend incorporating adequate beans, tofu, nuts and eggs into your diet.
- **Eat more zinc.** Zinc helps generate collagen for skin-tissue repair and supports the immune system. We recommend including nuts, soybeans and other legumes, sunflower seeds, sesame seeds and brown rice.
- **Exercise daily.** Regular exercise gets the blood pumping nutrients to where they're most needed for skin repair.
- **Try meditation.** Meditation, yoga and tai chi will calm the body and mind, leaving your skin with a healthy glow.
- **Use sunscreen with SPF 20 or more.** Wise use of sunscreen is one of the keys to radiant, youthful-looking skin, so apply sunscreen, even if it's cold or overcast. Take extra care between the hours of 10.00am and 3.00pm when the sun is at its strongest. However, some direct exposure of the skin to sunshine is desirable to produce the all-important vitamin D, but the times range from only a few minutes initially to perhaps 30 minutes, depending on degree of tan and season. Ensure that the sunscreen blocks both UVA and UVB, and use a natural brand free of toxic chemicals.

Did you enjoy this article? Then you will love Hopewood's new

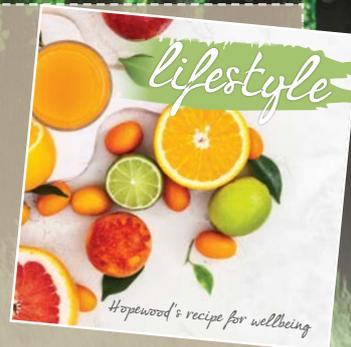


SPECIAL OFFER For Members Of The Natural Health Society

When you purchase 'Lifetsyle – Hopewood's recipe for wellbeing', you will receive **20% OFF** RRP plus **FREE** postage!

Don't forget to use the code word: **Truenaturalhealth**

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



Three-coloured salad recipe

Ingredients

- 200 gm witlof
- 200 gm radicchio
- 200 gm rocket
- ½ cup pine nuts, roasted

Method

- Slice all salad vegetables into bite-sized pieces, mix well and arrange on a plate.
- Sprinkle with pine nuts.

Suggestion: Drizzle with strawberry and balsamic dressing (recipe below).

Ingredients

- 1 punnet strawberries, hulled
- 5 ml balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon fresh ginger, finely chopped

Method

- Blend until smooth.



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's goal is to help people understand and maximise 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 kick-start 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.**



The Power of Pulse

By Joe Ciano, owner Tastes of the Valley

You may be wondering ... what is pulse?

Pulse is an ancient food source that has helped sustain most of the Middle East for the past 10,000 years. Consisting of peas, beans, chick peas and lentils, they pack a real punch when considering protein and dietary fibre – actually measuring almost double the levels of wheat and other grains.

So what led me down this path? Well, it all started with my daughter, Nicky. She has been allergic to gluten since birth, so I have constantly been looking for gluten-free sweets that are actually enjoyable to eat. I tried the usual flours of buckwheat, quinoa and chia, but they are seeds, granted, without gluten.

So I kept experimenting with other flours and started blending pulse and other legume flours. After more than 12 months of testing and having located some truly wholesome and natural, stone-ground, all-Australian ingredients, the blend was finally producing some great tasting biscuits.

The other problem was that most other gluten-free cookies, biscuits and cakes (apart from tasting like cardboard) often contained a lot of starches, that is, rice starch, tapioca starch, corn starch, potato starch, etc, and we know that starch converts to sugar once digested. They also contain a lot of binders, that is, xanthan gum and guar gum, etc. They often use almond meal, which can become rancid if not refrigerated and freshly ground.

My biscuits, on the other hand, contain no starch-rich foods, no rancid cheap oils and no pretend butter. Believe me, I've learnt a lot about baking over the last 12 months, and if you knew what some of the biscuits contain, you wouldn't be impressed.

So 'Tastes of the Valley' was born. Why Tastes of the Valley? Well, I spent the best part of my teenage years growing up in the King Valley, and now we have sourced some truly healthy and natural produce from my old territory. These include pure buttermilk, butter, olive oil

and pulses, all certified gluten-free and the pulses stone-ground just 10 minutes from the King Valley.

In case you weren't aware of the importance of pulses on a global scale, this year the 68th UN General Assembly declared 2016 the International Year of the Pulse (IYP). The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses as part of a better and more sustainable food production, aimed towards food security and nutrition. It's amazing, but earlier I had no idea this was happening.

When I found out about IYP, I did get a bit excited. Well, as the saying goes – the proof is in the pudding, or in our case, in the pulse. I'm sure that like all the people and retail outlets who have tasted and tested our cookies, one bite and you'll be amazed and hooked on their unique nutty flavours.

Gluten Free never tasted this good

Deliciously Nutritious



100% All Natural Stone ground Australian pulses and legumes

(PEAS, BEANS, CHIC PEAS AND LENTILS)



Rich in Protein & Soluble Fibre

- PULSES AND LEGUMES ARE LOW GLYCEMIC
- TWICE THE PROTEIN & FIBRE OF GRAINS
- RICH IN FIBRE, FOLATE AND B VITAMINS
- SOURCE OF IRON, ZINC & MAGNESIUM

When you want only the best for your health.

At Tastes of the Valley, our premium wheat free cookies are 100% Australian made using the finest quality locally sourced ingredients.

Our special blend of stone ground gluten free pulses, legumes and brown rice flour delivers an amazingly high quality natural vegetable protein that contains a good balance of essential amino acids for optimal nutrition.

Available at IGA stores in Victoria or online at: natureslifeforce.com.au

For more information please visit: www.natureslifeforce.com.au



MEDICAL ERRORS

– third leading cause of death in the US

The following is extracted and abridged from the *British Medical Journal*, issue 3rd May 2016. (Reference BMJ 2016;353:i2139)

HOW BIG IS THE PROBLEM OF MEDICAL ERROR?

A 2004 report of inpatient deaths in the US Medicare population estimated that 195,000 deaths a year were caused by medical error between 2000 and 2002.

The US Department of Health and Human Services reported 180,000 deaths in hospital inpatients in 2008 due to medical error among Medicare beneficiaries alone. If this rate is applied to all registered US hospital admissions in 2013 it translates to over 400,000 deaths a year.

The authors of this *BMJ* paper used the studies reported since 1999 and extrapolated to the total number of US hospital admissions in 2013. They calculated a mean rate of death from medical error of 251,454 a year, but believe that this

understates the true incidence of death due to medical error.

The *BMJ* authors conclude that: "Comparing our estimate to CDC rankings suggests that medical error is the third most common cause of death in the US."

DEFINITION OF MEDICAL ERROR

Medical error has been defined as an unintended act (either of omission or commission) or one that does not achieve its intended outcome, the failure of a planned action to be completed as intended (an error of execution), the use of a wrong plan to achieve an aim (an error of planning), or a deviation from the process of care that may or may not cause harm to the patient.

A REPORT FROM DR JOSEPH MERCOLA

Published mercola.com, 18th May 2016

Dr Mercola reports that a Dr Barbara Starfield published in the *Journal of the*

American Medical Association in 2000 that her research found that 225,000 Americans die each year from *iatrogenic* causes, meaning their death is caused by a doctor's or hospital's activity, manner or therapy.

Her statistics showed that each year:

12,000 people die from unnecessary surgery;

7,000 die from medication errors in hospitals;

20,000 die from other errors in hospitals;

80,000 die from hospital-acquired infections;

106,000 die from the negative side effects of drugs taken as prescribed.

Dr Mercola explains that the US Centers for Disease Control doesn't collect or publish information relating to medical errors or deaths attributed to iatrogenic causes. The researchers urge the CDC to include coding for medical errors on death certificates.

We don't do this at dinner ... but otherwise it's a good thing – flatulence

Although not socially acceptable and a cause of amusement to children, the production of wind means that our bowel has a good colony of the right kinds of bacteria.

High-fibre eating is what enables these bacteria to thrive, but they do better still if there is plenty of resistant starch. This kind of starch resists digestion in the stomach and small intestine and reaches the microbiome in the large intestine, where it helps them to thrive and provide great benefits to our health.

"Fermentable components of dietary fibre have a critical role in feeding the gut microbiome," said Dr Trevor Lockett, Head of the Gut Health and Nutrition Group at CSIRO Food and Nutrition.

'Friendly' gut bacteria ferment carbohydrates in fibre in our intestine to feed themselves, and in the process produce compounds that benefit us – as well as producing gases.

Until recently nutritionists believed that the starch in cereal grain foods and potatoes is completely digested and absorbed from the small intestine, and that fibre is the only food component that enters the large

intestine (which follows the small intestine where most digestion is completed and nutrients are absorbed).

Now nutritionists know that a significant quantity of starch 'resists' digestion and passes intact into the large bowel where it acts as though it is a fibre. So we now think as though there are three kinds of fibre – soluble fibre, insoluble fibre and resistant starch,

Interestingly, this fibre-like starch tends to explain why Japan, India and other countries that have low intakes of fibre have among the lowest incidences of bowel cancer in the Western world.

Resistant starch functions like soluble fibre. Its beneficial effects include:

- It has a mild laxative effect due to increasing the mass of bacteria and adding to the faecal bulk.
- It stimulates the friendly bacteria to manufacture short-chain fatty acids, particularly *butyrate*, which protects the lining of the bowel and helps protect against bowel cancer.
- It creates a feeling of fullness, making it easier to not overeat,

- It slows the rise in blood sugar after a meal, so is beneficial for people with hypoglycaemia or diabetes.

The contents of resistant starch in the leading foods are given by nutritionist, Catherine Saxelby, writing in *Foodwatch*, 31st March 2014.

She states that most starchy foods contain 5% or less resistant starch. The levels of resistant starch can be increased by cooking and processing. The contents of the leaders are:

Beans, lentils and sweet corn 2 – 5%; crispbreads and crackers 2 – 4%; ripe banana 2% (unripe banana 54%); cooked potato, hot, 1 – 1.5%; cooked potato, cooled, 2 – 4%; breads and biscuits 0.5 – 2%; rice, pasta, peas and baked beans 1%.

No wonder 'green' bananas are difficult to digest – they are over half indigestible starch! When they ripen, almost all of that starch converts to fruit sugar and they become sweet, very digestible and highly nutritious.

Sources

CSIRO Snapshot, 2nd December 2015
Foodwatch, 31st March 2014.



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'AGE-RELATED'

By Roger French

Hearing loss is described as being 'age-related' or due to some specific cause. 'Age-related' is somewhat misleading. Deafness only develops with age in the developed world because of an accumulation of the effects of the modern lifestyle. If causes are absent over the years, hearing could be expected to remain intact.

It was recorded in *Australian Parliamentary Business, 2008–10*, Chapter 2, that in the 61 – 70 years age group of Australians 58 percent had hearing loss, while in the group 71 years and older the incidence was three-quarters.

Age-related hearing loss ('presbycusis') is generally a slow, progressive hearing loss that affects both ears equally. It begins in the high frequencies and later affects the lower frequencies. Most adults consider it a normal sign of ageing.

Hearing loss usually involves changes in the inner ear or middle ear or changes in the nerve from the ear to the brain.

Impact of Hearing Loss

Having trouble hearing can make it difficult to respond to warnings or hear phones, doorbells or smoke alarms. It also makes it difficult to enjoy talking with family and friends, leading to feelings of isolation.

It can be difficult to distinguish hearing loss that is age-related from other causes, particularly long-term exposure to noise.

Hearing loss is often associated with depression, anxiety, frustration, social isolation and/or fatigue.

When hearing is improved via hearing aids, this has been found to improve quality of life for both the hearing aid wearer and his or her partner and family.

Johns Hopkins University in the US has found a strong link between the degree of hearing loss and risk of developing dementia. Individuals with mild hearing loss were twice as likely to develop dementia, while those with severe hearing loss had five times the risk.

The same research also found that lack of sound stimulation may result in shrinkage of the hearing centres in the brain resulting in cognitive decline, Alzheimer's or dementia. Hence, it is important to treat the hearing loss sooner rather than later.

The risk of falling is a major concern. People with mild hearing loss are three times more likely to fall than normal hearers.

How do we hear?

Dr Mercola explains the hearing mechanism very simply (mercola.com, 22nd December 2007). When noise beats against the eardrum, the vibrations are converted by fine hair cells, called *cilia*, into nerve impulses, which are transmitted to the brain and provide hearing.

Why we lose our hearing as we get older

The usual gradual deterioration of hearing with age is primarily a result of the environmental, lifestyle and dietary choices, including those that we make during our youth. Continued exposure to loud environments, inadequate sleep and rest, over-indulgence and being overworked place an enormous amount of strain on the body.

Noise is a most common cause. Hearing loss is caused by sounds ranging from around 85 to 150 decibels, such as from motorcycles, loud music, lawnmowers, leaf-blowers, fire-crackers and guns. Heavy city traffic noise can reach 85 decibels (dB).

Many popular home appliances may exceed the safe 85 decibels. A hair dryer set on high can reach 95 dB; blenders and coffee grinders can exceed 88 dB; a lawn mower can emit noise at 90 dB; an MP3 Player at 50% volume can pump out up to 101 dB.

Noise below 80 decibels, even after long exposure, is unlikely to cause problems.

Continued exposure to very loud noise eventually destroys the fragile hair cells in the inner ear.

The louder the noise, the quicker the hearing loss. For example, 100-decibel stereo headphones can cause harm in two hours, and a 120-decibel rock concert damages the hearing mechanism in only eight minutes.

The basis of noise-induced hearing loss is oxidative stress by free radicals combined with lack of antioxidant defences in the cochlea. Noise exposure further generates free radicals, exacerbating the problem.

Type 2 diabetes or consistently high blood sugar may cause hearing loss.

Alcohol – Its effect can be temporary.

Mobile phones, iphones. There can be significant loss of high-frequency hearing in the dominant ear to which the phone is held compared to the non-dominant ear.

Certain chronic diseases may interrupt blood flow to the inner ear or brain: ath-

erosclerosis (hardening of arteries), heart disease, stroke, high blood pressure, diabetes, rheumatoid arthritis, tumours and other growths in the brain.

Painkillers. Regular, long-term use of over-the-counter painkillers can result in hearing loss. These include high doses of aspirin, acetaminophen (the main ingredient in Tylenol), ibuprofen (in Advil) and other NSAIDs. This side effect of aspirin is reversible and usually disappears when the aspirin is stopped.

Some chemotherapy drugs.

Progestin. This component of hormone replacement therapy appears to exacerbate deficits in hearing.

Too much ear wax. We can hear with as little as 3 to 5% of the ear canal clear, so it may take years for enough wax to accumulate to stifle hearing. If water gets in, the wax can swell and create a blockage, and the person suddenly goes (reversibly) deaf.

Excessive cholesterol. Can affect hearing and balance and promote tinnitus.

Others causes. Head trauma, diving and scuba diving, sudden changes in pressure from flying. Poking cotton swabs or other objects into the ear can damage the ear drum.

Genetics and hearing loss. Three genes may explain why loud noise causes hearing loss in some people more than in others.

Overindulgence, overwork. Chinese medicine recognises that prolonged overindulgence and overwork deplete the body's vital energy, especially of the kidneys, which can lead to premature decline in hearing. Severe anger and frustration can deplete liver energy, producing hearing impairment and tinnitus.

Undiagnosed allergy. Blocked sinuses caused by allergies can temporarily cause hearing loss when the Eustachian tube (the channel connecting the middle ear to the exterior) becomes blocked.

Acute loss of hearing is often associated with colds, flu, ear infections and shingles. Hearing should recover after the illness is over.

Prevention of hearing loss

Noise-induced hearing loss. We can protect our ears from sounds that are too loud by using ear plugs or ear muffs.

A combination of antioxidants – vitamins C and E, carotenoids and magnesium – appears to help protect against noise-induced hearing loss.

HEARING LOSS

Prevention in the absence of an obvious cause. A combination of multi-vitamins and multi-minerals may prevent the development of hearing loss and tinnitus.

Restoring hearing

Dr Navarro of the Love to Hear Again clinic in Texas makes the following recommendations for restoring hearing (<http://love2hear-again.com/holistic-approach-to-hearing-balance-and-tinnitus/>):

Diet.

Helpful foods are shallots, sesame seeds, baked tofu, soybeans, walnuts, eggs, lentils, black beans, lotus seeds, ginger and cinnamon bark. Have a diet low in saturated fats and eliminate fried and greasy foods. Avoid mucus-forming foods, including dairy products and processed meats. Avoid cold foods and icy beverages, as the coldness may constrict the Eustachian tubes.

It has been observed that flax oil and other sources of omega-3 fatty acids may prevent or delay the development of hearing loss.

Daily vitamin supplements:

Niacin (vitamin B₃) up to 300 mg to increase blood flow to the inner ear.

N-acetylcysteine 500 mg, especially for hearing loss due to loud noise.

Folate (folic acid) 400 micrograms (not milligrams).

Carotenoid complex at 1,000 mg can reduce the risk of noise-induced hearing loss.

Similarly for vitamins A at 200 IU, C at 1,000 mg and E at 800 IU.

Helpful herbs:

Ginkgo biloba and hawthorn berry increase capillary circulation.

Traditional Chinese Medicine herbs include rehmannia, wild yam, schizandra, Asian cornelian and magnetite.

When taking herbal remedies, always seek professional guidance.

Dr Navarro also suggests trying the following home remedy. Make a **ginger-spice tea** by boiling together in 4 cups water in a covered pot 1 heaped tablespoon each of dried oregano, coriander, rosemary, sage and cinnamon plus 3 slices fresh ginger; boil for 15 minutes, then strain. Drink 3 cups a day for at least 3 weeks.

Self-acupressure. Find the acupressure point in the depression between the inner anklebone and the Achilles tendon of the right foot. Apply steady pressure with your right thumb until you feel soreness, then hold for two minutes. Repeat on the left foot.

