

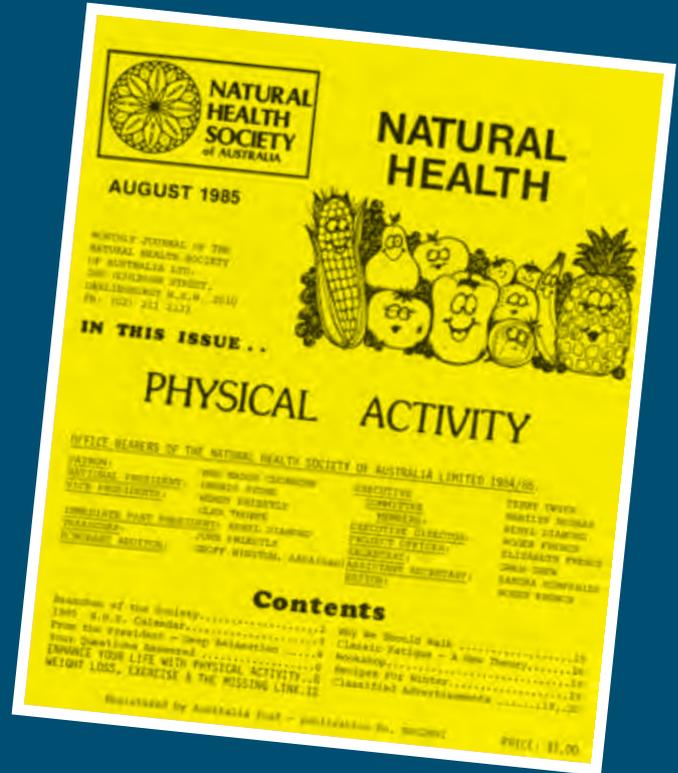


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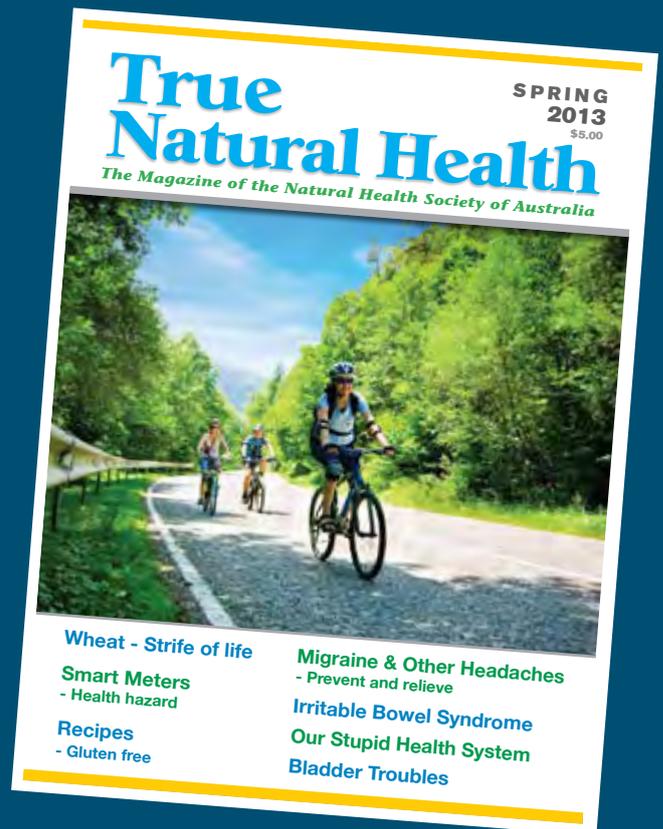
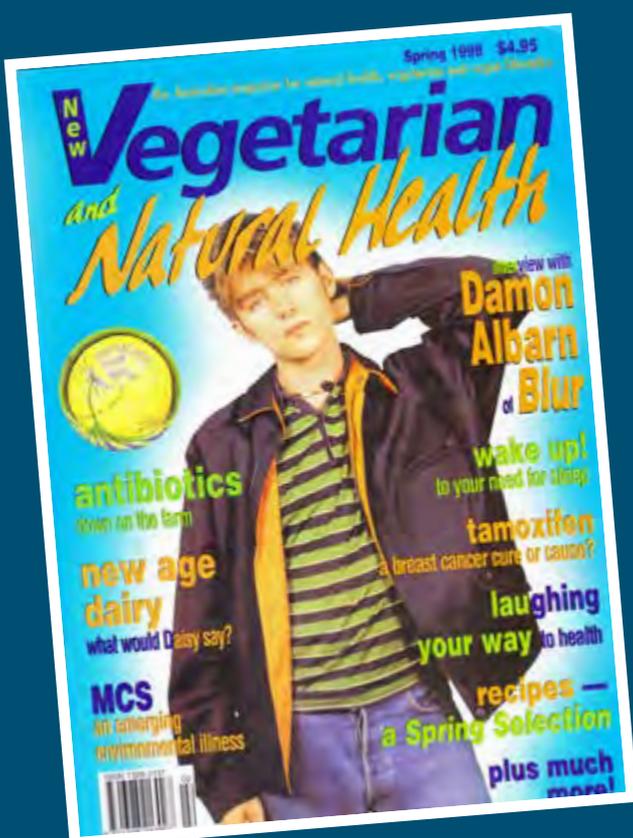
# True Natural Health

The Magazine of the Natural Health Society of Australia

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# The Society turns 60; we're celebrating

Editorial



In 1990 a professional marketing person stated that 30 years is a long time for a not-for-profit organisation to continue. Well, we've doubled that, and the Society is still going strongly (enough). The Society's 60th birthday will be on Sunday 27th September.

We had made plans for a big celebration featuring an overseas speaker, but government coronavirus hysteria has put paid to that. Instead we may be able to hold an event next year, perhaps for our 61st birthday.

Speaking of the coronavirus pandemic (not 'COVID-19', that's the name of the disease), we thought that we had written enough about it in the Winter issue, but, no, the problem itself and the government restrictions on our freedoms are persisting and there is still a lot more to tell (pages 26 – 29).

Among plenty of other topics of interest in this issue, Dr Malcolm Mackay, a GP and lifestyle medicine practitioner, presents a marvellous account of how to achieve an optimally functioning immune system through plant-based eating. Cancer sufferers, especially, could benefit by reading this (pages 6 and 7).

Long-time Society member, Janet Saxton, introduces us to a health retreat which is new to the Society – Cedarvale, located in the Southern Highlands of NSW. She sings its praises in a review of her stay there (page 25), which means that there are now two retreats in New South Wales about which members have given enthusiastic reports, the other being Misty Mountain, which offers detoxing (see back cover). Janet is also the producer of the two-year index on pages 21 – 24.

We are pleased that Teresa Cutter, the well-known Sydney chef, has contributed four of her favourite recipes to the recipe column (pages 18 and 19).

For dog lovers, there are some helpful tips from the holistic vet, Dr Karen Becker (pages 34 and 35), and on page 36 Dr Michael Greger offers some wise advice about the dangers of aluminium kitchenware.

And for a bit of amusement, on page 28 we have a short tale with a twist.

**Roger French,**  
Health Director and Editor



## About Natural Health Society

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

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

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

### Subscribers to the Society receive:

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

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

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## Contents

- [02] Society's 60th birthday story
- [04] Memories of the Society
- [05] How to protect health freedoms
- [06] Healthy immunity begins in gut
- [08] Forest Therapy
- [09] Member's story – home garden
- [10] Your Questions Answered
- [14] NHS Notices and Events
- [16] Roger's lucky chooks
- [17] Vegano – vegan food options
- [18] Recipes by Teresa Cutter
- [20] Hopewood, working from home
- [21] INDEX, Spring 18 - Winter 20
- [25] Holiday at Cedarvale Retreat
- [26] Coronavirus: More harm than good; deaths overcounted; deaths same as normal flu; masks can be harmful; reviewing the pandemic.
- [30] Greg Fitzgerald – Pan(ic)demia
- [31] Secrets of centenarians
- [32] From the Society archives
- [34] Dog and cat pages
- [36] Aluminium kitchenware
- [37] Westpac's sustainable policy  
Virtual power plants increasing
- [38] Lyn Craven – Arterial plaque
- [39] Saving orangutans  
Hawaii stops 5G
- [40] News from WDDTY
- [42] News from Dr Mercola  
Classifieds
- [44] Kindred organisations

# Natural Health Society 60th birthday!

WE REACH 60 ON 27<sup>TH</sup>  
SEPTEMBER 2020



By Roger French, Health Director, NHS



MADGE COCKBURN L O BAILEY

We've done it! We have reached a whopping 60 years – pretty good for a not-for-profit organisation pushing healthy lifestyle and the self-discipline that goes with it.

We are the longest-established lifestyle teaching organisation in Australia, as well as having no political or religious affiliations and definitely not beholden to any vested interests.

The Society was founded in 1960, but well prior to that year, the story of Natural Health in Australia was already under way.

## The Early History of Natural Health in Australia

Natural Health was developed in Australia by Mr Leslie Owen Bailey, one of Australia's great philanthropists. He was assisted by Mrs Madge Cockburn, BEM, who worked with him for 40 years until his death in 1964.

In 1941, with World War II well under way and a growing problem of 'fatherless' children, he opened a children's home and took in 260 pregnant women, who were cared for by employed nurses through their pregnancy, childbirth and lactation.

To be the umbrella organisation for his youth and health philanthropic activities, he founded the registered charity the Youth Welfare Association of Australia – later renamed the Australian Youth and Health Foundation.

Mr Bailey accepted the guardianship of 85 of these infants, and, assisted by Madge Cockburn, raised them at 'Hopewood House' at Bowral, south of Sydney. They soon became known as the 'Hopewood Children'.

## World dental record

In 1947 the Institute of Dental Research in Sydney, impressed by the absence of refined foods, studied the children's teeth and reported that the extremely low level of decay was "Little short of miraculous", and was, in fact, a world record.

## Hopewood Health Centre & the Natural Health Society

To establish 'Natural Health' in Australia, in mid-1960 the Youth Welfare Association founded the Hopewood Health Centre as a clinic at Rawson Place in Sydney, and later the live-in centre at Wallacia, west of Sydney.

On 27th September 1960, Mr Bailey and Mrs Cockburn founded the 'Natural Health Society of NSW' to provide health education to the wider community. Following the inaugural meeting, the first regular monthly meeting was held on 29th November 1960 at 149 Castlereagh Street, Sydney.

The first President and Vice-President were, as would be expected, L O Bailey and Madge Cockburn. Among the 14 other members of the inaugural committee was Mr Eric Storm, the subject of my book, *How a Man Lived in Three Centuries*.

In 1962 Mr Bailey and Mrs Cockburn organised a conference on 'The Drug Menace' in the Sydney Town Hall. It attracted an audience of 2,000 and greatly enhanced the public awareness of the embryonic organisations.

In November 1963 they formed a youth club for the Hopewood children and other interested young people. The club was named 'Hopewood Youth Development Association', or 'HYDA'. It was very strong and active for 18 years, but finally as interest waned, the club was wound up.

On 16th September 1964 Mr Bailey died. He was almost 74 years of age, a remarkable achievement considering his doctor had said he would be unlikely to live beyond 50.

In response to increased interest in branches, the Society was formed into a federation on 22nd October 1979, and then on 7th April 1982, for the purpose of protecting its members, the Society became a limited-liability company with the name 'Natural Health Society of Australia Limited'. Much later, in June 1997, in order to minimise the paperwork, we re-registered the Society as an incorpo-

rated association under the NSW Office of Fair Trading, which still fully protects the committee and members. Hence its current name, 'The Natural Health Society of Australia (NSW) Inc.'

In February 1983 the Foundation commenced regular grants to the Society for the purpose of employing myself, Roger French, as its first Executive Director (I was Manager of Hopewood at the time). Apart from a brief interruption between 1996 and 1999 for personal reasons, I am still in this position, now entitled 'Health Director'.

Membership and the number of branches grew steadily, and by 1990 there were 4,200 members and 19 branches. In 2020 membership has dwindled to around 1,000 as healthy lifestyle is now widely promoted in the community. All the branches gradually closed as television and the internet took over.

In 2002 the NHS released its own book, written by myself, entitled, *The Man Who Lived in Three Centuries*. It describes the remarkable recovery from a near-fatal heart attack of foundation member, Eric Storm, and elaborates the principles and practices of Natural Health.

In mid-2010 the fully revised and updated 50th Anniversary Second Edition was released with the modified title, *How a Man Lived in Three Centuries – The complete guide to Natural Health*.

The Society's progress over its 60 years has been possible thanks to the much appreciated ongoing support of the Australian Youth and Health Foundation and also to a great amount of dedicated effort by a solid core of people, many of whom have benefited personally through Natural Health.

One of the greatest disappointments for Society members was the closure of Hopewood in mid-2015. After 54-and-a-half years of live-in service, this was a huge and sad blow for a lot of people, especially those who depended on Hopewood to regularly detox and restore their health.

## A Lot Has Happened in 60 Years

Sixty years is a long time for a not-for-profit organisation to continue, and a lot has happened in that time.

**The magazine.** This has been and still is the primary medium for disseminating Natural Health. From roneoed foolscap stapled sheets in the 1960s (which left the Secretary and volunteers with ink all over their hands), the magazine evolved step by step into the full-colour, 80-page *Natural Health and Vegetarian Life*, and now the full-colour 48-page format as it is today.

While vegetarian and vegan eating are still fundamental Society principles, as a result of a Sanitarium survey in 2011, which found that the community perceive the words, 'vegetarian' and 'diet', as weak and negative, we now refer to 'plant-based eating' in the magazine wherever possible.

**Society branches.** In the early years, there were just two branches – Wollongong and Canberra. Over the years, 30 branches altogether were formed. But as television took over people's evenings and natural therapies began to catch on in the wider community, attendance at meetings dwindled until all eventually closed.

**Conventions, seminars, courses.** The first 'convention' was held in 1974 at Vision Valley, Arcadia, just to the north-west of Sydney. Conventions continued to be held every spring at Vision Valley until 1992. Due to their popularity, conventions were also commenced in autumn 1986 at Stanwell Tops Conference Centre, south of Sydney. These weekend events ran at both venues until people told us that they could no longer spare an entire weekend.

Instead, the Society has been presenting one-day 'seminars' in autumn each year at the North Ryde Golf Club, where they are still held – although the 2020 seminar had to be cancelled due to coronavirus government restrictions. In 2016 to 2018, we also held Spring Seminars in Penrith, Mortdale and Kingsgrove, NSW.

The 2014 Autumn Seminar produced a record attendance for North Ryde of 120 people, due to the widespread publicity that had been given to the world-record marathon runners, Janette Murray-Wakelin and Alan Murray.

In 1985 we ran a nine-day, live-in Nutrition and Food Preparation course at Stanwell Tops, attended by 23 women.

**Members' events.** During the 1980s, Elizabeth French ran four children's camps in New South Wales. They attracted a large number of children and were hugely successful (see Elizabeth's story, page 4).

Social dinners have been held periodically, mostly in the Sydney region. (We have apologised to members in other States that we haven't been able to cater for them also.) Venues have included Penrith, South Penrith, Mt Druitt TAFE and Newtown.

A 'Dedication Dinner' was held in June 2018 to acknowledge my 50 years of membership of the Society and HYDA. This was a great honour for me.

**Expos.** From 1990 we began having stands at Mind-Body-Spirit Expos at Darling Harbour in Sydney. These were good for promoting our magazines to the public and gaining subscriptions, but the stand fees were too expensive and we discontinued them in 2005. Not a bad run, though!

Between 2005 and 2009, we manned stands at Organic Expos, Natural Health and Natural Therapies Expos, Gluten Free and Allergy Expos and one Women's Health Expo.

**Radio and TV appearances.** There have been hundreds of these over the years, the most extensive being with Brian Wilshire of 2GB having myself as guest for one hour a month during three years, 1997, 1998 and 1999 and on an irregular basis during following years.

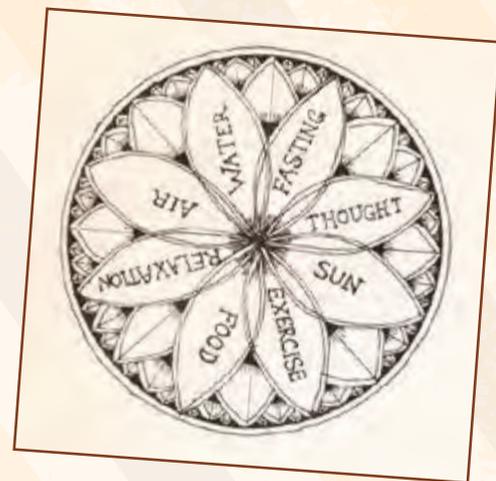
At the NBN TV station in Newcastle, the presenter and producer, were such keen enthusiasts of Natural Health that they invited me onto their 'Today Extra' program for seven presentations a year from 1998 to 2006 when the show had run its course.

**Talks to groups.** Hundreds of talks have been given to a large number of organisations and other groups over the years. Some of them are:

Greg Fitzgerald's seminar, University of the Third Age in Springwood, 150 staff of Sydney Water, Cancer Information and Support Society, Rotary Clubs, Sustain Expo at Fox Studios, Novo Rail Alliance (on heart attack), Sydney Rail staff at Burwood.

**Talks at Hopewood Health Retreat.** Power Point presentations were given to guests almost every week from 1975 to 2015 when Hopewood closed. Elizabeth French regularly held laughter Workshops.

Since the closure, subscriptions and sales of our magazines and our book have



plunged, which has been quite a loss for the Society.

**Government submissions.** We have made submissions on topics that included fluoridation, vaccination, the federal government's 2020 Summit, irradiated cat food, genetically-modified crops, GM food labeling and recently a letter to every federal MP asking them to investigate the additives in vaccines. In June 2019 we sent a submission to the Medical Board of Australia opposing their proposal to ban doctors from using natural therapies in their practices.

**Website and newsletters.** Conscious that digital media are the way of the future, we have established a website under the guidance of Past-President, Richard Stepniewski, and have newsletters being produced by Margaret Stepniewski.

**Thanks to the Committee members and staff.** The Society could not function without our Committee members, and to them we have a debt of gratitude for the considerable voluntary time, effort and initiative that many Committee members have given over the 60 years. We have also had excellent, unselfish service carried out by the Society's secretaries, and, in particular, our current Administration Officer, Tracey Priest, who is well known to many members.

**And where do we stand today?** Even though we are rewarded with constant appreciation from members and other readers of our magazine, the Society's financial viability has been a constant challenge. As Mrs Cockburn once declared, "It's difficult to make money out of Natural Health", and this statement has proven all too true over the 60 years.

The fact that we are still financial in 2020 is due largely to the continuing generosity of the Australian Youth and Health Foundation as well as the generosity of a number of members who have left bequests or made donations to support our work.



ELIZABETH FRENCH & MRS COCKBURN



# Memories of the Natural Health Society of Australia



By Elizabeth French, President, Natural Health Society

Having joined the Natural Health Society in 1973, I realise that I have been a member for more than three quarters of its history.

I joined the Society when a friend came to stay with us in Brisbane. She had a young baby and arrived with copies of the Natural Health Society newsletter and Dr Herbert Shelton's book, *Hygienic Care of Children*. I had already started to appreciate the value of going back to nature. It made sense to me that we should try to adhere to the natural way of doing things as far as possible. I had two young children at the time. The younger one was about six months old and due to have her second round of vaccinations. Reading Dr Shelton's views on vaccinations made me stop and think, and after much agonising, I made the decision to bring my children up in as healthy a manner as I could and accept any 'risks' that lack of vaccination might bring.

Over the next couple of years, I really enjoyed receiving the monthly newsletters. Then in 1975, there was a notice in the newsletter, inviting interested members to a meeting with a view to forming a branch in Brisbane.

I attended that meeting and very soon found myself part of the committee of the new branch. Wesley Pettit was President and David Huggins was Treasurer. It wasn't long before I took on the role of Secretary and eventually became President.

Life in the Brisbane Branch was very busy. We had regular meetings on Sunday afternoons, once a month. We had lunch provided by one or two of our members and this was followed by a speaker on some topic related to Natural Health. By the time I left Brisbane in 1981, we were having up to 90 people attending our meetings.

Being part of the committee was an education in Natural Health. One of the members, Barry Elphinstone, was a Natural Health practitioner who had trained with Dr Alec Burton at his health centre at Arcadia NSW. Our committee meetings often included discussions about the finer points of Natural Health.

The Brisbane Branch held a memorable live-in weekend where we sponsored a

Fun Run. It was open to adults and children and very well attended. We also participated in a number of festivals, including a World Environment Day event, held on the weekend before my fourth child was born on World Environment Day!

The Brisbane Branch was instrumental in turning the Natural Health Society into a national organisation. Originally it had been called the Natural Health Society of NSW. There were now Branches in other states as well, and it was because of urging from the committee of the Brisbane Branch that the structure of the organisation was changed to include members from many branch committees on the national Executive Committee. I was elected the first National President.

Many of the members of the Brisbane Branch had young children who attended our meetings, complete with babysitter to keep them entertained. This was very valuable as it meant that our children made friends with children who lived a similar lifestyle to ours.

The value of these friendships was at the front of my mind when I moved to Sydney with my daughters in 1981. It occurred to me that to create new friendships it would be a good idea to hold a family camp over a weekend.

We were lucky to have access to a church campsite at Grose Vale NSW which was managed by the then Sydney Branch President, Carrie Delofski, and her husband Ted. We held a gathering there one weekend and had about 20 people attending (mothers and their children) as I remember. There I met Dianne Ayling who had children of a similar age to mine and we became friends. (See page 9.)

My next bright idea was to hold a children's camp for five days during the August school holidays. Dianne came on board as did Edwina Landsberry who had lived at Hopewood House in Bowral during her childhood. Edwina organised the hire of one of the Hopewood buildings for our first camp and she attended as cook. A number of other mothers who were active

members of the Society joined us to help organise activities.

We advertised our holiday camp and ended up with about 70 children. We booked an entire carriage of the train travelling to Bowral and had a lot of very excited eight to 12 year olds travelling with us.

Over the next five days we had lots of interesting activities, including a walk to The Gib where we had a picnic and also a car trip to the historic site of Joadja.

Over the next three years, we had another three camps, one at Hopewood, one at Grose Vale and one at Otford.

Looking through newsletters from the early 1980s – too lightweight to be called magazines – I am amazed as I am reminded of some of the events we were involved in.

We held a Yoga Weekend at Camp Berringa, led by long-time Natural Health Society member, Ralph Penglis. It was very much enjoyed by those who attended.

We participated in Organic Know-How Days organised by the Organic Growers Association at the property of Joyce and Mike Lubke in Bringelly, NSW. At one of these we sold muesli slice and cups of Rejuvelac. The Rejuvelac – from a recipe by Dr Ann Wigmore – was a great money spinner as it was exceedingly cheap to make and quite a delicious refreshing drink on a warm day.

Perhaps the most ambitious event we held in the eighties was a nine-day live-in



Elizabeth & Roger French

Nutrition and Food Preparation course in 1985, which was designed as a training course for food preparation instructors. It was attended by about 23 women who were interested in the possibility of going out into the community and showing people how to live healthfully. Executive Director, Roger French (now my husband), lectured on various aspects of nutrition during the day and at mealtimes everyone pitched in to prepare meals based on the type of foods that Roger had been talking about. At the end of the course, some of the participants did use their new knowledge in the community, and everyone gained a huge amount in the form of new friendships.

For me, the highlight of each year in my early days, was the Annual Spring Convention, held on the first weekend in November at Vision Valley, Arcadia NSW. A number of these had speakers from overseas and attracted large crowds. Many of us gathered for a light meal on Friday evening and were entertained by a film before heading off to our beds. Saturday morning began with yoga and stretching exercises outdoors, followed by a delicious fruit breakfast. The morning program had a number of lectures and lunch was tasty salad vegetables and excellent wholemeal bread. The afternoon provided workshops and maybe some sporting activities. In the evening there was a bush dance which was a huge amount of fun. On Sunday there was a similar program, finishing earlier so that everyone could get home in good time at the end of a very satisfying weekend. My children remember these weekends very fondly too. There was a program organised for the children, which gave them a lot of fun.

For a while we also had Autumn Conventions held at Stanwell Tops. However, people began telling us that their lives were too busy for a full weekend event, so we pared them back to one-day seminars. We have continued to hold at least one of these each year until this year when the coronavirus restrictions prevented the seminar from going ahead. Instead, we stepped into the 21<sup>st</sup> century and ran a series of weekly one-hour webinars presenting the seminar speakers. These have been recorded and are available through the Society's website ([www.health.org.au](http://www.health.org.au)) for those who missed the live version.

Having married Roger French in 1982, and having four daughters to look after, there came a time when I realised that I needed to scale back my involvement in the Society. I held no office for many years until 2007 when I re-joined the Executive Committee and have been a member ever since, holding the office of President a number of times.

These many years have seen us finding ways to promote our organisation through expos and our seminars as well as our excellent magazine, *True Natural Health*. There have been numerous frustrations as well as many joyful moments, especially when we hear that someone has been inspired by our message to change their lifestyle and recover their health.

The Natural Health Society was founded just after the middle of the 20<sup>th</sup> century. We are now one fifth of the way through the 21<sup>st</sup> century and still going solidly. When the Society was founded, our members were regarded as being very radical in their lifestyles. In the 21<sup>st</sup> century, Natural Health is endorsed and followed by many people, although the government and the orthodox medical profession generally seem to think that health is found in hospitals, drugs and vaccines.

For me, I give thanks that my friend introduced me to the Society in 1973, as it has been a source of information, friendship and love ever since. We are about to enter a new era with more emphasis on connecting with people through our website and social media. However, the real-life connections are still very important to us. Stay tuned for this next exciting chapter!

## How to protect health freedoms in challenging times



By Elizabeth Case, Informed Medical Options Party

As the rates of chronic disease increase,\* more and more people are turning to natural therapies as a means of reversing and supporting chronic health conditions. As conventional medicine fails at identifying and treating the root cause of disease, everyday people have been forced to find their own answers to the health issues they are desperately trying to manage.

Many people are now becoming aware of the devastating effects of toxicity on the human body – ranging from harsh chemicals in everyday household and personal care products to food grown with pesticides and chemical fertilisers and an industrialised food system. On reflection, our removal from the natural world has been swift and all encompassing.

Add to this, the bombardment into our bodies of pharmaceuticals and the ever-increasing vaccination schedule as the only way of achieving health, and people are now questioning this toxic soup that we call life.

Armed with a different view to health, a thirst for further knowledge and with a mission to help others, a movement has been born. The natural health community is now thriving and consists of people from all backgrounds and experiences who have come together with a common goal – to return to traditional practices, which are wholistic and organic in nature, to heal the body, calm the mind and soothe the soul.

Although this movement is growing exponentially, it is not without its hurdles. In an ideal world, advocating for a more natural approach to health would be very straightforward – an interconnected structure comprising functional medicine, natural therapies and nutritional education to provide a true 'health' care system in times of need.

