



AUTUMN 2020

# True Natural Health

The Magazine of the Natural Health Society of Australia

Facebook: Natural Health Society of Australia. Website: [health.org.au](http://health.org.au)



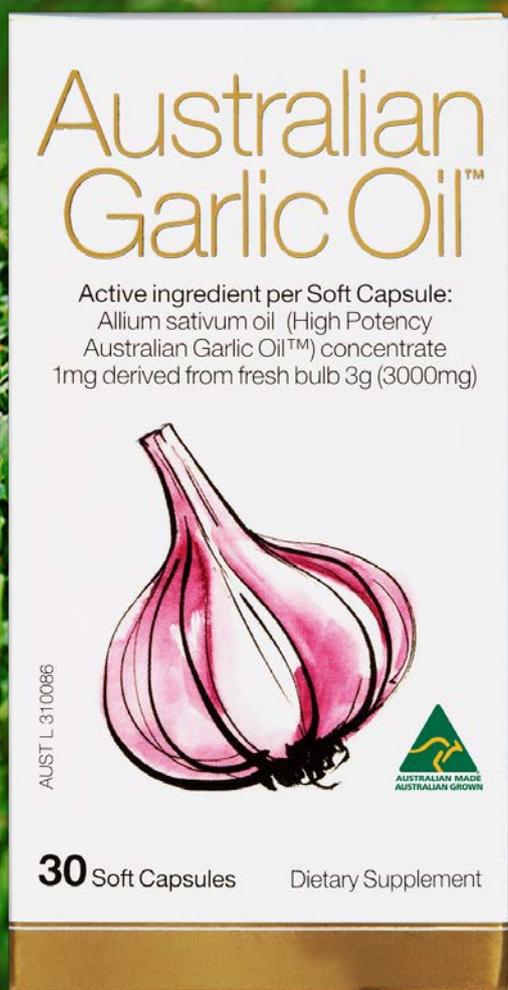
## Global Warming – ‘Spaceship Earth’

**Dark chocolate for artery health**  
**Eating to reduce global warming**  
**Let a fever run its course**  
**Dental – floss or brush first?**

**Therapeutic fasting – Part 1**  
**How not to die from cancer**  
**Anxiety – recovery is likely**  
**Autism causes and a recovery**

# ag Australian Garlic Oil™

100% AUSTRALIAN GROWN, MADE AND OWNED



# From our farm to your home



Always read the label. Follow the directions for use. If symptoms persist, talk to your healthcare professional.



@AustralianGarlicOil



australiangarlic.com.au

Available at Woolworths and soon, Coles and leading Pharmacies

# Global warming, plant-based eating, fasting

Editorial



We commence this issue with some 'feel good' information, namely that dark chocolate is good for us – well, within limits, that is. As the author, the US-based wholistic doctor Michael Greger, explains, the antioxidants in cocoa are good for our arteries. But only dark chocolate; milk has the opposite effect.

We present a summary of climate change/global warming on pages 18 and 19. It's an article I published in the Society's magazine in 1989, and it is remarkable to see that the predictions of the climatologists way back then are exactly what we are experiencing now – unprecedented bushfires followed by extreme flooding along the east coast of Australia.

Michael Greger complements this article by explaining how we can use our way of eating to reduce our contribution to global warming – page 20. (I use the term 'global

warming' because this is the underlying environmental change that is behind these weather extremes.)

An Australian-based charity, Doctors For Nutrition, is strongly in line with Dr Greger. They advocate a whole-food, plant-based diet, in this case for treating and preventing cardiovascular disease. At the Doctors' February 2020 symposium in Adelaide, speakers declared that they want to see diet becoming a much bigger component in medical training (page 44).

A subject that the media is talking about a lot these days is fasting – not the true water fasting that we know facilitates detoxing and healing, but intermittent low-calorie days. For a lay person to undertake *proper* fasting, we are covering in two parts the information that he/she needs to know to do it

safely, the first part being in this issue, pages 24 to 26.

Greg Fitzgerald's regular column on page 27 gives another brilliant account of how the standard medical treatment for fever sometimes causes great harm to the patient, even death.

And another of our outstanding practitioner writers, Robyn Chuter, outlines the causes of anxiety and offers the cheerful news that "recovery is likely".

And for a laugh, on page 21 we have a number of witty or wise sayings.

Roger French,  
Health Director  
and Editor



## About Natural Health Society

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

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

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

### Subscribers to the Society receive:

- \* 4 issues a year of our vital magazine, *True Natural Health*;
- \* The option of online subscription;

- \* Discounts on selected books, juicers and other health products;
- \* Discounts at our seminars.

### Committee

Elizabeth French, President  
Susan Roberts, Vice-President  
Amalia Pezzutto, Treasurer  
Richard Stepniewski  
Cecil Bodnar  
Jan Thorpe  
Ling Halbert

### Staff

Roger French, Health Director and Editor  
Tracey Priest, Office Administrator

### For more information:

Phone 02 4721 5068  
Email [admin@health.org.au](mailto:admin@health.org.au)  
Website [www.health.org.au](http://www.health.org.au)  
or write to  
PO Box 4264 Penrith Plaza  
NSW 2750

### Subscription form

Turn to page 43 or use the telephone or website.

Graphic designer,  
[melissahowarddesign.com](http://melissahowarddesign.com),  
0402 796 254

Printed by Evan Gordon,  
0400 029 624

## Acknowledgement

The Natural Health Society gratefully acknowledges the continuing and generous support of the Australian Youth and Health Foundation, which established the Society.

The publishers, authors and editors of, and contributors to, this publication shall not be liable in any action or proceedings arising out of information provided in this publication, nor shall they be responsible for any error or omission in such information. They expressly disclaim all and any liability to any person or persons arising out of anything done, or omitted to be done, in association with the publication of this magazine. The publication does not purport to provide medical advice or opinion and readers should not rely upon any information which is contained in this publication for that purpose. Any reader wishing to obtain medical advice or opinion should consult his or her own health professional.

## Contents

- [02] Dark chocolate & artery health
- [03] How to slow resting heart rate
- [04] Big Pharma interference
- [05] Garlic powder benefits
- [06] Nutrients reduced by farming
- [08] How not to die from cancer
- [09] Avemur editorial
- [10] Your Questions Answered
- [14] NHS Notices and Events
- [16] What causes flatulence
- [17] Floss before you brush  
Gentle stroll helps you live longer
- [18] The Greenhouse Effect
- [20] Diet and climate change
- [21] A touch of humour
- [22] Recipes – from Hopewood
- [24] Therapeutic fasting Part 1
- [27] Greg Fitzgerald  
– Fever must run its course
- [28] Recovery from anxiety is likely
- [29] Memories distort with time
- [30] Dog and cat pages
- [31] Phase out battery cages
- [32] Autism causes and case
- [33] Toxic chemical load
- [34] Scientists call for EMR protection
- [35] 5G not proven safe
- [36] Lyn Craven – Vagus nerve
- [37] New Product Oakberry Acai
- [38] News from WDDTY
- [40] News from Dr Mercola
- [41] Classifieds
- [42] NHS Health products
- [43] NHS Order form
- [44] Kindred organisations



# THE CHOCOLATE DILEMMA **Dark for desirable; milk for shunning**

Adapted and edited from a newsletter by Michael Greger, MD, FACLM

## **Dark chocolate improves artery function**

What do studies that are not funded by the chocolate industry show about the effect of cocoa on our arteries?

Chocolate – is it beauty or the beast or both? Although cocoa itself is frequently found in foods like chocolate which can contain high levels of fat and sugar, the cocoa powder itself may have beneficial effects in a number of chronic disease conditions, including heart disease.

## **COCOA BOOSTS ARTERIAL FUNCTION**

Flow-mediated dilation [widening of arteries in response to blood flow] measured in the main artery of the arm, which is about the same diameter as our coronary arteries, is considered one of the best measures of arterial function, which is a predictor of cardiovascular death. A little bit of cocoa doesn't do anything to the dilation. But a little more or a lot more gives a significant boost in arterial function within hours of consumption. How much does it take? Not much – just a teaspoon of natural cocoa powder, which would be about a tablespoon or more of Dutch cocoa.

Putting together all the best available science – dozens of randomised controlled trials – show that arterial function is significantly improved within hours, and more so after weeks or months of regular cocoa consumption.

It's always difficult to tease out fact from fiction when powerful financial interests are involved. Many of these studies were funded by industry, but even after removing these studies, researchers found the same protective effect.

The reason they measure arterial function in the arm, rather than where it is really needed – the coronary arteries of the

heart – is that the coronary arteries would require an angiogram, which is a lot more invasive. However, if people are already scheduled for an angiogram anyway, then they can be used for study.

## **IT DILATES THE ARTERIES**

A double-blind randomised trial found that dark chocolate does open up coronary arteries. And when the researchers carried out what's called a 'cold-pressor test', where they plunge your hand into a bucket of ice water, which normally causes arteries to constrict, after dark chocolate they dilated demonstrating the benefits of cocoa. Dark chocolate may also improve blood flow to the heart of our kidneys.

## **BUT NOT MILK CHOCOLATE**

But because chocolate also contains fat and sugar, we have to be careful. Furthermore, most chocolate products are manufactured with milk, which is known to weaken the antioxidant capacity in our blood. Even if milk chocolate had the same flavonoid phytonutrient content as dark chocolate, the antioxidant effect of cocoa in the blood is potentially weakened when milk is consumed.

So, not only can there be triple the antioxidants in dark chocolate compared to milk chocolate, the milk actively works against the beneficial effects in the human body. So, if we eat dark chocolate, we get a nice spike in the antioxidant power in our bloodstream within an hour, whereas with milk chocolate we get nothing. And, if you eat that same dark chocolate with a cup of milk, the benefit is suppressed. The addition of milk, either in the chocolate itself or in our stomach, inhibits the antioxidant activity of the chocolate and the absorption into the bloodstream of one of the target phytonutrients.

## **NOT REFINED SUGAR EITHER**

Sugar isn't a bit good for us, either, it impairs arterial function. The amount of sugar in one can of soft drink can temporarily cripple arterial function. This is why sugar-free cocoa improves arterial function much better than the same amount of cocoa with sugar added. So, the less sugar, the more beneficial the cocoa.

## **THE BOTTOM LINE**

Although the positive effects of dark chocolate and cocoa products seem apparent, before we indulge freely in dark chocolate, we need to take the precaution of checking the amount of calories, fat and sugar in the chocolate. Cocoa powder offers the best of both worlds. Although rather bitter, cocoa-based products with little or no sugar or fat are the best way to obtain the benefits of cocoa.

And, you can make them tasty if you have the right recipes.

**EDITOR'S NOTE.** *In publishing this article, we advise readers not to go onboard with even the best kind of chocolate. It is a very concentrated food.*

**Michael Greger is a physician, New York Times best-selling author and internationally recognised professional speaker on a number of important public health issues.**

## **ACKNOWLEDGEMENT**

***This article is abstracted with editing from Dr Greger's newsletter, 9th February 2019. It is published under Dr Greger's generous sharing policy. His website is NutritionFacts.org***



# HOW TO SLOW A HIGH RESTING HEART RATE

Adapted and edited from a newsletter by Michael Greger, MD, FACLM

Monitoring resting heart rate has strong advantages. Taking your pulse is cheap, takes little time, is understandable to people and is something everyone can do at home to measure progress in their own health management.

## PULSE STRONGLY LINKED TO LIFESPAN

The accumulated weight of evidence linking elevated [resting] heart rate to cardiovascular and all-cause mortality – that is, to a shortened lifespan – even in apparently healthy individuals, makes a strong case for it to be considered in the assessment of cardiovascular risk.

[The time to measure your resting heart rate is first thing on waking in the morning and before you make any significant movement, which can speed it up a little. If possible, don't even get out of bed.]

Every ten-beat-per-minute increase in pulse is associated with a 10 to 20 percent increase in the risk of premature death. There seems to be a continuous increase in risk with increasing heart rate, at least for values above 60.

So, we can simply look at our watch or the timer on our smartphone, and, if our heart is beating much faster than the seconds going by, when we're sitting quietly, then we need to do something about it. This is particularly important when we start getting up to around 80 or 90 beats per minute.

## THERE'S DANGER IN A RESTING PULSE OF 90

Men with no apparent evidence of heart disease who have a pulse of 90 may have five times higher risk of sudden cardiac death compared to those in the safety zone. To put it bluntly, their first symptom may be their last. Indeed, resting heart rates around 90 beats per minute increase heart disease risk at a level similar to smoking.

If you ask most doctors, though, 90 is considered normal: The acceptable limits of heart rate have long been set at 60 to 100 beats per minute. Where did that range come from? It was adopted as a matter of convenience simply based on a certain kind of scale on graph paper. It was an historical accident like the 'QWERTY' sequence of letters on our keyboards that just became the norm. A heart rate of 60 to 100 doesn't even represent the bell curve.

Later, a group of cardiologists measured the heart rate of 500 people and concluded that 45 to 95 beats per minute was normal (rounded to 50 to 90), which a survey of leading cardiologists concurred with. Now we know that normal doesn't necessarily mean optimal.

Doctors shouldn't be telling people with heart rates in the 50s that their heart rate is too low. In fact, these people's pulses may be right where they should be.

## WHAT WE CAN DO ABOUT A HIGH RATE

A heart rate higher than 80 beats per minute should ring an alarm bell, but what can we do about it? Exercise is one obvious possibility. Ironically, we make our heart go faster so that the rest of the time it will go slower.

### Exercise

The public health benefits of physical exercise, especially for heart protection, are widely accepted. Among the many biological mechanisms proposed to account for this risk-reducing effect is *autonomic nervous system* regulation of the heart, that is, our brain's ability to slow down the resting beat.

If you put people through a 12-week aerobic conditioning program of cycling, stair climbing and running on a treadmill, their resting heart rate can drop from around 69 to about 66. Of course, they have to keep it up. Stop exercising and

resting heart rate goes right back up again.

Exercise is only one way to drop our heart rate. The way to our heart may also be through our stomach. What if, instead of three months of exercise, we did three months of beans, like a cup a day of beans, chickpeas or lentils?

### Beans

The first randomised controlled trial of beans for the treatment of diabetes showed that beans did successfully improve blood sugar control, but this study was also the first to assess the effect of bean consumption on heart rate, and indeed one of the few to determine the effect on heart rate of any dietary intervention.

This is particularly important in diabetics, since having a higher resting heart rate not only increases their risk of death as it does for everybody, but also appears to predict greater risk of diabetic complications, including damage to the nerves and eyes.

In the study beans produced a 3.4 beat drop in heart rate, which is just as much as the 250 hours on a treadmill. We're not sure why beans are as powerful as exercise in bringing down one's resting heart rate. However, in addition to the direct beneficial effects of vegetable protein and fibre – all the good stuff in legumes – there is also the potential displacement of animal protein foods, which are higher in saturated fat.

Let's say, we should consider eating pulses for our pulse.

## ACKNOWLEDGEMENT

**This article is abstracted with editing from Dr Greger's newsletter, 15th February 2019.**

# Big Pharma interferes in medical decisions

Abridged from an article by Dr Joseph Mercola. December 26, 2019.



One of the primary roles of the US Food and Drug Administration is to review the safety and efficacy of drugs before they are sold on the US market. In 2016, The BMJ<sup>(1)</sup> suggested a strong conflict of interest when they wrote about a revolving door existing between the FDA and the pharmaceutical industry. In pursuit of monetary gain, this relationship places the health of Americans at risk.

Although these ties have been revealed in the past, two researchers from Oregon Health and Science University suggested many of the medical reviewers at the FDA go on to work for drug companies.<sup>(2)</sup>

They found that of the 55 who had worked as haematology oncology medical reviewers for the FDA from 2001 to 2010, 15 had gone on to work with or consult in the pharmaceutical industry. In addition to the pharmaceutical industry's influence in the FDA, one agency reports<sup>(3)</sup> that in 2018 alone, \$9.35 billion was spent on educating and entertaining doctors.

Big Pharma also keeps a hand in research to ensure their drugs are approved. For instance, when there are significant or severe forms of clinical violations in research using human participants, these are classified as an *official action indicated*, or OAI. In a review<sup>(4)</sup> of FDA inspection reports from 1998 to 2013, researchers found 60 clinical trials classified as OAI used for data in 78 published articles.

Of those, only three mentioned violations found by the FDA, including fraud, incompetence and misconduct. In other words, anyone using medical journal data to make decisions may find those decisions are based on fraudulent or heavily flawed published studies.

## THE BMJ CALLS FOR ACCURATE RESEARCH TO BACK MEDICAL PRACTICE

The BMJ launched a global initiative calling for a reduction in the commercial influence in health care and moving toward transparency. In a press release,<sup>(5)</sup> The BMJ's editor-in-chief, Dr Fiona Godlee, said:<sup>(6)</sup>

***"Patients and the public deserve to have evidence they can trust. Commercial influence has no place in scientific research, nor in the education and guidance of clinicians, nor in decisions about diagnosis and treatment. We hope that people around the world support our call for fundamental reforms."***

The journal plans to add more content to the collection to further understanding of the conflict of interest between commercial Industries and medical decisions.<sup>(7)</sup> They brought together experts from eight nations in medicine, law and philosophy to propose fundamental cultural changes with the intention of moving away from commercial influence and closer toward independence.

The group is calling for governments to pass legislation requiring disclosure when medical reviewers are paid by the manufacturers.

## CASE IN POINT: JOHNSON & JOHNSON LIABLE FOR DAMAGES

The idea that industry-funded studies affect medical decisions is not news.<sup>(8)</sup> The number of clinical studies supported by companies that make a profit from the results is only growing. One example is Johnson & Johnson, the company that sold pelvic mesh to thousands of Australian women while knowing it could be harmful and without warning the women or physicians of the risks.

More than 1,350 women from Australia won a class action suit in November 2019 against Johnson & Johnson for misleading information about the risks of the pelvic mesh implants. The implants were sold by a subsidiary, Ethicon, which is charged with being negligent.

In addition to the Australian suit, Johnson & Johnson agreed to a \$117 million settlement to resolve lawsuits about the pelvic mesh implants in 41 US states.

The same company was ordered to pay Oklahoma in a judgment in which the state argued Johnson & Johnson was a "kingpin" in the opioid crisis.

Oklahoma Attorney General, Mike Hunter, specifically identified two subsidiaries of Johnson & Johnson that provided the majority of the raw opium used by Johnson & Johnson and other manufacturers to produce the drugs for the past two decades.<sup>(9)</sup>

The women who had the pelvic mesh implanted for treatment of urinary incontinence testified to chronic pain, severe discomfort and bleeding during sex after having the implant. In the ruling against Johnson & Johnson in Australia, judge Anna Katzmann said:<sup>(10)</sup>

***"The question is whether this conduct considered as a whole was misleading or likely to mislead. I believe it was. The post-market evaluation of all the Ethicon devices was deficient. It fell well below the level of care required of a reasonably***

***prudent manufacturer. The risks were known, not insignificant and on Ethicon's own admission, serious harm could ensue if they eventuated."***

## THE TALE OF TWO JOURNALS: NEJM PARTNERS WITH BIG PHARMA

As *The BMJ* fights for transparency to protect consumer health, the *New England Journal of Medicine* (NEJM) appears to have taken the opposite tack. In 2015, there appeared three articles written by the same author, Dr Lisa Rosenbaum,<sup>(11,12,13)</sup> in which the journal appeared to shift its support in favour of closer ties between the pharmaceutical industry and the field of medicine.

On 7<sup>th</sup> February 2019, the journal published two industry-funded studies examining *omadacycline* as an antibiotic for treatment in community-acquired pneumonia<sup>(14)</sup> or soft tissue infection.<sup>(15)</sup>

One analysis of the studies came to this conclusion:<sup>(16)</sup>

***"It is fairly evident that this article was not intended to further scientific progress, but rather to sell a shiny new product ... And while by all accounts this novel antimicrobial appears to be a likely equivalent to moxifloxacin, it is the intention and the methodology which we should call into question."***

## REDUCE YOUR USE OF BIG PHARMA PRODUCTS

The industry produces 55% more air pollution than the auto industry, despite being 28% smaller. Massive amounts of waste are also entering waterways near manufacturing plants, contributing to the growth of antibiotic-resistant bacteria.

Seek to make lifestyle choices that will reduce your dependence on drugs. Practise good nutrition, regular exercise and adequate sleep as three foundational pillars to good health.

## Sources and References

<sup>1</sup> *The BMJ*, September 27, 2016; 354:j5055

<sup>2</sup> *Time*, September 28, 2016

<sup>3</sup> [OpenPaymentsData.CMS.gov](https://www.fda.gov/openpayments)

<sup>4</sup> *JAMA Internal Medicine*, 2015;175(4):567

<sup>5</sup> *BMJ*, <sup>6,7</sup> *BMJ*, March 12, 2019

<sup>8</sup> *Cochrane*, February 16, 2017

<sup>9</sup> *StatNews*, August 26, 2019

<sup>10</sup> *Reuters*, November 20, 2019

<sup>11</sup> *NEJM* 2015; 372:1860, <sup>12</sup> *NEJM* 2015; 372:1959

<sup>13</sup> *NEJM* 2015; 372:2064

<sup>14</sup> *NEJM*, 2019; 380:517, <sup>15</sup> *NEJM*, 2019;380:528

<sup>16</sup> *Scientific Ruse*, February 11, 2019

# Benefits of Garlic Powder for Heart Disease

By Michael Greger, MD, FACLM, December 23rd, 2019, Volume 48



In ancient Greece, the art of medicine was divided into three areas: cures through diet, cures through drugs and cures through surgery. Garlic, Hippocrates wrote, was one such medicinal food, but that was to treat a non-existent entity called 'displacement of the womb'. So, ancient wisdom can only go so far.