Alternatively, locate the acupressure point directly in front of the right ear canal, in the depression formed when the mouth is slightly open. Apply steady pressure with a finger until you feel soreness. Hold for 2 minutes. Repeat on the left side.

What to avoid according to Dr Navarro:

- Antibiotics, including aminoglycosides, gentamicin and tobramycin, which can cause hearing loss which may or may not be temporary.
- Aspirin excessive use.
- Some diuretics such as Lasix in high doses.
- Some blood pressure drugs such as Ziac.

Exercise. This is important for stimulating blood circulation.

Dr Joseph Mercola makes the following suggestions (mercola.com, 22nd December 2007):

Dr Jonathan Wright, MD, of the Tahoma Clinic in Washington and

former editor of *Prevention Magazine*, found that supplements of aldosterone successfully restored the hearing in three men, who were either losing their hearing or had lost a lot of their hearing.

Like Dr Navarro, Dr Mercola recommends a combination of vitamins A, C and E, but also includes the mineral, magnesium, to protect our hearing, including from very loud noise.

Free-radical scavengers have been found to be helpful for hearing loss. Supplements of Rebamipide at 300 mg/day, alpha-lipoic acid at 60 mg/day and vitamin C at 600 mg/day significantly improved hearing in 46 elderly patients after eight weeks.

Emotional Freedom Technique (EFT) may be helpful.

Dissolving ear wax. Dr Mercola explains three ways to remove ear wax:

- Wax-dissolving solutions;
- Irrigation (squirting a jet of water or saline solution into the ear canal to break up wax and drain the canal);
- Manual removal (using a suctioning device to pull wax out).

It would be wise to have this done by a doctor to avoid accidents with the eardrum.

It is recommended not to use a cotton swab as this can push the wax in deeper and cause impaction.

Hearing aids. If all else fails, hearing aids can be fitted by a hearing clinic or pharmacist. They are available in many sizes and styles.



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Recipes from Misty Mountain Health Retreat

Eastern Vegetable Curry

This dish has a wonderful flavour, attributed to the generous amount of fresh herbs added near the end of cooking.

Ingredients

2 cups diced pumpkin - tossed in oil and baked
1 onion, diced
2 large cloves garlic, finely grated
2 dsp turmeric
½ tsp caraway seeds
1 ¼ tsp coriander
¼ tsp fenugreek
1/8 tsp cayenne
1 large can diced tomatoes
1 small eggplant, cut into 2cm cubes
1 ½ cups cooked chickpeas
1 ½ cups cooked red lentils (optional)
1 ½ cups baby spinach
2 handfuls green beans, blanched

Method

Saute onion and garlic. Add dried spices, cook for two minutes.

Add tomatoes and eggplant and cook on low heat for 15 – 20 minutes.

Add the cooked chickpeas and red lentils.

Place the following ingredients into a blender:

1 Tbsp fresh ginger, finely grated
1 cup fresh coriander
1 cup fresh mint
1 cup fresh basil
½ cup water
1 ½ Tbsp Celtic salt
¼ cup olive oil

Add blended mixture to the curry, and simmer 5 minutes. Just before serving, gently fold through the baked pumpkin, baby spinach and green beans.

Serve topped with toasted almond flakes and fresh coriander, with brown rice or quinoa.



Tofu with Gado Gado Sauce

Gado gado is a delightful dish, traditionally made with peanuts. At Misty Mountain, we don't use peanuts, so have come up with an equally tasty sauce made with almonds. The tofu is prepared in such a way that even those who aren't tofu lovers come back for seconds.



Lightly steam a selection of fresh seasonal vegies, that is, carrot, cauliflower, broccoli, snow peas, bok choy, etc

Gado Sauce

1 cup almonds, toasted in oven until golden brown
2 cups water
1 cup coconut cream
3 Tbsp tamari
4 cubes palm sugar
1 lemon, juiced
1 tsp celtic salt
¼ cup tahini
6 cloves garlic, grated
1 small onion, finely sliced
1 ½ cm root ginger, grated
¼ tsp each ground coriander and ground cumin
4 kaffir lime leaves

Place first eight ingredients in blender. Blend until smooth.

Saute garlic, onion, ginger, spices and kaffir leaves, then add blended ingredients.

Bring to boil and simmer a few minutes until sauce thickens.

Tofu

1 pkt firm tofu, refrigerated, cut into cubes
½ cup cornflour
2 tsp onion powder
1 tsp garlic powder
1 ½ tsp Celtic salt

Combine dry ingredients in a bowl. Add tofu, and toss to coat evenly. Preheat a pan, add a couple spoons of coconut oil, and gently shallow-fry the tofu cubes until golden brown.

To assemble, place on plate in this order: rice, steamed vegetables, gado sauce and tofu. Drizzle with more gado sauce, and top with bean sprouts and fresh coriander.

Misty Mountain Health Retreat, located at Bellbrook inland from Kempsey, offers detoxing and vegetarian cuisine. Owned by naturopath, Barbara O'Neill, and her husband, Michael. For details, see *TNH*, Autumn issue, page 7. Contact 02 6567 2221, email relax@mmh.com.au

Breakfast Waffles with Brazil Pear Cream

The guests have the option of eating it with fruit salad and Brazil pear cream, or with avocado, tomatoes and lentils. Either way, the wholesome ingredients will set you up for the day.

Place in blender, and blend until smooth:

- 3 cups water
- 1 cup soaked chickpeas
- 1 ½ cups sunflower seeds
- 1 Tbsp olive oil
- ½ tsp salt

Stir in 2 cups brown rice flour* and bake in pre-heated waffle machine.

*We stone grind our flour as we need it. Sometimes we substitute 1 cup of the rice flour with millet flour.

Pear Cream

Place in blender and blend until smooth:

- 825g canned pears in juice
- 1 cup Brazil nuts*
- 1 tsp vanilla
- pinch salt

*can substitute with cashews for a whiter cream



Raw Peppermint Slice

You do need to have a good blender for this one, as the nuts need to be blended super smooth.

Base

- 1 cup dates, soaked briefly in hot water and drained
- 1 cup almonds or macadamias

Process in food processor until fine. Press onto baking paper in an 8" by 12" tray. Place in freezer while preparing the mint filling.

Mint filling

- 1 cup cashews
- ¼ cup maple syrup
- ¼ cup coconut cream (Ayam brand, 100% coconut, or just the cream from an unshaken tin)

peppermint oil to taste – (strength varies according to brand)
Blend the cashews in a dry blender until powdery (don't omit this step)

Add rest of ingredients and blend well. (May need to add a tiny amount of water to obtain a super smooth consistency, but if so, keep to minimum.)

Spread mint filling over base and place in freezer while preparing the carob topping.

Carob/cacao topping

- ½ cup cashews (soaked 15 minutes)
- ½ cup coconut oil
- 2 Tbsp maple syrup
- ½ cup carob powder (or ¼ cup carob powder, ¼ cup cacao powder)

Place all ingredients in blender. Blend until super smooth. Spread over mint filling and place back in freezer. Cut when firm. Store in freezer.



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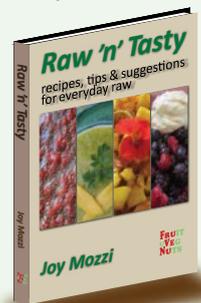
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GERSON THERAPY

How it all began

By Jo Thompson, RN, BN, Health Practitioner

Many great inventions, cures and remedies began by accident, and Gerson Therapy has a similar story.

In young adulthood, Max Gerson suffered severe migraines; he could be laid flat for days at a time. He tried many different remedies, but to no avail. During his research he came across an article about nutrition and its impact on the body. Thus began his journey from nutrition to cure.

He tried omitting different foods from his diet, and struck a winner when he removed yoghurt. Instantly his headaches were relieved, never to return. I often use this finding in my practice with great results for sufferers of headache and migraines.

Max Gerson treated his clients with the same prescription, and the results were outstanding. Several years later a woman presented to his clinic with skin tuberculosis (TB). She asked Dr Gerson if he could cure her, to which he replied that he had never treated anyone with skin TB. He reluctantly worked with this lady by changing her diet quite radically and obtained brilliant results – she was cured.

Max Gerson went on to cure many people of skin TB, then lung TB, using his developing nutritional therapies. Over the years he researched and consulted with Ferdinand Sauerbruch, MD, to finally develop the successful therapy we know today.

Soon the word had spread and people came from near and far. One day a lady approached him and asked if he would cure her of cancer. He knew this to be extremely difficult, if not impossible. Through trial and error with many clients, he perfected the Gerson Therapy as we know it today, and went on to cure people of cancer, diabetes, heart disease and kidney failure.

His book, *A Cancer Therapy, Results of Fifty Cases and The Cure of Advanced Cancer by Diet Therapy*, was published in 1958, based on 30 years of clinical experimentation. A lifetime of dedication and research culminated in his absolutely amazing, brilliant and effective nutritional therapy for diseases that we have today.

Much has been modified by his daughter, Charlotte Gerson, who is now 94 years of age. After his death in the 1970s, she

took over her father's work and made it possible for us all to access his therapy. Many modifications have been made to the therapy due to the environment we live in today. Increased chemicals, toxins, stresses, processed foods and more mean that our population is more diseased, and we are less able to heal effectively.

Whereas the client was originally on Gerson Therapy for 18 months to two years, now we advise two to two-and-a-half years minimum. The modifications include the increased use of different supplements. For example, selenium has been added. This is a mineral depleted in our soils, and hence our food, and is an essential antioxidant in eradicating cancer. Supplements are added to help the body to eliminate chemicals and toxins, boost the function of the immune system, destroy disease and heal itself.

Max Gerson moved from Nazi Germany and the danger of persecution to the United States to continue his work. Unfortunately, the medical establishment in New York questioned his work and its effectiveness relentlessly, making it difficult for his nutritional therapy to become mainstream practice. The medical board spent years trying to shut him down. As a result, the Gerson Institute was established in Mexico and now works to continue his legacy and vision.

I am fortunate to have stumbled across this therapy, as I use it for my own health issues and healing. I found the therapy to be rigid, structured without any room to deviate and, of course, totally effective.

It is time-consuming and laborious and most people find it difficult to stay with the program – this is the only problem I see.

We humans want to change aspects of the therapy, skip the parts we don't like or get too lazy to stay with it, and thus give in and say it doesn't work. Yet I have seen people's health radically change in a matter of days. People who could hardly walk or were in excruciating pain and been given days to live have arrived at our clinic or followed a home-stay program. Their health has turned around and they have walked out of here pain-free, energised, hopeful, alive and with a brighter future.

Before you read the Gerson Protocol and go 'Oh my gosh! 13 juices a day, 5 coffee enemas, frequent meals and supplements', know that this therapy can work. It can get results and improve health like no other I've seen.

After a full and comprehensive assessment with me, you and I work out a program that complements your health issue and lifestyle. We might start with four juices and one enema a day. Always remember that the intake of the meals is the most important part of the therapy. Making sure you receive nutrition through your food is the essential component.

If you need assistance, guidance or information on the amazing Dr Max Gerson Therapy, please contact me – email jothompson@bigpond.com or phone 02 4384 1501 or 0404 280 446. Or find us on Facebook Bn2 Health



ALPHABETICAL INDEX OF TOPICS

True Natural Health, Spring 2014 to Winter 2016

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
ADHD AND ADD	Causes; allergies; diet; natural treatment	2015	Spring	28-31
ALCAT FOOD SENSITIVITY TEST (YQA)	For sensitivities & intolerances not allergies	2015	Winter	10-11
ALKALINE MINERALS AND ANTIOXIDANTS	MND/ALS: prevention and recovery	14/15	Summer	36-37
ALLERGIES, SPRING	Hopewood guidance	2014	Spring	14
ALUMINIUM IN VACCINES	Govt action urgently needed to clean up	15/16	Summer	2-3
ALZHEIMER'S DISEASE	Smoking a major factor	14/15	Summer	32
AMYOTROPHIC LATERAL SCLEROSIS (ALS)	See Motor Neuron Disease	14/15	Summer	34-38
ANTACID DRUGS AND HEART PROBLEMS	Can be dangerous if used long-term (YQA)	14/15	Summer	10-11
ANTIBIOTICS, ALTERNATIVES TO	Five safer germ killers or inhibitors	2016	Autumn	38
ANTIBODIES IN OUR BLOOD STREAM	Innate and acquired immunity	2016	Autumn	4
ANTIOXIDANT, SUPREME - ASTAXANTHIN	Strongest antioxidant; natural vs synthetic	2014	Spring	2-3
ANTIOXIDANTS	Defences; sources/types/supplements (YQA)	2015	Winter	8-10
ANXIETY, THE END OF	Breathing; exercise; meditation; hypnosis	2015	Spring	20
ARTERY FUNCTION - PLANT-BASED DIET	Can reduce angina attacks by 90% (Ornish)	2016	Winter	27
ASTAXANTHIN, SUPREME ANTIOXIDANT	Strongest antioxidant; natural vs synthetic	2014	Spring	2-3
ASYMMETRY DEFORMITY, Part 1	And corrective exercise; Shelton	2016	Winter	30-31
ATHLETE'S FOOT	Causes; prevention; natural treatments (YQA)	2015	Autumn	8-9
ATRIAL FIBRILLATION	Causes; treatment; risk factors; case story	2015	Winter	36-38
AUTISM CAUSES IDENTIFIED	Research finds many causes	14/15	Summer	32
BACK PAIN due to PELVIC TILT/ROTATION	Many causes; assessing; therapies	2016	Autumn	34-35
BAOBAB POWDER, NEW SUPERFOOD	Highly nutritious; no negatives	2015	Spring	18
BATES METHOD	A natural approach to vision improvement	2014	Spring	30-31
BE WELL, ENJOY LIFE MORE	Most modern diseases are avoidable	2016	Autumn	4-5
BLACK MICA SOLUTION (BMS)	Purified mineral water for detoxing	2015	Autumn	19
BODY (YOUR) TALKS TO YOU	Mind-body messages and manifestations	15/16	Summer	29
BODY BURDEN, THE	Toxaemia; Natural Health/Hygiene	2016	Autumn	24-25
BRAIN CHEMISTRY	We have power to change it; anxiety	2015	Spring	20
BRAIN, BETTER VIA EXERCISE	Slows brain ageing; may improve brain function	14/15	Summer	16
BREATHING TO SUCCESS	Correct breathing; anti-stress; meditation	14/15	Summer	18
CANCER	'The Seven Stages of Disease'	2015	Autumn	5
CANCER, BRAIN	Vegan diet could reverse	2016	Winter	39
CANCER - GERSON APPROACH	Only 5% of cases due to genetics	2016	Winter	10
CANCER - JUICING THE GERSON WAY	Nutritional deficiencies cause disease	14/15	Summer	25
CANCER, RECTAL	Brief case story of recovery via Gerson	2015	Autumn	24
CAROB COMPARED TO COCOA AND CACAO	Nutrients; raw; sugar-free crispbread (YQA)	2014	Spring	6-7
CAROB, AUSTRALIAN ORGANIC	Healthy alternative to chocolate	2015	Spring	19
CAROTENOIDS - ASTAXANTHIN IS KING	Strongest antioxidant; natural vs synthetic	2014	Spring	2-3
CASE STORIES	Multiple sclerosis: no cure, but self-healing	2014	Spring	39-40
CASE STORIES	Partial recoveries from MND/ALS	14/15	Summer	38
CASE STORY - recovery from multi issues	Caused by bad diet/lifestyle/pharm. drugs	2015	Autumn	2-3
CASE STORY AND PERSONAL HISTORY	Greg Fitzgerald, Osteopath & Naturopath	2014	Spring	16
CASE STORY	NHS Member, Claire Penley; diabetes & glaucoma	2015	Spring	5
CASE STORY	Rheum. arth./diabetes/high BP/obesity	15/16	Summer	4 & 6
CASE STORY	The how and why of Gerson Therapy	2015	Winter	29
CASE STORY, BRIEF	Recovery from rectal cancer via Gerson	2015	Autumn	24
CAT NUTRITION	How to transition from dry to raw food	2016	Winter	26
CATS - NUTRITION [Also see DOGS & CATS]	Benefits of getting cats off dry and onto raw	2016	Autumn	29-30
CHEESE (FFFG: Protein-Rich Foods)	Types; nutrients; how to make cottage ch.	2015	Autumn	38
CHILDREN - EMPOWERING LANGUAGE	Words and language have lasting effect	2016	Winter	16
CHILDREN, HAPPY AND HEALTHY	School success = happy student; kinesiology	2016	Autumn	31
CHRONIC FATIGUE (CFS/ME)	History; symptoms; treatment; back2basics!	15/16	Summer	25,26,28
CLINTON, BILL - HEART DISEASE	2 operations; eventual plant-based success	15/16	Summer	6
COCONUT BUTTER	Your Say: not the same as coconut oil/fat	2015	Autumn	40
COCONUT FAT/OIL - WONDERS OF	For metabolism/heart/diabetes/inflamm./more	14/15	Summer	6
COENZYME Q10 & active form, UBIQUINOL	Powerful antiox.; cellular energy; anti-ageing	2014	Spring	35
COLD SORE REMEDY	Your Say: lysine	2015	Spring	25
COLD SORES	Causes; natural treatments (YQA)	2015	Winter	8
COLDS AND FLU	Dangers of 'soldier on' approach	2015	Spring	14,15,17
COLDS AND FLU - emergency elimination	Body removes toxins/restores health	2016	Autumn	4-5
COMMUNITY, THE LONGING FOR	What an ecovillage offers; 'Narara' NSW	2014	Spring	12-13
CONCEPTION, NATURAL - HELP FOR	Diet/lifestyle; obstacles; fertility herbs; charting	2014	Spring	26-28
CONSTIPATION, IBS AND THE ELEPHANT!	Recovery; doctors generally don't ask about diet!	2014	Spring	17
COOKING FOOD	Kills enzymes; enlarges glands; kills people	15/16	Summer	17-18
CRANIOSACRAL THERAPY (gentle, light-touch)	For physical and emotional trauma; documented	14/15	Summer	24
CURCUMIN - ANTI-INFLAMMATORY ACTION	Scientific trials; bioavailability	14/15	Summer	28
'DEADLY MEDICINES & ORGANISED CRIME'	Prof. Gotzsche's revelations/recommendations	2015	Winter	2-3
DEATH OF HEALTH, THE - multiple issues	Caused by bad diet/lifestyle/pharm. drugs	2015	Autumn	2-3
DEMENTIA, B-VITAMINS COMBAT	Research: brain atrophy reduced by 40%	2016	Winter	40
DETOX - HEAD OFF THE NEED	Five major components of healthy lifestyle	2016	Autumn	5
DIABETES AND GLAUCOMA NO LONGER	NHS member Claire Penley's success story	2015	Spring	5
DIABETES TYPE 2 & MOBILE PH. TOWERS	Research; other frequencies; protection	2016	Autumn	18-19
DIET, TAKING THE 'DIE' OUT	3rd Int'l Plant-Based Nutrition H/C Conf.	15/16	Summer	4
DIVERTICULAR DISEASE & DIVERTICULITIS	Signs; causes; prevention; treatment	2016	Autumn	36-37
DOGS AND CATS - NUTRITION	Benefits of feeding pets raw meat & bones	15/16	Summer	34
DRUG ADVERTISING TO CONSUMERS	American Medical Assn calls for ban	2016	Winter	32
DRUG COMPANY REPRESENTATIVES	Aust. campaign for rep-free med. clinics	14/15	Summer	33

