



WINTER 2020

# True Natural Health

The Magazine of the Natural Health Society of Australia

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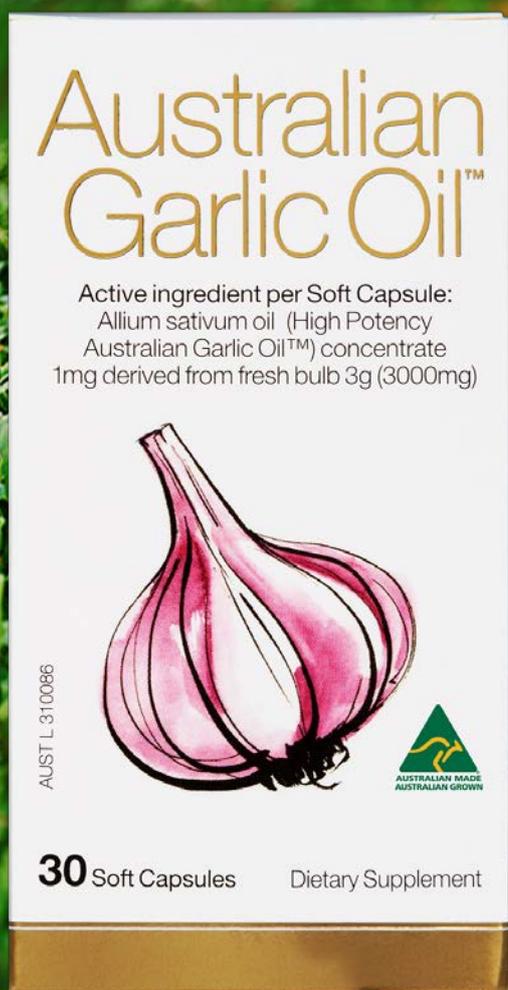
## Therapeutic fasting – Part 2, how it's done

**Coronavirus – Half story missing  
COVID-19 compared to influenza  
Sciatica – Causes and recovery  
Herpes – Causes and treatment**

**Virtual Power Plants  
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Well, surprise! surprise! the coronavirus dominates a big chunk of this issue of *TNH*.

Perhaps not surprisingly, from the Natural Health point of view, there is a lot missing in the government medical officers' announcements. As I say in my article on page 4, they appear to have forgotten that our bodies have powerful defences against disease 'germs' – our immune systems.

During the months of declarations from the medical 'experts', we have not heard a single mention of building our own natural immunity and the key role of nutrition. Talk about neglectful!

The highly esteemed naturopath and researcher, Robyn Chuter, presents arguments which could defuse the fear of the coronavirus altogether. On page 8, she quotes the views of epidemiologists, including one who believes that if we had never heard of this coronavirus, we might

just have another ordinary flu season or one a bit worse than usual.

Another highly esteemed naturopath and osteopath, Greg Fitzgerald, tells the Prime Minister (in his regular column, page 16) that he is offended by Mr Morrison's medical advisors' recommendation that people over 70 should stay home because they are "vulnerable to contracting COVID-19".

These articles present a far more complete picture of the pros and cons of a viral pandemic. For genuinely healthy people – like NHS members – there is good (scientific) reason to believe that even if we do pick up the virus, we have nothing to fear.

Something we do have to fear is censorship of information which is not in accordance with straight orthodox views. What Doctors Don't Tell You –

which features regularly in *True Natural Health* – has had its magazine banned from Woolworths and Coles in Australia because of questioning vaccination and 5G networks. This, in spite of the fact that their sources are well known medical or health-related journals. (Page 20)

And speaking of 5G, on page 18 we publish details of a legal challenge to the Federal Government's Chief Medical Officer over his assuring Australians that 5G technology is safe. This could be very interesting to watch.

And for a laugh, on page 21 we have a few anecdotes.

Roger French,  
Health Director  
and Editor



## About Natural Health Society

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

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

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

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# Is the coronavirus hysteria based on ignorance?



**By Roger French,  
Health Educator of 37 years**

Germs cannot and do not attack healthy tissue. This is the view of one of the 20<sup>th</sup> century's most prominent microbiologists, Professor René Dubos, attached to the American Rockefeller Institute in New York, who wrote the book *Man Adapting* (Yale University Press, New Haven and London, 1965)

He had observed that throughout nature, peaceful co-existence with disease microorganisms is the rule, not the exception. In other words, in wild animals and primitive people living the way they had for thousands of years – without junk foods – it was normal to be carriers of disease germs but have no disease.

Further, for infection to turn into disease, the body has to be in a state of physiological stress.

It is not disputed that germs can cause disease in *susceptible* people, says Professor Dubos, but healthy humans are normally resistant to disease microorganisms.

A classic case is that of Arnold Fox, MD, former Assistant Professor of Medicine at the University of California. In his book, *Immune for Life*, he states that for many years he was the resident doctor in an infectious diseases ward. "For 10 to 15 hours a day, I was exposed to just about every infectious illness you can imagine – tuberculosis, meningitis, septicaemia and other dangerous diseases. They coughed and sneezed on me; I got their blood, sweat and even faeces on my hands, but I didn't 'catch' any of their diseases."

Yet some time later, after transferring to a surgical ward, he came down with meningitis without having been near anyone with that disease. "What happened," wrote Dr Fox, "was that I was working double shifts, going to every class and lecture offered and moonlighting as well. I had run my immune system down to the ground."

The coronavirus that caused SARS (severe acute respiratory syndrome) in 2003 provided a somewhat similar case to the current coronavirus which causes COVID19. Between November 2002 and July 2003, 8,098 people worldwide became sick with SARS and 774 died. By late July 2003, no new cases were being reported, and the World Health Organisation declared the global outbreak to be over.

Why did 10 in every 11 SARS cases recover? Medical scientists reported that death occurred only in people already suffering some form of massive shock from another cause, such as road accident, having inhaled noxious fumes or when the body was overwhelmed with septicaemia or meningitis. In other words, their bodies were in advanced states of physiological stress.

The best way to visualise the role of germs is through a simple analogy involving a garbage can. If the can is full of garbage, there will be rats and flies around it. We can shoot the rats and spray the flies with poison, but as long as the garbage is there, rats and flies will keep coming. On the other hand, if we tip out the garbage and wash the can, there will be no rats or flies and we won't need to fire a single shot or spray any pesticide.

The parallel case with the human body is that if it is congested with toxic metabolic waste products (from food) and man-made chemicals, there will periodically be germs flourishing in this 'toxaemia' and manifesting as bouts of infectious disease. Even if treatment for

the germs is available (which it isn't for viruses), as long as the toxaemia is there, the bouts of illness will continue. If, on the other hand, we detoxify our bodies – or eat healthily all along – there will be no disease and we won't need to search for treatment.

The typical modern way of eating is a set-up for physiological stress. It contains excessive amounts of fat, protein and refined carbohydrate, and is deficient in fibre, vitamins, minerals and phytonutrients. It also contains food additives, pesticides and significant amounts of the stimulants coffee, tea, salt, pepper and alcohol (a stimulant for elimination). This stress profoundly compromises immunity, especially in elderly people, and increases susceptibility to 'infectious' diseases.

By practising a healthy lifestyle, including a high intake of vegetables and fruits and very few processed foods, as advocated by this Society, we can expect to be greatly reducing our susceptibility to 'infectious' disease.

Evidence for this is apparent in the official statistics (at 30th April 2020):

COUNTRY/ STATE	POPULATION	CONFIRMED CASES	No. DEATHS
AUSTRALIA	25,400,000	6,762	92
NSW	8,000,000	3,025	41
VIC	5,641,000	1,364	18
QLD	4,599,000	1,033	6
SA	1,660,000	438	4
WA	2,367,000	551	8
TAS	511,000	221	12
ACT	367,000	106	3
NT	231,000	27	0
WORLDWIDE	7,577,130,000	3,260,000	233,388
USA	328,200,000	1,095,445	63,733
UK	66,650,000	171,253	26,771
ITALY	60,360,000	205,463	27,967



# Coronavirus: It's not the end of the world

By Roger French

When we compare these figures to ordinary influenza, we get some useful perspective. Using figures for the United States from the Centers for Disease Control, we find there are average yearly deaths due to: heart disease 647,000, cancer 558,644, drug overdose 70,000, ordinary influenza (estimated) 29,000, pneumonia 49,000 and vehicle accidents 32,850. So ordinary flu and pneumonia combined could cause more deaths than COVID-19.

These statistics show that in Australia's population of 25 million, there is an extremely small number of deaths. These people's bodies would almost certainly have been in states of high physiological stress.

The Australian nutritionally-oriented cardiologist, Dr Ross Walker, summed it up on Radio 2GB on Friday 17<sup>th</sup> April 2020: "Most of the people who are dying are sick, elderly people with pre-existing conditions. They are dying *with* the virus, *not* because of it."

COVID-19 may not be all that much worse than other pathogenic viruses. It is significant that around 95% of infected people are not made seriously ill. It appears that the large majority of people who have died were already in poor health and the virus may have been merely the 'straw that broke the camel's back'.

The conclusion appears to be that people who are genuinely healthy have nothing serious to fear from this coronavirus. And they should be told so in order to avoid unnecessary anxiety.

"If there was ever a song for the current times, it would be REM's 'It's the end of the world as we know it – and I feel fine'. It is staggering to see how people respond to what is essentially a cold-like illness."

These are the words of Dr Joe Kosterich, a GP practising in Perth, writing in *Medical Observer Opinion*, 18th March 2020 issue.

He says that some people will be more severely affected than others and some people have died, although the fatalities are mainly in people over 80 who already had other illnesses. These views echo those of the prominent Australian cardiologist, Dr Ross Walker, who is quoted in the left hand column of this page.

In terms of incidence, the coronavirus pandemic is actually similar to the annual influenza season, says Dr Kosterich. He quotes statistics showing that the annual flu each and every year affects and kills far more people than does COVID-19.

Dr Kosterich has his feet firmly on the ground. While this is a new strain, he continues, the family of coronaviruses is not new. We have all had a cold at some point in our lives, and we get better.

Interestingly, colds are more contagious than the flu.

Further, the vast majority of cases are mild. Look at the mild symptoms of the celebrities, Richard Wilkins, Idris Elba and Peter Dutton.

The mortality rate is grossly inflated as it is based on confirmed cases. There may be hundreds, if not thousands, of symptom-free unidentified cases for each confirmed case. In other words, it may be that there is only one death in thousands of actual infected people.

Not every person who comes into contact with coronavirus will become infected and become ill. We know that one person in a household can have it and the others don't.

"So why all the panic about this virus?" asks Dr Kosterich. His answer is that "being new gives it novelty value, and the constant media coverage of every case keeps it in the public eye (imagine if there were news reports of every case of flu in winter)."

"This is made worse," conclude this astute doctor, "by governments and officials talking out of both sides of their mouth. On the one side, it is keep calm and don't panic. On the other side, it is lock yourself away if you cough twice."

## YOU CAN CONTROL FEAR

By Dr Joseph Mercola, 23<sup>rd</sup> April 2020

The difference between being fearful and being scared is that fear paralyses your mind; you can still be functional when you're scared.

Many people enjoy getting scared in controlled situations, such as with bungee jumping or riding roller coasters. It's the element of the unknown that may trigger true fear.

Preparation and knowledge reduce fear. People in high-risk professions use meticulous planning to lower the risk of injury and death.

Long-term fear and anxiety raise your risk of heart disease, bowel disease, sleep disturbances, depression and immune system suppression.

Strategies to reduce fear may include the use of Emotional Freedom Techniques, exercise, nutrition, adequate sleep and limiting exposure to all the [bad] news.

# Coronavirus

## – half the story is being missed



By Roger French, Health Director, Natural Health Society

The Federal Government's medical advisers appear to have forgotten some of their elementary training, and this is that our bodies have powerful defences against pathogenic microorganisms – our immune systems.

However, our immune systems are only fully effective if they are strong. If they are weak, then we may well be susceptible to some nasty infectious disease.

For the immune system to be strong, the body as a whole needs to be strong, that is, healthy.

Orthodox medicine knows this. Harvard Medical School states, "Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy (*Harvard Health Publishing*, Sept. 2014)

### A strong immune system

A healthy body and mind – and therefore immune system – depend on the usual factors with which we are so familiar. Namely:

An abundant intake of minerals, vitamins, antioxidants and phytonutrients. Adequate, but not excessive, protein, abundant fibre, and a balance between acid-forming and alkali-forming foods. In short, a diet high in fresh vegetables and fruits (in that order), to the extent of about three-quarters of total food intake.

Regular exercise, both aerobic and strength exercise.

Fresh air and sunshine. Sunshine in small doses daily, and **never** sunburn.

Adequate sleep, rest and relaxation.

Minimising exposure to toxic man-made chemicals.

### Especially nutrition

Nutrition is especially significant for the immune system. As *Harvard Health Publishing* says, "Scientists have long recognised that people who live in poverty

and are malnourished are more vulnerable to infectious diseases". The inevitable deficiencies in essential vitamins and minerals is known as 'micronutrient malnutrition'. It tends to also be more common in elderly people, partly because such deficiencies have accumulated over decades.

The Harvard Medical School also endorses the role of exercise in immunity: "Just like a healthy diet, exercise can contribute to general good health and therefore to a healthy immune system."

Similarly with stress, Harvard states that modern medicine recognises the close relationship between mind and body, and that a wide variety of illnesses are linked to emotional stress.

Ignoring the above aspects of a healthy lifestyle means that not only can we expect to have impaired immunity, but also 'toxaemia' at some level. A state of toxaemia is the result of a build-up of metabolic wastes (from food) and an accumulation of toxic chemicals.

### The puzzle solved

Applying these requirements to the current coronavirus pandemic, it is easy to see why some people become seriously ill and a tiny proportion die. It is extremely significant that a large majority of infected people have only mild symptoms or none at all. In other words, this situation which puzzles people, including many doctors, is readily explained when we understand the full picture instead of being focussed solely on avoiding the virus.

Most Australians eat nothing like enough fruit and vegetables and eat disproportionate quantities of the acid-forming foods – those rich in protein, refined carbohydrates and fat.

Worse still, some people consume a lot of junk foods which exacerbate the toxaemia and the compromised immunity.

For most of us now, with or without the above problems, there is the stress

caused by the Government's 'draconian' restrictions. Severe financial hardship and a huge amount of worry can be caused by losing your job. It can be even worse for small businesses. Imagine having spent, say, \$50,000 in fitting out a new shop only to find that suddenly there are no customers.

We are all being told that we must stay in our homes except for going out to buy food or other goods, going to work or visiting a doctor or for certain other needs. For people living alone, this can be akin to solitary confinement. For families, it can still be extremely frustrating. A vast number of studies have shown that loneliness and social isolation can have very destructive consequences. In fact, some researchers consider that *prolonged* social isolation can be as harmful as smoking. Wow – that's bad!

Creating a strong immune system through healthy lifestyle can be supported by supplements and herbs.

If Digestion is weak, these include supplements of digestive enzymes.

### Critical vitamins and minerals

Vitamins and minerals which are critical for the immune system to function at its best include vitamins A, C, D and E, and the minerals zinc, selenium and magnesium.

A former US Centers for Disease Control chief has recognised the usefulness of vitamin D from sun exposure and/or supplementation in reducing the risk of COVID-19 infection through strengthening immune function. (*Mercola.com*, 7<sup>th</sup> April 2020)

Even in the conventional treatment of existing disease, the value of vitamins C and D is being recognised. Dr Mercola reports that seriously ill coronavirus patients in New York State's largest hospital system receive 1,500 milligrams

of intravenous vitamin C three to four times a day, in conjunction with other conventional treatments. He adds that vitamin C at extremely high doses kills pathogens, including viruses.

## Helpful herbs

To boost your immune system, the following are seven of the most powerful herbs and spices. The list is taken from 'Healing Herbs and Spices to Boost the Immune System' by Kendra Lady.

(<https://www.onegreenplanet.org/natural-health/seven-healing-herbs-spices-boost-immune-system/>)

When considering taking herbal remedies, it is wise to consult a trained naturopath or herbalist.

### Echinacea

It helps to encourage healthy cell growth, promotes a strong upper respiratory system and provides numerous antioxidants that boost the immune system. Echinacea works by stimulating the immune system to produce natural killer cells. It can be consumed in the form of capsules, liquid or tea.

### Ginger

This rhizome contains chemicals called *esquiterpenes* which target cold viruses and soothe a sore and scratchy throat. It has powerful pain-relieving properties. It's pretty safe, but pregnant women shouldn't ingest more than two grams of dried ginger per day.

### Turmeric

This rhizome, closely related to ginger, contains the active ingredient, *curcumin*, which provides the characteristic orange-yellow colour of turmeric. Curcumin eases inflammation, resists infections and improves overall health, including that of the immune system.

### Elderberry

It is important to note that the seeds, stems, leaves and roots can be toxic to humans, but the berries contain anthocyanidins which support a healthy immune system. It can be consumed as a tea, syrup or supplement.

### Garlic

When this pungent bulb is cut or crushed, a compound called *allicin* is released. This has potent anti-bacterial, anti-viral and anti-fungal properties. It is thought to stimulate the immune system and boost the efficacy of white blood cells. Garlic can help prevent chest infections, particularly when eaten raw. Dietary doses of garlic are pretty safe.

### Ginseng

Ginseng, specifically *Panax ginseng*, contains high levels of antioxidants that can boost the immune system and also promote a healthy respiratory system. There are a variety of ginseng supplements on the market.

### Ashwagandha

Stimulates infection-fighting white blood cells and is good for immune system support.

### Cinnamon

This eighth spice (from another source) contains an active ingredient, cinnamaldehyde, which has anti-bacterial and anti-viral properties. Cinnamon is also high in immune-boosting antioxidants.

**NOTE THAT** no supplement or herb is a replacement for a healthy diet and lifestyle. These can help, but they won't fix us.

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## Three things we've learnt from COVID-19

By Bryan Hubbard and Lynne McTaggart, proprietors of What Doctors Don't Tell You

The coronavirus (COVID-19) epidemic has taught us three important things:

- 1 There are a lot of crazy people out there saying the wildest things (often in order to sell a product they happen to stock).
- 2 Our very best defence against the virus is our own immune system.
- 3 Hysteria and panic always beat rational and cool thinking.

These difficult times have brought into sharp focus the importance of getting trustworthy and independent information that can guide you to better health and keep you safe from the charlatans.

(Source: *What Doctors Don't Tell You* newsletter, 23rd March 2020)

# COVID-19 and influenza: how do they compare?



By Robyn Chuter,  
Naturopath and Counsellor



**[NOTE: Emphasis is provided by the Editor for the convenience of readers]**

There has been considerable admonishment from both public health authorities and the media that we should not speak of COVID-19 as 'just another flu'.

It's far worse than that, according to science blogs with titles such as '13 Coronavirus myths busted by science', which insist that "COVID-19 has a mortality rate more than 20 times higher [than influenza]."

**According to the World Health Organisation (WHO), the symptoms of the newly-named disease attributed to SARS-CoV-2 infection are virtually indistinguishable from those of influenza:**

**"COVID-19 and influenza viruses have a similar disease presentation. That is, they both cause respiratory disease, which presents as a wide range of illnesses from asymptomatic or mild through to severe disease and death."**

What is even more important is that most cases of acute respiratory illness that are lumped into the category of influenza or 'flu' are in fact *influenza-like illness* rather than 'true' influenza – that is, they are caused by respiratory pathogens other than influenza viruses, but the illnesses caused by the various different respiratory tract viruses are clinically almost indistinguishable from each other:

"A reliable clinical diagnosis of influenza can be difficult, due to the variability of its presentation. There is also a multitude of other respiratory viruses in both children and adults which may cause a similar constellation of symptoms."

As veteran influenza researcher, British epidemiologist Tom Jefferson, explains:

"Influenza is a syndrome, there is not a single cause, and the gallery of 'culprits' increases as time goes on. But it is mysterious, it comes and goes. That is why it is called influenza, as our forefathers ascribed its waxing and waning to the *influenza degli astri*, or 'influence of

the planets'. Meaning they had not a clue as to where and how it started and where it went. We are still clueless."

Influenza-like illness (ILI) is defined by the WHO as an acute respiratory infection with a cough, measured fever of 38°C or above, and with onset within the last 10 days.

Under normal circumstances, people who present for medical care with these symptoms are not routinely tested to determine which virus (or other respiratory pathogen) they are infected with, since the general treatment advice is the same.

However, the US Centers for Disease Control (CDC) Influenza Surveillance System analyses samples taken from people with ILI at approximately 100 public health laboratories and 300 clinical laboratories located throughout the US and its territories, in order to monitor influenza activity throughout the flu season.

Their cumulative data from the current flu season demonstrate that only around one fifth of people who have developed ILI have been found to be infected with influenza viruses.

The remaining sufferers of ILI are infected with a wide variety of respiratory pathogens, including the four coronaviruses that are already endemic in human populations.

Just two of these commonly-circulating coronaviruses infect up to 26% of the population each year and are found in up to 12% of people who are hospitalised for a respiratory tract infection.