However, what we are experiencing is the demonisation of anyone with an alternative view to what public health authorities dictate healthcare to be. On top of that, many natural therapy modalities are being specifically targeted and claimed as ineffective.

Our community, even though it is growing, is being threatened by the mainstream bodies who benefit financially from people being sick. It is very clear that our medical freedom of choice is under serious attack, and it has never been a more critical time to stand up and protect the rights of those seeking an alternative approach to managing their health.

With the erosion of rights and constant creep towards medical tyranny, the community has come together to form one voice. A voice for the people who take responsibility for their health and value medical freedom of choice. A voice for the people who want to see an end to our toxic existence and a future of cleaner, more sustainable living for generations to come.

This voice is called the Informed Medical Options Party (IMOP). People have decided to take their voice to this year's Queensland State Election and IMOP will be their voice.

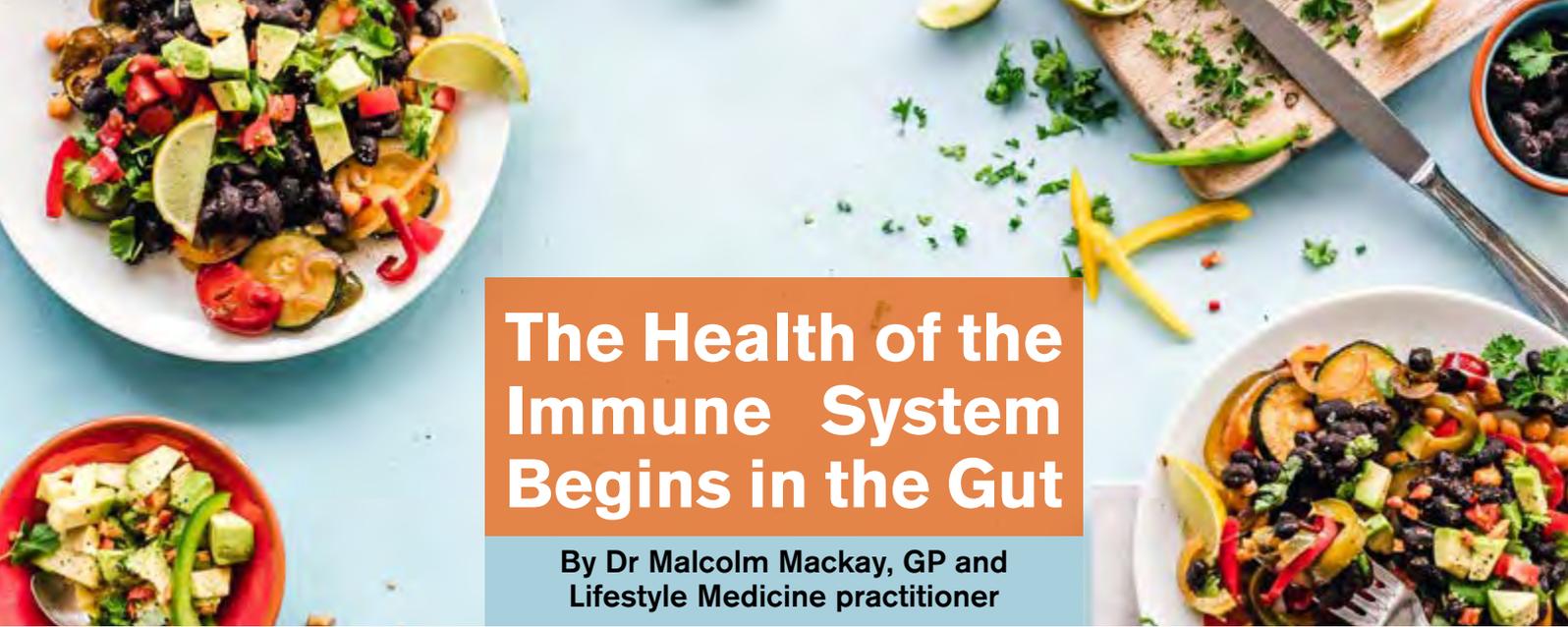
If you would like to know more about IMOP by viewing the policies, becoming a member or donating to the Queensland campaign, please visit [www.imoparty.com](http://www.imoparty.com)

### It is time for our voice to be heard.

Informed Medical Options Party (IMOP) QLD

\*[www.aihw.gov.au/reports-data/health-conditions-disability-deaths/chronicdisease/overview](http://www.aihw.gov.au/reports-data/health-conditions-disability-deaths/chronicdisease/overview)

Elizabeth Case is QLD Secretary, Informed Medical Options Party, [www.imoparty.com](http://www.imoparty.com)



# The Health of the Immune System Begins in the Gut

By Dr Malcolm Mackay, GP and Lifestyle Medicine practitioner

The health of the 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 time activating immune cells that target infections.

In contrast, animal products, processed foods and high-fat diets promote the growth of the 'bad' microbes that increase 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 each day counts.

It may seem that a stronger immune system is desirable. However, the immune system is tightly regulated, because an excessively strong immune response can be as dangerous as a weak immune response. Examples of overactive immune reactions include autoimmune diseases, anaphylactic reactions to food and the destructive inflammatory storm that can occur in response to COVID-19 infection. Let's replace the concept of a 'strong' immune system with a 'well-regulated' immune system. The gut microbiome plays a major role in immune regulation.

Most of the gut microbiome is in the colon. We co-evolved with these microbes for mutual benefit. However, our collective and individual gut microbiomes are under stress due to modern living. The same hygiene that has controlled diseases such as typhoid and cholera has led to a reduced diversity of microbes. Antibiotic use, particularly in early childhood, can damage the microbiome beyond recovery.



Nature has effectively outsourced some of our digestive processes to microbes. The colon and its microbiome are like our second gut, helping us to assimilate nutrients that our own digestive enzymes are unable to break down. However, the microbiome does not just digest food, it is essential for gut health and supports health throughout the body. The benefits of a healthy gut microbiome include suppression of gut pathogens, good gut health, liver health, appetite regulation, blood sugar control, artery health, brain health and immune system regulation.

Diet determines one's microbiome type. In 2014, landmark research found that the gut microbiome balance shifted radically within three days of a five-day dietary intervention.<sup>0</sup> Essentially it was a whole-foods, plant-based diet versus an animal-based 'keto' diet – the plant-based group shifted to a predominance of beneficial microbes, while the keto group shifted towards inflammatory disease promoting microbes. It may only take a day or two of unhealthy eating to shift the microbiome towards a less healthy pattern.

While each of us has a unique microbiome 'finger print', the broader pattern is dependent on diet and lifestyle. The best predictor of a diverse (healthy) microbiome is the diversity of plants in the diet.

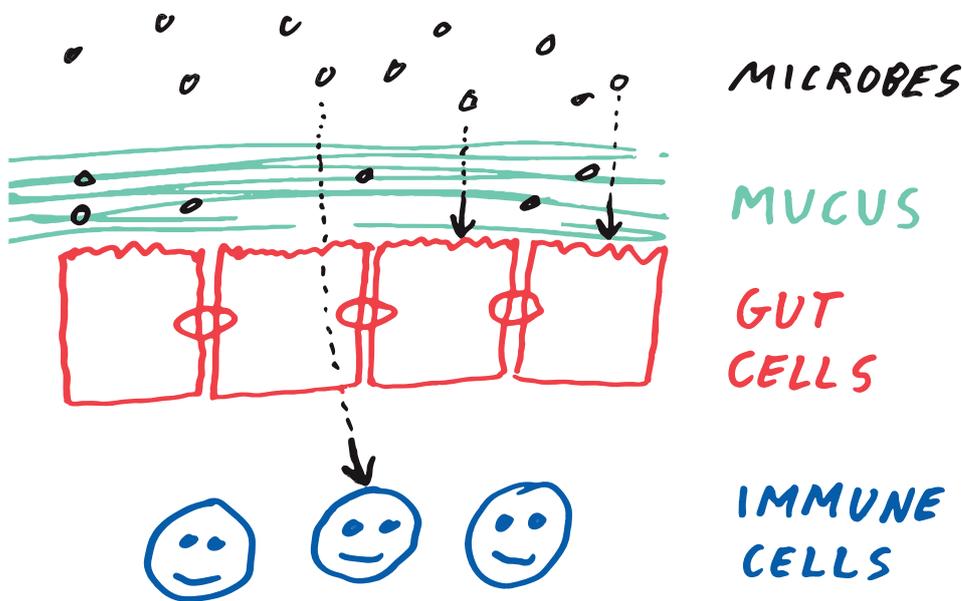
Prebiotics are more important than probiotics. 'Prebiotics' are substances

that gut microbes feed on. 'Postbiotics' (or 'microbial metabolites') are the substances that gut microbes produce from prebiotics. These can be beneficial to our health or harmful, depending on what we feed our microbiome.

Some microbes make bad things. *Bilophila wadsworthia* produces secondary bile acids which are pro-inflammatory and associated with ulcerative colitis and bowel cancer. Wadsworthia is increased by high-fat diets based on animal products and processed foods. Some of the same foods – red meat and eggs – fuel the production of another inflammatory metabolite, TMAO, which is a newly recognised heart disease risk factor.

Dietary fibre is the 'prebiotic' for beneficial gut microbes. 'Dietary fibre' is a diverse group of carbohydrates that cannot be broken down by our own digestive enzymes, but provides food for our microbiome. It includes soluble fibre, resistant starch and FODMAPs. The evidence for the benefits of fibre is for food sources, such as whole grains, rather than supplements. The key healthy microbes are those that digest fibre into short-chain fatty acids – *butyrate*, *propionate*, and *acetate*. Short-chain fatty acids (SFAs) produced in the gut have many health benefits. There are SFA receptors on cells throughout the body.

The gut barrier is where immune cells meet the gut microbiome. The barrier is a single layer of specialised cells (*enterocytes*) with no gaps between them. On the 'outside', where the food and microbes are, is a protective layer of mucus. On the 'inside', immune cells monitor the situation, receiving signals from the microbiome and looking out for anything that gets through holes in the gut barrier. A damaged gut barrier, 'leaky gut', overexposes immune cells to fragments of food and microbes, sending them into a frenzy which can lead to food allergy and autoimmune disease.



Short-chain fatty acids regulate immune cells. Immune cells have receptors for SFAs, which signal to immune cells in the gut that everything is OK, stay calm but ready for duty. SFAs selectively increase virus-fighting immune cells in the lungs, while at same time reducing inflammation. We need just the right amount of inflammation for fighting infection and healing damaged tissue, but not too much, and not for too long. Excess inflammation contributes to COVID-19 deaths, while chronic inflammation is a factor in most chronic diseases. Obesity causes chronic inflammation. Animal products have many components that increase inflammation: endotoxins, saturated fats, arachidonic acid, TMAO, AGEs, Neu5Gc, etc.

Many whole (minimally processed) plant foods have an anti-inflammatory effect. In addition to supporting an anti-inflammatory gut microbiome, whole plant foods provide many powerful antioxidant and anti-inflammatory phytonutrients, particularly leafy green vegetables, berries and spices. Even whole grains contain antioxidant polyphenols and are not inflammatory foods. Eat whole plant foods throughout the day in abundance and minimise food processing, which often removes protective factors. It's a whole dietary pattern approach rather than focusing on particular nutrients or 'super foods'.

Salt, or to be more specific, sodium, has adverse effects beyond fluid retention and high blood pressure. Salt reduces SFA production by the microbiome and increases gut symptoms. Salt activates immune cells that cause joint inflammation and autoimmune disease. Keep sodium intake below 1500 mg per day, or less if treating disease.

The optimal diet for immune health is a whole-foods, plant-based diet with a variety of whole grains, legumes, vegetables and fruits and small amounts

of nuts and seeds. Food processing is minimal, vegetable oils are excluded, and animal products excluded.

However, some people may find the initial transition difficult, due to food intolerance and IBS (irritable bowel syndrome). The challenge is to get over the hump of increased symptoms, particularly when the starting point is poor gut health and a restricted diet.

Dietary restriction can lead to a downward spiral. Restricting gluten, other grains and FODMAPs is a popular remedy for gut problems but may effectively starve the microbiome of fermentable carbohydrates. The microbiome then becomes even less able to process these foods, and food restriction must be tightened to avoid symptoms, which can lead someone to a diet that is progressively more based on processed and animal-based foods. Eventually a tipping point of 'dysbiosis' and gut dysfunction may be reached, and gut health remains poor and food intolerances increase. The greater the restriction, the longer and more difficult the recovery.

My approach to restoring gut health is to stop the damaging foods: stop all dairy foods, minimise or eliminate other animal products, avoid emulsifiers and maltodextrins in processed food and limit salt. At the same time, bring in more starchy foods: potatoes, sweet potatoes, brown rice, oats and other whole grains. Keep fat content low – limit nuts, seeds and avocados and avoid all vegetable oils (even olive oil and coconut oil). Slowly increase beans and other high FODMAP foods, pausing the reintroduction of problem foods until a later date. Always drink plenty of water.

The COVID-19 pandemic makes a well-regulated immune system even more important. We have enough understanding of how COVID-19 can damage the body to make some simple suggestions

on what to eat should one become infected. We recommend green leafy vegetables for their protective effects on endothelial cells (blood vessels) and anti-inflammatory action. Even people who are very unwell might like to sip on a green smoothie. A regular intake of small quantities of whole grains and legumes will fuel the gut microbes that produce those short-chain fatty acids that are so important for artery health and immune regulation. Good hydration is always indicated.

The health of your immune system begins in your gut. Gut health and immune regulation are dependent on your microbiome, which is dependent on your food choices. We already know how to feed the microbiome – for gut health, for the immune system and for whole body health. Eat a whole-foods, plant-based diet and stay away from low-carb diets.

**Dr Malcolm Mackay and his partner, Jenny, offer plant-based nutrition seminars, webinars and a six-day immersion retreat. For details see [wholefoodsplantbased-health.com.au](http://wholefoodsplantbased-health.com.au)**

**Dr Mackay is also available for consultation for the management of chronic disease using nutrition and lifestyle. He provides Telehealth video consultations to people across Australia. For details see [drmalcolmmackay.com.au](http://drmalcolmmackay.com.au)**

## 60TH ANNIVERSARY ACCOLADES

### Mollie Kendall, Qld.

I love the magazine. I am most impressed with the incredible knowledge shared. It is very enjoyable to use and has been very valuable to me over my 58 years of being a member. All the best for the future.

### Evan Gordon Printer, NSW

In this era of good journalism falling by the wayside with fake news dominating the headlines, the Natural Health Society magazine is as strong as ever in delivering true facts in relation to one's health and wellbeing. Congratulations to Roger and the dedicated staff on your 60th anniversary, and may there be many more anniversaries.

# Forest Therapy

By Margaret Stepniewski

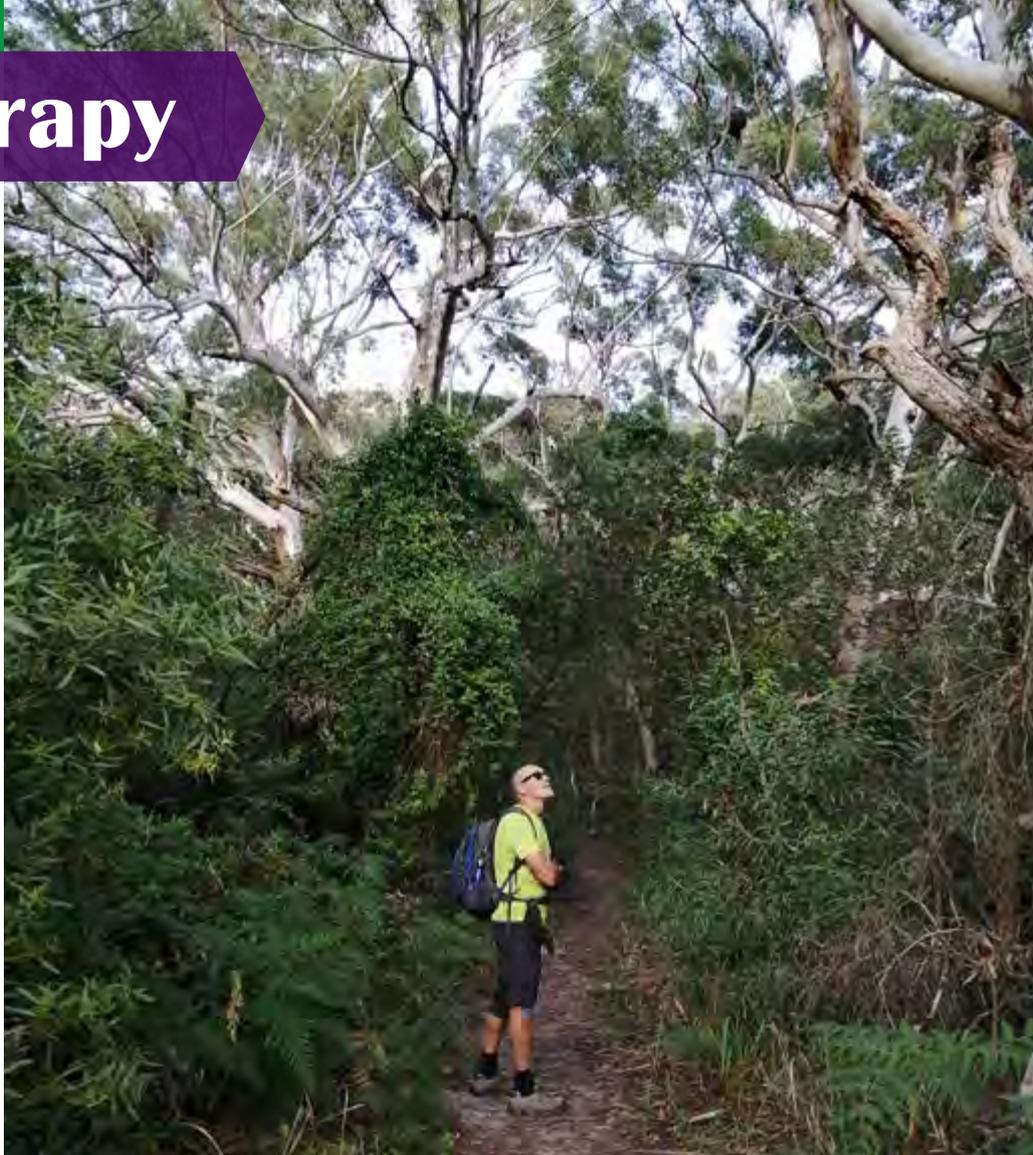
According to the World Health Organisation, stress is the health epidemic of the 21st century and is responsible for many forms of chronic illnesses. In the 1980s, Japan recognised the physiological and psychological dangers of stress and depression and sought out a new, affordable and effective way to combat it. This was the beginning of “*Shinrin-yoku*”, roughly translated as ‘taking in the forest atmosphere’ or ‘forest immersion’.

Here in Australia, personal wellness coach, Susan Joachim, has embraced Forest Therapy with her team at ‘In My Nature’. She offers guided walks through natural environments in and around Melbourne and Sydney, including the Royal Botanic Gardens and the Blue Mountains. Susan says that “*Shinrin-yoku* is a simple and effective practice that anyone can do to reconnect with nature for healing and wellbeing. Forest therapy is very different to visiting a national park or going on a bushwalk. It is about immersing yourself in nature. You consciously choose to slow down and soak it all in. Noticing the sounds, smells, sights, textures and even the taste of the air allows you to slow down, relax and re-energise”

The guided walks through the trees are suitable for all ages and physical abilities. The pace is gentle, the intention mindful. “If you really listen to nature, it can transmit enormous vital energy,” she says. Within a short time, you will experience just a few of the medically-proven benefits of *Shinrin-yoku*:

- Boosted immune system
- Reduced blood pressure
- Improved mood with reduced stress and cortisol levels
- Enhanced energy levels, mood and ability to focus
- Improved sleep
- Decrease in anxiety and depression
- Increased ability to lose weight naturally

Opening our senses to nature also *develops our intuition*. We learn to connect in new



ways to the world around us, increasing our energy flow and our overall sense of happiness. During these coronavirus restrictions, Susan has been actively training Forest Therapy guides in different areas to encourage more people to benefit from this simple pleasure. ‘In My Nature’ is an Accredited Training Provider. Find all the details at [inmynature.life](http://inmynature.life)

The International Nature and Forest Therapy Alliance ([infta.net](http://infta.net)) says “*Forest Therapy is a research-based medical practice of guided immersion in forests with the aim of promoting mental and physical health, while relaxing and enjoying the forest. Now recognised and widely practised as a public health initiative, Forest Therapy is gaining acknowledgement globally as evidence-based, cost-effective and natural medicine*”.

INFTA is engaged actively in research projects with a variety of partners. One of the currently ongoing projects is the collaboration with the Royal Botanic Gardens Victoria. INFTA and the Institute of Forests Therapy have begun to collect health data from participants of the regular guided Forest Therapy walks. A first research report will be released soon. However, one of the key findings is that the stress levels reported by participants before and after each guided Forest Therapy event dropped significantly by about 20 percent!

This underscores the remarkable health effect that guided Forest Therapy walks have on all of us.

INFTA also certifies and accredits training providers and Forest Therapy guides.

The relevant national and international references on forest and nature therapy, *Shinrin-Yoku*, the effects of phytoncides, biophilia and green space as well as related topics can be found at <https://infta.net/home/research/references/>

In 2004, researchers in Japan found that being in the forest has beneficial effects on blood pressure, heart rate and the immune system. They also found that people who just looked at a forest view for 20 minutes had a 13 percent drop in the level of the stress hormone, cortisol.

Dr Qing Li, an associate professor at the Nippon Medical School in Tokyo, says the benefits of *Shinrin-Yoku* have been researched for nearly 40 years. This also led to the establishment of forest medicine, a science that focuses on the effects of the natural environment on human health.

“We found that study participants who practised *Shinrin-Yoku* for three days had significantly increased levels of natural killer-cell activity in the body,” says Li. “These cells are responsible for fighting diseases, including cancer.”

# Small garden, but plenty of produce

## – A SOCIETY MEMBER'S STORY

By Margaret Stepniewski, Member Natural Health Society

Dianne Ayling has been a very supportive NHS member for many years, including helping with the children's camps. She has always loved gardening and used to be part of the Organic Growers Association.

With a busy lifestyle and her important role in helping to manage a children's educational hostel in India, Dianne found it hard to give enough time to her garden. She is a whole-food, plant-based devotee, and when she retired and moved to a new house with a very small garden, she decided to grow as many fruits and vegetables as she could.

NHS president, Elizabeth French, a long-time friend of Dianne, recently visited her in her Newcastle, NSW, home. Elizabeth found that Dianne loves having her own produce and over the years has transformed the small garden into flourishing vegetable beds and a wide variety of citrus trees.

The narrow side garden has productive pomegranate, guava, rye berry, bush cherry and native lime trees and even a dragon fruit plant climbing the neighbour's garage wall!

The automatic watering system has been a great help and the container beds around the deck are easy to keep an eye on. Salad leaves and herbs are easy to pick and Dianne is enjoying her Natural Health lifestyle.



## A Beginners guide to forest therapy

### 1 find a quiet place in nature

This could be a park or forest. As you settle in, spend some time to tune in to the surrounds. Take some deep breaths. Close your eyes. Listen to the wind and the birds. Open your eyes, look up to the sky.

### 2 Walk Slowly, Stop Frequently

Make friends with the trees, plants and flowers. If you like, touch the bark of the trees, inhale the aromas of the leaves, greet the flowers.

### 3 Sit Down

Find a comfortable place to sit. Enjoy this moment of the human BEING rather than the human DOING. Stay here for as long as you like.

### 4. Be Grateful

Quietly acknowledge everything that nature is offering you in this moment with gratitude

## 60TH ANNIVERSARY ACCOLADES

*Would you like to send a message? We will include some more in the next edition.*

*We also love hearing interesting stories from our members. Please write or email us and phone if you prefer to discuss it first.*

### **Terry and Margaret Dwyer, NSW**

The discovery and implementation of the Natural Health Society teachings in the early 1980's was a greatly valued health promoting revelation within our household.

And although levels of dedication and adherence to the guiding practices may have waxed and waned over the years, it has been the ever enduring and invaluable NHS principles that have been there to remind us and help correct the course when and where needed. Thank you, NHS.

### **Nada Lunney, NSW**

I was working in the office with the NHS for many years and loved learning so much from the information that I was typing for the magazine. It has been a great influence on myself and so many people. Roger is a wonderful example of practising what he preaches, and congratulations to him and to the Society for this 60th anniversary.

# Your Questions Answered

By Roger French

Send questions to Natural Health Society 28/541 High St, Penrith 2750 or [rfrench@health.org.au](mailto:rfrench@health.org.au). We regret that it is not possible to answer questions personally, nor can all questions be answered. Some may be answered in later issues.

## PHYTIC ACID INHIBITING MINERAL ABSORPTION:

**Having a vegetarian diet, I understand that a lot of our foods – including nuts, seeds, legumes and grains – contain phytic acid which inhibits the absorption of minerals, including iron and calcium.**

**As my iron levels are a bit low, I want to know how to get around the phytic acid problem.**

**Is there an enzyme supplement of phytase which I could take? – A. T., Waterloo NSW**

Phytic acid is a natural substance found in plant seeds. It has received considerable attention due to its effects on mineral absorption. Phytic acid impairs the absorption of iron, zinc, calcium, magnesium, chromium and manganese, and could promote mineral deficiencies. Hence, it is sometimes referred to as an 'anti-nutrient'. It is broken down by an enzyme in our bodies, *phytase*, which appears to not be available in supplementary form.

Phytic acid is the main way that phosphorus is stored in many plants, especially in the bran of grains and other seeds. It occurs in beans and other legumes, seeds, nuts and grains. In the Paleo diet, this is one of the reasons for avoiding legumes and grains, but avoiding them also avoids their valuable nutrients. The key is moderation as with all foods.

Binding to these minerals converts them to phytate compounds – iron phosphate, calcium phosphate, etc – which reduces their absorption into our bloodstream. Consequently, their nutritional values aren't as high as is shown in nutritional tables. Many traditionally-living cultures with grain-rich diets overcame this by using soaking, grinding or fermentation.

However, the human gut adapts somewhat to phytic-acid-rich foods. The small intestine of certain animals, including humans, produces phytase. Until recently it was thought that our production of phytase is too low to have much effect, but a 2015 study suggests

that our intestine can ramp up phytase production in response to a diet high in phytic acid, and this helps us absorb more of the minerals.

Good nutrition provides an advantage. People who have healthy levels of beneficial bacteria in their gut and high fibre in their diet have higher levels of phytase, which enables those people to consume more phytic acid without adverse reactions.

According to the Canadian Society for Intestinal Research, most of these foods when served on our plates no longer contain enough phytates to cause problems. This is because phytates are at least partially destroyed by soaking, sprouting, fermenting, yeast leavening, cooking, baking and processing. Since we don't consume raw grains and legumes, by the time we consume them, the amount of phytates will be considerably reduced.