ALPHABETICAL INDEX OF TOPICS – SPRING 2014 TO WINTER 2016

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
DRUGS & drug companies (pharmaceutical)	Fraud/lies/secretcy/injuries/deaths	MOST	MOST	
DRUGS FOR ANXIETY AND SLEEP	Linked to dementia	14/15	Summer	32
DRUGS, PHARMACEUTICAL – 1998 STATS	100,000+ Americans killed by prescriptions	2015	Autumn	3
DRUGS, PRESCRIPTION	More dangerous or deadly than hard drugs	2014	Spring	34
DUMBEST THINGS DOCTORS & OTHERS SAY	Gobsnackers from some 'professionals'	2016	Winter	24–25
DUST MITES	How to manage; asthma trigger (YQA)	2015	Spring	10
EBOLA – IS AIR TRAVEL SAFE?	Slightly safer; in-flight air is cleaner (YQA)	14/15	Summer	8
ECOVILLAGE, 'NARARA' NSW	What an ecovillage offers; longing for community	2014	Spring	12–13
ECZEMA – treating with natural remedies	Appearance; causes; treatment; case story	14/15	Summer	26–28
EGGS	'Food for Feeling Great': Protein-Rich Foods	2015	Autumn	39
EGGS, HOW MANY SAFE?	Mercola & NHS recommend'ns; free range	2016	Winter	40
ELECTROMAGNETIC RADIATION	Cancer connection; EMF meters	2015	Autumn	14–15
ELECTROMAGNETIC RADIATION	Innerspring mattress can amplify (YQA)	2015	Spring	12
EMOTIONAL FREEDOM TECHNIQUES	Rewiring brain for weight loss; science behind	2014	Spring	32–34
EMOTIONAL HEALTH AND INNER PEACE	'Fair Dinkum Honesty'	2016	Autumn	32–33
EMOTIONAL WELLBEING [Also see STRESS]	'Honouring Your Authentic Self'	2015	Winter	6
EMOTIONAL WELLBEING	'I'll be happy when' delusion	2014	Spring	4
EMOTIONAL WELLBEING	'Relationship Rescue'	2015	Winter	28
EMOTIONAL WELLBEING	Are you a worrier or a warrior? Top tips	2016	Autumn	2
EMOTIONAL WELLBEING	First priority is you; boundaries; stress	2015	Autumn	6
EMOTIONAL WELLBEING	How to end anxiety	2015	Spring	20
EMOTIONAL WELLBEING	Mind↔body messages and manifestations	15/16	Summer	29
EMOTIONAL WELLBEING	Public speaking: stage fright – simple tips	2014	Spring	18
EMOTIONAL WELLBEING	Seven steps for managing change and stress	2016	Autumn	28 & 30
EMOTIONAL WELLBEING	Seven ways to boost confidence	15/16	Summer	13
EMOTIONAL WELLBEING	The importance of personal boundaries	14/15	Summer	14
EMOTIONAL WELLBEING – SUCCESS	Correct breathing; anti-stress; meditation	14/15	Summer	18
ENERVATION	'The Seven Stages of Disease'	2015	Autumn	4
ENZYME INHIBITORS	In seeds, cereals and nuts; soaking nuts	15/16	Summer	18
ENZYMES – MYSTIFYING 'NUTRIENTS'	Life/energy; in body & food; role in disease	15/16	Summer	16–18
ENZYMES IN FOOD	High in fruit & raw cultured dairy, low in veg	15/16	Summer	18
ENZYMES, DIGESTIVE	A nutritional necessity	2015	Spring	6
EPIGENETICS	Disease caused by genetics or lifestyle? Gerson	2016	Winter	10
EXERCISE – WHOLISTIC FITNESS	Guidelines for beneficial exercise; not overdoing	14/15	Summer	17
EXERCISE FOR A BETTER BRAIN	Slows brain ageing; may improve brain function	14/15	Summer	16
EXERCISE	Hopewood's favourites	2016	Winter	13
EXERCISE, CORRECTIVE, Part 1	For asymmetry and deformity; Shelton	2016	Winter	30–31
FATS AND OILS, CONCENTRATED (FFFG)	In-depth info/advice re plant & animal fats	2015	Spring	34–38
FERMENTED FOODS AND GUT HEALTH	Cultured veg; bowel health; reflexology	2015	Winter	14–15
FERTILITY – natural help for woman & man	Diet/lifestyle; obstacles; fertility herbs; charting	2014	Spring	26–28
FITNESS – WHOLISTIC	Guidelines for beneficial exercise; not overdoing	14/15	Summer	17
FITZGERALD, GREG – Osteopath & Naturopath	Personal life and health history	2014	Spring	16
FITZGERALD, GREG – Osteopath & Naturopath	What I've learned from my personal mistakes	14/15	Summer	20
FLESH FOODS (FFFG: Protein-Rich Foods)	4 different types analysed	2015	Autumn	39
FLU PREVENTION: A SECOND OPINION	Virus not <i>the</i> cause; flu shot marketing	2015	Winter	16–17
FLUORIDE IS A NEUROTOXIN	Report in 'The Lancet Neurology'	2016	Winter	33
FOOD FOR FEELING GREAT (FFFG)	Protein-Rich Foods (reproduced from 2012)	2015	Autumn	34–39
FOOD FOR FEELING GREAT	Concentrated Fats/Oils (reprod. from 12/13)	2015	Spring	34–38
FRACKING: ~1,000 CHEMICALS INVOLVED	Infertility/defects/metabolism/cancer	15/16	Summer	38
'FRACKMAN' – FILM REVIEW	Documentary about fracking in Australia	2015	Winter	30
FREE RADICALS	Antioxidants block and/or destroy (YQA)	2015	Winter	9
FRUCTOSE FROM FRUIT OKAY	Other types; other sweeteners (YQA)	2016	Autumn	12
FRUIT – NATURAL FOOD FOR HUMANS	And pre-humans for a million years (YQA)	2016	Autumn	13
FRUIT, FRESH – HOW MUCH?	Restrict only if blood sugar problems (YQA)	2016	Autumn	13
GARDASIL SAFETY FRAUD	American College of Pediatricians sounds alarm	2016	Winter	33
GARLIC – HOW MUCH?	Many benefits; 1-2/day; excess harmful (YQA)	14/15	Summer	10
GARLIC – HOW MUCH?	Many benefits; damage; aged garlic (YQA)	2016	Winter	6
GENETIC TESTING FOR TAILORED NUTR'N	Nutrigenomics for optimal health	15/16	Summer	19–20
GERSON – JUICING	Turn your life and health around; cancer	14/15	Summer	25
GERSON THERAPY DIETARY REGIME	Breakfast/lunch/dinner; preparation	2015	Autumn	24
GERSON THERAPY FOR DREADED DISEASES	Of modern society; therapy's 4 components	2016	Autumn	21
GERSON THERAPY for Nutritional Defic's	Signs; symptoms; simple self-testing	2014	Spring	20
GERSON THERAPY	4-week challenge; outstanding results	15/16	Summer	24
GERSON THERAPY	Is disease caused by genetics or lifestyle?	2016	Winter	10
GERSON THERAPY, TAKE REINS YOURSELF	Stress; self-tests; nutrition/gradual changes	2015	Spring	21
GERSON THERAPY, THE HOW AND WHY	Illustrated by a case study	2015	Winter	29
GINGER FOR HIGH BLOOD PRESSURE	And other conditions; precautions (YQA)	2014	Spring	6
GLAUCOMA AND DIABETES NO LONGER	NHS member Claire Penley's success story	2015	Spring	5
GLUCOSE A GOOD SWEETENER?	Glucose, fructose & other sweeteners (YQA)	2016	Autumn	12
GMO LABELLING	U.S. Senate blocks 'anti-consumer' bill	2016	Winter	33
GOOD HEALTH IS IN OUR OWN HANDS	Most diseases due to modern lifestyle	2016	Autumn	4–5
GOTZSCHE, PROF. PETER	'Deadly Medicines and Organised Crime'	2015	Winter	2–3
GRAINS – OUR 'LOVE-HATE' RELATIONSHIP	Linked to many immune-related diseases	14/15	Summer	21
GREGER, MICHAEL, MD	Protecting telomeres and artery function	2016	Winter	27
GUT BACTERIA, FRIENDLY	Protected by our own microbiome	2016	Autumn	4
GUT HEALTH AND FERMENTED FOODS	Cultured veg; bowel health; reflexology	2015	Winter	14–15
HAIR TISSUE MINERAL ANALYSIS	Identifies nutritional imbalances & toxicity	2015	Winter	20
HAPPINESS/UNHAPPINESS; CALM/STRESS	Born in the mind, not circumstantial	2014	Spring	4
HEALTH FUND, MAJOR U.S.	Urges plant-based diet! Int'l Healthcare Conf.	2016	Winter	2
HEALTH RETREATS IN AUSTRALIA	Info on 19 retreats across five states	2016	Autumn	6–10
HEALTH STORE REVIEW	About Life, Sydney	14/15	Summer	40
HEART PROBLEMS AND ANTACID DRUGS	Can be dangerous if used long-term (YQA)	14/15	Summer	10–11
HEELS, CRACKED	Natural and professional treatments (YQA)	2015	Autumn	9–10
HERBS FOR EVERY REASON	Part 7: Yarrow – many uses	2014	Spring	29

ALPHABETICAL INDEX OF TOPICS – SPRING 2014 TO WINTER 2016

TOPIC	DETAILS/SECTION/ARTICLE	YEAR/S	ISSUE	PAGE/S
HERBS FOR EVERY REASON	Part 8: Watercress – growing/benefits	14/15	Summer	29
HERBS FOR EVERY REASON	Part 9: Boost your immune system	2015	Autumn	25
HIGH BLOOD PRESSURE	Ginger can help reduce; precautions (YQA)	2014	Spring	6
HIGH BLOOD PRESSURE	What it is; causes; natural therapies; diet/lifestyle	2015	Autumn	26–28
HONESTY	For emotional health and inner peace	2016	Autumn	32–33
HOPEWOOD HEALTH RETREAT CLOSÉS	The sad end of a Natural Health era	2015	Spring	1 & 2
HOPEWOOD HEALTH RETREAT, NSW	NH guidance &/or recipes &/or exercises	ALL	ALL	
HOPEWOOD, THE NEW EXPERIENCE	New website; Hopewood @ Home Recipe Book	2015	Spring	4
HORMONE DISRUPTING CHEMICALS	Dangers; range of illnesses; very bad for boys	14/15	Summer	32
HYPOGLYCAEMIA	Causes; symptoms; prevention; treatment	2016	Winter	34–35
ICHTHYOSIS VULGARIS	Link to eczema and asthma	14/15	Summer	27
IMMUNITY – INNATE AND ACQUIRED	Antibodies in our blood stream protect	2016	Autumn	4
INDEX, TRUE NATURAL HEALTH MAGAZINE	Spring 2012 to Winter 2014	2014	Spring	21–24
INDURATION	'The Seven Stages of Disease'	2015	Autumn	4–5
INFLAMMATION	'The Seven Stages of Disease'	2015	Autumn	4
INFRARED SAUNAS FOR DETOXING	Safety? Benefits? Far & near types (YQA)	2015	Autumn	8
INTELLIGENCE VS GOOD THINKING, Part 1	Intelligent people can hold invalid views	2015	Spring	16–17
INTELLIGENCE VS GOOD THINKING, Part 2	Ways to improve; Nature's intelligence	15/16	Summer	32–33
INTRINSIC FACTOR FOR VITAMIN B12	Deficiency; absorption; vegan/veget'n diets (YQA)	2014	Spring	8–9
IRRITABLE BOWEL AND CONSTIPATION	Recovery; doctors generally don't ask about diet!	2014	Spring	17
IRRITATION	'The Seven Stages of Disease'	2015	Autumn	4
JUICING to turn your life & health around	Nutritional deficiencies cause disease; Gerson	14/15	Summer	25
JUICING VS SMOOTHIES	Diff. roles/benefits; both beneficial (YQA)	15/16	Summer	8
KELP	New owner of Sea Health Products	2015	Spring	19
KINDRED ORGANISATIONS	List of vegetarian and vegan organisations	ALL	ALL	
KINESIOLOGY FOR CHILDREN	To support happiness and success at school	2016	Autumn	31
LANGUAGE, EMPOWERING, and children	Words and language have lasting effect	2016	Winter	16
LAUGHTER IS THE BEST MEDICINE	Insults with wit and class	2016	Winter	38
LED LIGHTS OK?	Sleep; hormones; toxicity; clean-up (YQA)	2015	Spring	8–9
LEGUMES (FFFG: Protein-Rich Foods)	16 types or derivatives analysed	2015	Autumn	34–35
LIFE COACHING	Seven keys to finding a perfect coach	2016	Winter	20–21
LIVER PROTECTION AND SUPPORT	MND/ALS prevention/recovery	14/15	Summer	37
LOU GEHRIG'S DISEASE	See Motor Neuron Disease	14/15	Summer	34–38
MALABSORPTION DISORDERS	Causes & triggers; types; natural therapies	2015	Spring	32–33
MAMMOGRAPHY	No better than physical exam	2014	Spring	19
MASSAGE FOR CANCER	What is it and how is it different?	2015	Autumn	16, 18
MATTRESS, BEST KIND?	7 types compared; springs and EMR (YQA)	2015	Spring	10 & 12
MEAL PLAN FOR WINTER	7-day menu and recipes	2015	Winter	22,23,35
MEAT ETC./FLESH FOODS (FFFG: Protein)	4 different types analysed	2015	Autumn	39
MEMORY – IMPROVING	Diet/supplements/herbs; impairment (YQA)	14/15	Summer	9–10
MERCURY IN FISH	Large predators worst; plant diet best (YQA)	2016	Winter	7–8
METABOLISM/ANABOLISM/CATABOLISM	Snacking is a health hazard	2016	Winter	18–19
MICROBIOME/PROBIOTICS, OUR OWN	Promote health/protect from disease	2016	Autumn	4
MINERALS – COLLOIDAL OR CHELATED?	Thorough comparison and conclusion (YQA)	2014	Spring	7–8
MINERALS	Seriously out of balance in MND/ALS	14/15	Summer	34–35
MISCARRIAGE (related to folate)	MTHFR test (part of ALCAT test)	2015	Winter	11
MOBILE PHONE TOWERS & TYPE 2 DIABETES	Research; other frequencies; protection	2016	Autumn	18–19
MOTOR NEURON DISEASE (MND)	Causes; prevention; partial recoveries	14/15	Summer	34–38
MULTIPLE SCLEROSIS: No Cure/Self-Healing	Causes; prevention; self-healing success stories	2014	Spring	36–40
NAPPING AND SIESTAS	Daytime rest/sleep normal, sometimes nec.	2015	Spring	15 & 17
NATURAL HEALTH OVERVIEW	'Be Well, Enjoy Life More'; NH philos./principles	2016	Autumn	4–5
NATURAL HEALTH/NATURAL HYGIENE	Will never become mainstream; your choices	2016	Autumn	25
NATURAL HEALTH/NATURAL HYGIENE	Philosophy on responses of life/nature/body	2016	Autumn	24–25
NECK DISORDERS AND TREATMENT	Causes/contributors/triggers; treatment	2016	Winter	28–29
NEOLIFE NUTRITIONAL SUPPLEMENTS	Why they are promoted by NHSA	2016	Winter	11
NEUROLOGICAL DISORDERS inc. PSP	Recovery is possible; info and guidance	2016	Winter	36–37
NEWS ITEMS COMPILED BY NHSA	Bites/Snippets (Good & Not So); Products	ALL	ALL	
NEWS items from other orgs & publications	Mercola &/or Natural News &/or WDDTY	MOST	MOST	
NHSA NOTICES/BOOKS/PRODUCTS	Society notices & news/Reviews/Shop	ALL	ALL	
NIGHT SWEATS	Causes/overcoming; worst case hypogl. (YQA)	2016	Autumn	14–15
NUTRIGENOMICS FOR OPTIMAL HEALTH	Genetic testing for tailored natural nutrition	15/16	Summer	19–20
NUTRITIONAL DEFIC'S CAUSE DISEASE	Juicing to turn life & health around; Gerson	14/15	Summer	25
NUTRITIONAL DEFIC'S CAUSE DISEASE	Signs/symptoms/self-testing; Gerson Therapy	2014	Spring	20
NUTS (FFFG: Protein-Rich Foods)	10 different nuts analysed	2015	Autumn	35–37
OBITUARIES	Bonnie Hawkins; Alec Burton	2016	Winter	19
OBITUARY	Long-time NHS member Peggy Laing dies at 97	15/16	Summer	18
ONCOLOGY MESSAGE	What is it and how is it different?	2015	Autumn	16, 18
ORAL HEALTH AFFECTS THE WHOLE BODY	Infection; diabetes; heart; pregnancy; more	2015	Winter	26–27
OXIDATIVE DAMAGE	Motor Neuron Disease (ALS)	14/15	Summer	35–36
PAIN: FOE OR FRIEND?	Messages from body; forced rest	2015	Winter	18
PAINKILLERS & STIMULANTS, USE OF	Rise correlates with 'soldier on' mentality	2015	Spring	14,15,17
PAINKILLERS	Ignoring body's message; drug toxicity	2015	Winter	18
PANCREAS, THE	Functions; diseases: p'itis/diabetes/cancer	2015	Autumn	30–31
PEAS – 'GIVE PEAS A CHANCE'	Protein/minerals/phytoestrogens/arginine	2016	Autumn	26–27
PELVIC TILT/ROTATION – BACK PAIN	Many causes; assessing; therapies	2016	Autumn	34–35
PET FOOD, PROCESSED = DISEASE	Research reveals damaging compounds	2016	Autumn	30
PLANTAR FASCIITIS	Causes; prevention; treatment (YQA)	2015	Spring	9–10
PLANT-BASED DIET	Urged by major U.S. health fund!	2016	Winter	2
PLANT-BASED DIET PROTECTS	Telomeres & artery function (Ornish/Greger)	2016	Winter	27
PLANT-BASED NUTRITION AND CANCER	Int'l Healthcare Conf.; Dr Dean Ornish	2016	Autumn	20
Plant-Based Nutrition: Int'l Healthcare Conf.	Brilliant results from Dr Ornish's research	2016	Autumn	20
Plant-Based Nutrition: Int'l Healthcare Conf.	Taking 'die' out of diet; cardiovascular dis.	15/16	Summer	4
PROBIOTICS, OUR OWN	Promote health/protect from disease	2016	Autumn	4
PROGRESSIVE SUPRANUCLEAR PALSY (PSP)	Recovery possible for neurological disorders	2016	Winter	36–37