**World-renowned epidemiologist, Professor John Ioannidis, sums it up well:**

**"Different coronaviruses actually infect millions of people every year, and they are common especially in the elderly and in hospitalised patients with respiratory illness in the winter... Leaving the well-known and highly lethal SARS and MERS coronaviruses aside, other coronaviruses probably have infected millions of people and have killed thousands. However, it is**

**only this year that every single case and every single death gets red alert broadcasting in the news."**

With that as context, let's look at some numbers in order to gain a sense of perspective on the disproportionate amount of attention that has been paid to COVID-19 in comparison to influenza and ILI:

**Worldwide, the World Health Organisation estimates that seasonal influenza causes about 290,000 to 650,000 deaths per year (COVID-19 so far [at 30<sup>th</sup> April 2020]: 233,388 deaths, with evidence of substantial over-counting due to the conflating [combining] of 'deaths with' and 'deaths from' COVID-19 infection).**

The United States Centers for Disease Control estimates that in the current flu season (starting 1 October 2019; last update 4 April 2020):

39,000,000 – 56,000,000 people have developed influenza

410,000 – 740,000 have been hospitalised for influenza

24,000 – 62,000 people have died from influenza (COVID-19: 63,733 deaths so far [at 30<sup>th</sup> April 2020], again with evidence of substantial over-counting).

In Italy, influenza is estimated to have led to 24,981 excess deaths (that is, deaths above what would normally be expected in that population) during the 2016/17 flu season. (COVID-19: 27,967 deaths so far [at 30<sup>th</sup> April 2020], but remember that Professor Walter Ricciardi, scientific adviser to Italy's minister of health, has acknowledged that **"The way in which we code deaths in our country is very generous in the sense that all the people who die in hospitals with the coronavirus are deemed to be dying of the coronavirus. On re-evaluation by the National Institute of Health, only 12 percent of death certificates have shown a direct causality from coronavirus."**)

In England, during recent winters there have been about 17,000 excess deaths from flu per year. (COVID-19: 26,771 deaths so

far [at 30<sup>th</sup> April 2020], again with evidence of substantial over-counting.)

**In Australia, each year, on average, influenza causes:**

**Roughly 18,000 hospitalisations.**

**1,500 – 3,000 deaths. (COVID-19: 92 deaths so far [at 30<sup>th</sup> April 2020], all in elderly people [median age of death – 80] and/or people with serious underlying health conditions.)**

**Many epidemiologists who are intimately familiar with the burden of disease and death from ILI have expressed their bewilderment at the disproportionate reaction to the emergence of a novel coronavirus that causes ILI.**

**John Ioannidis wrote, with evident frustration at the media circus:**

**“If we had not known about a new virus out there, and had not checked individuals with PCR tests, the number of total deaths due to ‘influenza-like illness’ would not seem unusual this year. At most, we might have casually noted that ‘flu this season seems to be a bit worse than average.’ The media coverage would have been less than for an NBA game between the two most indifferent teams.”**

Similarly, Tom Jefferson, who has been immersed in the study of ILI for decades as an author of Cochrane reviews on

influenza vaccination, surmises that:

“The data support the theory that the current epidemic is a late seasonal effect in the Northern Hemisphere on the back of a mild ILI season. The age structure of those most affected does not fit the evidence from previous pandemics.” [That is, historical pandemics have caused excess mortality in ‘unusually young populations’ whereas COVID-19 is causing the same mortality pattern as regular seasonal flu, with over 90% of deaths occurring in people aged 65 and over.]

**The Italian health ministry has also noted that the 2019/20 flu season was unusually mild compared to previous years, which left many frail, sick elderly people who would normally have succumbed to the flu, alive and susceptible to COVID-19.**

Circling back to the claim that ‘COVID-19 is 20 times deadlier than the flu’, the case fatality rate (CFR) for seasonal influenza is generally held to be around 0.1% (that is, 1 out every 1000 people diagnosed with influenza will die), while the 1918 Spanish flu had a CFR of above 2.5% (that is, more than 25 out every 1000 people diagnosed with Spanish flu died).

Accordingly, estimates of the CFR for COVID-19 range from 2.3% in the initial case series reported in China, dropping to 0.7% for patients with symptom onset after 1<sup>st</sup> February.

A large-scale study of the antibody status of healthy, asymptomatic residents of Santa Clara County, California, found that the virus was 50 to 85 times more common than official figures indicated; if extrapolated to the US population, the infection fatality rate (IFR) would be between 0.12% and 0.2%.

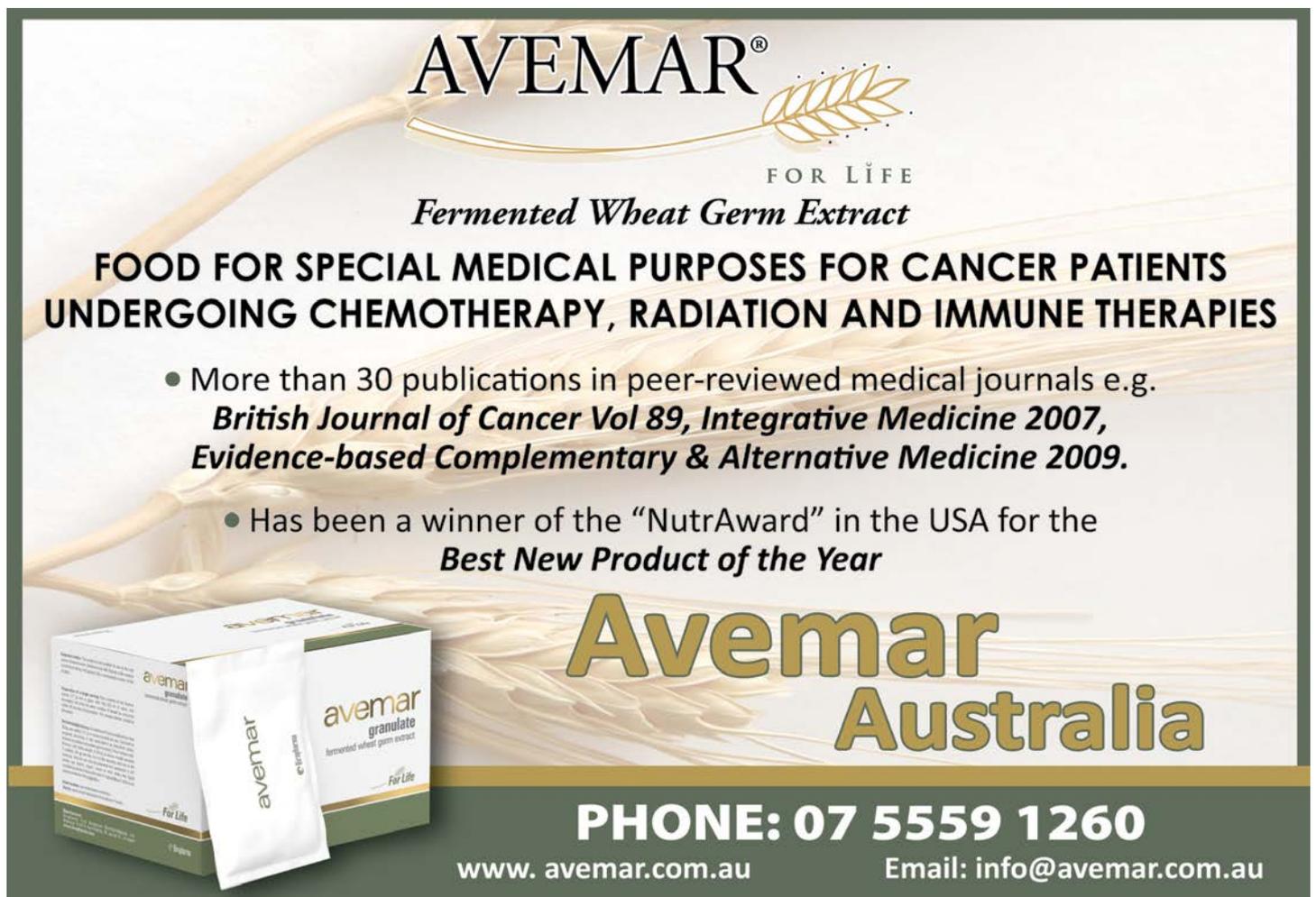
The Oxford COVID-19 Evidence Service concludes that:

“Taking account of historical experience, trends in the data, increased number of infections in the population at large, and the potential impact of misclassification of deaths gives a presumed estimate for the COVID-19 IFR somewhere between 0.1% and 0.36%.”

**The take-home message, however, is that far from COVID-19 being ‘20 times more deadly than flu’, as veteran epidemiologist and influenza-like-illness specialist, Tom Jefferson, has mused:**

**“There does not seem to be anything special about this particular epidemic of influenza-like illness.”**

Remember, taking good care of your health is even more important than usual due to the high levels of stress generated by the world’s response to COVID-19, and the fact that people with pre-existing chronic disease, as well as smokers and people with obesity, are at higher risk of serious complications of infection.



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By Michael Greger, MD, FACLM



## Protein Intake After Age 65

A study that purported to show that diets high in meat, eggs and dairy could be as harmful to health as smoking supposedly suggested that “people under 65 who eat a lot of meat, eggs, and dairy are four times as likely to die from cancer or diabetes.” But if you look at the actual study, you’ll see that is simply not true: Those eating a lot of animal protein didn’t have four times more risk of dying from diabetes – they had 73 times the risk.

Even those in the moderate protein group, who obtained 10 to 19 percent of calories from protein, had about 23 times the risk of dying of diabetes compared to those consuming the recommended amount of protein, which is about 6 to 10 percent of calories from protein, around 50 grams a day.

So, the so-called low protein intake is actually the *recommended* protein intake, associated with a major reduction in cancer and overall mortality in middle age, that is, under age 65, but not necessarily in older people. When it comes to diabetes deaths, lower overall protein intake is associated with a longer life at all ages.

“These results suggest that low protein intake during middle age followed by moderate to high protein consumption in older adults may optimise health-span and longevity,” the researchers say.

Some researchers have suggested that the standard daily allowance for protein, which is 0.8 grams of daily protein for every healthy kilogram of bodyweight, may be fine for most, but perhaps older people require more. The study upon which the recommended daily allowance (RDA) was based indicated that, although there was a suggestion that “elderly people may have a somewhat higher requirement, there is not enough evidence to make different recommendations.”

The definitive study was published in 2008 and found no difference in protein

requirements between young and old. The same RDA should be adequate for elderly people. However, adequate intake is not necessarily optimal intake.

A study followed sedentary individuals over the age of 65 for 12 years and found that they lose about one percent of their muscle mass every year. If you force people to lie in bed for days at a time, anyone would lose muscle mass, but older adults on bedrest may lose muscle mass six times faster than young people on bedrest. So, it’s use it or lose it for everyone, but the elderly appear to lose muscle mass faster, so they had better use it.

The good news is that in contrast to the 12-year US study, a similar study in Japan found that the “age-related decreases in muscle mass were trivial.” Why the difference? It turns out that in the Japanese study, “the participants were informed about the results of their muscle strength, so they often tried to improve it by training before the next examination.” This was especially true among the men, who became so competitive that their muscle mass increased with age, which shows that the loss of muscle mass with age is not inevitable – you just have to put in some effort.

And, research reveals that adding protein doesn’t seem to help. Indeed, adding more egg whites to the diet didn’t influence the muscle responses to resistance training, and that was based on studies funded by the American Egg Board itself. Even the National Dairy Council couldn’t spin it: Evidently, “strength training-induced improvements in body composition, muscle strength and size and physical functioning are not enhanced when older people ... increase their protein intake.”

Is there anything we can do diet-wise to protect our aging muscles? Yes, eat vegetables. Consuming recommended

levels of vegetables was associated with basically cutting in half the odds of low muscle mass. Why? The alkalising effects of vegetables may neutralise the mild metabolic acidosis that occurs with age, when that little extra acid in our body facilitates the breakdown of muscle.

Muscle wasting appears to be an adaptive response to acidosis. We appear to get a chronic low-grade acidosis with advancing age because our kidney function starts to decline and because we may be eating an acid-promoting diet, which means a diet high in fish, pork, chicken and cheese [and refined carbohydrates], and low in fruits and vegetables. Beans and other legumes are the only major sources of protein that are alkali-forming instead of acid-forming. And indeed, a more plant-based diet – that is, a more alkali-forming diet – was found to be positively associated with muscle mass in women aged 18 to 79.

So, if we are going to increase our protein consumption after age 65, it would preferably be plant-based proteins to protect us from frailty. No matter how old we are, a diet that emphasises plant-based nutrition is likely to maximize health benefits in all age groups.

**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

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# 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?

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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.

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\* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016

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# Your Questions Answered

By Roger French

Send questions to Natural Health Society PO Box 4264 Penrith Plaza 2750 or 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 PLANT MILKS, WHICH BEST?

While I realise that milk, including plant milk, is not necessary for our diets, many of us are so used to having milk for our cereals, tea, coffee, etc, that it is difficult to imagine life without it.

I have read that there is a level of arsenic in rice milk. I have been inclined to avoid soy milk as I have breast cancer history in my family although opinions on oestrogens in soy seem to vary. I need a good supply of calcium as I am supposed to have osteoporosis and my calcium absorption levels are quite low.

Which plant milk do you think is best for human consumption?  
– A. S., Kent Town, SA

I have selected eight different plant milks from local stores, and will assess their ingredients to provide a guide for all brands.

Firstly, as you no doubt realise, plant 'milks' are not milk at all; they are plant items dispersed in water with some additions. Most are vegan.

**Ingredients in bold are harmful or dubious for health**

### So Good Soy Regular

**Ingredients.** Filtered water, soy protein (3.5%), corn maltodextrin, vegetable oils (sunflower, **canola**), **sugar**, minerals (calcium, magnesium, phosphorous), acidity regulators (322, lecithin), (450, sodium or potassium pyrophosphate), antioxidant (ascorbic acid), vitamins

(B<sub>12</sub>, D<sub>2</sub>, A, B<sub>2</sub>, B<sub>1</sub>), natural flavour. All ingredients of non-animal origin. *Protein 3.2% Gluten free*

### So Good Almond Original

**Ingredients.** Filtered water, **cane sugar**, ground almonds (2.5%), mineral (calcium), emulsifier (sunflower lecithin), natural flavour, salt, mineral salt (sodium bicarbonate), vegetable gum (418, gellan), antioxidant (ascorbic acid), vitamins (B<sub>12</sub>, B<sub>2</sub>, B<sub>1</sub>). All ingredients of non-animal origin. *Protein 0.6% Gluten free*

### Community Co Unsweetened Almond Milk

**Ingredients.** Water, ground almonds (2.5%), Natural Flavour, Stabilisers (460, **466**, 418, 415), Mineral Salt (170, calcium carbonate), Salt, Emulsifier (322, sunflower lecithin) (Does not say suitable for vegans, but appears to be.) *Protein 0.6% Gluten free*

### Vitasoy soy milk 'Calci plus'

**Ingredients.** Filtered water, organic whole soybeans (min. 15%), barley flour, **raw sugar**, barley malt, sunflower oil, minerals (calcium phosphate, calcium carbonate), sea salt, vitamins (vit D, vit A, vit B<sub>12</sub>, vit B<sub>2</sub>). Australian grown soya beans. Non-GM. No artificial colours, flavours or preservatives. Suitable for vegans. *Protein 3.2% (Not gluten free)*

### Vitasoy oat milk.

**Unsweetened, No Added Sugar.**

**Ingredients.** Filtered water, whole oats (min. 15%), oat flour, sunflower oil, gum Arabic, mineral (calcium phosphate), sea salt. Australian grown oats. Non-GM. No artificial colours, flavours or preservatives. Suitable for vegans. *Protein 1.0% (Not gluten free)*

### Vitasoy rice milk.

**Unsweetened, No Added Sugar.**

**Ingredients.** Filtered water, whole brown rice (min. 13%), sunflower oil, mineral (calcium phosphate), sea salt. Australian grown whole rice. Non-GM. No artificial colours, flavours or preservatives. Suitable for vegans. *Protein 0.3%*

*Gluten free*

### Vitasoy coconut milk. Unsweetened. No Added Sugar

Filtered water, coconut cream (min. 8%), chicory root fibre, mineral (calcium phosphate), emulsifier (471), vegetable gums (**407**, 418), natural flavour, sea salt. No artificial colours, flavours or preservatives. Lactose free. Non GM. Suitable for vegans. *Protein 0.2% Gluten free*

### Pure Harvest Organic Coco Quench Coconut Milk. Unsweetened

Filtered Water, Organic Coconut Milk (20%), Organic Brown Rice, Sea Salt. Non-GM. Nothing artificial, no added flavours or preservatives. Australian owned. *Protein 0.5% Gluten free*

Rice is a dietary mainstay in Asia, but it does contain significant levels of arsenic, which it picks up from the soil. Because it is usually grown in flooded bays, rice tends to pick up more than other food crops. Fortunately, Australian rice is now mostly grown in dry soil and irrigated like other crops, except in the later part of its growing season. Consequently, the Aussie crop contains minimal arsenic compared to overseas crops. Part of the solution is to consume a variety of grains, not just lots of rice.

Regarding rice milk, moderate quantities should be fine for an adult or teenage child, but not litres every day. However, regarding infants, the US FDA advises against feeding rice (and presumably rice milk) because of the arsenic.

### Regarding the ingredients in the different 'milks':

Soy protein in So Good Soy Regular means soy isolate protein, which has been separated out from the other ingredients and so lacks the natural mineral and vitamin content.

We don't favour canola oil because of its content of toxic erucic acid, even though it is very small.

Sugar or cane sugar – meaning refined white sugar – is unnecessary and undesirable.



Raw sugar is almost as devoid of minerals and vitamins as refined white sugar.

The antioxidant, ascorbic acid (300), is vitamin C, so it is fine.

Natural flavours can be a bit sus as I explained in YQA in the preceding Autumn 2020 issue.

Lecithin (322) is nature's 'detergent' and is OK.

Emulsifier (471) is mono- or di-glyceride of fatty acids and is OK.

Stabilisers: (407) carrageenan – in significant quantities may be carcinogenic and damage the immune system, so rated not OK; (414) is gum Arabic and is OK; 415 is xanthan gum, made by fermenting a carbohydrate with a bacterium, it is OK; 418 is gellan gum made the same way and is OK; 460 is crystalline cellulose made from plant fibre; 466 is a compound of sodium and cellulose, a suspected carcinogen – the US National Inst. of Cancer says it should be banned as a food additive, so it is not OK.

Mineral salt (170) is calcium carbonate or ground limestone.

How then do we sort out this information to select a good, nutritious milk.

Soya beans, almonds, oats, rice and coconut are all good foods, with the provisos that we don't overdo soya beans because of their phytoestrogen content and rice because of its arsenic.

Vegetable oils are added in some milks in small amounts to give the nice 'mouth feel' that fat gives, but nutritionally we don't need these oils.

My preference is that the less ingredients the better. This means that I would give top preference to Pure Harvest Coco Quench, followed by a variety of Vitasoy oat milk, Vitasoy rice milk and Vitasoy soy milk.

However, none of the above 'milks' needs to be avoided entirely.

## Q LECTINS HARMFUL?:

**Recently I read an extensive article on the harmful effects of lectins, a group of compounds found in many different foods.**

**The article, written by a naturopath, states that the following foods should be avoided – legumes; cashews; most grains; the vegetables squash, pumpkin and zucchini; all nightshade vegetables and fruit which is not in season.**

**If these foods are avoided, this would surely result in nutrient deficiencies.**

**Is there any way that the harmful effects of lectins can be avoided? – C. P., Zillmere Qld**

**A** Yes, lectins need not be a problem. Generally, the benefits of lectin-rich foods outweigh any possible harmful effects. The above foods provide extremely good nutrition and are very desirable to include in your diet. The foods highest in lectins are almost always eaten cooked, or sometimes sprouted, and these processes destroy lectins.

Lectins are a diverse family of proteins that can bind to sugar, and which are found in all plants and animals. There are several different types of lectins, some being harmless to human health, while others are potentially harmful. The benefits of animal lectins include promoting cell development, supporting communication between cells and promoting immunity.

In plants lectins serve as a natural defence, essentially as a toxin that deters animals and insects from eating them.

We humans are unable to digest lectins, so they basically travel through the gut unchanged. However, eating large amounts of certain types of lectins – especially if a person's digestive enzymes are not functioning correctly – can damage the gut wall. This causes irritation that can result in symptoms including diarrhoea and vomiting. It can also prevent the gut from absorbing nutrients properly, hence they are sometimes referred to as 'anti-nutrients'.

Lectins are found in many plant- and animal-based foods, yet only about a third of the foods we eat contain significant amounts.

The highest concentrations of plant lectins are found in healthy foods, notably legumes, grains and nightshade vegetables.

Research shows that cooking, sprouting or fermenting foods can easily reduce their lectin content to negligible amounts. Cooking at high temperatures effectively eliminates lectins from foods, making them perfectly safe to eat (but very high heat damages some nutrients).

Proponents of the paleo diet claim that lectins are harmful, asserting that people should remove legumes and grains from their diet. In short, these foods are always eaten cooked or sprouted, so any remaining lectins will be too low to pose a threat to otherwise healthy individuals.

But if some of them are eaten raw, it is a different story. According to the US Food and Drug Administration (FDA), consuming just four raw kidney beans could cause symptoms in the form of severe nausea, vomiting and diarrhoea.

In addition, most foods that contain lectins are recommended as part of a healthy, well-balanced diet. There's well-established scientific evidence that

clearly supports the benefits of a diet rich in vegetables, fruits, legumes and whole grains. The health benefits you receive from those foods outweigh any perceived benefits from avoiding them.

Should there be symptoms of unknown cause, a dietitian may recommend, for example, a short-term elimination diet, excluding the categories of foods that tend to cause allergic reactions most often. Once those foods have been taken out of a diet, they can then be carefully reintroduced in an effort to identify the possible causes of the symptoms. Based on that or on other evaluations, a dietitian then can make recommendations that fit that individual.