Those who eat more than a clove a day do seem to have better artery function than those who eat less than a clove a day, but you don't know if it's cause and effect until you put it to the test.

Heart disease patients were randomised to receive either garlic powder or placebo tablets twice daily for three months. And, those lucky enough to be in the garlic group had a significant boost in their artery function: a 50 percent increase in function from taking only 800 mg of garlic powder a day. That's just a quarter-teaspoon of garlic powder; a 50 percent increase in artery function for less than a cent a day!

Garlic powder can improve the function of our arteries, but what about the structure of our arteries?

Dozens of studies on garlic, all compiled together, show garlic can reduce cholesterol levels in the blood by more than 16 points. So, might garlic powder be able to actually slow the progression of atherosclerosis?

In administering garlic powder tablets versus placebo for three months, the placebo group got worse, which is what tends to happen. Eat the same artery-clogging diet and your arteries continue to clog. But, the progression of the

disease appeared to slow and stall in the garlic group.

Of course, it would be nice to see the thickening of the artery wall actually reverse, but for that, one might have to add more plants than just garlic to your diet. Still, though, that same quarter-teaspoon of a simple spice available everywhere may be considered as an adjunct treatment for atherosclerosis, the number one killer of both men and women in the Western world.

What about garlic for high blood pressure? A systematic review and meta-analysis of randomised controlled trials demonstrating garlic has "a statistically significant and clinically meaningful effect" on both systolic and diastolic blood pressure, reducing the top number by nearly seven and the bottom number by about five. That may not sound like a lot, but reducing diastolic blood pressure – the bottom number – by five points can reduce the risk of stroke by about a third, and heart disease by 25 percent.

Plant-based medicine can provide beneficial effects, with little or no side effects, and "compared to other medicine is relatively cost effective."

## SOURCES

*Totelin L. When foods become remedies in ancient Greece: The curious case of garlic and other substances. J Ethnopharmacol. 2015;167:30-7.*

*Lau KK, Chan YH, Wong YK, et al. Garlic intake is an independent predictor of endothelial function in patients with ischemic stroke. J Nutr Health Aging. 2013;17(7):600-4.*

*Mahdavi-roshan M, Mirmiran P, Arjmand M, Nasrollahzadeh J. Effects of garlic on brachial endothelial function and capacity of plasma to mediate cholesterol efflux in patients with coronary artery disease. Anatol J Cardiol. 2017;18(2):116-121.*

*Atkin M, Laight D, Cummings MH. The effects of garlic extract upon endothelial function, vascular inflammation, oxidative stress and insulin resistance in adults with type 2 diabetes at high cardiovascular risk. A pilot double blind randomized placebo controlled trial. J Diabetes Complicat. 2016;30(4):723-7.*

*Shabani E, Sayemiri K, Mohammadpour M. The effect of garlic on lipid profile and glucose parameters in diabetic patients: A systematic review and meta-analysis. Prim Care Diabetes. 2019;13(1):28-42.*

*Mahdavi-roshan M, Zahedmehr A, Mohammad-zadeh A, et al. Effect of garlic powder tablet on carotid intima-media thickness in patients with coronary artery disease: a preliminary randomized controlled trial. Nutr Health. 2013;22(2):143-55.*

*Xiong XJ, Wang PQ, Li SJ, Li XK, Zhang YQ, Wang J. Garlic for hypertension: A systematic review and meta-analysis of randomized controlled trials. Phytomedicine. 2015;22(3):352-61.*

*Law MR, Morris JK, Wald NJ. Use of blood pressure lowering drugs in the prevention of cardiovascular disease: meta-analysis of 147 randomised trials in the context of expectations from prospective epidemiological studies. The BMJ. 2009;338:b1665.*

# How dead soil and toxins reduce food nutrients

By Dr Joseph Mercola, 2nd September 2019

Soil is the mother of nearly all plant life and, ultimately, all animal life. Soils that have taken hundreds or thousands of years to fully develop are being destroyed at a disturbingly rapid pace. Monocultural farming systems introduce toxins and are quickly destroying the soil microbiome responsible for the growth of nutritious food.

It's estimated that healthy soil may contain between 100 million and 1 billion bacteria. However, chemical farming has rendered the soil susceptible to erosion, resulting in one-third of the world's arable land lost to erosion, taking away microorganisms with it. In addition to this and the loss of soil biodiversity, modern farming practices have depleted food nutrients.

## Food without the same nutrients as one generation ago

A landmark study by Donald Davis from the University of Texas was published in 2004 in the *Journal of the American College of Nutrition*.

Davis looked at 43 vegetables and fruits and found regular declines in nutritional value, which his team attributed to agricultural practices designed to improve yield as opposed to nutrition. Davis is quoted in *Scientific American* as saying:

"Efforts to breed new varieties of crops that provide greater yield, pest resistance and climate adaptability have allowed crops to grow bigger and more rapidly, but their ability to manufacture or uptake nutrients has not kept pace with their rapid growth."

Another analysis based on data over 50 years, from 1930 to 1980, found significant reductions in calcium, magnesium, copper, iron and potassium. The only mineral with no difference was phosphorus [no doubt the result of the widespread use of super-phosphate fertiliser].

Journalist, author and past editor of the *East West Journal*, Alex Jack, compared the differences in nutrient levels between 1975 and 1997 of vitamin C, vitamin A,

riboflavin, thiamine and niacin. He found that all the analysed nutrients in broccoli declined, ranging from 17.5% for vitamin C to a whopping 53.4% for calcium. He then examined other common vegetables and discovered that the results were comparable.

## Nutrient decline a complex problem with a simple answer

Following his study in 2004, Davis continued to analyse nutrients in food, finding evidence of decline, including an inverse relationship between plant yield and mineral concentration, Davis wrote:

"In fruits, vegetables, and grains, usually 80% to 90% of the dry weight yield is carbohydrate. Thus, when breeders select for high yield, they are, in effect, selecting mostly for high carbohydrate with no assurance that dozens of other nutrients and thousands of phytochemicals will all increase in proportion to yield."

Soil bacteria produce compounds that coat the surface of dirt particles and play a unique role in holding soil together. Legumes also produce nitrogen, which the plants use for nutrition. However, with higher pH and nitrogen available as nitrate, it's the perfect scenario for weed growth. When there is less disturbance and greater plant diversity the soil becomes more balanced, increasing the nutrients available to plant life.

*EcoFarming Daily* reported that<sup>17</sup> the goal of restoration is to provide plants with living soil that can significantly improve the mineral cycle. One strategy to maintaining healthy soil requires the reduction of synthetic fertilisers and other chemicals.

Some microbes improve pore space in the soil allowing for greater water holding capacity and root growth. Others reduce the prevalence of disease and still others are involved in decomposition.

Insecticides kill both visible and microscopic insects that begin the

process of decomposition by shredding organic matter. Populations of bacteria and fungi in the soil begin to decline, reducing the nutrition that the crop is able to absorb from the soil.

This cascading effect negatively impacts diversity and function of soil life. For instance, glyphosate impacts the functions of microorganisms. Synthetic fertilisers, often salt-based, essentially absorb water away from microbes and change the acidity of the soil which becomes toxic to living organisms.

## Soil death results in sick food and rising disease

Modern farming practices are not the answer to health and wellness, but a means of lining the pockets of agribusiness.

The prevalent use of biocides, insecticides, pesticides and chemicals designed to kill living organisms have changed the landscape of soil microbial growth. This has negatively impacted the land's ability to produce food with the same nutrient value it had just one generation ago.

The National Institutes of Health says that eating too much of one type of nutrient and not enough nutrient-dense foods overall could raise the risk of dying by heart disease, Type 2 diabetes and stroke.

One study published in *Nature* found that while acute vitamin and mineral deficiencies are rare in developed countries, suboptimal intake is a widespread problem. The researchers believe the solution may require the fortifying of foods and provision of multi-vitamin and multi-mineral supplements to have a significant impact on public health.

In summary, while researchers have found that the nutritional value of food has declined, others are finding that suboptimal intake is a widespread problem affecting large populations. The lack of good nutrition is leading to a rising number of people suffering disease.

# Nothing fishy about **GreenOMEGA 3**... the vegan alternative to fish oil



**Did you know...** that fish get their Omega 3 fatty acids from the natural marine microalgae they eat?

Just like the fish, we humans must get Omega 3 fatty acids from the food we eat to maintain good health.

**GreenOMEGA 3** goes to the same source the fish do to get these essential fatty acids so vegans, vegetarians and those of us who want to save our oceans from over-fishing can now get a daily

Omega 3 rich supplement... *without the fish!*

**GreenOMEGA 3** is derived from clean, green marine *microalgae Schizochytrium sp.* sustainably cultivated in technologically-advanced "Enclosed-System" phyto-bioreactors in the USA.

Each **GreenOMEGA 3** vegan capsule contains 850mg of Life'sOMEGA3™ marine microalgae oil that **delivers 255mg DHA and 127mg EPA.**

## Help save our precious Oceans

Over 700,000 tonnes\* of fish are now taken annually from our oceans for fish oil with over 21%\* of that going into fish oil supplements.

If this continues, experts say we will soon lose many fish species and marine ecosystems in just one generation. That's bad news for the marine environment, but the good news is ... there is no longer need to harvest fish for their oil because we can now get the Omega 3's from the same marine microalgae the fish do.

**GreenOMEGA 3** from renewable marine algal source is a vegan alternative to fish oil for essential DHA and EPA and does not contribute to the destruction of our ravaged oceans.

Choose **GreenOMEGA 3** as your daily source of vegan DHA and EPA ... and save the fish!



\* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016

**NEW** **Pure Plant-Source**  
**Green Omega3**



Available at leading Health Food Stores

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



# How Not to Die from Cancer

Abstracted from an item by Michael Greger, MD, FACLM

After Dr Dean Ornish, of the School of Medicine, University of California, conquered our number-one killer, heart disease, he moved on to killer number-two, cancer. What happens if a cancer sufferer is put on a plant-based diet? Ornish and colleagues found that the progression of early-stage prostate cancer could be reversed with a plant-based diet and other healthy lifestyle behaviours.

If the blood of those eating the Standard American Diet is dripped onto cancer cells growing in a petri dish in a laboratory, cancer growth is cut down about nine percent. And if they've followed a plant-based diet for a year their blood can slash cancer growth by 70 percent. So the blood circulating throughout the bodies of those eating plant-based diets had nearly eight times the stopping power when it came to suppressing cancer cell growth.

That was for cell growth of prostate cancer. Researchers wanted to repeat the study with women using breast cancer cells, but they didn't want to wait a whole year to get the results – women are dying now. So they figured they'd see what a plant-based diet could do after just two weeks for three different types of human breast cancer.

The study showed that cancer growth started out at 100 percent, but then dropped after the subjects ate a plant-based diet for 14 days. A layer of breast cancer cells was laid down in a petri dish, and then blood from women eating the Standard American Diet was dripped on it. Even the blood of women eating pretty poor diets had some ability to break down cancer.

After just two weeks of eating healthfully, though, the blood from those same women – so they effectively acted as their own controls – was dripped onto a new

carpet of breast cancer cells. Only a few individual cancer cells remained; their bodies cleaned up. After only 14 days on a plant-based diet, their bloodstream became much more hostile to cancer.

Slowing down the growth of cancer cells is nice, but getting rid of them all together is even better. Programmed cell death is what's called *apoptosis*. After eating healthfully, the women's own bodies were able to somehow reprogram the cancer cells, forcing them into early retirement.

The dramatic strengthening of cancer defences shown in the study was after 14 days of a plant-based diet – plus exercise in the form of walking for 30 to 60 minutes a day. But how do we know what role the diet versus the exercise played?

In the investigation, blood taken from those who ate a plant-based diet and had a routine of mild exercise, such as walking every day, over an average of 14 years, exhibited significant cancer cell clearance.

The other group had 14 years on a Standard American Diet, but also 14 years of daily, strenuous, hour-long exercise, like calisthenics. If you exercised hard enough and long enough, could you rival some strolling plant eaters? There was no question that exercise helped, but literally 5,000 hours in the gym was no match for a plant-based diet.

Nothing appears to kick out more cancer than a plant-based diet. Why? We think it's because animal proteins – meat, egg white and dairy protein – increase the level of *insulin-like growth factor-1* (IGF-1), a cancer-promoting growth hormone involved in the development or progress of malignant tumours.

In another study, researchers added back to the cancer just the amount of IGF-1 that had been banished by eating and living healthier. It was found that it

effectively erased the benefit of diet and exercise. It's as if the subjects had never started eating healthfully at all, with the cancer-cell growth rates and death rates returning to the same levels as before the plant-based diet intervention.

The reason that one of the largest prospective studies on diet and cancer found that "The incidence of all cancers combined was lower among vegetarians than among meat eaters" may be because they eat less animal protein, and thereby end up with less IGF-1, which means less cancer growth.

How much less cancer growth? A study found that middle-aged men and women with high protein intakes had a 75 percent increase in overall mortality and a fourfold increase in the risk of dying specifically from cancer. Does the protein source matter? Yes. It was specifically animal protein, which makes sense, given their higher IGF-1 levels.

The academic institution where the study was done sent out a press release with a memorable opening line: "That chicken wing you're eating could be as deadly as a cigarette." It went on to explain that "eating a diet rich in animal proteins during middle age makes you four times more likely to die from cancer – a mortality risk factor comparable to smoking."

**Michael Greger is a physician, New York Times best-selling author and internationally recognised professional speaker on a number of important public health issues.**

## ACKNOWLEDGEMENT

This article is abstracted with editing from Dr Greger's newsletter, 4<sup>th</sup> October 2019. It is published under Dr Greger's generous sharing policy. His website is NutritionFacts.org

# Avemar® ....originally inspired by Nobel Prize Winning Scientist

Dr Albert Szent Gyorgyi, the father of many natural medicines, received the Nobel Prize in Medicine in 1937 for the discovery of vitamin C.

Much later on, Gyorgyi theorised that methoxy substituted benzoquinones, better known as DMBQ's, play an essential role in regulating glucose metabolism at the cellular level and theorised that supplemental levels of DMBQ could help the body respond to internal and external stresses.

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.

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 cancer at any cost. As a result, Györgyi's work suffered from funding problems and was largely

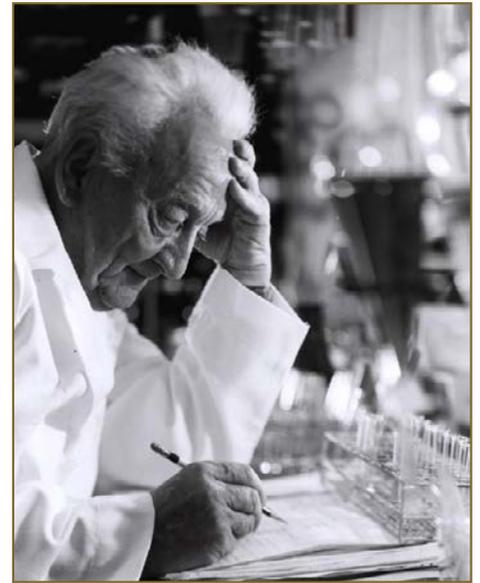
overlooked. He died in 1986, with his research unfinished.

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 from Hungary, to resume and build on Györgyi's initial 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.

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].

Avemar® is now one of the most well-researched natural substances in the world with more than 100 studies described in over 20 peer-reviewed medical journals.



## AVEMAR®

FOR LIFE

*Fermented Wheat Germ Extract*

**FOOD FOR SPECIAL MEDICAL PURPOSES FOR CANCER PATIENTS  
UNDERGOING CHEMOTHERAPY, RADIATION AND IMMUNE THERAPIES**

- More than 30 publications in peer-reviewed medical journals e.g. ***British Journal of Cancer Vol 89, Integrative Medicine 2007, Evidence-based Complementary & Alternative Medicine 2009.***
- Has been a winner of the "NutrAward" in the USA for the ***Best New Product of the Year***

# Avemar Australia



**PHONE: 07 5559 1260**

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

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

# Your Questions Answered

By Roger French

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

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

## Q NATURAL FLAVOURS:

*I am wondering if there has ever been an article written in the Society's magazines about natural flavours?* – J. H. S., Brisbane Qld

**A** Natural flavours are not as natural as they sound. And, no, we have not covered them before.

What natural flavours are and whether they are safe to eat is explained by registered dietitian, Franziska Spritzler ([healthline.com/nutrition/natural-flavors](http://healthline.com/nutrition/natural-flavors)), and Mary Jo Dilonardo, a senior writer at Mother Nature Network ([www.mnn.com/food/healthy-eating/stories/what-are-natural-flavors-and-artificial-flavors](http://www.mnn.com/food/healthy-eating/stories/what-are-natural-flavors-and-artificial-flavors))

### What exactly is a 'natural' flavour?

Natural flavours are complex mixtures created by food chemists, 'flavourists'.

In addition to their original flavour compound, these mixtures can contain more than 100 different chemicals, including preservatives, solvents and other substances. These are defined as "incidental additives".

Food manufacturers aren't required to disclose on ingredients lists whether these additives come from natural or synthetic sources or what they actually are. As long as the original flavouring source comes from plant or animal material, it is classified as a natural flavour.



There's no way to know whether flavours come from animals or plants unless the manufacturer explicitly states that the natural flavours are plant-based or the food product is vegetarian or vegan,

Flavours sourced from genetically modified crops can also be labelled as natural.

To find out where a natural flavour comes from and the chemicals it contains, it is necessary to contact the food company and ask them directly.

If a natural flavour is supposed to make a food taste like banana or raspberry, we can't assume that the flavouring came only from bananas or raspberries. An orange flavour, for example, might contain orange extract, as well as extract from bark and grass.

According to the US Food and Drug Administration's Code of Federal Regulations, natural flavours are created from substances extracted from these plant or animal sources:

- Spices
- Fruit or fruit juices
- Vegetables or vegetable juice
- Edible yeast, herbs, bark, buds, roots, leaves or plant material
- Dairy products, including fermented products
- Meat, poultry or seafood
- Eggs

These flavours can be obtained by heating or roasting the animal or plant material or by using enzymes to extract flavour compounds from plant sources to help meet the demand for natural flavours.

Natural flavourings are extremely common in foods and beverages. It may be that the only items which are more frequent on ingredient lists are salt, water and sugar.

There are hundreds of natural flavours created by food chemists. Here are a few that are commonly found in foods and beverages:

**Amyl acetate:** This compound can be distilled from bananas in order to provide banana-like flavour in baked goods.

**Citral:** Also known as 'geranial', citral is extracted from lemongrass, lemon, orange and pimento. It is used in citrus-flavoured

beverages and sweets.

**Benzaldehyde:** This chemical is extracted from almonds, cinnamon oil and other ingredients. It is frequently used to give foods an almond flavour and aroma.

**Castoreum:** A somewhat surprising and unsettling source, this slightly sweet substance is found in the anal secretions of beavers. It is sometimes used as a substitute for vanilla, although this is rare due to its high cost.

Other natural flavours include:

- Linden ether: Honey flavour
- Massoia lactone: Coconut flavour
- Acetoin: Butter flavour

All of these flavours can also be produced using man-made chemicals created in a lab, in which case they would be listed as artificial flavours.

### Are natural flavours healthier than artificial flavours?

In terms of chemical composition, the two are remarkably similar. The chemicals in a particular flavour may be naturally derived or synthetically created.

In addition, people who eat vegetarian or vegan may unknowingly be ingesting animal-derived natural flavours in processed foods.

### Are Natural Flavours Safe?

Before natural or artificial flavours can be added to food, they must be evaluated by the Flavor and Extract Manufacturers Association (FEMA) Expert Panel to confirm that they meet safety standards. If so, they can be added to the 'Generally Recognised as Safe' list.

However, given the number of chemicals that may be part of a natural flavour mixture, adverse reactions are always possible.

For people with food allergies or those who follow special diets, it's very important to investigate what substances a natural flavouring contains.

From a health and safety standpoint, your best bet is to avoid foods with natural or artificial flavours altogether by choosing fresh, whole foods instead.



## WATER IN FOOD VS DRINKING IT:

*I've always been sceptical about being told to drink two litres of water each day. Because there is a lot of water in my food, I am wondering how much I need to drink.*

*I was brought up under a naturopath who advised us to eat as much fruit as we want and have no refined foods. Along with plenty of fruit and some wholemeal bread, I have herb tea and rice milk.*

**Does the water requirement actually mean total fluid intake? In other words, does the water in these foods and drinks count as part of the two litres?**

**A** Yes, it certainly does.

A thorough account of our water needs was provided by Greg Fitzgerald in the Summer 2014/15 issue of *TNH*, page 2, under the heading, 'The Myth of Eight Glasses of Water a Day'. All the following is from Greg's article.

A physiologist from Dartmouth Medical College, Dr Heinz Valtin, said he could find no scientific support for the advice for adults to drink at least eight glasses of water a day. "The [so-called] benefits ... have no foundation in scientific studies."

Indeed, drinking too much water has been shown to cause *hyponatremia*, or a low blood sodium level, with serious consequences and, for athletes on rare occasions, fatal consequences.

A few years ago, USA Track and Field made major revisions to drinking guidelines for athletes, saying that they should drink when they are thirsty. Following this, the International Marathon Medical Directors Association also adopted 'drink when thirsty'.