(<https://badgut.org/information-centre/health-nutrition/4-myths-food-nutrition/>)

Ironically, processed white flour products contain far less phytic acid, but this is overshadowed by much lower levels of minerals and vitamins in general compared to whole grains.

There might even be health benefits from consuming phytic acid, because it has anti-inflammatory and antioxidant effects.

These foods all contain many important nutrients, and while the phytic acid does reduce the total amount of minerals absorbed, we still obtain plenty. Avoiding legumes, seeds, nuts and grains can cause us to be excluding outstandingly nutritious foods, especially as the first three are the main sources of protein in a plant-based way of eating.

However, a person who has mineral deficiencies, such as iron or zinc, might want to limit their intake of phytic-acid-rich foods. If you suffer from digestive trouble or body pain, you could try limiting your phytic acid intake. You don't have to avoid phytates completely – it wouldn't be possible anyway.

Remember that if iron is low, it has a likely saviour. Green Mexican pumpkin seeds, pepitas, contain approximately four times

the amount of iron that is in red meat.

The bottom line is that most individuals can safely consume phytic-acid-containing foods on a daily basis.

The Integrative Pain Science Institute gives suggestions for minimising phytic acid. (<https://www.integrativepainscienceinstitute.com/phytic-acid-top-reasons-to-avoid-this-anti-nutrient/>)

**Soak** grains in fresh, filtered water with a squeeze of lemon juice or a splash of apple cider vinegar at very warm temperatures.

**Sprouting** is the most effective way to reduce phytic acid in legumes.

**Cooking** beans and grains also helps to remove phytic acid. Adding small quantities of apple cider vinegar to the food can be helpful.

**Nuts** should be soaked for twelve hours, then dehydrated at very low temperatures. The exception is cashews which are already cooked during extraction from their shells.

Make sure not to stress about phytic acid.

Referring to the availability of a phytase supplement, I have searched and it seems that it may not be on the market, not even as part of a mixed digestive enzyme supplement.





## BRAIN FOG:

### Would you please cover the issue of brain fog – D. W., Neutral Bay NSW

**A** I have had first-hand experience of this problem as it was the most pressing reason why I first visited Hopewood Health Retreat in January 1968 [after which I found the Natural Health Society]. The detox at Hopewood was so effective that even before I departed, my concentration had improved dramatically, I could read faster and the difficulty of holding a conversation for more than about 10 minutes was entirely resolved. In fact, over the following decades I have given many talks of an hour or more effortlessly (at times I needed shutting up!)

What had happened during the detox was that my body had eliminated a good chunk of the metabolic waste products and toxic man-made chemicals that had built up in my system over many years. This 'cleaned up' the blood supply to my brain and the rest of my body and resulted in the spectacular improvement. And this was all achieved by a mere five days of supervised water fasting.

'Brain fog' isn't an official medical term, nor is there a test for it. It's your body telling you that you probably need to make some lifestyle changes.

Brain fog affects people in different ways. Here are the most common symptoms:

- 1. Lack of concentration.** Rather than being able to home in and focus, your mind constantly wanders off.
- 2. Lack of mental clarity.**
- 2. Forgetfulness.** It can be difficult to remember things like lecture material, where you left your car keys, or what you did yesterday. (For some of these bothersome memory slip-ups, many of us don't need to have brain fog!)
- 3. Chronic fatigue.** This typically involves extreme, never-ending tiredness that can't be remedied by rest or drugging with caffeine.
- 4. Mental flatlining.** Instead of feeling alert and active, you feel dull, unmotivated, unproductive and possibly depressed. Your day's activities blur together.

## Causes

Here are the most common causes of brain fog:

### 1. 'Heavy', acid-forming diet

A properly balanced way of eating comprises approximately three-quarters fresh fruit and vegetables and the remainder the foods that are concentrated with protein, carbohydrate and fat, namely nuts, legumes, seeds, wholemeal bread

and other grain foods. If the proportions are the other way around and the concentrated foods predominate, especially if they include meat, fish, cheese, eggs, white bread, cakes and other refined-flour-based foods and refined sugar, there will typically be an accumulation of acidic waste products plus the usual build-up of toxic man-made chemicals.

The 'polluted' bloodstream will make the person feel 'heavy', congested and sluggish in the mind; it can have a severe impact on mood, energy and focus, leading to brain fog. This will usually have taken years to develop, but can be corrected by detoxing – as in my own case.



### 2. Lack of sleep

One of the most common causes of brain fog is insufficient sleep, which will be followed inevitably by fatigue.

### 3. Lack of exercise

Aerobic exercise (which gets your heart pumping) increases the size of the parts of the brain associated with thinking and memory. Exercise increases blood flow to the brain and has been demonstrated to improve sleep and memory and reduce stress.

If we are physically inactive for too long, our brains are at risk of becoming inactive too, which can lead to difficulty sleeping, impaired memory and increased stress.

### 4. Stress

When we are faced with stressful situations, our levels of cortisol – the 'fight-or-flight' hormone – rise. Normally, cortisol levels subside when stress passes, but if we are stressed constantly, this hormone remains at high levels, making it difficult to calm down and think clearly.

### 5. Dehydration

Our brains are normally around 73 percent water. Researchers have found that even a one percent level of dehydration can impair cognitive function. Among the effects of dehydration are:  
Increased fatigue;

Inability to focus;

Impaired short-term and long-term memory;

Impaired problem-solving capabilities.

These sound exactly like the symptoms of brain fog.

## 6. Hormonal changes

During pregnancy, levels of progesterone and oestrogen increase, which can temporarily affect memory and mental clarity.

Similarly, during menopause a decline in oestrogen level can cause brain fog.

## 7. Medications

If taking medication, brain fog may possibly be a side effect. If this seems to be the case, consult a doctor.

## 8. Medical conditions

According to Healthline ([www.healthline.com/health/brain-fog](http://www.healthline.com/health/brain-fog)), certain medical conditions have brain fog as a symptom. They include chronic fatigue syndrome, fibromyalgia, anaemia, depression, diabetes and hypoglycaemia, Sjogren's syndrome, migraines, Alzheimer's disease, hypothyroidism and autoimmune diseases including lupus, arthritis and multiple sclerosis.

## Remedial lifestyle

Firstly, try to work out what's causing the brain fog. To get the treatment to stick, you need to know what you need to deal with.

### Nutrition

Focus on increasing your intake of fresh vegetables and fruits, especially leafy greens, as well as dark-coloured berries and omega-3 fatty acids. Ensure adequate but not excessive protein in your diet, which can be overlooked in plant-based eating. Plant protein foods are nuts, legumes and seeds.

Omega-3 rich plant foods include chia seeds, flax seeds, walnuts and some other nuts.

If your body is in a toxic state, it will pay to do a detox program under professional supervision (see page 14 in this issue).

### Adequate sleep

The optimal amount of sleep is 7 – 8 hours per night for most of us. The US National Sleep Foundation Scientific Advisory Council suggests that young people should get between 7 and 9 hours each night.

If we can increase our hours of sleep, sometimes the brain fog will ease.

### Exercise regularly

We don't need a sophisticated exercise program to counteract brain fog. The goal is to sweat, and it doesn't matter how. Very brisk walking or jogging can do the trick.

## Manage Your Stress

Some people are better at handling stress than others.

For a start, recognise that you are stressed and don't deny it; denial tends to make it worse.

Be OK with saying 'no' when asked to do something that you don't have time or energy for.

Talk to somebody. There's no shame in talking to a friend or relative about the things that are worrying you. You may be surprised by how many of your peers are stressing over similar issues.

## Deal with dehydration

The common advice is to drink eight glasses of water a day. We in Natural Health consider this to be a myth.

Staying hydrated depends on drinking adequate water, the amount varying with your activity level, your weight, the weather and other fluids and foods that contain water. In particular, a high consumption of vegetables and fruits, which are high-water foods, can supply a large portion of your required water intake.

Remember that the best guide to drinking water comes from nature – thirst. Drink water according to thirst.

Limit your consumption of drinks that contain caffeine or alcohol, as these tend to disguise the feeling of thirst.

## Strengthen your brain power

Try solving brain puzzles, doing volunteer work and/or finding enjoyable activities.

## Q JUICES AND SMOOTHIES:

**I am a member of the Society and want your opinion on juicing.**

**Do you think juicing is nutritionally better than eating the fruit and vegetables used to make a juice?**

**If so, I have been recommended to purchase a juicer called a MOD cold-press juicer, priced at \$499. If you recommend juicing, is there a machine that would do the same job and is cheaper. – P. B., Fairfield Vic**

**A** The first thing that I need to know is: are you considering an exclusive juice diet or simply using juices as nutritional supplements?

If you are considering a detox juice diet – consuming nothing but juices for a number of days – then you need a fair amount of information to be able to do it safely and beneficially. This information is spelled out in my book, *How a Man Lived in Three Centuries*, Chapter 15. Better still, do it under professional supervision



at a retreat or with Doug Evans at his home in Bundeena, south of Sydney (see page 14).

If you intend using juices as everyday nutritional supplements, this is different.

A juice is basically the whole vegetable or fruit minus the fibre. For everyday juicing, using a machine to simply puree the fruit and/or veggies is advantageous because we don't chew food thoroughly enough to facilitate full absorption of nutrients in the small intestine and make the fibre more accessible to the friendly gut bacteria, which do so many beneficial things with it. This is why juices and smoothies are more effective than is eating whole fruits and vegetables.

But then, smoothies are generally more beneficial because they contain the fibre which is missing in juices. Envisage a fruit and/or vegetable smoothie as being the food super thoroughly chewed.

With juices in particular, it is necessary to avoid excessive use, because a fruit juice is quite a rich source of sugar. The fruit sugar is well balanced with minerals and vitamins, but without the need to chew, it is easy to swallow the equivalent of a couple of pieces of fruit in a minute or two. So fruit juices need to be limited to one or two a day, and also diluted with water.

Watermelon juice doesn't need any dilution – it is already over 90 percent water, but most other juices require at least one-quarter water. Grape juice is so concentrated that it would be diluted to half and half water.

Most veggies are low in sugar, except carrot and beetroot which have a significant amount and would require one-quarter water.

Back to doing a juice diet for detoxing, the question is – why is it better to have the fibre removed? The reason is that the absence of fibre minimises stimulation of the intestines, conserving more energy for detoxing and healing. This is only for

a relatively short period. For normal everyday living, it is better to include the fibre, in other words, make smoothies – or else eat the whole food with very thorough chewing.

As for the kind of juicer, here are the common mechanisms employed.

The least desirable is the 'centrifugal' kind which purees the food with spinning knives and then flings minute droplets out to the walls of the juicer. These tiny droplets absorb a significant amount of oxygen which oxidises some of the precious nutrients.

Spinning knives as in a blender do a better job as this doesn't produce a mass of minute droplets, so there is not the same degree of oxygen absorption. The Ladyship brand – available from the Society – is this kind. It has a novel device which enables it to make smoothies or juices. Blending in the bowl makes smoothies, but for juicing a screen is slid into grooves inside the bowl, which allows the juice to separate. A tap allows the juice to flow out as it is made.

The best mechanism which is readily available commercially has one or two slowly-turning augers. These crush the food and squeeze out the juice, which is true cold pressing. The juicer which you mention, the MOD cold-press juicer priced at \$499, has a single auger and is this kind.

The ultimate mechanism is a hydraulic press which squeezes out the juice with great pressure. The disadvantage with this kind of juicer is high cost and the fact that they are large and heavy. For example, the Norwalk.

Finally, if you decide to go on a juice detoxing diet for a number of days, there are some safety warnings. Here they are in summary:

1. *Without professional supervision, do not stay on juices exclusively for more than five days at a time.*
2. *Avoid any strenuous activity during a detoxing diet.*
3. *Exclusive juice diets are inappropriate with certain health problems. These include hypoglycaemia, diabetes, emaciation, pronounced liver or kidney disease or certain other conditions, as well as pregnancy. In these cases, it is imperative that an experienced practitioner first be consulted.*

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



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

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

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

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

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

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

## Help save our precious Oceans

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

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

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

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



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



Available at leading Health Food Stores

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

\* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016



# NHS NOTICES

## MEMBERS SUPPORTING THE NHS

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

*Janet Van Dulleman, Christiane Massa, Pam Robinson, John Smith, Linda Peppernell, Arthur Cheers, Mary Berry, Helen Colwill, David Martin, Bernard Brand, Richard and Philomena Watkins, Katie Deverell, Cindy Handley and Barry Hastie, Michael Muller, Margaret Raumer, Jeanne Silverson, Julie Keogh, Lesley Johnson and Patricia Churm*

If others care to add their support – great or small – we would be very grateful. Simply call our office on 0432 396 701 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.]

## Please help us continue to cover the costs of True Natural Health

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

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

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

Thanks for your continued support!

Health Director and National Committee, Natural Health Society



Follow Natural Health Society of Australia on Facebook

## Spring webinar series September to November 2020

**Webinar 1.** Tuesday, 29<sup>th</sup> September, **Abby Rees** from Punk PD.

'The Art and Science of Becoming Intentional'

**Webinar 2.** Tuesday, 6<sup>th</sup> October, **Melissa Kovacevic**, Functional Health, Canberra.

'How EFT Tapping Works To Help You With Your Wellness Goals'

**Webinar 3.** Tuesday, 13<sup>th</sup> October, **Roger French**, Natural Health Society of Australia.

'Achieving Robust Health – It's Easier Than It Sounds'

**Webinar 4.** Tuesday, 20<sup>th</sup> October, **Dr Gavin Levy**, NSW Ambassador, Doctors for Nutrition.

'As a Doctor, Why I Choose To Go Plant-Based'

**Webinar 5.** Tuesday, 27<sup>th</sup> October, **Dr Greg Fitzgerald** (Allied Health), Health for Life.

'Pan(ic)demic – Lessons From COVID-19'

**Webinar 6.** Tuesday, 3<sup>rd</sup> November, **Dr Alan Goldhamer**, True North Health Centre, California USA,

'Can Fasting Save Your Life?'

### Price

Pay \$49 for the full series  
OR \$10 for an individual webinar

## 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

## New Society Contact Details

From now on, the Society's permanent postal address is:

**PO Box 4264, Penrith Plaza NSW 2750**  
The previous High St address is now closed.

The Society's phone number now is **0432 396 701**. The transition from the previous number, 02 4721 5068, will soon end.

The email address remains the same – **admin@health.org.au**.

All administration matters – subscriptions and magazine and product orders will be handled by Tracey as normal, but working from her home.

## THE SOCIETY'S 60TH ANNIVERSARY CELEBRATION

We had planned a grand 60<sup>th</sup> Anniversary celebration with an overseas guest speaker, but due to coronavirus government restrictions, this has had to be cancelled.

After the restrictions are relaxed, a possible date is either March 2021 or a 61<sup>st</sup> Anniversary celebration in September 2021.

We will inform members as soon as we have a date.

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**



# & EVENTS

## 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 22<sup>nd</sup> September at 7.30pm by Zoom.

### Business

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

### Motions on notice:

The first motion is to increase the maximum permitted number of committee members from 7 to 11.

Motion: That clause 18. (1)(b) of the Society's constitution be amended to read "8 ordinary committee members, each of whom is to be elected at the annual general meeting of the Society under rule 19."

The second motion is to reduce the number of nominations required for each candidate from four to two.

Motion: That clause 19. (2)(a) of the Society's constitution be amended to read "must be made in writing, signed by 2 members of the Society and accompanied by the written consent of the candidate (which may be endorsed on the form of the nomination);"

The third motion is to re-set the quorum for committee meetings.

Motion: That clause 25 (5) be amended to read "A quorum for the transaction of the business of a meeting of the committee (present in person or by electronic media) shall be two-thirds of the actual number of committee members or the next whole number above that.

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

Society members wishing to join the meeting need to use the following to access Zoom: Meeting ID **882 5820 7223**; pass code **556 406**

If any questions, phone 0432 396 701 or email [admin@health.org.au](mailto:admin@health.org.au).

## Statements from Candidates for the Executive Committee

### Elizabeth French

I joined the Natural Health Society in 1973 and have been active in the organisation in various ways ever since, including the last three years as National President (again).

For more than 30 years I have run a small franchise business which has grown substantially in that time. Through this I have developed business management skills that can be beneficial to my work in the Natural Health Society.

I am excited about the next stage of the Society's development and believe that I can make a valuable contribution to it.

### Amalia Pezzutto

I have been part of a committee assessing grant applications for a Disadvantaged Schools program. I have been a social justice advocate and have been involved with raising and managing money in various committees.

I was a committee member of the Illawarra Branch of the Natural Health Society – the last of our branches to close.

I am a passionate believer in the whole-food, plant-based eating approach to health. I feel blessed to have been involved with the Society for many years and it has been a privilege to serve on the National Executive Committee.

### Jan Thorpe

I joined the Natural Health Society in 1966 and it changed my life. I have been a committee member of the Society on and off for many years and have held the position of National President for two terms. For many years, I was President of the Blue Mountains-Nepean Branch.

The majority of my working life was with St George Bank, moving up to Branch Manager. This experience has made me aware of the need to take a keen interest in the organisation's operations and funds, and I look forward to another term as a Committee member.

### Cecil Bodnar

I joined the Natural Health Society in 1975, participated in a number of branches over the years, and have been a passionate advocate for the Society ever since.

My wife, Marilyn, and I opened our house for monthly Wellness gatherings many years ago to allow people to see how to live the Natural Health lifestyle in practice. Marilyn and I use every possible

opportunity to promote the Society.

Having been on the National Committee for a couple of terms now, I am keen to help grow the influence of the Society after 60 years.

### Margaret Stepniewski

I have been a member of the Society for 20 years and it has made a great difference to my personal health. I understand the importance of getting out the message about our self-healing bodies to all ages to help people take control of their own health with dependable information.

I volunteer on the Social Media and Business Development Action Group Sub-Committees and have helped with the Wellness evenings and other events.

I am excited about the future of the Society and want to make sure that it can keep up the good work for generations to come.

### Kevin Coleman

Although always interested in health, my path to the Natural Health Society has been provoked by my own health crisis.

I have had a rewarding career in medicine, having completed my internship at St Vincent's Hospital, Darlinghurst in 1979. My earliest dissonance with mainstream medicine followed my father's bypass surgery in 1981. Dad's first breakfast post-op was 'bacon and eggs'.

I am grateful to my wife, Flavia, for introducing me to Dr Greg Fitzgerald, whom I greatly admire, and the wonderful team at the Society. Hoping I can give some input into our Society.

### Marilyn Bodnar

I am a trained nurse, homebirth midwife and Nature Cure practitioner, remedial massage therapist and Bowen/Emmett and craniosacral-sacral practitioner. I joined the Society in 1983 and became a Natural Foods Preparation Instructor.

I was a committee member of the Organic Growers Association and its Secretary for some years.

My husband, Cecil, and I have for years held monthly Wellness Gatherings in our home, demonstrating plant-based meals and educating people interested in Natural Health principles. At TAFE colleges, I have presented Vegetarian Cooking Classes. I am also a distributor of wholesome organic fresh and dried produce.

I have home-birthed and home-schooled two sons.

# My lucky chooks in their lucky country

By Roger French, Health Director, NHS

When I think of the cruel, miserable conditions for laying hens confined in battery cages, I enjoy thinking of the paradise in which my chooks live.

For me, the eggs are a small part of my lacto-ovo-vegetarian way of eating, which overall is around 96 percent plant foods. The Natural Health Society promotes a whole-food, plant-based way of eating, which can include ethically and sustainably sourced dairy and eggs.

I have been keeping laying hens for about 35 years for the taste and nutritional qualities of the eggs. The hens typically lay for four to five years, although I have one about 11 years old. She ceased laying years ago, but I don't begrudge feeding her because she is quite a pet. I recently purchased another dozen Hyline Browns, very similar to ISA Browns. They are very sociable and happy to be picked up.

**Lots of excitement.** The hens have interesting lives – as hens go. At around 7am I let them out onto our front lawn and they rush for the green pick. After I have taken four neighbour's dogs for a walk on the river flats below us, I call the hens into their yard for a feed of soaked grains and soaked soya meal. A bit later I throw them kitchen scraps and sometimes soaked wholemeal bread and lettuce leaves from the fruit and veg shop. For each of these, there is a flurry of feathers in their excitement. The chooks remain in their yard through the morning to be close to their hen house with the nest boxes.

At 2pm an alarm clock goes off and drops a lever which releases a container with another feed of soaked grain which they rush at. Around 20 minutes later, another alarm clock drops another lever which pulls on a cord that opens a gate out to the spacious rear of our property and the chooks rush out excitedly. They spend the afternoon pecking grass and scratching for insects, and well before dark they take themselves back to their yard, then later into the hen house and onto their favourite spots on the roosts for the night.

After a fox killed most of my hens in

November 2012, I built a fox-proof inner yard, eight metres by two metres and they have been safe at night ever since. There are two main yards, one each side of the hen house. The yards measure roughly 10 by eight metres, and while the chooks are in one yard, I grow veggies in the other for six months, then swap them around. Change-overs typically occur in March and September. The soil is rich with the chook poo and the scraps 'composted' in their intestines and other plant matter we throw in.

I don't feed the hens the usual laying pellets which contain ground grains. Once the oil in grains is exposed to the air, it begins to turn rancid, that is, oxidise, and become carcinogenic. The grains I feed are sold as 'pigeon mix', which is a mixture of wheat, sorghum, safflower and chickpeas, and provides a good variety of nutrients.

For extra protein, I don't use meatmeal, but provide soaked soya bean meal, as soya beans are the richest of all foods in protein. Cracked corn is permanently available in a self-feeder. Corn is good for chooks because it contains valuable oil which tends to warm the hens in cold weather and provide more nutrients.

Poultry are true omnivores, so they need plant and animal foods. My hens get the grains, plenty of green food and animal foods in the form of the insects they scratch up in the backyard.

Some people who regularly eat 'my' eggs say that they don't want any other eggs because these taste so good. It's not that I do anything clever to make the eggs extra tasty, it's just that I don't treat them the way commercial farms do.

**Commercial egg production.** On 26 April 2018 new free-range laws took effect. Eggs labelled as 'free range' must come from hens that are able to roam and forage outdoors for at least eight hours each day. The maximum outdoor stocking density is 10,000 hens per hectare of land or one hen per square metre. Free range is now the most popular egg category at the supermarket, making up 47 percent of

total retail sales.

Cage-free and barn-laid eggs are the same thing, where the hens live entirely within an indoor barn environment.

Hens kept in cages should be outlawed, but more than 11 million laying hens, or around two-thirds of all laying hens in Australia, are still confined to battery cages.

With organic egg farms, farmers cannot spray chemicals on the outdoor range and the hens must be fed grain that was grown without pesticides, herbicides or synthetic fertilisers. The maximum outdoor stocking density is one hen per four square metres where range rotation is practised, or one hen per six square metres where fixed outdoor ranges are used. Vaccines and antibiotics are avoided as much as possible. Organic eggs only make up about two percent of supermarket egg sales in Australia.

Natural disease prevention for hens includes fresh water with garlic or apple cider vinegar.

Further information is available at [www.backyardchickencoops.com.au](http://www.backyardchickencoops.com.au), [australianeggs.org.au](http://australianeggs.org.au) and [rspca.org.au](http://rspca.org.au)

## From Jan Thorpe, NSW

*Congratulations to the society on achieving 60 years of continuous natural health education in Australia.*

*I joined the Natural Health Society in 1966 and have learned a lot over the years about how to live in harmony with nature, including fasting. 54 years ago I broke my leg skiing and decided to do my first fast to help with its recovery. I regularly visited Hopewood Health Retreat at Wallacia until its closure in 2015, where I did many fasts supported by the wonderful staff and naturopaths. Our Health Director, Roger French, has also been a wealth of information to myself as well as many thousands of other people. Thank you, NHS.*

# Vegano

- GREAT NEWS FOR VEGANS, VEGETARIANS AND FLEXITARIANS

**By Giovanni Melosi of Vegan Deli De Lites**

Gone are the days when veganism was seen as some form of secret society, cult or religion. As more and more people want to improve their health and reduce their impact on animals and the planet, it's not just vegan and vegetarian people who are looking for new food alternatives. It's the mainstream who are now embracing plant-based food. Many of us are becoming flexitarians as we incorporate healthier food choices in our diets.

As consumers look for and embrace meat alternatives, they don't want to compromise on quality, taste or price. While there are many vegan and vegetarian meat-alternative meal options in the market, Vegano want to give individuals and families more choice.

While not compromising on quality or taste, Vegano have created a vegan and gluten-free certified range of meat alternative products for entertaining, antipasto, convenience and easy-to-prepare meal options. Initially we are launching with three products: Natural, Pepper and Paprika.

Vegano's ham-style vegan range stores well and is conveniently sliced, so it can be used straight out of the fridge. No preparation required!

Consumers have been telling us for years that they are looking for more convenient vegan-based, meat-alternative products that work with their busy families and lifestyles. Now we've done it. We want consumers to have choice in what they put in their mouths and choice in the impact their foods have on the planet.

**Vegano – Authentic, delicious and quality vegan meal choices, one slice at a time.**



100% PLANT BASED  
*Vegano*

*Quality. Authentic. Delicious*  
A NEW RANGE OF VEGAN STYLE PRODUCTS

**VEGAN AND GLUTEN  
FREE RANGE IN  
NATURAL, PAPRIKA  
& PEPPER**

.....  
**LOOK OUT FOR OUR  
VEGAN SALUMI RANGE  
COMING SOON**  
.....



**IF YOU'D LIKE MORE INFORMATION ABOUT OUR RANGE & PRODUCTS PLEASE CONTACT:** Giovanni Melosi, 0410 572 957  
info@vegano.net.au, www.vegano.net.au

Vegan Deli De Lites Pty Ltd  
Unit 1/6 Robertson Place, Penrith NSW 2750

### Daily Green Smoothie

#### INGREDIENTS

1 pear, chopped or 155 g (5 oz) pineapple  
handful baby spinach leaves  
4 baby cos lettuce (romaine) leaves  
250 ml (1 cup/8 fl oz) water or coconut water  
2 tablespoons lemon juice  
few sprigs of mint leaves  
ice to blend

#### METHOD

COMBINE ingredients into a blender.  
BLEND until combined, adding a little extra water if needed.  
POUR into a large glass.  
ENJOY.

#### INSPIRATION

Add papaya or orange in place of pear.

*High in delicious alkalising minerals and antioxidants which makes this the perfect detox smoothie for healthy liver and gut function. Enjoy a glass every day and feel the benefits it makes to your health.*



### Vegan Mung Bean Pancakes

#### INGREDIENTS

1 cup mung beans, soaked overnight in lots of water and drained  
125 ml (4 fl oz) water  
pinch of sea salt  
olive or avocado oil for cooking

#### Additional toppings plus fillings

Spring onions, coriander (cilantro), kimchi, spinach, alfalfa, mushrooms, vegan mayo, miso smashed avocado (see inspiration notes), nori.

#### METHOD

BLEND mung beans with the water until smooth. Adjust consistency of the pancake based on the thickness you require. You want a delicate thin pancake, not too thick.