## Some lectin-rich foods

### RED KIDNEY BEANS

Red kidney beans are rich sources of plant-based protein, are high in resistant starch and insoluble fibre and contain many vitamins and minerals.

However, they also contain high levels of a lectin called *phytohaemagglutinin*, and if eaten raw or undercooked, they can cause extreme nausea, vomiting and diarrhoea. As few as four beans can cause a response. While raw red kidney beans contain 20,000 – 70,000 hemagglutinating units, cooked ones contain only 200 – 400 units.



### SOYA BEANS

Soya beans are the richest food in protein, which is of the highest quality. They are abundant in vitamins and minerals, and also contain phytoestrogens called *isoflavones*, which, in moderate quantities, have been linked to alleviation of menopausal symptoms, reduced risk of tumour recurrence in breast cancer survivors and a decreased risk of osteoporosis.

Soya beans contain high levels of lectins, which are almost completely deactivated when they're boiled for at least 10 minutes. Fermenting soybeans reduces the lectin content by 95%, while sprouting decreases it by 60%. Fermented products include pure soy sauce, miso and tempeh.

### WHEAT

Wheat is the staple food for one third of the world's population.

Refined wheat products have been stripped of most of their minerals, vitamins and fibre. Whole wheat is highly

nutritious and can benefit our gut health. All wheaten foods contain gluten, to which many people are intolerant.

Raw wheat is high in lectins, with wheat germ being much higher. Again, the lectins are almost completely inactivated by cooking.

## PEANUTS

Peanuts are a legume as are kidney beans and lentils.

They are high in protein and contain a wide range of vitamins and minerals.

Surprisingly, their lectins don't appear to be reduced by heating, and they can cross through the gut wall into the bloodstream.

One test-tube study found that peanut lectins increased growth in cancer cells, but the study used high doses of pure lectins placed directly onto cancer cells, and is probably not valid.

## TOMATOES

Tomatoes are in the nightshade family, along with potatoes, eggplants, capsicum and chillies. Nightshades all contain *solanine*, one of nature's pesticides (but note that these are highly nutritious foods).

Tomatoes are rich in vitamin C and the antioxidant lycopene, which has been found to reduce inflammation and protect against prostate cancer.

Tomatoes also contain lectins, though at moderate levels. There is no evidence that they have any negative effects in humans.

Aggravation of arthritis in some people is linked to their solanine content, not lectins.

## POTATOES

Potatoes, also in the nightshade family, are a nutritious starchy vegetable. When eaten with the skin intact, they are a good source of certain vitamins and minerals, especially potassium.

Although potatoes contain moderate levels of lectins, there is no evidence of significant harm to humans.

## Lectins versus leptins

*Leptins* are entirely different compounds to lectins, and not to be confused with them.

A leptin is a natural hormone that plays a role in feelings of satiety, calorie usage and other physiological functions. Leptins influence different functions in our everyday health and wellbeing.

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## Q SCIATICA CAUSES AND TREATMENT:

**I have severe pain in the back of my leg. Might this be sciatica or arthritis or something else? What can I do about it? – B. K., Croydon Park NSW**

**A** As you can see from the details below, your leg pain does look very much like sciatica. There are natural treatments you can try to ease the condition, but first and foremost you do need to have a diagnosis by a practitioner, preferably a natural therapist initially. If sciatica is confirmed, you will also need a natural therapist to guide you with the wholistic treatments, some of which are physical exercises.

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.

Sciatica most commonly occurs when a herniated disk, bone spur on the spine, thickened ligament or narrowing of a spinal canal (*spinal stenosis*) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg.

Sciatica affects 10% to 40% of the population, typically around age 40.

If sciatica is of four to eight weeks duration, it is considered to be *acute*. If more than eight weeks, it is *chronic* sciatica. *Alternating* sciatica is when nerve pain affects both legs alternately, while *bilateral* sciatica occurs in both legs simultaneously. The last two types are rare.

For the physiologically minded, the sciatic nerve is formed by the combination of 5 nerve roots: L4, L5, S1, S2 and S3.

## Symptoms

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your lower back to your buttock and the back of your thigh and calf. The pain may be accompanied by numbness in the back of the leg or a feeling of heaviness in the leg.

The pain can vary widely, from a mild ache to a sharp burning sensation, a jolt like an electric shock or excruciating pain. Prolonged sitting may aggravate the pain.

Usually only one leg is affected.

Mild sciatica usually goes away over time, the majority of sufferers typically getting better within four to six weeks. Although most people recover from sciatica, often without treatment, in some cases there can be permanent nerve damage.

If severe nerve damage is present, recovery may take longer. An estimated one third of sufferers may have persistent symptoms for up to a year.

You should see a doctor if you develop sudden, severe pain in your lower back or leg and numbness or muscle weakness in your leg or you have bowel or bladder incontinence.

## Causes

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by a bone spur on a vertebra. It may involve:

**Lumbar herniated disc disease**, in which the disc typically compresses one or more spinal nerve roots of the sciatic nerve. Up to 90% of sciatica is caused by this;

**Degeneration of vertebral bone**, which may cause abnormal bone growths (bone spurs);

**Lumbar spinal stenosis** – the narrowing of the spinal canal; it is relatively common in adults over age 60;

**Spondylolisthesis** – when a small stress fracture causes one vertebra to slip forward over another. For example, L5 may slip forward over S1;

**Muscle spasm and/or inflammation** of the lumbar and/or pelvic muscles;

**Sacro-iliac joint dysfunction** (the joint between the sacrum at the bottom of the spine and the hip bone of the pelvic girdle);

Only rarely is the nerve compressed by a tumour or damaged by a disease such as diabetes.

## Risk factors include:

- Obesity, which increases the stress on the spine;
- Smoking;
- Diabetes – increases the risk of nerve damage;
- Genetic susceptibility, meaning a predisposition to problems;
- Vitamin B<sub>12</sub> deficiency;
- Prolonged sitting or sedentary lifestyle;
- Occupation – a job that requires you to twist your back, carry heavy loads or drive a motor vehicle for long periods;
- Poor work ergonomics;
- Tall height in older age groups (50 to 60 years);
- Mental health issues, such as depression.

## Prevention

To protect our backs, top of the list is to consume a balance of natural, unprocessed foods. Balancing acid-forming and alkali-forming foods will avoid a build-up of acidity which underlies a vast array of conditions, particularly inflammation of nerves and joint troubles.

Exercise regularly so as to keep your back strong.

Maintain proper posture when you sit. Consider placing a pillow or rolled towel in the small of your back.

Use good body mechanics. If you stand for long periods, rest one foot on a stool. When you lift something heavy, keep your back straight and bend only at the knees. Avoid lifting and twisting simultaneously.

## Medication for pain relief

Medications for sciatica pain may ease the pain, but have nothing to do with correcting the underlying cause/s. Commonly prescribed are non-steroidal anti-inflammatory drugs (NSAIDs), such as *ibuprofen* or *naproxen*, and oral steroids, such as *prednisone*.

## Natural Treatments for Sciatica

Sciatica typically improves considerably if treated early, otherwise it may become more severe or chronic.

It is imperative to seek the guidance of a practitioner in both the diagnosis and treatment of sciatica. If there is vertebral disc damage, bone spurs or spinal misalignment, the therapist will need to know this.

Gentle relief from the pain may be achieved with hot and cold compresses. Apply hot for three minutes, then cold for one minute and do this three times in total.

Gentle exercises may help to soothe sciatica symptoms. Stretch your hips and legs, particularly your hamstrings which are the muscles in the backs of your thighs. Perhaps see a physiotherapist for guidance with stretching and exercises to strengthen the core muscles that support the spine.



If there is inflammation in the sciatic nerve, it will be necessary to undergo a detox in the form of a short period on fruit and salads only or juices or water fasting. [For details, see 'Therapeutic fasting' by myself, Part 1 in the Autumn issue and Part 2 in this issue, page 24.]

If these treatments do not help the pain, a doctor would consider an X-ray to look for bone spurs or an MRI to check for a herniated disk. In such cases, surgery may bring great relief.

Benefit may be gained, as appropriate, from osteopathic or chiropractic treatment, acupuncture, massage and/or yoga.

**Osteopathy and chiropractic.** Manual manipulation of muscles and joints can improve the alignment of the spine and address other underlying causes of the nerve pain. A report states that some sciatica sufferers obtained the same degree of pain relief from spinal manipulation as did other patients who eventually had surgery.

**Acupuncture.** Needle-based acupuncture has been found to lessen sciatica symptoms. Relief may come after the first session, though it typically takes up to 12 sessions.

**Massage therapy.** Deep tissue massage may bring pain relief through improving blood circulation and/or relaxing tight muscles which may be contributing to the pain.

**Trigger Point Massage.** The sciatic nerve sits underneath a muscle called the *piriformis*, which is located beneath the gluteus muscles in the buttock. The vice-president of the American Massage Therapy Association explains that "When the piriformis muscle gets tight, it pinches the sciatic nerve, causing tingling and numbness down into the leg." He applies pressure to the inflamed areas, or trigger points, in the piriformis muscle, as well as in muscles in the lower back and glutes.

**Yoga.** A study in the journal, *Pain*, reported that people with chronic back pain who practised *Iyengar yoga* for 16 weeks saw pain reduced by 64% and disability by 77%. Presumably, other kinds of yoga can also be very beneficial.

## Topical Preparations

**St John's wort oil** has been found to relieve nerve pain, when applied two or three times a day.

Similarly with **cayenne pepper cream**.

**Devil's Claw** herbal medication is a potent anti-inflammatory; look for a brand that has roughly 50 mg of active compound.



## How to Stretch Safely with Sciatica

When stretching to help sciatica, stretch only until you feel a gentle tension in your limb or other body part. Hold the stretch for at least 10 seconds initially, and build up to at least 30 seconds. Don't bounce as you stretch, and *do* breathe normally.

An easy hamstring stretch is to lie on your back, raise one leg in the air, loop a towel or strap over the raised thigh or foot, and hold the leg in the air with the towel while gently straightening the knee. You should feel a stretch along the back of your leg.

Another stretch is to *sit on the edge* of a chair with both feet firmly on the floor. Extend one leg and flex the foot, so the weight of that leg is resting on the heel. Keeping your back straight, gently rock forward on your sit bones so your navel moves slightly toward your leg. You will feel a stretch along the back of your leg.

Pushing (or pulling) too hard in a stretch can cause tiny tears in your muscles, tendons and ligaments, which will hurt and can cause you to become less flexible, not more flexible. So stretch gently.

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

*Shamis Issa, Peter Kell, Jean Westwood, Leonie Ireland, Ruth Hargrave, Joseph Monage, Melva Fleming, Noelle Besant, Errol and Lauren Harding, Maureen Cane, Dorothy Williamson, Shirley West, John Wood, Vicky and Stephen Versey, Andreas Gwozdz, Catherine Harris, Rene Hall, Christina Kirkpatrick, Carol Houston, Shirley Mills, Margaret Burns, Catherine Harris, Ronald Jenkins, Jane Chatfield, Larissa Bergmann, Dawn Greening, Clelia Bellifemine and Glenda Harris.*

If others care to add their support – great or small – we would be very grateful. Simply call us 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.]

## NOTICE OF MEETING – NATURAL HEALTH SOCIETY OF AUSTRALIA

Notice is hereby given that the 2020 Annual General Meeting of the Natural Health Society of Australia (NSW) Inc. will be held on **Tuesday 22nd September 2020, via Zoom.**

### Business

- Reports of President and Health Director
- Receipt and adoption of Treasurer's report
- Election of National Committee members
- Transactions of any other business in accordance with the Constitution.

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

*Members please notify the office if planning to attend – phone 4721 5068.*

## THE SOCIETY'S 60TH ANNIVERSARY CELEBRATION

**Due to coronavirus Government restrictions, this has had to be postponed.**

**After the restrictions are relaxed, a new date will be decided. A possibility is March 2021.**

## THE SOCIETY'S OFFICE IS MOVING – in June

Thanks to the Skipton's Arcade landlady waiving rent for three months, our move has been postponed to mid-June.

The Society's registered address will be the home of Roger and Elizabeth French in Wallacia, 17 km south of Penrith.

The Society's phone number – 02 4721 5068 – and email address – [admin@health.org.au](mailto:admin@health.org.au) – will still be the same. The mailing address will change to PO Box 4264, Penrith Plaza 2750.

## PLEASE HELP US COVER OUR COSTS

From the many comments we regularly receive, *True Natural Health* magazine 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 \$32,000 per year – we need to reach out to members seeking your financial support to help us cover these costs.

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

## NHS T-shirts and polo-shirts for sale

These have recently been designed and can be seen on page 17 and on our website. They are a good way to help advertise the NHS, and the design celebrates our 60th Anniversary. There will be an order made in June and then another prior to the City2Surf in which we will have a team.

**FOR DETAILS OF SIZES, PRICES, PHOTOS and how to ORDER, please turn to page 17**

**Or go to the NHS website.**

## A very special vote of thanks and gratitude

The coronavirus cloud has a silver lining for our Society. Committee, member Richard Stepniewski, and his wife, Margaret, were planning to travel during the current months. However, due to the government restrictions, they have been homebound and decided to throw all their energies, expertise and time into voluntarily helping to further develop our treasured Society.

Richard has done some fabulous work with our website as well as create a Business Plan, which was presented to the National Committee meeting in May. Margaret does blogs, enewsletters, Facebook posts, photography and more.

Thank you, Richard and Margaret, from the Committee, staff and members for your phenomenal dedication to the Society.

## The Annual General Meeting

The AGM is due soon. We would love to have more people volunteer their talents and some time to help the Society move onwards and upwards.

For the 2020 AGM, we are calling for nominations for the Committee, emphasising that members don't need to be Sydney-based, as we are now using Zoom for all meetings. You may wish to nominate yourself or someone you know who accepts the principles of the Society and who may have talents and some time.

For nominations, please contact the Society at least a month prior to the AGM.

## Friends of the Society

Australia and the world need Natural Health principles more than ever right now. For the Society to function optimally and to grow, it is essential that we have more voluntary manpower from people who have some talents and spare time.

Maybe you could help with fund-raising, seeking and applying for grants or helping publicise the Society to government bodies or the medical fraternity. Or you may enjoy communicating with lapsed members and encouraging them to re-connect with the Society.

You could even pay for two copies of each magazine issue and take one to shops, practitioners and/or doctors and show them what the Society has to offer. Then invite them to subscribe and enjoy the benefits of Natural Health.



# & 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.  
From now onwards, the Society's postal address is PO Box 4264, Penrith Plaza 2750. Ph. 4721 5068

## Autumn 2020 Seminar topic summaries

### The Health of the Immune System Begins in the Gut

**Dr Malcolm Mackay, GP and Lifestyle Medicine Practitioner**

The health of our immune system begins in the gut. Seventy percent of our immune cells are stationed in the gut and their function is regulated by the gut microbiome. We need a 'well-regulated' immune system rather than a 'strong' immune system.

A diet rich in whole plant foods, including whole grains and legumes, supports the microbes that produce short-chain fatty acids. These SFAs signal immune cells to calm down, suppressing autoimmune disease and allergy, while at the same activating immune cells that target viral infections in the lungs. In contrast, animal products, processed foods and high-fat diets promote the growth of the 'bad' microbes that cause inflammation and dysregulation of immune cells – leading to a hyperactive but poorly targeted immune system.

Your gut microbiome type is determined by the nature and diversity of the food you eat, and may change within three days, so what you eat every day counts.

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

**Jenny Cameron, Nutritionist**

An optimal diet is built around food, not nutrients. Our recommendation is to eat a dietary pattern based on whole grains, legumes, vegetables and fruit with small amounts of nuts and seeds. However, all too often we see people worried about getting enough protein or calcium or iron, etc. This focus on nutrients can have people confused about what to eat, and for the conscientious among us, this can lead to angst over dietary perfection.

Industry plays right into this by marketing their particular food as an excellent source of whichever nutrient suits – and these claims are often misleading.

So although we tell people to just eat a variety of foods from each of the four main food groups – and by doing that you will meet all your nutrient needs – we also find it helpful to make people aware of basic food composition, that is, just how much of

a particular nutrient is actually in a food, so that people can make better food choices to optimise their health.

### LINK TO OUR COVID-19 FAQ

Malcolm and Jenny have been investigating how nutrition and lifestyle determine how well the body might cope with COVID-19 infection. They conclude that nutrition can rapidly reverse some of the predisposing factors to severe infection and can support a strong and well-regulated immune response.

[wholefoodsplantbasedhealth.com.au/resources/faq/covid-19](http://wholefoodsplantbasedhealth.com.au/resources/faq/covid-19)

### My Multi-Therapy Success with Breast Cancer

**Ally Sanchez, Herbalist & Nutritionist, Lower Mountains Health & Healing**

'Cancer' is not a word a person wants to hear when discussing their health. It was the word used by the GP reading my biopsy results. An evocative word 'cancer'; it's an umbrella term for many different disease states, treatment options and outcomes. It's a term for a body out of balance and in turmoil.

Once this word arrives, we can either hand our body over to oncologists and surgeons or take control of our health and healing.

My diagnosis was 'HER2 enriched breast cancer', one with a poor survival outcome. The move forward was conflicting for me as a natural health practitioner. The statistics meant that chemotherapy and herceptin would change survival from two to three percent to ninety-five percent.

I took control. I used modern medicines; I wrapped them in a nourishing regimes of nutrition, fasting, herbal medicines, mindfulness and a journey inwards. A journey that is rewarding, healing and hope filled.

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

### Four Pandemic Lessons to Learn

**Dr Greg Fitzgerald (allied health), Osteopath, Chiropractor & Naturopath**

Your health is your most precious asset. Take care of it. Follow the Natural Health guidelines and maintain an ideal body weight. Weight around the abdomen

increases the risk from any respiratory infection because the weight pushes up against the diaphragm, lessening respiratory function.

Always remember that the recovery from acute disease and the symptoms of that disease are identical processes. In other words, things like fever, pain, cough, vomiting and diarrhoea are the processes of recovery, despite being also labelled the disease itself. One of the main reasons previously healthy people die *with* a virus (as distinct *from* it) is the fact that their bodies are not allowed to properly recover, because the fevers and coughs are routinely suppressed by medical drugs.

Every illness is a process. Whether acute or chronic, illnesses, as distinct from accidents, are not events. They develop, they don't just spring on us. Such developments always have what are called 'prodromal symptoms'. These are the early signs and symptoms before a full-blown illness develops. It is critical that we modify our behaviour (eat less or fast, rest, sleep, conserve energy, etc.) when these prodromal symptoms occur, and then the illness more likely devolves, rather than evolves.

Aged care and nursing homes need to improve their nutrition. The foods served are poor. With more whole-food (plant-based) and less animal foods, caffeine and refined foods, the residents' immune systems will lift and less infectious problems will occur.

If you have a loved one in these institutions, encourage these dietary changes – it could save their life!

### Whole-Food Plant-Based Diet (WFPB) Made Simple

**Dawn Fitzgerald, wife of Greg, helping him educate clients on plant-based eating**

#### Educate yourself:

If you are new to this way of eating, it is important to learn as much as you can about its health benefits. There is a tonne of information available through books, magazines and internet sources. Knowledge is the first step to motivation!

#### Get organised:

Make sure your pantry and refrigerator are stocked with ingredients to support your new eating habits. Remember: 'You are what you Buy!'

*Continues page 17*



# Dear Prime Minister, Please reconsider who you label “vulnerable” to COVID-19!

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

Having watched your message to the Australian public a few weeks ago, I feel compelled to voice my strong disapproval. You stated that your esteemed health advisors, led by Chief Medical Officer Dr Brendan Murphy, and his deputy, Dr Paul Kelly, had recommended that those over age 70 should stay at home because they are the most vulnerable to contracting COVID-19.

I would like to correct your medical officers. Vulnerability has nothing to do with age and everything to do with health. It is the state of our health which is the strongest determinant of sickness, including both acute and chronic diseases.

When I first heard your statement, Mr Morrison, I personally was offended. I am only a few months off your definition of vulnerability, and feel in no way vulnerable to any infection, let alone from this flu-like illness called COVID-19. I have never had the flu, yet have never had the flu shot. I rarely get colds. Yet I am almost 70! Why is this? It's because I take intelligent and enlightened care of my health. I am healthy and I am responsible for my own health, unlike many people who think that their doctor and the health department are responsible for their safety and health.

Our health is determined by how we conduct our lives. This includes our nutrition, exercise, sleep, rest, fresh air, sunshine, hydration, mental poise, attitude and emotions. Our society has been indoctrinated to believe that as soon as a health problem arises, we go straight to the doctor and get 'fixed'. This is usually by drugs or surgery, which forms the basis of medical training.

For your information, Prime Minister, medical training is appallingly shallow in subjects including nutrition, exercise, appropriate fasting when sick, meditation and natural living generally. These subjects should be the cornerstone of medical training, not minor attachments. It is true that modern medicine is a blessing in many

areas, particularly in emergency and certain specialised areas, and to deny this would be churlish. However, it is also true that it is the third leading cause of death in the USA, and no different here in Australia, according to the British medical journal, *The BMJ*. But that is another subject for another time.

The human body has a remarkable ability to not only maintain dynamic health throughout life, but also to recover health if disease is experienced. The human body is self-healing, as long as we provide ourselves with the proper conditions of health, as listed above.