Even some dieticians are seeing the light. A dietitian with the Glycaemic Index Association, Nicole Senior, states: "The eight-glass rule fails to recognise that you don't have to drink all your fluid requirements. There is a lot of water already in food, especially fruits and vegetables, as well as the obvious liquid in semi-solid foods like soups.

Some authorities say that the human thirst mechanism is a poor indicator of our fluid needs and so we should drink even though we aren't thirsty. But a perusal of the scientific literature suggests that our thirst serves us well.

[Even my chooks know this – they drink a lot in very hot weather and very little in cold weather – Roger French.]

Sensations such as hunger, thirst, tiredness, sleepiness, etc, all have survival value and

are intelligently directed. They have been guiding humans for millions of years.

So listen to your body and drink when you feel thirsty. Don't feel that you have to gulp down eight glasses of water a day.

If thirsty, drink!

If hungry, eat!

If tired, rest and sleep!

If feverish, rest and fast!



## COLITIS AND CROHN'S DISEASE:

**A friend has been struggling with Crohn's disease for decades, often in hospital and has had some serious surgery. As this is a chronic inflammatory bowel disease, I am wondering if the disease can be alleviated using Natural Health remedies. – I. B., Cowra NSW**

**A** I am pleased to say, yes, there is a good chance that the disease can be eased by natural methods.

A detailed account of how to do this was published in our magazine, formerly titled *New Vegetarian and Natural Health*. The issue concerned is Autumn 2005, pages 48 – 54, the title of the article being 'The Natural Health Way with Constipation, Colitis and Crohn's Disease'. The author was myself. Note that Crohn's Disease commences on page 52.

This very comprehensive article was based on my Diploma of Nutrition and my 'clinical' experience as Manager of Hopewood Health Retreat for seven years.

We can supply copies either in the form of a photocopy to be posted or as an attachment to an email. Remember that if ordering a copy, we need either postal address or email address.



## PINS AND NEEDLES:

**I have been experiencing pins-and-needles sensations in various parts of my body for years. I would really like to know what is causing them – can you help me? – G. K., Adelaide SA.**

**A** Many of us have felt pins and needles in an arm when we have been lying on it in bed, and as soon as we move and stretch the arm, they fade away. The cause is simply pressure on a nerve that supplies the arm.

The technical term for pins and needles is *paraesthesia*, and a list of possible causes is provided by *The Australian Encyclopaedia of Medical Symptoms* by Dr Warwick Carter, 1999.

*Pressure on a nerve* which can be anywhere in the body is a common cause. The pressure may be due to the way you are sitting or lying, pressure from tight clothing, a strained muscle or ligament, bruising, arthritis, an abscess, polyp, a swollen artery (aneurysm) or a tumour. If the pressure on the nerve is prolonged, the result may be total loss of all sensations in the area supplied by the nerve.

*Emotions* such as extreme fear can cause widespread paraesthesia.

*Transient ischaemic attacks* – which involve the brief blocking of a small vessel in the brain by a clot, bit of plaque or spasm of an artery. Depending on which part of the brain is affected, a wide variety of symptoms is possible, including pins and needles.

*Pernicious anaemia* involves anaemia, mental symptoms and nerve symptoms including pins and needles. Pernicious anaemia is caused by deficiency of vitamin B<sub>12</sub>, which may be due to dietary deficiency or inability to absorb this vitamin due to lack of *intrinsic factor* in the stomach.

*Carpal tunnel syndrome* is inflammation of the carpal tunnel which runs through the wrist. The usual symptoms are paraesthesia, numbness and pain in the affected hand. Common causes of the syndrome are over-use of the hands, obesity, under-active thyroid, pregnancy, diabetes, rheumatoid arthritis and SLE (lupus).

*Raynaud's syndrome* typically involves tingling in the affected hands or feet. Exposure to cold causes arteries to go into spasm which apparently interferes with blood and nerve flow.

*Restless legs syndrome* may be associated with pins and needles in the legs.

There are some less common causes including:

- Certain psychiatric conditions
- Some people are born with an *extra*

rib which can put pressure on nerves running from the neck.

- Diabetes

A *Blood clot* (thrombosis) in an artery supplying a limb will reduce blood supply, the mildest symptom of which would be pins and needles.

*Impaired kidney function* increases the level of waste products in the blood which can produce itchy skin, pins and needles and other sensations.

*Multiple sclerosis* can produce a variety of symptoms.

Rare causes of pins and needles include *beriberi*, which is severe vitamin B<sub>1</sub> deficiency, and *acromegaly* which involves excessive growth in parts of the body that may put pressure on various nerves.

## Q COPING WITH HELICOBACTER PYLORI:

***I am feeling unwell, am very weak and have lost 20 kilos. Tests show there are Helicobacter pylori bacteria in my stomach, but the doctor thinks this doesn't need antibiotics. What are the effects of this bacterium in the stomach and how can I get rid of it?*** – A. F., Bondi NSW

**A** *Helicobacter pylori* are bacteria that infect the lining of the stomach. Medical scientists consider *H. pylori* to be the most likely cause of duodenal ulcers, but cannot understand why only about one in six infected people develop ulcers.

When Indian researchers in 1998 were looking for an explanation, they found that *deficiency* of polyunsaturated fatty acids may be responsible for the development of duodenal ulcers, because these fatty acids have the ability to inhibit the growth of *H. pylori* and also suppress acid production in the stomach. The key point is that the omega-3 fatty acid, gamma-linolenic acid and EPA (eicosapentaenoic acid) may be a way of suppressing the bacteria without using antibiotics.

Research in Ballarat, Victoria, found that approximately one third of men and women are infected with *H. pylori*. One consequence of being infected, they found, was that levels of blood iron (ferritin) were significantly lower than if there were none of the bacteria. This could possibly explain why people feel very weak when infected with *H. pylori*, because the lack of iron could lead to anaemia.

When considering how *H. pylori* infection is picked up, investigators at Louisiana University found that decreased fruit consumption increases the risk. There has been found to be a very consistent association between gastric cancer and low intake of fruits and vegetables.

Further, *H. pylori* is a carcinogenic bacteria which is weakly associated with

the development of gastric cancer. There is no cause for alarm here – in Japan there are 60 million people carrying *H. pylori* and only one in every 255 of these has gastric cancer. And remember that the Japanese have a high intake of pickled foods, a major risk for stomach cancer.

All this suggests that good hygiene with food, a high intake of fresh fruits and vegetables, and adequate omega-3 fatty acids may give protection against *H. pylori*. The richest plant sources of gamma-linolenic acid, which the body can make into EPA, are chia seeds, flax seeds and then walnuts.

A 'therapy' not mentioned by the usual sources is water fasting. When properly conducted under professional supervision, it literally starves out unwanted microorganisms and facilitates the highest level of self-healing. The best evidence we have seen which is most likely in relation to *H. pylori* is the healing of ulcers.

### Some helpful natural treatments

Sourced from Medical News Today, <https://www.medicalnewstoday.com/articles/322627.php>

While natural treatments may not eradicate the bacteria, they might help to maintain the bacteria at low levels.

Medically, *H. pylori* infections typically require two antibiotics and a proton pump inhibitor, referred to as 'triple therapy'. Antibiotics can cause side effects, which natural treatments might be helpful in preventing, along with protecting the stomach lining.

The side effects may include nausea, diarrhoea and loss of appetite, and some strains are resistant to antibiotics. As a result, interest in natural treatments is growing.

As natural treatments are unlikely to eradicate *H. pylori* entirely, some people choose to use them in combination with conventional therapy.

Researchers have conducted a range of studies on natural approaches to treating *H. pylori* infections. Seven natural treatments are:

#### 1. Honey

Honey is known for its antibacterial properties, especially Manuka honey which has been found to suppress the growth of *H. pylori* in stomach lining cells.

#### 2. Aloe vera

The gel from inside the leaves of an aloe vera plant has been found to be effective in both inhibiting the growth of and killing *H. pylori* strains, even those that are drug-resistant.

#### 3. Broccoli sprouts

Sulforaphane is a compound found abundantly in broccoli sprouts. Studies performed both in test tubes and on animal and human subjects have dem-

onstrated favourable effects of sulforaphane against *H. pylori* bacteria.

### 4. Lemongrass oil

People must not ingest essential oils; instead they are inhaled. According to studies carried out on humans, lemongrass essential oil inhibits the growth of *H. pylori*.

### 5. Green tea

This is one of the most widely consumed beverages in the world. It contains many antioxidants and nutrients. In an animal study, green tea decreased both the number of *H. pylori* and the inflammation score.

### 6. Probiotics

Interest in probiotics as a treatment for *H. pylori* is increasing. Many people use Bifidobacterium – which is found in dairy and fermented products – to prevent gastrointestinal infection. This important bacterium competes with *H. pylori* in adhering to the mucous lining of the stomach. Some researchers believe that *Lactobacillus acidophilus* delivers the best results.

### 7. Phototherapy

During phototherapy, an ultraviolet light illuminates the whole stomach. This has been shown to reduce the number of bacteria in the stomach significantly. However, the bacteria may repopulate a few days after illumination.

While phototherapy is not a complete fix, it may be helpful as an alternative to antibiotics.

### More treatments

The website, Healthline, offers a couple more natural treatments. [www.healthline.com/health/digestive-health/h-pylori-natural-treatment](http://www.healthline.com/health/digestive-health/h-pylori-natural-treatment)

#### Olive oil

A study found that olive oil has strong antibacterial abilities against eight *H. pylori* strains, three of which are antibiotic-resistant.

#### Liquorice root

Is a common natural remedy for stomach ulcers and may also work against *H. pylori*. A study found that liquorice root doesn't directly kill the bacteria, but helps prevent it from sticking to cell walls.

### Symptoms

Many people have *H. pylori* in their body for their entire lives and never have symptoms.

If there are symptoms, they may include:

- Abdominal pain
- Burning in the abdomen
- Bloating
- Nausea
- Reflux
- Loss of appetite
- Feeling weak



**Relax and detox** in tranquil surroundings

**Reconnect with nature**

**Enjoy delicious vegetarian food**

**Experience renewed vitality and weight loss**

On offer are 8-day and 15-day programs which include a two-day juice fast, massages, facials and expert naturopathic consultations.

Interesting, life changing talks can make your stay the start of a healthier, happier, and longer life.

You will emerge from this haven of peace feeling refreshed and renewed.



**02 6567 2221**

1800 Nulla Nulla Creek Rd, Bellbrook NSW 2440

 Follow us on Facebook *Misty Mountain Health Retreat*

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

### Client testimonials

*"The warmth and camaraderie coming from the staff and spilling over to the guests is a great feature of Misty Mountain Health Retreat."*

– Helen Girschik

*"I have visited Misty Mountain six times in the last six years. Every visit I learn something new and just love the staff. I know I am healthier, feel great and will live longer."*

– Sarah Innes



# NHS NOTICES

## 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:

*Cynthia Handley and Barry Hastie, James and Elizabeth Lanham, Kym Wunsch, Siew Cheng Li, Chris Landale, Geraldine Gallagher, Valerie Luscombe, Elaine MacDonald, Vera McLean, Christina Kirkpatrick, Barbara Downie, Robina Drysdale, Stuart and Heather Carter, John Walker, Barbara Johnson, Barbara Holmes, Marie Mirza, Joe Darley and Naida Haxton*

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, PO Box 4264 Penrith Plaza NSW 2750, or go to our website [www.health.org.au](http://www.health.org.au) and click on the 'Donate' link. [Regrettably, donations not tax deductible.]

*Give the gift of health this Mother's Day*

*with the gift subscription of a years membership to the Natural Health Society*

Single membership offer \$45 (normally \$49)

Concession \$35 (normally \$39)

Practitioner with two magazines \$60 (normally \$65)

Email: [admin@health.org.au](mailto:admin@health.org.au)

Phone: 02 4721 5068

Web: [www.health.org.au](http://www.health.org.au)

**A personalised gift message will be sent with the first magazine**

## THE SOCIETY'S OFFICE IS MOVING!

After 30 years in the Penrith premises, the Society is vacating it and setting up in the home of Roger and Elizabeth French in Wallacia, 17 km south of Penrith. The move will be in place by 1<sup>st</sup> May.

This is a cost-cutting measure to save the huge annual expenditure on rent.

The Society's phone number will still be the same – 02 4721 5068. Also the same will be the email address – [admin@health.org.au](mailto:admin@health.org.au). All administration matters – subscriptions, magazine and product orders will be handled by Tracey as normal.

The mailing address will change. It will be PO Box 4264 Penrith Plaza NSW 2750.

## 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.



**Follow Natural Health Society of Australia on Facebook**

## Penrith area get-together

**DATE: Sat 21st March at 6.30pm**

**VENUE: Goji Restaurant, 78 Tench Ave, Jamisontown (Penrith)**

An informal get together will be held in a popular restaurant by the Nepean River serving modern Asian cuisine. You order and pay individually on the night.

Book with Margaret 0407 230 499, or Lynette 4782 4946

## Please help us cover our costs

From the many comments we regularly receive, **True Natural Health** continues to be most cherished by our members and treasured as a lifeline of support, education and inspiration.

However, due to the large printing and mailing costs of the magazine – around \$30,000 per year to design, print and mail – we need to reach out to members of the Society seeking your financial support to help us cover these costs.

Many of our members have been extremely generous, which we greatly appreciate.

Thanks for your continued support!

Health Director and National Committee, Natural Health Society

## Fasting

### PROFESSIONALLY SUPERVISED FASTING IS AVAILABLE IN NSW

The supervisor is Doug Evans, who was a practitioner at the now closed Hopewood Health Retreat, Wallacia NSW. He has had 35 years' experience in supervising nutritional programs and therapeutic fasting, including 22 years at Hopewood.

Comfortable accommodation among trees and a quiet garden setting provides a relaxing environment for your fast or juice program. The fees are very modest.

**Bookings. Contact Doug on 0416 254 409 or by email [dougevans@optusnet.com.au](mailto:dougevans@optusnet.com.au)**

**Address: Studio 35, 35 Eric St, Bundeena NSW 2230**



# & EVENTS

## PENRITH OFFICE HOURS

Monday to Friday, 9.00am to 5.00pm.  
**For administrative issues**, our Admin Officer, Tracey, is available only **between 9.00am and 3.00pm, Monday to Friday but not Thursday**. Office closed weekends.

## NHS Autumn 2020 Seminar

**'Support your immune system naturally'**

**DATE:** Sunday 29<sup>th</sup> March 2020

**VENUE:** North Ryde Golf Club, Twin Rd, North Ryde (our long-time favourite venue)

### SPEAKERS:

**DR MALCOLM MACKAY**, GP and Lifestyle Medicine practitioner



**'The Health of the Immune System Begins in the Gut'**

The health of our immune system begins in the gut where most of our immune cells are stationed. The type of microbiome we have determines whether these immune cells are well regulated or dysregulated and more prone to allergies and autoimmune diseases. The type of microbiome we have is largely determined by our food choices. Malcolm will describe the diet-microbiome-immune link and give suggestions for optimal nutrition.

**JENNY CAMERON**, Nutritionist



**'What's in Your Food? The benefits and pitfalls of using nutrient data to build an optimal diet'**

Jenny will talk about how an optimal diet is built around food, not nutrients. On the one hand you don't want to get too hung up about nutrient data and which foods are good for which nutrients, but on the other hand you do need to have a basic understanding of food composition. Jenny will cover the principles of an optimal diet, how to check the nutrient content of foods and take a look at the health claims made about particular foods.

**ALLY SANCHEZ**, Herbalist and Nutritionist



**'My Multi-Therapy Success with Breast Cancer'**

Ally was diagnosed with aggressive breast cancer 18 months ago. Because of the dire diagnosis and being a therapist herself, she decided to go with conventional treatment and back it up with natural therapies to support her immune system and offset the side effects of the chemotherapy.

Her success with this approach will be on display when she makes her presentation at the Seminar.

**JOLAN TASSONE**, qualified Level 2 yoga teacher and meditation teacher



**'Yoga to Support Immunity and Relaxation'**

Yoga helps to lower stress hormones that compromise the immune system, while also conditioning the lungs and respiratory tract, stimulating the lymphatic system to remove toxins from the body, and bringing fresh, rich, oxygenated blood to the various organs to ensure their optimal function.

## 2020 – The Society's 60th Anniversary year

This is a big year for the Society! The first meeting was held in Sydney on 27<sup>th</sup> September 1960, which means that our 60<sup>th</sup> Anniversary to the day is Sunday 27<sup>th</sup> September this year.

Some people say that for a not-for-profit organisation to last for 60 years is quite a feat. Well, we have done it!

To celebrate, we have a number of events, commencing with the Autumn Seminar (see details at right).

In August, we are inviting members and friends (fit ones!) to join us in the City2Surf Fun Run from the city to Bondi Beach on Sunday 9<sup>th</sup> August. Although 14 km is a long way, you don't have to be as fit as a marathon runner. Many people walk it and find it very social.

Watch this space in the Winter issue to see the details.

The big event is a **weekend, 26th and 27th September**, including a celebration dinner on Saturday evening. Attendance can be live-in or day visit.

**The venue will be in Sydney.**

There will be a program of speakers and other activities. We have been extremely fortunate to secure for the program one of the most outstanding Natural Health speakers in the world – Dr Alan Goldhamer of the United States National Health Association.

Further details will be sent out with the Winter and Spring issues of this magazine.

Relaxation and meditation also reduce the incidence of lower immunity by de-stressing the body and mind. Meditation as a daily practice increases endorphins, decreases cortisol (stress hormone) levels, and fosters positive states of mind to promote better health.

**DAWN FITZGERALD**, Manager of Health for Life, run by Dr Greg Fitzgerald and herself.



**FIRST TOPIC: 'Plant-Based Meals Made Easy'**

Dawn will demonstrate breakfast, lunch and dinner ideas which she prepares for optimum health and energy.

**SECOND TOPIC: 'Chemical-Free Living'**

Dawn will explain how we can avoid toxic chemicals in everyday living.

**ELIZABETH FRENCH**, President Natural Health Society and trained laughter leader



**'Laughter For Fun and Healing'**

Elizabeth's experience with laughter was gained in conducting weekly workshops at the Hopewood Health Retreat for many years.

The workshop at the Seminar is designed to have you feeling good in a matter of minutes – as well as discovering why laughter is so good for you.



# Flatulence – what causes it?

By Krista Hillis, [TheAlternativeDaily.com](http://TheAlternativeDaily.com)

There are some things that remain unchanged from child to adulthood — and giggling when you toot is one of them. Whether you blame it on the dog or your husband, passing wind or gas or flatulence or ‘farting’ is a normal bodily function.

## WHAT IS FLATULENCE, ANYWAY?

The average person passes wind nearly every day — it’s simply a build-up of gas in the bowel, the gas being composed of nitrogen, carbon dioxide, oxygen, methane and hydrogen. Most flatulence is silent and odorless, but only around one percent produces a foul smell.

The gases are formed during digestion, and the true cause of excessive gas will depend on personal circumstances. In many cases passing wind is healthy! In fact, a healthy person may pass gas around 15 to 20 times per day.

## WHAT CAUSES WIND?

There are a number of reasons why gas gets trapped in the body, including swallowing air, constipation and changes in microflora. When someone begins to experience an excessive build-up of gas, this may mean:

- You’re suffering from intolerances or food allergies;
- You’re experiencing bacterial overgrowth;
- You are constipated;
- You are experiencing symptoms of IBS, Crohn’s disease, etc.;
- Fermentation is occurring within the gut;
- You have sluggish digestion, possibly due to enzyme deficiency.

For people who consume plenty of fibre-rich foods, increased flatulence may indicate a diet that promotes positive health. Take beans, for example, a food that’s known to cause gas. This is due to the type of carbohydrate which ferments in the bowel.

## DO I HAVE EXCESSIVE WIND?

If you have noticed that you’re overly gassy lately, start to keep track. How many times did you break wind throughout the day? What did you eat? Start to document these key pieces of information.

Passing wind more than 23 to 25 times daily is considered to be excessive. A good rule of thumb is: if excessive gas and bloating affect your quality of life, then it’s best to get a professional opinion.

You may want to focus on the following possibilities:

### 1. *You’re a fast eater*

Do your loved ones often tell you to slow down when you’re eating? Do you eat quickly when you’re on-the-go? When you eat rapidly, you tend to swallow more air. Once that air gets into your intestines, it has to come out somehow — by burps or out the other end.

### 2. *Your gut is imbalanced*

You would think that smelly wind indicates that something is the matter, but this isn’t necessarily so. Stinky gas is generally caused by the breakdown of sulphur compounds.

Since there are many healthy foods that contain sulphur, including broccoli and beans, stinky gas does not necessarily indicate poor health. However, if the stench is overly awful — and your diet is less than ideal — this could mean you’re suffering from an underlying condition or something as elementary as lack of enzymes.

Passing wind often can mean that your gut is being properly fed. The healthy microbes that live in our gut promote a wide range of health benefits. In order for these microbes to get nutrients, we must eat foods that cause gas.

When there’s undigested food in the large intestine, including fibre and other hard-to-digest carbs, these microbes get to work. In turn, more gas is created — as well as short-chain fatty acids, which promote the growth of other beneficial bacteria.

Both probiotics and fibre are critical. In a recent study, published in *Cell*,

researchers found that when the microbes don’t get natural fibre as a food source, they can actually begin to eat the layer of mucus that lines the gut — potentially leading to infection.

Normally, the majority of bacteria is found inside the large bowel, but they can begin to invade the small intestine. In turn, individuals experience poor nutrient absorption and the symptoms often associated with IBS (irritable bowel syndrome). Along with increased flatulence, you may also experience bloating, fatigue, skin rashes and weight loss. If this is the case, you will need to address your current diet — and try also taking enzyme supplements.