HEAT a non-stick pan over a medium to high heat with a little olive oil, then pour in a ladle full of batter to cover the base of the pan.

COOK until the pancake is golden underneath then turn over to cook the other side.

SERVE with your choice of fillings



*These delicate pancakes are high protein and gluten-free and remind me of French-style crepes or omelettes. They can be served alone or infused with your choice of aromatics and savoury fillings. Enjoy for breakfast, lunch or dinner.*

**INSPIRATION** To make miso smashed avocado, combine 1 peeled avocado, 2 tsp white miso paste, 1/2 tsp sesame oil and toasted flaked nori seaweed. Dollop onto mung bean pancakes with spring onion, coriander, alfalfa, etc, then drizzle over vegan mayo or tamari.

### FROM THE NATURAL HEALTH SOCIETY ARCHIVES

#### RECIPES FOR LIVING FOODS

##### ALMOND LOAF

1 C almonds	2 tsp. sage
1 head red cabbage	1 tsp. caraway
3 stalks celery	1 tbsp. tamari
1 bunch shallots	1/4 C water

Grind almonds very finely. Put 1/4 cup in blender with water, shallot ends, caraway and tamari. Blend well. Grate cabbage, dice celery and mince shallot tops. Put all ingredients together in large bowl and mix well. Adjust seasoning to taste. Form into loaf, shape and garnish with parsley.

##### SPROUT SALAD

1 cup mung bean sprouts	1 1/2 cups coconut
1 cup alfalfa sprouts	1/2 - 1 cup chopped dates
1 cup grated carrot	Orange juice - small amount

Separate alfalfa sprouts from each other. Mix all ingredients well. Add enough orange juice to moisten according to taste.

##### CARROT CAKE

6 C carrots (grated)	2 C coconut
2/3 C almonds (soaked 5-6 hours)	cinnamon, nutmeg and-or clove
1 C raisins (soaked 1 hour)	Lemon juice
1 C dates (soaked 1 hour) and pitted	grated lemon peel

Grate carrots. Grind almonds, raisins, and dates into a paste consistency. Mix carrots with date mixture. Add coconut, cinnamon or desired spices and lemon to taste. Mix well. Mould into any shape and garnish with nuts, raisins, dates, etc.

# The World's Healthiest Chocolate Cake

*This chocolate cake is brimming with antioxidants to boost energy and promote wellbeing. I love that it is super-moist and rich in heart-healthy essential fats from the avocado oil. This cake is gluten-free, dairy-free and refined-sugar-free, making it the perfect healthy treat for everyone.*

## INGREDIENTS

125 ml (½ cup/4 fl. oz) extra-virgin avocado or olive oil  
125 ml (½ cup/4 fl. oz) almond milk  
125 ml (½ cup/4 fl. oz) pure maple syrup  
4 organic eggs  
2 tsp vanilla extract  
3 tsp gluten-free baking powder  
60 g (½ cup/2 oz) dark cocoa powder  
300 g (3 cups/10½ oz) almond meal  
avocado frosting to serve (see Inspiration below)

## METHOD

PREHEAT oven, fan-forced, to 160°C (320°F).

COMBINE avocado oil, almond milk, maple syrup, eggs and vanilla in a bowl.

ADD the baking powder, cocoa and almond meal, and mix through until combined.

BAKE 45 minutes until cooked, then remove from oven to cool.

COMBINE frosting ingredients until smooth, then ice the cake generously.

STORE in fridge until ready to serve.

DOUBLE the recipe if making a double-layered cake with frosting.

**INSPIRATION** To make the avocado frosting, combine the flesh of 2 ripe avocados, 125 ml (½ cup/4 fl. oz) pure maple syrup, 125 ml (½ cup/4 fl. oz) coconut cream, 2 tsp vanilla extract, 60 g (½ cup/2 oz) dark cocoa powder and a generous pinch of sea salt. Blend until smooth and use as the frosting for the cake.



The Natural Health Society has been promoting whole food plant foods for balanced nutritious eating for the past 60 years. There are plenty of ideas from excellent recipe books nowadays but it was quite revolutionary at the time. Here are some from decades ago.

Teresa Cutter, The Healthy Chef, has built up a cult following amongst health-conscious foodies, thanks to her super healthy and delicious recipes.

*Earth To Table* is Teresa's ninth book, and it recently won the Gourmand World Cookbook Awards in the Health + Nutrition category. A stunning cookbook focusing on plant-based, vegetarian recipes that everyone is sure to love. The recipes are easy to make, embracing simple techniques and using ingredients straight from nature.

Teresa Cutter is a classically trained chef/nutritionist/personal trainer – bringing the best of food and health together in one talented package.

*"Earth To Table is inspired by my love of healthy, Mediterranean, plant-based cuisine using whole-food ingredients. No matter how busy you are, you'll find that healthy eating can be both simple and achievable for everyone," says Teresa.*

*Earth To Table* retails for \$49.95 and is available at [thehealthychef.com](http://thehealthychef.com) alongside Teresa's other award-winning titles and whole-food product range.

## The New Waldorf

### INGREDIENTS

1 lemon, juiced  
1 pear, finely shaved or chopped  
90 g (3 oz) green seedless grapes  
2 sticks celery, finely sliced  
60 g (2 oz) macadamias chopped  
2 spring onions, finely sliced  
a little parsley  
1 telegraph cucumber, peeled, seeded and finely sliced  
125 ml (½ cup/4 fl. oz) thick natural yoghurt (Greek or coconut)  
baby cos or butter lettuce to serve

### METHOD

COMBINE yoghurt with the juice of ½ lemon and a tablespoon of water then set aside.

MIX together the sliced pear, grapes, celery, cucumber, macadamias, spring onion and parsley, then squeeze over the rest of the lemon juice which will prevent the pear from discolouring.

PILE salad onto a serving plate next to a bed of greens.

SERVE drizzled with yoghurt dressing. ENJOY.

**INSPIRATION.** Make a seeded mustardy dressing in place of the yoghurt dressing: Combine 2 heaped tsp seeded mustard to 1 Tbsp apple cider vinegar, 1 tsp pure maple syrup and 3 Tbsp olive oil. Drizzle over the salad in place of the yoghurt dressing.

*This recipe comes from the Healthy Chef Headquarters love affair with celery and all it's wonderful health benefits: supports detoxification and promotes beautiful, hydrated, glowing skin.*

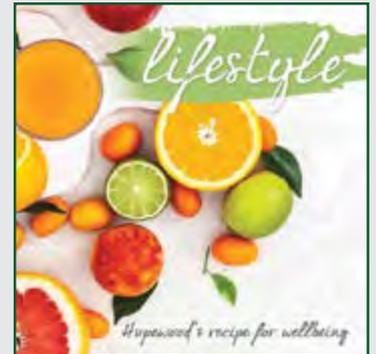


# Five working-from-home wellness tips



*Feeling good is easy...*

***lifestyle – Hopewood's recipe for wellbeing*** will inspire you to kick-start and maintain your wellness journey



*Make this your lifestyle!*

With over 100 mouth-wateringly delicious vegetarian recipes, this book will inspire you to eat, move, heal and nurture your body naturally

For only

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



From freelancers to consultants to small business owners to contractors, many Australians work from home (WFH). While it has its conveniences (goodbye daily commute!), WFH can present a diverse range of challenges, especially when it comes to our health. Many people are not well equipped with the proper office furniture, such as a supportive chair or appropriate desk, resulting in working extended hours at the kitchen bench or hunched over a laptop on the couch.

To help keep you on track towards your wellness goals we're sharing five tips to assist you to stay productive and healthy while working from home.

## Set up your space

Creating a space that is comfortable, efficient and clean will have you more excited to log-on for work. An 'office' desk ensures you have a space dedicated specifically for work which separates you from the other spaces within the home.

If you don't have the budget for an ergonomic chair, try supporting and maintaining strong posture by using a pillow behind your lower back. Once these basics are sorted, it's time to make the workspace your own. Place a candle, a lamp or some flowers on your desk – things that will welcome you with positive energy into your workspace.

## Have a snack plan

Having a well-stocked cupboard and fridge at your fingertips can wreak havoc on your wellness goals. So, ensure you have a snack plan. Try scheduling your snack times, as you would if you were working in a company office. Pack snacks into containers and have them at your desk, away from the kitchen.

For healthy snack ideas, try fruit and nuts or celery and carrot sticks. Portion your snack sizes so you don't over-indulge.

## Get moving

Sitting in the same position or chair all day can lead to back, neck and shoulder pain. Just like your snack plan, schedule mini-breaks where you stand up, stretch and roll, even if it's for a few minutes.

If you have some extra time, why not try the eight chair exercises we shared in an earlier Hopewood article this month? Step outside for a few minutes for a breath of fresh air and some sunshine.

## Maintain a routine

While it might be tempting to sleep in, instead roll out of bed and onto the couch to catch up on emails. Establishing a routine will set you up for success, provide a structure for your work days and may also benefit your mental health.

Firstly, determine consistent working hours and factor-in breaks and meal times. Then establish your routine, shower, coffee, breakfast, stretch and then begin work (at your desk!).

The great thing about WFH is that your routine can be adjusted to suit what works best for you. Take note of the days you feel most productive and mentally positive to help identify the parts of your routine which helped you feel this way.

## Know when to log off

Logging off can be tricky to do for some who WFH. In a world where we are encouraged to always stay connected digitally, it is very important to have a healthy balance.

Determine when you'll log off each day and try to stick to it. Of course, this may change depending on work commitments and meetings, but keep track of your times, because maintaining a work-life balance is one of the most important tips to ensure WFH is sustainable and healthy.

# ALPHABETICAL INDEX OF TOPICS

## True Natural Health, Spring 2018 to Winter 2020

TOPIC OR ARTICLE	DETAILS/SUBTOPICS/ARTICLE	YEAR/S	ISSUE	PAGE/S
100, HOW TO LIVE TO, by dialling down 10,000 STEPS A DAY – FORGET IT	...IGF-1 receptor, the 'grim reaper' gene	19/20	Summer	18
ADHD DRUGS TRIPLE RISK OF DIABETES	Just 4,400 are enough to increase longevity	2019	Spring	19
ADRENAL FATIGUE, RESOLVING	In children	2019	Spring	6
ALCOHOL RISKS: CANCER; IN UTERO	Exhaustion, work; exercise, supplements	2019	Autumn	34-35
ALCOHOL: 'BIG ALCOHOL' IS TRYING AMAZON	'Big Alcohol' is suppressing information	19/20	Summer	4
ANIMAL CRUELTY: HENS; CAGE EGGS	...to fool us into thinking it's safer than it is	19/20	Summer	4
ANIMAL CRUELTY: PIGS SUFFER HORRIBLY	Owens drug/food companies; web censorship	19/20	Summer	21
ANIMAL PROTEIN NECESSARY?	Phase-out of battery cages recommended	2020	Autumn	31
ANIMAL PROTEIN, EXCESSIVE	Factory farms; highly intelligent & feeling	18/19	Summer	6-7
ANTIBIOTICS, NATURAL ALTERNATIVES	Counter-arguments to N.Z. Nat.Med. article	2019	Winter	2-4
ANTIBIOTICS, RESISTANCE; MRSA	Linked to dramatic rise in cancer mortality	19/20	Summer	18
ANXIETY – RECOVERY POSSIBLE/LIKELY	Sometimes work just as well	2020	Winter	30
ARGININE – High arginine foods & supps.	Stronger, dangerous drugs now needed	2020	Winter	30
ARSENIC IN RICE	Factors; dangers of psychological labels	2020	Autumn	28-29
ARTHRITIS & RHEUMATISM, How to be free	In food; benefits & risks of supps. (YQA)	2019	Winter	13
ARTIFICIAL LIGHT AT NIGHT (ALAN)	Significant amts in all types; reducing (YQA)	2019	Autumn	10-12
ASPIRIN AND OTHER PAINKILLERS	Causes; recovery; diet, detox, stress, etc.	2019	Winter	32-33
ATHEROSCLEROSIS IN BRIEF	The light diet; in-depth recommendations	19/20	Summer	6-7
AUSTRALIAN MEDICAL BOARD	Kill 20,000 Americans every year	2019	Spring	6
AUTISM – NOT A SINGLE CAUSE	Heart attack – solving the modern tragedy	18/19	Summer	28
BELLY FAT IS THE DANGEROUS KIND	Threatens integrative & comp. medicine	2019	Spring	4
BENIGN PROSTATIC HYPERPLASIA (BPH)	Can be cured with multi-pronged approach	2020	Autumn	32
BETA BLOCKERS AND DIURETICS	Health risks; how to get rid of it	2018	Spring	4
BIG BROTHER WENT HIGH TECH	How it differs from prostate cancer	18/19	Summer	33
BIG PHARMA HAS 'BOUGHT' CONGRESS	Increase risk of diabetes	2019	Autumn	3
BIG PHARMA INTERFERES	Internet censorship of natural alternatives	19/20	Summer	21
BIG PHARMA SUPPRESSES EVIDENCE	Says chairman of U.S. Food & Drug Admin.	2019	Winter	31
BIG PHARMA	...in medical decisions	2020	Autumn	4
BIG PHARMA, BIG PROFITS	Dangerous/useless/ineffective drugs	2019	Winter	31
BIG PHARMA'S DECEIT & DRUG PUSHING	Massive air pollution & waterway waste	2020	Autumn	4
BIO NEEDS, Part 8	Mercola, WDDTY & others censored on net	19/20	Summer	21
BIO NEEDS, Part 9	Exposed by Dr Marcia Angell's book	2019	Autumn	31
BIO NEEDS, Part 10	Activity and work	2018	Spring	31
BIO NEEDS, Part 11	Biologically friendly environment/location	18/19	Summer	32
BIO NEEDS, Part 12	Avoiding health hazards	2019	Autumn	33
BIRTH DEFECT, RARE – parents' story	Sunshine; pineal gland; vit. D; healing use	2019	Winter	34-35
BISPHENOL-A (BPA)	Humour and laughter	2019	Spring	36
BLOATING IN THE STOMACH	Doctors amazed by lack of ongoing issues	2020	Winter	28
BLOOD CLOTTING FACTORS	Sanitisers increase absorption through skin	2020	Winter	37
BLUE (WATER) AND GREEN SPACES	Intestinal gas; causes; remedies (YQA)	18/19	Summer	10
BLUE LIGHT FROM DIGITAL DEVICES	More of a problem than high cholesterol	2019	Spring	17
BLUE LIGHT, THE DARK SIDE OF	Support good health	19/20	Summer	3
BODY ODOUR, BOTHERSOME	Can harm our eyes; research	18/19	Summer	27
BREAST CANCER, NATURAL MANAGEMENT	Circadian rhythms, melatonin, eye health	19/20	Summer	6
BRITISH MEDICAL JOURNAL	Causes; detoxing (YQA)	2018	Spring	10-11
CALF PAIN, INCLUDING DVT AND TEARS	Stats, risks, signs, factors, NH management	2018	Spring	32-33
CANCER – Alternative charities & actions	Calls for accurate research	2020	Autumn	4
CANCER – RADICAL REMISSION	Symptoms; diagnosis; treatment; nutrition	2018	Spring	34-35
CANCER CELLS – NUTRIENTS THAT KILL	Where/how you can donate and act	2019	Autumn	8
CANCER CHARITIES – Why I don't donate	Nine factors in over 1,000 survivor cases	2019	Autumn	18-19
CANCER CURES: GOLDMAN SACHS ADVICE	8 potent nutrients & results; no side effects	2018	Spring	6
CANCER, HOW NOT TO DIE FROM	Main charities partly resp. for not beating it	2018	Autumn	8
CANCER, STOMACH: INDIGESTION PILLS	Not sustainable, i.e. not profitable [!]	2019	Winter	7
CANCER: Official 'war on' will never be won	Plant-based diet; reduce animal protein	2020	Autumn	8
CANOLA OIL – GOOD, BAD, INDIFFERENT?	...increase risk eight-fold	2019	Spring	6
CASE STORY: JOHN ANDREW	Reasons why; some hope; diet/lifestyle	2018	Spring	26-27
CASE STORY: KYM WUNSCH	Conflicting opinions; olive oil better (YQA)	2019	Autumn	12
CASE STORY: MERYLIN ELSWORTH	No meat/dairy for decades, no meds at 90	2019	Spring	27
CENSORSHIP OF NAT'L ALTERNATIVES	Remarkable DIY recovery via NH books	19/20	Summer	16
CHEMICALS, OUR TOXIC LOAD	Active 72yo – no health issues, no drugs	2019	Spring	26
CHEWING OF FOOD	Big brother went high tech; internet	19/20	Summer	21
CHOCOLATE DILEMMA, THE	Pollution; synergism; nature's antidotes	2020	Autumn	33
CHOLESTEROL	Reasons for chewing many times (YQA)	2019	Autumn	10
CHOLESTEROL AND FAT, OXIDISED	Dark desirable, milk bad; arterial function	2020	Autumn	2
CHOLESTEROL AND STATINS	What is it and what does it do?	2019	Autumn	28
'CHOLESTEROL & THE FRENCH PARADOX'	The real culprits in atherosclerosis	2019	Autumn	29
CHOLESTEROL, LDL, essential in the brain	Low cholesterol not nec. a good thing	2019	Spring	17
CHOLESTEROL: Normal level; good4women	Excerpts from Frank Cooper's book	2019	Autumn	29-31
CIRCADIAN RHYTHMS, MELATONIN, ETC.	May protect against cognition decline	2019	Autumn	31
CITY2SURF – TWO NHS SUCCESS STORIES	Excerpts from Frank Cooper's book	2019	Autumn	30-31
CLIMATE & DIET – creating win-win-win	The light diet; in-depth recommendations	19/20	Summer	6-7
CLIMATE, STATE OF THE – 2018 REPORT	Health Director, 79; Vice Pres., no training	2019	Spring	15
COCHRANE COLLABORATION	No or low meat/dairy; plant-based	2020	Autumn	20
COCOA BOOSTS ARTERIAL FUNCTION	Continued warming of climate & oceans	2019	Autumn	19
	Reverses some views after Gates grant	2019	Winter	28
	The Chocolate Dilemma	2020	Autumn	2

# ALPHABETICAL INDEX OF TOPICS – SPRING 2018 TO WINTER 2020

TOPIC OR ARTICLE	DETAILS/SUBTOPICS/ARTICLE	YEAR/S	ISSUE	PAGE/S
COLITIS, CROHN'S & NH RECOVERY	Good chance – see Autumn 2005 mag. (YQA)	2020	Autumn	11
COMPLEMENTARY VS CONSERVATIVE MED.	Value in both; risks with both	2019	Spring	4
CONTRIBUTORS, REGULAR – Australia	Chuter/Craven/Fitzgerald/Lanham/Mann/Thompson	SOME, MOST or ALL		
CONTRIBUTORS, REGULAR – Overseas	Greger/Mercola/Natural News/WDDTY	MOST or ALL		
CORONAVIRUS – Half the story missed	Healthy immune system; nutrition/lifestyle	2020	Winter	4–5
CORONAVIRUS HYSTERIA – IGNORANCE?	Germs, viruses; Prof. René Dubos	2020	Winter	2–3
CORONAVIRUS: Not the end of the world	Australian doctor and specialist speak out	2020	Winter	3
COVID-19 – Three important things	Craziness; immune system; cool thinking	2020	Winter	5
COVID-19 – WHO IS VULNERABLE?	Nutrition & lifestyle key factors, not age	2020	Winter	16–17
COVID-19 & FLU – How to they compare?	Worse or not? Drs and scientists question	2020	Winter	6–7
COWS THAT PRODUCE HUMAN MILK	Genetically modified madness	19/20	Summer	27
CRUISE – Plant-based/vegan/educational	October 2018; first ever; NHS discount	2018	Spring	13
DIET WE WERE DESIGNED TO EAT	Plant-based is proven by ancestral studies	2019	Spring	3
DIGESTION – FIVE THINGS THAT IMPAIR	Metals, meds, infections, dead food, alcohol	2018	Spring	7
DIURETICS AND BETA BLOCKERS	Increase risk of diabetes	2019	Autumn	3
DOCTORS FOR NUTRITION	Plant-based diet vital to solving world crisis	19/20	Summer	34
DOCTORS USING NATURAL THERAPIES	NHS submission to Aust. Medical Board	2019	Spring	5–6
DOGGY PAGE	Therapy dogs; car rides; finding way home	2019	Spring	30
DOGS & CATS – SOUNDS & LIGHTS	Many are painful for pets; how to reduce	2018	Spring	5
DOGS AND CATS PAGES	Cancer, dry food, arthritis, COVID-19	2020	Winter	32–33
DOGS AND CATS	Barking; eat bones?; swimming; happy cats	19/20	Summer	28–29
DOGS AND CATS	List of toxic foods; give joy; detect cancer	2020	Autumn	30–31
DOGS AND HUMANS	Following you, bond; women sleep better	2019	Winter	8
DOGS UNDERSTAND OUR COMMUNICATION	How they 'read' us; mental pictures 4 words	2019	Autumn	7
DRUG COMPANIES DECEIVE US	Says former editor, New England Jnl of Med.	2019	Spring	5
DRUG COMPANIES' LOBBYING	Huge financial incentives/grants	2019	Autumn	31
DRUGS – "You'll be on these for life!"	Natural solutions for high BP & cholesterol	2019	Winter	26
DRUGS – NO SUCH THING AS A SAFE ONE	Research shows hundreds of side effects	2019	Autumn	8
DRUGS DON'T MAKE PEOPLE HEALTHIER	Why modern medicine is a major threat	18/19	Summer	4
DRUGS KILL MORE THAN DISEASE ITSELF	Fever, rest, fast, quiet; self-heal	2020	Autumn	27
DRUGS THAT CAUSE DEPRESSION AND	...suicidal thoughts; 1in3 take them in U.S.	2019	Spring	6
DUPUYTREN'S CONTRACTURE OF FINGERS	What it is; causes & risks; treatment (YQA)	2019	Spring	10–11
EGG A DAY	Doesn't increase stroke risk; research	2019	Spring	18
EGO TO ECO	Living beyond the five senses	2019	Winter	24–25
ELECTRIC & HYBRID CARS – HOW SAFE?	EMR and radiofrequency fields	2019	Winter	19
ELECTRIC VEHICLES POWERED BY SOLAR?	What is feasible with household solar?	2019	Spring	28–29
ELECTROMAGNETIC FIELDS OF HUMANS	Positive/negative effects upon electr. equip.	19/20	Summer	5
ELECTRONIC RADIATION	Reducing in the home	19/20	Summer	30
EMF POLLUTION	Be wary; mitochondrial damage	2020	Winter	19
EMR – SCIENTISTS CALL ON WORLD AUTHS.	We need protection; scientific basis	2020	Autumn	34
EMR AND GEOPATHIC STRESS	How to reduce; Geovital interview	2019	Autumn	24–26
EMR AND RADIOFREQUENCY FIELDS	In electric and hybrid cars	2019	Winter	19
EMR EXPOSURE	Linked to many health issues	19/20	Summer	30
ESSENTIAL OILS AND PETS	Safe use; some warnings re cats	2019	Winter	9
EXERCISE & BEANS/PULSES	How to slow a high resting heart rate	2020	Autumn	3
FASTING, THERAPEUTIC, Part 1	How it Works; rest, warnings, when	2020	Autumn	24–26
FASTING, THERAPEUTIC, Part 2	Full guidance on all aspects	2020	Winter	24–26,28
FATTY ACIDS – SHORT & LONG-CHAIN	Functions in body; food sources (YQA)	2019	Autumn	12–13
FEAR OF CORONAVIRUS, CONTROLLING	Strategies to reduce, including EFT	2020	Winter	3
FEVER MUST RUN ITS DEFENSIVE COURSE	Rest, fast, quiet; self-heal	2020	Autumn	27
FISH OILS	Many are synthetic	19/20	Summer	13
5G – HALTED BY CITY OF BRUSSELS	Hundreds of scientists sounding alarm	2019	Winter	18
5G – LEGAL CHALLENGE TO FED. GOVT.	Letter from ECSFR organisation	2020	Winter	18–19
5G – POLAND'S PM OPPOSED	Global Appeal to Ban 5G	2019	Spring	27
5G & ITS EMR COMING TO AUSTRALIA	Main issues; scientists warn; class action	2018	Spring	3
5G AND THE LAW	5G network deployment contravenes law	2020	Autumn	35
5G NETWORK NOT PROVEN TO BE SAFE	Says leading scientist	2020	Autumn	35
5G ON EARTH AND IN SPACE	International appeal to stop it	19/20	Summer	31
5G RADIATION ROLL-OUT	Living in fear of future health effects	19/20	Summer	30
5G TECHNOLOGY – PHYSICIST'S WARNING	Could "irradiate everyone"	2019	Autumn	27
FIVE SENSES – LIVING BEYOND	Ego to eco; all life holds equal value	2019	Winter	24–25
FLATULENCE – WHAT CAUSES IT?	Fast eating, gut imbalanced, sensitivities	2020	Autumn	16
FLAX OIL, HOW TO TAKE	Advice for consuming oil or seeds (YQA)	2019	Spring	13
FLU AND OTHER ACUTE DISEASES	How to manage naturally	2019	Spring	33
FLU DEATHS, PAST AND PRESENT	Lessons from history; Dr Trall & Hygiene	2019	Spring	32–33
FLU, SPANISH – TREATMENTS	Comparison of natural & conventional	2019	Spring	33
FLUIDS WITH MEALS – AVOID	Reasons; digestive juices & enzymes (YQA)	18/19	Summer	11
FLUORIDATION OVER-EXPOSURE	Dramatically increasing dental fluorosis	2019	Winter	28
FLUORIDATION: You can repair a cavity	...but you cannot repair a child's brain	19/20	Summer	35
FLUORIDE ACTION NETWORK, USA	Successful fundraising for lawsuit	2019	Spring	27
FLUORIDE EXPOSURE	Foetal development & cognitive impairment	19/20	Summer	35
FOOD INDUSTRY, THE POWER OF	Sugary foods/drinks; lobbying; advertising	2019	Spring	2
FREEDOM OF SPEECH BEING ERODED	WDDTY banned in Aust.; how to protest	2020	Winter	20–21
FRENCH, Roger, NHS Health Director/Editor	Brief bio, history and City2Surf success	2019	Spring	15
FRENCH, Roger, NHS Health Director/Editor	Tribute dinner to honour 50 years' service	2018	Spring	15
FRUIT AND VEG – FIVE SERVES A DAY?	NO, make it TEN; greatly reduced risks	2018	Spring	25
GALACTOSE IN MILK MAY EXPLAIN	...higher risk fractures/cancer/prem. death	2019	Winter	27
GARLIC POWDER benefits heart disease	Arteries, blood pressure	2020	Autumn	5
GEOVITAL INTERVIEW: P. van der Burght	EMR and geopathic stress; how to reduce	2019	Autumn	24–26
GLADIATOR DIET, THE	Vegetarian athletes then and now	2019	Autumn	32
GLOBAL WARMING/CLIMATE CHANGE	CO <sub>2</sub> ; methane; trees; solutions	2020	Autumn	18–19
GLOBAL WARMING: Antarctic ice walls	...protect against warming seas; monitoring	2020	Winter	29
GOOGLE'S PARENT COMPANY	Owens drug companies; internet censorship	19/20	Summer	21
GOTZSCHE, Peter, outspoken scientist	Sets up Cochrane alternative after dismissal	2019	Winter	28