When I took offense at your vulnerable label being so mistakenly applied, I also thought of many of my patients. Take for example, Michael who is 77, Shamis 88, Elizabeth 70, Vera 90 this year and John 74. These people are in excellent health, and are no more vulnerable to any infection, including COVID-19, than younger people. They consume whole-food, plant-based diets, engage in regular and appropriate exercise, procure lots of sleep and rest and avoid tobacco, alcohol and most pharmaceutical drugs. They take responsibility for their own health. In fact, the Editor of this fine magazine, Mr Roger French, is at age 79, in dynamic health. He also is affronted by your statement that he is more vulnerable than others younger than himself, simply because of 'mileage on the clock'.

Other colleagues of mine like the American Dr Michael Klaper, a well-known health expert aged 72, who, in an email he put to me, says he also finds your label of vulnerable quite mistaken. Another colleague and well-known author and cancer survivor, Dr Ian Gawler, at age 70 is in robust health and far from being vulnerable. Recently I spoke with cricket legend, Greg Chappell, who, at 71 is also in dynamic health. He told me he also rejects your label of vulnerable.

None of the above people, all over 70, is on any medication because they have taken

ultimate responsibility for their health. It is a truism that you're only as old as what you eat, and these healthy individuals eat predominantly whole-food, plant-based diets. The above people have chronological ages above 70, but their *real* age, their biological age, their functioning age, is much lower. Many people at 40 have a biological age of 70 and many at 70 have a biological age of 40. The former cohort at 40 is more vulnerable to COVID-19 than the latter cohort at 70.

Well may you ask, Mr Morrison, if age does not equate to vulnerability, then what does?

I know countless people who would be vulnerable to viral and bacterial infections (including COVID-19) from all ages. From children to the elderly and all in between. But, mostly these people are vulnerable because of their lifestyle choices.

The smokers, drinkers, those who often eat fast food and junk food, those who eat animal-based foods regularly, those who consume lots of soft drinks and caffeine, those who eat too little fresh produce like fruits and vegetables, those who are obese, even overweight (particularly around the abdomen), those who do not exercise consistently, those who get little sun or fresh air, those who take illicit drugs, those who get less than eight hours sleep a day, those who routinely soldier-on when tired, sick or exhausted (remember the Soldier-On ad for Codral?). Indeed, someone at 20 who soldiers-on routinely and becomes TATT (Tired All the Time) is far more vulnerable to contracting COVID-19 than the people over 70 mentioned above.

Having said that, there are some who are more vulnerable to be sure, independently of how well they look after themselves. People born with conditions like cystic fibrosis and other rare genetic disorders are indeed at greater risk and more vulnerable. For such people, this not only applies to COVID-19 but also to all infections and chronic comorbidities. Special care in these cases is essential.

Mr Prime Minister, I would encourage you to look more deeply at the situation we are confronted with. It is common knowledge that both chronic illness and microbial disease (viral, bacterial, fungal and parasitic) are widespread today, not just in our country but around the world. We have soaring rates of obesity, overweight, diabetes, auto-immune diseases and mental health issues. Heart disease and cancer still cut a swathe through our community, despite and partly because of, the plethora of 'permission slip' drugs and high-tech treatment interventions. Real causes are not strongly challenged. Children's diseases are at all time highs. We are drowning in prescribed drugs. Alcohol is still a huge health and social problem, even more so during the pandemic with liquor shops remaining open. In short, we are a sick society.

It is my contention that your well-meaning medical officers have missed a golden opportunity to use this pandemic as a catalyst to reverse this disease trajectory. Tragically, they have offered not one word of solid health advice or encouragement since the start of the pandemic. It has all been about the virus and avoiding it. It has all been about coughing and sneezing in your elbow, sanitisers, social distancing, isolation and social and economic gridlock. Not a mention of improving individual health against infectious disease.

Better health is the absolute key to improving our immune systems. Imagine the outcomes if health officials had encouraged more lifestyle and nutritional responsibility. Maybe in collaboration with some leaders in the Natural Health field, as galling as this might be to your medical advisors.

Instead of looking at this situation through a myopic lens which emphasises everything outside individual health, imagine the impact of a heart-felt inspiring speech by our medical and health leaders – eat more fresh produce, drink less alcohol, eat less animal-based food, exercise more, sleep more, get fresh air and sunshine regularly, watch less TV, lose weight and so on.

Imagine if the Australian people were inspired by uplifting speeches about how such changes could improve individual immunity to not only COVID-19 but all microbial-associated infections, including the flu. Imagine the impact on our improved national health. Imagine the savings due to less health care spending!

Prime Minister, history, as you know, is replete with examples of events producing inspiring leadership. Leaders get the best out of followers through inspiring communication – an inspired vision coupled with a heart-felt, passionate call to action! Inspiring leadership needs inspiring communication.

Imagine a talk to the people of our great country on how Australia could become the sixth country in the world to become a Blue

Zone. A Blue Zone, of which there are five in the world, is an area which experiences the highest level of health and longevity in the world, and the least incidence of chronic and infectious diseases. Imagine that – Australia becoming a Blue Zone!

Mr Morrison, poor health is by far our greatest risk for all disease, both chronic and infectious. Our chronological age is far less important than our biological age.

I exhort you to recant your "vulnerable" tag to those over 70, publicly. Please explain how individual health is paramount in not only preventing all microbial-associated diseases, but also in preventing and often reversing many chronic diseases.

I exhort you to also give me the opportunity to address this issue to the Australian public. I am a qualified doctor in Allied Health and have studied health and wellness for over 40 years.

Let me cast a passionate, national vision to this great country that we, the Aussie public, can become a world leader in health and longevity, joining the esteemed Blue Zones as its 6<sup>th</sup> member.

I await your call. Imagine!

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

### Seminar topics continued from page 15

For example, brown rice, quinoa, wholemeal or pulse pasta, raw unsalted nuts and seeds, dried fruit, canned/dried legumes (lentils, chick, borlotti, cannellini beans, etc.), tofu, tempeh and, most importantly, *fresh* produce! As fruits and vegetables are the foundation of the WFPB diet, you will need to seek out the best produce (organic is best) in your area. I am always on the lookout for produce when out and about, as it is a priority.

#### KISS – keep it stupidly simple:

You don't need to have a 'gourmet' attitude when preparing every meal. The less ingredients the better.

#### Preparation is key:

Prepare a few meals a few days in advance, so you are not impulsively eating. It is very easy to lose your discipline when tired and hungry, especially if you have no healthy meal prepared.

#### Experiment:

Food does not need to be boring! There are oodles of recipes available through the internet. One of my favourites is Forks Over Knives, [www.forksoverknives.com](http://www.forksoverknives.com)

#### Enjoy:

A healthy attitude towards this new way of eating will always produce positive results in more ways than you can imagine, so enjoy experimenting with the WFPB diet!

## Natural Health Society T-shirts & Polo shirts

### Specials for our 60th Anniversary

Men's and Lady's polo shirts, white or blue \$45 each

Men's T-shirt, white or blue \$35 each

Lady's T-shirt, white or aqua (round or scoop neck) \$35 each

Plus postage \$11

**All sizes available**



**ORDERS TO SOCIETY,**  
**phone**  
**02 4721 5068;**  
**email**  
**admin@health.org.au**



# Legal challenge to the Federal Government over 5G

**Under the letterhead of ECSFR – Environment and Community Safe from Radiation Inc., the following letter had been sent to the Australian Government**

*[The last section of the letter is omitted to save space.]*

**To: Dr Brenden Murphy  
Chief Medical Officer  
Australian Government**

**Via Email:**

**brendan.murphy@health.gov.au**

**13th April 2020**

## **LEGAL NOTICE: CEASE AND DESIST**

**Dear Dr Murphy,**

This correspondence is based on a genuine concern for the health of the nation.

We refer to your press release of January 2020: [www.health.gov.au/news/safety-of-5gtechnology](http://www.health.gov.au/news/safety-of-5gtechnology), titled 'Safety of 5G Technology'.

In this release and in your capacity as a medical doctor, most senior medically qualified public official in the Nation, Company Director and Board member of the IARC, you make the following statements (highlight added):

1. I'd like to reassure the community that 5G technology is safe.
2. The radio waves to which the general public are exposed from telecommunications are not hazardous to human health.
3. There is no evidence telecommunication technologies, such as 5G, cause adverse health impacts.

The evidence in this letter, is an extract from a wider body of evidence (including

from the same sources you rely on being ARPANSA and WHO/IARC), which we believe demonstrate your statements to be false and misleading. Further, in your capacity as a medical doctor, CMO and Board member of the IARC, we question if a reasonable person would consider you had a duty of care owed to them, and if you knew or should have known your statements to be misleading.

Your statements may be relied upon by the general public, public officials, investors and company boards, and as a consequence, may result in personal harm and economic loss. We believe that Section 307B of the NSW Crimes Act<sup>(1)</sup>, along with other legislation<sup>(2)</sup> could be considered in assessing the consequences of your statement.

In any judgment, the extent to which the offender held a superior position of control, authority or specialist knowledge may be factored in.<sup>(3)</sup>

As time is of the essence and given the AUD500 Million<sup>(4)</sup> escalation of the 5G roll-out in circumstances where the Nation is in self isolation, we the people, require that within 14 days of today's date you undertake the following action to mitigate risk of harm:

- a. Publicly retract your above-mentioned statement, and
- b. Officially notify all councils (responsible for planning), all schools (responsible for children), all employers (responsible for workers), and all wireless Industry Boards, whom may presently be relying on your expert medical opinion of your retracted statement.
- c. Promote a moratorium on 5G until such time as it is proven to be safe and not hazardous.

If the above action is not taken within the specified time-frame, or you are not able to disprove our evidence presented, we

reserve the right to pursue action.

As you seem to be a reasonable man of integrity, we can only assume that you are not adequately informed of the state of the scientific evidence relating to the biological and health effects of 5G technology. We now provide a body of evidence to demonstrate why, in good faith and with genuine concern, we believe your statements to be false and misleading.

**In your press release, you state:**

"The radio waves to which the general public is exposed from telecommunications are not hazardous to human health."

The ARPANSA Technical report 182, "Non-ionising Radiation [NIR] Protection in Australia" states

While there are generally no specific occupational NIR exposure regulations in most states or territories, NIR could be treated as a general occupational hazard and protected through Work Health and Safety regulations.

While there are no specific occupational exposure regulations in most states or territories, RF could be treated as a general occupational hazard and protected through Work Health and Safety regulations.

The trend of received inquiries declines significantly as exposure to NIR becomes more hazardous towards optical sources. This clearly shows a higher risk perception where science has not demonstrated a hazard from the exposure and more acceptance or even complacency where effects have been shown<sup>(5)</sup>.

The ARPANSA Technical report 178, point 12 under special areas of research, acknowledges potential hazards are to be investigated:

"Research on mm waves including investigating the potential hazards and

the adequacy of the current limits in the Australian RF standard."

The World Health Organisation (IARC) classifies electro-magnetic radiation (radio waves) RF as a Class 2B Carcinogen, a potential carcinogen. You may be aware that there have been recent calls (given NTP and other research) to upgrade that classification to a definite carcinogen.

A potential (or actual) carcinogen is hazardous to human health or it would not have been classified as a potential carcinogen. ARPANSA's flawed study,<sup>(6)</sup> which omits a large section of the population, seems to dismiss the WHO classification (based largely on the link between glioblastoma and mobile phone use).

According to [www.health.gov.au](http://www.health.gov.au), you are the Australian Member on the International Agency for Research on Cancer (IARC) Governing Committee and you represent Australia at the World Health Assembly.

Being on the IARC governing committee, a reasonable person would consider you were a party to or aware of the Class 2B carcinogenic classification and the recent call for an upgrade to the carcinogenic classification. Yet, in this capacity you assure the Australian people a potential carcinogen is quote "not hazardous to human health", and "safe".

As a member of the IARC, the CMO has assisted in the adoption of workplace health and safety measures for other Class 2B carcinogens to which workers have a high chance of being exposed (for example, lead). Why not EMR WHS as well, as this was minuted as an issue in the formation of the original ARPANSA 'Standard'? This issue was never followed through (TR182 confirms that), resulting in – almost two decades of possible harm that the audit trail demonstrates the Government is well aware of.

#### **In your press release, you state:**

"There is no evidence telecommunication technologies, such as 5G, cause adverse health impacts."

ARPANSA admit that 5G penetrates the skin and eyes, but assert that effects of 5G will be limited to the skin and eyes. As a medical doctor you cannot legitimately accept such a statement as sound science. This is analogous to stating "I spray DDT on the leaf and therefore the effect is only on the leaf". This is an unscientific statement. 5G uses millimetre waves (mmWaves) and there is an abundance of evidence (in fact, quoted by the World Mobile Forum<sup>(7)</sup>) to show there are therapeutic goods therapies using mm wave (that is, the same frequency bands as 5G) to treat over 30 diseases. Such treatment (small dose and small duration), penetrates the skin so as to be transmitted by the nerves to the brain,

releasing chemicals into the blood stream (including endogenous opioids). As someone who has made an admission of the study Opioid use,<sup>(8)</sup> you may be aware that these therapeutic effects include:

- Sedative and analgesic effect.
- Stimulation of the immune system.
- An anti-inflammatory response.
- Change cell growth and proliferation rates.

To quote from one<sup>(9)</sup> of many papers demonstrating health effects:

"The resulting "millimetre wave signal" is transmitted through the cutaneous nerve through the dorsal root ganglion into the spinal cord. At the first synapse in the spinal cord, there is a release of endogenous opioids.

The release of endogenous opioids occurs in at least two other spots in the brain. The subsequent release of endogenous opioids into the bloodstream spreads these chemicals throughout the body, and certainly is adequate for explaining why pain relief can result from MMW exposures.

#### **REFERENCES**

- 1 [http://www5.austlii.edu.au/au/legis/nsw/consol\\_act/ca190082/s307a.html](http://www5.austlii.edu.au/au/legis/nsw/consol_act/ca190082/s307a.html)
- 2 Section 18 of the Australian Consumer Law Schedule 2 of the Competition and Consumer Act 2010
- 3 Section 12DA of the Australian Securities and Investment Commission Act 2001
- 4 States and territories of Australia each have Fair Trading Legislation
- 5 Medical negligence when the misleading information leads to harm, and
- 6 <https://emergencylaw.wordpress.com/2019/06/07/uk-case-on-liability-of-statutory-authorities/>
- 7 <https://www.rcrwireless.com/20200320/5g/telstra-suspends-job-cuts-accelerates-5g-rollout-faceof-covid-19-crisis>
- 8 A matter that requires public education, not exploitation.
- 9 A recent ARPANSA study ignores all cases of brain cancer in people over 60y.o., which distorts the prevalence of glioblastomas relative to the UK study. *BMJ Open* has posted a response to the ARPANSA/ACEBR paper by Alasdair Philips, he concludes, in part: "In my opinion, their article unreasonably and misleadingly distorts the literature on modern detailed brain tumour incidence trends.
- 10 The fact that it passed peer-review raises questions as to the competence and independence of the review process."
- 11 <https://www.mwfai.org>
- 12 <https://www.canberratimes.com.au/story/6595870/top-health-official-brendan-murphy-breaks-with-tradition/>
- 13 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3522782/>

# BE WARY OF EMF POLLUTION

## – A 21ST CENTURY HEALTH IMPERATIVE

**Summary of an article  
by Dr Joseph Mercola, 21<sup>st</sup>  
January 2020**

The primary danger of electromagnetic fields (EMFs) — and what drives the processes of much chronic disease — is the mitochondrial damage triggered by *peroxynitrites*.

Peroxyntirites are potent free radicals, consisting of oxygen and nitrogen, and associated with systemic inflammation and dysfunction of mitochondria [the energy-producing units in the nuclei of cells], and are thought to be a root cause for many of today's chronic diseases.

You cannot see, hear or smell EMF, and most of us do not feel it. Still, biological effects are taking place whether you're able to sense them or not.

The number of people reporting pathological hypersensitivity to EMFs is rising. Between 1994 and 2008, the prevalence of electromagnetic hypersensitivity syndrome in Austria rose from 2% to 3.5%. In 2011, Taiwan reported an incidence rate of 13.3%.

The possibility of large portions of the population being unable to work or live as free individuals due to incessant, elevated exposure to EMF is a very real threat to society.

There are very few EMF-free zones left on the planet, and such zones will further shrink with the global implementation of 5G.

# 'What Doctors Don't Tell You' magazine banned in Australia

**FREEDOM OF SPEECH**



A blog by Lynne McTaggart of WDDTY, 1st May 2020

Several days ago, we learned that our magazine *What Doctors Don't Tell You* had been slated by a drive-time radio host in Australia, and that his statements led to the magazine being pulled from two supermarket chains, Coles and Woolworths.

This raises a number of issues about wholesale censorship now occurring throughout the media you read, which is why I bring this up.

*What Doctors Don't Tell You* has been published by my husband, Bryan Hubbard, and I in some form in the UK and the US for 30 years, and it is also licensed by foreign publishers for release in 16 other countries. They are obliged to publish at least 80 percent of our content.

One of the new licensees is Nuclear Media in Australia.

## Stirring up outrage

The radio host in question, Ben Fordham, an ex-sports reporter, is a shock jock. His job is to slap awake his listeners during their afternoon commute, so he's on the lookout for anything he can use to rustle up a campaign of outrage.

Taking a cue from Ben's campaign, here's what the website of his radio station 2GB recently wrote about us:

"The magazine *What Doctors Don't Tell You* is stacked page-to-page with conspiracies, dangerous misinformation and dodgy medical advice.

"On the front page, hydrogen gas is advocated as a heart disease treatment, and it warns of dangers associated with 5G and Wi-Fi networks.

"The magazine's website contains further unfounded claims linking vaccines with autism."

That so-called 'dodgy information' of ours largely derives from medical and scientific journals. Although written for consumers, each issue of WDDTY is packed with

hundreds of medical references, placed at the bottom of each article.

Every article is meticulously checked by a production team, with our chief copy-editor having a PhD from Imperial College, London, one of the top science universities in the world. She also edits many prestigious medical journals, and one of her jobs with us is to check every last medical fact and reference, which she does painstakingly.

Hydrogen gas as a promising therapy is nothing new; there is a good deal of evidence supporting its use, and many doctors around the world are treating patients successfully with it.

The latest story we reported on vaccination and autism concerned the fact that the The US Centers for Disease Control and Prevention (CDC) had been forced to concede that its reassurances to parents that childhood vaccines don't cause autism are not based on any scientific evidence.

We had written, "The admission followed a Freedom of Information request lodged by the vaccination campaign group called Informed Consent Action Network (ICAN), which had asked the CDC to produce all the studies it relied on to claim that a host of vaccines (but not the MMR) do not cause autism. The CDC could not produce any evidence to support their claims."

We did not and do not say that vaccines are linked to autism. We reported evidence showing that one of the world's leading health agencies is lying to the public.

That, to us, is a story that you, the public, need to know about, particularly as it was not covered by any of the mainstream media.

The 5G story is an extract of a book written by Dr Joseph Mercola, containing both scientific evidence and sensible advice about how to limit your exposure to Wi-Fi (such as turning it off at night).

It does not, by the way, link 5G to coronavirus – nor do we.

But this is not a story about Ben Fordham or his belief that we should be banned – a position proving very unpopular, judging by the hundreds of listeners shouting about it on his social media pages and to other publications. This is purely and simply about censorship – the shutting down of any point of view other than the official government and mainstream medical lines about issues relating to our health and medical treatment.

## Shutting down any debate

I am increasingly shocked by the wholesale willingness of today's journalists to automatically disparage any evidence or point of view other than the official ones fed to them by the government and other authorities.

Anyone who simply questions whether a vaccine is safe or effective, or even offers evidence suggesting that a vaccine may not be well-tested or that a government may have lied and covered it up is immediately branded an 'anti-vaxxer.'

This is particularly worrying considering the rush to find a new vaccine for COVID-19. Will no journalist be willing to investigate whether it is safe or effective?

I am astonished that social media companies are now allowed to determine what is or what is not worthy of public consumption when it comes to health.

Recently, after interviewing a prestigious UK doctor, who is part of a worldwide team of medics studying the effects of high-dose vitamin C on both the prevention and treatment of COVID-19, our Facebook post about it got labelled 'fake news.'

Who is determining this? And what is the agenda behind shutting down any

reasonable and open debate? (I remind you that Facebook has just purchased two drug companies.)

What is the difference between these kinds of 'for-your-own-good' tactics and the kind of censorship employed by China today or *Pravda* under Russian communist rule?

In its Universal Declaration of Rights, the United Nations wrote that the right to freedom of opinion is a basic human right and includes: "Freedom to hold opinions without interference and to *seek, receive and impart information and ideas through any media and regardless of frontiers.*"

I had thought we'd long ago figured out that freedom of speech is where all other freedoms start. "Whoever would overthrow the liberty of a nation must begin by subduing the freeness of speech," wrote Benjamin Franklin.

Because when you thumb through history, you discover that shutting down free speech is exactly where every kind of oppressive move against a free society begins.

## You can help

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Or fill out the customer service form:

<https://www.coles.com.au/customer-service/contact-us>

Address your comments to Steven Cain, the managing editor and CEO.

### For Woolworths:

Telephone: 02 8885 0000

Or fill out the form:

[www.woolworthsgroup.com.au/page/contact-us/general-enquiry/](http://www.woolworthsgroup.com.au/page/contact-us/general-enquiry/)

Address your comments to Brad Banducci, managing editor and CEO.