### 3. *You’re sensitive to gluten or dairy*

Even if you have been eating dairy your whole life without any noticeable issues, your system can change as you age. Your body may no longer produce enough lactase to digest milk sugar. The same is true for those who cannot properly break down gluten — which is the case for those with coeliac disease.

If you suspect that something in your diet may be to blame for excessive flatulence, it’s best to try an elimination diet. Stop eating all dairy, for instance, and then see how you feel. Continue this process, testing for wheat, onions, garlic, legumes and stone fruit (cherries and peaches).

Some of these can be difficult to break down. Each individual’s digestion is different, so it’s best to keep a food journal and identify key triggers.

From hormonal changes to constipation, there are numerous reasons why you may be passing wind more often. As mentioned, unless it’s a lot or you’re finding that it’s affecting your quality of life, your body may be just doing its thing.

Like all symptoms, your body is trying to communicate with you. The more in-tune you are, the easier it will be to maintain positive health. So, listen to your body. In this case, your wind will do all the talking.

**Today’s blog, 7<sup>th</sup> January 2020 is republished from *TheAlternativeDaily*, a leading publisher of daily alternative health tips.**

## DENTAL HEALTH

# Should you floss before or after you brush?

Adapted from a newsletter by Michael Greger, MD, FACLM

Over the years, it has been generally accepted that the use of dental floss has a positive effect in teeth cleaning, removing up to 80% of plaque.

How do we know? In a 'split-mouth design', each person flossed only one quarter of their mouth. They were asked to stop brushing their lower jaw so that plaque would build up. They were then randomised to floss half and leave the other half as the non-flossed control.

After three weeks, not only did the flossing cut plaque about 60%, it also cut signs of gingivitis in half. They weren't allowed to brush their jaws, just floss them. So flossing is better than nothing.

The next question is, should you floss before or after you brush? Some dentists argue that flossing should come first,



because you stir up the particles of plaque that the toothbrush can then brush away. But others recommend brushing first, thinking that would remove the bulk of the particles first.

When put to the test, a randomised controlled clinical trial found that flossing first got rid of significantly more plaque.

The bottom line is: flossing followed by brushing is better. And dental associations recommend brushing and flossing every day.

***This article is abstracted with editing from Dr Greger's newsletter, 27<sup>th</sup> June 2019. It is published under Dr Greger's generous sharing policy. His website is NutritionFacts.org***

# Even a gentle stroll could help you live longer

By Bryan Hubbard, journalist with What Doctors Don't Tell You

The bad news is that sitting continuously for more than nine hours a day increases your chances of an early death. The good news is that doing anything at all reduces that risk dramatically.

In fact, any activity, no matter how light or moderate – it could be a stroll or getting up to do some food preparation – will increase your chances of a longer life.

The difference is stark. Researchers from the Norwegian School of Sport Sciences analysed the lifestyles and health of 36,380 people aged 40 and over. During the six years of the study, 2,150 of the participants died.

Activity – or its lack – was the key to longevity, they found. People who regularly sat continuously for nine-and-a-half hours every day – excluding the time they slept in bed – were at the highest risk of an early death.

But that risk fell dramatically once people got up and started to be active. Even walking slowly or cooking or washing the



dishes was enough to lower your risk, and the risk continued to fall the more active people were.

But the real take-home message, the researchers said, was that doing something was all that mattered. Even if work forces you to sit for long periods, just get up every so often and walk – and take a walk during your lunchbreak, too.

(Source: *BMJ*, 2019; i4570; doi: 10.1136/bmj.i4570)

*Reproduced from What Doctors Don't Tell You*, 3rd January 2020. WDDTY publishes a monthly magazine and an newsletter with a philosophy very similar to that of the Natural Health Society. **Website:** [www.wddty.com](http://www.wddty.com). **Inquiries** [news@common.wddtyvip.com](mailto:news@common.wddtyvip.com)

LIFESTYLE  
**enzymes**

## GENUINE N.ZIMES FORMULA #10



- ✓ Assists in the proper digestion of proteins, carbohydrates, fats and fibres.
- ✓ For supporting healthy digestive function and assimilation of nutrients.

AVAILABLE AT  
HEALTH FOOD STORES,  
PHARMACIES AND  
GO VITA STORES

ALWAYS READ THE LABEL.  
USE ONLY AS DIRECTED.

PHONE 1300 724 826



# The Greenhouse Effect

- Global warming
- Climate change



## How it occurs and how we can minimise our contributions

The following account of global warming was written by NHS Health Director, Roger French, way back in 1989 and published in the Society's magazine, Aug/Sept issue. It seems that nothing has changed, except that the consequences and evidence for global warming are now overwhelming.

Here is that article with some updating and editing.

For each and every one of us on Mother Earth, there are 1.4 million tons of air, so it should be difficult to pollute the entire atmosphere. But mankind is doing it!

'The Greenhouse Effect' refers to the warming of the planet as carbon dioxide and other gases build up in the atmosphere. The natural effect of these gases is to reduce the radiation of heat into space overnight and so avoid the early mornings becoming 'freezing' cold. Accordingly, the build-up of these gases is leading to a very gradual warming of the Earth's surface. This is the same principle that is used in a greenhouse.

Australia is responsible for only about 1 – 2% of the world's greenhouse gases, but every contribution is significant. About 30 – 40 percent of greenhouse gases are from small countries.

### WHAT IS HAPPENING

#### Carbon Dioxide

The atmosphere now has approximately 33 percent more carbon dioxide than it did before the Industrial Revolution. Studies have estimated that the level will have doubled by the middle of the 20<sup>th</sup> century and that the Earth's temperature

will increase by several degrees. It is estimated that the amount of carbon dioxide entering the atmosphere each year is 6 billion tonnes, about one quarter of which relates to transport.

For most of us, our car is the major way we contribute to greenhouse gases. An average family car, travelling around 12,000 km per year, produces three tonnes of carbon dioxide, while an average trip to the shops and back produces two kg.

#### Methane

Methane, nitrous oxides and chloro-fluorocarbons (CFC's) are some of the lesser greenhouse gases. As the world's livestock produces around 130 million tonnes of methane a year, this is another good reason to cut down meat consumption. The world's rice paddies and natural wetlands also produce vast amounts of methane from fermenting plant material.

#### Trees

Clearing trees for grazing and cultivation has already destroyed most of the world's forests. Because trees actually 'breathe in' carbon dioxide and 'breathe out' oxygen, this has enormous significance.

It has been argued that if merely a fraction of the land devoted to grazing was restored to forests, the greenhouse problem would eventually be significantly reduced.

Unfortunately, a lot of clearing is done by burning which converts the trees into carbon dioxide. In the Amazon forests, raging fires are contributing roughly 10% of the total carbon dioxide overload.

### IMPATIENCE REQUIRED

The predicted consequences of global warming will greatly affect all life on earth and in particular, human life.

Briefly, as mean temperatures rise around the globe, climates that have been stable for thousands of years will change drastically. In some areas, farming land will turn to desert, while in others the rainfall will increase. Weather will become much more erratic.

As oceans warm up in the next half century, the water will expand causing a rise in sea level, perhaps of the order of a metre. Far worse will be the melting of the Polar ice-caps, which is expected to increase sea level by many metres, flooding vast areas of low land and many major cities around the world. This will not happen in the near future, but it is a real possibility some time in the 21<sup>st</sup> century.

In the 1970s climatologists did computer modelling and predicted that as carbon dioxide rises in the atmosphere, the planet would warm slightly [averaging around 1°C by 2020], which would be too small for us to notice. But what we would notice is the resulting weather extremes – longer droughts, worse bushfires, hotter summers in hot climates and colder winters in other climates, more extreme floods and more ferocious cyclones-hurricanes-tornadoes-typhoons. [In 2020, these damaging events are exactly what we are experiencing, with climate records being broken in an avalanche.]

As one expert of the United Nations Environment programme said, "We simply cannot afford to wait for all the scientists to agree. Advocating patience is an invitation to be spectators at our own destruction."

## GLOBAL SOLUTIONS

Needless to say, scientists have been busy dreaming up grandiose schemes. They envisage laser beams that blast apart harmful chemicals; satellites that beam pollution-free energy to earth; micro-organisms that destroy pollutants; airships that release ozone into the atmosphere; and carbon capture.

Nuclear power does not produce carbon dioxide – except during the construction of the plant when a vast amount is produced. But with experiences like Chernobyl and Fukushima and the fact that there is as yet no way of getting rid of nuclear wastes, it just could be that nuclear power is ultimately more dangerous than global warming.

Such impressive schemes cannot be the answer, or certainly no more than part of it. The answer involves drastically cutting the production of greenhouse gases.

This will involve cutting the use of coal and oil, improved energy efficiency, increased use of solar, wind and hydro-electric energy, and an end to the manufacture of CFC's. Above all, we need to find alternative sources of power to coal and oil.

We need to stop bringing carbon compounds from underground and converting them into carbon dioxide in the atmosphere. We will need to halt the destruction of forests and start planting a lot of trees.

### Could Trees Save the Earth?

Since trees absorb carbon dioxide and lock up the carbon in their wood, increasing the number of trees around the world has the potential to partly offset the problem. However, to tie up the six billion tonnes of carbon dioxide released each year by the burning of coal and oil would require the planting of an area of trees perhaps equal to the size of Australia. That's a lot of trees!

It has further been estimated that to simply stabilise global warming so that it doesn't get any worse would require the planting of an area equivalent to just over half the size of Australia.

Unfortunately, using forests to tie up carbon dioxide is only a temporary solution, because sooner or later, when the trees die and rot away, the carbon dioxide is released back into the atmosphere. So trees will help, but the real solution still comes back to the efforts of the individual.

## WHAT EACH OF US CAN DO

### Save Fuel

A motor car carrying one person is shockingly inefficient because enough fuel to move one tonne of car is being squandered just to move 70-odd kilograms of human being.

To cut down on your use of petrol, diesel or LPG gas:

- Leave the car at home or get rid of it altogether and use public transport; or ride a push-bike to work or the shops – if practicable.
- If buying a new car, go for a light-weight car with low fuel consumption or an electric car to be charged mostly with solar energy.
- Avoid using the car air-conditioner, because it causes the engine to burn more petrol. On a hot day open the car windows, and for cold weather have a heater fitted which runs off the engine cooling water and is pollution-free.
- Always have as many people in as few cars as possible. Give a lift to a friend or be ready to accept a lift from a friend if you are going the same way.

### Save Electricity

Minimise your use of lights and electrical appliances and anything else that uses electric power. Also minimise your purchases of consumer goods as their manufacture will have consumed a considerable amount of power. Repair faulty items if possible rather than throw them away.

- Switch off lights that are not essential. An incandescent globe burning for ten hours uses about one kilowatt-hour of electricity, which produces two kilograms of carbon dioxide back at the power station. These globes are now banned, and low-wattage LED globes are widely available.
- Use heaters only when necessary as they are high power consumers, a typical bar radiator using one kw-hour of electricity every hour.
- Wear more clothes or if practicable use physical activity to get warm instead of using a heater.
- Save hot water by not wasting it and by having short showers or else cold showers (in Summer, we mean). Solar water heaters are readily available.
- Open the refrigerator door as little as necessary and shut it again as quickly as possible, as opening the door is the main cause of keeping the motor running.
- Instead of shutting the windows and pumping air into the house with a power-hungry air-conditioner in hot weather, open the windows wide and let the natural breeze cool you. In extremely hot weather, use window shades (if you can afford them) and close most of the windows and draw the curtains to keep out the heat.

- If building your home, incorporate passive solar design for heating. The insulation will also be effective for keeping the house cool in hot weather. [My house is passively solar heated, and it works brilliantly. – Roger French]
- Cut back on purchasing consumer goods and processed foods as much as possible.
- Seek the products of and support manufacturers who use energy-efficient methods.
- Recycle as much as you can. Take advantage of community recycling programmes, especially for paper and glass for which services are generally readily available. Recycling saves power in manufacturing and avoids the burning of waste paper.
- Support decentralisation as this reduces the distance travelled to work.

### Help Prevent Needless Burning

- Do anything in your power to prevent bushfires.
- Avoid burning leaves, grass, twigs, etc., as these can always be composted.
- Write to the Government of Brazil and express your concern about the burning of the Amazon forests.

### Minimise Methane

- Cut down your consumption of animal products so as to contribute to a reduction in livestock numbers.

### Plant Trees

- In your backyard plant trees and a vegetable patch.
- Support tree-planting on a community basis and participate if you have the opportunity.
- Support any Government or other initiatives to plant trees on public land or discarded farming land.

### Be Self-Sufficient

- Be more self-sufficient as this reduces your dependency on processed foods and manufactured goods to some degree, as well as avoiding fuel consumption for their transport.

Sooner or later, most of us will probably wonder if cutting down on pollution is worth the trouble when the contribution that an individual can make is infinitesimally small. If this is to be the attitude, then we will surely pay dearly eventually.

More than ever we need all the thinking people on Mother Earth to do all they possibly can, not only to minimise the individual contribution, but more importantly to set the example and spread the consciousness of fighting pollution so that others will eventually follow.

# DIET AND CLIMATE CHANGE - creating a win-win-win

For an account of climate change protests, see story by vegSA on page 44

Adapted from an newsletter by Michael Greger, MD, FACLM

While epidemics of chronic diseases are currently our leading causes of death by far, global warming is considered a looming public health threat. How can we eat to combat dietary diseases and greenhouse gas emissions at the same time?

One of the most prestigious medical journals in the world stated in an editorial that climate change represents the biggest global health threat of the 21st century, and currently chronic diseases are by far the leading cause of death. Might there be a way to combat both at the same time? For example, riding our bikes instead of driving our cars is a win-win-win for people, planet and pocketbook. Are there similar win-win situations when it comes to diet?

The same foods that create the most greenhouse gases appear to be the same foods that are contributing to many of our chronic diseases. Meat, fish, eggs and dairy products were found to have the greatest environmental impact, whereas grains, beans, fruits and vegetables have the least impact. And not only do the foods with the heaviest environmental impact tend to have lower nutritional quality, they also have a higher price per kilo, thereby scoring that win-win-win scenario.

The most powerful thing people can do is shift to a meat-free diet. What we eat may have more of an impact on global warming than what we drive. Even just cutting out animal protein intake one day of the week could have a powerful effect. Even just Meatless Mondays could beat working from home all week rather than commuting.

Better still is a totally plant-based diet, responsible for only about half the greenhouse gas emissions. Studies have suggested that changing to healthier diets,

without significant reductions in meat and dairy intake, may result in only minor reductions in environmental impacts. This is because the average fossil fuel energy input for animal protein production systems is of the order of 25 calories of fossil energy input for every one calorie produced – more than 11 times greater than that for grain protein production, which is down around two for one.

Researchers in Italy compared seven different diets to see which one was environmentally friendliest. They compared a conventional omnivorous diet adhering to dietary guidelines, to an organic omnivorous diet, conventional vegetarian diet, organic vegetarian diet, conventional vegan diet and organic vegan diet. For each dietary pattern they looked at carcinogens, air pollution, climate change, effects on the ozone layer and the ecosystem, acid rain and land, mineral and fossil fuel use.

The conventional diets had the greatest negative effects on the ecosystem. However, if people were eating a healthier diet, conforming to dietary recommendations, the environmental impact would be significantly less. An organic omnivorous diet would be better, similar to a vegetarian diet of conventional foods. Best of all in order were an organic vegetarian diet, conventional vegan diet and organic vegan diet.

The Commission report described the barriers to reduction in animal products as largely lack of knowledge, ingrained habits and culinary cultures. Proposed policy measures included meat or animal protein taxes, educational campaigns and putting the greenhouse gas emissions information on food labels.

Climate change mitigation can be expensive, but a global transition to even just a low-meat diet could reduce these mitigation costs. A healthier low-meat diet would cut the cost from about 1% of GDP by more than half; a no-meat diet could cut two-thirds of the cost, and a no-animal-product-diet could cut the cost by 80%.

It seems that very few people are aware that the livestock sector is one of the largest contributors to greenhouse gas emissions. But that's changing.

The UK's National Health Service is taking a leading role in reducing carbon emissions by offering patients, visitors and staff in its facilities healthy low-carbon menus with much less meat, dairy and eggs.

The Swedish Government recently amended their dietary recommendations to encourage citizens to eat less meat.

Even if we seek only to achieve the conservative objective of avoiding further long-term increases in greenhouse gas emissions from livestock, we are still led to rather radical recommendations such as cutting current consumption levels in half in affluent countries. Fortunately, there are the rewards of important health benefits. By helping the planet, we are helping ourselves.

**Michael Greger is a physician, New York Times best-selling author and internationally recognised professional speaker on a number of important public health issues.**

**This article is abstracted with editing from Dr Greger's newsletter, 4th January 2020. It is published under Dr Greger's generous sharing policy. His website is [NutritionFacts.org](http://NutritionFacts.org)**

*Humour from Ashraf Mousa*

**Teacher:**  
"Where is your homework?"

**Me:**  
"I lost it fighting some kid who said you weren't the best teacher in school."

**I hate when I tell someone I'll be there in 10 mins and they keep calling me every 30 mins asking where I'm at.**

**I wanted to marry my English teacher when she got out of jail, but apparently, you can't end a sentence with a proposition.**



**The correct spelling is SCHOOL not SCHOOL. Some people put the second O before the first O which is very wrong.**

*Got caught up in a really good book last night... I didn't stop colouring till 2am this morning*

A guy wants a divorce. He tells the judge, "I just can't take it anymore. Every night she's out until way after midnight, just going from bar to bar."

Judge asks, "What's she doing?"

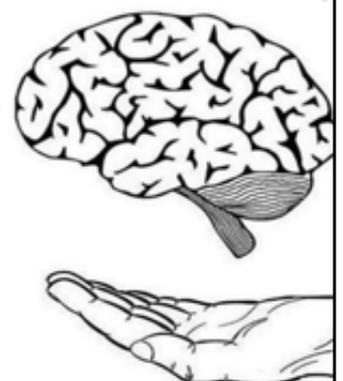
The guy answers, "Looking for me."

My doctor is concerned about my high blood pressure. I told him, well next time, don't leave me sitting in the waiting room for two hours.

The medical term for owning too many dogs is Roverdose.



**Your mind is your greatest asset. Train it to see opportunities instead of obstacles.**





Today's lifestyle requires a balanced and nutritious diet. Due to our busy lives, we often miss out on key nutrients to maintain a healthy, balanced mind and body.

The body needs a daily intake of vitamins and minerals, as without them we would eventually die. Processed foods have become prominent parts of the diets of most of us, but unfortunately these foods have often been robbed of their essential nutrients and are also high in refined fats, sugar, salt and flour.

Because of this our bodies typically don't receive their daily nutrients in the form of vitamins, minerals, good carbohydrates, plant-based proteins, healthy fats, fibre and essential antioxidants to protect us from illness and disease.

Here are some delicious Hopewood Recipes which reflect a healthy lifestyle.



## 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](mailto:admin@health.org.au)

### Asparagus Quiche

**Base** – Gluten free and made with protein-rich ingredients

**Pre-heat oven at 170 degrees**

#### Base Ingredients

250 gm soy grits (cracked soy beans - high protein and fibre)

1 egg

1 Tbsp lecithin granules

¼ cup (in total) of grated cheddar and grated parmesan mixed.

Approx. ½ cup almond meal



#### Base Method

Soak soy grits in boiling water, sufficient to cover them plus 2 cm. Put lid on and leave for 15 minutes, then drain well.

Press with back of spoon to expel all water.

Mix drained grits with other base ingredients until combined.

(The variable ingredient is the almond meal. Add enough for good consistency)

Should be enough to press mixture into 1 large quiche dish

Bake in oven at 170 °C for approx. 15 – 20 minutes until golden and firm.

Remove from oven.

#### Filling Ingredients

1 ½ bunches asparagus, washed, ends snapped.

2 shallots

½ cup grated cheddar and parmesan cheese

2 cups skim or rice milk

4 eggs

¼ cup water

Pinch black pepper

Sweet paprika

#### Filling Method

Soften asparagus pieces with boiling water.

Put asparagus into cooked bases with shallots and cheese.

Heat milk but do not boil.

While milk is heating, whisk together eggs, pepper and water.

Add heated milk to egg mixture and whisk to combine

Pour heated milk-egg mixture gently over asparagus, shallots and cheese in base. Sprinkle lightly with paprika.

Place quiche in pre-heated oven. Cook for 5 – 10 minutes at 170°C, and then reduce to 150°C for 20 – 30 minutes until quiche is barely set – as it will firm up on standing.

Remove from oven to rest and set.

When warm and firm, cut into slices and serve with salad.

**Protein rich**

## Baby Spinach and Pumpkin Salad

### INGREDIENTS

Baby spinach  
Pumpkin, diced and roasted  
Walnuts, roasted  
Feta cheese, diced

### DRESSING

#### MIX TOGETHER:

Seeded mustard  
American mustard  
Honey  
Balsamic vinegar

### METHOD

Roast diced pumpkin  
Wash baby spinach and dry  
Roast walnuts  
Place prepared ingredients in serving bowl and toss with dressing.



*Starchy dish*

## FEELING GENEROUS RE YOUR WILL?

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

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

“I bequeath to The Natural Health Society of Australia (NSW) Inc. ABN 91 080 087 725 the sum of \$\_\_\_\_\_ (or part or all of residue of Estate) free of all duties to be applied for the purposes of the Society (or as directed by the donor) and the receipt of the Secretary of the Society shall be sufficient discharge for the same.”