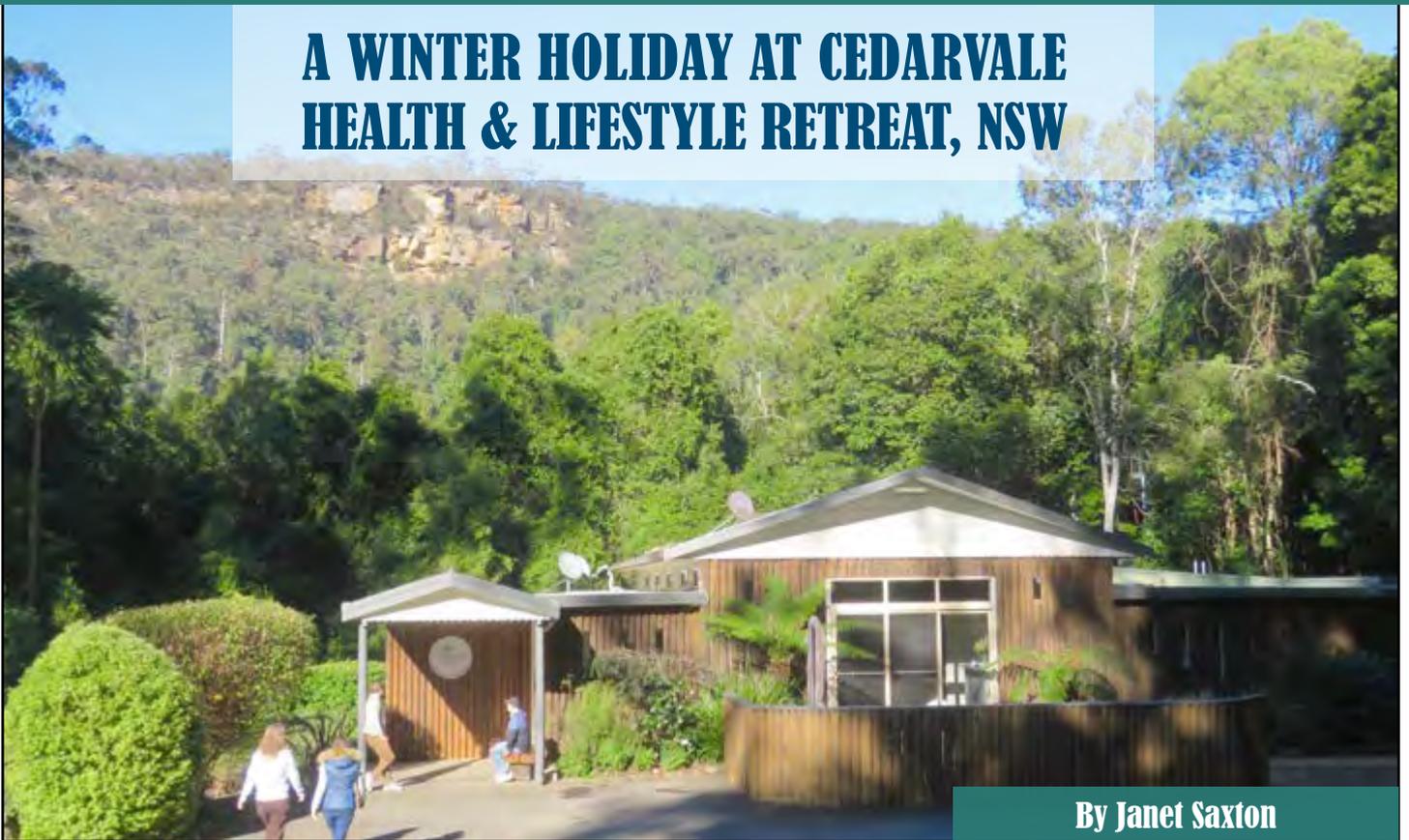
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GREEN NUTRITIONALS (MicroOrganics)	History and quality	19/20	Summer	8
GREENHOUSE EFFECT/GLOBAL WARMING	CO <sub>2</sub> ; methane; trees; solutions	2020	Autumn	18–19
HAPPY PEOPLE – COMMON TRAITS	Meaningful talks, optimism, kindness, etc.	2019	Winter	16
HEALING, FOUNDATIONAL PILLARS FOR	8 pillars and their components explained	18/19	Summer	20–21
HEALTH FREEDOM UNDER SERIOUS THREAT	Draconian legislation in New York	2019	Winter	30
HEART ATTACK – SOLVING THE TRAGEDY	Classic risk factors; state-of-the-art tests	18/19	Summer	28–31
HEART ATTACK AND CHOLESTEROL	Fact, myth or both? Is there a connection?	2019	Autumn	28–31
HEART ATTACK VICTIMS	More likely to survive if cardiologist away	2019	Spring	6
HEART DISEASE IN CAPTIVE GREAT APES	70% affected; wrong diet, gut changes	2018	Spring	5
HEART FOUNDATION NUTRITION GUIDE	Missed opportunity to promote plant foods	19/20	Summer	34
HEART PULSE RATE LINKED TO LIFESPAN	How to slow a high resting heart rate	2020	Autumn	3
HEART RISK TESTS	Six tests and their implications explained	18/19	Summer	30–31
HELICOBACTER PYLORI, COPING WITH	Causes, symptoms, natural treatments (YQA)	2020	Autumn	12
HEMP SEED – HIGH NUTRITIONAL VALUE	Nutrient content; other uses (YQA)	2018	Spring	10
HEMP SIDE EFFECTS – WARNINGS	Allergies, sensitivities, contraindications (YQA)	18/19	Summer	13
HERBS THAT KILL PARASITES NATURALLY	The nine best herbs and their benefits	2020	Winter	34
HERBS TO HELP WITH STRESS & SLEEP	Five herbs and their benefits	2019	Winter	17
HERPES SIMPLEX, TREATING NATURALLY	HSV-1&HSV-2; medical & natural treatments	2020	Winter	36
HIGH BLOOD PRESSURE & CHOLESTEROL	Natural alternatives to “drugs for life”	2019	Winter	26
HIGH BLOOD PRESSURE (HYPERTENSION)	Diet and lifestyle advice	2019	Autumn	2
HIGH BLOOD PRESSURE	The leading risk factor for global health	2019	Autumn	2
HIGH BLOOD PRESSURE	Causes; reducing without drugs	2018	Spring	28–30
HIGH BLOOD PRESSURE	Doctors rarely provide diet/lifestyle advice	2019	Autumn	2
HIGH BLOOD PRESSURE	Exercise as good as drugs	2019	Autumn	4
HIGH BLOOD PRESSURE	Home remedies that may help	2019	Autumn	3
HIGH BLOOD PRESSURE DRUGS	Do more harm than good; diabetes risk	2019	Autumn	2–3; 3
HIGH-FAT DIET BEFORE & DURING PREGNANCY	Long-lasting effects on baby; microbiome	18/19	Summer	25
HOMEOPATHY, GOVERNMENT REPORT	Report & encouraging evidence suppressed	2020	Autumn	37
HOMOCYSTEINE FACTOR; METHIONINE	Heart attack – solving the modern tragedy	18/19	Summer	29–30
HOPEWOOD HEALTH Advice/Book/Recipes	Short articles; ‘Lifestyle–Recipe4Wellbeing’	ALL	ALL	
‘HOW A MAN LIVED IN THREE CENTURIES’	Letter re fantastic results due to NHS book	2019	Autumn	17
IGF-1 receptor, the ‘grim reaper’ gene	How to dial it down and live to be 100	19/20	Summer	18
‘IMPOSSIBLE IS POSSIBLE’	Inspiring examples from vegan psychologist	2018	Spring	8–9
INDEX, TRUE NATURAL HEALTH MAGAZINE	Spring 2016 to Winter 2018	2018	Spring	21–24
INDIGESTION PILLS (antacids or PPIs)	...are killing 4% of regular users	2019	Spring	7
INDIGESTION PILLS	Increase stomach cancer risk eight-fold	2019	Spring	6
INFLAMMATION AND ARTERIES	Inflamm. probably causes plaque build-up	18/19	Summer	30
INFLAMMATION – Healing the body of	Natural therapies can help; examples	2019	Winter	36–37
INFLUENZA LIKE ILLNESSES (ILIs)	Coronavirus is one of them; statistics	2020	Winter	6–7
INSULIN GROWTH FACTOR 1 RECEPTOR	IGF-1 – How to dial it down and live to 100	19/20	Summer	18
INTEGRATIVE & COMPLEMENTARY MED.	Major threat from Medical Board of Aust.	2019	Spring	4
LECTINS HARMFUL?	Lectin foods generally healthy (YQA)	2020	Winter	11–12
LEPTINS VERSUS LECTINS	Entirely different compounds (YQA)	2020	Winter	12
LIGHT DIET, THE (SUNLIGHT)	Circadian rhythms; in-depth advice	19/20	Summer	6–7
LONELINESS – ONE IN FOUR AUSTRALIANS	Mental/physical health impacts; what to do	2019	Autumn	6
MEDICAL ERROR	Third most common cause of death in U.S.	2019	Spring	5
MEDICAL INTERVENTIONS	No more than 15% scientifically supported	2019	Spring	5
MEDICAL JOURNAL ARTICLES	Only 1% scientifically sound, says BMJ	2019	Spring	5
MEDICATION PROBLEMS CAUSE	...250,000 hospitalisations per year in Aust.	2019	Spring	4
MEDITATION, COMPASSIONATE, & BRAIN	Study of Buddhist monks & new meditators	19/20	Summer	20
MEMORY DISTORTS WITH TIME	Unintentionally, but can help wellbeing	2020	Autumn	29
MENOPAUSE, EASIER	Eat plant foods! Scientific research	2018	Spring	13
MENSTRUATION, HEAVY (MENORRHAGIA)	Causes; medical and natural treatments	18/19	Summer	34–35
METHYLFOLATE & MTHFR GENE MUTATION	Critical tasks; counteracting mutation (YQA)	2018	Spring	11–12
MILK – GOOD FOR OUR BONES?	Research says no, plus other health risks	2019	Winter	27
MINDFULNESS AND MEDITATION	Now taught in 370 English schools	2019	Winter	16
MIRACLES – Where they happen in brain	Study of Buddhist monks & new meditators	19/20	Summer	20
MODERN MEDICINE	Why it’s a major threat to public health	18/19	Summer	4
MTHFR GENE AND ITS MUTATIONS	In-depth explanation; counteracting (YQA)	2018	Spring	11–12
MUSCLE LOSS AS PEOPLE AGE	More animal protein not the answer	2020	Winter	8
NATURAL FLAVOURS	Are they natural and safe? Not nec. (YQA)	2020	Autumn	10
NATURAL HEALTH SOCIETY OF AUSTRALIA	Events/news; book/product reviews; shop	ALL	ALL	
NATURAL THERAPIES BY DOCTORS	Major threat from Medical Board of Aust.	2019	Spring	4
NATURAL THERAPIES UNPROVEN? NO!	There are hundreds of thousands of studies	2019	Spring	5
NATURE – TWO HOURS A WEEK	Crucial threshold for health/wellbeing	2019	Spring	27
‘NATURE HEALS! WHY BE SICK?’, Part 1	George Teasdale’s classic Nature Cure book	2020	Winter	35
NEUROSCIENCE – ‘POWER OF EIGHT’	Techniques create major brain changes	2019	Autumn	5
NEW ENGLAND MEDICAL JOURNAL	Appears to have closer ties to pharma now	2020	Autumn	4
NEWS ITEMS RE HEALTH & ENVIRONMENT	From Australia and overseas	ALL	ALL	
NHS SUBMISSION TO AUST. MEDICAL BD	Re natural therapies; drugs, medical errors	2019	Spring	5–6
NIACIN/NICOTINIC ACID/VITAMIN B3	Supplements, uses, deficiency, safety (YQA)	2019	Winter	12–13
NIGHT-SHIFT WORK – NUTRITION	Circadian rhythm; suggested meal plan (YQA)	2019	Winter	11–12
NITRATE RICH FOODS, esp. beetroot, rocket	Help with BP & preventing heart attacks	2019	Autumn	20–21
NITRIC OXIDE – BOOSTING	Can be achieved naturally, without statins	2019	Spring	18
NITRIC OXIDE – OPTIMISE PRODUCTION	To increase energy & reduce blood pressure	2019	Autumn	20–21
NUTRIENTS – Minerals, vitamins, etc.	Plant-based diets vs animal foods	2019	Winter	2
OCEANS/RIVERS/LAKES	Health benefits of living near water	19/20	Summer	3
ORCHESTRA, YOUR HEALTH IS AN	Reductionism dangers; play all instruments	18/19	Summer	26–27
Oxidised Fat & Cholesterol Theory	Heart attack – solving the modern tragedy	18/19	Summer	29
PAIN, HEAD AND BACK – OVERCOMING	Chronic & acute; toxicity; what to do/not do	19/20	Summer	26–27
PAPAYA – HEALTH BENEFITS	High in nutrients; protect from free radicals	2019	Spring	9
PARASITES – 9 HERBS THAT KILL THEM	The best herbs and their benefits	2020	Winter	34
PARATHYROID GLANDS, HEALTHY	What they do; hyper&hypo; tests; remedies	2019	Spring	34–35
PELVIC MESH IMPLANTS	Johnson & Johnson liable; Aust. & U.S.	2020	Autumn	4

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TOPIC OR ARTICLE	DETAILS/SUBTOPICS/ARTICLE	YEAR/S	ISSUE	PAGE/S
PET FOOD – ENOUGH NUTRIENTS?	Processed; raw; importance of enzymes	2019	Spring	31
PETS AND ESSENTIAL OILS	Safe use; some warnings re cats	2019	Winter	9
PETS: LESSONS; BENEFITS	...for children; for depression	18/19	Summer	16
pH OF SALIVA AND URINE	Ideal levels; test kits; diet (YQA)	18/19	Summer	12
PINEAPPLES, IMMUNITY BOOSTER	Nutrient rich & energy boosting; bromelain	2019	Spring	8
PINS AND NEEDLES, CAUSE OF?	Many possible causes (YQA)	2020	Autumn	11-12
PLANT EATERS VS CARNIVORES	Comparison table	2019	Winter	3
PLANT FOODS: GET MORE ON YOUR PLATE	For a long, healthy life – research	19/20	Summer	19
PLANT MILKS, WHICH BEST?	8 kinds compared, inc. all ingredients (YQA)	2020	Winter	10-11
PLANTAR FIBROMA	Factors, diagnosis, treatments (YQA)	19/20	Summer	11-12
PLANT-BASED DIET AND CANCER	How not to die from cancer	2020	Autumn	8
PLANT-BASED DIET NATURAL FOR HUMANS	Proven by ancestral studies	2019	Spring	3
PLANT-BASED DIETS	Never too old to change; studies, benefits	2019	Winter	4
PLANT-BASED DIETS, inc. vege & vegan	Real world successes – many examples	2019	Winter	3-4
PLANT-BASED – KEY TO VIBRANT HEALTH?	Counter-arguments to N.Z. Nat.Med. article	2019	Winter	2-4
PLAQUE BUILD-UP IN ARTERIES	Probably caused by inflammation	18/19	Summer	30
PLASTIC – COULD YOU LIVE WITHOUT IT?	Pollution, chemicals; what you can do	2019	Winter	29
PLASTIC FUTURE – REDUCE, REUSE, AVOID	Microplastic dangers; what we can do	18/19	Summer	6-7
PLASTIC WATER BOTTLES – NO MORE	Cleanwater kits – perfect for travelling	2019	Winter	6
POLLUTION & WATERWAY WASTE	Big pharma creates massive quantities	2020	Autumn	4
'POWER OF EIGHT' – Intention Masterclass	Techniques create major brain changes	2019	Autumn	5
PREGNANCY – Eating for 2 or 200 trillion?	Importance of placental microbiome	18/19	Summer	25
PRESCRIPTION DRUGS VS SUPPLEMENTS	500,000 U.S. deaths 2015 vs zero recorded	2019	Spring	6
PROBIOTICS AUGMENT CONVERSION	...of nitrates to nitric oxide	2019	Autumn	21
PROSTATE CANCER – Natural Health mgt	Symptoms; diagnosis; treatments; inflamm.	18/19	Summer	33 & 35
PROSTATE CANCER, EARLY, REVERSED	By plant-based diet and lifestyle program	19/20	Summer	18
PROTEIN AND FAT IN PLANT-BASED DIETS	Versus animal foods – breakdown	2019	Winter	2
PROTEIN – A WHOLE NEW TWIST	Higher plant protein intake, lower mortality	19/20	Summer	19
PROTEIN INTAKE AFTER AGE 65	Dangers of animal protein	2020	Winter	8
PYRROLE DISORDER/PYROLURIA	What it is; causes; effects; treatment (YQA)	2019	Spring	11-12
RAW DIET – ALL RAW TOO EXTREME?	Effects of cooking on nutrients/health (YQA)	2019	Spring	12
RECIPIES, HOW NOT TO HANDLE	BPA absorption via skin; sanitisers increase	2020	Winter	37
RECIPIES	From NHS Spring 2018 Seminar lunch	18/19	Summer	22-23
RECIPIES	From Wellness at Wallacia gatherings	2018	Spring	18-19
RECIPIES	From Wellness at Wallacia lunch Oct.2019	19/20	Summer	22-23
RECIPIES	NHS Autumn 2019 Seminar lunch menu	2019	Winter	22-23
RECIPIES	Papaya and Pineapple	2019	Spring	22-23
RECIPIES	Prunes, courtesy Aust. Prune Ind. Ass'n	2019	Autumn	22-23
RESEARCH: Why we need less, better	... and for the right reasons, says statistician	2018	Spring	27
RESTAURANT CHAIN IN SYDNEY	IKU, pure plant-based goodness	2019	Spring	20
SANITISERS INCREASE BPA ABSORPTION	Via the skin from receipts (bisphenol-A)	2020	Winter	37
SCIATICA CAUSES AND TREATMENT	Symptoms, causes, prevent, treat (YQA)	2020	Winter	12-13
SCREEN TIME, HEAVY	Changes children's brains	2019	Autumn	16
SELF-HEALING; THERAPEUTIC FASTING	How it Works; rest, warnings, when	2020	Autumn	24-26
SHINGLES ON THE FACE	Knocked out in 7 days through self-healing	2020	Winter	27
SKIN CARE, Part 3	Beauty secrets of the ancients – oils	2018	Spring	16
SKIN CARE, Part 4 – Plant oils	Ancient, unique and huge variety	18/19	Summer	18
SLEEP – DIFFICULT ON HOT NIGHTS	Body & brain must cool down first (YQA)	18/19	Summer	12
SLEEP APNOEA	What it is, how occurs, factors, treat (YQA)	19/20	Summer	12-13
SMARTPHONES	Destroying a generation?	2019	Autumn	16
SOIL, DEAD, AND TOXINS	Reduce food nutrients; rising disease	2020	Autumn	6
SOLANINE IN GREEN VS RIPE TOMATOES	Ripe toms. low; green potatoes high (YQA)	19/20	Summer	10
SOLAR ENERGY & VIRTUAL POWER PLANTS	A solution for energy security in crises	2020	Winter	31
SPINE, CANAL STENOSIS OF THE	Causes; symptoms; treatments, med.&nat'l	19/20	Summer	32-33
STATIN NATIONS – MILLIONS DAMAGED	Most profitable drugs ever; serious effects	2019	Spring	16-18
STATIN USE LINKED TO DEMENTIA	Study of 4,000 people aged 50+	2019	Autumn	31
STATINS, cholesterol lowering drugs	Short, long-term and severe side effects	2019	Autumn	31
STATINS – SO-CALLED BENEFITS	...can be achieved without; nitric oxide	2019	Spring	18
STRESS – 9 SUGGESTIONS FOR REDUCING	Emotions, diet, sleep, exercise and more	2019	Autumn	4
SUGAR IN DARK CHOCOLATE	The less, the better	2020	Autumn	2
SUN AVOIDANCE, MAJOR CAUSE OF DEATH	Implicated in many diseases	19/20	Summer	3
SUNBURN – HOW TO RELIEVE NATURALLY	Remedies; safe exposure and sunbathing	19/20	Summer	2
SUNSCREENS – MOST ARE UNSAFE	Non-nano zinc (best) & titanium are safe	19/20	Summer	3
TECHNOLOGY MAKING US MORE ANXIOUS	Psychologist explains how; other risks	2018	Spring	2
TRALL, Dr Russell, LOST NO PATIENTS	...with Natural Hygiene/Health in 19th C.	2019	Spring	32
TRIMETHYLAMINE OXIDE (TMAO)	Harmful; less in vegetarians & vegans (YQA)	2019	Autumn	13
VACCINATIONS FOR MEASLES	Draconian legislation in New York	2019	Winter	30
VACCINE, GARDASIL	Chronic fatigue syndrome & muscular pain	2019	Autumn	35
VAGUS NERVE – WHY I LIKE TO TREAT	Helps many diverse conditions	2020	Autumn	36
VEG SA NEWS	Health/vego/vegan info, news, protests	ALL	ALL	
VEGAN BODYBUILDER	Overcomes high BP – Ben Saravia	18/19	Summer	2-3
VEGAN LIFESTYLE AND	...freedom to make choices; self-enquiry	19/20	Summer	24-25
VEGETABLES – WHY ARE SOME TOXIC?	Humans have adapted; some cautions (YQA)	2019	Winter	10
VEGETARIANS AND VEGANS	...can get plenty of protein	2019	Winter	4
'VITAL POWER, BUILDING'	Book by early pioneer, Bernarr Macfadden	19/20	Summer	36
VITAMIN B <sub>12</sub> – TESTS & SUPPLEMENTS	Probably good idea for people on ALL diets	2019	Winter	2 & 4
VITAMINS, SYNTHETIC	Can damage children's hormones & dev'mnt	18/19	Summer	17
WALKING – THE FASTER, THE BETTER	...for long-term health, esp. as you age	2018	Spring	33
WALKING ADDS YEARS TO YOUR LIFE	...& life to your yrs; high risk in <i>not</i> walking	2019	Spring	29
WASHINGTON, George, U.S. President	His appalling treatments and death	2019	Spring	32
WATER IN FOOD VS DRINKING IT	Eight glasses a day? Not necessarily (YQA)	2020	Autumn	11
'WHAT DOCTORS DON'T TELL YOU'	Magazine banned in Aust.; how to protest	2020	Winter	20-21
WORLD HEALTH ORGANISATION SAYS	...trad. & comp. med. important/underest'd	2019	Spring	4
YOUR QUESTIONS ANSWERED (YQA)	Roger French, NHS Health Director & Editor	ALL	ALL	

# A WINTER HOLIDAY AT CEDARVALE HEALTH & LIFESTYLE RETREAT, NSW



By Janet Saxton

A long-time devotee of Hopewood Health Retreat, I stayed there many times in my younger years. Then in 2012, I wanted to try something different, not knowing that Hopewood was only three years away from its very sad demise. So I spent a week at a stunning retreat destination far to the north of Wallacia.

Eight years is a very long time between juices, and several months ago, the idea of another health holiday was calling strongly. Three people recommended Cedarvale Health Retreat at Barrengarry, just north of the beautiful Kangaroo Valley, in glowing terms. I browsed through their website and put myself on the waiting list. How fortunate I was that the only time I could go away coincided exactly with the dates of their first retreats after months in pandemic lockdown. I booked in for five nights, and there are also four and 12-night programs available.

The first glimpses of another absolutely spectacular retreat location were revealed as I drove to Cedarvale along a short, well-made dirt road lined with solid walls of tall, green trees that had miraculously escaped the devastating Black Summer fires. I could almost *taste* the fresh air.

I was greeted warmly by Jenny and Andrew, the managing husband and wife team, and taken to my cozy room. Cozy is not a euphemism for small here. No, I had all the space I needed. The room was well designed, furnished and appointed, with its own en-suite bathroom, a king single bed, reading/writing desk and DVD player.

What I mean by cozy is that the room was very comfortably heated by a hydronic wall panel, the same super-healthy system

warming the rest of the building that caters to all of the guests' needs ... accommodation, consultation and treatment rooms, dining area, large professional kitchen and a welcoming lounge with luxurious recliners, where we heard and watched health talks and videos every day. Those sessions, based on the Lifestyle Medicine Institute's Complete Health Improvement Program (CHIP), proved to me that there is always something new and exciting to learn about the science of Natural Health. Exercises are also conducted in the lounge area.

Cedarvale has a very interesting history, not dissimilar to Hopewood's. Originally established by a philanthropist as a place to support youth at risk, it became a health retreat in 1990 and since then its kind, caring managers and staff have been committed to health education and being of service. Yes, we were thoroughly educated and looked after extremely well by a dedicated team with qualifications ranging from nursing, nutrition, biomedicine and therapeutic massage to counselling, not to mention a highly experienced vegetarian/vegan chef.

I didn't actually go to Cedarvale to do a fast or juice cleansing regime. I just wanted to have a wonderful, healthy, restful holiday in beautiful surroundings with like-minded people and delicious vegetarian food. I was also looking forward to being pampered with the daily treatments that were part of my package.

I discovered on walks and drives\* that the 150-acre property is just as spectacular as those first glimpses had promised. It has its own small valley or large clearing,

bounded by forest and massive vertical cliffs. On the way down and around, you come upon tracks for your bushwalking pleasure, Cedarvale's own hydroelectric and solar systems, fruit trees, homes where the staff live on-site and, on the night walk, glowworms! (\*Four-wheel only. BYO, or the staff will 'chauffeur' you, which includes an outing to the nearby fantastic Fitzroy Falls.)

Cedarvale is not as large as Hopewood was, but the atmosphere is the same, perhaps a bit more intimate. There were eight guests altogether, and I think the maximum at any one time is ten. All of my fellow guests were easy to get along with and interesting. We had lots of stimulating conversations and quite a few laughs.

One of my chosen treatments (there are many to pick from) was *very* stimulating ... hot and cold contrast showers, all the rage at the moment, which followed a 30-minute detox steam bath. However, afterwards I felt extraordinarily peaceful, centred and enlivened, all at the same time. My other treatments were pure enjoyment and relaxation.

As for the food, oh, just divine! We ate it with relish, learned how to make it and left the retreat armed with lots of printed recipes, as well as attractive text and workbooks mirroring the videos and talks, and individualised print-outs in line with our personal health goals.

Really great value for a very reasonable package cost and, with my first grandchild arriving in spring, I couldn't be happier to have had my superb Cedarvale experience at the perfect time.



# Coronavirus hysteria destroying more lives than it saves



More than 44,000 people have died in Britain of COVID-19, mainly those aged above 80 with existing health conditions.

painful and distressing. That's enormously sad.