## A TOUCH OF HUMOUR You won't believe this

From Nepean Men's Shed Inc. Notice Board, 20<sup>th</sup> April 2020

### How a stimulus package works

#### A delightfully novel solution for debt

It is a slow day in the small Saskatchewan town of Pumphandle in the USA, and streets are deserted. Times are tough, everybody is in debt, and everybody is living on credit.

A tourist visiting the area drives through town, stops at the hotel, and lays a \$100 bill on the reception desk, saying he wants to inspect the rooms upstairs to pick one for the night. As soon as he walks upstairs, the hotel owner grabs the bill and runs next door to pay his debt to the butcher.

The butcher takes the \$100 and runs down the street to retire his debt to the pig farmer.

The pig farmer takes the \$100 and heads off to pay his bill to his supplier, the Co-op.

The guy at the Co-op takes the \$100 and runs to pay his debt to the local prostitute, who has also been facing hard times and has had to offer her 'services' on credit.

The hooker rushes to the hotel and pays off her room bill with the hotel owner.

The hotel proprietor then places the \$100 back on the counter so the traveller will not suspect anything.

At that moment the traveller comes down the stairs, states that the rooms are not satisfactory, picks up the \$100 bill and leaves.

No one produced anything. No one earned anything. However, the whole town is now out of debt and now looks to the future with a lot more optimism.

And that is how a Stimulus package works.

### Squirrel infestation

The Presbyterian church called a meeting to decide what to do about their squirrel infestation. After much prayer and consideration, they concluded that the squirrels were predestined to be there, and they shouldn't interfere with God's divine will.

At the Baptist church the squirrels had taken an interest in the baptistery. The deacons met and decided to put a water-slide in the baptistery and let the squirrels drown themselves. The squirrels liked the slide and unfortunately knew instinctively how to swim, so twice as many squirrels showed up the following week.

The Lutheran church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist church. Two weeks later the squirrels were back when the Baptists took down the water-slide.

But the Catholic church came up with a very creative strategy! They baptised all the squirrels and made them members of the church. Now they only see them at Christmas and Easter.

Not much was heard from the Jewish synagogue. They took the first squirrel and circumcised him. They haven't seen a squirrel since ...

### Five tips for a woman

#### Source unknown:

1. It is important that a man helps you around the house and has a job.
2. It is important that a man makes you laugh.
3. It is important to find a man you can count on and who doesn't lie to you.
4. It is important that a man loves you and spoils you.
5. It is important that these four men don't know each other.

### Minestrone

*A lovely easy and warming slow cooker recipe for Winter. Preparation time 15 minutes. Cook on low, 6 – 8 hours*

**Serves 4**

#### INGREDIENTS

- 1 large red onion chopped
- 2 stalks celery, chopped
- 1 large carrot, chopped
- 150 gm green beans, cut into thirds
- 1 zucchini, sliced in strips
- 6 cups vegetable stock
- 1 cup fresh tomatoes, chopped
- 1 cup passata
- 1 cup cooked Borlotti beans
- 2 cloves garlic, crushed
- 1 Tbsp fresh parsley
- 1 tsp fresh oregano
- ½ tsp fresh thyme
- Freshly ground black pepper
- 30 gm small pasta shells, cooked
- 100 gm spinach leaves.
- Shaved parmesan to serve.
- [A vegetarian parmesan is available at some stores.]

#### METHOD

Combine all ingredients (except pasta and spinach) in a large slow cooker and cook on low for 6 – 7 hours. When cooked add pasta shells and spinach leaves and cook for a further 15 minutes.

Top with shaved parmesan and could serve with fresh bread.



### Winter Salad

**Serves 4**

#### INGREDIENTS

- 1 cup wild rice (cooked)
- 2 cups baby rocket, roughly chopped
- 1 fresh pomegranate, seeds only
- 120 gm Feta cheese, crumbled
- ½ cup dried cranberries
- ½ cup pecans, roughly chopped
- ½ cup spring onions, sliced.

#### METHOD

Mix all ingredients and toss with Hopewood French Dressing

#### HOPEWOOD FRENCH DRESSING

- 1 cup apple juice.
  - 4 Tbsp apple cider vinegar.
  - 2 Tbsp French mustard to taste.
  - Freshly ground black pepper to taste.
- Place all ingredients in a screw-top jar and shake vigorously until all ingredients fully mixed.



# Spinach Pie

A favourite Hopewood recipe

Serves 4

## INGREDIENTS

- 1 bunch silverbeet, chopped (remove very thick end stalks)
- 1 cup cottage cheese
- 1 red capsicum, chopped
- 2 celery stalks, chopped
- 2 cups mixed fresh herbs, chopped
- 1 brown onion, chopped
- 2 eggs
- Grated cheese for topping



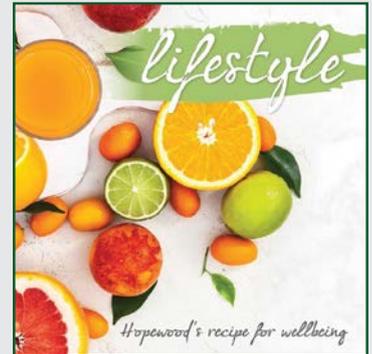
## METHOD

- Mix cottage cheese, capsicum, celery, herbs, onion and eggs in a bowl.
- Combine with chopped silverbeet so that silverbeet is completely coated.
- Place in a baking dish and top with grated cheese.
- Bake in moderate oven for about 40 minutes until you can feel silverbeet is cooked.
- Serve immediately.



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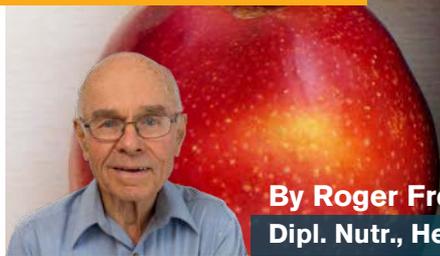
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# Therapeutic fasting

for detoxification and self-healing

## PART 2 – HOW IT'S DONE



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



### PREPARING FOR A CLEANSING DIET

The ideal would be to wait for a slight rise in body temperature before commencing the preparation, but as this will often be impractical, it is OK to commence when the opportunity arises.

The preparation for a cleansing diet commenced in the absence of acute illness involves scaling down food intake gradually and also taking it easy physically, depending on the anticipated duration of the cleansing.

Doing **one-day on juices** needs no preparation.

For **two days on juices**, the preparation could be as follows:

Day 1 – Fresh fruit and salads of bulky vegetables only; exclude bananas, as they are too rich. No concentrated foods, and definitely no coffee, tea, soft drink or alcohol.

Day 2 – Fresh fruit juices only, diluted with at least one-quarter water.

For **three days on juices or more**:

As above, but repeat day 1 before progressing onto juices. As the juice days progress, make the juices more diluted.

For **a two-day water fast**, a typical plan to suit most people would be:

Day 1 – As above (for 'two days on juices').

Day 2 – As above (for 'two days on juices').

Day 3 – Commence fasting, consuming water only, according to thirst.

For **a longer fast**, of say 7 to 10 days, it would be necessary to have two or

three days on fruit and salads, followed by a couple of days on diluted juices, according to how the body is progressing. An experienced practitioner's guidance is essential here.

### THE UNIQUE ROLE OF JUICES

Although water fasting normally facilitates the maximum rate of healing, juice diets may be more suitable for most people today because of reduced vitality due to chemical pollution and stress.

A juice diet is the ideal soft option to water fasting, as juices contain natural sugars, well balanced by minerals and vitamins, and so provide a little energy. In any case, the benefits should be greater than for fasting if fasting is not appropriate for that person at that particular time.

Although fibre is vitally important in the normal diet, the temporary absence of fibre during a detox period minimises stimulation of the intestines, conserving more energy for healing. This is why juices are more effective than are whole fruits and vegetables.

Where vitality is too low even for a juice diet, or if the person intends to continue some of their normal activities, whole fruit and/or vegetables is the appropriate cleansing diet – the softest option of all.

Pure, fresh **fruit** juices are better for cleansing, while pure, fresh **vegetable** juices, being 'heavier' in nature, are more suitable for building up the body following cleansing and also as an addition to normal eating. Nevertheless, it is OK to use vegetable juices during detox if desired.

### Which Juices To Use

The juices of most of the commonly used fruits and vegetables may be beneficial, with exceptions for certain ailments. If in doubt about a particular case, consult an experienced practitioner.

When fruit is at its ripest and sweetest, it is also richest in vitamins, minerals and other nutrients in their most useable form. Organically grown is a great advantage if available. Fruit needs to be in season and the juice agreeable to the individual.

The following juices are the most commonly used:

Apple	carrot
pear	spinach
watermelon	celery
grape	cabbage
grapefruit	cucumber
lemon*	parsley*
mandarin	dandelion*
orange	beetroot
pineapple	tomato**

\* small amounts only, well diluted with water or other juices

\*\* tomato needs to be suitable for the individual

Citrus juices, especially grapefruit and *diluted* lemon, are particularly suitable for excess mucous conditions. Oranges contain a substance that irritates the liver in some people, indicated by a tender liver or causing headaches. These people are best to avoid oranges.

Diluted lemon is a great way to start the day – any day.

Grapefruit juice, low in calories and high in potassium, is one of the best cleansing juices, except where peptic ulcers are present, as these will be irritated by the citric acid.

Apple, pear, watermelon and grape juices are gentle to most stomachs and are good all-round juices when in season. Watermelon juice can be taken straight, whereas grape juice, because of its richness in (natural) sugar, would normally be diluted at least 50-50 with water.

Tomatoes are suitable only if fully ripe, preferably vine-ripened.

The invaluable vitamin C is higher in the outer leaves of green vegetables which are usually thrown away.

Juicing enables these to be used, as well as the tops of carrots, beetroot, etc, provided they are well washed to remove pesticides and are not bitter with oxalic acid.

The juices of green vegetables are nutritionally superb, especially as these foods are strongly preventive against cancer. Combined with carrot and beetroot juices, this makes a very palatable drink. If there is such a thing as a true 'health cocktail', it would be this time-honoured *carrot-and-chlorophyll* juice, consisting of about one-third carrot and beetroot juices and two-thirds the juice of any or all of spinach, silverbeet, celery, cabbage, cucumber and small portions of parsley and dandelion and perhaps comfrey.

As part of a normal daily diet, this juice is an excellent supplement.

## SYMPTOMS THAT ARISE DURING SELF-HEALING

Elimination of toxic wastes normally increases greatly during self-healing. In most cases the individual will be unaware of this, but for some people, elimination will be so rapid as to manifest as symptoms. The cleansing process then becomes 'visible', as it is in acute disease.

If symptoms *do* arise during cleansing, there is no need to panic. They are almost invariably part of the healing process and, however much discomfort they may cause, are beneficial in the long run.

Symptoms rarely last long, often only half a day. If they do persist for more than a few days, it will be necessary to call a practitioner familiar with these methods. If drugs are used to suppress these symptoms, they will also suppress the detox and healing processes. By using hydrotherapy (water treatment), it is often possible to relieve symptoms without interfering with healing. In fact, hydrotherapy is designed to support the healing process. (See the last section of this chapter.)

The most common symptom is headache, usually the result of caffeine withdrawal. Because blood pressure typically drops a little, people are more susceptible to dizziness and fainting and need to be careful. Nausea, vomiting, fever or other symptoms can occur but less frequently.

The typical way the liver cleanses itself is by increasing its production of bile, which can

cause vomiting or diarrhoea, the motions usually being an orange-yellow colour. Although very distressing, this process is extremely beneficial for long-term health because the liver is the body's biochemical laboratory and needs to be able to do its work without obstruction.

Feeling weak is normally not a cause for concern and is to be expected in the absence of normal meals. Surprisingly, some people maintain full strength. Either way, strength level while cleansing is not particularly important. When eating is resumed, strength is rapidly restored to normal or better. A short period of weakness is a small price to pay for the great and lasting gains brought about by the detox process.

## BREAKING THE DETOX DIET

Breaking a cleansing diet is roughly the reverse of the preparation procedure.

**Breaking a three-day juice diet** may typically be as follows:

Day 1 – Fresh fruit, then vegetable salads. Avoid bananas, and for the veges use only bulky, water-rich vegetables like lettuce, cucumber, tomato, celery, carrot, beetroot, etc.

Day 2 – As for day 1, but with the addition of a protein food such as nut milk, ground nuts or cottage cheese. Ripe bananas could now be included with the fruit.

Day 3 – Normal meals in accordance with Natural Health Dietary Guidelines.

**A five-day juice diet** could be broken as above, but repeating day 1, then continuing as for days 2 and 3.

**A two-day water fast** may typically be broken as follows:

Day 1 – Fresh fruit juice, one glass about every 3 hours. The first juice should be diluted to three-quarters water, and the following juices gradually strengthened so that the last juice of the day is only

one-quarter water. Watermelon juice needs less dilution than this, or none at all.

Day 2 – Fresh fruit, then vegetable salads. Avoid bananas and use only bulky, water-rich vegetables like lettuce, cucumber, tomato, celery, carrot, beetroot, etc.

Day 3 – As for day 2, but with the addition of a protein food such as nut milk, ground nuts or cottage cheese.

Day 4 – Normal meals in accordance with Natural Health Dietary Guidelines.

For **longer fasts**, the breaking process would normally be more gradual and would be regulated by the supervising practitioner.

The most difficult part of the entire detox program lies in breaking the juice diet or fast without overeating. During fasting there should be no appetite, but once eating is resumed, appetite is reawakened and there is great interest in food. It is extremely difficult to not overeat.

If eating gets out of control, it is possible to undo much of the benefit that has been achieved. Strong self-discipline will be necessary. If there has been professional supervision, continue with this until normal eating is resumed. The way to make the process relatively easy is to be at a health retreat that has extensive experience in self-healing.

## It's Also Important to Know ...

### WHERE TO UNDERGO SELF-HEALING

The primary requirements for carrying out self-healing are seclusion, peace and quiet. Complete freedom from worry, tension or stimulating factors such as noise or food aromas is essential.

The home is usually a poor place to detox because of the likelihood of opposition or interference from other people. Homes

## Fasting

### Professionally supervised fasting is available in NSW

The supervisor is Doug Evans, who is well known to many Natural Health Society members. Doug 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.

Very modest fees include daily consultations, monitoring tests, access to health videos and a health library and healthy

lifestyle talks. Also provided are the plant-based meals required for preparing for the fast and breaking it.

**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**



located in crowded, noisy cities where the air is polluted are most unsuitable.

The best place is a health retreat in a rural environment where guidance and reassurance by practitioners, as well as the care and support of other staff and guests, provide optimum conditions.

## EXERCISE DURING SELF-HEALING

It is essential to conserve every scrap of nerve energy for the healing process. People who want to lose weight in a hurry sometimes continue strenuous exercise during cleansing, assuming that this will burn up more fat. But it is more likely to do the opposite, burning muscle instead of fat and retarding weight reduction, as well as decreasing or preventing healing.

Strenuous exercise diverts critical energy away from healing, frustrating the body's efforts and possibly causing harm. If on a water fast, complete rest, preferably bed rest, is essential. On a juice diet, very light activity such as short, easy walks may be appropriate. If you are excessively tired afterwards, you have overdone it and should do less next time.

## SELF-HEALING AND THE MIND

Reducing toxæmia improves the functioning of the brain. Typically the mind clears, memory sharpens and alertness is enhanced.

Interestingly, students who miss a meal before an exam, or at least eat lightly, often find that their minds are clearer during the exam – provided they are not sufferers of hypoglycaemia or diabetes.

During the cleansing process itself, however, mental fogging and emotional upsets may be experienced as toxins are flushed out of the system. This is almost always temporary and any distress of the mind will usually pass in due course. Once again, an experienced practitioner can help allay any fears.

## HUNGER

Contrary to expectations, there is normally no hunger associated with a properly conducted detox diet, except perhaps during the first day or two.

False hunger, on the other hand, is quite common. It may result from boredom, watching TV advertisements for food, habit at regular mealtimes or 'hunger pains' which are not true hunger, but the sign of an overworked stomach begging for rest – begging for mercy!

If genuine hunger does develop, this tends to indicate that self-nourishment is not proceeding adequately and there is a need to increase the intake of food. A practitioner's assessment of the reason for the hunger would be desirable.

Genuine hunger arises normally at the body's own natural completion of its

cleansing process, indicating that it's time to break the fast or juice diet and resume eating. However, it is rarely practicable to detox for the long time required for natural completion.

## SMOKING, THE PILL AND OTHER DRUGS

During water fasting, the effects of drugs (medical or otherwise) are greatly amplified and can be dangerous, most being toxic to a degree and some also stimulating. Under normal circumstances, food acts as a buffer to the toxicity of drugs.

Consequently, it is strongly advisable when fasting to avoid any situation that could lead to accident or injury. A medical practitioner may not know that an injured person has been fasting, and the administration of drugs, painkillers, transfusions, etc, could be disastrous. The fasting person should remain safely at home or at the health retreat at all times.

Nicotine, alcohol, caffeine and the contraceptive pill are all drugs as far as the body is concerned and must be strictly avoided during fasting. If there are any which the individual cannot or will not do without, *fasting should not be undertaken*. The appropriate alternative in most cases would be a juice diet or fruit-and-salad diet. The guidance of an experienced practitioner is best sought at the outset.

## Hydrotherapy – To Promote Healing and Pain Relief

Hydrotherapy is a range of specialised water-based treatments designed to stimulate general or local circulation in the blood vessels. This in turn assists an injured or diseased area of the body to heal by allowing more metabolic wastes and other toxins to be removed and more nutrients, etc, to flow into the area.

The treatment is applied in the form of either an immersion bath or hot/cold water compresses. The water itself, while soothing in its effect, does not create the response in the tissues. The response is due to the heat or cold applied to the area.

The general rule is that heat expands vessels, increases blood flow (making skin reddish) and relaxes nerves and tissues, while cold constricts vessels, reduces blood flow and stimulates nerves and tissues.

Acute conditions, such as sprains and strains, require cold applications to reduce swelling and therefore reduce tissue damage. Chronic conditions, such as still joints and aching back, require heat to soothe and relax the area. Hot and cold can often be used alternately to stimulate an area for more rapid recovery. The pattern to be used for alternating treatments is three minutes of hot and one minute of cold, repeated three times altogether.

Hydrotherapy should not be regarded as a

primary therapy, but rather as a supplement to other forms of therapy.

Here is a brief description of the more common techniques.

**Hot and cold sitz baths.** These produce a flushing effect in the pelvic region, which helps relieve chronic constipation and pelvic pain. Sit for three minutes in a tub of warm water at approximately 40 °C with the feet in a bowl of cold water. Then for one minute, sit in another tub containing cold water with the feet in hot water. Repeat this process three times in total – being sure to finish sitting in the cold tub – and then dry briskly with a towel and dress warmly. During the bath, be warmly clad on upper body and legs – you must not feel chilly.

**Hot and cold leg baths.** These stimulate circulation in the legs and help fluid retention, cramps, restless legs, chronic injuries and possibly varicose veins. A suitable leg bath is a clean garbage bin, two of which are required. The procedure and water temperatures are similar to those for sitz baths, that is, three minutes in very warm water and one minute in cold, repeated twice more.

**Hot and cold hand baths.** Are good for circulation, arthritis and chronic injuries in the hands. As with the above procedures and using a bowl of hot water and a bowl of cold, bathe the hand in each for three minutes and one minute respectively, and repeat the cycle twice more. Dry promptly.

**Hot and cold foment.** With chronic conditions, these are used to stimulate circulation for healing and pain relief in parts of the body where baths can't be used. Wrap a hot-water bottle in several layers of towel and place on the affected part for three minutes. Then rinse another towel in cold (not freezing) water, wring gently so that it doesn't drip, and place on the area for one minute. Repeat the cycle twice more. Take care that the hot phases don't burn the skin – use more layers of towel if necessary.

**Cold compresses.** Apply to sprains, bruises, inflamed areas and insect bites. A cold compress consists of a cold, moist piece of cotton sheeting, wrung out lightly so as not to drip, and placed over the affected area. The cotton must be completely covered (every single square centimetre!) by a piece of woollen material – a strip of an old pullover or old blanket will do, but it must be wool, not synthetic. Use tap water, not ice, except that in summer the water can be cooled a little with ice.

A cold compress can have such drawing power, that if one is placed on a limb, it is also necessary to place one right around the waist (about 200 – 250 mm wide) in order to prevent the limb compress from 'pulling' toxins into the limb from the entire system.

*continues page 28*



# SHINGLES – knocked out in seven days

By Roger French, Health Director, Natural Health Society of Australia

On Saturday 21<sup>st</sup> March 2020, I attended the Natural Health Society Get Together dinner at the Goji Restaurant in Penrith. Next morning my face swelled up and was blistered and sore. What on Earth had I drunk or eaten at the dinner that was so bad for me?

It turned out nothing. I realised that the first tiny symptoms had appeared during Saturday, well before the dinner. There were two tiny lumps, like the beginnings of pimples, on the base of the left nostril and nearby on my left cheek.

During Sunday there was a mighty flare-up. My left cheek was swollen over the cheek bone, the skin from the left temple to the left side of my nose was red and stinging sore and there were small blisters on the cheek. During the day, the blisters exuded clear lymph and produced clear, dry exudates. All classic symptoms of shingles, we discovered.

I found out later that shingles in us older people often occurs on the face. Also that if shingles on the face involves the eye, it can impair vision. Although the swelling in my cheek partly closed the eye, it didn't get to the eye itself and my vision has not been affected – luckily for a magazine editor!