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

## Minted Pea and Avocado Salad

### INGREDIENTS

500 gm fresh peas, cooked and cooled  
3 avocados, peeled and cubed  
2 bunches fresh asparagus, washed and trimmed (steam for 1 minute optional)  
3 fresh mint leaves, chopped  
2 Tbsp apple cider vinegar  
1 Tbsp sweet chili sauce  
1 Tbsp honey

### METHOD

Toss all prepared ingredients together and serve



## SETS OF BACK ISSUES

Sets of still-in-print back issues, approximately 25 issues

Members \$60. Non-members \$70

Full of vital health information. An ideal investment or gift

**ORDER NOW from The Natural Health Society**

PO Box 4264 Penrith Plaza NSW 2750

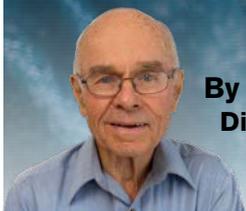
Ph (02) 4721 5068. Email [admin@health.org.au](mailto:admin@health.org.au)

(Cheque, Money Order or Credit Card)

# Therapeutic fasting

for detoxification and self-healing

## PART 1 – HOW IT WORKS



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



Detoxification – or ‘detoxing’ – is in vogue these days. People are talking about the need to do it and a whole chunk of natural therapies is marketing products and books on different ways to detox nutritionally. Most of these will achieve some degree of inner cleansing, but, basically, there is only one way to fully detox and this is very easily explained.

In countries where people are starving, they are dying from deficiencies of protein, carbohydrate and fat. In Australia, as far as nutrition is concerned, we are dying from surpluses of fat, protein and (refined) carbohydrate. The whole aim of detoxification is to enable the body to clear away the toxic acidic wastes from these surpluses, along with toxic man-made chemicals.

Our pets know instinctively how and when to do it. When our cats, dogs and other pets are sick, they won't eat – it's virtually impossible to make a sick animal eat. In the animal kingdom, detoxing/self-healing is a perfectly normal procedure. Humans are essentially no different.

Healing from the majority of illnesses – both acute and degenerative – begins with lowering the body's level of toxemia, that is, its load of metabolic wastes and man-made chemicals.

Self-healing is the only healing, there is no other form of healing. Medications, many of which are toxic, usually treat only the symptoms of illness, and often interfere with the healing process, sometimes suppressing it altogether. Medications often change the course of the illness and so appear to effect a cure, but one symptom has merely been replaced by another.

With conventional drug therapy, there are none of the restoring and rejuvenating effects that come with natural healing. A chemical that makes a well person sick (the ‘side effects’) cannot make a sick person well.

There are times when there is a place for medication. For instance, antibiotics can prevent death, and some cancer treatments may give people a few or many more years of life. But the ‘cures’ do not provide high-level health, whereas true healing – if it is possible – brings about a genuine improvement in long-term health and wellbeing.

### COMPLETE REST

Self-healing requires a lot of energy, the same energy that would otherwise be consumed in everyday activities such as walking, working, studying or digesting food. As soon as we cease or greatly reduce our usual activities, and provided the level of vitality is adequate, energy is diverted to self-healing, which commences automatically in the body according to need.

The key to self-healing is energy conservation – both physical and mental – that is, complete rest.

Vitality, the other governing factor in healing, is a measure of the ability of the tissues to perform their functions. Their capacity to heal is directly related to vitality. While we have no direct control over vitality in the short term, the amount of rest we have is well within our control.

We normally think of rest as sitting in a chair or lying down, but that is only part of

it. For full healing power to develop, rest must be much broader than this – it must be total.

Total rest has four components:

**Physiological Rest:** Rest of the digestive organs through a light ‘cleansing’ diet or briefly ceasing food intake altogether.

**Physical Rest:** Rest of the muscles. This requires being as inactive as possible – perhaps bed rest.

**Mental Rest:** Rest of the mind. This means avoiding intense mental work and not getting involved in arguments. It is best to stay away from people who insist that if you don't eat normal meals, you'll harm yourself! Coping with this kind of pressure (and ignorance) can be quite exhausting.

**Sensory Rest:** Rest of the senses and nerves. Avoid straining eyes and ears with too much reading, too much television or listening to loud rock music. Keep away from delicious cooking or coffee-brewing aromas, which stimulate the flow of saliva and gastric juices – the Pavlov's dogs effect – and waste valuable energy.

### ‘DETOXING’ DIETS

Merely following an ideally balanced diet of natural foods facilitates some degree of detoxing, though slowly. The process is greatly accelerated and much more rewarding if fruit and salads or fruit only are consumed exclusively. Detox becomes still more rapid if the juices of fruits and vegetables are consumed exclusively. Therapeutic fasting on water only is the most advanced form of cleansing to

facilitate healing. However, it can be too extreme initially, and, in any case, requires professional supervision except for very short periods (see 'Safety Warnings' below).

A person undertaking a cleansing diet for the first time would gain valuable experience from either a fruit and salad diet or a juice diet for a few days. A juice diet is suitable for the majority of people in the stressful and chemical-laden modern world.

The common assumption that fasting or a juice diet is starvation is entirely erroneous if they are conducted correctly. Therapeutic fasting is not starving. In starvation, vital tissues are broken down, and damage to the brain and other vital organs is likely. This is a destructive process, whereas properly conducted fasting is a constructive process.

During properly conducted detox diets, including water fasting, the body is nourished sufficiently from its own reserves. For approximately the first 12 hours of a fast, energy is provided by glucose from the last meal and glycogen (animal 'starch') stores in the liver. After that and up to about the 40th hour, amino acids in circulation are broken down for fuel. From approximately the second day onwards, energy is supplied by fat. The necessary traces of protein to maintain the vital organs are drawn from the muscles.

More energy is yielded by the breakdown of toxic wastes which are then eliminated. It is an ingenious trick of nature that the body uses for fuel the very substances that were causing the health problems in the first place.

In fact, one of the greatest wisdoms of nature is displayed in this process. During self-nourishment, tissues are broken down in the reverse order of their usefulness. Fat and disease growths go first. The body frees itself of benign tumours and other non-cancerous growths by dissolving them. Similarly, retained fluid and deposits of various kinds are reabsorbed, the usable portions being utilised for nourishment and the unusable portions eliminated.

Provided there is a reasonable level of vitality to start with, and provided the necessary conditions are maintained, the human body is able to nourish itself from its reserves for surprisingly long periods. Needless to say, the amount of stored fat has a large bearing on this.

Although the digestive system has little or no work to do during this 'spring-cleaning', there is still much work for the excretory system to do. Initially the liver works very hard breaking down stored toxins that are then released into circulation to be eliminated by the kidneys.

## SAFETY WARNINGS

1. Without professional supervision, do not stay on fruit and salads exclusively for more than seven days at a time; do not stay on juices exclusively for more than five days; do not fast on water exclusively for longer than three days at a time. Such cleansing periods should be employed no more frequently than approximately every three months, unless with professional guidance. However, this guideline does vary widely with different individuals.

If vitality is low – usually because of poor health, environmental chemicals or the pace and stress of modern living – the body may be unable to nourish itself adequately from its reserves, and malnourishment could result. No risk of this occurring should ever be taken. The possible complications could be alarming and distressing, and cause enough anxiety to prevent benefits being achieved in any case.

How do we know whether vitality is adequate? We don't. It requires a practitioner experienced in self-healing to determine the level of vitality. This is why professional supervision is essential for anything other than short periods on cleansing diets.

It cannot be over-emphasised that, while the potential benefits are great, therapeutic detoxing can be overdone, and end up doing more harm than good. Again, it's a matter of professional guidance.

2. Avoid any strenuous activity during a detox diet, and avoid even light activity when on a fast.

On a very light diet or without any food, the body does not have energy available for strenuous activity, whether physical or mental. Any activity, such as physical exercise, physical work, prolonged reading, prolonged watching of television or sunbathing beyond a few minutes, diverts vital nerve energy away from the healing process and is likely to impede or even arrest healing.

Be particularly careful of sunbathing while fasting, because the heat can drain much energy without the person realising it. Limit any sunbathing to a few minutes at a time. Extended periods under the sun, which may be dangerous for the skin at any time, can thoroughly flatten a person's batteries during fasting.

3. Water fasting and juice diets are inappropriate with certain health problems.

People with hypoglycaemia may find fasting difficult and may be unable to benefit by it. It is dangerous for people to fast if they have diabetes or certain other conditions, such as emaciation or pronounced liver or kidney disease.

Caution needs to be taken in the case of pregnancy, pronounced anaemia, debilitation, gout, gastric ulcers, advanced disease, being elderly and so on. In these cases, it is imperative that a practitioner be consulted when considering a fast.

Because it is possible that a person may have a condition of which they are unaware, they should be prepared to break a fast or juice diet if anything seems to be wrong. There is a big difference between feeling weak and feeling 'absolutely terrible'. If there is any doubt at all, gradually resume normal healthy eating and consult a practitioner.

## NEVER DENY WATER

Food is restricted during detox diets, but never water. It is essential to always satisfy true thirst with pure water. With juice or fruit-and-veggie diets, their water content may be adequate or close to it.

If the tongue becomes heavily coated, as it normally does during detoxing, and begins to taste really awful – which is often mistaken for thirst – this is not thirst and should not lead to drinking copious quantities of water. True thirst is experienced as genuine dryness in the mouth and stomach. Excessive drinking might give the kidneys unnecessary work. If the stomach is in an irritable state, copious amounts of water may lead to nausea.

## WHEN TO CLEANSE

Loss of appetite is a sure sign that eating needs to be scaled down. Whether or not we are aware of loss of appetite, if there is a coated tongue and bodily temperature is above normal – especially a substantial fever – we can be sure, except in very unusual cases, that it will be beneficial to fast or, at most, consume diluted fruit juices.

If we wish to fast when there is no fever, it is desirable to wait, if possible, until there is a rise in body temperature of at least a half-degree centigrade over 24 hours, normally a sign of adequate vitality. This will often occur at some stage after adopting a more natural diet, or after deliberately preparing for self-healing (see below – 'Self-Healing for Non-Acute Conditions').

Missing a meal or two when out of sorts, emotionally upset or simply not hungry may be very beneficial.

The general rule is: Eat only when comfortable in body and mind and when true hunger is present. There are exceptions, such as diabetes, hypoglycaemia or emaciation.

## SELF-HEALING IN ACUTE DISEASE

Loss of appetite is a most characteristic feature of acute disease. Digestion scales down while the body conserves all available energy for detoxification and healing.

Day after day for years – three, four, five, six, seven or more times a day – the body has had to digest and process food, a task which demands much hard work by the digestive system and the liver. In acute disease, ranging from colds and flu to more serious ailments, the body takes a break from digestion and assimilation and directs all its available energy to cleansing, repairing and restoring itself. This is nature's way of dealing with a burden of toxemia.

Way back in 1833, a Dr William Beaumont discovered that during a fever, little or no digestive juice is secreted, and if food is eaten it is as "insoluble in the stomach as lead". It has been observed repeatedly that a sick person who fasts recovers with surprising speed and without complications. And fasting is all that you feel like doing anyway.

There is a big difference in the behaviour of a sick child forced to eat rather than allowed to rest completely. In the former case they will toss and turn and cry in discomfort, whereas if the stomach is allowed to remain empty, the child will usually be relatively comfortable and sleep much of the time.

Preparation for scaled-down eating is not necessary in acute disease. Your body is telling you that it is already in detox mode. Once you become aware of symptoms, fasting or juices can begin immediately, along with complete rest as described above. It is particularly important to keep warm to prevent chilling.

The length of the fast depends on the duration of the fever. It is preferable to continue fasting for 24 hours after the temperature has returned to normal, to ensure the fever is over. Where it is necessary to fast for more than two or three days, a practitioner familiar with fasting needs to be consulted for safety reasons.

## SELF-HEALING FOR NON-ACUTE CONDITIONS

We don't need to wait until we get sick before starting the healing process. An apparently well person can undertake a cleansing diet and this will activate a similar healing process to that which occurs in acute disease.

However, there is a major difference between the two situations. In acute disease our bodies are telling us they need to fast, so no preparation is required. But in the absence of fever, when we decide we are going to start a detox program at some convenient time, the body has to be warned of the need to switch over to self-nourishment. We must prepare for it (see 'Preparing for a cleansing diet' in Part 2).

**AUTHOR'S NOTE.** *While not being a clinical practitioner, I have extensive experience of water fasting, which was gained during my seven years as Manager of the now-closed Hopewood Health Retreat at Wallacia NSW. In addition, long before this, I gained first-hand experience of water fasting by undertaking a 15-day fast in January 1968. This was spectacularly beneficial for my health, and the benefits are still with me today, half a century later – Roger French.*

**PART 2 – 'How It's Done' will be presented in the Winter issue of TNH**





# A fever must run its defensive course



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

Dr Russell Trall said it 160 years ago. Drs John Tilden, Alec Burton, William Esser and Herbert Shelton said it after that, and more modern health experts like Drs Joel Fuhrman, Mark Donohoe and Alan Goldhamer, among many others, have been saying it for years. I have been saying it myself for over 30 years: acute diseases, and their accompanying symptoms, need to be intelligently understood and carefully respected.

During my last seminar two months ago in Sydney, and also during the 21 Email Advanced Health Program, I emphasised the point that when we interfere with symptoms of acute disease – fever, coughing, skin rash, mucous discharge, etc, we *increase* the chances of complications, not decrease them.

I furnished examples in the media of a number of flu patients who had either died or suffered terrible complications of the flu, well after the initial symptoms of fever, etc, had been suppressed with drugs, sometimes multiple times. I then quoted Dr Russell Trall in his book *The True Healing Art* who went 16 years (1846 – 1862) treating hundreds of acutely sick patients suffering cholera, typhoid, typhus, smallpox, dysentery, pneumonia, malaria and measles, without any medication and without losing one patient. He states:

“I have myself, during the sixteen years that I have practised the Hygienic Medical System (my words in brackets: water-only fasting, resting in bed, fresh air, peace and quiet and eschewing drugs), treated all forms and hundreds of cases of typhus and typhoid fevers, scarlet and other fevers, pneumonias, measles and dysenteries, and have not lost a patient to any one of these diseases. The remedies

which are administered for the cure of measles, scarlet fever and other self-limited diseases, kill far more than those diseases do” (pages 32 – 33).

Again, I read in CNN the case of a young, previously healthy, 4-year-old girl in the United States who became sick 19th December. Mildly at first (which is the norm), then slight fevers over 4 days, all of which were suppressed with antipyretic drugs (fever suppressants). On 23<sup>rd</sup> December, 4 days after the initial fever, the young girl became very unwell and was rushed to hospital, where, on 31<sup>st</sup> December, she became blind due to her developing, said the paediatric neurologist, acute necrotising encephalopathy (part of the brain dies). Read the CNN account here:

[edition.cnn.com/2020/01/11/health/flu-blinds-iowa-girl-epribe/index.html](http://edition.cnn.com/2020/01/11/health/flu-blinds-iowa-girl-epribe/index.html)

This tragic case is blamed by the good doctors on the ‘killer’ flu and the fact that she wasn’t flu-shot this year (the inference in the article being that she was previously flu-shot). She was drugged, probably fed conventional food, and stimulated, instead of being fasted, rested and quietened.

Vaccinated or not, diagnosed with flu or not, the real issue here is the unbelievable ignorance of the doctors in basic health biology. Even the famous Mayo Clinic reversed its stance on fevers in 2011, stating that fevers are an important part of our immune system and serve a protective and defensive purpose.

I can understand these doctors having never heard of Drs Trall, Shelton, Esser or Tilden, but do they not know basic biology? Are they completely devoid of any commonsense when it comes to

human health? Do they not understand that such symptoms are the body working as designed? Do not any of the medical professionals in Australia or the States stop and ask themselves whether their treatment – in suppressing the initial symptoms in acute illnesses like the flu – is the real reason the mild symptoms evolve into major health calamities?

I read the report of an even greater tragedy – the death of a previously healthy 15-year-old girl of varicella (chickenpox) after 21 days of hospital drugging and feeding.

In the Samoan measles crisis recently, almost every victim was drugged and dosed up at the first hint of symptoms. As Dr Trall stated in 1862: “To subdue the disease is to subdue the vitality”. Nothing has changed in 160 years.

I can hear Dr Trall and his graveyard companions crying in their tombs. I know that my wife, Dawn, and I feel grief every time we read or hear in the Big Pharma-run media of all the tragic victims of such devastating ignorance.

Everything depends on the truth of the primary premise. And if the premise – the wrong premise, I might add – is that the microbe is *the* cause of the disease and the human body is totally incapable of defending itself in the microbe’s presence, and that drugs are our only hope, somebody help the human race. Because modern medicine won’t!

**Dr Greg Fitzgerald (Allied Health)**  
Health for Life Clinic and Seminars  
Phone 02 9540 1962; 04 2424 6847  
[info@healthforlife.com.au](mailto:info@healthforlife.com.au)  
[www.healthforlife.com.au](http://www.healthforlife.com.au)

# Recovery from anxiety is not just possible, it's likely



By Robyn Chuter,  
Naturopath and Counsellor



In previous articles I've expressed my deep misgivings about the 'diagnostification' of human psychological suffering that goes on in medicine, especially psychiatry.

Applying diagnostic labels to the disturbing thoughts, distressing emotions and unpleasant physical symptoms that plague us as we struggle to face life's many challenges may make doctors feel more competent, and may give their patients at least a temporary sense of relief – "At least there's a name for this terrible thing that I've been going through!"

But it also has a dark side. Psychiatric diagnoses have an insidious tendency to become part of the labelled person's identity. How many times have you heard a rambunctious child referred to as "an ADHD kid"? I've even overheard parents saying that their child "is ADHD!"

Here's a quick experiment. Read the following statements out loud:

- "I have anxiety."
- "I'm having a lot of anxious thoughts and feelings."

What do you notice about the differences between these two statements? The first feels permanent, like "having" blue eyes; the second reflects the experience of the moment. The first phrasing makes most people feel helpless and victimised; the second invites curiosity and problem-solving.

The second phrasing is also far more appropriate when it comes to describing human psychological distress which – unlike a physical disease condition, such as diabetes or cancer – comes and goes, depending on what we're focusing on at any given time.

Why does any of this matter? Quite simply, the lens through which we view psychological distress changes the way we see it and the way we attempt to deal with it, and that has broad and potentially long-lasting consequences.

If we see human psychological suffering as a 'mental health condition', due to unfortunate genes or biochemical imbalances in the brain (a completely

discredited theory), we'll stick diagnostic labels on people, prescribe them drugs, and more often than not, assume that they'll be saddled with this 'illness' for the rest of their lives.

If we see this suffering as an inevitable consequence of life – 'the human condition' – then we'll encourage people to take an honest inventory of their lives, identify their self-defeating behaviours and develop effective strategies for overcoming them, marshal their coping resources, and identify and take action on meaningful and achievable goals that will allow them to flourish.

A study recently published in the *Journal of Affective Disorders* provides support for taking the second approach. Titled, 'Achieving complete mental health, despite a history of generalised anxiety disorders: Findings from a large, nationally representative Canadian survey'. The study examined survey data from a population-based sample of over 21,000 Canadians, roughly one-tenth of whom had previously been diagnosed with *generalised anxiety disorders* (GAD).

The World Health Organisation's definition of GAD is comprised of five elements:

- Excessive anxiety and worry about at least two different events or activities that lasted at least six months;
- Finding it difficult to control the worry;
- The anxiety and the worry were associated with three or more of the symptoms associated with anxiety;
- The focus of the anxiety and worry was not confined to features of an Axis 1 disorder (such as panic disorder, social anxiety disorder, post-traumatic stress disorder, mood disorders, eating disorders or substance use disorders); and
- The anxiety, worry or physical symptoms caused clinically significant distress or significant impairment in social, occupational or other important areas of functioning.

The findings of the study were encouraging: of those who had previously been diagnosed with GAD:

- 72% been free of it for at least one year;
- 58% had been free of all mental illness in the past year (that is, not just GAD, but depressive episodes, major depressive disorder, bipolar disorder, alcohol or drug dependence and suicidal ideation – highly significant, because GAD often clusters with such conditions in the same individuals); and
- 40% rated themselves as currently in 'complete mental health'.

As the study authors noted,

"Complete mental health is defined as the state of having both the presence of positive mental health (that is, feeling good about oneself, one's relationships with others, one's connections to community or society and being able to function well in daily activities) and the absence of current mental illness."

That's quite a high bar. It's difficult to reconcile the fact that so many people who had previously been diagnosed with GAD had made complete recoveries and were now "happy and/or satisfied with their life on an almost daily basis and had high levels of social and psychological wellbeing", with the notion that these people 'have' chronic mental health conditions driven by genes and brain chemicals.

The researchers took it a step further, identifying the factors that were associated with recovering from GAD and enjoying complete mental health.

Those who had a history of GAD but were now enjoying complete mental health were more likely to be:

- Female;
- Older;
- Married (including de facto/common law);
- In good to excellent physical health;
- Free of chronic insomnia; and
- Able to manage household activities without difficulties;
- Use religion or spirituality to cope;
- Have a confidant; and
- Have never had a major depressive disorder nor substance dependence.

Obviously, we have no control over our sex, not all of us have found a life partner, and in general people become more emotionally stable as they get older, which reduces anxiety. But of all these factors, the researchers found that:

“Having a confidant appears to be the strongest correlate of positive mental health among those with anxiety.”

