



WINTER 2021

True Natural Health

The Magazine of the Natural Health Society of Australia

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Germs cannot attack genuinely healthy people



Reflexology – foot therapy
Do balloons and stents work?
Vitamin B₁₂ in plant-based eating
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That is, no threat to genuinely healthy people. Genuine good health is not just the absence of disease – it is a state of high-level wellbeing and high healing power in the tissues. In other words, the presence of outstanding energy and function throughout body and mind.

This is pertinent to the risk of developing the disease, COVID-19 from the coronavirus, SARS-CoV-2, which still has much of the world in a panic.

From the top of science in the planet in the field of pathogenic micro-organisms (or 'germs'), the greatest study ever conducted was by a prominent microbiologist, Professor René Dubos, who investigated the association between germs and humans living in their traditional ways as they had done for thousands of years (as well as wild animals). Professor Dubos published his findings in a book entitled, *Man Adapting* (1965), in which he stated that wild animals and primitive humans

were normally carriers of disease germs, but without disease.

Professor Dubos explained that for infection to turn into disease – and they are two different things – the body has to be in a state of physiological stress. This would explain why the large majority of Australians infected with the coronavirus were not seriously ill, whereas for millions of people living in parts of India, malnutrition and unbalanced diets would explain their current alarmingly high death rate.

The relevance is that those of us living the Natural Health lifestyle should have little or nothing to fear from this or any other virus (or bacterium).

This Winter issue has something for everyone – apart from more on the coronavirus and COVID-19.

Massaging particular areas of the feet of a relative or friend can be very beneficial

for them. Read about the therapy of reflexology on pages 6 and 7.

Balloons and stents are widely used medical procedures for blocked coronary arteries, but the plant-based US doctor, Michael Greger, tells us that they are not at all what they are cracked up to be (page 16).

Following on from the comprehensive article on preventing cancer in the Autumn issue of *TNH*, we now focus on preventing prostate cancer. See pages 32 to 34.

And a stack of tips for a relatively minor but bothersome health problem, dandruff, is on page 12.

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*;
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- * Discounts at our seminars and webinars.

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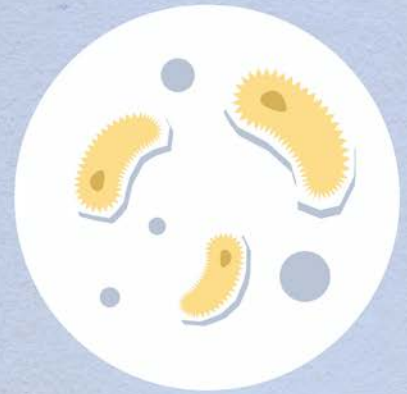
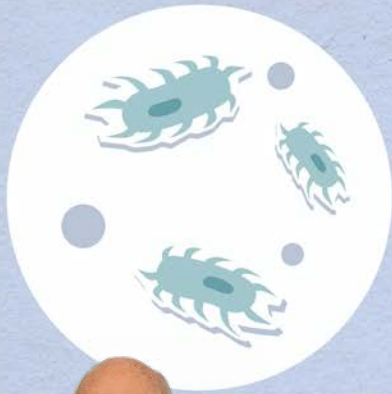
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Germs cannot and do not attack healthy tissue



By Roger French, Health Director, NHS

GERMS ARE DANGEROUS is what we have been taught all our lives. So we bathe daily, wash our hands using plenty of soap, spread disinfectant around the house and wouldn't think of eating a piece of food picked up from the floor. Instead we give it to the dog, which quickly gulps it down. Yet dogs generally stay healthier than humans.

This is the observation of author, Ross Horne, who states in *Health & Survival in the 21st Century*: "Physiologically humans are not unique, and but for the lifestyle errors that they themselves have invented, they would have no more reason to fear germs than a scruffy dog gnawing at a dirty old bone."

The Germ Theory

The germ theory, the original basis of orthodox medicine, states that infectious diseases are due primarily to invasion by certain microorganisms and that a specific 'germ' is responsible for each disease.

Almost everyone in the Western world has been indoctrinated with this view – that disease is a direct consequence of the work of some outside agent and is unrelated to our individual lifestyles. People have been educated to hold a deep fear of bacteria, viruses and the other microorganisms, fungi and protozoa, and to accept unquestioningly the idea that harmful germs pass from one host to another and cause disease. As a result, we go to extraordinary lengths to avoid contact with these invisible invaders.

That germs are *associated* with disease, no-one denies. The issue is whether they are the primary cause of disease or mere secondary factors; whether they are the sole determining factor or their activity is the result of other influences.

The Pioneers Got it Right

Claude Bernard (1813–1878), a colleague of the famous Louis Pasteur, disputed the validity of the germ theory and maintained that the general condition of the body is the principal factor in disease. These views were consistent with those of Professor Antoine Béchamp (1816–1908), Dean of the Faculty of Medicine at Lille, France.

Pasteur himself, the 'father of the germ theory', ultimately realised he had been wrong and said, "Claude Bernard was right – the germ is nothing, the soil is everything." ('Soil' refers to the environment in which the germ lives, the internal condition of the body.)