I knew that I needed to fast immediately – and nothing could have been easier. I had no appetite at all, and with my sore face, I just wanted to rest and drink water according to thirst.

The next day, Monday, the area was still very swollen, sore and stinging to touch and the blisters were weeping lymph. I continued fasting, water only. In the morning I still had enough strength to feed the chooks. During the day I rested in bed or in a chair or watched television for a while to relieve boredom.

By the third day on water, the pain had gone completely. The swelling had eased slightly, but had extended down to the left side of my mouth.

My strength was, as to be expected, fading steadily. By the Thursday, the fifth day on water, I had just enough strength to feed the chooks, and then back to bed. During the afternoon I watched TV for a while. The swelling was now much reduced, except beside my mouth and there was still no pain.

By Friday all the swelling was gone, except for a little puffiness beside the mouth. There were dry lymph scabs over the cheek and side of my nose. My strength was very faded now and I had to ask somebody else to feed the chooks. If I got out of bed too quickly, I would become dizzy and risk fainting.

My wife, Elizabeth, had purchased some Multi-Sticks for urine tests, so I carried out urine tests today. The pH was between 5.0 and 6.0, which is mildly acidic and a sign of elimination occurring. Other tests were all normal or very close to it.

I had fasted on water for seven days altogether and broke it on the Sunday.

On the advice of Doug Evans, I broke the fast at 8am with a juice of apple, celery and carrot plus about one-quarter of the glass water. At 11am the same juice again. My sharpened sense of taste found this juice delicious. In the afternoon, my first solid food was watermelon at 2pm and again at 5pm. At 8pm I had apple juice and water, half and half.

This three-hourly pattern of re-introducing my stomach to nutrition is something I had learned at Hopewood Health Retreat.

My blood pressure at 11am today was 128/78 and pulse 59.

On Monday I upped the nutrition a little, having the same juice at 8am, watermelon at 10am and a fruit salad at 1pm, the fruit salad consisting of papaya, banana and grapes. In the evening at 6pm a vegetable salad with grilled sweet potato.

My blood pressure at 9am today was lower than yesterday at 125/75 and pulse 59.

On Tuesday it was time to introduce some protein food. I had the same eating pattern as yesterday, except for having nuts with the evening vegetable salad plus a dressing of apple cider vinegar and olive oil.

By Saturday 4<sup>th</sup> April my strength had returned to about 70 percent of normal and I was able to do an hour's lawnmowing. Next day, stronger still and I completed the lawn mowing.

On Monday I went to work in the Society office in Penrith.

Symptoms were now completely gone, except for a slight sensation in the skin of my left cheek.

I would have missed the Society's Autumn Seminar, but it was cancelled anyway due to the coronavirus hysteria.

Talking to people lately, I have found that shingles is quite common and can take weeks, months or even years to fade away. But then, the vast majority of people don't know about fasting or how to carry it out. I am mighty glad that I *do* know, because I achieved rapid pain relief and rapid recovery.

# Child with rare birth defect; doctors amazed by progress

By Joe and Kim,  
Joshua's parents



Our son, Joshua, was born with *tracheo-oesophageal fistula with oesophageal atresia*, a major birth defect that wasn't able to be detected during the pregnancy. Within five hours of birth, he was diagnosed as being a TOF baby'. This basically meant that his oesophagus (throat) was in two parts that didn't connect to each other, and also his trachea (wind pipe) connected to the oesophagus.

Joshua had life saving surgery and was in intensive care for the first month of his life.

Following discharge, we were told of the risks of reflux and the potential dangers to his oesophagus. He was heavily medicated for reflux and we were told that this would be "for life" medication, or else he would risk damaging his oesophagus, potentially resulting in oesophageal cancer.

Even though modern medicine saved his life and we were well-supported by the team at Sydney Children's Hospital, we wanted to seek a more natural-based way to treat Joshua's symptoms. In particular, we wanted to try to avoid any ongoing medication, because we were concerned about the short- and long-term side effects of these medications.

Also, we wanted to ensure he was as strong and healthy as possible, so that he could avoid suffering the respiratory infections and illnesses that TOF kids are prone to, which would require even more medications.

We turned to naturopath, Robyn Chuter of Robina on the Gold Coast, who helped us with dietary advice and also supplements to reduce gastro-oesophageal reflux and inflammation in Joshua's surgically-repaired

oesophagus. She was always honest about the potential benefits and risks of each intervention, and she went above and beyond in terms of dietary and supplement advice, even giving tips on where to buy at the lowest price. Her advice was always practical and provided without any judgement, and with respect for our own personal beliefs.

Joshua attends the TOF Clinic at Sydney Children's Hospital on a yearly basis. The TOF team are always very impressed with his progress. Joshua doesn't suffer from many of the normal symptoms associated with TOF children and we feel that a major part of this is due to the advice provided by Robyn regarding diet and supplements. We were advised that it is "unheard of" in these TOF children to not show signs of reflux.

We recommend Robyn, not only for people with this issue (as this is a very rare issue), but for all issues. All four of our little family have used Robyn for various ailments and issues and in times of need, either physical, emotional or mental. We know we can always turn to Robyn to put us back on the right track!

Apart from Robyn's amazing knowledge on all facets of life and treatments, she is realistic and looks and relates to issues that are affecting you. You never feel like you are being judged, she is compassionate and she cares.

**Robyn can be contacted by email: [robyn@empowertotalhealth.com.au](mailto:robyn@empowertotalhealth.com.au); or by phone 0432 766 884. Web [empowertotalhealth.com.au](http://empowertotalhealth.com.au)**

Continued from P26

Steam inhalations. These help clear nasal passages and ease respiratory conditions. Place about a litre of boiling water in a bowl, sit with the head over it, and cover both head and bowl with a towel. Inhale until there is no more steam. Take care not to burn the airways.

Some general guidelines for hydrotherapy need to be kept in mind:

Sit or rest comfortably during the procedure;

Watch for any reactions that may indicate sensitivity to heat or cold;

Cease the treatment if pain increases;

Do only one hydrotherapy treatment at a time;

Limit treatments to two per day, because more than this could drain vitality.

## Summary

A properly conducted fruit-and-salad diet, fruit diet, fruit-juice diet or water fast facilitates substantial detoxification – or 'spring-cleaning' – of the body. This initiates deep-seated healing processes which may otherwise never occur.

As soon as acute disease with fever commences, or when appetite is lost for other reasons, it is appropriate to fast on water only, but be sure not to fast for more than two or three days without professional supervision. If there is a medical condition, such as blood-sugar-level disturbance, emaciation, etc, don't fast at all without professional approval.

If there is no fever present, it will be necessary to prepare for the detox diet over a number of days. For the majority of people for whom water fasting would not be favourable or appropriate (or appealing!), a fruit juice diet is usually the most suitable alternative. The reasonable limit without supervision would be five days.

The softest option is a diet of fresh fruit or fruit and vegetable salads, with a limit of one week without professional supervision.

However, at any stage at all, if there is any uncertainty about progress, be prepared to seek professional advice. If this is not possible, *gradually* resume normal healthy eating.

We need not protest too much about minor discomforts or boredom during the cleansing period. They are a small price to pay for the enormous benefits to long-term health and wellbeing that follow properly conducted detox/self-healing. The detoxing may overcome the detrimental effects of perhaps many years of modern living.

# Antarctic Floating Ice Walls Protect Against Warming Seas

A recent study published in the journal, *Nature*, has explored the physics behind the warming ocean currents around the Antarctic coast, finding floating ice walls offer some protection to the ice sheet by limiting the amount of ocean heat that reaches the ice.

The research was led by the University of Gothenburg and used data and research from Australia's National Science Agency, CSIRO.

Floating ice walls – the edge of the floating ice shelf – are connected to landmass. Icebergs detach from ice shelves to join the ocean.

The Antarctic ice sheet contains enough ice, if melted, to raise global sea levels by tens of metres so improving our understanding of the stability of the Antarctic ice sheet – and the processes which could slow or speed its rate of melt – are of critical importance globally.

Researchers found that floating ice walls partly deflect warm ocean currents that would otherwise penetrate cavities beneath the floating portions of the ice sheet.

CSIRO researcher at the Centre for Southern Hemisphere Ocean Research (CSHOR), Dr Laura Herraiz-Borreguero, said one important control on ice loss from Antarctica was what happened where the ice sheet meets the ocean, where a large amount of ice melts.

“The Antarctic ice sheet reaches the ocean through ice shelves, which are the floating edges of the ice sheet,” Dr Herraiz-Borreguero said.

“Like a dam wall, these ice shelves slow down the rate at which grounded ice is discharged to the ocean, where it melts and contributes to sea level rise.”

The question of how warm ocean currents made their way to the ice sheet, beneath the floating ice shelves, has been a long unanswered question for researchers.

More knowledge has now been obtained by studying data collected from instruments that Dr Herraiz-Borreguero and her colleagues placed in the ocean in front of the Getz glacier ice shelf in West Antarctica.

The Getz glacier culminates in a vertical edge, a floating wall of ice that continues 300 to 400 metres down into the ocean.

Warm ocean currents flow beneath this edge, towards the deeper grounded ice.

The researchers found that the warm ocean currents were blocked by the floating ice edge, which limited the extent to which the warm ocean could reach the ice.

The floating ice blocks about two thirds of the thermal energy carried by the ocean currents, which travels up towards the Antarctic ice sheet from the deep Southern Ocean.

The results of the study have provided researchers with a greater understanding of how glacier areas like the Getz work.

“Our work highlights the importance of the floating ice shelves, and in particular, their ice fronts, as key areas that should be closely monitored,” Dr Herraiz-Borreguero said.

“If the ice front walls were to thin and disappear, a much greater portion of ocean heat would be delivered towards the grounded Antarctic ice.”

Researchers believe that the studies provided them with significantly better tools to be able to predict future sea level rise.

***This story was originally published on CSIRO.au. You can read the original article here: [www.csiro.au/en/News/News-releases/2020/Antarctic-floating-ice-walls-protect-against-warming-seas](http://www.csiro.au/en/News/News-releases/2020/Antarctic-floating-ice-walls-protect-against-warming-seas)***

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Photo Credit: Anna Wählin. Getz ice shelf.

# Antibiotics – from wonder drugs to desperate measures



a blog by Lynne McTaggart, posted 14th June 2019

I have a decidedly love-hate relationship with antibiotics. On the one hand, I have to admit that I owe my life to them. In 1942, when my mother was 24, her dentist unwisely extracted a tooth while she had the flu. Within days, her neck ballooned with a streptococcus infection, and she was rushed to hospital. My father, then her fiancé, wept helplessly at her bedside while priests filed past him after administering the last rites.

But then the wonder drug arrived. As a last resort, my mother was given penicillin, still in experimental use then. Within a day or two, the swelling that had almost obscured her face simply melted away. My ordinarily doubting father rushed off to church and humbly knelt before the altar, convinced that he had witnessed a miracle.

Those were the days when antibiotics were being tested to combat the deadliest of bacterial infections, such as had befallen my mother. As a result of the work of Alexander Fleming and others, penicillin began to be used gingerly during World War II against such life-threatening illnesses as septicaemia, meningitis and pneumonia.

No other family of drugs has so revolutionised – indeed defined – modern medicine. If my mother hadn't been given that drug, she would have died, and I would not have been born.

## The canker on the rose

Fast-forward 40 years, and the canker was already on the rose. The drug that had been reserved for life-threatening illnesses, such as lobar pneumonia, began to be routinely handed out by doctors for athlete's foot or colds – anytime a benign infection was suspected or even suspected of developing one day.

Probably no other family of drugs has been so abused. Even in the early 1980s,

audits of antibiotic use concluded that in half of all cases where antibiotics were prescribed, the medical condition didn't warrant them.

One British study of antibiotic prescriptions found that in three-quarters of cases, patients with respiratory tract infections like 'flu left the doctor's office with an antibiotic prescription, even though in most instances, colds and flu are caused by viruses, which usually aren't killed by antibiotics.

According to criteria for antibiotics use set at that time by the US Centers for Disease Control and Prevention, a prescription was uncalled for in eight out of 10 instances.

In my own case, repeated prescriptions for antibiotics for more trivial infections in my twenties led to the serious gut issues I suffered in my early thirties, which in turn led to the creation of our magazine, *What Doctors Don't Tell You*.

And I was one of the lucky ones. As the late Dr John Mansfield once noted, "Just three or four courses of antibiotics can often push a patient over the precipice into chronic illness."

This time, I owed a few years of debilitating illness to antibiotics.

## Ever stronger drugs

The overuse of antibiotics has had deadly ramifications. It has caused bacteria to mutate and become antibiotic-resistant. Back when penicillin was first developed, a single moderate course was enough to cure diseases like gonorrhoea or staphylococcus infections.

By the 1990s, it required two giant doses, often in combination with another antibiotic, to do the job.

Now, in most instances, penicillin doesn't work so well. One study of children under seven found that all those who had

recently been given antibiotics had been found to carry pneumococcal-resistant bacteria.

Small wonder that, as the bugs fight back, ever stronger preparations need to be developed in order to combat them, preparations with a long litany of their own life-threatening side effects. In fact, in the newest iterations of the drugs, the 'cure' can be more deadly than the disease, causing liver damage, life-threatening burns all over the body, brain inflammation – even sudden heart attacks.

Like Catherine Slater, who was given flu-cloxacillin for a cyst in her shoulder and ended up with jaundice and liver damage, which took her several months to recover from. The hundreds of thousands of people permanently harmed by certain classes of antibiotics aren't so lucky.

## Natural alternatives

But the real nub of the issue is that with so many areas of medicine, a number of natural substances work just as well as antibiotics for serious infections, but without the possibility of crippling side-effects.

Even humble oregano oil has been shown to be more powerful against bacteria than a range of antibiotics, as has simple manuka honey, which has been proven to work where drugs can't – against both deadly lung infections and even that plague of modern hospitals, methicillin-resistant *Staphylococcus aureus* (MRSA).

I'm eternally grateful to modern medicine for saving my mother's life and making my life possible. But since that time, it has become evident that desperate times and diseases don't always call for desperate medical measures. In so many instances, long-standing alternative treatments reach those parts of the body that modern medicine can never hope to.



# Bushfire crisis shows that the answer to future energy security lies on our rooftops

By Alex Georgiou, CEO of ShineHub, 23rd January 2020

In October 2019 I received a phone call from my father in San Francisco. He was standing outside Costco, the only place that had back-up power following the catastrophic wildfires across California. His entire community had been without power for three days. Torches and portable cookers were sold out and there was a line out the door queued up for pre-cooked chickens. He said, "This feels like Cold-War Russia, people lining up for their piece of bread".

Fast forward three months and we're having eerily similar conversations in Australia. Whole communities blacked out, shopping centres looking like something out of an apocalypse movie and many more scheduled blackouts on the horizon. Entire states were urged to actively reduce their energy usage, asking us to forgo our air conditioners and fans in the middle of a heatwave.

If you were kilometres away from the nearest fire and wondered how cutting your energy usage could possibly have helped, the answer is simple – the fires forced closure of Australia's 'energy highways' which put us at real risk of running out of electricity.

Australia's ageing energy network is highly centralised. Power is generated at a few main points and distributed via huge powerlines that run through the bush and into our cities and towns.

Our States are connected via a main 'power highway', providing the option for states to share power when needed. During the bushfire crisis, our interstate power highway was closed.

Powerlines are shut down to mitigate against them igniting fires. New fires can also start when trees brush up against live lines. When the main line from a centralised source is shut down, countless communities are affected.

This is nothing but a Band-Aid solution to a much wider problem. The decentralisation of Australia's energy network is urgently needed and the solution lies on our rooftops.

Household solar and battery technology is rapidly on the rise. For individual households, there is, of course, great security in knowing that you can be largely energy self-sufficient during times of crisis and blackouts. But, beyond that, solar batteries are the quickest, easiest and most cost-effective means by which Australia can decentralise its energy network.

Solar batteries are basically a reserve of renewable energy that can be deployed at any time. When power is shared within local communities, it doesn't need to travel through the big energy highways, but rather through the local network called the 'low-voltage network'. It is low voltage because it doesn't require the huge voltages needed for extremely long distances.

If main lines are cut during times of crisis, the lights stay on in local communities, radios can share emergency information, refrigerated food can remain cold and phones can be charged.

A network of household batteries is called a 'Virtual Power Plant' (VPP). VPPs tap into existing infrastructure and connect household batteries via The Cloud.

For households fitted with solar and battery technology, connecting to a VPP can be as simple as downloading an app and roping in cash each time the battery is used. This is a total win-win way to solve Australia's centralised energy crisis.

The good news is that VPPs are starting to pop up all over Australia with a few key players in the energy space taking the lead. But, in order to fast-track the mass adoption of VPP technology, government support is vital.

South Australia is a perfect example. With its government having thrown its weight behind a number of different VPPs, South Australia is the only state in Australia that is rapidly decentralising its energy network. ShineHub's VPP in South Australia alone is made up of over 1,000 households, the equivalent of two gas power plants.

These are troubling times we're living in – water is sparse, lights are going out and people are being deprived of basic living necessities.

Australia's centralised energy network has been a ticking timebomb since long before the fires brought it to light. It shouldn't take a national crisis for us to finally see what was already broken, but now that we are aware, we have a duty to fix it.

VPPs are a solution we can take into our own hands – as businesses, as individuals and hopefully with the support of government. It's time to rip the Band-Aid off and turn the lights back on.

## About the Author

Alex Georgiou is a home energy expert with experience across virtually every area of the industry, ranging from energy efficiency and smart home gear to the latest solar and battery technologies. As co-founder of ShineHub, he is responsible for delivering the best digital experience in the industry for customers as well as managing customer-facing communications.

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# 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)*

## How to feed your dog to help avoid malignancy

16<sup>th</sup> March 2020

Dogs can develop cancer almost anywhere in the body, which is why the symptoms vary depending on the tissues and organs involved and the severity of the disease.

Make an appointment with your veterinarian if your dog displays any of the following 10 warning signs:

1. Unusual swellings.
2. Sores that won't heal
3. Weight loss
4. Loss of appetite
5. Bleeding or discharge
6. Offensive smell
7. Difficulty swallowing
8. Reluctance to exercise or low energy level
9. Persistent lameness
10. Difficulty breathing, urinating, or defaecating

Many of these symptoms also occur with other disorders. As with any disease, the earlier your dog is diagnosed, the better the chances of a positive outcome.

### Cancer-Fighting Foods for Dogs

It's important to feed an anti-inflammatory diet. Anything that creates or promotes inflammation in the body increases the risk for cancer. Cancer cells require the glucose in carbohydrates; the carbs to remove from your pet's diet include processed grains, fruits with fructose and starchy vegetables like potatoes.

Cancer cells generally can't use dietary fats for energy, so high amounts of good quality fats are nutritionally beneficial.

99% of dry pet food ('fast food') contains

some form of potentially carcinogenic, highly processed starch. Even the novel 'keto kibbles' have been extruded at high temperatures, creating nasty by-products.

Other sources of toxic contaminants are often found in canned and kibble food, including heavy metals, glyphosate residues and mycotoxins.

Another major contributor to inflammatory conditions is a high intake of omega-6 fatty acids and low intake of omega-3s. Omega-6s increase inflammation while the omega-3s do the reverse. Processed pet food is typically loaded with omega-6 fatty acids and deficient in omega-3s.

An anti-inflammatory and anti-cancer diet for your dog consists of real, whole foods, preferably raw or gently cooked; high-quality protein (muscle meat and organs); and low-glycaemic, brightly coloured veggies that provide important antioxidants and fibre.

It should also include high amounts of animal fat, high levels of EPA and DHA (omega-3 fatty acids), and a few fresh cut, low-glycaemic veggies. This diet contains no grains, potatoes, legumes or tapioca.

Certain supplements and add-ins can also be very beneficial to enhance immune function, including: probiotics, medicinal mushrooms, digestive enzymes, turmeric/curcumin, super-green foods (spirulina, astaxanthin), blueberries, broccoli and fermented vegetables.

### Additional Steps to Help Your Dog Avoid Cancer

- Hold off neutering or spaying until the age of 18 months to 2 years. Even better, investigate alternative ways to sterilise your pet.
- Don't allow her to become overweight.
- Reduce or eliminate his exposure to chemical pesticides like flea and tick preventives, lawn chemicals (weed killers, herbicides, wetc.), tobacco smoke, flame-retardants, household cleaners, and air scenting products like candles and plug-ins.
- Refuse unnecessary vaccinations

## The link between dry food, tumours and disease

27<sup>th</sup> April 2020

Extrusion is the manufacturing method used to make 95% of dry pet food and many other ultra-processed foods on the market.

Extrusion alters the molecular structure of ingredients, especially protein; it causes vitamin loss, especially vitamins A, E and the B-group; it also results in starch gelatinisation and inactivation of nutritionally active factors.

Protein denaturation changes the protein's molecular structure, and makes these once healthy proteins more difficult for your dog or cat to digest and assimilate.

The protein sources used in dry pet food formulas are often a combination of animal and plant. Less costly plant proteins don't contain amino acids sufficient for the nutritional needs of carnivorous dogs and cats, which is why there must be some type of animal protein in any processed pet food

Oxidation of fats due to the high heat of extrusion can create off-flavours and aromas, as well as being rancid, toxic compounds.

Some dry pet foods contain too much starch, which is derived primarily from cereal grains, which are biologically inappropriate for dogs and cats.

The antioxidants and polyphenols naturally found in raw pet food ingredients are reduced or completely inactivated during high heat processing.