ALPHABETICAL INDEX OF TOPICS – SPRING 2014 TO WINTER 2016

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PRO-OXIDANTS CAUSE OXIDATION	Astaxanthin never becomes a pro-oxidant	2014	Spring	3
PROSTATE CANCER SCREENING	Doctor stops rectal exams; blood test better	15/16	Summer	14–15
PROTEIN COMBINING MYTH	'Complementary proteins' in meal not nec.	2016	Winter	27
PROTEIN-RICH FOODS (FFFG)	'Food For Feeling Great' (reprod. from 2012)	2015	Autumn	34–39
PROTEINS, UNDIGESTED, IN VACCINES	Govt action urgently needed to clean up	15/16	Summer	2–3
PROTON PUMP INHIBITORS (ANTACID)	Can be dangerous if used long-term (YQA)	14/15	Summer	10–11
RADIATION IN THE HOME	Should be investigated in cancer cases	2015	Autumn	14–15
RECIPES – AUTUMN	From Katinka Day, the Thoughtful Eater	2015	Autumn	22–23
RECIPES FOR AUTUMN 2016 NHS SEMINAR	From CBs Café, Penrith	2016	Winter	22–23
RECIPES – HOLIDAY SEASON	From Katinka Day, the Thoughtful Eater	14/15	Summer	22–23
RECIPES – SUMMER	From Naturopath, Robyn Chuter	15/16	Summer	22–23
RECIPES – VEGAN	A selection by Health Practitioner, Marilyn Bodnar	2014	Spring	25
RECIPES – WINTER	Natural Health meal plan and recipes	2015	Winter	22,23,35
RECIPES FROM HOPEWOOD	From Hopewood's lifestyle and recipe book	2016	Autumn	22–23
RECIPES WITH CAROB POWDER	Courtesy of the Australian Carob Company	2015	Spring	22–23
RELATIONSHIP RESCUE	A page of point-by-point recommendations	2015	Winter	28
REPETITIVE STRAIN INJURY (RSI)	Types; symptoms; corrections; therapies	2015	Winter	32–33
RITALIN OVERUSE FOR ADHD	Violence & suicide; dangerous easy way out	2015	Spring	31
RUNNING RAW AT 60-PLUS	Latest adventures of raw vegan couple	15/16	Summer	27–28
SALT, HIMALAYAN BLACK	Different types, tastes and benefits (YQA)	15/16	Summer	9–10
'SCIENTIFIC' LITERATURE FALSE	'Lancet' says half is unreliable or fabricated	2016	Winter	33
SEEDS (FFFG: Protein-Rich Foods)	6 different types analysed	2015	Autumn	37–38
SELF-HEALING MIRACLE, THE BODY	'The Seven Stages of Disease'	2015	Autumn	5
SEVEN STAGES OF DISEASE, THE	Understanding and breaking disease cycle	2015	Autumn	4–5
SITTING FOR LONG PERIODS – health risk	Solution: walking for 2 minutes each hour	15/16	Summer	33
SKINCARE OIL: light, soothing, non-greasy	New WomanOil8 and ManOil8	2016	Winter	14–15
SLEEP VS RESTING	Deep sleep for full body-mind restor'n (YQA)	2016	Autumn	13–14
SMOKING AND ALZHEIMER'S	A major factor	14/15	Summer	32
SMOOTHIES VS JUICING	Diff. roles/benefits; both beneficial (YQA)	15/16	Summer	8
SNACKING IS A HEALTH HAZARD	Understanding meta/ana/catabolism	2016	Winter	18–19
SOAKING NUTS	Neutralises enzyme inhibitors, aids digest'n	15/16	Summer	18
'SOLDIER ON' DANGERS	Don't ignore or suppress your body's signals	2015	Spring	14,15,17
SOYA BEANS AND DERIVATIVES (FFFG)	Whole beans and 9 derivatives analysed	2015	Autumn	34–35
SPLIT NAILS REMEDY	Your Say: magnesium oil and coconut oil	14/15	Summer	35
STATIN DRUGS – MISLEADING FINDINGS	Linked to conflict of interest	2016	Autumn	39
STATINS – DRUGS FOR THE SUPERSTITIOUS	Research flawed, say other drs & scientists	2016	Winter	4
STRESS – THE FINAL FRONTIER	Types of stress; physiology; controlling	15/16	Summer	30–31
STRESS FROM CHANGE	Seven steps for managing	2016	Autumn	28 & 30
STRESS FROM WORRY AND BURNOUT	How to manage; prioritise your wellbeing	2015	Autumn	6
SUGARS: GLUCOSE/FRUCTOSE/SUCROSE	From okay to bad (YQA)	2016	Autumn	12
SUNBURN PROTECTION MADE EASY	www.facebook.com/Solabrella/	2015	Autumn	39
SUNLIGHTEN SAUNAS (INFRARED)	Safe and effective for detoxing (YQA)	2015	Autumn	8
SUPRAVENTRICULAR TACHYCARDIA	Different types; causes (YQA)	2015	Winter	10
TEARS, THE MYSTERY OF	Different types; gender differences	2015	Winter	4
TELOMERE LENGTH	Can be determined by ALCAT test (YQA)	2015	Winter	11
TELOMERES, HOW TO PROTECT WITH DIET	News from Michael Greger, MD	2016	Winter	27
TEMPOROMANDIBULAR JOINT DISORDERS	Causes; home and clinical treatments (YQA)	2016	Winter	8–9
TINNITUS – How to End That Ringing	Causes; treatment; sound therapy; avoiding	2015	Spring	26–27
TOMATO SEEDS MAKE SOME PEOPLE SICK	No obvious reason; possible causes (YQA)	15/16	Summer	10
TOXAEMIA	'The Seven Stages of Disease'	2015	Autumn	4
TOXAEMIA – THE REAL CAUSE OF DISEASE	Natural Health/Hygiene and your choices	2016	Autumn	24
UBIQUINOL, ACTIVE FORM OF COQ10	Powerful antiox.; cellular energy; anti-ageing	2014	Spring	35
ULCERATION	'The Seven Stages of Disease'	2015	Autumn	4
VACCINATION, FLU: more harm than good?	Natural infection/immunity better than vaccine	2014	Spring	31
VACCINE FOR FLU VS NATURAL PREVENTION	Virus not the cause; flu shot marketing	2015	Winter	16–17
VACCINATION FOR WHOOPING COUGH	Vaccinated people can still get the disease	15/16	Summer	37
VACCINE INDUCED ALLERGIES	Govt action urgently needed to clean up	15/16	Summer	2–3
VACCINES AND ALUMINIUM ADJUVANT	New scientific research; govt action needed	2015	Winter	31
VACCINES – ALUMINIUM CONTENT	Poses very significant health risk	2016	Winter	40
VACCINES: TOXIC ADDITIVES inc. aluminium	Govt action urgently needed to clean up	15/16	Summer	2–3
VEGAN RAW FOOD MARATHON COUPLE	Latest adventures of 60+ Janette & Alan	15/16	Summer	27–28
VEGAN, DR KIM ALLAN WILLIAMS	1st African American Pres., College of Card.	15/16	Summer	4
VERTIGO IS A SYMPTOM	Of many conditions; treatment (YQA)	2016	Winter	6–7
VINEGAR, RED GRAPE AND OTHERS	Types and differences (YQA)	15/16	Summer	8–9
VISION IMPROVEMENT	The Bates Method – a natural approach	2014	Spring	30–31
VITAMIN B12 AND INTRINSIC FACTOR	Deficiency; absorption; vegan/veget'n diets (YQA)	2014	Spring	8–9
VITAMIN B12 IN PLANT FOODS?	Probably inactive analog; supplements (YQA)	15/16	Summer	10
VITAMIN B12	Almost certainly none in wheatgrass	2014	Spring	4
VITAMIN D	Almost certainly none in wheatgrass	2014	Spring	4
VITAMIN D	Deficiency in MND/ALS patients	14/15	Summer	35
VITAMIN K AND VITAMIN D	Relationship between; health implications	14/15	Summer	30
VITAMINS K1, K2 & K3, overlooked 'team'	Functions; quantity; deficiency; sources	14/15	Summer	30–31
WATER – MYTH OF EIGHT GLASSES A DAY	Scientific studies find no evidence of benefits	14/15	Summer	2
WATER, PURIFIED FOR DETOXING	Make your own with Black Mica Solution	2015	Autumn	19
WATER/HYDRATION/DEHYDRATION	Hopewood tips for water and specific foods	14/15	Summer	4
WEIGHT LOSS, PERMANENT	How to rewire your brain with EFT/Tapping	2014	Spring	32–34
WHEATGRASS CLARIFICATION	No vitamin D or B12; low in amino acids	2014	Spring	4
WHOOPING COUGH – IN PERSPECTIVE	Symptoms; transmission; prev'n; treatment	15/16	Summer	36–37
WHOOPING COUGH	Protection for babies; whole family experience	15/16	Summer	37
WI-FI POINTS IN PUBLIC PLACES	Health risks; some European decisions (YQA)	14/15	Summer	8–9
WORMS, DRUG-FREE TREATMENT	Prevention; natural eradication (YQA)	15/16	Summer	11
WORRY AND STRESS	Are you a worrier or a warrior? Top tips	2016	Autumn	2
YOUR QUESTIONS ANSWERED (YQA)	Roger French, Editor and Health Director	ALL	ALL	
YOUR SAY	Readers' comments, tips and successes	SOME	SOME	

“Nature’s Perfect Calcium”

Nadine Ominski
www.nadinelee.com.au



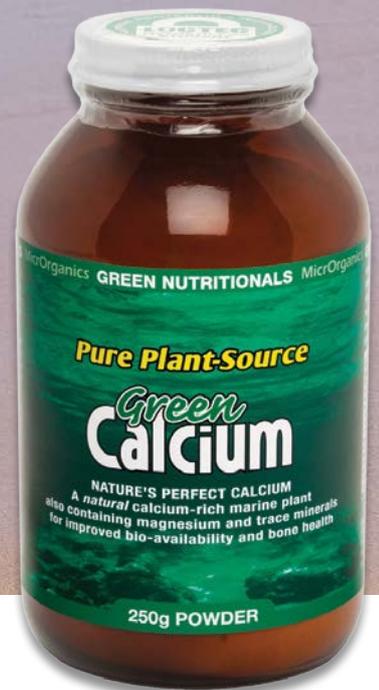
Pure Plant-Source

**Green
Calcium**

What is GreenCALCIUM?

A unique wholefood source of calcium, GreenCALCIUM is an organic marine plant that is naturally rich in calcium, magnesium and 72 other trace minerals important for maximum calcium absorption and bone health.

GreenCALCIUM contains 34% pure calcium (1 level teaspoon delivers 950mg of elemental calcium) and has a unique porous structure with a large surface area for greater absorption and utilisation of the calcium in the body.



Unique benefits of GreenCALCIUM

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A REGULAR COLUMN

Knowing This Can

By Greg Fitzgerald, Osteopath and Naturopath

The health and fitness industries are BIG business. They are trillion-dollar industries worldwide. From drug companies to supplement manufacturers, from doctors to natural therapists, from weight-loss promises to energy formulas, from meal replacements, super-foods, gyms, hospitals, diet books, cooking books, Dr Oz and other media entertainment, personal trainers and exercise programs to State and Federal health departments and all in between, health and fitness are stratospheric money-spinners.

Nothing wrong with that per se, but where there is money, there is the very real potential for profit to become more important than people.

The more money there is to be made, the more likely that truth becomes a casualty.

When it comes to H and F (health and fitness), being gullible can cost you your health and even your life. This was brought home two months ago in the *British Medical Journal* when it stated that modern medicine is the third leading cause of death in the USA, after cardiovascular disease and cancer.

Even when money is not tainting the process, ignorance often will. Three brief examples from my clinic illustrate this:

One lady brought in her 19-year-old daughter who had been experiencing bad headaches for some time. The 'screenager' had been to a number of doctors and had finally, in desperation, consulted a neurologist. All investigations had shown nothing sinister, so the good doctor declared that her headaches were the result of the young lady having a long neck! I nearly fell off my chair when told this. There was not one question on the 'screenager's' lifestyle or nutritional habits. No question on how much time she spends squinting at a screen. Blaming a long neck is drawing a long bow!

The second case was a 35-year-old lady consulting me for her severe constipation. All her life she had averaged two bowel

movements a month, but now she had gone 30 days without a movement. She had been hospitalised and given pre-op medications to 'force' her bowels to move. The kicker here was that her doctor had never asked her what she ate – ever! After three days of changing her diet, her bowels moved daily.

The third case was a young lady who had visited a chiropractor for low-back pain. After having imaging which was unnecessary, but which showed moderate disc bulging, the woman was told she would need ongoing chiropractic care monthly for the rest of her life! Upon seeing me, I advised against this course of treatment. I then received an angry call from the chiropractor who demanded to see me personally. When we met at my clinic, he was upset and confused. Upset that I would take his patient (I didn't), and confused because I should know as a chiro myself that cars need regular maintenance so why would I discourage regular back maintenance. I politely drew his attention to the fact that *cars cannot heal themselves*, but bodies can and do, including healing bones, muscles and discs. Because he had never been taught that and had never thought of that before, he had therefore never taught this to his patients. He quickly softened and appreciated the fine nuance of truth that I had shared with him. He then asked if he and his wife could talk with Dawn and me about incorporating such wisdom into the raising of their young children.

Too often people part with their hard-earned money before they part with their health and their lives. It is tragic, but true. Although there are many fine people working in the H and F field and much benefit to be had by some of the various interventions, there is also no doubt that much of the industry is self-serving, mistaken or, at worst, a 'cashectomy'.

So what lessons should we take away from such examples?

- Firstly, look after yourself. Take respon-

sibility for your health, your weight, your energy levels, your illnesses and your happiness. No-one else can or will. Eat mostly plant-based foods, avoid social poisons like caffeine, tobacco and alcohol, drastically reduce or eliminate refined and processed foods, get lots of rest and sleep, manage rationally the 'slings and arrows of outrageous fortune', get regular doses of fresh air and sunshine, keep active and exercise appropriately, fast on water when you are acutely sick, and develop an attitude of gratitude, goodwill and humour.

- Learn more about true health (Natural Hygiene/Natural Health) by reading good books, attending seminars, listening to CD's and associating with people on the same path as you.
- Listen to your body! As Dr Bernie Siegel stated in his terrific book *Prescriptions for Living*: "Your body never lies *unless it's drugged*".

THE BEST DOCTOR IN THE WORLD IS DR YOU!

Eat when hungry and drink when thirsty or dry. Rest when fatigued and sleep when tired. Exercise or be active when energetic. Listen to Dr YOU. The more you listen to Dr YOU, the less you will have to listen to those in the disease industry who have something to sell you. When you listen to your body and respect its directives, you build good health, just as listening to a partner goes a long way toward building a good relationship.

ENERGY IS INVISIBLE GOLD!

Do not continually dissipate your energies. Pace yourself, physically and mentally. Conserve your nervous energy and you will develop a reserve of energy available to meet any crisis. In fact, stored energy is working capital like gold in the bank!

Save Your Life

Never allow yourself to become continually exhausted. This represents a serious risk-factor for chronic disease akin to smoking. Being continually exhausted is high-risk living!

People who complain that they never have any energy and are always tired, are not listening to the right person – and that person to whom they are deaf is themselves.