But a combined 21,000 people who could have had their lives saved if they received timely medical treatment, and elderly people who could have lived on with a reasonable quality of life for some time, have also died, as a direct result of the lockdown.

Total 'excess' deaths in the country over the past few months have tallied up to more than 65,000.

That extra 21,000 are attributed to people dying in the home from strokes and heart attacks as they were too frightened to go to hospital, as well as the elderly in nursing homes 'giving up' amid depressing lockdown conditions.

My 88-year-old mother's quality of life is suffering terribly and her life expectancy is almost certainly being shortened by the cancellation of all the social activities that have kept her going.

So 44,000 people, who would have died in the next year or so anyway because they were old and very sick, have had their lives shortened by a few months, and the ends of their lives have been

Don't preach to me that all the corona-hysteria is saving lives. I think it's destroying far more than it saves.

**By Robyn Chuter, Facebook post, 13<sup>th</sup> July 2020**

## Coronavirus deaths dramatically overcounted in the US

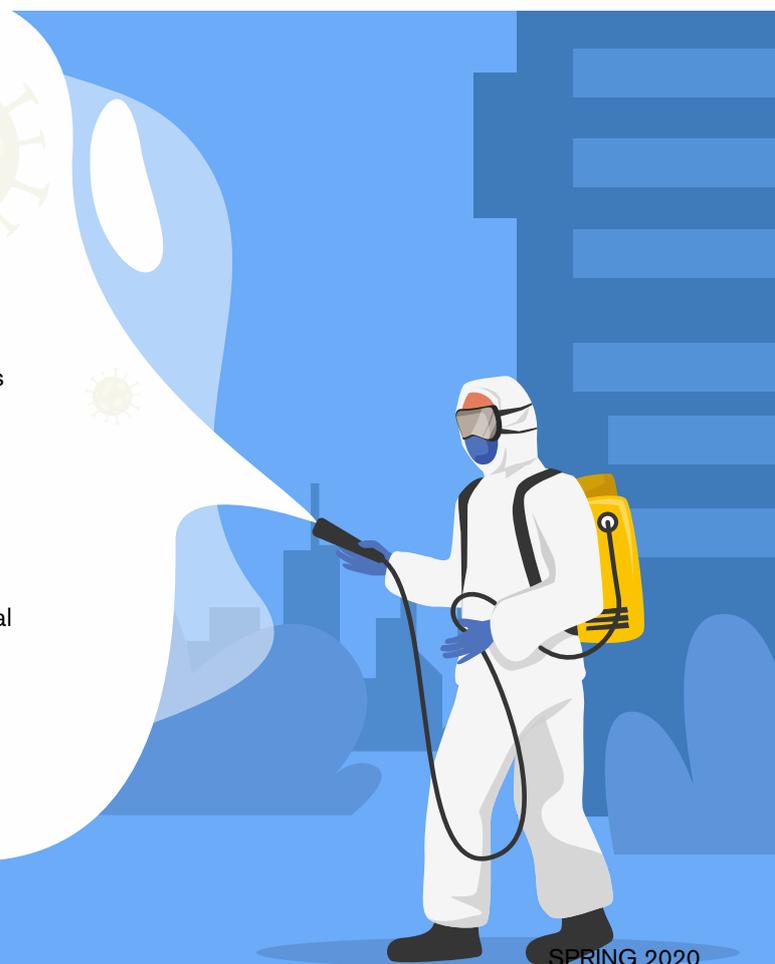
By Dr Joseph Mercola, newsletter 18<sup>th</sup> May 2020

Coronavirus deaths are not only being counted erroneously, but in some cases are double-counted, according to two board members of the US Crime Prevention Research Center. On top of that, deaths that have nothing to do with coronavirus are also being included in the count, because of financial incentives to do so.

The errors and overcounting are destroying jobs and costing lives, say John R. Lott Jr and Dr Timothy Craig Allen in a dramatic op-ed they wrote for *Townhall*. Lott is president of the research Center, and Allen is on the Center's academic advisory board and chair of the department of pathology at the University of Mississippi Medical Center.

One example they give is that hospice patients who are already dying, but are positive for SARS-CoV-2 at the time of death, are being listed as coronavirus deaths, rather than the real reason they were in the hospice in the first place.

Source: *Townhall* 16<sup>th</sup> May 2020



# Coronavirus deaths same as normal flu

By Robert Redfern, newsletter 14<sup>th</sup> June 2020

I listened to an interview on the 'BBC Today' program recently.

The interview was with a Government statistician and he was asked, "How many people had died recently of COVID-19". He answered 40,000 people, to which the interviewer exclaimed "Wow, that is a huge number of deaths", to which the statistician replied, "Not really, it is roughly the same number of deaths as from a flu epidemic". The interviewer had a sharp intake of breath and quickly stated "But COVID-19 is much worse".

So, in the UK if you die from flu you are very lucky, but if you die from COVID-19 it is "much worse". Which would you prefer to die from?

The BBC must think their propaganda is working to say such blatant lies. It is a scientific and statistical fact that the deaths from COVID-19 and the flu pattern are almost the same, and the same number of people die. The only difference is the propaganda being put out by the corporate media to scare the population into accepting Bill Gate's plan to vaccinate the world against COVID-19.



Robert Redfern of the UK produces Naturally Healthy News. Email [info@naturallyhealthynews.com](mailto:info@naturallyhealthynews.com).

## Conclusive proof – masks don't inhibit viral spread

Not a single randomised controlled trial with verified outcome has been able to detect a statistically significant advantage of wearing a mask versus not wearing a mask, when it comes to preventing infectious viral illness. This is the view of Denis Rancourt, PhD, a former professor of physics and researcher with the Ontario Civil Liberties Association in Canada.

He explains that if there were any significant advantage to wearing a mask to reduce infection risk to either the wearer or others in the vicinity, then it would have been detected in at least one of these trials, yet there's no sign of such a benefit.

There is no evidence that masks are of any utility for preventing infection by either stopping the aerosol particles from coming out, or from going in. You're not helping the people around you by wearing a mask, and you're not helping yourself to avoid the disease by wearing a mask.

Infectious viral respiratory diseases primarily spread via very fine aerosol particles that are in suspension in the air. Any mask that allows you to breathe therefore allows for transmission of aerosolised viruses.

All-cause mortality data are not affected by reporting bias. A detailed study of the current data of all-cause mortality shows that the all-cause mortality this past winter was no different statistically from previous decades. COVID-19 is not a killer disease, and this pandemic has not brought anything out of the ordinary in terms of death toll.

By Dr Joseph Mercola, newsletter 19th July 2020.  
[Mercola.com](http://Mercola.com)



# Coronavirus masks can be harmful



There are no experts who will say wearing a cloth mask is safe. Even a short period of wearing them reduces the available oxygen and increases the amount of carbon dioxide inhaled.

Occupational safety and health agencies around the world will confirm that the minimum level of oxygen available in the air we breathe should be at least 19.5%, especially if there is even the slightest exertion. In tests, the oxygen behind a mask dropped to the dangerous level of 16%.

Carbon dioxide should be around 400 parts per million (ppm), but can increase to a dangerous level greater than 4,000 ppm when wearing a mask. Excess CO<sub>2</sub> in your bloodstream may destroy red blood cells which causes further energy loss and poor health, since red blood cells are needed to carry oxygen and iron around the body.

Since oxygen is the most critical element for general health, immune system and cell regeneration, you should not wear such masks for more than 10 minutes.

## Forced to wear a mask?

**There are a few ways to avoid serious health problems from long-term use of masks:**

Wear the mask over the mouth, but under your nose, so you can still breathe in and out through the nose. Mouth

breathing is unhealthy in any case. You will be asked occasionally by police or 'busybodies' to cover your nose. Try telling them you get anxiety attacks because of the reduction of oxygen and the huge increase in CO<sub>2</sub>. Or you can simply cover your nose for a few minutes and then uncover it when that person has passed.

Alternatively: Cut two holes (or flaps) the same size as your nostrils to line up under your nose, so by breathing in and out through the nose you will be breathing fresh air directly through those holes or flaps. There are no rules on the material or size of the holes and you should go unnoticed with this solution.

## What About Children?

Anyone who would consider forcing a child to wear an unnecessary mask could reasonably be considered to be a child abuser.

Children who are correctly looked after nutritionally and supplemented with vitamin D<sub>3</sub> if sunshine is not available can neither catch the coronavirus nor pass it on to others. I have written many times that the UK government gave children Vitamins C and D<sub>3</sub> free of charge, 74 years ago around the time I was born.

**By Robert Redfern, newsletter  
17<sup>th</sup> July 2020**

## A TOUCH OF HUMOUR

### Don't blow your horn at old people

By Rob O'Hara, 23<sup>rd</sup> June 2020

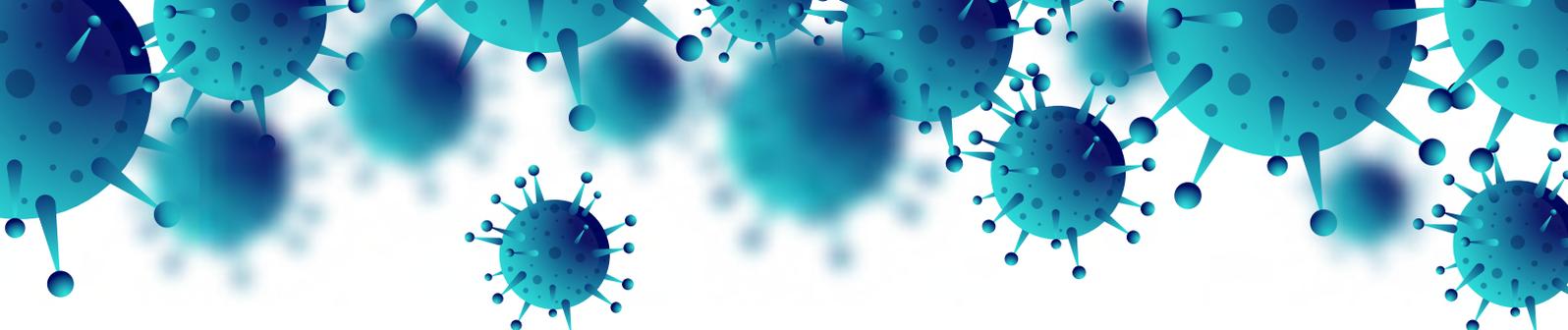
I know I shouldn't have done this, but I am 83 years old and I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order.

So when I got to the first window I paid for her order along with my own. The cashier must have told her what I'd done, because as we moved up she leaned out her window and waved to me and mouthed "Thank you.", obviously embarrassed that I had repaid her rudeness with kindness.

When I got to the second window, I showed them both receipts and took her food too.

Now she has to go back to the end of the queue and start all over again,

Don't blow your horn at old people, we have been around a long time!



# Coronavirus – reviewing the pandemic

By Roger French, NHS Health Director, writing on 6<sup>th</sup> July 2020

By now most of us would be sick and tired of hearing about the coronavirus and COVID-19. However, there are heaps of loose ends in what the government and media are telling us and they need tying up.

Firstly, many in the media are talking about testing people for COVID-19. No they are not, the testing is for the virus, SARS CoV-2, commonly referred to as the 'coronavirus'. COVID-19 is the acronym for 'coronavirus disease 2019'. The testing is not for the disease, it is for the virus. A virus is not a disease; it can produce disease, but it is incorrect to refer to the coronavirus as a disease. Even some medical authorities don't seem to understand this.

The whole issue of the coronavirus is somewhat akin to a swindle, whether intended or not.

Right on our doorstep in Newmarch House in Penrith, NSW, four cases of flu were diagnosed this week. They were all immediately tested for SARS CoV-2 and all found to be negative. Soon after, one of these cases died of pneumonia. If this 88-year-old had happened to have tested positive for coronavirus, the diagnoses would no doubt have been death due to the virus.

This is a clear-cut example of just how we can be misled.

On a much larger scale, in Italy there were declared by early June to be 28,000 deaths due to COVID-19. The Italian government analysed the death certificates and found that 88 percent of these were due to other causes, not the virus. So there were not 28,000 deaths due to the virus, but 3,400, a very different number.

In the United States, by early July we were told that there had been 130,000 deaths due to the virus in the three-and-a-bit months since the pandemic began. But let's look at the big picture. In the US population of 324,000,000, if we assume an average lifespan of 80

years in the population, this means that roughly 4,000,000 people die either of old age or disease every year. Or in every three months, approximately 1,000,000 die. So among those 130,000 deaths attributed to the coronavirus, many could easily have been part of the one million dying at the end of their lifespans.

There seems to be little doubt that whenever there is a death and doctors find the virus test to be positive, they declare that the virus was the cause of death. But in many cases this could be entirely erroneous.

In Australia, there have been 106 deaths attributed to the virus, but, as the prominent cardiologist, Dr Ross Walker, stated on Radio 2GB on 17<sup>th</sup> June, most of these deaths were in elderly people in nursing homes who had other diseases, and they may have been dying *with* the virus, not *because* of it.

If we look at the big picture for Australia, in a population of 24,000,000, if we assume an average lifespan of 80 years, this means that approximately 300,000 people die either of old age or disease every year. Or in every three months, approximately 75,000 die. The 103 deaths so far could have mostly been part of this number regardless of the coronavirus.

It must be said that there are younger people dying who have tested positive, and perhaps the virus is quite lethal. Or perhaps many of these younger deaths are due to other diseases. We will probably never know for sure.

Then there is the other side of the issue. When the government restrictions virtually made people prisoners in their own homes, this is sending vast numbers of small businesses broke, causing stress illnesses and resulting in suicides. The restrictions may well be causing more disease and death than if we had been allowed to proceed with life as normal.

As one medical specialist, an epide-

miologist, stated, if the SARS CoV-2 had not been discovered, we may have had a flu season a bit worse than usual, but without destroying the economies of Australia and most other countries and causing a vast amount of personal suffering.

So what is behind – as Greg Fitzgerald has put it – this 'feardemic'? Is it just medical ignorance or is there a high-level conspiracy? Is it a way that governments have found to control their country's populations (which some people say they love to do), or is it a grand plan by Big Pharma to create demand for a new vaccine which will be given to billions of people and will make untold billions of dollars profit for the manufacturers? Only time may tell.

Meanwhile, we can only hope that the so-called pandemic will go away as quickly as it came.





# Ten Pan(ic)demic Lessons

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

**“Two roads diverged in a wood, and I, I took the one less travelled by, and that has made all the difference.” Robert Frost: *The Road Less Travelled***

At the time of writing this (4<sup>th</sup> August 2020), we have in Australia 221 deaths associated with COVID-19 (mostly the co-morbid elderly). We have 41 people in Australia in ICU 's. Annually there are 161,000 people die in Australia from all causes. Of that, between 500 and 1500 die with and of the flu (mostly the co-morbid elderly). The CDC infection fatality rate is 0.26% (and coming down with more asymptomatic positives) while the flu is about 0.2% – not a great difference! [CDC is the US Centers for Disease Control.]

With that in perspective, why are we now seeing further extreme measures in Victoria? Garrick Professor of Law at Queensland University, James Allan, describes the draconian measures as “One of the most colossal health fiascos of the century. This massive over-reaction is bonkers and a monumental screw-up”.

In my 23<sup>rd</sup> March 2020 article, *Wake Up World*, I stated that the medical authorities were on the wrong course and there is a better way, and that the social and economic devastation which would occur (and is now occurring) would dwarf the effects of the virus. I also stated that the article was intended for you, the individual, not the authorities, because there was no chance any political or medical authority would entertain such enlightened ideas. I mentioned the concept of Natural Hygiene, and how the application of Hygienic principles in acute disease recovery could save countless people's lives.

Four months later, I get no pleasure in stating that I was correct. The medical profession, after failing to get the outcome it wanted of flattening the curve by ruining

the economy and people's lives, in desperation has now enforced a crippling lock-down (stage 4) in Victoria, where most retail businesses have been closed, schools closed, mask-wearing made mandatory, a curfew introduced from 8pm to 5am and people's civil liberties severely curtailed.

The spectre of more erosion of our civil rights is coming, the likes of which have not been seen in Western democratic countries before. Adding to the stupidity, the liquor stores remain open in Victoria because the government and medical authorities view the sale of alcohol as an essential service! Don't they keep telling us our health is their top priority?

We have had:

Admitted inflation of COVID-19 deaths in many countries, notably the USA and Italy;

The doubtful accuracy of Rt-PCR tests in determining live viral loads;

Hospitals in the USA receiving many thousands of dollars for the diagnosis of COVID-19 and \$39,000 for intubation of patients in ICU (mechanical ventilation);

Conflicting opinions officially on the value of wearing masks by the WHO, CDC, governments and medical professionals;

The impending microchipping into their bodies of seven billion people's vaccination status (called Quantum-Dot Tattooing) by The Bill and Melinda Gates Foundation in partnership with Rice University;

The banning from mainstream media and even some social media of any person who criticises the official narrative;

and many other anomalies I don't have time to cover.

Be all that as it may, the most important lessons that we as individuals can take away from this fiasco are:

1) Take responsibility for your own health now! Don't rely on official public health advice. Use your critical-thinking skills. Don't delude yourself that the germ is our evil enemy and the improperly tested vaccine will be society's saviour. You will be your own saviour if you:

- Eat a plant-based diet;
- Exercise appropriately moderately and regularly (but not when sick, feverish or exhausted);
- Eschew the regular intake of social poisons, including alcohol, tobacco and caffeine;
- Get fresh air and some sun exposure regularly;
- Procure adequate sleep and rest for regeneration and repair;
- Manage your stress through meditation and mindfulness;
- Develop goodwill towards others.

2) By following the above, your risk of getting sick with acute viral or bacterial-associated disease (flu, COVID-19, hepatitis, RSV, etc) becomes extremely low. Keep in mind that the vast majority of the people who died from COVID-19, or indeed influenza, were sick people before they contracted the virus. They had comorbidities and polypharmacy (many illnesses, many medications). Also be reassured that your chances of contracting any chronic disease like heart disease, strokes, diabetes, auto-immune illness and cancer also plummet.

3) If, however, you do get sick with flu-like symptoms – runny nose, cough, fever, extreme prostration, vomiting, diarrhoea, inflammations, bodily aches and pains, etc – make sure you don't follow in the steps of George Washington, about whom I wrote in my website blogs ([www.healthforlife.com.au](http://www.healthforlife.com.au)) and *TNH*, Spring 2019 issue, page 32. He was literally killed by his doctors after they repeatedly drugged him and suppressed his flu-like symptoms. Rather, you can go to bed, ensuring

some fresh air, rest or sleep, keep warm, eschew all food while acutely sick and when recovering eat lightly (fruits, soups and vegetables) for a few days. Do not suppress the symptoms, especially the fever, as a routine behaviour. If necessary, for reassurance seek the advice of a holistic practitioner who has experience in managing acute illness through its natural course, sans interference.

4) If you are ever in a situation where you are hospitalised for whatever reason, make sure you have friends/relatives bring you living, plant-based food – fruits, salads, vegetables, legumes, nuts and seeds and some whole-grain foods, preferably gluten-free. Most hospital food increases the chances of any pathology evolving into a more serious issue. If not hungry – do not eat!

5) If you have a loved one residing in an aged-care facility (nursing home, etc), please encourage them to accept as much as is possible and practicable the food that you provide. One of the things that leads to many elderly patients succumbing to COVID-19, pneumonia and the flu, among other illnesses, is malnutrition. Their diets are nutrient-deficient. The food in most of these institutions, like most hospitals, does not build health and vitality. It promotes weakness, frailty and disease, both acute and chronic.

A strong immune system is never built on tea, coffee, biscuits, white bread, sweets, dairy and other animal foods.

6) Take the lessons from this 'pan(ic) demic' to rebuild trust in your body's own natural defences. Have more faith in the natural order found in nature and challenge the fears about germs and all illnesses that so permeate our Western society. Understand that health is built from the inside out, not the outside-in! Know that the power that created you is the same power that grew you and heals you. Your body is not defenceless as the authorities imply – to the contrary, it is powerful and strong, provided you look after it.

7) Read great books and associate with people who think outside the box. Some of these books include:

*The Pleasure Trap* by Drs Goldhamer and Lisle;

*Eat to Live* by Dr Joel Fuhrman;

*Fasting Can Save Your Life* by Dr Herbert Shelton

and *The True Healing Art* by Dr Russell Trull.

Explore the beautiful philosophy and practice of Natural Hygiene/Health.

8) Question authority. Become a critical thinker. Don't necessarily believe what

you see and hear on mainstream media. Go beneath the surface at times – often this is where the gold lies!

9) Become a discerning consumer of modern medicine. Know its strengths and weaknesses. It can be life-saving, but it is also the third leading cause of death in America, according to the *British Medical Journal*, and it is much the same in Australia.

10) The final lesson from this crisis should be to prepare for future crises. There *will* be future epidemics and pandemics. We are presently in an 'epidemic' of chronic disease in Australia, and it's growing. By adopting the practices above and heeding the lessons from this one, you can be fear-free and confident in your health. You won't be easily fooled by the fear-inducing and alarmist media reports that indoctrinate the majority of people on a daily basis.

You will be following the road less travelled!

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## The secrets of centenarians

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

Want to live to 100? Of course you do, and science has a few suggestions to help you get there.

Not smoking (of course) and being socially active help, as does living in communities that have good walking trails and a wide age range. Oh, and being a woman.

Good genes help, but environment is more significant, say researchers at Washington State University. Looking at the centenarians in the State, the researchers say that those living in areas where there are plenty of places to walk and the area has a population of all ages are big factors. Economics also plays a part, and people living in more prosperous urban areas and small towns are more likely to celebrate their hundredth birthday.

By comparison, having good genes plays just a 20 percent role, the researchers add.

It can also come down to race. African Americans and Native Americans are less likely to reach 100 than their white counterparts.

Keeping active social networks is also key, say researchers at the University of Otago, who looked at the lives of 292 centenarians in New Zealand. That and not smoking seemed to be the two common factors shared by the group.

Everyone in the group was relatively healthy and didn't suffer chronic disease – and that could be because of a strange



biological phenomenon that happens as we age. After the age of 80, rates of depression, diabetes and dementia begin to decline, the researchers discovered, although rates of high blood pressure (hypertension) increased by 30 percent between the ages of 60 and 100.

Aside from not smoking and keeping socially active, the other major factor on hitting 100 was being female. Of the centenarians in the study, 75 percent were women and they were also less likely to develop chronic health problems.

(Source: *Aging Clinical and Experimental Research*, 2020; doi: 0.1007/s40520-020-01552-w)

[EDITOR'S NOTE. Amazingly, there is no mention of nutrition in this list of what creates longevity. This is in spite of the fact that the world's largest nutritional studies hammered the point that what populations ate were major factors in their longevity. Two of the largest studies ever conducted were published under the titles, *Nutritional and Physical Degeneration* by Dr Weston Price and *The China Study* by Prof. T. Colin Campbell.]

# HEAVEN HELP THE WORKING GIRL

or "The Gentle Art of Compromise"

by Audrey Best

Make no mistake, the Winter Standard Natural Diet featured in the July issue of this newsletter is excellent. However, my first reaction after reading it was the title of this article HEAVEN HELP THE WORKING GIRL. In my view, to get the variety recommended in the diet, and the different dishes for each night of the week, one would spend a small fortune and waste a lot of vegetables and hours "slaving over a hot stove" as the old cartoons used to inform us was the lot of the housewife.

For a working girl, and even more so for a working mother, time is of the essence, and that goes for shopping time and food preparation time as well.

A certain amount of compromise can be allowed, without relaxation of the essentially high standards required for perfect health the natural way. The quality of the food we buy is of prime importance, and freshness of preparation is also paramount, but by getting our variety on a weekly instead of a daily basis, we can save shopping time, money, and waste is avoided.

As I consider the leaf vegetable to be the mainstay of the salad, let us first examine the number of "leaves" required for the printed diet; we would require in one week, lettuce, cabbage and silver beet. It will be realized that unless one grows one's own food, this is impractical. Therefore, we buy the smallest size lettuce, or the smallest bunch of spinach, and use that leaf as the basis for our salad until it is finished. Then we change to another leaf, and so on through the whole range of salad vegetables. If we observe the cardinal rule of a root, a fruit, a leaf and one other, as the perfect salad (with an extra one or two if you like a little more variety (I confess I do) then we start off with a lettuce, some carrot, tomato and cucumber (e.g. leaf, root, fruit and one other) plus say beetroot or capsicum as the extra. The following week we would go for spinach, pumpkin, tomato and capsicum, plus cauliflower or parsnip.

When one is home at the weekend you do have time to make the soups, but if you feel the need for something similar during the week and little time is available, cook a few vegetables such as onion, beetroot tops, brussel sprouts etc. in a very small quantity of water, and have them in a dish and drink the "juice" which is made by the water and the vegetables. Adding a bay leaf to the water also adds a subtle flavour to vegetables which many will appreciate, and this goes for the savoury beans and rice too.

Baking a potato in its jacket can be a lengthy job, but if you have to shampoo your hair during the week, you can easily scrub the potato and put it in the oven when you get home, dive under the shower and shampoo and set your hair, then return to the kitchen to prepare the salad, and by the time you have eaten it, the potato is quite ready for eating. (Have you tried slitting the potato part way through when half cooked and adding a little dried marjoram and then closing it up again for the remainder of the cooking time? This enhances the homely spud no end.)

I invariably get home at 5.30 p.m. (by kind permission of the suburban train service) and if I am not sitting down to my salad by the time the short news bulletin has finished at 6.5 p.m. then I consider I am running late.

When the stock exchange news starts at 5.45 the vegetables should have been weighed and washed, and the savoury dish in the oven; by the end of the stock exchange news the grating and cutting and chopping of the raw salad should be at an end, and as the news starts the arranged salad should be on the tray, with the cutlery, ready to take into the living room. A quick dash back into the kitchen to stack the dirty dishes for washing later on, a frantic wipe down of the bench, and away to put the table cloth on, sit down, spread the napkin, raise the knife and fork in the right and left hand respectively, and as the announcer says "here is this evening's edition of P.M." I am ready to start my edition of a simple, but Perfect Meal.

↑  
Excerpts from  
a longer article  
September 1973

ARTIST in early forties. (Arrived here 16 years ago from Europe). N.H.S. member. Keen vegetarian. Establishing 5-acre organic farm outside Sydney next year. Would like to meet a lady who would like to raise a family along natural health lines. Write to Box A535, Sydney South, P.O. 2000.

\*\*\*\*\*

The N.H.S. is selling Hunza-style HOT-PLATES like the proverbial hot-cakes. More and more women (and men) are taking up making their own "instant" bread from wholemeal grain flour on hotplates. The most nutritious and delicious bread you've ever tasted. Hotplates (with free instructions) for 75c (family size) and 60c (bachelor size). They'll last a life-time and will be the best little investment you have ever made.