Kibble processing also creates toxic compounds including advanced glycation end products (AGEs) and heterocyclic amines. AGEs are known in humans to exacerbate diabetes, interfere with kidney function and promote ageing, Alzheimer's disease, neurologic disease and cancer.

Nutritionally balanced fresh food is ideal for pets. However, if you can't avoid feeding your dog or cat ultra-processed food, take steps to include as much fresh food as possible.



## Creating a two-pronged approach for your dog's arthritis

8<sup>th</sup> January 2020

Many dogs develop arthritis as they get older, but there are many things pet parents can do to keep their canine companions mobile and comfortable.

Five areas to focus on are weight management, exercise, an anti-inflammatory diet, increasing comfort and mobility at home and physical therapy.

It's also imperative that dogs with arthritis receive a beneficial supplement protocol customised to their individual needs.

And it's also very important to continuously monitor your dog's condition, as arthritis is a progressive disease.

In many cases, dogs with degenerative joint disease can be well managed with a natural, non-toxic protocol. The earlier supportive joint protocols are started, the better.

### The Five Areas To Focus On

- Weight management – a lean, healthy weight is absolutely crucial in alleviating arthritis symptoms.
- Exercise – Dogs need to move their bodies more, not less, as they age. Daily, consistent, aerobic exercise is the very best long-term strategy to delay the onset of arthritis.
- An anti-inflammatory diet – All dogs, and especially those with arthritis and other inflammatory conditions, should be fed a moisture-rich, nutritionally optimal, species-appropriate diet that is naturally anti-inflammatory, consisting of real, whole foods, preferably raw, organic and non-GMO.
- It should include the same foods as the anti-cancer diet outlined on the previous page. In addition, a vitamin-mineral supplement that contains vitamins E and D, zinc, iron, copper, manganese

and iodine OR enough of these in whole food forms. Other particularly beneficial additions are probiotics, digestive enzymes and super green foods

- Along with a nutritionally balanced, species-appropriate diet, it's important to practise portion control at every meal.
- You also need to know how many calories your dog or cat should be eating per day. Use calorie calculators to determine how many calories your pet should take in to lose weight or maintain his or her current weight.
- Increasing comfort and mobility at home – arthritic dogs should be provided with non-toxic, well-padded bedding located in a warm, dry area of the house. Slippery floors should be covered with throw rugs or runners.
- Physical therapy – this is an absolute must for arthritic dogs and should be designed to maintain and increase joint strength, muscle tone and range of motion. This can be accomplished with therapeutic exercises, swimming and massage.

I've found that incorporating maintenance chiropractic, underwater treadmill, massage, acupuncture and daily stretching yields the best results possible for an arthritic dog.

### Essential Beneficial Supplements for Arthritic Dogs

Agents that protect the joints are essential for dogs with arthritis. These include glucosamine sulphate, collagen, MSM, eggshell membrane and green-lipped clam.

There are many natural remedies for arthritis that can reduce or eliminate the need for painkillers in the early stages, including: ubiquinol, turmeric (for curcumin), traditional Chinese herbs, boswellia serrata, corydalis, Devil's Claw, super-green foods (spirulina, astaxanthin), natural anti-inflammatory formulas (eg, proteolytic enzymes and SOD), homeopathic remedies (such as Rhus tox, Bryonia and Arnica) and CBD oil.

## Why It's so Important to Continually Monitor Your Dog's Condition

It's important to monitor your pet's symptoms on an ongoing basis, since arthritis is a progressive disease.

I would definitely recommend finding an integrative or proactive, functional-medicine (wholistic) veterinarian to customise a comprehensive protocol for your pet.

I also recommend a wellness check-up by your proactive veterinarian at least twice a year.

## COVID-19 and Your Pet

15<sup>th</sup> March 2020

The current human coronavirus outbreak that originated in Wuhan, China, called COVID-19, has some pet parents worried, and others taking unnecessary and drastic measures against their animal companions.

The coronavirus that causes COVID-19 is transmitted by humans to other humans.

The World Organisation for Animal Health states, "There is no evidence that dogs play a role in the spread of this human disease or that they become sick. Further studies are needed to understand if and how different animals could be affected by COVID-19 virus."

There's no need for pet parents to avoid or abandon animal companions; if no one in your home has the virus, as always, simply wash your hands after handling your pets.

If someone in your household is diagnosed with COVID-19, it's wise to limit interactions with pets along with other human family members.



# 9 Herbs That Naturally Kill Parasites

Firstly, it is not advised to take any herbs unless with the guidance of a herbalist or functional medicine doctor with experience in parasitic infections. It's ideal if you have been practising a wholistic lifestyle for some time, because the first and most critical step for healing an infection is getting your immune system functioning optimally.

If you suspect you have a parasitic infection, here are some of the best natural foods and herbal remedies to kill parasites.

## The Best Herbs & Their Benefits

### Fresh Garlic

Garlic is among the most effective herbs for ridding the body of unwanted organisms. It is able to slow and kill over 60 types of fungus and 20 types of bacteria, as well as some of the most potent viruses.

Garlic has a history of killing parasites and controlling secondary fungal infections. It also detoxifies while gently stimulating elimination, and has antioxidant properties to protect against oxidation caused by parasite toxins. The active components in garlic that kill parasites are *allicin* and *ajoene*.

Allicin is not present in garlic, rather it contains *alliin*, which is converted to allicin when garlic is chopped, grated or otherwise damaged.

To get the most out of garlic, be sure to use it crushed or juiced. Start off with one clove a day and progress to a couple.

### Raw Pumpkin Seeds

A compound, *curcurbitin*, in pumpkin seeds paralyzes worms so they drop off the intestinal walls.

Many parasite formulas contain pumpkin seeds. The home remedy is to grind a dessertspoon of pumpkin seeds and add to grated apple, smoothies or salads.

### Cucumber Seeds

Cucumber seeds have been used to remove tapeworms from the digestive tract. The powder of cucumber seeds can be used to treat tapeworms, but also consumed as a preventative measure.

Cucumbers are effective due to enzymes within the cucumber and seeds that kill tapeworms. Look for heirloom cucumber seeds, grind into a powder and add 1 teaspoon to a smoothie daily during your cleanse.

### Papaya

This tropical fruit has a strong ability to destroy most intestinal worms, including tapeworm. The most powerful part of the fruit is actually the seed.

A neurologist and practitioner of Ayurveda, Chaudhary, MD, suggests the following papaya smoothie recipe:

Take the seeds from an average-sized papaya and grind them in a coffee grinder. Into a blender pour a tablespoon of organic, virgin coconut oil and about one cup of coconut milk; then add the remainder of the papaya. Add the ground seeds and blend until smooth. Drink the smoothie each morning for at least seven consecutive days.

### Turmeric

This powerful spice is helpful for just about everything. It is anti-cancer, anti-inflammatory, wound-healing and worm-expelling. It is very safe to consume regularly for maintaining health as well as for worms.

Mix with coconut oil and black pepper for improved absorption.

### Ginger

A family member to turmeric, ginger increases circulation and helps digestive issues [like car sickness]. It is particularly good for gas and nausea associated with parasitic die-off. It also improves stomach acid production, which kills parasites and protects us from getting infected in the first place. Ground ginger is best to use.

### Cayenne

This hot pepper is a powerful anti-fungal, and has the ability to destroy fungus, moulds and parasites on contact. It increases circulation and health.

Try sprouted pumpkin seeds seasoned with ginger and cayenne for a tasty snack and a medicine for treating intestinal worms.

### Cloves

Cloves contains the most powerful germicidal agent in the herbal kingdom, known as *eugenol*. It also contains *caryophyllene*, which is a powerful antimicrobial agent. These components travel through the bloodstream, killing microscopic parasites and parasitic larvae and eggs. Clove oil has been found to dissolve the eggs of worms.

Clove oil is best consumed with black walnut hulls and wormwood.

The wormwood anaesthetises intestinal parasites, causing them to loosen their grip and be eliminated with bowel movements. (It is also effective against *Helicobacter pylori*, the root cause of stomach ulcers.)

Black walnut hulls (see below) create a toxic environment for many microbes without causing harm to the host.

Using the three herbs together has merit. The cloves kill parasite eggs, then wormwood and black walnut hulls attack the larvae and adults.

You will most likely need to take these herbs for a few months to cover the entire lifecycle of the parasite.

### Green Hulls of Black Walnut

These have been shown to kill many varieties of parasites. The dried and ground green hulls of the black walnut contains tannin, which is apparently the active constituent.

Black walnut has been used for centuries to expel various types of worms, as well as the ringworms that cause skin irritations. It oxygenates the blood, which also helps kill parasites.

It is best taken as an alcohol tincture three times a day.

# Extracts from 'Nature Heals! Why Be Sick?'

by George Teasdale

Published by Religious Liberty Publishing Association, Auburn NSW, 1930

*This is a classic nature cure book, written in the style of nearly a century ago.*

## Part 1

### INTRODUCTION

Are you sick – or not just as well as you ought to be? Don't blame the climate, don't blame the weather, nor the heat nor the cold, nor your work, nor your worries, nor your environment. Usually you are the responsible cause. The remedy is in your own hands. Wake up and do something for yourself! Health, happiness and long life are in the air, the sunshine, the water and in the earth. They can be caught by walking, running, swimming. Digging in the garden is an unfriendly gesture to the grave-digger!

The old man with the scythe gains steadily in the race of life when his victim determines to "take things easy and enjoy a well-earned rest." The tram, the train, the motor car, the aeroplane are easily and quickly overtaken by the Ancient Reaper. The armchair is his subtle accomplice. Activity and life decrease, decline and cease together.

### PUTTING BACK THE CLOCK

Youth can postpone the disabilities of old age, and the aged can put back the clock of life if they will conform to the natural laws on which existence is balanced. We are told that death is the result of old age, whether the victim is a suckling or an ancient. Old age is the accumulation of the mistakes of a lifetime, whether short or long. A merciful Providence has made bountiful provision for recuperative power for his physical restoration.

Sickness is neither natural nor imperative. No one should die until he realises that his mission in life is finished,

that his work is done. "With long life will I satisfy him," is a promise, the fulfilment of which is indissolubly related to the laws of life.

Nature responds quickly and gladly to any overtures we make of obedience to her laws. The sore heals, we cease limping when the nail is removed from the shoe. What heals the foot? The hammer? No. The last? No. The nail? No. Nature, by means of her vital forces – forces that built us in the first place – heals the sore. The healing, however, is contingent upon our removing the cause. She will do her part well if we will do ours.

### NATURE, THE MASTER HEALER

To enlist Nature's services on our behalf, it is necessary that we comply with her fixed condition: The cause of the disease or sickness must be removed. Also, our bodies must be supplied with materials necessary to effectively repair the damage wrought by the disease. Nature cannot do a good job with poor material.

These principles are true of every physical ailment, either internal or external, from a common cold to consumption; from a pimple on the face to malignant growth in the bowels; from a migraine headache to an attack of gout. Nature is the Master Physician; she knows no incurable disease. Nature's operations are always successful; she never blunders.

To secure the services of this Healer and to ensure complete success, the nail must first be removed – the cause of the complaint must first be removed from the stomach as from the foot, or from the kidneys, or from the liver, or from wherever pain indicates the irritating substances are. When the cause of the distress is removed, Nature will effect a

cure. Disease can be banished; this is the only way. Wise is the man who will discover and remove the cause, and thereby enable Nature to complete her sublime task of healing the affliction.

### ETERNAL FORCES

The universe is governed by natural laws, immutable, inviolable. Nothing is too large, nothing too small to escape their controlling vigilance. The same Power that holds the world in space, that controls the invisible atom, holds the temporal and eternal welfare of man in its hand.

Nature rewards handsomely those who will live in harmony with the laws that govern their being. On the other hand, in her own time, she punishes severely and relentlessly their infringement. She is her own judge; her sentences are self-executive: Life and health and happiness are dispensed to those who keep her laws. Innumerable pains and premature death are meted out, with impartiality and unerring accuracy, to those who transgress.

Man is punished by his sins, not necessarily for his sins. Learned and unlearned infant and adult, saint and sinner, rich and poor, all are subject to the same laws; all are amenable to similar punishments and to similar rewards. If any man breaks the laws that govern his digestion by overloading his stomach, or by abusing his kidneys, or by overworking his liver or any other organ, so that it cannot function as it should, then his stomach or his kidneys or his liver kills him. He dies of some stomach or kidney or liver disease. "If any man destroys the temple of God (which temple we are), him will God destroy" by His natural laws – the laws that govern our being.



# Treating herpes simplex naturally – ‘Cold sores’

By Lyn Craven, Naturopath & Bowen Therapist

*Herpes simplex* virus (HSV) can appear in various parts of the body, but most commonly the mouth and genitals. There are two types:

HSV-1, known as ‘oral herpes’, seen as cold sores and fever blisters around the mouth and on other areas of the face;

HSV-2, which relates to genital herpes.

Note that herpes simplex is not to be confused with *Varicella zoster* virus (VZV) that triggers chickenpox and shingles.

## HSV-1

HSV-1 is a contagious virus passed from person to person through direct contact. It stays dormant in the body for the rest of your life. Children often contract HSV-1 when infected adults kiss them. You can also contract it when you share eating utensils, drink from same glass/mug and share lip balm. So encouraging hygiene is important.

Like many viruses, it will spread more quickly if the infected person is experiencing an outbreak. Statistics show that 35 – 90% of adults are seropositive for HSV-1, yet they may never experience an outbreak. ‘Seropositive’ means showing significant levels of serum antibodies or other immunological markers in the blood serum, indicating previous exposure to the infection. It is also possible to become infected with genital herpes from HSV-1 during sex if the other person has cold sores at the time.

A person can also get HSV-1 from an infected person who is symptom-free (a carrier), so does not show symptoms such as cold sores.

Some triggers of HSV-1 are:

- Emotional and mental stress;
- Fatigue;
- Influenza, colds and generally feeling run down;
- Immuno-suppressive drugs, including chemotherapy;
- Trauma to the affected area;
- Exposure to too much sun where the lips become very dry;
- Sexual activity;
- In women menstruation;

Some people have remarked having an outbreak after eating hot chillies or very spicy food.

## HSV-2

HSV-2 is also contagious. It is contracted during sexual contact with a person infected with HSV-2. Unprotected sex and having multiple partners opens the way for a person to become infected. You are more susceptible to contracting HSV-2 when you suffer from other sexually transmitted infections (STIs), since the STI weakens you. You are similarly more susceptible having a compromised immune system due to other illness.

Issues can arise for pregnant women who have a genital herpes outbreak during childbirth. This can occur due to stress at the time, especially if the woman has a weakened immune system. It can expose the baby to both types of HSV and therefore the risk of other serious complications. This is known as ‘birth acquired herpes’ or ‘congenital herpes’ – congenital simply means ‘present at birth’. Babies born with herpes often end up with skin infections or systemic herpes or both. The latter are more dangerous as they can cause serious issues such as brain damage, breathing problems or seizures.

After a person recovers from herpes, the virus lays dormant for months or years, then flares up often during times of stress or low immunity. When the virus reactivates, it is called ‘active infection’. Women who have active herpes pass this on to the baby during natural vaginal birth as the baby comes into contact with herpes blisters in the birth canal.

Birth acquired herpes can contribute to eye inflammation, blindness, seizure disorders and respiratory illness.

Babies with systemic herpes infections do not always respond to treatment. There is no medical cure for herpes and the virus stays in the child’s body. When older, they will have to learn how to prevent spreading the virus to others.

## Medical Treatment

Since there is no medical cure for this virus, drugs such as Zovirax and Aciclovir creams can be applied to the lips or face for HSV-1

Treatments for HSV-2 consist of oral antiviral medications such as Acyclovir, Famciclovir and Valaciclovir, which can help reduce severity of attack if taken as soon as the person is aware of an outbreak. Topical anti-viral creams can also be used.

## Natural therapies

Still, there is no actual cure. However, to ease symptoms, many people prefer to use natural substances that are less irritating to the skin. Oral conventional medications can sometimes have side effects.

Combinations of specific anti-viral and anti-inflammatory herbs can be used topically for HSV-1 quite successfully, but must be applied at first sign. Usually you feel a slight tickling sensation on the lips and the skin can be dry. The herbs can nip the symptoms in the bud and prevent large blisters from developing.

I would also encourage daily applications of lip balm to ensure lips don’t become dry in wind and sun that can often trigger an outbreak. If drinking and eating when outdoors, avoid facing the sun. When lips get wet, the sun can generate blisters.

For HSV-2, I make up herbal creams that have helped people recover within a couple of days. I encourage regular application until the remedy is finished to forestall further breakouts.

When people have experienced trauma and stress in their lives, herbal remedies are excellent for helping in these situations. The adrenals, nervous system and also the emotions can be supported with homeopathic and Bach flower remedies. Energy healing, Reiki, Bowen therapy and aromatherapy are excellent for helping someone who is emotionally, mentally and physically stressed.

Have plenty of rest and sleep.

Remember, the issue is not just about this ‘nasty’ virus that lays dormant in the body, it’s about ensuring that the person is nourished and supported on all levels to encourage good organ function and physical strength.

So, don’t delay in dealing with any outbreaks you have. In some cases a partner may also require herbal remedies.

**Lyn Craven is a practitioner of naturopathy, Bowen therapy and Energy/Reiki therapy, with over 18 years’ experience. She runs a private practice in Bondi, Sydney.**

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**[facebook.com/Naturopathand-BowenTherapy](https://www.facebook.com/Naturopathand-BowenTherapy). Skype and phone consultations are available.**



# What Not to Do When You Handle Receipts

By Michael Greger, MD, FACLM

The plastics chemical *bisphenol-A*, commonly known as 'BPA', was banned for use in baby bottles in Canada in 2008, in France in 2010, in the European Union in 2011 and in the United States in 2012.

Then, in 2015, France forbade the use of BPA in any food or beverage packaging, something the US Food and Drug Administration had decided was not warranted.

But, what about the more than 90 studies reporting relationships between total BPA in people's urine and a wide array of adverse health outcomes, including a significant increase in the likelihood of developing cardiovascular disease and type 2 diabetes, obesity, impaired liver function, impaired immune and kidney function, inflammation, reproductive effects in women and in men, altered thyroid hormone concentrations and neurobehavioral deficits such as aggressiveness, hyperactivity and impaired learning?

Only a very small minority of studies appear to support the US government's assertions that there are no effects of BPA at low doses. Where is the disconnect? Governmental regulatory agencies determine safety levels of chemicals by sticking tubes down into the stomachs of lab animals. In these types of tests, BPA is released directly into the stomach, where it goes to the liver to be detoxified into an inactive form called BPA-glucuronide. So, very little active BPA actually reaches the bloodstream.

But, that's not what studies on humans show. People have active BPA in their blood. How did the FDA respond? By rejecting all such human studies as implausible.

The problem with a 'blanket rejection' of human data is that there may be sources of BPA exposure that are not modelled

by stomach tube exposure in rats. After all, this isn't how food actually enters our bodies. We chew it, move it around in our mouths ... before it enters the stomach. It turns out that BPA can be completely absorbed directly into the bloodstream from the mouth, thus bypassing instant liver detoxification. The same would be the case for BPA absorbed through the skin.

Thermal paper, typically used for cash register receipts, luggage tags and many bus, train and lottery tickets, is one to two percent BPA by weight. Taking hold of a receipt can transfer BPA to our fingers, especially if they're wet or greasy. Is the BPA then absorbed into our system through the skin? Cashiers were found to have more BPA flowing through their bodies compared with other occupations, but that was based on only 17 people.

Strict vegetarians had lower urinary BPA concentrations compared with non-vegetarians, but, once again, the sample size was too small to really make a conclusion. It's been estimated that even cashiers handling receipts all day may not exceed the tolerable daily intake of BPA – however, that could change if they were using something like hand cream.

Indeed, many skin-care products, including hand sanitisers, lotions, soaps and sunscreens, contain chemicals that enhance skin penetration. So, using a hand sanitiser, for example, before touching a receipt could cause a breakdown of the skin barrier.

What's more, we now know that using hand sanitiser and handling a thermal receipt prior to picking up and eating food with our hands results in high blood levels of active BPA. Researchers at the University of Missouri, conducting a study to mimic aspects of the behaviour of people in a fast-food restaurant, found

that when people handled a receipt right after using the hand sanitiser, Purell, BPA was transferred to their fingers. BPA was then transferred from their fingers to their fries, and the combination of absorption through the skin and mouth led to significant levels of active BPA in their blood.

We can hold a receipt in our hand for 60 seconds and come away with only 3 micrograms of BPA in our body. In contrast, if we pre-wet our hands with hand sanitiser, we can get 300 micrograms in just a few seconds – a hundred times more BPA. These findings show that a very large amount of BPA is transferred from thermal paper to a hand as a result of holding a thermal receipt for only a few seconds immediately after using a product with dermal-penetration-enhancing chemicals, like hand lotion. This could explain why dozens of human studies show active BPA in people's systems, contrary to the assumptions based on stomach tube studies in rodents.

When actual evidence contradicts your assumptions, you reject your assumptions. The FDA, however, rejected the evidence instead.

**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, 18<sup>th</sup> February 2020. It is published under Dr Greger's generous sharing policy. His website is NutritionFacts.org**

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

## An apple a day is good for the menopause

**13<sup>th</sup> April 2020**

An apple a day keeps the doctor away – and it also eases some of the worst symptoms of menopause. Green leafy vegetables can also help, say researchers from the North American Menopause Society.