Respect your energy as you would respect your finances. Without abundant energy, we are more prone to weight gain, depression and chronic disease.

Become more mindful of your nervous system. I've observed in my own life and my patients over the past 33 years that most people underestimate the importance and limits of their nervous systems. While it is common for people to understand that their muscles cannot lift the same weights at 60 as they could at 25, or run 100 metres as fast at 50 as they could at 30, very few people understand that their nervous systems cannot cope with intense energy dissipation (from physical or mental exertion) as well as when they were years younger. They still push themselves mentally as hard as ever, and this spells Trouble with a capital 'T'. Learn to live within your limits, and don't habitually soldier-on and push through tiredness.

Do not over-commit your energies or your responsibilities. Learn your limits and live within them *most* of the time, saving the exceptions for emergency and unforeseen circumstances.

EMBRACE CHANGE

Be prepared to change. Do not become stagnant and rut-bound. Become open to new ideas. Go a day or two a week with no animal protein. Go off caffeine for a few days if you are a caffeine lover. Have an afternoon nap when possible. I am continually meeting people who cannot remember a day going by without their coffee or tea, or they have never had a nap during the day. Some have never experienced a day without meat of some kind.

I often see people who get three or four headaches a week, and the only change they make is their brand of pain-killer. Many ladies laughingly tell me they have never gone a day without chocolate and that their headaches, they were told by 'someone', were because they were dehydrated. People believing that also believe Elvis just left the building!

Be very careful who you listen to and be even more careful who you allow to influence you.

DEVELOP THE TRUST, CONFIDENCE AND FAITH MUSCLES

When you start rebuilding your energy and your health, you gradually develop greater trust, confidence and faith in your body. You don't rush straight away to the doctor/chiro/osteo/naturopath at the first sign of a health issue. You don't take supplements or drugs as a first-line action. You avoid the perennial question,

"What can I take for this?" This is not to say that the above never have a place, indeed all practitioners have their place.

However, your first consultation, apart from serious injuries or emergencies of course, should be with Dr You. What can you alter or change that might help your body overcome its protest. Your body has the capacity to correct most of its problems (not all, mind you, particularly with accidents) without intervention *if* the correct conditions are provided.

Your body is the hero.

When you live this way, you become the master of your own health destiny, and professional help, when needed, becomes an intelligent collaboration between the practitioner and Dr You.

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HOW NUTRIENTS AND HORMONE PRECURSORS CAN HELP PROTECT AGAINST EMR

By Brian Hoyer, Geovital Consultant

Radiation exposure to the body has increased astronomically in the last 100 years. Scientists estimate that humans get 30 to 100 million times more electromagnetic radiation than just 100 years ago. These frequencies were rapidly introduced as the invention of electricity expanded. The higher frequencies were not prominent much at all until the invention of radios, TV broadcasting and now mobile phones and other wireless technologies.

There are many studies that show the biological effects of electromagnetic radiation. One of the most detrimental biological effects is the way that it disrupts proper functioning of *melatonin* in the human body. Frequencies in the electromagnetic spectrum have been shown to physiologically distort signals to the hypothalamus and pituitary glands, both of which depend on light frequencies to get information about the environment. This information is used to send proper instructions to various hormone producing glands.

Electronic pollution in our environment is constantly being pumped out and creating an environment where our bodies may 'think' that the sun is still out when it is dark.

Light is a key player in this equation and part of the environment that the hypothalamus monitors. It makes more sense when you realise that light is also a part of the electromagnetic spectrum. Light and dark play crucial roles in the balance between cortisol and melatonin. Cortisol is activated by light along with circadian clock signals that depend on melatonin secretion the night before. When cortisol increases during sleep, it causes a person to wake up.

Melatonin is produced when the sun goes down and there is an absence of light. Many studies suggest that electromagnetic frequencies stimulate the hypothalamus in a similar way that light does. If this is true, then the implication is that all of this electronic pollution is constantly creating an environment where our bodies may 'think' that the sun is still out when it is dark. Reducing both artificial light and electromagnetic radiation at night can be immensely helpful in optimising the proper signalling of the hypothalamus and pituitary glands that, in turn, ensures a timely secretion of melatonin from the pineal gland before bedtime.

What does melatonin do exactly?

The brain only detoxes during sleep. This is why a person cannot go for long without sleep and why sleep is vitally important for healing any condition.

Melatonin

- Is the primary antioxidant that the nervous system uses;
- Helps repair cell and DNA damage in the entire body;
- Sweeps toxins and by-products of stress out of the brain via the *glymphatic system* during sleep;
- Induces restful sleep and relaxation;
- Aids in resetting your circadian clock for the next day.

The glymphatic system was discovered in 2012 by scientists at the University of Rochester Medical Center. It is the central nervous system's 'clean-up crew'. During sleep, brain cells shrink and provide space for extracellular toxins to be mopped up and pumped out of the brain and onto other detox organs to be broken down and excreted. *The brain only detoxes like this during sleep.*

This is why a person cannot go long without sleep and why sleep is vitally important for healing any condition. The central role of melatonin in this means that anything we can do to optimise melatonin levels or support the body in the ways that melatonin supports the body would be beneficial.

Why not supplement with melatonin?

Most oral melatonin comes in a peptide [protein] form that does not cross the blood-brain barrier.

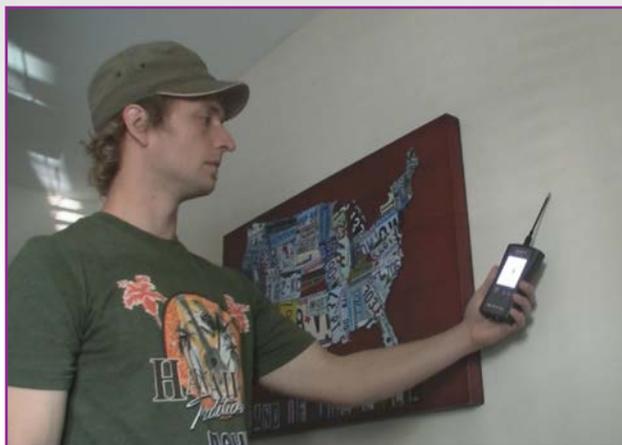
If oral melatonin *does* work for a person and it seems to aid sleep, it could be a sign of a compromised blood-brain barrier, possibly due to excess electromagnetic radiation or artificial light exposure at night.

You have to be careful about supplementing a hormone over a long period of time. Every hormone has a negative feedback loop that sends information back to the

hypothalamus about hormone activity in the body. The hypothalamus uses this information to tell the pituitary gland how much of each hormone needs to be produced.

If a person continually takes supplements of melatonin, he or she is effectively communicating to the hypothalamus that the pineal gland is producing enough melatonin and so the body halts or slows its natural production.

As Geovital likes to emphasise, we are in the business of providing solutions, not covering up symptoms or taking away one problem and replacing it with another.



Supplements don't replace EMR radiation shielding

Emphasis should be put on the point that supplementing does not replace EMR radiation shielding.

Shielding actually *removes* the electromagnetic radiation stressor, whereas supplementation allows your body to more easily manage the stress.

Which supplements or nutrients can be helpful during exposure to EMF radiation?

The vitality of waking up refreshed after a proper regenerative sleep will benefit your whole day. The following supplements could be helpful.

Propolis.* A sticky resin made by bees. It is highly antibacterial, antifungal and even antiviral. The very best kind

of propolis is Brazilian green propolis extract. The available studies on propolis focus on a particular constituent known as cape (*caffeic acid phenethyl ester*). Cape crosses the blood-brain barrier and has a melatonin-like effect on the brain and bodily tissues.

*NOTE that if you are allergic to bees or honey, you should ask your healthcare provider if propolis could be a problem for you.

Rosemary extract is a potent antioxidant that is especially helpful before retiring to bed. Dr Klinghardt, a wholistic MD in the United States, uses rosemary extract in his practice for children with autism. He has found that it helps those children to calm down and get restful sleep, and aids in dealing with the daily electromagnetic radiation burden.

Curcumin/turmeric, ginger and black pepper can be combined into a synergistic blend. This combination is anti-inflammatory and full of antioxidants, and the three are best used together for increased absorption. It is best *not to take this at night* because it can be stimulating. These spices can often be purchased in bulk and used on your food.

L-tryptophan is an amino acid that is a precursor to the manufacture of melatonin in the brain. [Tryptophan is found in tofu, soya products, walnuts, almonds, sesame seeds, dates, chickpeas, sunflower seeds, yoghurt, cottage cheese and eggs.]

You can also get tryptophan in a supplement form called 5-HTP, which has a calming, anti-anxiety effect.

Minerals

A full spectrum of minerals is important to help mitigate stress response from electromagnetic exposure, because those resources are used up when cells are under stress.

Zinc has been shown to help mitigate the negative effects of lipid oxidation in the brains of rats induced by electric and magnetic radiation.

Trace minerals can be acquired from **pure sea salt** or **Himalayan salt**.

Magnesium, potassium and calcium are incredibly important for cellular metabolic processes and stress responses. Most people get enough calcium in their diet, so if you work on digestion you should begin to absorb more calcium. Magnesium deficiencies are rampant all over the world. The best way to raise your magnesium levels is a combination of a magnesium gel or oil on the skin each day (I recommend rubbing it over the kidney area), Epsom salts baths and oral magnesium supplementation with magnesium orotate or glycinate. Potassium can be helpful when supplemented as well, but should be carefully monitored by a healthcare practitioner and not taken long-term.

Selenium and **iodine** are synergistic for the thyroid gland and are also potent antioxidants. Iodine is famously used for protecting against radioactive radiation, but it also has a protective effect on cells exposed to electromagnetic radiation.

Antioxidants

Any antioxidant protection you can add in will aid melatonin in its job of mopping up free radicals that are created by electromagnetic stress during the day. They can also aid in absorbing minerals.

Additional antioxidants that can be used include **vitamin C** (good sources are rose hips tea, pineapple, papaya, organic oranges, limes, lemons and other citrus fruits), **Vitamin E** (sprouted sunflower seeds, sprouted almonds, spinach, avocado), **glutathione** (transdermal cream by Apex Energetics, Oxicell or liposomal glutathione) and **astaxanthin**.

Vitamin B₁ (thiamine). Getting deeper and more restful sleep helps you remember your dreams and events from the previous day. Thiamine has been shown to have a crucial role in entering REM sleep during which nerve cells are repaired. Often practitioners note that when a patient cannot remember their dreams, it is a sign of thiamine deficiency.

Food, digestion and nutrients

Nutrients are all lost if not bioavailable!

All macronutrients and micronutrients that the body requires to deal with stressors can only be used when they are bioavailable. A person could eat a pristine diet, but if he or she is not digesting it, then it does no good. I recommend working with a nutritional therapy practitioner or another qualified

practitioner on this so that your body can use the nutrients it receives from both food and supplements.

Conclusions

In my opinion, it is best when starting any new supplement protocol to have each supplement tested for compatibility by using *organ-specific kinesiology testing* or a process called *lingual neuro testing and reflex points*.

The nutrients covered here are a great way to support your body when exposed to unavoidable EMR during the day or night. They do *not replace* radiation protection or shielding, but they can be supportive for an individual who is exposed to radiation on a day-to-day basis.

Shielding against low-level man-made radiation enables your body to utilise the incredible healing systems that it has in place to restore energy and sweep toxins and stress by-products away. These systems are only activated on a deep level when these stressors are not present. Geovital has a step-by-step process for this as well as recovery-based solutions that they have used for decades.

I hope these tips on nutrition are helpful. If my colleagues or I are able to assist you with your home and health, we would be happy to hear from you.

[See contact details outer back cover]

Brian Hoyer
Geovital Consultant (profile and contact), NTP
Founder of Primal Healing Rhythms and Melting Pot Nutrition





More Nutrition for Pets

The benefits of feeding your dog and cat coconut oil

By Tracey Morrison, Homeopath and Animal Health Practitioner

The health benefits

Coconuts are an excellent source of nutrition. The oil from the coconut is the most nutritious component and contains a number of health benefits for dogs and cats.

Coconut oil consists of more than 90% saturated fats and contains antimicrobial, antibacterial and antifungal properties. In the wild, carnivorous animals, such as wolves and wildcats, would consume a large amount a saturated fats from their prey, and the oil derived from coconuts is a great way to ensure that our pets are still getting enough essential saturated fats in their modern diets.

Most of these saturated fats are medium chain triglycerides (MCT's), from which most of the coconut oil benefits are derived. For example, the *lauric acid* in coconut oil has anti-bacterial and anti-fungal properties. Coconut oil contains over 40% lauric acid which is the richest source naturally available. *Caprylic acid* has similar properties, but is best known for its antifungal qualities. These are very useful in the prevention of infection and disease.

MCT's are extremely easy for your pet to metabolise, which means that they provide an immediate source of energy and vitality, improving lethargy in some pets and assisting in enhancing energy to encourage weight loss in others.

Coconut oil can be given internally or can be applied topically. External use can aid in disinfecting cuts and expediting wound

healing. Brushing a little through your dog or cat's coat every few weeks will assist in repelling fleas, deodorising your pet's skin (especially good for doggie odour) and helping to clear up itchy rashes as well.

Coconut oil fed regularly to your pet can have numerous benefits:

- Improves digestion and aids nutrient absorption;
- Aids in calming inflammatory bowel issues and digestive tract inflammation;
- Assists in eliminating hairballs;
- Promotes normal thyroid function and assists in regulating and balancing insulin levels;
- Improves skin health by reducing allergic reactions such as eczema and itchy skin issues;
- Treats fungal and yeast infections;
- Adds sheen and gloss to dull coats.

How to use coconut oil

Coconut oil is easy to feed to your dog or cat. Simply mix it in with their food. They seem to love the taste, which is another advantage.

I suggest using coconut oil which is organic and unrefined.

The recommended dose is quite simple. Give approximately 1 level teaspoon per 5 kilograms of your pet's weight.

For example, my 48 kg Alaskan Malamute would receive 2 tablespoons of coconut

oil with her meals at least 4 – 5 times per week. An adult cat could be fed around 1 teaspoon daily (or at least several times per week) with ease.

Remember, as with any change to your pet's diet, it is always advisable to start slowly, introducing anything they are not accustomed to eating in small amounts, so as to avoid sudden digestive upsets. For your adult cat you could introduce ¼ teaspoon every second day for a week or two, gradually increasing the amount up to a teaspoon per day over a period of about a month. For dogs (depending on their weight), introduce approximately ¼ of the amount to which you will gradually build up over a period of about a month.

Introducing coconut oil to your pet's diet will assist in increasing their overall health and wellbeing, so why not give it a try? They'll thank you for it and repay you with their improved health and vitality!

Tracey Morrison is a Homeopath, Animal Health Practitioner, Remedial Massage Therapist and writer, passionate about providing natural alternatives for optimum health and wellbeing. She operates her private practice 'Proactive Pets' in both Western Sydney (based near the beautiful Blue Mountains) and also on the Lower North Shore.

Tracey can be contacted on 0419 813 620, Tracey@proactivepets.com.au or visit www.proactivepets.com.au

VIOLENT VIDEO GAMES DO GENERATE VIOLENCE

New South Wales Police Commissioner Andrew Scipione has said there is now a lot of evidence for the harmful effects of "fantasy" or games violence to be a warning to parents.

He declared that police officers face violent behaviour and crimes daily, and it appears that violent video games are contributing factors.

"When you see video games that reward behaviour, where somebody's murdered, where somebody is abducted and raped and they get credits for that –

what sort of messages are we sending our children?

"In reality there's no reset button that can bring the player back to life. The real world is not a video game. Game over is game over. We deal with that every day." With children having unfettered access to social media on their mobile phones, they are seeing gory terrorist activities from around the world

Commissioner Skipione was speaking at the 'Violence in the Media, the Stories and Science' conference.,

But he said if advertising can positively influence people, including children – such as the successful anti-smoking campaign of recent years – "why wouldn't the reverse be true?"

Professor Barbara Krahe quoted studies that found that people who even briefly watched R-rated films, such as *Reservoir Dogs*, were quicker to be aggressive afterwards, whereas people watching funny Monty Python films didn't not respond with aggression.

(Source: *Daily Telegraph*, 19th July 2016)

Dog Gazes Trigger Release Of 'Love Hormone' Oxytocin

By Dr Becker

Have you ever looked into your dog's eyes and had a warm, pleasant feeling come over you? Maybe a better question would be who *hasn't* experienced this? Arguably, the ability to exchange knowing glances with your favorite pooch is one of the universal parts of pet ownership – and also one of the most rewarding.

Further, if you've ever felt that sharing a loving gaze with your dog led to real changes in your mood and wellbeing, you're not imagining it. On the contrary, research shows that such exchanges lead to changes in hormone levels that literally serve to strengthen the dog-human bond.

DOG GAZES TRIGGER RELEASE OF THE 'LOVE HORMONE'

Oxytocin is a hormone commonly referred to as the 'love hormone', 'hug hormone' or 'cuddle hormone'. It's associated with childbirth and breastfeeding, both of which trigger the release of oxytocin in the body. It's also released during sex and affects emotional, cognitive and social behaviours.

Specifically, oxytocin reduces stress responses and anxiety while increasing feelings of trust, relaxation and bonding. It turns out these feelings are shared not only among human couples and mother-child pairs but also among different species.

INCREASES SOCIAL BONDING BETWEEN YOU AND YOUR DOG

It's been known for some time that oxytocin plays an important role in social interactions and bonding in animals. In 2009, researchers also showed that a dog's gaze at its owner increases the owner's oxytocin during social interactions.

The study involved dog-owner pairs who either interacted for 30 minutes or were instructed *not* to look at their dogs directly. Owners that received longer gazes from their dogs reported a higher degree of relationship with their dogs as well as having higher increases in excreted oxytocin.

The researchers concluded that interactions with dogs, in particular those initiated by the dog's gaze, may increase oxytocin as a measure of attachment behaviour.