In fact, those who reported having at least one confidant – a person in their lives who provided them with a sense of emotional security and wellbeing – were 3.65 times more likely to report complete mental health than those who lacked one.

This is unsurprising, given the large body of research documenting the relationship between social support and mental health.

Both anxiety and depression are inextricably related to the health of our social relationships. Human beings are the most social species on the planet, and every goal that we set for ourselves has ramifications for our standing in at least one of the four domains of human relationships: family, romantic love, friendship and trade.

People become anxious when they perceive that the odds of achieving their socially significant goals are heavily stacked against them – and depressed when they fail to achieve such goals.

Being able to confide in another human being who cares about you, and values you even if you have failed to achieve your goals or doubt that you can, provides you with a sense of inner security which gives you the courage to try again, even when success is not guaranteed. If you don't currently have a confidant, it makes sense to invest time and energy in building friendships that will help you meet this crucial human need (and give you the opportunity to meet this need for others).

Likewise, having faith that there is a larger purpose to life, whether this is provided by institutional religion or emanates from a deeply-felt intuition that 'there's something that's bigger than me out there' helps to put our psychological suffering in context, making it more bearable. Those who have religious faith

can deepen their connections with a faith community and immerse themselves in prayer and studying the texts of their faith. Those who don't have such faith can get involved with secular charities or environmental causes, and spend more time immersed in the natural world, which tends to elicit feelings of awe and wonder.

And taking actions to improve your physical health – including eating a nutrient-dense wholefood plant-based diet, having regular physical activity and prioritising sleep – also offers a significant pay-off when it comes to recovering from anxiety and enjoying complete mental health.

In summary, the Canadian study implicitly challenges the medical framing of generalised anxiety disorder as a biologically-based mental illness. It gives hope to those who are currently plagued with anxious thinking and offers vital clues about how people can extricate themselves from anxiety and enhance their psychological wellbeing: cultivate loving relationships, confide in trusted others, deepen one's religious faith or spiritual grounding, and take care of one's health.

**Has anxiety backed you into a corner? Apply for a Roadmap to Optimal Health Consultation today, and together we'll develop a workable plan incorporating diet, movement, sleep and proven strategies to short-circuit anxious thinking, and to get you back into life again.**

**Reproduced from Robyn Chuter's newsletter, Empower Total Health, 20<sup>th</sup> January 2020**

**Robyn Chuter BHSc(Hons), ND, GDCouns is an ASLM-certified Lifestyle Medicine Practitioner, naturopath, nutritionist, counsellor and EFT therapist practising on the Gold Coast in Queensland. She offers in-person, online and telephone consultations. For more information, visit Robyn's website: [www.empowertotalhealth.com.au](http://www.empowertotalhealth.com.au), call Robyn on 0432 766 884 or [robyn@empowertotalhealth.com.au](mailto:robyn@empowertotalhealth.com.au).**



## Memory distorts with time, though not intentionally

By Roger French, Health Director NHS

About three-quarters of errors made by courts are the result of false testimonies. Witnesses make statements which they genuinely believe to be true, but may not be. For example, a female victim may claim that she was made pregnant, yet she has never been pregnant. A person may remain in jail for many years due to a witness saying that they saw them at the murder scene until eventually a DNA test proves that they were not involved.

False memories represent a nightmare for judges, since prosecution witnesses would be unaware that their recollections had shifted from the real situation. A lie-detector test would not help because the witness believes that their recollection is accurate.

There is no doubt that we are prone to distorting our recollections of events or scenes. We might believe that this would not happen to us, but it does.

The way our memory works is that when we remember something, we don't call up the original memory, but rather we recreate the memory anew each time. It is like an orchestra replaying a piece of music; it will always be slightly different, even though the piece is played from the same printed notes. Memory doesn't have a set of notes to follow, but instead alters the recollection slightly as it 'practises'.

This means that the recalled information changes, and the more it is recalled, the more it changes.

Surprisingly, a slight aberration in memory can sometimes have great advantages. The obvious one is that we don't have to remember a whole lot of detail, but our brains recognise and store the big picture.

Less obvious is that "Astonishingly, the formation of false memories goes hand in hand with the formation of new ideas and problem solving. The ability to ... draw correlations or to invent new correlations is only possible if we free ourselves from rigid forms of memory and recollection".

"Studies have shown that people very deliberately (though not necessarily consciously) falsify memories of their past in order to generate a harmonious state in the present."

In summary: "In general, every one of our memories is false and, each time we recall one, it becomes more false."

**Source: 'Why we're prone to distorting our memories' by Henning Beck, Sun-Herald, 6<sup>th</sup> October 2019**

# Dogs and Cats Pages



The following items are abridged from newsletters written by holistic veterinarian, Dr Karen Shaw Becker. Her email address is [drkarenbecker@mercola.com](mailto:drkarenbecker@mercola.com)

## Ten foods which can be toxic for your dog

9<sup>th</sup> December 2019

**1. Xylitol** — a natural sweetener that is highly toxic to dogs, and it's being found in an ever-growing list of consumer products because it's as sweet as sucrose, but with only two-thirds the calories of sugar.

You should be aware of any product in your home containing xylitol which you might consider offering to your dog.

**2. Caffeine** — Chocolate contains *methyloxanthines*, which include theobromine and caffeine. Both stimulate the central nervous system and heart muscle and also relax smooth muscles, especially the bronchial muscles.

The consumption of coffee grounds, black or green tea bags or caffeine-containing diet pills or painkillers (even just one or two) could be deadly in small dogs. Depending on the amount ingested, symptoms may be mild, such as slight restlessness and minimally elevated heart rate, to deadly.

If you suspect your dog may have consumed something with caffeine, seek emergency veterinary care immediately.

**3. Chocolate** — is made from the roasted seeds of the cocoa tree. The seeds contain caffeine and theobromine which are toxic for dogs — and dogs are especially sensitive to theobromine compared to other domestic animals.

Even small amounts of chocolate can cause adverse reactions in pets, and the darker the chocolate, the more theobromine it contains. The worst is dry

cocoa powder, which has the highest content of theobromine.

**4. Onions and other plants containing allium** — Plants of the genus *allium*, which includes onions, chives, garlic, and leeks, make some pets sick (there have even been fatalities), while others don't seem affected. Symptoms of allium poisoning can occur a day or several days after ingestion.

Garlic can cause harm when fed in *excessive* quantities (much more than pets would naturally eat). However, a small quantity like 1/4 teaspoon of freshly chopped garlic per 7 kg body weight can offer substantial health benefits.

**5. Grapes and raisins** — These were once safe to feed to pets, but now can be toxic. It is thought that fluoride-based pesticides used on grapevines could be to blame.

Grapes, raisins, sultanas and currants — both raw and cooked — can cause kidney failure in dogs. But not all dogs have the same reaction — some are unaffected, while others have died after eating just a handful.

This seems to support the pesticide theory.

So to be safe, avoid feeding grapes, raisins and related fruits to your pet.

**6. Alcohol** — Alcohol (ethanol) poisoning typically occurs when a dog samples an alcoholic beverage. Toxicity has also occurred when dogs ate foods containing alcohol.

Just as with humans, alcohol quickly reaches the brain. Symptoms develop promptly, and include depression, loss of coordination, lethargy, sedation, increased body temperature, dangerously slow breathing and coma.

**7. Macadamia nuts** — Macadamia nuts can cause serious problems for dogs, even in very small amounts. Symptoms of poisoning occur within 12 hours, and can include hind-limb weakness, vomiting,

stiffness and loss of coordination, trembling, fever, abdominal pain and pale mucous membranes.

**8. Bread dough** — There are two concerns with (raw) bread dough. One, the large mass of dough in the stomach is continuing to rise, which can not only make your pet uncomfortable, but can also potentially rupture his stomach or bowel. Two, the warm environment of the stomach promotes ongoing fermentation in the dough, which can result in ethanol toxicosis.

**9. Cooked bones** — Cooked bones are dangerous to dogs because they tend to splinter. Most veterinarians have performed surgery to remove shards, splinters and blockages from dogs who were given or scavenged cooked bones.

A dog has a nutritional requirement for the nutrients found in raw bones and bone marrow. And all that gnawing is great exercise for the jaw muscles.

**10. Sugary, salty, fatty and processed human foods** — Avoid giving your pet processed foods which include sugary foods, stuffing, bread, rolls and all desserts.

## Every day is a holiday when you have a pet

25<sup>th</sup> December 2019

Our furry family members bring us the gift of joy on Christmas Day and every other day of the year.

Other life-changing gifts we receive from our pets include connectedness, living in the moment and forgiveness.

A way to gain the joy of being a pet parent is to consider adopting or fostering a pet from your local shelter or rescue.



## A NSW Government committee has recommended phasing-out battery cages

By Isobel Bromley,  
Campaign Team, Animals  
Australia, 19th November 2019

### Your dog knows when you're sick, even before you do

23<sup>rd</sup> May 2019

Our dogs know when we're sick by using their senses — especially their noses — to pick up the tiniest changes in our scent and other signals we give off.

Of all the canine senses, it's a dog's nose above all else that provides her with an encyclopaedic amount of information throughout her life. Inside our noses are about 6 million olfactory receptors that allow you to recognise thousands of different smells. It sounds like a lot, until we realise that inside a dog's nose there are up to 300 million such receptors.

While we can detect certain odours in parts per billion, a dog can detect them in parts per trillion.

For example, when you're dealing with a cold or sinus issues or a stomach bug or even a toothache, your dog's super sense of smell will pick up immediately on a change in your scent. Changes in the tone of your voice, your energy level or the sounds you make (coughing, sneezing, etc.) will not go unnoticed, either.

Your dog can even sniff out changes in your mood. The smell of human fear stresses dogs and makes them fearful as well. In a study, the dogs exposed to a happy sweat sample didn't need to seek reassurance from their owners, whereas the dogs exposed to a fear sweat sample displayed more frequent and longer-lasting stress-related behaviours.

Researchers are well aware of the role stress plays in canine disease, so perhaps something we should ask ourselves is how long-term exposure to human stress and emotional imbalances in the home (fear, anger, frustration, etc.) might be impacting the health and happiness of our dogs without our knowledge.

### Dogs can detect cancer

26<sup>th</sup> September 2019

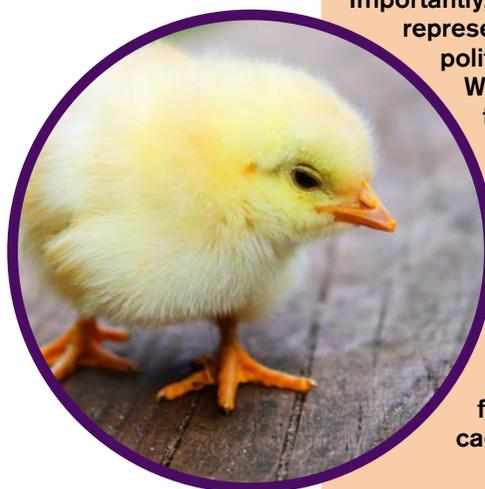
In one of the latest studies on canine cancer detection, beagles were able to identify lung cancer by sniffing blood samples with about 97% accuracy.

Four beagles were trained to use scent to distinguish between blood samples taken from people with lung cancer and samples from people without cancer.

Three of the four dogs correctly identified the cancer samples with a striking accuracy rate.

Dogs have been trained to detect both specific cancers as well as a general cancer scent. To date, cancer-sniffing dogs have detected scents associated with cancers of the breast, lung, prostate, colorectal, thyroid, melanoma, lymphoma, renal and transitional cell carcinoma.

Cancer screening via canines is not legal in the US unless it's part of a clinical trial, but anecdotal reports exist of pet dogs alerting their owners to cancer.



While this doesn't mean hens will be freed from cages tomorrow, it's still a big step towards a cage-free future!

The final report from the *NSW Select Committee on the Use of Battery Cages for Hens in the Egg Production Industry*:

offers in-principle support for a phase-out of battery cages;

signals to the egg industry (and businesses that use cage eggs) that there is no future in caged cruelty;

supports the establishment of an Independent Office of Animal Welfare; and

sets a powerful precedent in the lead-up to the 2020 national forum where State Agriculture Ministers will make a collective decision on the future of battery cages in Australia.

This Inquiry was initiated and chaired by the Animal Justice Party's Emma Hurst, who is a tireless advocate for animals — in and outside of the parliament. Importantly, committee members represented a cross-section of political views.

While the recommendations fall short of putting a timeline on phasing out battery cages, we don't underestimate the important signal this Inquiry sends to state Agriculture Ministers who will soon (hopefully) make a final decision on the future of the battery cage.

# Autism – Bringing light in the darkness



A blog by Lynne McTaggart of WDDTY, posted 11<sup>th</sup> October 2019

For years, we as a society have largely refused to deal with a very basic question: why is the rate of autism skyrocketing in the West, up 200 percent in less than two decades, with one in every 68 children diagnosed on the autistic spectrum?

What the authorities have vehemently concentrated on is what they *don't* believe may be causing it. It can't be caused by the measles-mumps-rubella (MMR) vaccine, says the medical profession and mainstream media. It can't be caused by wheat or dairy intolerances or heavy metal, say the Big Food and dental industries.

To try to explain this sudden epidemic, we've reverted to two old chestnuts. The first is there's no actual increase in the incidence of autism; we're just better at diagnosing it.

We also lay the blame on a bad genetic toss of the dice, some kind of (increasingly common) genetic aberration.

While we may be a bit better at recognising the spectrum of autism than we might have been decade ago, that cannot account for the sheer percentage of modern children showing up with severe symptoms of physical, mental and emotional abnormalities compared to a few generations ago.

And the facile explanation of blaming genes ignores the fact that some 80 percent of children on the spectrum have a normal genome.

Clearly something else is going on here.

## One mom's journey

In 1998, Karen, a massage and cranial-sacral wholistic therapist living in San Luis Obispo, California, watched helplessly as Jacob, her happy outgoing two-year-old, regressed in development, turned introverted and became highly oppositional virtually overnight.

For years, Karen tried and failed to find experts on the subject, until she realised

that she would have to become expert herself. It took her a decade to discover that her child had ASD.

What she eventually found is that autism isn't caused by a single insult, but by multiple environmental assaults on an immature brain. She believes that Jacob's condition was kicked off by additives in the hepatitis B vaccine, administered when Jacob was two, but that there were other potential factors creating a perfect storm.

During her pregnancy she'd had several amalgam fillings placed, and indeed Jacob was eventually found to have high levels of mercury.

She also suspected some sort of infection, and Jacob was eventually found to have Lyme disease, as well as certain food intolerances and a number of chemicals or refined foods that were upsetting his gut.

After 14 long years of refusing to give up, Karen reversed her Jacob's autism. He is now a normal teenager, attending college. Karen herself has gone on to become a wholistic autism 'recovery' expert, helping many children and teens live normal lives (see: [naturallyrecoveringautism.com/](http://naturallyrecoveringautism.com/)).

In her determination to get her son well, Karen has highlighted what many autism experts have been saying for years: that autism can be caused by many environment factors in our modern, polluted, chemically laden lives.

## Not a single cause

About two decades ago, after studying some 1200 children with ASD over 11 years, the Autism Research Unit (ARU) at the University of Sunderland, concluded that one cause of autism is the action of *peptides* outside the brain and central nervous system.

These peptides result in effects that either cause opioid activity or help to

break down the opioid peptides that occur naturally within the central nervous system. Natural opioid peptides affect all high cognitive functions, and when they are at an abnormal level, can completely disrupt most higher processes within the brain, including emotion, perception, cognition, mood and behaviour.

Back in those days, the ARU concluded that the culprit was the gut and a lack of certain enzymes needed to break down foods like gluten and dairy. Since then, other environmental insults, including heavy metals, parasites and bacteria, have been shown to also cause gut abnormalities, allowing these peptides to make it through to the brain.

Pesticides, repeated administration of antibiotics, antidepressants and epilepsy drugs given to the mother during pregnancy all appear to damage the gut of developing babies and children, making them susceptible to ASD.

The latest research from Columbia University's Mailman School of Public Health shows that children with persistent gastrointestinal (GI) symptoms such as regular constipation, food intolerances or diarrhoea are more than twice as likely to be autistic.

So long as the 'experts' focus attention on defending the MMR or seeking out a single culprit, we will fail to shed any further light on all the aspects of modern industrialised life that are damaging our children.

As Karen Thomas showed, autism can be cured with a multi-pronged approach. It's time to stop debating and follow where the light is shining.

***The above is a blog by the natural health-oriented Lyn McTaggart of WDDTY, posted 11<sup>th</sup> October 2019, and lightly sub-edited. Posted in: Lynne McTaggart Blog,***

# Understanding our toxic chemical load



A blog by Lynne McTaggart of WDDTY, posted 17<sup>th</sup> May 2019

Governments around the world have finally come around to admitting the obvious: air pollution isn't very good for us. And it's not just the particulate matter belched out in exhaust fumes. We're talking about the estimated 80,000 chemicals in our food, air, water and homes, all poisoning us in slow motion.

Up until now, companies like Monsanto could claim that there was no way to definitely assess the potential damage of airborne chemicals, and so no way to make any connection between the chemicals manufactured by them and ill health.

The crux of the problem was the need to demonstrate clear cause and effect between a particular chemical and particular damage, and also which of our chemical pathways they disturb.

But that's no longer the case.

Modern advances in chemistry and new technology now enable scientists to examine specific chemicals within air samples and isolate exactly what they're doing to our bodies.

The answer isn't pretty.

The most dangerous aspect is what they do to various *signalling pathways*. They mess with our immune systems in a manner that suppresses the body's ability to fight other onslaughts, even infections like the flu.

There's also long-term evidence that even low concentrations of industrial chemicals can interrupt our hormone messaging system by mimicry, so that the body reacts as if it received genuine hormonal signals, or by blocking the production of hormones so that the signals don't get sent, or even interfering with our ability to break down and eliminate no-longer-needed hormones from the body.

This is not news. Some 23 years ago, *Rachel's Environment & Health Weekly*

(the Environmental Research Foundation's former publication named after *Silent Spring* author Rachel Carson) warned in an article reviewing Theo Colborn's book, *Our Stolen Future*: "No matter where you live today, whether in New York City or on a remote island in the Arctic Ocean, anyone willing to put up the \$2,000 for testing will find more than 250 synthetic industrial chemicals in their body."

And that was a quarter century ago. Even if certain air or industrial pollution is within acceptable limits, the combined and cumulative effect magnifies the effect by thousands of times. For instance, the combined effect of two or three pesticides at low levels, as might be found in most ordinary modern environments, magnifies the effect of any single insecticide by up to 1,600 times. This is the well-known phenomenon of *synergism*.

Just think of the unimaginable effect of each of these common poisons, magnified by 1600 times, multiplied by the 1600-times magnified effect of a large percentage of the 80,000 other chemicals we're being exposed to.

As the founder of People Against Cancer, Frank Weiwal, once memorably put it: "There just aren't enough zeros out there to work out the risk."

In *Our Stolen Future*, Colborn provides evidence and hypotheses suggesting that these chemicals are behind everything from diminishing numbers of a variety of species, to increases in certain human hormonal cancers, including prostate and breast cancer, a lowering of sperm count, a lowering of IQ, reduced attention spans and even increased violence and aggression.

More recent studies show that pollution may be behind the explosion in respiratory and skin conditions as well as cognitive issues like dementia—and much more.

If this all sounds Armageddon-like, the good news is that there are some simple measures we can take to protect ourselves and our loved ones.

The simplest measure is avoidance. Research shows that cutting out exposure to pesticides by eating organically can sharply reduce your levels of these toxic chemicals quite quickly.

There are also loads of natural substances, particularly herbs like *guduchi*, *aloe vera* and *ashwaganda*, which are highly effective as antioxidants or at clearing out particulate matter that can quickly lighten your body's load.

Of course, the ultimate answer lies in governments no longer bowing to industry, but enacting and enforcing legislation to protect us. But until that happens, all of us need to take immediate measures to protect ourselves.

For that, we can take a tip from Mother Nature. One of the most fascinating aspects of my job is the repeated discovery that for just about every health problem, there's a natural solution. For diabetes, there's new evidence that raspberries reverse the condition; for Alzheimer's, the simple tomato can restore cognitive function.

Mother Nature continuously shows herself to be able to outwit humans. She's even figured out an antidote for the health threats, like pollution, that we've foisted on ourselves.

**The above is a blog by the natural health-oriented Lyn McTaggart of WDDTY, posted 17<sup>th</sup> May 2019, and lightly sub-edited. Posted in: Lynne McTaggart Blog**

# Scientists call on world authorities re EMR

The Advisors to the International EMF Scientist Appeal, representing 248 scientists from 42 nations, have resubmitted 'The Appeal' (below) to the United Nations Environment Programme (UNEP) Executive Director, Inger Andersen, requesting that the UNEP reassesses the potential biological impacts of next generation 4G and 5G telecommunication technologies on plants, animals and humans.

They say that there is particular urgency at this time as new antennas will be densely located throughout residential neighbourhoods using much higher frequencies, with greater biologically disruptive pulsations and more dangerous signalling characteristics, plus transmitting equipment on and inside homes and buildings. The Advisors to The Appeal recommend UNEP seriously weigh heavily the findings of the independent, non-industry associated EMF science.

## International Appeal – Scientists call for protection from non-ionising electromagnetic field exposure

We are scientists engaged in the study of biological and health effects of non-ionising electromagnetic fields (EMF).