A healthy diet is an alternative to HRT (hormone replacement therapy), and it can be just as effective. But the general advice to eat a Mediterranean diet is a little too broad, and there are some fruits in the diet, especially citrus fruits, that can cause urogenital problems.

But apples can reduce menopausal symptoms, as can most other fruits, vegetables, cereals and nuts.

(Source: North American Menopause Society, February 19, 2020)

## Aluminium as a factor in Alzheimer's disease

**12<sup>th</sup> February 2020**

The theory about a link between aluminium and Alzheimer's disease just won't go away – and now new research has discovered a definite connection.

Brain tissue from Alzheimer's patients often has 'significant' levels of aluminium, say researchers from Keele University.

But the metal wasn't found in every case the researchers examined, suggesting there is also a genetic predisposition that makes some people more susceptible. This sub-group is more likely to start suffering Alzheimer-like symptoms much earlier in life, and often from the age of 50 or so, the researchers think.

Genetic mutations affect the way amyloid-beta proteins function, and they can attack neural pathways when they start malfunctioning, which can affect healthy brain function. This process could be

triggered by the presence of aluminium.

In an earlier study, the Keele researchers had discovered that 11 out of 12 brain samples of Alzheimer's patients had high concentrations of aluminium that were "pathologically concerning".

For their new study, the researchers examined 83 brain tissue samples, 45 of which had high levels of aluminium.

(Source: *Journal of Alzheimer's Disease*, 2019; 1: 1-9; doi: 10.3233/JAD-191140)

## Even the occasional run reduces risk of deadly diseases

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

Any amount of running – and it can even be less than once a week – will reduce your chances of heart disease and cancer.

Overall, running reduces the risk of a fatal disease by 27 percent, with a 30 percent reduction in cardiovascular disease and a fall of 23 percent for any cancer.

You don't have to be running every day. Even doing a run less than once a week, while maintaining a steady pace of 10 km an hour and doing it for 50 minutes or so [in total], is enough.

Researchers from Victoria University in Australia looked at 14 studies, involving 232,149 people over 35 years. Those who did any running at all were less likely to suffer a fatal disease than a non-runner – and some were running less than 50 minutes a week.

Interestingly, the occasional runner who started to run more frequently didn't see any greater lowering of risk of a fatal disease.

So, any amount of running is better than none – and it's as beneficial as doing a lot of running, the researchers conclude.

(Source: *British Journal of Sports Medicine*, 2019; bjsports-2018-100493)

## Social isolation can lead to multiple health conditions

**21<sup>st</sup> April 2020**

Social isolation doesn't only affect us mentally, it triggers inflammatory processes in the body that can lead to heart problems, arthritis and some cancers, new research has discovered.

Although plenty of studies have found that lonely people are more likely to suffer from a chronic health problem, researchers from the University of Surrey are among the first to work out the physiological effects of being alone.

Loneliness seems to start the inflammatory process that is common in those with damaged tissue or who are warding off viruses or bacterial infection. While inflammation repairs and heals, chronic inflammation can damage healthy cells, tissues and organs, eventually leading to heart problems, arthritis, diabetes and some cancers.

In particular, social isolation seems to release C-reactive protein, an inflammatory marker, into the bloodstream, the researchers noted.

The researchers cautioned to not lump social isolation and loneliness together. They are not necessarily the same, and each seems to be linked to a different inflammatory response.

So during this coronavirus isolation, it's even more important to reach out to loved ones by phone or video call to check they're okay.

(Source: *Neuroscience & Biobehavioral Reviews*, 2020; 112: 519)



## Optimism makes effects of a stroke less severe

**4th March 2020**

Optimists who suffer a stroke are more likely to have a good recovery. The damage caused by the stroke is less among those who maintain a positive outlook, researchers have found.

Three months after a stroke, the optimists had less inflammation and better physical mobility, say researchers from the University of Texas Health Science Centre who monitored the progress of 49 stroke survivors.

They discovered that those who remained positive had lower inflammatory markers. Inflammation after a stroke harms mental abilities and influences recovery.

Other studies have seen similar benefits of a positive mental attitude on other chronic health conditions too.

(Source: *Proceedings of the American Stroke Association International Stroke Conference*, February 18-21, 2020)

## Healthy lifestyle reduces stroke risk – even if you start in your 50s

**20th April 2020**

It's never too late to adopt a healthier lifestyle, and it can still have a big impact on your health in later years. Women who adopt a better diet in their 50s reduce their risk of a stroke 20 years later, a new study has found.

The risk reduces by as much as 30 percent, say researchers at the Harvard T. H. Chan School of Public Health in Boston, who tracked the health and lifestyles of nearly 60,000 women for around 26 years.

The average age of the women was 52 at the start, and they were urged to adopt healthier lifestyles, namely, giving up smoking, exercising and eating a better diet, including more fish, nuts, whole grains, fruits and vegetables and eliminating processed meats.

During the study, nearly five percent of women suffered a stroke, but the risk was

dramatically reduced in those who did change their bad habits. Although all the lifestyle changes had a positive impact, the healthier diet was the most important, and on its own reduced the risk of a stroke by 23 percent.

(Source: *Stroke*, 2020; doi: 10.1161/STROKEAHA.119.026761)

## Processed food one of the biggest factors in heart disease

**21st November 2019**

There are seven factors that contribute to a healthy heart, according to the American Heart Association – and avoiding processed food could be the biggest.

People whose diets are made up mainly of processed foods – such as white bread, cake, chicken nuggets, soft drinks and instant soups – are 50 percent more likely to have heart problems.

The risk is greatest in those whose diet is 70 percent processed food, and it falls significantly once the amount falls to 40 percent or less of total calorie intake.

As a simple measure, every additional 5 percent of processed food consumed had a corresponding damaging effect on the health of the heart and arteries, say researchers at the US Centers for Disease Control and Prevention (CDC). They reviewed the diets of 13,466 adults that had been tracked between 2011 and 2016.

It's one of the key factors in maintaining a healthy heart, the researchers say. According to the American Heart Association, the other six are healthy blood pressure, cholesterol and glucose levels, avoidance of tobacco products, healthy body weight and adequate physical activity.

(Source: *The American Heart Association Scientific Sessions*, November 16-18, 2019)

## Flame retardants biggest cause of development problems

**29th January 2020**

Flame retardants in carpets and curtains in the home are damaging children's mental development.

The retardants, along with pesticides sprayed on parks and farms, have caused a decline in IQ and cognitive abilities in large numbers of children between 2001 and 2016, say researchers at New York University's Grossman School of Medicine.

Over that time, retardants – PDBEs (polybrominated diphenyl ethers) – and organophosphate pesticides were responsible for 81 percent of the cognitive decline, while the damage caused by lead from car exhausts and mercury had fallen dramatically as a result of improved environmental controls.

The researchers analysed the impact of toxins and heavy metals found in furniture upholstery, tuna, pesticides and car exhausts by analysing blood samples from young women and from five-year-old children. From that, the researchers estimated that the IQs of children had been impaired, and some had suffered from learning disabilities, autism and behavioural problems.

Simple solutions include opening windows in the home to stop the build-up of chemicals and eating more organic produce, while government needs to introduce tighter controls of the toxins, the researchers noted.

(Source: *Molecular and Cellular Endocrinology*, 2020; 110666)



# 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.**

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

## Bill Gates — What Kind of Philanthropist is He?

**21st April 2020**

Bill Gates' answers to the problems of the world are consistently focused on building corporate profits through toxic means, be it chemical agriculture and GMOs, or pharmaceutical drugs and vaccines.

Gates has used 'charity' as a way to gain tremendous political power.

The true beneficiaries of Gates' philanthropic endeavours tend to be those who are already rich, including Gates' own charitable foundation.

Over the past 20 years, the Bill and Melinda Gates Foundation has given close to \$250 million in charitable grants to companies in which the foundation holds corporate stocks and bonds, yet it gets tax breaks for the charitable donations from which it makes money.

Vaccines are one of Gates' mainstay 'solutions' to most diseases. Gates has gone on record saying the US needs disease surveillance and a national tracking system that could involve vaccine records embedded in our bodies.

## 16 Health Benefits of Dandelion

**26th September 2019**

Dandelion is well known as a sturdy, prolific weed that often grows unwanted in gardens, lawns, fields and playgrounds, yet it actually has many benefits. From the leaves and roots to its stems and flowers, every part of this plant can be useful.

It has a long history of medicinal use, particularly in Traditional Chinese Medicine

as well as traditional Arabic, Indian and Russian medical systems. Its root contains carotenoids, minerals, vitamins and various bioactive components.

Although dandelions offer a number of potential health benefits, the dandelions found in backyards, lawns and other open areas may be contaminated with herbicides, pesticides and other pollutants. Unless they are in chemical-free areas, it's best to steer clear of them.

## Elderberry, Powerful Protection Against Viral Influenza

**21st October 2019**

Elderberry contains zinc and antioxidants, including vitamin C and anthocyanin (a powerful antioxidant found in blue, purple and red fruits and berries), known for their ability to boost immune function and inhibit colds and flu.

A 2004 study found that taking 15 ml (1 tablespoon) of elderberry syrup four times a day for five days eased symptoms of influenza four days quicker than a placebo. According to the researchers, "Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza."

A 2019 study found that elderberry inhibits the early stages of an infection and protects against influenza and other viral attacks by preventing the virus from entering and replicating in human cells.

Interestingly, the juice of elderberry not only was able to prevent the virus from entering and infecting the cells, but it also inhibited late-stage propagation of the virus in cells that had already been infected. What's more, this late-stage inhibition was even stronger than its action during the initial infection stage.

After intercontinental flights, elderberry supplementation shortens the duration of cold symptoms. Symptoms were also milder in those who contracted a cold after flying.

## EMF – the Most Important Rooms to Keep Free

**16th February 2020**

Your bedroom is the most important part of your home in terms of needing EMF shielding. Sleeping in an EMF-free environment is crucial, as this is when your body needs to be in a relaxed state, detoxing, repairing and rejuvenating itself.

The area in which you eat is the second priority, as your body also needs to be in a relaxed state for digestion to function properly.

The third priority would be if you're using a sauna for detoxification. Making sure your sauna has low or no EMF, both magnetic fields and electric fields, is an important consideration, as it will impact your ability to detox.

## How Much Sleep Do We Really Need?

**19th December 2019**

In his popular and oft-cited book, *Why We Sleep: The New Science of Sleep and Dreams*, professor Matthew Walker, PhD, founder and director of the University of California Berkeley's Center for Human Sleep Science, details many supposed benefits of longer sleep.

According to Walker, "the shorter your sleep, the shorter your life-span," but studies tend to show a U-shaped relationship between the length of sleep and





longevity, with life span decreasing at both ends of the spectrum.

One 2016 meta-analysis found that the lowest mortality rate was just short of seven hours of sleep per night, with rates of early death rising sharply after seven hours. The estimated relative risk appears to be almost identical at four hours and eight hours of sleep per night.

Epidemiological findings are unreliable because people consistently overestimate their sleep time. In one study, the sleep time reported by individuals was, on average, 34 minutes greater for each additional hour of actually measured sleep.

## Insomnia Linked to Increased Risk for Heart Disease

5th September 2019

Recent research shows that genetic predisposition to insomnia is associated with a significantly higher risk of coronary artery disease, heart failure and ischaemic stroke, but not atrial fibrillation.

Frequent or chronic insomnia is strongly associated with an increased risk of high blood pressure, a precursor and risk factor for heart disease.

Compared to the people obtaining seven to eight hours sleep on a regular basis, those who sleep less than this are 27% more likely to have sub-clinical atherosclerosis.

While short sleep duration (typically less than six hours) is considered distinct from insomnia, it appears that too little sleep, whether due to insomnia or not, can have similar effects, and that when insomnia and short sleep duration occur together,

they may have an additive effect on cardiovascular disease risk.

### How to improve your sleep

Small adjustments to your daily routine and sleeping area can go a long way towards ensuring uninterrupted, restful sleep:

Avoid watching TV or using your computer in the evening, at least an hour or two before going to bed;

Get some sun in the morning, and at least 30 minutes of midday sun exposure, so your circadian rhythm can reset itself. [But never allow sunburn.]

Sleep in total darkness – even the slightest bit of light in your bedroom can disrupt production of melatonin [the sleep hormone] by your pineal gland;

Install a low-wattage yellow, orange or red light bulb if you need light for getting up at night;

Make sure your bedroom is cool enough for sleep;

Avoid electromagnetic fields (EMFs) in your bedroom – EMFs can disrupt melatonin production.

## Omega-3 Index More Predictive Than Cholesterol Levels

24th February 2020

Your omega-3 index has a greater impact on risk of heart disease than does cholesterol level.

Plant-based omega-3 ALA is converted in restricted amounts to EPA and DHA, but not in large enough amounts to support your brain and heart health.

EPA and DHA improve blood pressure, reduce inflammation and help slow the progression of Alzheimer's

[Plant sources of EPA and DHA are available – see the promotion of *Green Omega3* in this issue, page 9.]

## Bayer Glyphosate Lawsuits May Increase to 45,000

29th October 2019

Since Bayer acquired Monsanto in 2018 for \$63 billion, they've faced litigation that glyphosate-containing Roundup has caused health problems, including cancer.

Approximately 18,400 US lawsuits from individuals alleging that glyphosate caused them to develop cancer have already been filed.

Bayer expects the glyphosate/cancer lawsuits to increase, and analysts at JP Morgan suggested the number of glyphosate lawsuits may surpass 45,000.

Internal Monsanto emails released during the glyphosate trials suggest Monsanto-affiliated scientists questioned the safety of this chemical.

Germany announced it would be banning glyphosate by the end of 2023, with the phase-out starting even sooner.



## Classifieds

### HOLISTIC EYE CARE, Concord

Eye exercises, nutrition, stress management, computer users, eye diseases, preventive eye care, kids' vision.

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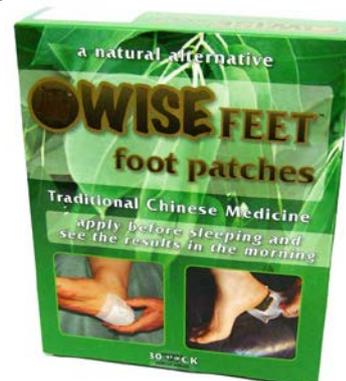
# Health Products

Available from the  
**Natural Health Society**  
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**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 \$415, Non-Members \$435**

**LS-588F PRICE including freight**  
**Members \$279, Non-Members \$304**

## 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

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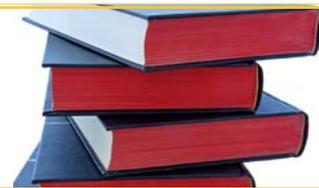
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# Kindred Organisations

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

# CORONAVIRUS - Have we made some gains?

At the time of writing, South Australia has just recorded a straight ten days without any new Covid-19 cases, only a few current cases and no one in intensive care. However, the state is still in partial lockdown.

The borders are closed to arrivals from the Northern Territory and each of the other mainland states. We are still encouraged to go out only when necessary and otherwise self-isolate. We cannot meet in groups of more than 10 and only then with an average minimum area of four square metres per participant. Community centres, libraries, etc., are still closed to gatherings, and cafes and restaurants can only open for takeaway food.

VegSA and its allied groups have been unable to meet physically. VegSA has had to postpone its AGM, which was scheduled to take place on 19<sup>th</sup> April at one of our favourite vegan cafes. <sup>(1)</sup>

For me, as a retiree, the shutdown is a kind of holiday with no physical functions to attend. With no direct contact, it is difficult to judge how others have fared. People living alone seem to have suffered more stress and people losing jobs, or threatened with losing jobs, despite help from the Government, are having a hard time.

But have we made some gains?

We've learned to use some different technologies.

We've gone back to/re-discovered technologies and self-sufficiency, for example, gardening, baking.

We've worked cooperatively to achieve a common purpose.

Political parties have cooperated, proving that they can!

We've learned that the free open market does not take care of everything.

It's been demonstrated that communities with good public health services are best prepared to deal with unexpected disasters.

It's confirmed that caring for your immune system is the best defence against coronaviruses, whatever your age.

Experts world-wide have proclaimed that we must end the trade in wild animals.

It's suggested that SA is probably better off without visits from cruise ships!

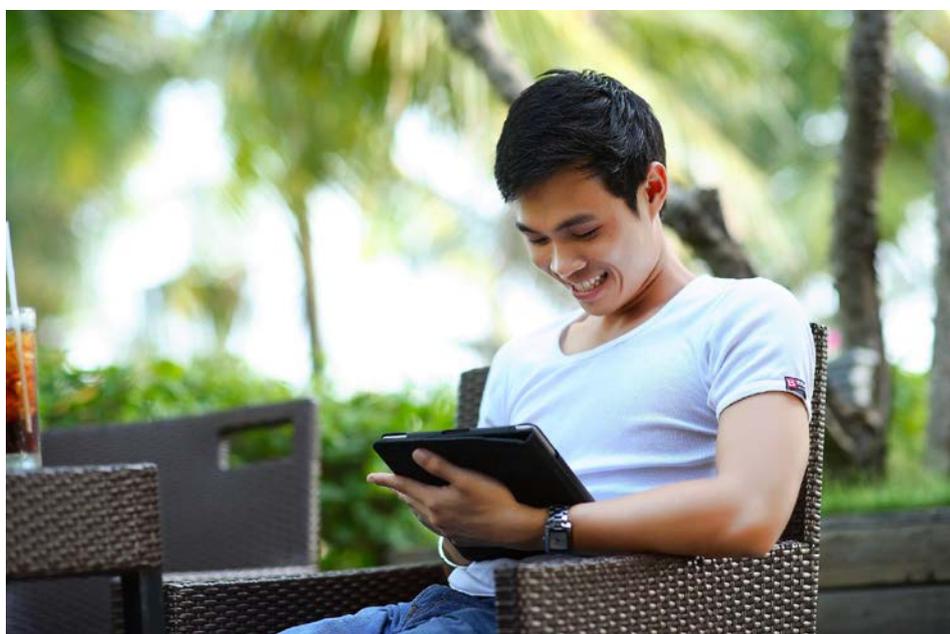
Just now, SA schools, which were never officially closed, have returned from holidays with around 70% attendance.

Our Southern Social Group, which usually meets monthly for lunch at one of the cafes,<sup>(2)</sup> is managing to catch up online. The majority of the vegetarian and vegan cafes on the Eateries list on our website have managed to remain open, diversifying to include more takeaway and meal deliveries.

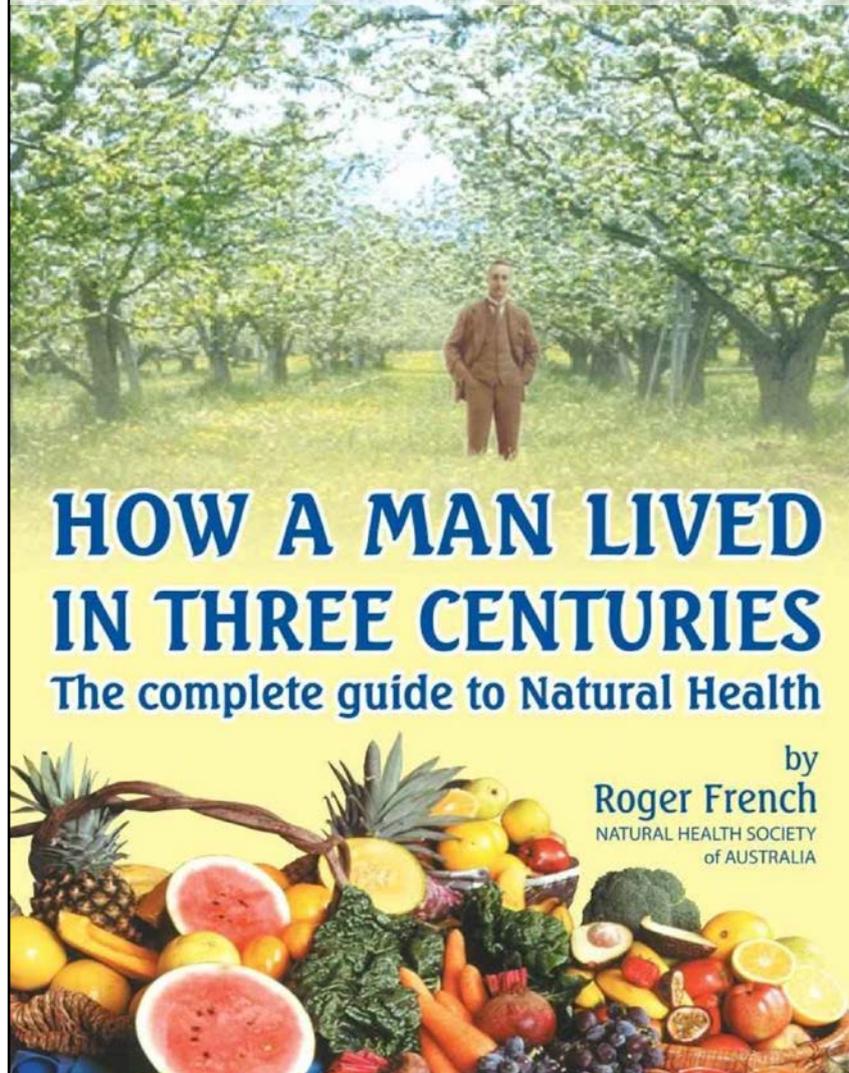
(1) Joy of Flora at West Croydon

(2) Great Nature at Christies Beach

**Anne Sanders, President VegSA**



Heart attack at 34 - fit and well 'til 104



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