NATURAL HEALTH NEWS No. 140  
January, 1973



←  
January  
1973

# the Society magazines through the decades

## SAUSAGE OVERDOSE WARNING

UK — A man who collapsed after eating too many sausages may have been affected by the dangerous chemicals used in cured meats, a doctor warned yesterday. The 58-year-old man ate 10 sausages in 20 minutes at a doctor's party before he suffered a drop in blood pressure. He recovered within 10 minutes. But Dr Justin Stebbin, from St. George's Hospital, London, said the man had a lucky escape, and suggested that he was affected by the high nitrate content of the sausages. Nitrates and nitrites are commonly used to colour and preserve cured meats such as ham, bacon and certain sausages, and are converted to methaemoglobin, which displaces oxygen in the blood. Dr Stebbin said the sausages at the party each had 150 parts per million of nitrate, the statutory safety limit being 250 ppm. "The 10 sausages consumed were calculated to be equivalent to 68mg of ingested nitrate," Dr Stebbin wrote in the *Postgraduate Medical Journal*. However, the Ministry of Agriculture said wide margins were set for the safety limits. A person would have to eat several pounds of food containing nitrates to suffer any ill effects. A spokesman said: "You'd probably feel sick from the sausages first."



## BRANCHES OF THE SOCIETY

- SYDNEY CITY BRANCH** meets 4th Monday of each month. Contact Manuel Coelho (02) 662 0452 (h) YWCA Bldg., 2nd Fl., Rm 4, 5-11 Wentworth Ave., Darlinghurst. Meal 6.00pm, talk 7.00pm.
- MIRANDA BRANCH** meets 2nd Tuesday of each month at a different member's home each month. Contact Iris Rowlett (02) 924 9609 (h).
- CAMPBELLTOWN BRANCH** meets 3rd Monday of each month. Contact Susan Dowey (046) 34 1100; Uniting Church Hall, cnr Allmann Street & Moore-Wakeley Wy-Pass. From 7.30pm.
- BANKSTOWN BRANCH** meets 4th Wednesday of each month. Contact Pauline Davis (02) 759 8624. 3 Waterloo Road, Greenacre.
- RICHMOND/WINDSOR BRANCH** meets 3rd Tuesday of each month. Contact Kaye Rosengaard (046) 78 2106. West Guides Hall, Bourke St., East Richmond, at 7.30pm - bring a plate.
- WOLLONGONG BRANCH** meets 1st Saturday of each month at Picram & Resource Centre, 3 Rawson Street, from 12.45pm. Contact Margaret Dwyer (042) 71 8007.
- BLUE MTS/NEPEAN BRANCH** meets 4th Sunday of each month. Contact Elizabeth French (047) 77 8200. 55 Greenvale Road, Wallacia, from 5.00pm - meal \$2.
- BRISBANE BRANCH** meets 3rd Sunday of each month. Contact Norma Wylie (07) 378 6600(h). YWCA Hall, Ann Street, Brisbane. Meal from 1.00pm.
- TOOWOOMBA BRANCH** meets 1st Monday of each second month. Contact Joan Crowley (076) 72 9511. Clewley's Motel, 583 Rutaven Street, Toowoomba. From 7.30pm.
- GOLD COAST BRANCH** meets the first Wednesday of each month. Contact John O'Brien (075) 35 0257. 12 Harford Street, West Burleigh.
- BANDEERA BRANCH** meets 3rd Tuesday of each month. Contact Glen Thorpe (062) 47 0718 or Linda Hyslop (062) 86 4232. Senior Citizens' Club, Wynnes. 7.00pm bookshop & meal, 8pm talk.
- TOOMA BRANCH:** via Boston Branch (0648) 37253 for details of this branch.
- MELBOURNE BRANCH** meets 1st Monday of each month at St. Mary's College, University of Melbourne, Swanston St., Carlton, from 8.10pm. Contact Ted Wessner (03) 557 3979(h).
- WAGGA WAGGA BRANCH** meets 3rd Friday of each month. Contact Sandra Wilson (069) 28 9252. CMA Hall, Johnston St., Wagga Wagga at 7.30pm. Book charge \$1.50 members, \$2 non-members.
- EUDEGONG VALLEY BRANCH** meets 4th Sunday of each month. Contact Mary Oenbridge (060) 7362 ask for 49. The Hall between Mulgoot and Bylstone, at 2.00pm.
- DARWIN BRANCH:** Contact Lila Morley (089) 81 8182(h) at 3262 (w).
- BATHURST BRANCH:** For details of November meeting contact Janet Oshin (041) 31 4495(h)
- TENTERFIELD BRANCH:** November meeting to be held Saturday 17th, at 8.00pm at Church of England Hall, Tenterfield. Contact Florida Soyars (067) 36 1165.
- PYMBLE BRANCH** meets 1st Monday of each month. Contact Wendy Eaton (02) 449 2741. Uniting Church Hall, Cnr Pacific Hwy. & Livingstone Ave. at 7.45pm. \$1 non-members, \$2 members.

**WELCOME TO NEW BRANCHES.....**

**BATHURST AND TENTERFIELD, NSW AND PYMBLE** a suburb of Sydney. Congratulations and sincere thanks to all the hard-working people who put these branches into operation, and to those who have accepted positions on committees.

There was an enthusiastic audience of 50 people at each of the Bathurst and Tenterfield inaugural meetings and we are delighted that the interest in Natural Health that is so strong in the cities has now spread to the country towns as well.

↑  
**Summer  
1997/98**

↗  
**November  
1984**

→  
**September  
1965**

## NATURAL HEALTH NEWS

WENT TO WOMEN'S MILK, there's nothing like goat's milk for the rearing of benny babies, the experts say. It is much more easily digested and (in Australia, anyway) has never yet been found to be infected with tuberculosis or brucella *louis garus*.

MRS. DELLA ROBERTSON has always been interested in goat's milk - ever since the youngest of her children was very sick and recovered when put on a diet of goat's milk. She was living at Hunter's Hill then and the first goat she bought letar became one of a dairy of 17 fine, healthy goats.

### MRS. DELLA ROBERTSON IS PROUD OF HER DURAL GOAT DAIRY:

giving us all a common interest," explains Mrs. Robertson. "It is a family concern and has taught our children how to work - and it has made them healthy. It is more a way-of-life to us than a business.

To-day, Mrs. Robertson has 120 Saanen goats (a Swiss breed) - all cared for on Natural Health principles and - unlike the case with modern cow's milk dairies - no drugs or artificial food are given the animals. If a goat becomes sick, it is treated back to health.

The Thuruna milk is sold un-pasteurised and, although the milk has been very closely watched by officialdom, not a single complaint has ever yet been registered.

Recently, Mrs. Robertson and family spent a lot of money modernising their dairy. And that brings us to our point! On Saturday, October 30th, the ladies of the N.H.S. WOMEN'S CLUB will visit "Thuruna" and have a picnic lunch, after which Mrs. Robertson will conduct them over the dairy. Earlier, the ladies will visit another very interesting place - MR. S.L. SCHOT'S organic garden at Ryde - with its herbs and rare vegetables. Tickets will cost 5/- per head for Women's Club members and 10/- for non-members of the Club. They should be picked up at 201 Castlereagh Street, City, at least one week in advance.

Buses will leave Castlereagh Street at 9.30 a.m. and return at approx. 4 p.m. It looks like being a wonderful outing!

**OUR  
WOMEN'S  
CLUB:**

Eight years ago, the Robertsons moved to Dural where they opened the "THURUNA" GOAT DAIRY. She called it "THURUNA" because the word means "together" in the aboriginal tongue.

"It brought the family even more together by

giving us all a common interest," explains Mrs. Robertson. "It is a family concern and has taught our children how to work - and it has made them healthy. It is more a way-of-life to us than a business.

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# Dogs and Cats Pages



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

## How 400-plus dog breeds evolved from the grey wolf

28th May 2020

There are more than 400 dog breeds, with a tremendous variety of size and shape, ranging from tiny Chihuahuas to giant Great Pyrenees. All dogs are believed to share one common ancestor – the grey wolf, or *Canis lupus*. Dogs' scientific name, *Canis lupus familiaris*, reflects the fact that most scientists agree dogs are basically domesticated wolves.

Genetic elements from a 'new world dog', which migrated across the Bering Strait with humans, persist in some modern breeds, such as the Peruvian hairless dog and the Xoloitzcuintle.

Researchers analysed the genetics of 161 pure breeds sampled from multiple areas of the globe, and suggested that a two-step process led to the creation of the many different breeds of today.

The first diversification may have occurred thousands of years ago, during which dogs were selected for their skills, while the second diversification occurred just a few hundred years ago, when dogs were bred primarily for physical traits.

The analysis revealed that there are 23 clades of breeds (clades are groups of organisms believed to share a common ancestor) among the 161 modern-day breeds analysed

While most dog breeds emerged within the last 200 years during a period of intense dog breeding known as the 'Victorian Explosion', the species' actual origins may date back to the Ice Age.

## Five questions to ask yourself before getting a second dog

7th September 2019

If you're considering adding a second dog to the family, there are many things to consider. Most importantly, you need to anticipate how well your current dog will respond to a new canine housemate. You'll also want to take steps to make sure your current dog doesn't feel ignored or replaced.

Adding a second dog to your family isn't a decision that should be taken lightly. If things don't go well, you can re-home the new arrival, but this will be hard on everyone involved, especially the dog.

Here are five questions you should ask yourself before deciding on a second dog

### 1. Is my existing dog friendly with and interested in other dogs?

If your dog clearly enjoys being with others of his kind, it's a good start. However, if he seems fearful of other dogs, or growls or lunges at them, it could be a problem. It's also important to note there are dogs who are so bonded with their humans they have no real interest in other dogs and tend to become possessive of their human when forced to share his or her attention and affection.

### 2. What type of dog would get along best with my current pet?

As a general rule, opposite sex dogs tend to do better together. In the case of two males, the dominant dog will become more dominant than he would have been on his own, and the submissive dog may become much more so.

Two female dogs thrust together often cannot establish a stable social order, and females are more likely to fight to the death than are males.

You can consider a dog of the same breed, but opposite gender to your current dog. You can also consider a different breed

and gender. Often, larger males and smaller females work well together in the same household, because generally speaking, males are less aggressive toward females, and larger dogs are inhibited against aggression toward smaller ones.

### 3. What's the best way to introduce my existing dog and a new dog?

Arrange for the dogs to meet one-on-one. Introduce them on neutral ground, rather than in either dog's home territory. Make sure the first meeting is outside, so they can urinate and do the sniffing thing to get familiar with each other.

Keep the first introduction short, and don't add treats or toys to the mix. The dogs will be stimulated enough without those things to fight over. Give the dogs some space to check each other out.

Keep your cool. If you're nervous, stressed or overly excited, chances are he/she will be, too..

### 4. Can I arrange to take a few days off from work to help both dogs adjust?

The first week your new dog spends in your home is a crucial time for building new relationships between dogs and humans. I recommend taking at least a few days off work. This will give you time to successfully introduce the new dog to your daily routine, which will give him/her a sense of security, and allow the dogs to gradually get to know each other under your supervision.

### 5. How can I ensure my current dog doesn't feel he's being replaced?

While you're busy falling in love with your new pet, make sure you don't ignore your existing dog. You never want him to feel abandoned or second best – your first focus must be on your long-time companion. Get other family members involved so that both dogs get plenty of attention, affection, exercise and playtime.



## Choosing feline-friendly houseplants and flowers

26th May 2020

Indoor plants not only brighten any décor, they also help clean away airborne toxins, increase the oxygen level, and add moisture to the air.

If you share your home with cats, it's important to select greenery and flowers that are feline-friendly. There are many air purifying plants that are cat-safe, and many flowers as well. There are also some popular indoor plants you'll want to avoid if you have cats.

In addition to the beauty and colour of plants, they can also improve the air quality by removing toxins like carbon monoxide and other air pollutants. Plants also increase the level of health-inducing oxygen and absorb some of the carbon dioxide that we and our pets exhale.

Plants can also raise the humidity level of indoor air by releasing moisture vapor. Moist air is a natural skin conditioner and airway cleanser, beneficial to both people and pets.

### Cat-Safe Air Purifying Plants

Air-purifying plants that are also safe for feline family members include: Areca Palm, Bamboo, Basil, Cilantro / Coriander, Dill, Dwarf Date Palm, Friendship Plant, Hens and Chicks, Lady Palm, Lemon Balm, Old Man Cactus, Painted Lady, Reed Palm, Rosemary, Sage, Shrimp Cactus, Spider Plant (Spider Ivy), Venus Flytrap and Zebra Haworthia

### Cat-Safe Flowers

Alstroemeria, Asters, Freesia, Gerber Daisies, Liatris, Lisianthus, Orchid, Roses, Snapdragon, Statice, Sunflowers and Wax Flower (Madagascar Jasmine)

### Five Common Indoor Plants to Avoid

**1. Plants of the Araceae family** – philodendron, pothos, peace lily, calla lily, dumb cane, arrowhead vine, mother-in-

law's tongue, sweetheart vine, devil's ivy, umbrella plant, and elephant ear.

These are common houseplants and contain insoluble calcium oxalate crystals. If your kitty chews on one of them, it can cause severe mouth pain. Fortunately, these plants aren't considered deadly.

### 2. English shamrock, rhubarb (leaves) and tropical star fruit

These houseplants contain soluble calcium oxalates, which are very different from insoluble calcium oxalates. Fortunately, pet poisonings involving these plants are rare, but when it happens it's a life-threatening emergency because they can cause blood calcium levels to plummet and calcium oxalate crystals to cause acute kidney failure. If your cat has ingested one of these plants, call a veterinarian right away.

### 3. Kalanchoe

These plants are absolutely beautiful, but also absolutely deadly if your cat nibbles on one, because they contain cardiac glycosides. Immediate veterinary intervention is required.

### 4. Corn plant/dragon tree

Corn plants contain saponins, which interfere with absorption of essential nutrients. If your kitty should sample a corn plant, it can cause dilated pupils, drooling, vomiting, diarrhea, and lethargy. This is a relatively benign type of poisoning, but still keep this plant out of your cat's reach.

### 5. Spring flowers

Certain spring bulbs, including daffodils, hyacinth, and tulips, can cause mild vomiting or diarrhea in cats. If a massive number of bulbs are eaten, they can cause an obstruction in the stomach or intestines. The greens and flowers themselves are generally thought to be safe if your cat nibbles them.

Note that most cut flowers come with a powdered flower food to keep them fresh, and this can be toxic to cats.

## Better to be safe than sorry

Even if you only suspect your cat has sampled a toxic plant, it's better to be safe than sorry. Contact your veterinarian or an animal poison control centre immediately.

## The workout buddy you can count on

12th June, 2020

Working out together can provide important health benefits for both you and your dog, including lowering your risk of obesity, diabetes, heart disease and joint disease. Your canine companion will also benefit both physically and mentally. Bored, under-exercised dogs often develop behaviour problems that can be prevented or resolved simply by regular physical activity.

Unlike humans, most dogs are always ready to get up and go. They'll faithfully remind us each day when it's time to exercise.

Not all dogs are suited for running long distances, and even those who are suited may need to work up to your pace and distance. Whereas some dogs love to run with their owners, others prefer brisk walks or vigorous play sessions, so it's important to keep your dog's preferences in mind

Another option might be to take your dog cycling. If your canine best friend has the energy and physical stamina to jog alongside as you bike, this could be ideal for both of you.

Also, think of a change of scenery. Instead of heading outside in the same old direction, hop in the car and drive a few blocks away or to a neighbourhood park or nearby hiking trail for your walk. Both you and she will find new things to see, smell, and experience. Or meet up with neighbours or friends with dogs for group walks.

There are dozens of activities you can do with your dog that provide lots of aerobic exertion and wonderful opportunities for bonding.

# Are Aluminium Pots, Bottles and Foil Safe?



Michael Greger, MD, FACLM, May 20th, 2020 Volume 51

Over the last decades, the toxicity of aluminium for humans has been heavily discussed and is still not completely clarified. Those occupationally exposed to aluminium in smelter plants suffer from oxidative stress (free radicals) that can damage their DNA.

But what about aluminium cookware? Studies suggesting an unrecognised public health risk, were limited to the developing world, where cookware is made in informal shops by casting liquid aluminium melted from a collection of scrap metal, including the likes of lead batteries, which is how you can get so much lead leaching into people's food.

But then a study was published, suggesting that the aluminium itself may be harmful. Most of our aluminium exposure comes from processed junk food which contains aluminium in food additives, including those within some processed cheeses, baking powders, cake mixes, frozen dough and pancake mixes.

But approximately 20 percent of the daily intake of aluminium can come from aluminium cooking utensils – pans, pots, kettles and trays.

To see if this may be causing a problem, researchers took blood from consumers who used aluminium cookware versus those who did not, and found that not only were the aluminium users walking around with twice the level of aluminium in their blood, but they had more free radical damage in their body fats and proteins. And the total antioxidant capacity of their bloodstream was compromised. So, no surprise, they suffered significantly more DNA damage. And those with the highest levels of aluminium in their blood tended to suffer significantly more damage to their DNA than those with lower levels.

These folks weren't just casually using aluminium pots, but were using them daily to cook and store acidic foods, like yoghurt and tomato sauce, which can leach out more aluminium. But even just a week using, for example, aluminium camping dishes

could greatly exceed the tolerable weekly intake guidelines, especially for children. If your cooking incorporates something acidic, like marinating a food in lemon juice, the effect is considerably greater.

Once in a while may not make much of a difference, but you won't want to be cooking in aluminium day-in and day-out.

What about aluminium drinking bottles? They're nice and light, but children drinking two cups of tea or juice a day from them could exceed the tolerable aluminium exposure limit. So, safety authorities, like the German Federal Institute for Risk Assessment, recommend that consumers avoid using aluminium pots or dishes for acidic or salted foodstuffs, such as apple sauce, rhubarb, tomato puree or salt herring to avoid any unnecessary ingestion of aluminium.

What about aluminium foil? It's common practice to wrap food in aluminium foil and bake it. The concern is that this could potentially present a hazardous source of aluminium in the human diet. When put to the test, yes, there was leakage from the foil to the food, but the amount was so small that it would usually only be an issue for small children, or those suffering from diminished kidney function.

What about just wrapping food in foil to store it in the fridge? Only marginal increases in aluminium are seen – unless the food is simultaneously in contact with both the foil and certain other types of metal, for example stainless steel, which is largely iron. This sets up a battery, which can lead to tremendous aluminium concentrations in the food.

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## ACKNOWLEDGEMENT

*This article is abstracted with editing from Dr Greger's newsletter, 20<sup>th</sup> May 2020. It is published under Dr Greger's generous sharing policy. His website is NutritionFacts.org*

## 60TH ANNIVERSARY ACCOLADES

### Catherine Harris, NSW

*I am still enjoying life and a daily walk at age 95. I don't have a computer and love getting the magazine with its accurate and reliable information that I can depend on. I have attended most of the seminars to listen to the interesting speakers and meet like-minded people. Congratulations to the NHS for 60 years of helping people with such important Natural Health information.*

# Westpac's approach to financing sustainable-energy industries

In response to an email from the Society urging Westpac Bank to **not** fund fossil fuel industries, we received the following reply on 20<sup>th</sup> July 2020.

Dear Roger,

Thank you for your email and taking time to share your concerns about climate change with us. We recognise that climate change is one of the most significant issues that will impact the long-term prosperity of the economy and our way of life.

While Westpac does not comment on matters relating to specific companies, I would like to assure you that we have a strong commitment to responsible and sustainable banking. Our policy, **Westpac's approach to Sustainable Finance**, outlines how we assess Environmental, Social and Governance (ESG) risks in our finance and lending activities. If we identify risks that do not meet Westpac's risk appetite – including the criteria outlined in our Climate Change Position Statement – then we will not proceed with banking the entity or specific transactions.

Our recently released Climate Change Position Statement and 2023 Action Plan, our fourth since 2008, re-affirms our 2015 commitment to managing our business in alignment with the Paris Agreement and the need to transition to a net zero emissions economy by 2050.

Our 2023 Action Plan sets out a range of new and enhanced actions, including commitments to:

- Aim to provide \$3.5 billion of new lending to climate change solutions over the next three years.
- Ensure our financing of the electricity generation sector supports Paris-aligned transition pathways to a net zero emissions economy by 2050.
- Support existing thermal coal customers, with a commitment to reduce our exposure to zero by 2030.
- Help communities become more resilient to climate change and the transition to a low-carbon economy.
- Target emissions reductions for our own operations in alignment with a science-based trajectory.
- Source the equivalent of 100% of our global electricity consumption through renewable sources by 2025.
- Support policy outcomes aligned to net zero emissions by 2050.

## **Our work over an extended period means we have made significant progress to date, including:**

- We are the largest lender to new renewable energy projects in Australia.
- We've grown our lending to climate change solutions from \$6.1 billion to \$9.7 billion since 2016.
- Renewables now represent over 75% of our lending to the electricity generation sector, up from 59% in 2016.
- We've committed to sourcing 100% of our global electricity consumption through renewable energy sources by 2025.

For more information about our approach to sustainability, including updates on our progress towards our climate change commitments, please visit [westpac.com.au/sustainability](http://westpac.com.au/sustainability) and subscribe to the Westpac Sustain newsletter.

Thank you again for sharing your concerns.

Yours sincerely,

Siobhan Toohill

Group Head of Sustainability, Westpac Group

275 Kent St, Sydney 2000

[www.westpac.com.au/sustainability](http://www.westpac.com.au/sustainability), [sustainability@westpac.com.au](mailto:sustainability@westpac.com.au)

# Communities are joining VPPs all across Australia

## Here's why now is a good time to join them.

Having a Virtual Power Plant means that your battery is shared with the grid and community when needed, and you earn extra money from it, simultaneously reducing our current reliance on fossil fuel power stations.

After this year's bushfires and floods, Aussies have had to endure recurring blackouts, higher electricity bills and disruptions from fallen power lines. We believe that these events show our energy system for what it is: aged, centralised and ready to be replaced by more sustainable and eco-friendly solutions.

### So what's next?

We need to build giant virtual power plants in communities all over the country, so we can have on-demand renewable energy available instead of coal- or gas-fired power plants. The scale of this solution will help decentralise energy across Australia, and effectively allow for a more sustainable community structure.

So, in ShineHub we are expanding our VPP programs in SA, NSW and VIC with the following offers:

### South Australia

Powershop 'Charge Force' Retailer VPP (must be with Powershop as electricity retailer; you earn \$0.37/kWh – \$7.05/kWh for battery power)

ShineHub SA Community VPP (can be with any retailer, earn \$0.45/kWh for battery power)

### Victoria

Powershop 'Charge Force' Retailer VPP (must be with Powershop as electricity retailer, you earn \$0.37/kWh – \$7.05/kWh for battery power)

ShineHub VIC Community VPP (can be with any retailer, earn \$0.45/kWh for battery power)

### NSW

Join the NSW Ausgrid Virtual Power Plant with any retailer in Ausgrid grid territory, and earn \$0.45/kWh for any battery power that returns to the grid

ShineHub NSW Community VPP (can be with any retailer, earn \$0.45/kWh for battery power)

We're proud to be building a brighter future for Australia. With solar panels, batteries and Virtual Power Plants, we're meeting the needs of more Australian households. It's the change Australia needs, and one we need every Aussie to get behind.

## Ready to join us? We're ready to welcome you to the community.

The ShineHub team





# ARTERIAL PLAQUE

By Lyn Craven, Naturopath & Bowen Therapist

Arteries are blood vessels carrying oxygenated blood throughout your entire body, including the brain.

Plaque is a fatty, waxy substance which can accumulate in the arteries, sticking to their walls, and eventually narrowing the arteries which then reduces blood flow. This is *atherosclerosis*, which is commonly referred to as 'hardening of the arteries'. The built-up plaque can rupture and create blood clots at the ruptured site. The body's natural processes attempt to repair the rupture.

A blood clot can stifle efficient blood flow through the artery and starve the body's tissues of oxygen and nutrients. A ruptured plaque can be serious and can result in heart attack or stroke.

## CAUSES OF ARTERIAL PLAQUE

Plaque is made from calcium, fat, cholesterol, cellular waste and fibrin (substance involved in blood clotting). When there is a build-up of plaque the cells in the artery walls multiply, secreting additional substances that can worsen the condition of clogged arteries.

We all have two forms of cholesterol – LDL (low density lipoprotein, the so-called 'bad' kind) and HDL (high density lipoprotein, the so-called 'good' kind). If the LDL is too high compared to HDL, this is considered a major risk. Some research states that HDL helps remove some of the LDL cholesterol from plaque in clogged arteries, and transport the LDL back to the liver from where it is eliminated.

However, since the liver produces cholesterol, this is why we should always maintain a healthy liver.

If you have high blood pressure, especially for a very long time, this can contribute to plaque build-up and hasten hardening of clogged arteries.

Some leading risk factors are:

- Diabetes – elevated circulating blood sugar is a contributor to plaque build-up. This applies to people who are not diagnosed as diabetic, but have higher blood sugar levels (so they need to be addressed). An example would be metabolic syndrome.
- Cigarette smoking increases the risk of atherosclerosis in arteries of the heart, aorta and legs.
- Genetics – having a family history of

heart attack

- Stress
- Sedentary lifestyle
- Obesity

Research indicates that plaque can begin to develop during childhood or teen years, and progress to arteries becoming clogged during middle age and onwards.

## WHAT CAN BE DONE TO RESOLVE PLAQUE?

Eat a healthy diet, plenty of plant food – vegetables, fruits and nuts. Those who do consume eggs or fish need to ensure you have a variety of the latter. It is a fallacy that eggs contribute to cholesterol build up.

If you struggle to exercise, join a group, meet with a friend or hire a fitness trainer to get you going. Humans need to be movers. We are not meant to sit down all day. Our ancestors would have been involved in hard labour, like farm work, certainly they would have been on the go most of the day.

If you are experiencing stress and anxiety (especially with the recent lockdowns and economic instability), learn to meditate; it's easy really, find the style that suits you. I teach creative visualisation, which does not encroach on anyone's spiritual beliefs. It's excellent for anxiety and sleep issues that may result from stress. Homeopathy and herbal medicine are an excellent combination with your meditation routine.

You can slow down plaque formation by making some of these simple lifestyle changes and addressing your dietary habits. I have come across arterial plaque build-up in people on vegan, vegetarian and pescatarian diets as well as meat eaters. There are many possible contributing factors.

Various nutrients could be included with your diet, but would vary with each person. Some common ones are vitamins C, E, A and D.

Some people also take Vit K<sub>2</sub>, however dosage is important for each individual and often works better with certain other supplements for synergy. I like to work with complementary remedies to feed the mitochondria, which enhances K<sub>2</sub> assimilation.

Taking calcium supplements could be contributing to the problem if dosage is high or the calcium is not balanced with

other vital minerals, especially magnesium, zinc and boron, and I would also include silica (for bone health).

Please do not confuse vitamin K<sub>2</sub> (*menaquinones*) with K<sub>1</sub> (*phylloquinone* or *phytonadione*). The latter is obtained from various plant foods especially green leafy vegetables – lettuce, broccoli, Tuscan cabbage and spinach. (I don't recommend kale due to its alkaloids which can be irritating to joints). K<sub>2</sub> is synthesised in the gut by the microflora.