A 2011 study revealed that even short-term interactions between dogs and their owners (such as petting, stroking or talking to the dog) influenced hormonal levels and heart rate.

Although affection has already been the subject of many animal studies, the possibility that members of two unrelated species could communicate their affection simply by looking at each other is emerging as a fascinating topic for researchers.



Reproduced and abridged from an newsletter by veterinarian, Dr Becker, drkarenbecker@mercola.com, 26th May 2016

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



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Female bladder and uterine prolapse

BY LYN CRAVEN, NATUROPATH

A number of women experience prolapse of the bladder, which can have many causes and be quite embarrassing and painful in some cases. It can, in fact, have impact on social activities and personal life, creating stress and ultimately relationship problems, particularly when it comes to intimacy.

The urinary bladder is a hollow organ in the pelvis that stores urine. When the bladder fills, pressure creates the urge to pass urine, which leaves the body via a tube called the *urethra*.

In women, the front wall of the vagina supports the bladder and can weaken or loosen with age. Physical stress, such as childbirth, can damage this part of the vaginal wall, and if it deteriorates it will no longer provide the necessary support, so the bladder can prolapse, descending into the vagina. This may trigger urinary difficulties, discomfort, pain during intercourse and stress-related incontinence such as urine leakage.

Prolapsed bladders (known also as *cystoceles* or *fallen bladders*) are graded according to how far the bladder droops into the vagina.

- Grade 1 – mild: small portion of the bladder droops into the vagina.
- Grade 2 – moderate: bladder droops enough to reach the opening of the vagina.
- Grade 3 – severe: bladder protrudes from the body through the vaginal opening.
- Grade 4 – complete: entire bladder protrudes completely outside the vagina; often associated with other pelvic organ prolapses (uterine, rectocele, enterocele).

Prolapsed bladders are commonly associated with menopause. Prior to menopause, women's bodies create the hormone, oestrogen, which helps keep the muscles in and around the vagina strong. The ovaries cease creating significant oestrogen after menopause, and these muscles tend to weaken. However, oestrogen production shifts from the ovaries to the fat cells and *oestrone* (E1), the chief oestrogen, is converted from androgens (*androstenedione*) and produced mainly by the adrenal glands but in lesser amounts. Uterine prolapse can in turn contribute to a prolapsed bladder.

CAUSES

- Childbirth: the most common cause of prolapsed bladder due to the stress on vaginal tissues and muscles.
- Menopause: oestrogen ceases to be produced by ovaries after menopause.
- Fibroids: protruding into the bladder and creating pressure.
- Straining: lifting heavy objects, straining during bowel movements, having a long-term condition that involves coughing, or long-term constipation may weaken muscles of the pelvic floor.

SYMPTOMS

The first symptom noticed is the presence of tissue in the vagina often described as feeling like a ball.

- Discomfort or pain in the pelvis;
- Tissue protruding from the vagina (may be tender and may bleed);
- Difficulty urinating;
- Feeling that the bladder is not empty immediately after urinating;
- Stress incontinence (urine leakage during sneezing, coughing or exertion);
- More frequent bladder infections;
- Painful intercourse;
- Low back pain.

MEDICAL DIAGNOSIS AND TREATMENT

Once the diagnosis ascertains the grade of the prolapsed bladder, various medical treatments are offered, usually surgery for more severe cases, and/or instructions on pelvic floor exercises.

Some women have had repeated surgeries – it really depends on the individual and how they manage their activities after surgery.

Oestrogen replacement therapy (ERT) may be used to help strengthen the muscles in and around the vagina. ERT may be contraindicated in a woman with cancer. In mild cases of prolapsed bladder, oestrogen may be prescribed to help reverse symptoms including vaginal weakening and incontinence. In severe degrees of prolapse, ERT may be used

along with other treatments, such as electrical stimulation and biofeedback to help strengthen pelvic muscles. It is important that you are aware of potential side effects from synthetically derived hormonal medication. Research has confirmed that cancer can result from conventional hormonal remedies.

Oestrogen can be administered orally or topically as a patch or cream. The cream has a potent effect when applied locally and less effect systemically. Topical administration has less risk than the oral way. The application of oestrogens to the anterior vagina and urethral area are helpful in alleviating urinary symptoms, such as urgency/frequency to urinate.

MEDICAL PREVENTION

A high-fibre diet and high daily intake of water may help reduce constipation. Avoid straining during bowel movements. Avoid heavy lifting. Being obese can be a risk factor for prolapsed bladder.

If you have fibroids, get them checked, question your gynaecologist as to the exact location and discuss surgery if the fibroids are causing too much pressure on the bladder. On some occasions, heavy stubborn fibroids that do not shrink with treatment can create a heavy, bulky uterus if they are growing in the muscle of the uterus. This in turn can prolapse and place additional pressure on the bladder, which could also result in prolapse of the bladder.

NATURAL THERAPIES

Acupuncture and Bowen therapy are excellent for lifting prolapsed bladders (depending on severity), along with prolapsed uterus and intestine.

Herbal and homeopathic remedies help strengthen the mucosa of the bladder and vaginal tissues.

Mineral and vitamin deficiencies play a huge role in imbalances with hormones. If you are peri-menopausal, you need to address your diet and nutritional intake to ensure your body can adjust easily to the natural hormonal change that occurs with age.

Natural remedies can be taken for lengthy periods safely (unlike synthetic,

chemically-derived hormones) to stabilise hormonal fluctuations and help counteract unpleasant symptoms. Remedies need to be changed over time, so giving clear feedback to the practitioner can help them to help you. Your being compliant and following through with the regime is, of course, important.

Herbs can be used on a pressure point located at the top of the head during a Bowen treatment. Specific moves are executed around the abdominal/pelvic area. I've treated a few cases of mild to average uterine prolapse (in one case over-stretched uterine ligaments), and the Bowen techniques have corrected and realigned the body. This is reassuring when women are being pressured to have hysterectomies, even though there are no issues shown on ultrasound.

If your mineral profile is inadequate due to faulty diet or poor digestive function, then these need to be addressed to encourage healthier hormonal production and organ function. Blood tests do not always show accurate levels of minerals. Many naturopaths use functional lab tests instead. I find hair mineral analysis more effective in illustrating mineral levels including toxic elements.

Silica is very important if uterine ligaments are weak.

Avoid foods and beverages containing much malic acid, which weakens the bladder – such as apple juice, apple cider and concentrates. But eating apples is fine.

The underlying cause of constipation needs to be addressed since a high-fibre diet is not necessarily the answer. Stress plays an enormous role here and no amount of fibre or laxatives will help. In fact, laxatives will make the situation worse and if used habitually could result in ulceration, colitis or diverticulitis of the bowel. In such cases we need to work with relaxing the central nervous system, especially the enteric nerve system.

To help ease constipation, when sitting on the toilet place a small box or two phone books under your feet to put your body more into a squatting position. This tends to straighten out a kink in the rectum, making it easier to eliminate without straining. When you strain, you can push the bladder and vaginal muscles too hard and weaken them. When not at home, lean forward and place your hands on top of your head, which will help lift the organs while you are eliminating.

Cold sitz baths are popular in Europe to help with circulation to the pelvic floor region. Yoga and especially Pilates help strengthen your core and pelvic floor muscles.

Topical herbs have often been used to help shrink some fibroids. Occasionally, as mentioned earlier, some stubborn ones do persist. Prevention and good maintenance can help keep a strong healthy bladder.

Lyn Craven is a practitioner of naturopathy and Bowen therapy and is 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 offers skype consultations. She can be contacted on 0403 231 804 or by email at lynraven@bigpond.com. Website www.lyncravencorporatehealth-naturopath.com.

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

ABC's Catalyst presenter suspended after warning about mobiles and Wi-Fi

After Dr Maryanne Demasi presented the segment, 'Wi-Fried', in the ABC-TV program, Catalyst, in February this year, she was suspended until September. The program was reviewed by the ABC's Audience and Consumer Affairs (A&CA) Unit, which considered it to breach the ABC's policies on accuracy and impartiality.

Dr Demasi is no amateur scientist. She holds a doctorate in medical research from the University of Adelaide and was a research scientist at the Royal Adelaide Hospital for 10 years. She has also been an adviser to the SA Minister for Science and Information Economy.

According to the ABC's statement, "The A&CA Report found several inaccuracies within the program that had favoured the unorthodox view that mobile phones and Wi-Fi caused health impacts including brain tumours"

'Unorthodox view'? Let's see just how unorthodox is the view that mobiles and Wi-Fi can be harmful to health, at least to sensitive people.

The Summer 2015/16 issue of *TNH*, page 33, presents a report from the Electromagnetic Radiation Association of Australia that a 2010 pilot study found that mobile phone radiation exposure resulted in higher numbers of lung and liver cancers and higher rates of lymphomas. Then a 2015 German study showed that "Electromagnetic fields obviously enhance the growth of tumours," in the words of the author of the study. Worse, the cancers were found at "low to moderate exposure levels", which were far below those allowed by Australian and international standards for mobile phone use.

In the Summer 2014/15 issue of *TNH*, page 20, Lyn Mclean, Director of EMRA, reported that "On 31st May the International Agency for Research on Cancer (IARC) and the World Health Organisation (WHO) jointly announced that mobile phone radiation was 'possibly carcinogenic'. The IARC based its decision on evidence of increased risks of some brain tumours from the radio-frequency radiation these devices emit. [These organisations are highly orthodox.]

"If this wasn't enough to set alarm bells ringing, the Council of Europe on 27th May released a statement declaring that mobile phone radiation is harmful, that standards are inadequate and that new and safer technologies should be developed."

In relation to Wi-Fi, it was stated in the Summer 2014/15 issue of *TNH*, page 8, that Wi-Fi, like almost everything else that creates convenience, comes at a price, the price being risk to health.

There is a ton of evidence for this risk, much of which is detailed in Lyn Mclean's book, *The Force*. The following is taken from *The Force*.

"Firstly, there is some potent anecdotal evidence of what WPAN and WLAN can do to sensitive individuals.

"An English singer and DJ, Steve Miller, has a healthy diet and lifestyle and excellent health, but within minutes of being exposed to a Wi-Fi computer system, he felt dizzy and developed a nasty headache. When the Wi-Fi was turned off, the symptoms eased, and when turned on again, they quickly returned."

It makes one wonder if the ABC's A&CA Unit hadn't done their homework on the subject or might be being influenced by some vested interest or just have closed minds on the subject. Who knows?

Asymmetry, Deformity and Corrective Exercise

PART 2. By Jim Lanham, long-time Natural Health Society member

PLEASE NOTE: If you begin, or vary, any exercise routine, it's wise to start gently and increase slowly over time.

Asymmetric exercises may need caution, especially on the non-dominant side. I am not qualified to give advice, but am sharing ideas. If you need advice about exercise, consider talking to a personal trainer or other professional. You could also do what I did; read the book referred to below.

'We are all sculptors and painters and our material is our own flesh and blood and bones.'

— H. D. Thoreau

In my twenties, I realised I had poor posture. Now at 70, my posture is nothing special, but better than it might have been if I'd done nothing. I've now got ageing as an excuse! With ageing comes some degeneration, but we never know what can be achieved at any age, until we try.

In my younger days there was plenty I could do and I was inspired by Herbert M. Shelton's book, *Exercise* (Natural Hygiene Press, 1971), available online. This book includes ideas on corrective exercise.

The principles of corrective exercise were described in Part 1. In a nutshell, we need to stretch all tissue which is opposing correction and strengthen all muscles which are used to achieve correction. If we stretch gently against body resistance, we can usually achieve both aims.

Recently, I've started going to 'yin' yoga classes, possibly the most effective form of stretching ever devised. Poses are held for several minutes against gentle body resistance. Yin yoga is currently experiencing a big wave of popularity and for good reason. For overall body flexibility, it's hard to beat. A similar type of stretching is ideal for corrective exercise.

'Dr' Google tells me that 70% of the modern population has some degree of round

shoulders, causing neck and shoulder pain and shallow breathing. It is claimed that several generations ago, having round shoulders was much less common. Mechanisation and lounging in front of TV may have contributed.

Correcting Round Shoulders

The following exercises help to correct round shoulders. They can also prevent round shoulders. If correction or prevention of round shoulders does not interest you, then skip the next five paragraphs.

Standing as erect as possible, move the arms slowly forward and up overhead, then as far back as possible. Breathe in deeply on the way up and hold briefly at the top, pushing gently back overhead. Breathe out on return to the sides. Repeat several times and you can *carefully* use the momentum of faster movement to push at the top. I progressed to small dumbbells, in which case you need caution with the use of momentum! Then I like to hold the stretch at the top, breathing normally, and easing the arms back overhead.

PADDY & NORM

As a balancing act, I've been doing tasks with my left hand, but it doesn't feel right. I need you to give me a hand, to work out the problem. Any hand will do! And I don't need any of your off-handed remarks.



I'm sure you'll get the hang of it, Paddy. It's your humour that needs work!

Jim

The second basic exercise starts with the arms held forward at shoulder height. Move arms slowly back to a final stretch at shoulder height, arms straight out in a 'T' position with the body, then stretch slowly back on either side, arms parallel to the floor. As in the first exercise, breathe in deeply on the way back and breathe out on the return. Once again, small weights and momentum can be used with care. Also, after several movements, hold the

stretch, arms out and stretching back and breathing normally.

From the 'T' position, there are several variations. Twist the palms, thumbs up, over and back and also spring the shoulders backwards, without moving the head at all, so still looking straight ahead. A curve of the very upper back only, easing the arms and shoulders backwards, as well as twisting the thumbs back. Keep the arms level with the shoulders. This is quite distinct from the following, which is a full back arch.

Bending the knees a little, arms wide apart, a gentle back arch is just whatever you can achieve with head and shoulders all arching back so you are looking up at the ceiling. Hold the stretch, breathing normally.

Similar stretches can be taken in an open doorway, the hands holding onto either side of the door jamb or holding overhead on the door jamb. Leaning the body forward applies a backward stretch for the arms and shoulders. A similar stretch can be done at a waist height bench, hands on the bench, standing well back and lowering the body. It's a bit like 'down dog' in yoga, only stronger on the shoulders. Also by lying on the back on a bench, similar stretches can be done using small weights.

I feel that these types of movements are good for all ages and particularly good to overcome or prevent round shoulders. If you refer to Shelton's book, you may find more ideas of interest. I usually add to these movements, sideways stretches and body twists, but these are not so much related to correcting round shoulders. The only other thing is to keep an eye on everyday body use. Stand tall and keep the shoulders back, as much as possible.

For other symmetrical deformities, like excessive lumbar curve (lordosis), bowed legs, knock knees and excessive foot rotation, Shelton describes specific corrective exercises. Best to refer to his book, if possible. I don't have the space or the experience to elaborate on these issues.

One-sided dominance

The other aspect of 'deformity', described in Part 1, was excessive asymmetry, or one-sided dominance. When discovered, any lack of balance with strength, flexibility or skill can be rectified to some degree.

Try looking at yourself in a mirror. Is the head held straight? Is there any sign of spinal curvature? Are the shoulders at the same height? Shelton has suggestions to improve these things.

When we consider the arms, we find that they are the most common part of the body for one-sided dominance and great difference in skills. I like to do a series of movements with a light weight, just for the non-dominant arm – asymmetric exercises to restore some sort of balance to the body. Restoring significant skill to the non-dominant hand will rarely happen, unless we are forced to do so. However, developing small amounts of skills with the non-dominant hand might be a good idea.

One-sided dominance is pretty obvious with 'handedness', but when we look at the feet and legs, it is more complex. The most skilful foot, used for, say, kicking or pushing, will not be the best side for balance, as we always balance on the other leg when using the more skilled foot.

The leg which is habitually used to lead on a high step, up or down, will generally be the strongest. When you discover any habitual tendency, you can decide to do the opposite, as a kind of remedy for imbalance.

For the arms, we could cultivate ambidexterity as a lifestyle shift. Open doors with the non-dominant hand. Pick up things and even use some tools with the non-dominant hand. Sometimes do two-handed activities in the opposite way to the usual (raking, shovelling, etc.).

The complexities of left-right asymmetry are virtually endless. If we do yoga, we find some poses which are easier on one side. Some poses are, of course, symmetrical and can only be done one way. Other poses go to either side.

When I find a pose which is more difficult on one side, I like to spend more time on the difficult side. I once had a yoga teacher who did such poses three times. First on the one side, second on the other side and third a repeat of whichever side was the more difficult.

Personally, I'm lazy! I don't apply these ideas all the time. However, I find that postural correction is interesting and, in many cases, quite achievable. Excessive asymmetry is also worth reducing – in my opinion.

Approximate symmetry is considered a part of beauty. It is said that the winners of beauty contests are usually also the most symmetrical. The ancient Greeks described symmetry as "The first element of beauty".

But, in nature, absolute symmetry does not exist. Sometimes symmetry is close, but never complete. For us, a goal of an approximate degree of balanced development might be useful.

'Plasticity' is the way that body shape (or skills) can change under the influence of external forces, or habitual body use. We all have plasticity of body, just as we all have plasticity of mind (*neuroplasticity*, or the ability of the brain to change itself). Plasticity can sometimes get us into trouble or it can offer a way to restoration.

BIO NEEDS

The Biological Needs of Human Life

By Jim Lanham, long-time Natural Health Society member

"Nature, to be commanded, must be obeyed." – Francis Bacon, circa 1600

This is an introduction to a forthcoming 12-part series. In a way, humans appear to have lost the plot. As well as creating pollution, we've separated ourselves from the natural world and forgotten how to live. We've turned away from our bio heritage. The purpose of The Natural Health Society is and always has been to re-connect with our niche in Nature.

Year by year, human society becomes more complex, with increasing impact on the environment. Human wants now outnumber human needs by a huge amount. It can be difficult to separate needs from wants. We have the interesting realities of addiction, habit and desire.