Based upon peer-reviewed, published research, we have serious concerns regarding the ubiquitous and increasing exposure to EMF generated by electric and wireless devices. These include – but are not limited to – radio-frequency radiation (RFR) emitting devices, particularly cellular and cordless phones and their base stations, Wi-Fi, broadcast antennas, smart meters and baby monitors, as well as electric devices and infra-structures used in the delivery of electricity that generate extremely-low frequency electromagnetic field, (ELF EMF).

## Scientific basis for our common concerns

Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increases in harmful free radicals, genetic damages, structural and functional changes in the reproductive system, learning and memory deficits, neurological disorders and negative impacts on general wellbeing in humans.

Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life.

These findings justify our appeal to the United Nations (UN) and all member States in the world to encourage the World Health Organization (WHO) to exert strong leadership in fostering the development of more protective EMF guidelines, encouraging precautionary measures and educating the public about health risks, particularly risks to children and foetal development. By not taking action, the WHO is failing to fulfil its role as the preeminent international public health agency.

## Inadequate non-ionising EMF international guidelines

The various agencies setting safety standards have failed to impose sufficient guidelines to protect the general public, particularly children who are more vulnerable to the effects of EMF.

The International Commission on Non-ionizing Radiation Protection (ICNIRP) established in 1998 the 'Guidelines for Limiting Exposure to Time-Varying Electric, Magnetic and Electromagnetic Fields (up to 300 GHz)'. These guidelines are accepted by the WHO and numerous countries around the world. The WHO is calling for all nations to adopt the ICNIRP guidelines to encourage international harmonisation of standards.

In 2009, the ICNIRP released a statement saying that it was reaffirming its 1998 guidelines, as in their opinion, the scientific literature published since that time "has provided no evidence of any adverse effects below the basic restrictions and does not necessitate an immediate revision of its guidance on limiting exposure to high frequency electromagnetic fields".

ICNIRP continues to the present day to make these assertions, in spite of growing scientific evidence to the contrary. It is our opinion that, because the ICNIRP guidelines do not cover long-term exposure and low-intensity effects, they are insufficient to protect public health.

The WHO adopted the International Agency for Research on Cancer (IARC) classification of extremely-low-frequency magnetic fields (ELF EMF) in 2002 and radiofrequency radiation (RFR) in 2011. This classification states that EMF is a possible human carcinogen (Group 2B). Despite both IARC findings, the WHO continues to maintain that there is insufficient evidence to justify lowering these quantitative exposure limits.

Since there is controversy about a rationale for setting standards to avoid adverse health effects, we recommend that the United Nations Environmental Programme

(UNEP) convene and fund an independent multi-disciplinary committee to explore the pros and cons of alternatives to current practices that could substantially lower human exposures to RF and ELF fields. The deliberations of this group should be conducted in a transparent and impartial way.

Although it is essential that industry be involved and cooperate in this process, industry should not be allowed to bias its processes or conclusions. This group should provide their analysis to the UN and the WHO to guide precautionary action.

## Collectively we also request that:

- Children and pregnant women be protected;
- Guidelines and regulatory standards be strengthened;
- Manufacturers be encouraged to develop safer technology;
- Utilities responsible for the generation, transmission, distribution and monitoring of electricity maintain adequate power quality and ensure proper electrical wiring to minimise harmful ground current;
- The public be fully informed about the potential health risks from electromagnetic energy and taught harm reduction strategies;
- Medical professionals be educated about the biological effects of electromagnetic energy and be provided with training on treatment of patients with electromagnetic sensitivity;
- Governments fund training and research on electromagnetic fields and health that is independent of industry and mandate industry cooperation with researchers;
- Media disclose the financial relationships between experts and industry when citing their opinions regarding health and safety aspects of EMF-emitting technologies; and
- White-zones (radiation-free areas) be established.

1) <http://www.icnirp.org/cms/upload/publications/ICNIRPemfgdl.pdf>

2) <http://www.icnirp.org/cms/upload/publications/ICNIRPStatementEMF.pdf>

3) <https://monographs.iarc.fr/wp-content/uploads/2018/06/mono80.pdf>

4) <https://monographs.iarc.fr/wp-content/uploads/2018/06/mono102.pdf>

Initial release date: May 11, 2015 Date of this version: July 11, 2019

<https://www.emfscientist.org/index.php/emf-scientist-appeal>

**Reproduced from EMR and Health with permission from EMR Australia, [emraustralia.com.au](http://emraustralia.com.au)**



## 5G NETWORK 'NOT PROVEN TO BE SAFE', SAYS LEADING SCIENTIST

**By Bryan Hubbard, Journalist with  
What Doctors Don't Tell You**

A leading scientist has warned that the safety of the new 5G mobile phone network has not been proven—and it could pose a threat to the health of millions of people exposed to the powerful EMF (electromagnetic field) levels from phones and masts.

Joel M Moskowitz, a director at the School of Public Health at the University of California, Berkeley, is calling for a halt to the roll-out of the new network until independent research establishes its safety.

“Since 5G is a new technology, there is no research on health effects, so we are ‘flying blind’,” he said. He says there is “considerable evidence” about the dangers from the early 2G and 3G technology, but a lack of government funding has limited independent research into the 4G networks, even though they were introduced 10 years ago.

“We are seeing increases in certain types of head and neck tumours in tumour registries, which may be at least partially attributable to the proliferation of mobile phone radiation,” he says. The increases are consistent with results from case-control studies of tumour risk in people who constantly use their mobile phones.

Dr Moskowitz has been researching the impact of wireless radiation on health after he co-authored a research paper that concluded that long-term users of mobile phones were at greater risk of developing brain tumours. He runs an electromagnetic radiation safety website ([www.saferemr.com](http://www.saferemr.com)) and is an unpaid adviser to the international EMF Scientist Appeal—which includes 250 scientists calling for a moratorium on the roll-out of the 5G network—and Physicians for Safe Technology.

(Source: *Scientific American*, October 17, 2019)

**Reproduced from *What Doctors Don't Tell You*, 13<sup>th</sup> December 2019. WDDTY publishes a monthly magazine and an enewsletter. Website: [www.wddty.com](http://www.wddty.com). Inquiries [news@common.wddtyvip.com](mailto:news@common.wddtyvip.com)**

## 5G and the law

A legal expert says that the deployment of 5G networks contravenes legislation.

In a legal opinion commissioned by the Danish Institute for Public Health, the Council for Health-Safe Telecommunications, the EHS association and the Danish Health Association May Day, Danish attorney Christian F Jensen states that activating the 5G telecommunications network would contravene a number of laws and could well cause harm.

After reviewing the scientific evidence, he concluded that there is clear evidence that radiofrequency radiation, even at levels that comply with the country's standard:

- causes DNA damage to humans and animals;
- can be carcinogenic [cancer causing];
- can damage birds and their habitats;
- can harm insects;
- causes damage to plants.

Children, he said, are particularly vulnerable and exposure has been linked to behavioural problems, autism and “reduced perception”. Jensen also concluded that “The 5G system poses a danger to humans” and that, as this information is known to the Danish government, it “would incur liability”.

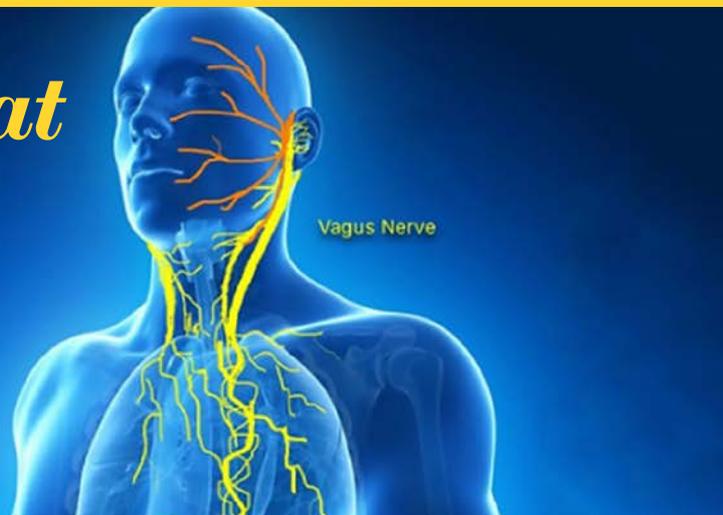
It can be inferred that the same would apply to the governments of other countries.

The ‘Report on electromagnetic radiation, health and wellbeing’, Vol 15 No 6 Dec 2019, is available online.

Publisher EMR Australia Pty Ltd ABN 82 104 370 658. PO Box 347, Sylvania Southgate NSW 2224. Tel: 02 9576 1772 Web: [www.emraustralia.com.au](http://www.emraustralia.com.au) © EMR Australia Pty Ltd, 2019.

**Reproduced from *EMR and Health*, 29<sup>th</sup> November 2019, with permission**

# Why I like to treat the vagus nerve



BY LYN CRAVEN,  
NATUROPATH &  
BOWEN THERAPIST

## WHAT IS THE VAGUS NERVE?

The vagus nerve is the paired tenth cranial nerve that branches out from the brain, one of the longest nerves in the autonomic nervous system in the body. The autonomic nervous system regulates the internal organs without conscious effort, including the functioning of the gut, cardiovascular, endocrine, respiratory and immune systems.

It is one of the major nerves in the body and is a *parasympathetic* nerve, that is, it counters the fight-or-flight response. It has branches located on both the left and right sides of the body, with each branch initially producing the *auricular* nerve. The auricular nerve supplies the external acoustic meatus/ear canal. The branches also supply innervation to pharynx [back of mouth], and from here the right and left branches of the vagus nerve enter the thorax [chest] to supply organs located within the thorax. The branches then travel down into the abdomen.

This nerve will innervate all critical organs in the body, except the adrenal glands, descending colon, rectum and anus.

Along with all the above connections, the vagus nerve is also involved in controlling heart rate and digestion and regulating breathing. The vagus nerve branches throughout the body and has far-reaching effects which include involvement in swallowing, speech, heart rate, breathing, gastric secretion and intestinal motility. It is no wonder that the Chinese refer to it as 'The Wanderer'!

Nerve fibres that exist throughout your stomach and intestines are referred to as your *enteric brain* because 90% of those nerve fibres connect back up to the brain through the vagus nerve.

As a major player in the body-mind connection, the vagus nerve is also involved with your gut instinct, the knot in your throat and the sparkle in your smile. It is a two-way radio communication system, helping you to stay in touch with your sensations and emotions.

People with *vasovagal syncope* commonly experience fainting spells with any psychological distress, especially when witnessing unpleasant scenes or any emotional shock. In this case doctors often prescribe drugs to regulate blood pressure or perhaps antidepressants.

Both chronic and acute stress – whether physical, mental or emotional – can affect the vagus nerve and contribute to short- or long-term imbalances.

## BENEFITS OF VAGUS NERVE THERAPY

Short-term activation of your sympathetic nervous system releases cortisol and helps keep your immune system at healthy levels. Long-term stress suppresses immunity. However, chronic traumatic stress has an inverse reaction, leaving your immune system unchecked, which can lead to inflammation.

Activation of the vagus nerve is essential for keeping your immune system balanced, since there is a close connection between chronic stress, immune functioning and inflammation. This activation helps release various hormones and enzymes such as *acetylcholine* and *oxytocin*. It also assists in reducing inflammation, improving memory and bringing about relaxation which can help with tension headaches/migraines.

## HELPFUL FOR MANY DIVERSE SYSTEMIC HEALTH CONDITIONS

Activation can be very helpful for a wide range of inflammatory disorders, including acute lung disorders, arthritis, rheumatoid arthritis, brain injury, burns, cerebral haemorrhage, colitis, diabetes, haemorrhagic shock, pancreatitis and post-operative ileus, along with all respiratory, digestive, reproductive and immune system disorders.

Some research indicates that Parkinson's disease might be caused by an enteric

neurotropic pathogen (gut nerve micro-organism, be it viral or bacterial) entering the brain via the vagal nerve. This process could take over 20 years to manifest.

## Observations:

I have noticed people sometimes have a very alert look on their face as soon as the treatment on the vagus nerve has been done, or their eyes are wide open and sparkle.

Another interesting thing that occurred to me when I first received the treatment some years ago were mouth ulcers and blisters like cold sores on the lips. I was so surprised, but they faded away within a week. My colleague and I concluded that my body was releasing 'dross' of old virus from way back (it would be herpes virus – cytomegalic), and my energy elevated within the week.

Some people have commented on more energy or improvement in digestive and respiratory function. Others say they feel more mentally alert and a sense of aliveness. Outcomes vary with each person, but I've found it very beneficial to include this sequence with the full body treatment.

If you suffer from any of the above disorders/symptoms, then this treatment may help you.

*Lyn Craven is a practitioner of Naturopathy and Bowen Therapy and is a Reiki energy therapist, meditation teacher, corporate health consultant and presenter at health expos. She is also a health researcher and writer and has produced a meditation CD for stress, anxiety and insomnia.*

*She runs a private practice in Sydney and can be contacted on 0403 231 804 or email [lynraven@bigpond.com](mailto:lynraven@bigpond.com) [www.lyncraven.com](http://www.lyncraven.com)*

*Join me in Facebook: [facebook.com/NaturopathandBowenTherapy](https://www.facebook.com/NaturopathandBowenTherapy)*

*Skype and phone consultations are available.*

# Oakberry Amazon Acai comes to Australia

With close to 200 shops across South America, the US, Europe, the Middle East and China, Brazilian brand, Oakberry, has now expanded into Australia.

The brand is bringing its pure, organic and sustainably-sourced Acai berries straight from the Amazon to Australia with Sydney locations already including Bondi Beach, Macquarie, Chatswood and Brookvale, and shops to open later this year in Manly, Sydney CBD, Newtown, Circular quay and Miranda.

Oakberry products can also be ordered on Deliveroo and UberEats for the Sydney metro area.

Oakberry will take to the Gold Coast, Sunshine Coast and New Zealand later in 2020

Açai berries are native to the Amazon forest. They grow on tall palm trees that line the Amazon river, and are squashed to make a nutritious and delicious fruit pulp Acai. Local Amazon communities have been eating Acai for hundreds of years, the berries being loaded with antioxidants, omega-3, omega-6 and amino acids, making them an ideal energising food.

What makes Oakberry unique is both the pureness of its Acai berries, which

are 100% organic and sustainably sourced, along with its 'Acai bar' concept that allows customers to make up their own Acai bowls and smoothies on the go. Customers mix the Acai berries with tens of healthy toppings: bananas, chia seeds, strawberries, cacao nibs, coconut flakes and more, the possibilities are endless!

Ingredients: organic acai pulp, water, organic sugar, organic blue agave syrup, stabiliser sodium alginate, guarana natural flavour and acidulant citric acid.

Oakberry's takeaway Acai cups and smoothies come in three sizes, ranging from AUD \$6.50 to \$18, and are made to order within minutes with a special Acai processing machine which ensures the Acai's taste, texture and superfood nutrients aren't compromised.

## Find an Oakberry Acai shop in Sydney:

- Bondi Beach: 1/82-92 Gould Street
- North Ryde: Macquarie Centre level 3
- Chatswood: Westfield, Level 4, 1 Anderson St
- Warringah Mall: Westfield, Condamine St, Brookvale



## Homeopathy effectively suppressed report reveals

By Bryan Hubbard, journalist with **What Doctors Don't Tell You**

Homeopathy can help treat fibromyalgia, otitis media and the after-effects of cancer treatments, according to a controversial report that had been suppressed.

Australia's National Health and Medical Research Council (NHMRC) finally released its report into the effectiveness of homeopathy following a worldwide campaign that attracted more than 75,000 signatories.

The report, which had been prepared in 2012, was never published, but was replaced by a different survey published in 2015 and completed by a new team of researchers, who concluded that there was little evidence to suggest homeopathy is effective.

The original report, based on 55 previously published studies, declared that there is "encouraging evidence" that homeopathy is an effective treatment for fibromyalgia, otitis media, post-operative ileus (blocked intestine), colds and the after-effects of cancer treatment including chemotherapy.

Rachel Roberts, chief executive of Australia's Homeopathy Research Institute, and the instigator of the 'Release the Report' campaign said: "For over three years, NHMRC have refused to release their 2012 draft report, despite Freedom of Information requests and even requests by members of the Australian Senate. To see this document finally seeing the light of day is a major win for transparency and public accountability in research."

(Sources: [releasethefirstreport.com](http://releasethefirstreport.com); NHMRC)

**Reproduced from *What Doctors Don't Tell You*, 1st October 2019.**  
**WDDTY publishes a monthly magazine and an newsletter.**  
**Website: [www.wddty.com](http://www.wddty.com).**  
**Inquiries [news@common.wddtyvip.com](mailto:news@common.wddtyvip.com)**

# News from What Doctors Don't Tell You

UK-based What Doctors Don't Tell You is a monthly magazine and an newsletter which publishes the latest healthcare news and information on complementary therapies. 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.

Website: [www.wddty.com](http://www.wddty.com)  
Subscriptions are available  
Newsletter inquiries  
[news@common.wddtyvip.com](mailto:news@common.wddtyvip.com)

**The following items are abridged from articles written by Brian Hubbard.**

## Drugs causing falls and fractures in elderly people

**11<sup>th</sup> December 2019**

Falls and fractures are common problems among the elderly, but the real culprit isn't always old age, it can also be medical drugs.

Many of the drugs routinely prescribed to the elderly – opioid painkillers, antidepressants, antacids and sleeping drugs – either weaken the bones or increase the chances of a fall or do both.

Researchers from the Geisel School of Medicine at Dartmouth analysed the records of around two-and-a-half million older people who had been prescribed any of the 21 most common fracture-associated drugs (FADs) to see how many of them subsequently suffered a hip fracture.

The rate was highest among those who were taking the most FADs, and the most commonly prescribed were opioid painkillers, which were taken by 55 percent of the group, followed by diuretics, prescribed to 40 percent of them.

Taking even one of these drugs doubles the risk of a fracture, the researchers estimate, and the risk increases exponentially for every other FAD being taken. Taking two FADs triples the risk and taking three quadruples it. The effects can be twice as bad in people who already have osteoporosis.

The most dangerous combinations and the ones most likely to lead to a fall or fracture – were the opioids and sedatives, or opioids and diuretics, or opioids and PPIs (proton pump inhibitors) for indigestion.

(Source: *JAMA Network Open*, 2019; 2: e1915348)

## Walnuts lower high blood pressure

**23<sup>rd</sup> May 2019**

Eat walnuts if you have high blood pressure (hypertension). They contain compounds that can lower blood pressure and reduce the risk of cardiovascular disease.

The nuts contain healthy unsaturated fats that should be part of the daily diet of anyone who is already more likely to suffer from heart disease, such as an obese person.

Researchers from Penn State University gave 45 overweight or obese participants three different diets: some ate the whole nuts for two weeks, a second group was given a diet rich in alpha-linolenic acid (ALA), an omega-3 fatty acid which is in walnuts, and the third ate similar quantities of oleic acid, which is also found in walnuts.

Although each group saw some drop in their blood pressure, those who ate the nuts had the most dramatic decrease.

This suggests that there's something about the nuts themselves, rather than just their constituent parts, that work synergistically to improve heart health. "There's a little something extra in walnuts that are beneficial that you don't get in fatty acids alone," said researcher Penny Kris-Etherton.

(Source: *Journal of the American Heart Association*, 2019; 8: doi: 10.1161/JAHA.118.011512)



## Hazelnuts supercharge your nutritional levels

**26<sup>th</sup> January 2019**

Hazelnuts can super-charge your nutritional status, especially when you're 55 or older.

The nuts help raise levels of magnesium and alpha tocopherol (vitamin E), two nutrients that help protect against a range of age-related health problems including Alzheimer's disease.

Eating a handful of the nuts every day for four months raises levels of both nutrients, say researchers from Oregon State University, who monitored 32 older adults, aged 55 and older, for four months.

The hazelnuts also lowered levels of glucose, or blood-sugar, and LDL cholesterol, the so-called 'bad' cholesterol.

Many people are deficient in both nutrients, but hazelnuts represent a multi-vitamin in natural form, said Maret Traber, one of the researchers.

Hazelnuts are also a source of healthy fats, copper and vitamin B<sub>6</sub>.

(Source: *Journal of Nutrition*, 2018; 148: 1924)

## Heart attacks aren't always sudden

**16<sup>th</sup> November 2019**

A heart attack isn't always sudden. Sometimes it can be gradual, happening over several hours, but it can be just as lethal.

Someone suffering an attack usually has up to two hours to get emergency treatment, but the key is in recognising the symptoms of an attack, including sudden breathlessness, discomfort, tiredness and pains, usually in the chest and arms.

But when these symptoms are occurring over a few hours, sufferers may not realise they're experiencing a heart attack, and gradual attacks don't usually follow physical exertion, which is often the case with sudden attacks.

Researchers from the University of Illinois examined 474 heart attack (myocardial infarction) cases.



Of the 261 cases of sudden heart attack, 54 percent had happened after physical exertion, and 207 patients had experienced gradual symptoms that hadn't had an obvious cause. It was these sufferers in particular who needed to know they were suffering a heart attack, and to get to hospital immediately.

The optimum time to treat is up to two hours after an attack, and heart tissue is permanently damaged after six hours without treatment, the researchers say.

(Source: *European Journal of Cardiovascular Nursing*, 2019; doi: 10.1177/1474515119871734)

## Most high-risk heart patients not helped by statins

28<sup>th</sup> May 2019

Most people who are at risk of developing heart disease aren't being helped by cholesterol-lowering statins. The drugs failed to reduce levels of LDL cholesterol in 58 percent of at-risk patients, new research has discovered.

The findings echo those in a study last month that had found that the drugs are ineffective in 50 percent of patients.