I work with homeopaths which help to disperse plaque over time. These are professional formulations that my practitioner friend and I have made up. My colleague has proven that they do work, and believes they helped keep her ageing mother alive much longer than she otherwise would have.

Another interesting fact is that my other colleague has low blood pressure and suffered a major crisis when a virus attacked his heart over 14 years ago, resulting in three key-hole surgeries. Interestingly, all three surgeons he saw (they are top guys) suffered from various cardio issues themselves! Over time they were amazed at the improvement of my friend's atrial fibrillation (AFib - abnormally rapid and irregular heartbeats). He recommended to the surgeons that they take natural remedies including the homeopathic formula, and over time they began to see improvement with less arterial plaque and lower blood pressure! How interesting to hear of surgeons being impressed with natural remedies!

If you need help with any cardio support, stress management, anxiety and/or sleep issues (all affecting blood pressure), then call me. I also work with Bowen therapy to help reset and balance the body.

**Lyn Craven is a practitioner of Naturopathy and Bowen therapy and an Energy/Reiki therapist, meditation teacher, corporate health facilitator and presenter for health expos. She is also a health researcher and writer and has produced a meditation CD.**

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

# Saving orangutans from rainforest destruction for palm oil

By Fatah Sadaoui of SumOfUs, 23<sup>rd</sup> May 2020

We did it! We're one step closer to saving the last orangutan habitat from palm oil destruction, and that's thanks to our supporters.

After more than five years of campaigning, PepsiCo has changed its palm oil sourcing policy, and agreed to use its influence with other companies to end rainforest destruction and human rights abuses.

This is a massive victory.

PepsiCo is the world's second-largest food and beverage company. By moving this snack food giant, we have moved an entire sector!

Last year, during the company's shareholder meeting, we presented more than a million signatures, gathered over five years, asking PepsiCo to cut ties with conflict palm oil. In response, this year PepsiCo announced an industry-leading policy and a series of actions to tackle rainforest destruction, worker abuse and exploitation of communities for cheap palm oil.

We've done so much over the past five years. We've sent dozens of petitions to the company's top bosses, exposed their dirty palm oil secrets on social media and put out brand-jamming viral videos that raked in more than 20 million views.

We also confronted PepsiCo on its own turf – we protested outside PepsiCo's headquarters, and for three years, we crashed the company's shareholder meeting in New Bern, North Carolina, bringing our demands to the birthplace of Pepsi. We forced PepsiCo to take meaningful action, but the last orangutans are still facing extinction, and palm oil villains are still profiting from rainforest destruction. I've worked on this campaign with SumOfUs members for the past five years, and I've never doubted that together we would succeed to get PepsiCo to change its ways. And together, as we celebrate this victory, I'm asking you for help again.

This victory wouldn't have been possible without generous donations of SumOfUs members. They make it possible for us to run long-term campaigns – like this smashing success. Could you please join our monthly donors and help save the last orangutans from palm oil destruction.

I also want to thank our long-time partners – Rainforest Action Network and the International Labor Rights Forum as well as OPPUK (an Indonesian organisation working on the ground) – who all played a critical role in securing this victory.



## SumOfUs

**SumOfUs is a community of people from around the world committed to curbing the growing power of corporations. We want to buy from, work for and invest in companies that respect the environment, treat their workers well and respect democracy. And we're not afraid to hold them to account when they don't.**

**With 15,676,000 members, the head offices are in New York and San Francisco, USA.**

## 60TH ANNIVERSARY ACCOLADES

### **Peter Miller, Chairman, on behalf of the AYHF Board, Syd.**

The Chairman of and the Board of Directors of the Australian Youth and Health Foundation would like to heartily congratulate the Natural Health Society on this very special anniversary milestone. We have been very glad to play a part in the history of the Society.

### **Susan Roberts, NSW**

A massive congratulations to the NHS team for the longevity of the Society! 60 years of sharing hope, information and inspirational advice to people who look for answers to TRUE health and healing.

### **Ally Sanchez, natural therapist, NSW**

60 years of such an essential service to our community! Congratulations to the amazing crew of the Natural Health Society. In the early 1990s your magazine introduced me to the power of natural medicine and the body's desire to heal, and here I am today a practising Herbalist and Nutritionist. Thank you and here's to another 60 years!

### **Sharon Beavon, GM, Hopewood Health, NSW**

Hopewood Health congratulates the Natural Health Society of Australia for the fine work they have done for the past 60 years by disseminating vital health information via their wonderful magazine. Well done!

## STOP 5G: Major victory Hawaii

### County Council Passes Resolution to Stop 5G

By The 5G Crisis Team, netweavernz@yahoo.co.nz, 25th July 2020

Despite telecom industry pushback, including a formal submission by the Cellular Telecommunications Industry Association (CTIA), the Hawaii County Council, which represents the entire Big Island of Hawaii and over 200,000 residents, overwhelmingly passed a resolution calling for wireless companies to halt 5G deployments due to health and environmental risks.

Only one council member voted against the resolution, saying that it didn't go far enough and that the County should investigate scrapping all cellular infrastructure on the island and invest in a safe fibre-optic network instead.

Congratulations to the 5G action group in Hawaii for facilitating this great win and the hundreds of residents who submitted testimony in support of the resolution.

**Thank you to all those members who have been great supporters over the years. Our country needs what the NHS provides even more now.**

# News from What Doctors Don't Tell You

UK-based What Doctors Don't Tell You is a monthly magazine and an e-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.**

## Negative thinking increases our risk of Alzheimer's

**18th June 2020**

Is your cup always half-empty? You may want to start seeing it as half-full because people who regularly have negative and depressive thoughts are more likely to develop Alzheimer's disease in older age.

Researchers can even see the physical consequences of 'repetitive negative thinking' (RNT), as they call it, with 'half-empty' thinkers developing more harmful proteins in the brain that are linked to Alzheimer's.

If that's you, start meditating or doing mindfulness practices – become aware of your thoughts and surroundings – say researchers from University College London. Negative thinking is “an underlying reason” why some people suffer from dementia or Alzheimer's, says researcher Natalie Marchant.

But it has to be a long-term, chronic view of the world. The occasional set-back when we suddenly have negative thoughts and feelings won't cause any long-lasting damage to our cognitive abilities.

RNT is a new risk factor, the researchers say, and so it's important that people who regularly have negative thoughts should counteract them by taking up meditation or mindfulness.

(Source: *Alzheimer's & Dementia*, 2020; doi: 10.1002/alz.12116)

## Healthy lifestyle trumps genetic risk of dementia

**26th July 2019**

Lifestyle can trump genetics – even when it comes to having an inherited biological make-up that doubles the risk of dementia.

A healthy lifestyle – including a good diet and not smoking – reduces the risk of dementia by around 30 percent in people

who have a genetic predisposition to develop the condition.

Healthy living has an even bigger protective effect in people who don't have the 'bad genes', which suggests the problem is avoidable for most people who live well, say researchers from the University of Exeter in the UK.

They tracked the health of more than 196,000 people with an average age of 64, and who weren't showing any signs of dementia.

Of these, 20 percent had a higher risk of developing the condition because of their genetic profile – and 1.13 per cent of those who followed a healthy lifestyle eventually suffered from dementia compared to 1.78 per cent who developed the condition and had an unhealthy diet and didn't exercise, suggesting lifestyle did have an impact on genes. Just 0.5 per cent of those with a low genetic risk and good lifestyle developed dementia.

A healthy lifestyle includes physical activity, no more than moderate alcohol drinking, a healthy diet and not smoking, the researchers say.

(Source: *Journal of the American Medical Association*, July 14, 2019; doi: 10.1001/jama.2019.9879)

## Depression isn't a problem, it's a reaction

**11th June 2020**

Treating depression with antidepressants has been a medical failure – and that's because psychology has completely misunderstood what 'mental' health problems are, according to a new model of psychiatric disorders.

Depression, anxiety and PTSD (post-traumatic stress disorder) are not illnesses; instead they are natural responses to adversity, as suggested by the fact that one in five people in war-torn countries are depressed, compared with just one in 14 in countries not in conflict.

Treating depression with a drug is like medicating for a broken bone without resetting the bone first, said Kristen Syme from Washington State University, one of the paper's authors:

“The pain is not the disease. The pain is the function that is telling you there is a problem. Depression, anxiety and PTSD often involve a threat or exposure to violence, which are predictable sources for these things that we call mental disease.”

Real progress in treating so-called mental health problems won't be made until psychiatry changes its approach, and stops classifying them by their symptoms. Instead, they should be viewed according to their probable causes and that they help the sufferer become aware that he or she needs help, and especially in their immediate environment.

(Source: *American Journal of Psychiatry*, 2020; 171: 87; doi: 10.1002/ajpa.23965)

## Two strategies to reverse eyesight loss

**23rd July 2020**

Scientists have discovered two easy things which we can do every day that will keep our vision sharp into old age.

The first is to exercise, and scientists have discovered that it has a direct bearing on macular degeneration, one of the most common cases of eyesight loss as we age.

Regular exercise reduces the overgrowth of blood vessels in the eyes by around 45 percent, and that can be all the difference between losing your sight and not.

The good news is that low levels of exercise are enough to protect your eyes, say researchers from the University of Virginia Health System. They think this is because exercise increases blood flow to the eyes.

Exercising breaks the vicious cycle. As eyesight begins to deteriorate, people tend to exercise less and this, in turn, accelerates sight loss.

The second eyesight-saving strategy is to stare into a red light every day. A small LED torch with a deep red beam will do the job, say researchers from University College London. Staring at it for three minutes every day can reverse eyesight that has begun to deteriorate.

Our vision's colour contrast can improve by 20 percent by doing the exercise for even just a few weeks, the researchers



discovered when they tested the technique on a group of 24 people, aged between 24 and 72 years.

The long-wave light reboots the retina's cells, which age faster than cells in any other part of the body. Over time, there can be a 70 percent reduction in the cells' capabilities which causes a significant decline in the eyes' photoreceptor functions.

(Sources: exercise study: IOVS, 2020; doi: 10.1167/iovs.61.5.52; light study: *Journals of Gerontology, Series A*, 2020; doi: 10.1093/Gerona/glaa155)

## Five Natural Ways to Boost Your Immunity

**Dr Bill Rawls, MD, Medical Director of Vital Plan, 15th July 2020**

Having a strong immune system is always important – but that's especially true right now. Here are five of the best natural ways to boost your immunity and keep it strong long-term.

### 1. Stock up on fresh produce

Herbs, vegetables and fruits are rich in immune-supporting phytochemicals. Plus, they're high in fibre, which helps feed the good bacteria in your gut and flushes out harmful ones. That's key, given that 70% of our immune system resides in our gut. At the top of my list: blueberries, mushrooms, broccoli sprouts and green tea.

### 2. Take the right herbs

Herbs provide a veritable pharmacy of phytonutrients, including some that support the immune system so that it can more effectively fend off germs. They most likely work by supporting communication between immune system cells – a key step in optimal immune function. My favourites are reishi mushroom, garlic, andrographis, Chinese skullcap, cordyceps, Japanese knotweed, ginger and turmeric.

### 3. Get outside

Being in nature helps boost our immune system by reducing stress levels and exposing us to higher levels of negative air ions, which help neutralise damaging free radicals that otherwise drive inflammation. A recent study suggests that the magic number is 120 minutes a week or just under 20 minutes a day.

### 4. Prioritise sleep

Research has repeatedly shown that sleep is good at strengthening immunity. A study in the journal *Sleep* found that you're about four times more likely to catch a cold if you don't get enough sleep. Aim for seven to nine hours a night.

### 5. Lean on friends and family

Having strong and varied social ties increases your resilience to stress and buffers its negative effects – which include a weakened immune system. People with the most ties to friends, relatives and their communities are the least likely to come down with a cold after exposure according to a study in the *Journal of the American Medical Association*. While hanging out in person isn't generally advised right now, connecting by phone, text or video chat can be just as powerful.

## Brain fog – and worse – after eating a hamburger

**2nd June 2020**

Eating a burger may be enjoyable – but don't plan on doing any work that needs focus afterwards.

Aside from all the other health risks, processed foods also affect our ability to concentrate. And the effects can be even worse if we already suffer from a leaky gut.

Researchers at Ohio State University gave 51 women a processed meal or a healthier alternative, and discovered that there was an average 11 percent drop in ability to focus after eating the processed meal.

The desire to eat processed food can be higher during times of stress, such as the COVID-19 lockdown, but it's a false friend. Aside from affecting ability to focus, it can also increase the chances of depression and anxiety and increase gut dysfunction.

The research also shows the connection between our gut and brain, and people with gut problems could feel the bad effects of unhealthy food choices even more acutely.

(Source: *American Journal of Clinical Nutrition*, 2020; doi: 10.1093/ajcn/nqaa085)

## The key to a regular menstrual cycle

**4th June 2020**

Just eating an extra 300 to 400 calories every day could be all it takes to re-establish a regular menstrual cycle, say researchers – and that could be especially the case for women who do intense exercise.

Women who don't eat enough to support their exercise regime can trigger a medical condition known as Female Athlete Triad, say researchers from Penn State University, which includes menstrual disorders and poor bone health. Women with the problem are more likely to suffer fractures.

In a year-long study involving 62 young women who exercised regularly and suffered irregular menstrual cycles, the researchers increased the number of calories that half of them ate, while the rest maintained their existing diets. The women who ate the extra calories were twice as likely to see their menstrual cycle normalise during the 12 months.

As researcher Mary Jane De Souza said, just eating a little more each day could be all it takes to remedy menstrual disorders and without needing to take powerful prescription medication with its potential for serious side effects.

(Source: *Proceedings of the Endocrine Society annual meeting*, March 31, 2020)

## 60TH ANNIVERSARY ACCOLADES

### Janet Saxton, Melbourne

Even though I read a lot on the internet, I still find things in True Natural Health that I don't know or that provide a different angle. The magazine often gives me a wake-up call if I get lazy or forgetful, or 'too busy' to look after my health. Thanks for showing me the way over many years.



# 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 enews-letters. His website is Mercola.com.**

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

## This Visceral Tissue Affects How You Think

30th April, 2020

Visceral fat is excess adipose tissue deep in your abdominal cavity that wraps around your organs and plays an active role in creating an inflammatory response in the brain, triggering impaired cognitive function.

It produces inflammatory molecules that affect the immune cells in the brain. The inflammatory effect also contributes to a higher cardiovascular risk, even in those who are normal weight but with abdominal obesity.

Visceral adipose tissue is linked to depression and anxiety, which may be a secondary effect of inflammation.

Your risk can be evaluated by using your waist measurement and waist-to-hip ratio.

Excess visceral fat can be addressed with nutrition, exercise, stress reduction, hydration and quality sleep.

Visceral fat is commonly known as 'belly fat', 'beer gut' and 'middle-age spread'. Many people see it as an aesthetic problem, but it has a significant effect on your physical health, including your brain.

There are two basic types of fat. Subcutaneous fat is found just under the skin and is the type that jiggles and dimples. Visceral fat is found under the abdominal



muscle, wrapped around the internal organs. This type is more dangerous, as it is linked to the production of inflammation and is considered biologically active.

Visceral fat also increases insulin resistance and plays a role in the development of type 2 diabetes, heart disease, breast cancer, colorectal cancer and Alzheimer's disease.

## This Fat Increases Risk of Macular Degeneration

26th July 2020

Between 1851 and 1930 there were no more than about 50 reported cases of age-related macular degeneration (AMD) in the medical literature. As of 2020, an estimated 196 million people worldwide have AMD.

There's compelling evidence that AMD is not caused by ageing or genetics, but by processed foods. The four 'toxic' ingredients in processed foods causing a majority of chronic health problems are refined wheat flour, refined sugars, polyunsaturated vegetable oils and trans fats.

Processed foods cause mitochondrial dysfunction, which in turn leads to chronic diseases of many kinds, including type 2 diabetes, heart disease, cancer and AMD.

Excessive consumption of processed vegetable oils – especially sunflower, safflower, soya and corn oils – results in the oxidation and breakdown of the omega-6 fatty acids into toxic *aldehydes*. This peroxidation cascade damages a phospholipid in our mitochondria, resulting in mitochondrial dysfunction.

## Mild Obesity Can Double Your Risk for COVID Complications

7th August 2020

Even mild obesity may raise the risk of COVID-19 severity, calling into question current United Kingdom guidelines that only classify severe obesity as a risk factor.

A study found that patients with mild obesity had a 2.5 times greater risk of respiratory failure and a five times greater risk of being admitted to an ICU compared to non-obese patients.

Those with a body mass index (BMI) of 35 and over were also 12 times more likely to die from COVID-19.

Inflammation triggered by obesity may be responsible for a three-fold greater risk of pulmonary embolism (blood clots in the lungs) in COVID-19 patients who are obese.

Dysregulated lipid synthesis triggered by obesity may aggravate inflammation in the lungs, contributing to increased disease severity during respiratory viral infections.

Processed foods, junk foods and soft drinks are key culprits in the rise of obesity and chronic diseases that have a key role to play in COVID-19 deaths.

## COVID-19 Vaccine Fast-Tracked – Could It Go Wrong?

22nd May 2020

The COVID-19 vaccine may in fact be the most fast-tracked vaccine ever created in history, which necessitates the elimination of some required safety testing steps.

Pfizer in collaboration with BioNTech began human trials in the US of a COVID-19 vaccine on 11<sup>th</sup> May 2020. If successful, the vaccine could be released as early as September 2020 with an FDA-approved Emergency Use Authorization.

Like Moderna and several other competitors, the Pfizer/BioNTech vaccine is using messenger RNA (mRNA) rather than live or attenuated (inactivated) viruses grown in animal cells.

Previous attempts to create coronavirus vaccines have failed due to coronaviruses triggering production of two different types of antibodies – one that fights the disease and one that triggers 'paradoxical immune enhancement' that often results in very serious disease and/or death.

Vaccines that caused paradoxical immune enhancement initially looked very promising as they produced very robust antibody responses. Yet when exposed to the wild virus, ferrets and children became severely ill and many died.

## **HOLISTIC EYE CARE, Concord**

Eye exercises, nutrition, stress management, computer users, eye diseases, preventive eye care, kids' vision.

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on (02) 8765 9600 or  
jennyivanos@optusnet.com.au.

## Undisclosed Grants to Scientists at US Health Department

30th June 2020

The US National Institutes of Health (NIH) is investigating 189 scientists from 87 institutions for undisclosed ties to foreign institutions.

Among them, 93% received undisclosed support from China, and many had active NIH grants while accepting foreign grants that were not disclosed.

Seventy percent of the researchers being investigated did not disclose to the NIH that they had received foreign grants, while 54% also did not disclose their participation in a foreign talent-recruitment program.

The former chairman of the Harvard Department of Chemistry, nanoscience expert Charles Lieber, PhD, was arrested in early 2020 by federal agents, suspected of illegal dealings with China.

## 'USA Today' smears Mercola over vitamin C and D for coronavirus treatment

18th May, 2020

Mainstream media, supported by monopoly tech platforms like Google, YouTube, Facebook and Twitter, are going to great lengths to control the narrative of what you see and read about the COVID-19 pandemic.

May 2, 2020, *USA Today* tried to debunk my April 7, 2020, article, 'Vitamins C and D Finally Adopted as Coronavirus Treatment', which has more than 814,600 views, without presenting any counter-evidence.



The majority of mainstream media in the US are owned, funded (through advertising) and therefore easily controlled by only a few powerful corporate entities and industries, some of which are overseas and may not even have American interests at heart.

Only 47% of American adults trust mainstream digital publishers to report accurate information about COVID-19. Still, 85% trust the Centres for Disease Control and 77% trust World Health Organisation, both of which have the same conflicts of interest as most mainstream media.

Both vitamins C and D have an enormous amount of research evidence showing they provide important immune function benefits, and that your immune function is your front-line defence against almost all illness, including COVID-19.

## Fragmented Sleep Linked to Atherosclerosis and Inflammation

2nd July 2020

The importance of good sleep – sleep that is not fragmented, disturbed or insufficient – is recognised as a cornerstone of wellbeing by most health professionals.

Scientific studies have shown that fragmented sleep causes chronic inflammation and can contribute to mental health and neurological disorders, including major depression and Alzheimer's disease.

Lack of sleep affects our immune systems by decreasing protective *cytokines*, according to Mayo Clinic. Fragmented sleep is also associated with atherosclerosis, commonly referred to as 'hardened' arteries that can result in fatal heart disease.

Inflammation is at the core of atherosclerosis development, as it is with many other harmful conditions.

Cardiovascular disease kills 12,000 Americans a week, which is far more than the reported COVID-19 toll of 7,000 people a week.

## Milk Thistle Offers Multiple Benefits

29th June 2020

The compound with the highest bioactivity in milk thistle is *silymarin*, which helps reduce inflammation.

Milk thistle (*Silybum marianum*) protects the liver against toxic substances, including alcohol, death cap mushrooms and chemotherapy.

It has been found to increase milk production in lactating human mothers; it also has antibacterial and antiviral properties.

The fast-growing, invasive species is poisonous to grazing animals; however, the flowers can be harvested for the seeds and used in salads, smoothies or brewed tea.

Native Americans used the plant to treat skin conditions and boils. Homeopathic practitioners have used the seeds to treat liver conditions such as jaundice, as well as varicose veins and [small] gallstones.

In Germany, herbal medications are used and researched under the guidance of the German Federal Institute for Drugs and Medical Devices. The Institute "recommends silymarin for treatment of toxin-induced liver problems and liver cirrhosis, and as a supportive treatment for chronic liver diseases".



# Kindred Organisations

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



## AUSTRALIAN VEGETARIAN SOCIETY (NSW) Inc.

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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

# COVID-19 was a pandemic waiting to happen

At the time of writing (3<sup>rd</sup> August 2020), South Australia is in the comfortable position of having only two cases of COVID-19, both acquired interstate. Restrictions are slowly being lifted and, apart from the constant sense of anxiety, life to a large extent is gradually heading back to 'normal'. However, we have all had a big scare (still being felt by those with close connections in Victoria), but what do we all stand to learn from this pandemic?

Firstly, according to Dr Michael Greger<sup>(1)</sup> most, if not all, human pandemics have arisen from contact with and exploitation of animals. Although most of the viruses that cause these illnesses can be traced back to bats, they have all transferred to humans via an animal host, for example, SARS (2003) from the masked palm civet, MERS (2012) from camels and back in 1890 the bovine coronavirus from cattle suspected of causing a flu-like pandemic, while the COVID-19 virus is strongly suspected of reaching humans via pangolins.

Current farming practices, where large numbers of animals are herded together

in feedlots, mean that infection can spread rapidly. In addition, coronaviruses are capable of comparatively rapid mutation, leading to adaptations to affect various hosts, including humans.

Animal agriculture and continuous and rapid land clearance to provide pasture and grow fodder contribute to atmospheric pollution, land degradation, water pollution, etc., and also brings humans into closer contact with wildlife. Until now most environmental organisations have chosen to ignore this 'elephant in the room' (for example, see Greenpeace USA's reaction to inquiries in the documentary *Cowspiracy*).

However, the World Wildlife Fund<sup>(2)</sup> points out that worldwide "A third of all land is already used for crops and livestock. And yet, food production continues to be the main cause of deforestation and other habitat loss." Greenpeace UK,<sup>(3)</sup> in an excellent article on its website summarising this topic, concludes that, "To keep global temperature increases below 1.5°C, we need to reduce the amount of meat and dairy we're eating by more than half by 2030."

Meanwhile, in many of the crowded cities around the world, deaths from lung diseases have decreased considerably as COVID-19 has restricted transport and industrial activity.

Maybe COVID-19 is the wakeup we really need.

### References and resources:

- (1) Dr Michael Greger : [www.nutrition-facts.org](http://www.nutrition-facts.org) includes a number of presentations (videos with text) on this topic.
- (2) World Wildlife Fund: The hidden Cost of Burgers: [https://wwfeu.awsassets.panda.org/downloads/the\\_loss\\_of\\_nature\\_and\\_rise\\_of\\_pandemics\\_\\_protecting\\_human\\_and\\_planetary\\_health.pdf](https://wwfeu.awsassets.panda.org/downloads/the_loss_of_nature_and_rise_of_pandemics__protecting_human_and_planetary_health.pdf)
- (3) Greenpeace UK: <https://www.greenpeace.org.uk/challenges/meat-and-dairy/>

Nutrition in the time of COVID-19 on [www.doctorsfor nutrition.org](http://www.doctorsfor nutrition.org)

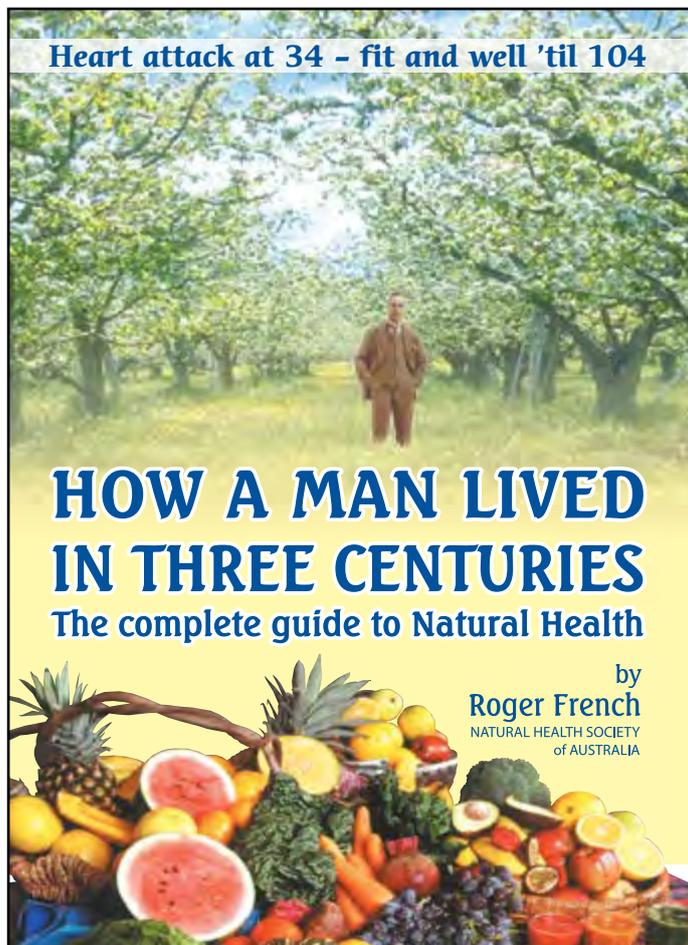
Documentary *Cowspiracy*

Dr Michael Greger: *How To Survive A Pandemic*, [panmacmillan.com.au](http://panmacmillan.com.au)



## VegSA current meeting arrangements

In SA we can now have meetings with social distancing, leaving a comfortable space of one person to two square metres. VegSA has held its AGM and is resuming get-togethers at vegetarian and vegan eateries. However, with two new locally acquired COVID-19 cases, we don't know how long this will last.



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