Biological needs are those things that are necessary to sustain life, health and happiness. This series covers my

choice of twelve bio needs (or groups of needs). I've placed them roughly in order of urgency and listed them with the logo.

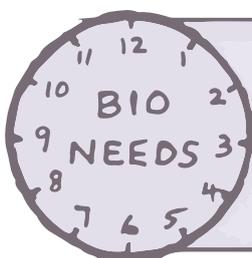
Self-esteem, emotional poise, self-expression, love, touch, creativity and reproduction will all be included somewhere, as well as much more. I make no claim to total correctness or reliability in this series. It's a personal view. Hopefully, it will mesh with a general consensus within Natural Health circles.

The challenge with health is to not do difficult things that no-one else has done.

The challenge is to do some very simple things, that almost anyone could do, but often, have not. I'll aim to look at what's to our benefit and what's a hazard, a distraction or an indulgence.

I'm going to begin the series in the next issue (Summer 2016/17). Part 1 will be 'Clean Air'.

If you wish, you can come along for the ride and help me sort out any omissions or errors. On Planet Earth, we're all in this together!



- | | |
|-------------------------|---------------------------------|
| 1... CLEAN AIR | 7... EFFECTIVE THINKING |
| 2... CLEAN WATER | 8... ACTIVITY & WORK |
| 3... FOOD & FASTING | 9... BIO-FRIENDLY ENVIRONS |
| 4... SECURITY & SHELTER | 10... AVOIDANCE OF HAZARDS |
| 5... REST & SLEEP | 11... SUNSHINE & NATURAL LIGHT |
| 6... TEMPERATURE | 12... PLAY & SOCIAL INTERACTION |



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.

Why Alternative Health Is Booming (in the US)

4th July 2016

Studies reveal that 225,000 Americans die every year as a result of a doctor's or hospital's activity, manner or therapy, making the conventional health care system in the US the third leading cause of death.

Alternative health is gaining ground, not only because it's more natural than conventional approaches, but because it focuses on prevention, as well as controlling and improving a person's wellbeing.

'Alternative health care' costs include practitioners such as yoga instructors and chiropractors; natural supplements such as glucosamine and self-help materials such as books and CDs

Zika Virus: From Obscure Mild Illness to Booming Industry

31st May 2016

A year ago, we had never heard of the Zika virus. Virtually overnight, it has generated a booming industry. Yet according to the US Centers for Disease Control and Prevention (CDC), "Most people infected with Zika virus won't even know they have the disease, because they won't have symptoms."

But in Brazil, cases of *microcephaly*, in which babies are born with unusually small heads, surged from about 150 suspected cases annually to more than 4,780 suspected cases in the five months to February 2016.

Although the *Aedes aegypti* mosquitoes that carry the virus have presumably been in Brazil all along, the new microcephaly epidemic was blamed on Zika-carrying mosquitoes.

Significantly, in the US there are about 25,000 infants born with microcephaly every year, yet the US is not a region where Zika virus is endemic.

So what might be the cause of the epidemic of microcephaly? According to the journal *Neurology*:

"Microcephaly may result from any insult that disturbs early brain growth and can be seen in association with hundreds of genetic syndromes."

Other possible explanations include the fact that the Brazil outbreak occurred in a largely poverty-stricken agricultural area of Brazil that uses large amounts of banned pesticides. There is also lack of sanitation and widespread vitamin and mineral deficiencies. Environmental pollution and toxic pesticide exposure have been positively linked to birth defects.

At this point, causation of microcephaly has not been definitively established. It is certainly too soon to declare it a public health emergency and pull out all the stops to wage a very expensive war against it.

Nevertheless, the Zika industry has been born. The White House recommends \$1.9 billion be directed to fight the virus. As whenever a new health emergency is announced, many players have come out of the woodwork, hoping to get a piece of the huge Zika cash cow.

At least 18 companies are racing to develop a vaccine against Zika, but there are concerns it could increase cases of Guillain-Barré syndrome.

Coconut Oil Benefits Undeniable

30th May 2016

Despite naysayers, coconut oil has proven itself. Some populations that use coconut oil as a staple food report far lower rates of the strokes, heart disease and brain diseases than in the West.

The medium-chain fatty acids in coconut oil may help with weight loss, as opposed to foods with long-chain fatty acids [as in the saturated fat in red meat and dairy products].

Staphylococcus aureus, Candida and other notorious pathogens, fungi, bacteria and viruses are destroyed by coconut oil.

As a toiletry, coconut oil is effective as a skin softener, toothpaste, hair conditioner and deodorant, as well as a lice-killer and

insect repellent.

Superfood Trio: Ginger, Turmeric and Carrots

9th May 2016

Nutrients in turmeric, ginger and carrots have flavours that make them favourites in the culinary world, but their curative powers have been recognised in both Chinese and East Indian Ayurvedic medicine for millennia.

Curcumin in turmeric helps protect your brain and detoxes heavy metals like iron. Gingerol in ginger may kill cancer cells more effectively than chemo, and beta-carotenes in carrots maintain vision, healthy cells, skin and protein production.

Supplements Proven Beneficial for Depression

14th July 2016

Antidepressant drugs work no better than placebos in terms of effectiveness, while other studies suggest that supplements alone may be as effective.

Vitamin D, methyl-folate (a form of folic acid or vitamin B₉), and S-adenosyl-methionine (SAME) were found to boost the impact of the antidepressants.

Other studies have shown that omega-3, vitamin D and SAME can help combat depression all on their own.

Near-Sighted in the Future?

29th June 2016

Near-sightedness, or myopia, is a condition of the eyes making it difficult to see distant objects. You are able to see close objects easily, as in reading a book or your mobile phone.

The number of people suffering near-sightedness has grown significantly in recent years. A meta-analysis involving over two million participants predicts that nearly half of the world will be wearing glasses by the year 2050.

Nearly 10 percent of people will suffer from high myopia, which puts them at greater risk for glaucoma, retinal detachment, cataracts and macular degeneration.

Making small changes may reduce your risk of myopia:

Reduce the amount of close work as with computers, digital games, reading and bookkeeping.

Spend time in sunshine.

Normalise your blood sugar. High levels of sugar and insulin may affect your eyesight.

Supplement with astaxanthin and omega-3. Astaxanthin is a potent antioxidant. Omega-3 is important for healthy vision.

Practise distance vision. Lift your eyes from your computer every 15 minutes and focus on distant objects.

Optimise computer use. Sit at least an arms-length from your computer and reduce the glare from your screen.

Vitamin C supplementation. Helps protect against cataracts.

Relax your eye muscles. Tension in the eye muscles can change the shape of the eye.

Reduce blue light. Blue light from your computer screen reduces your production of melatonin, reducing sleep and increasing the risk of diabetes and myopia.

Avoid trans fats. They may contribute to macular degeneration.

Elevated Blood Sugar Sets Stage for Cancer

27th July 2016

One of the key mechanisms by which sugar promotes cancer and other chronic disease is by causing *mitochondrial* dysfunction. Refined sugar is not an ideal fuel for your body as it burns 'dirty', creating far more reactive oxygen species (free radicals) than does fat when it's metabolised.

As a result, excessive numbers of free radicals are generated when you eat excessive sugar, which in turn causes mitochondrial and nuclear DNA damage, along with cell membrane and protein impairment. So, contrary to conventional teaching, nuclear genetic defects do not cause cancer. Rather, mitochondrial damage happens first, and this then triggers nuclear genetic mutations.

Most people who overeat also tend to eat many sugar-laden foods, which promotes elevated blood sugar levels and insulin resistance. So overeating sugary foods equates to a double-whammy in terms of cancer risk, compared to overeating whole, unprocessed fare.

In fact, recent research has identified sugar as the top contributor to the worldwide cancer surge.

Three reasons To Avoid Vegetable Oils

14th July 2016

Extracted 'vegetable oil' is not made from vegetables, but from plant seeds – typically being any combination of corn oil, sunflower oil, safflower oil, soybean oil, canola oil and/or cottonseed oil. Once extracted from

their original whole foods, all of them are absolutely terrible for your health.

Reason no. 1 – Vegetable oils usually contain deadly trans fats, even if non-hydrogenated.

Trans fats damage cell membranes, leading to all sorts of health problems like cancer, obesity, Alzheimer's, heart disease and more.

They are found in both hydrogenated and non-hydrogenated vegetable oils, due to the extremely high heat, solvents and pressure used during refining.

According to Dr Mary Enig, Nutritional Biochemist, "Trans fat levels are as high as 4.6 percent in commercial canola oil".

Reason no. 2 – Vegetable oils contain oxidised 'mutated fats' that are worse than trans fats and cause heart attacks.

Nutrition author, Catherine Shanahan, MD, calls the fats in [extracted] vegetable oils 'mega-trans', because they are similar in chemistry to trans fats, but even worse. They are found in almost all processed packaged foods.

Free radicals formed during refining create these 'mutant' fats, which damage our arteries and can directly lead to a heart attack. Dr Catherine Shanahan, MD, surveyed hundreds of patients and discovered that every single patient admitted to hospital for a heart attack had consumed foods made with vegetable oils immediately before the attack.

Reason no. 3 – Vegetable oils cause massive imbalances in our omega-6 to omega-3 fats ratios.

These vegetable oils mostly comprise inflammatory omega-6 fats, while having very little anti-inflammatory omega-3s.

In our consumption of oils, the healthiest ratio for omega-6 to omega-3 appears to be 2:1 or even 1:1. However, due to vegetable oils, our ratio can be as high as 20:1 or even 30:1 in favour of harmful omega-6s.

This imbalance can be yet another reason why vegetable oils can lead to heart disease, cancer, obesity and many other degenerative diseases.

The solution is to use only healthy oils, like coconut oil, olive oil, macadamia oil and avocado oil.

Three reasons to avoid wheat, even whole wheat

14th July 2016

There are three main reasons why wheat does more harm than good.

Reason no. 1 – Wheat causes blood sugar disruption, glycation of our cells, increases ageing and weight gain and boosts diabetes risk.

'Glycation': Substances called *advanced glycation end products* (AGEs) speed

up the ageing process in our body by damaging organs and joints and causing wrinkled skin. AGEs are dramatically increased by high blood sugar levels.

Wheat contains a carbohydrate not found in other foods called *Amylopectin-A*, which spikes blood sugar higher than almost any other carbohydrate, even refined sugar. This is why wheat-based foods often cause higher blood sugar levels than most other carbohydrate foods.

High blood sugar causes the body to pump out more insulin which makes you pack on more body fat.

Reason no. 2 – Gluten and other gut-damaging compounds.

Even if a person doesn't have coeliac disease and is not officially gluten intolerant or gluten sensitive, there are hundreds of published studies indicating that gluten can cause inflammation in the digestive system and even 'leaky gut' as well as other digestive issues and autoimmune problems.

The reason gluten causes problems is that the excessive plant breeding of wheat over the last 50 years has created modified gluten molecules that are foreign to the human digestive system.

Reason no. 3 – Anti-nutrients and mineral blockers in wheat.

Phytates block the absorption of minerals like zinc, iron, manganese and calcium if we eat wheat too often.

Lectins can cause gut irritation.

Most people eat wheat with almost every meal – cereal for breakfast, sandwiches at lunch and pasta or bread at dinner. This amount of wheat can cause mineral deficiencies over time that can lead to many health conditions.

'Tampon Syndrome' Increasing

18th May 2016

Toxic shock syndrome (TSS) is a risk associated with tampon use. Using super-absorbent tampons and/or leaving them in too long are two primary risk factors

Michigan recently detected a clustered spike in tampon-associated TSS. In the past decade, TSS reports have averaged fewer than four per year, but in the first quarter of 2016 there were five cases.

A French investigation revealed traces of dioxins, pesticides, insecticides and halogenated byproducts in 11 brands of tampons and pads. Glyphosate [as in Roundup] was found even in an organic cotton tampon brand.

NEWS FROM [naturalnews.com](http://www.naturalnews.com)

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

Natural News covers holistic 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 extracted and abridged from Natural News under Mike Adams' permission to not-for-profit organisations.

our ancestors used these 12 natural antibiotics

26th May 2016

Big Pharma has been over-prescribing antibiotics for years, resulting in new strains of resistant superbugs that are difficult to kill. However, in pre-antibiotic times, there were foods and herbs that helped guard against infection and disease. Natural 'antibiotics' are still as valid as they were then:

Oregano and oregano oil has antibacterial properties and also aids digestion.

Raw apple cider vinegar has far-reaching benefits. Daily intake provides antibiotic benefits, while naturally alkalising our system and reducing the risk of cancer.

Honey. Ancient Romans used it to prevent infections. Today, around the world, honey is still considered to be one of the best natural antimicrobials. Manuka honey, from New Zealand, has one of the highest levels of antioxidants and curative abilities.

Turmeric. Whether consumed or applied externally, turmeric is a great all-round bacteria fighter. For extra protection, make a paste with honey and apply to skin.

Garlic. Allicin in garlic can protect against the common cold, yeast, parasites, bacteria and more.

Grapefruit seed extract. Effective against more than 800 viruses and bacteria, as well as more than 100 strains of fungi and parasites.

Echinacea. Best taken as a preventive measure, it has wonderful antibacterial and antiviral qualities. It has been found to

shorten the duration of colds and reduce their frequency.

Cabbage. Contains a large amount of vitamin C, and its sulphur compounds are effective battlers against cancer.

Extra virgin coconut oil. Is much better for us than vegetable cooking oils. It has anti-microbial and anti-fungal properties and is high in antioxidants.

Fermented foods. Unpasteurised cabbage, home-made pickles, kefir and probiotic yogurts all replenish our intestinal flora, which protect against pathogenic microbes.

Colloidal silver. This natural antibiotic is a mixture of silver particles suspended in fluid, and has been used for centuries. Should only be used on a short-term basis, because silver is a heavy metal.

Learn more: http://www.naturalnews.com/054139_natural_antibiotics_remedies_treating_infections.html#ixzz49j79q7Xi

fruit consumption by adolescents lowers breast cancer risk

26th May 2016

A new study published in the *British Medical Journal* (BMJ) suggests that dietary habits in puberty and young adulthood can protect young girls from developing breast cancer by 25 percent.

After tracking the dietary habits of more than 90,000 US women over two decades, researchers found that teenage girls who eat the recommended five portions of fruit and vegetables a day could reduce the risk of breast cancer later in life by up to one quarter.

The results suggest that two servings per week of apples, bananas and grapes during adolescence significantly reduces the risk of breast cancer later on, as did two servings of oranges and kale during early adulthood.

Fruit juice was not linked to any risk reduction, because it has been stripped of the fruit's beneficial fibre.

The researchers believe that fibre plays a crucial role in protection against breast cancer by blocking the absorption of oestrogen, which has been associated with breast and other reproductive cancers.

Eating a lot of fibre-rich, organic fruits and vegetables from a very young age gives our children the best chance to live disease-free lives.

Learn more: http://www.naturalnews.com/054136_fruit_consumption_prevent_breast_cancer_anti-cancer_nutrients.html#ixzz49j4TiWHj

Pineapple juice more effective than cough syrup

6th June 2016

Researchers in India in 2010 found that when comparing over-the-counter cough syrups with a pineapple juice mixture, the natural mixture was many times more effective.

Pineapple is rich in nutrients which boost the immune system, as well as a powerful enzyme called *bromelain*, which breaks down proteins and reduces inflammation. Scientists have concluded that it is the bromelain which reduces irritation of the throat and relieves coughing.

Combine the following ingredients in a blender and drink a quarter cup, three times a day:

- 1 cup pineapple juice
- 1/4 cup freshly-squeezed lemon juice
- 1 piece of ginger (approximately 7 cm)
- 1 tablespoon raw, organic honey
- 1 pinch of sea salt
- 1/2 teaspoon cayenne pepper

Learn more: http://www.naturalnews.com/054259_coughs_pineapple_juice_natural_remedies.html#ixzz4AlPHhJby

Fast food during pregnancy puts next THREE generations at risk

27th June 2016

A daily diet of fast food during pregnancy can dramatically increase the risk of obesity in the next three generations of a woman's descendants, even if those descendants eat a healthy diet themselves, according to a new study conducted at Washington University School of Medicine.

Previous studies have shown that a woman's health during pregnancy can have long-lasting effects on her child's health, including on their weight. But this new study is one of the first to indicate that a woman's eating habits *before* she conceives may have a similar effect, even on her grandchildren and great-grandchildren.

However, genetic predispositions for obesity and diabetes are typically of limited significance compared with lifestyle factors. That is, if you have a genetic predisposition and have poor diet and exercise habits, you are very likely to develop health problems. But if you have good diet and exercise, even a genetic predisposition is unlikely to lead to problems.

Learn more: http://www.naturalnews.com/054464_junk_food_pregnancy_metabolic_changes.html#ixzz4CjuOMGsA



US homeowners say smart meters are damaging their health

16th June 2016

By 2014, smart meters had been installed in nearly 50 million American homes, and despite assurances by power companies that they are completely safe, many people are reporting serious health issues caused by them.

These two-way electric meters transmit wireless radio-frequency electromagnetic signals to and from utility companies, eliminating the need for meter readers. Power companies say that smart meters are not harmful to humans. But more and more people are experiencing insomnia, hair loss, anxiety, chronic pain and a long list of other symptoms. Scientists agree they are also capable of causing serious chronic illnesses, including cancer.

Utility companies scoff at such reports, claiming that smart meters only send signals a few times a day.

But this is deceiving. A retired US Government scientist wrote that:

“The RF/microwave radiation from wireless Smart Meters is particularly threatening to health because that radiation is so persistent and so powerful. Power companies like to fool the public by saying, ‘Look, Smart Meters only transmit six times a day.’ This may be how many times they transmit *your* data, but they are a relay station for all the other Smart Meters in the neighborhood. And they all interact with each other and send each other timing signals.