In the new study, the drugs failed to reduce LDL cholesterol to safe levels in most at-risk patients and 51 percent of those who took the drugs as prescribed, while 33 per cent of the 86,000 patients monitored didn't see their LDL levels fall at all.

Statins are the first-line therapy for people with raised levels of LDL cholesterol – but they're not working, say the researchers from the University of North Carolina.

Surprisingly, the research was paid for by Merck, the drug giant that makes the statin blockbuster Zocor. Most company-funded trials come up with results that support their drug.

(Source: *Journal of Managed Care & Specialty Pharmacy*, 2019; 25: 544)

## Avocado as good as statins for lowering cholesterol

9<sup>th</sup> November 2019

Forget statins, eating an avocado a day can keep 'bad' LDL cholesterol in check. After five weeks, levels will be 'significantly' down, researchers say.

The diet has been tested on a group of 45 people who were overweight or obese, and who were also given a low-fat diet—but without avocado—to see if that worked any better on their cholesterol levels.

But, after five weeks, it was the avocado that made the biggest impact on LDL cholesterol, and had caused levels to drop significantly, say researchers from Penn State University.

The fruit seemed to target LDL particles that had become oxidised—or exposed to oxygen—and these are the ones that cause the build-up of plaque in the arteries, the researchers say. Oxidation is a biological process that's been associated both with heart disease and cancer.

As well as keeping cholesterol in check, avocados are full of healthy fats and also antioxidant carotenoids that are good for eye health as well.

(Source: *Journal of Nutrition*, 2019; doi: 10.1093/jn/nxz231)

## SSRI antidepressants don't work, study finds

30<sup>th</sup> September 2019

The world's most commonly prescribed antidepressant doesn't work. Sertraline, marketed as Zoloft, has little or no effect on depression, concludes a study that is one of the first to be carried out independently – without the funding of a drug company.

The results throw into question the effectiveness of SSRIs (selective serotonin reuptake inhibitors), a family of antidepressants that also includes Prozac. Since their introduction in 1987, the SSRIs have become the standard treatment for depression.

In their review of sertraline – the most commonly prescribed antidepressant – researchers at University College London agree. They monitored the effects of sertraline on 326 patients with depression and compared them against 329 patients who were instead given a placebo. After six weeks, the improvements in the sertraline group was just 5 percent as measured on a depression score, a result so weak that it could be discounted.

Sertraline's one benefit was in treating anxiety, achieving a 24 percent reduction in symptoms after six weeks.

(Source: *Lancet Psychiatry*, 2019; published online, September 19, 2019; doi.org/10.1016/52235-9366(19)39366-9)





# News from DR MERCOLA

Dr Joseph Mercola is a licensed osteopathic physician in Illinois USA. He 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 e-newsletters. His website is [Mercola.com](http://Mercola.com).

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

## Should You Eat Breakfast Before You Exercise?

15th November 2019

The timing of breakfast impacts your body's responses to exercise. Exercising in a fasted state improves glucose and insulin parameters, lowering your risk of insulin resistance and Type 2 diabetes.

Not eating breakfast before exercise helps curb food intake for the remainder of the day, resulting in an overall energy deficit of about 400 calories.

Women who worked out on an empty stomach had better working memory in the mid-afternoon and reported less mental fatigue and tension later in the day than those who ate cereal before exercising.

Fasted exercise is particularly effective for fat loss. Previous research has shown that aerobic training in a fasted state lowers both total body weight and body fat percentage, while exercising after eating decreases total weight only.

Fasted exercise may also boost growth hormone and testosterone production, help prevent depression and optimise tissue regeneration.



## Aloe Vera is Special

22nd February 2019

Aloe vera is easy to grow and care for, provided it gets enough sunlight. For medicinal use, select an aloe species with thick, chunky leaves, especially *Aloe barbadensis* Miller. Many varieties are very thin and long, making them more difficult to use.

Aloe vera is a succulent plant well known for its soothing qualities, especially for skin conditions including burns, rashes, cuts and scrapes, but also for more serious skin conditions such as psoriasis.

Aloe vera contains about 75 potentially active compounds, including polysaccharides such as mannose, which is great for gut health and has immune-boosting benefits.

Its wound healing abilities stem from the gel's disinfectant, antimicrobial, antiviral, antifungal, antibiotic and antibacterial properties. Aloe vera gel may also help your body adapt to stress.

## Exercise Recommended for Cancer Care

1st November 2019

Evidence shows that exercise is not only a key component of effective cancer prevention, but also cancer treatment and prevention of recurrence.

Strong evidence exists showing that exercise lowers our risk of developing colon, breast, endometrial, kidney, bladder, oesophageal and stomach cancers. The link between exercise and a lower risk for lung cancer is moderately strong.

An international team hopes to shift the paradigm of cancer treatment by 2029, to include prescribed exercise as part of standard care.

To help with the implementation of the new guidelines into clinical practice, the American College of Sports Medicine's 'Exercise Is Medicine' initiative has launched a new program called 'Moving Through Cancer'.

Based on the scientific evidence, the recommended amount of exercise for cancer patients is up to 30 minutes of moderate-intensity aerobic activity three times a week, and up to 20 or 30 minutes of resistance exercise twice a week.

## Exercise Improves Stroke Prognosis

27th December 2019

Exercise proved to be a more powerful indicator of ability to function following a stroke than body fat (as measured by BMI).

Less-active participants who suffered a stroke were 18 percent less likely to be able to perform basic self-care, such as bathing and eating, following a stroke.

Those who exercised vigorously at least three times a week were able to function better and more independently both before and after a stroke.

## Artificial Sweeteners Make You Fat and Sick

8th May 2018

A growing body of research shows that artificial sweeteners raise your risk of both obesity and Type 2 diabetes — perhaps even to a greater degree than sugar.

Unlike sugar, artificial sweeteners were found to accumulate in blood, leading to more significant damage to blood vessels. Acesulfame potassium appeared to be worse than aspartame in this regard.

The artificial sweeteners were also found to trick the body into using alternative sources of glucose, particularly muscle.

The results indicate that artificial sweeteners alter the way the body processes fat and produces energy at the cellular level, and while working on different chemical pathways, they produce the same kinds of health consequences as sugar.





## The Depression Pill Epidemic

26th September 2019

In the US, an estimated 7.1% of the adult population experienced at least one major depressive episode in 2017, the highest rates being among those aged between 18 and 25.

Research suggests that major depression may be vastly over-diagnosed and over-treated with antidepressants, and that a majority of those who take these drugs stay on them long-term, which may compromise their health.

Antidepressants double the risk of harm from suicide and violence in healthy adults, increase aggression by two to three times in children and adolescents, increase the risk of suicide and violence by four to five times in middle-aged women with stress-based urinary incontinence, and double women's risk of a psychotic or potential psychotic event.

There's a solid and ever-growing body of evidence showing that physical exercise is a major key in the successful treatment of depression.

A recent review, which examined randomised controlled trials published between 1999 and 2016, and meta-analyses (systematic reviews) published between 2009 and 2016 concluded that "Exercise is an evidenced-based medicine for depression".



## Excess Sleep Can Increase Stroke Risk

2nd January 2020

Compared with sleeping seven to eight hours a night, those who slept for nine hours or more had a 23% greater risk of stroke.

Those who took long midday naps of more than 90 minutes also had a greater stroke risk — by 25% — than those who napped for 30 minutes or less.

The greatest risk occurred among those who both slept for nine hours or more at night and napped for more than 90 minutes; this combination increased stroke risk by 85%.

Sleeping for less than seven or more than eight hours per night is associated with an increased risk of high blood pressure, a leading risk factor for stroke.

## Lack of Sleep Linked to Low Bone Density

12th December 2019

According to recent research, lack of sleep can impact your bone density and the risk of osteoporosis (brittle bone), a condition that affects an estimated one-tenth of adults over the age of 50.

Women who slept five hours or less per night had, on average, 0.012 to 0.018 g/cm<sup>2</sup> lower bone mineral density than those who slept seven hours or more — the equivalence of about one year of bone ageing.

Women who slept five hours or less were also 22% more likely to have osteoporosis of the hip and 28% more likely to have osteoporosis of the spine than those who slept seven hours or more each night.

## Mentally Stimulating Activities Cut Cognitive Decline

1st August 2019

Engaging in activities that stimulate your brain is one of the simplest ways to keep your mind sharp as you age.

In a study of 2,000 people aged 70 years or older, researchers issued surveys on the timing, number and frequency of engagement in five mentally stimulating activities.

Engaging in two activities led to a 28% lower risk of mild cognitive impairment (MCI) compared to doing none of them.

Those who engaged in three activities lowered their risk of MCI by 45%, while those who took part in four activities cut their risk by 56%.

You can take steps to improve the health of your brain and lower your risk of MCI; engaging in mentally stimulating activities is one piece of the puzzle, and you can further bolster your brain health by leading a healthy lifestyle.



Classifieds

### HOLISTIC EYE CARE, Concord

Eye exercises, nutrition, stress management, computer users, eye diseases, preventive eye care, kids' vision. Call Jenny Livanos, Optometrist, on (02) 8765 9600 or [jennyivanos@optusnet.com.au](mailto:jennyivanos@optusnet.com.au).

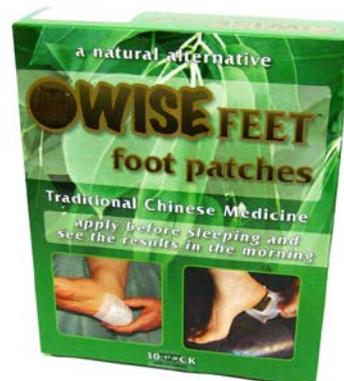
# Health Products

Available from the  
**Natural Health Society**  
**PO Box 4264**  
**Penrith Plaza NSW 2750**  
**Phone (02) 4721 5068**  
**admin@health.org.au**

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

## Detoxification Foot Patches

- Best placed on soles of feet, in which 60 acupuncture points – or reflexology points – reflect the condition of various organs.
- Pads are impregnated with a dozen ingredients from Traditional Chinese Medicine.
- Pads must be in close contact with skin – adhesive tape is provided.



**Posted price:**

**box 10 – members \$24.00; non-members \$27.00**

**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 several machines in one**



- Makes juices, smoothies, nut milks and soups
- Blends, 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**

## 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, many diseases are prevented or eased.
- 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 \$28.00;**  
**non-members \$31.00**

## SETS OF BACK ISSUES

Sets of still-in-print back issues approximately 25 issues  
Members \$60, Non-members \$70

Full of vital health information. An ideal investment or gift

**ORDER NOW from the Society**

PO Box 4264  
Penrith Plaza NSW 2750

Ph (02) 4721 5068  
Email admin@health.org.au

Pay by Cheque, Money Order  
or Credit Card



# NATURAL HEALTH SOCIETY BOOKSHOP ORDER FORM

Prices include postage (in Australia) and members' discounts. Some have extra discounts  
 Payment can be by Visa, MasterCard, cheque or money order. Please forward order with payment to:  
 Natural Health Society of Australia, PO Box 4264 Penrith Plaza NSW 2750.  
 Phone 02 4721 5068; email admin@health.org.au

| TITLE  | AUTHOR                  | \$      | NO. | TOTAL |
|--|-------------------------|---------|-----|-------|
| <b>NATURAL HEALTH SOCIETY'S OWN BOOK</b>     |                         |         |     |       |
| How a Man Lived in Three Centuries           | Roger French            | \$27.00 |     |       |
| <b>NUTRITION &amp; LIFESTYLE</b>             |                         |         |     |       |
| Food for Life                                | Petrea King             | \$30.00 |     |       |
| Kitchen Divided - semi-vegan households      | Ellen Jaffee Jones      | \$25.00 |     |       |
| What's the GI?                               | Catherine Proctor       | \$12.00 |     |       |
| <b>RECIPE BOOKS</b>                          |                         |         |     |       |
| Cookin' Up a Storm                           | Laura Dakin             | \$35.00 |     |       |
| Lifestyle – Hopewood's Recipe Wellbeing      | Hopewood Health Retreat | \$50.00 |     |       |
| <b>HEALTH ISSUES</b>                         |                         |         |     |       |
| Fighting cancer w. vitamins & antioxidants   | Kedar & Che Prasad      | \$34.00 |     |       |
| The Gerson Therapy Full DVD Set              | Gerson Institute        | \$95.00 |     |       |
| Raw - The Documentary DVD                    | J Murray-Wakelin        | \$33.00 |     |       |
| Raw Can Cure Cancer                          | J Murray-Wakelin        | \$32.00 |     |       |
| Running Out of Time                          | J Murray-Wakelin        | \$32.00 |     |       |
| THE VITAMIN CURE For Women's Health Problems | Helen Saul Case         | \$31.25 |     |       |
| You Can Conquer Cancer                       | Dr Ian Gawler           | \$26.00 |     |       |
| <b>MIND ISSUES</b>                           |                         |         |     |       |
| The Marketing of Madness (DVD)               | CCHR                    | \$15.00 |     |       |

## PRODUCTS/EQUIPMENT/APPLIANCES

|  |                                |  |  |
|--|--------------------------------|--|--|
| LADYSHIP Organic Essence Juicer, Blender LS658   | \$385                          |  |  |
| LADYSHIP Organic Essence Juicer, Blender LS588   | \$249                          |  |  |
| IN LIEU TOILET SQUATTING ACCESSORY Sydney Metro Other NSW \$240.00; QLD, VIC & SA \$248; NT & WA \$265               | \$208                          |  |  |
| SKIN BRUSH, BODECARE<br>FACE BRUSH, BODECARE (Price for both \$62)   | \$45<br>\$23.50                |  |  |
| WISE FEET FOOT PATCHES box of 10 (non-members \$27)<br>box of 30 (non-members \$65)<br>box of 90 (non-members \$145) | \$24.00<br>\$59.50<br>\$131.50 |  |  |
| EASY PH TEST KITS (inc freight) (non-members \$31)   | \$28                           |  |  |
| <b>BACK ISSUES OF NATURAL HEALTH SOCIETY'S MAGAZINE – Approx 25</b>  |                                |  |  |
|  | Members \$60; Non-members \$70 |  |  |
| SINGLE MAGAZINE  | Members \$9; Non-members \$10  |  |  |
| TWO MAGAZINES  | Members \$13; Non-members \$15 |  |  |
| <b>TOTAL \$</b>  |                                |  |  |

## SUBSCRIPTION APPLICATION or RENEWAL

New member  Renewal  Gift  **GIFT VOUCHER**

Single one year \$49  Concession one year \$39   
 Practitioner single copy \$49  Practitioner 2 copies \$65   
 Concession single \$35  Online \$30

Overseas airmail add: Asia/NZ \$20, other countries \$30

### GRAND TOTAL \$

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: (home) \_\_\_\_\_  
 Phone: (business / mobile) \_\_\_\_\_  
 Email: \_\_\_\_\_

### For Payment By Credit Card

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

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

\_\_\_\_\_

*Give the gift of health  
 this Mother's Day*

*with the gift subscription of a years  
 membership to the Natural Health Society*

Single membership offer \$45 (normally \$49)

Concession \$35 (normally \$39)

Practitioner with two magazines \$60 (normally \$65)

Email: admin@health.org.au

Phone: 02 4721 5068

Web: www.health.org.au

**A personalised gift message will be sent  
 with the first magazine**

# Kindred Organisations

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



## AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc.

PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email [veg@veg-soc.org.au](mailto:veg@veg-soc.org.au)

Web [www.veg-soc.org.au](http://www.veg-soc.org.au)

## VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

PO Box 146, Rochedale Qld 4123

Email [info@vegsoc.org.au](mailto:info@vegsoc.org.au)

Web [www.vegsoc.org.au](http://www.vegsoc.org.au)

## VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

PO Box 311, Kent Town, SA, 5071

Ph 08 8260 2778. [vegsa.org.au](http://vegsa.org.au)

## Veg SA News

# DOCTORS FOR NUTRITION SYMPOSIUM

### Adelaide, 2<sup>nd</sup> February 2020

In the Summer 2019/20 issue of *True Natural Health*, page 34, the co-founder of Doctors For Nutrition, Dr Heleen Roex-Haitjema, outlined the organisations basic philosophy: "The best way we can nurture both personal and planetary health is by de-emphasising animal products in our diets and shifting to a whole-food, plant-based eating pattern".

Doctors For Nutrition is an Australian-based charity set up in late 2018. In February 2019 it held a Nutrition In Health Care\* conference in Melbourne and on 2nd February 2020 hosted a symposium in Adelaide titled, 'The heart of the matter', focusing on prevention and reversal of the biggest killer of men in Australia, and second biggest killer of women after dementia, cardiovascular disease.

### The presenters at the symposium were:

Keynote speaker: Dr Kim Williams, a world renowned cardiologist from Chicago, USA;

A panel of medical students, including a recently graduated student;

A panel of local athletes;

Co-founder, Dr Heleen Roex-Haitjema, and Dr Juliette Roex led open discussion;

A local plant-based GP and medical educator, Dr Adrian Griscti.

While the keynote speaker presented considerable evidence for his advocating a whole-food, plant-based diet in treating and preventing cardiovascular disease, other contributors were able to reinforce this view from both personal experience and academic study. The students were

particularly concerned to see that diet becomes a much bigger component in medical training.

The film, *The Game Changers*, which followed the symposium, showcased a number of high performing athletes for whom adopting whole-food, plant-based diets had, while improving their vascular systems, significantly enhanced their strength and endurance.

On the Doctors For Nutrition website can be found detailed information about the organisation, its aims, planned and past events, local representatives, local plant-based practitioners, etc. The website is [www.doctorsfornutrition.org](http://www.doctorsfornutrition.org)

\*The next Nutrition In Health Care conference will be in Melbourne in Feb 2021. See the website for this and more information.



# THE SOCIETY'S OFFICE IS MOVING!

After 30 years in the Penrith premises, the Society is vacating it and setting up in the home of Roger and Elizabeth French in Wallacia, 17 km south of Penrith. The move will be in place by 1st May.

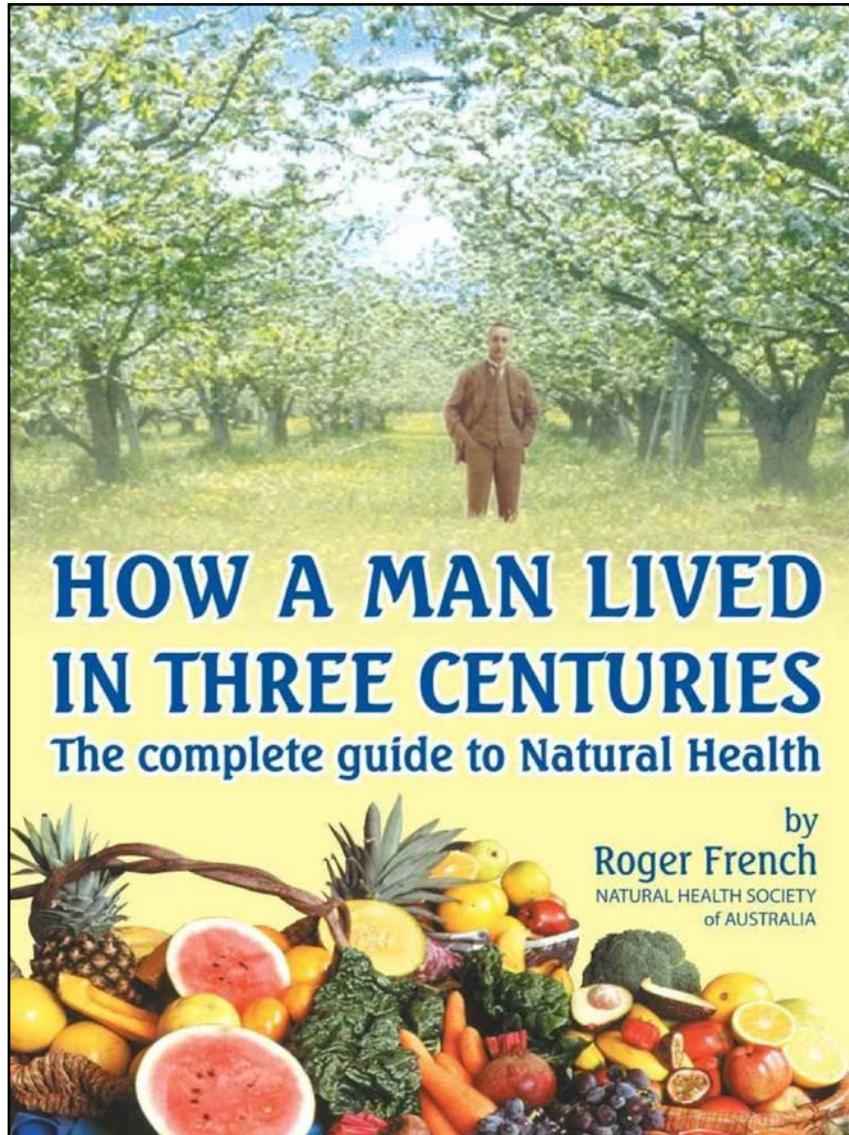
This is a cost-cutting measure to save the huge annual expenditure on rent.

The Society's phone number will still be the same  
– 02 4721 5068.

Also the same will be the email address  
– [admin@health.org.au](mailto:admin@health.org.au).

All administration matters – subscriptions, magazine and product orders will be handled by Tracey as normal.

The mailing address will change. It will be  
PO Box 4264 Penrith Plaza NSW 2750



*Available from the  
Natural Health Society*

**admin@health.org.au**  
**www.health.org.au**