“Furthermore, Smart Meters are among the most powerful RF radiators present in a residential environment.”

So many concerned citizens have mounted campaigns against their use, that ‘opt-out’ programs have been established in many communities.

Learn more: http://www.naturalnews.com/054361_smart_meters_health_effects_electropollution.html#ixzz4CHy9829z



Why double-blind drug trials are science fraud

7th June 2016

‘Double-blind’ means that one group gets a placebo while another group gets the real drug, but neither group knows what they’re getting. This is supposed to sort out the placebo effects (which are real) from the ‘real’ drug effects and provide proof that the drug works better than a placebo.

There’s one problem with all that: The patients realise they have the ‘real’ drug when they start experiencing awful side effects.

From this realisation, their minds create a powerful new placebo effect from the deeply implanted belief that only chemical drugs can ‘balance brain chemistry’ – a claim driven into their heads by incessant drug advertising as well as promises from their doctor. Thus, the more toxic the side effects, the more the patient generates his/her own placebo response that makes the drug look better than the placebo.

The patients who suffer no side effects decide they’re not on the real drug, and they mentally shut down any possibility of the placebo working. This is a ‘negative placebo’ effect.

The truth is that patients in America now believe that drugs don’t work unless they generate side effects. This belief system causes a gross distortion of the data in so-called ‘double-blind’ clinical trials, making it appear as if the more toxic drugs work better than they actually do. Thus ‘double-blind’ clinical trials are scientifically invalid.

A good example is Prozac. In clinical trials, it was slightly more effective than the placebo. But when all the data were taken into account, not just the positive results published by the manufacturers, Prozac (and several other antidepressants) turned out to be no more effective than placebos, or than the herbal remedy, St. John’s wort.

Learn more: http://www.naturalnews.com/054271_clinical_trials_placebo_effect_double-blind_studies.html#ixzz4AqzO3Rao

Monsanto facing chemical negligence lawsuits over Roundup

21st May 2016

Plaintiffs in more than a dozen lawsuits recently filed in the US are claiming that the active ingredient in Monsanto’s Roundup, *glyphosate*, gave them or their loved ones cancer, even though Monsanto knows that

the substance poses significant risks to human health, including an increased risk of several cancers.

Only recently, glyphosate was declared as “Probably carcinogenic to humans” by the World Health Organisation’s International Agency for Research on Cancer. They found that non-Hodgkin’s lymphoma is one of a group of cancers most associated with glyphosate exposure.

California’s Office of Environmental Health Hazard Assessment has decided to add glyphosate to the State’s list of carcinogenic chemicals.

Evidence has come to light that Monsanto has known for decades that glyphosate is carcinogenic, but failed to warn consumers, and continued to market its herbicide as the safest and most effective product on the market. The company continues to deny any association between glyphosate and diseases like non-Hodgkin’s lymphoma.

Glyphosate annually brings Monsanto about \$5 billion.

Learn more: http://www.naturalnews.com/054088_Monsanto_Roundup_cancer_lawsuits.html#ixzz49Y2Wh42L

Neonicotinoids kill 37 million honeybees in the US

27th June 2016

In the spring of 2013 in Ontario, Canada, within days of the planting of nearby fields with genetically-modified corn, beekeepers saw their honeybees die off in droves. One beekeeper lost about 600 hives, totaling roughly 37 million bees.

Ninety-four percent of GMO seeds are pre-treated with *neonicotinoid* pesticides. These are absorbed by the plant into all its tissues, making the leaves, pollen, nectar, flowers and seeds toxic.

Researchers found that dead and dying bees showed neurotoxic symptoms consistent with neonicotinoid poisoning, and that all of them carried traces of one of two such chemicals.

Two major reviews published in 2015 also warned that the effects of neonicotinoids go far beyond honeybees. They are devastating bird populations, harmless and beneficial insects, earthworms, aquatic invertebrates, lizards and even fish.

Learn more: http://www.naturalnews.com/054472_honeybees_colony_collapse_neonicotinoid_pesticides.html#ixzz4Cjw8TfeQ

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, and its philosophy is very similar to that of the Natural Health Society.

Principals are best-selling author, Lynne McTaggart, and her husband, former *Financial Times* journalist, Bryan Hubbard. Web: www.wddty.com. Subscriptions are available. E-newsletter: inquiries_news@common.wddtyvip.com

The following are abridged versions of articles written by Brian Hubbard.

Exercise protects against 13 cancers

19th May 2016

It's known that moderate physical activity is a good way of reducing your risk of heart disease, but researchers have now discovered that it also protects against 13 types of cancer.

Exercise cuts the risk more than just by losing weight. People who reduce their BMI (body-mass index) score lessen their risk for just three of the 13 cancers, and then only slightly.

But those who exercise moderately or intensely in their leisure time are far *less* likely than a sedentary person to develop 13 of 26 cancers that were monitored.

Exercise had the most protective effect with cancers of the oesophagus (reduced risk of 42 percent), liver (27 percent), lung (26 percent) and kidney (23 percent).

(Source: *JAMA Internal Medicine*, 2016; doi: 10.1001/jamainternmed.2016.1548)

Classical Music Lowers Cholesterol Levels and Heart Rate

24th June 2016

Listening to classical music doesn't just relax us, it physically changes the levels of fats and cholesterol in our blood. The music also lowers our heart rate, and is an effective treatment for high blood pressure (hypertension), a new research study has found.

The bad news is that listening to the pop music of Abba didn't have the same beneficial effects. They happened only

when participants listened to the music of Mozart or Strauss, the 'waltz king', for 25 minutes.

Researchers from the Ruhr University Bochum tested the effects of classical music against pop music or silence.

Although the 'silent' group had lower blood fats levels afterwards, the drop was much more significant in those listening to classical music.

Interestingly, men were more affected than women, and responded more to the classical music.

(Source: *Deutsches Arzteblatt International*, 2016; 113: 347)

Sudden rise in blood pressure not indicate heart attack

12th July 2016

A sudden rise in blood pressure doesn't mean you're about to have a heart attack, unless you're also suffering chest pains, severe headache, nausea or shortness of breath at the same time.

High blood pressure isn't a medical emergency on its own, say doctors.

New prostate cancer 'wonder drug' not so wonderful

19th July 2016

It was the great new wonder drug for advanced prostate cancer. It was approved by America's drug regulator, the Food and Drug Administration (FDA), in April – and just two months later an independent research group has discovered that *cabozantinib*, marketed as Cabometyx, is no better

than existing products on the market.

Cabozantinib helps cancer sufferers live an extra month or two, but then so do the older drugs, say researchers from the Medical University of Vienna.

The results were surprising, say the researchers, since the drug had performed so well in earlier trials, which had shown that the drug slows the progress of prostate cancer and improves quality of life. But these tests were on only 330 patients.

Those benefits disappeared when the drug was tested on more than 1,000 prostate cancer patients.

The FDA approved the new drug on the basis of the earlier trials, yet 40 percent of those taking it complained of serious adverse reactions, including abdominal pains, diarrhoea, nausea and excess fluid around the lungs.

(Source: *Journal of Clinical Oncology*, 2016; doi: 10.1200/JCO.2016.68.0439)

Half the research into conventional cancer treatments is fraudulent

28th June 2016

Up to half of the research studies into chemotherapy and other cancer treatments are fraudulent or have some element of spin to make the therapies seem more beneficial than they really are, a leading researcher has found.

Overall, 40 per cent of all medical studies that had failed to find a good result for a new drug had been the subject of spin, says Kamal Mahtani, deputy director of the Centre for Evidence Based Medicine.

In reviewing 107 randomised-controlled trials, Mahtani found that nearly half had elements of fraud or spin in order to show the therapies in a more glowing light when the underlying findings had discovered little or no benefit.

Commercial and financial influences were the main causes of spin and fraud. But many other cases may well have no commercial link at all. Instead, the findings may clash with the personal beliefs of the researcher, or could be inspired by career advancement or achieving a greater media profile.

In other words, scientists are as human as the rest of us.

(Source: *BMJ* blog, June 21, 2016)



Vaccination information

Gentle vaccine detox – remove heavy metals and other toxins

By David Wolfe, newsletter, 20-7-16

<http://www.davidwolfe.com/vaccine-detox-children-adults-remove-heavy-metals-toxins/>

Abridged.

Whether you believe vaccines to be harmful or not, one has to admit that all the ingredients added to vaccines cannot be good for anyone, especially children.

Vaccines contain a long scary list of ingredients and many of these things will not leave the body naturally. To achieve this, a gentle detox is necessary. Try these detox methods to remove vaccine toxins and heavy metals from your system

Detoxification bath

Have a detoxification bath with both Zendocrine and Epsom salts. Zendocrine is an essential oil mixture made up of tangerine, rosemary, geranium, juniper berry and cilantro. Rosemary, juniper berry and cilantro are good for detoxification and tangerine and geranium are purifiers.

Garlic

Garlic has been scientifically proven to treat heavy metal poisoning. Consume three cloves daily.

Silica

Natural News states, "Aluminum is passed out in the urine when one supplements silica. It seems there's little danger of taking too much, as long as adequate water is consumed and vitamin B₁ and potassium levels are maintained."

Chlorella

Chlorella is one of the best detoxifying substances available. Chlorella is uniquely designed to *not* bind to the beneficial minerals, only to the chemicals which need to be removed. Take it in supplement form or add its powder to your smoothie.

Probiotics

Probiotics are what is needed to restore the good bacteria in our systems after they have been thrown off by toxins. Some probiotic foods include organic yogurt, kefir, sauerkraut, kombucha and fermented vegetables.

Omega-3 oil

Omega-3 oils are especially good for cell repair and keeping your brain healthy. A few teaspoons daily of DHA-rich flax oil could be enough.

Coriander (cilantro)

Cilantro offers very gentle detoxification, and is effective for removing heavy metals from the brain.

For 2 – 3 weeks, add a teaspoon of cilantro to your food or smoothie or just eat it. Or instead, add 6 – 7 drops of cilantro essential oil to your bath.

Gardasil vaccine becomes international scandal

By Brian Shilhavy, Editor, *Health Impact News*, July 2016

"I predict that Gardasil will become the greatest medical scandal of all times because at some point in time, the evidence will add up to prove that this vaccine, technical and scientific feat that it may be, has absolutely no effect on cervical cancer and that all the very many adverse effects which destroy lives and even kill, serve no other purpose than to generate profit for the manufacturers."

This statement was made in April 2014 by French medical doctor, Bernard Dalbergue, a former pharmaceutical industry physician with Merck, the manufacturer of the HPV vaccine Gardasil.

Recently, Dr Sin Hang Lee supported Dr Dalbergue's prediction when he documented "scientific misconduct" among the world's leading health organisations, tasked with providing vaccine safety, by deliberately misleading Japanese health authorities on the safety of the HPV vaccine.

Japanese health authorities had halted their recommendation of the HPV vaccine in 2013 due to safety concerns.

Dr Sin Hang Lee, Director of the Milford Molecular Diagnostics Laboratory in Connecticut, USA, was called in 2012 to examine the death of Jasmine Renata in New Zealand, who died six months after receiving the Gardasil vaccine.



Dr Sin Hang Lee, MD

Classifieds

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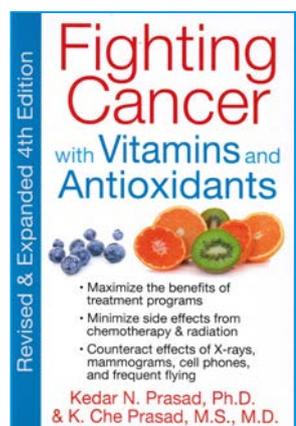
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FIGHTING CANCER WITH VITAMINS AND ANTIOXIDANTS

By Kedar Prasad and Che Prasad **\$34.00**

Broadly speaking, this book can help people in three ways:

1. It provides an easy-to-follow program of nutritional supplements to improve a person's chances of avoiding and beating cancer;
2. It shows how to counteract the carcinogenic effects of dental X-rays, CT scans, mammograms, mobile phones, radiation from frequent flying and other similar hazards;
3. It reveals how to maximise the benefits of a cancer treatment program, while minimising the side effects of chemotherapy and radiation.



Kedar Prasad is one of the United States' leading experts on vitamins and cancer research.

Despite extensive research, the US (and Australian) mortality rates from cancer have not changed for several decades. Yet there are promising nutritional ways of avoiding and possibly beating cancer.

In this revised and expanded edition, the authors reveal the latest revolutionary discoveries in the use of antioxidants and micronutrients to prevent cancer and support the body's self-healing powers – and also help with heart disease, Alzheimer's and Parkinson's.

Along with a simple nutritional program to follow, the authors show how micro-nutrients, vitamins and antioxidants can enhance conventional cancer treatments, decrease their toxic side-effects, improve long-term prognosis and reduce the risk of new cancer. They also explain how antioxidants regulate gene expression and cancer heredity and reduce the oxidative stress of free radicals.

GREEN PROTEINS

Delicious and nutritious meals without meat

By Fern Green **\$20.50**

Fern Green, a UK-based food stylist, writer and experienced chef, declares that green proteins promote a strong immune system, aid weight loss and are the key to a balanced, plant-based diet.

This book is an extraordinary achievement. Every recipe is on two pages – the ingredients are listed and photographed on the left-hand page and the method and photo of the dish are on the right-hand page. Brilliant!

There are 66 high-protein, high-fibre recipes – all without red meat; the only flesh food is a rare use of salmon. Dairy products and eggs are included in a number of recipes.



Sections are 'Snacks, sandwiches and starters', 'Soups and salads', 'Tarts, casseroles and small dishes' and 'Desserts'.

Originality and creativity shine through the recipes. Here are some:

Lentil and basil bruschetta, Sweet potato falafels, Broccoli and split pea soup, Coconut red lentil soup, Hazelnut lentil and avocado salad, Tofu eggplant and chili salad, Split pea casserole, Spicy red lentil dahl, Cannellini bean ratatouille, Asparagus quinoa frittata, Chickpea curry, Sweet potato and mung bean tacos.

Dessert samples: Chocolate and chickpea torte, Date and orange quinoa scones, Spiced apple quinoa muffins, Pecan waffles with strawberries, Blueberry mint and tofu smoothie, Tofu and banana French toast, Chocolate and ginger ice-cream, Azuki bean and walnut brownies.

MINDFULNESS ON THE RUN

Quick, effective mindfulness techniques for busy people

By Chantal Hofstee **\$29.50**

We all know how good mindfulness practice can be for us, but how do you implement it in your life if you're so busy that you simply don't have time for anything else? This is precisely where *Mindfulness on the Run* can help.

As a busy psychologist, wife and mother, Dr Chantal Hofstee has created a quick, practical program that enables you to slot mindfulness into your life without the need for formal meditation practice. The result will be a calmer mind, less stress, more focus, greater productivity, increased efficiency, enhanced creativity and, most importantly, a happier, more enjoyable life.

Packed full of practical exercises that can be done in minutes,

this is mindfulness that can be done anywhere, anytime – even when you don't have the time!

Some of the inspiring chapter headings are: 'Mindfulness and emotions', 'Changing stressful thoughts', 'Mindfulness for improving relationships', 'Mindfulness in conflict'.

Chantal Hofstee is a clinical psychologist, who has worked in both the private and corporate sectors. Through her company, Renew Your Mind, she uses the techniques of Cognitive Behavioural Therapy and mindfulness to provide her clients with easy-to-use skills that can be quickly and effectively implemented to change their lives. She is based in Auckland, New Zealand.



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Plant food, innovative, artistic, flavour, texture, colour, nutrition, health, delicious.

Never too Late to go Vegan

By Carol J. Adams, Patti Breitman and Virginia Messina, MPH, RD.

Price \$25 plus \$13.40 postage

The over-50s guide to adopting and thriving on a plant-based diet, with more than 75 recipes for everyday and festive eating. This in-depth guide will inspire you to make the change and will hold your hand every step of the way. (– Neal D. Barnard, MD, Author of Power Foods For the Brain.)

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.

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.

VEGSA News

We are just emerging from a long, wet winter. Now we have spring flowers and almond blossom, so spring is here.

Meanwhile the vegan scene continues to develop, mainly due to demand. Sadly, we have lost one of our long-standing vegan eateries, Great Nature at Christies Beach, home for many years to our Southern group. At the same time, we have gained new vegan eateries as well as more mainstream places adding vegan and vegetarian to their menus.

VegSA will organise a range of events over the next three months including our second End Poverty Week Dinner on 16th October, and will participate in the Adelaide Vegan Festival again, to be held in the centre of the City (Victoria Square – Tarndanyangga) on Saturday 5th and Sunday 6th November. Admission \$5 per day. Children under 12 free. See www.veganfestival.info

For DIARY DATES and recommended EATERIES see www.vegsa.org.au

I Love Animals

Written by Gypsy Wulff and illustrated by Ryan Jones.

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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.

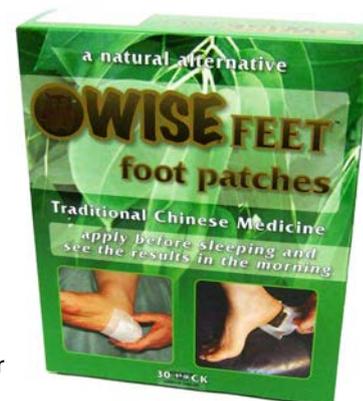
Health Products

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 acupunctured 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/6w1U7jQ0rm0>



With reasonable prices you can't afford not to sleep on a mattress that supports your health.

Contact us or your practitioner today!

Geovital Academy

Australia: 03 9020 1330

New Zealand: 09 887 0515

Addressing health burdens others ignore • Metal-free (no aerial effect)
• Toxin, Silver and Latex-Free • Stretch-effect to reduce pressure in discs
• Anti-static • Anti-allergy • Anti-fungal • Washable cover



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.