One of the 20th Century's most prominent microbiologists, Professor René Dubos, a member and professor of the American Rockefeller Institute, and twice winner of the Phi Beta Kappa Science Award, wrote in his book *Man Adapting* (Yale University Press, New Haven and London, 1965):

"The microbial diseases most common in our communities today arise from the activities of microorganisms that are ubiquitous in the environment, persist in the body without causing any obvious harm under ordinary circumstances, and exert pathological effects only when the infected person is under conditions of physiological stress. This is why the orthodox methods based on epidemiology, immunology and chemotherapy are not sufficient to deal with endogenous diseases." [Endogenous disease is where the host has been carrying the germ for some time previously without any symptoms – a 'carrier'.]

This Understanding is a Century Old

In 1916 the German bacteriologist, Gunter Enderlein, concluded that micro-organisms flourish in the blood of all animals, living in a mutually beneficial relationship, known as symbiosis. Most significantly, he noticed that with any deterioration in the body's interior environment in which the blood becomes either too acidic or too alkaline, the normally harmless microbes would begin to change into pathogenic forms. Blood is not sterile but contains microorganisms capable of causing mischief, given the appropriate internal environment.

Ross Horne writes: "It was the constant observations of differently described microbes in the blood and tissues of cancer patients, that eventually prompted the US National Institute of Health to launch a full-scale investigation into whether cancer was virus-caused. The investigation in the 1970s (President Nixon's 'war against cancer') showed that the so-called cancer virus was *resultant* to the disturbed body chemistry which precedes cancer and not the cause of it."

Even immunity is only part of the story of controlling infectious microorganisms. "Viruses, bacteria and other pathogens," says Professor Dubos, "can persist in the tissues even when the level of specific immunity is high enough to prevent the infection from progressing."

What About Infections Decimating North American Natives?

In defence of the germ theory, it is often asked, "What about the way the North American 'Indians' died like flies from infectious disease after the arrival of the first Europeans centuries ago?"

There is no doubt that there *is* such a thing as contagious disease, but the question remains as to whether contact with a germ is the sole factor. Professor Dubos explained that these epidemics, which are only a few among many that tell the same story, leave no doubt that populations can be literally decimated by pathogenic microorganisms *with which they have had little or no contact in the past.*

However, the diseases introduced to the North American natives and Polynesians by Europeans no longer affect these people so rapidly or so severely. The populations have developed biologic responses to infections, similar to the responses seen in the Western world under normal conditions.

Evolutionary adaptation appears to have taken place even in the case of paralytic poliomyelitis. Earlier this century, says Dubos, most humans became infected with the polio virus, but only a very small percentage of these people developed paralytic polio. In the large majority of cases, the symptoms were so mild as to be overlooked. Clearly, *the presence of the germ is not synonymous with the disease.*

Infection Without Disease is Normal

That germs from outside the body (*exogenous* infection) can cause disease in *susceptible* people is not disputed.

Numerous epidemics have occurred in this way, such as the mid-1994 cholera epidemic in Rwanda in Africa, where the drinking water was contaminated with cholera bacteria. The stage was already set for disease, as many of the people were in a state of extreme physiological stress from starvation and malnutrition.

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

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

The 'resistant' experience of Dr Fox is not unique, says Ross Horne, being common to doctors, nurses and other hospital staff all around the world. The great wonder of medicine is that Pasteur's germ theory of disease persists in peoples' minds, in spite of much evidence to the contrary.

At the well-known Common Cold Research Unit at Salisbury, England, researchers spent many years attempting to establish the cause of and a cure for the common cold. The *Reader's Digest*, October 1963, reported: "Volunteers ... were given a hot bath, after which they stood for half an hour in wet bathing suits in a draughty corridor and then wore wet socks. Others, sent on tiring walks in icy rain, returned to their quarters without heat. No colds developed. Even a dose of cold virus given to these hardy souls failed to induce colds." [The last sentence refers to mucus from the throats of infected people being transferred to the throats of apparently healthy people.]

In the end, the Common Cold Research Unit closed in the 1980s, having found neither the cause nor a cure for the common cold.

It's more difficult to catch a cold than most people think. According to the *University of California Wellness Newsletter*, March 1992, a study found that it took 200 hours of exposure to transmit the cold virus from one person to another. This is equivalent to being in contact with an infected person for eight hours a day for 25 days. Even then, on average, only half of the people susceptible to a particular virus actually 'caught' that virus in a family setting. Colds are not caught; they develop only in susceptible people.

This was exactly my (Roger French's) experience when I first adopted the Natural Health lifestyle in 1968. I had been a regular sufferer of colds and flu until I undertook a short detox at the former Hopewood Health Retreat. After that it was 18 months before I developed another cold, and even then it lasted only half a day. In winter I was still travelling in the train with all the windows shut and people sniffing all around me, but I was no longer vulnerable.

Where a community has become adapted to a particular germ after many years or generations, infection of individuals is extremely prevalent, yet disease rarely develops. The crux of our relationship with germs, Professor Dubos

summarises, is that, "Given enough time, a state of peaceful co-existence eventually becomes established between any host and any parasite without the need for interference through antimicrobial drugs or immunological processes (immunisation)." In short, "*Throughout nature, infection without disease is the rule rather than the exception.*"

However, this does not imply, writes Dubos, that acquired immunity necessarily results in freedom from disease, for there are many possible factors that can upset health and allow the parasite to multiply *even if the host is specifically immune to it.* For example, carriers of *Herpes simplex* commonly have high levels of antibodies to this virus, yet herpes blisters can develop in response to certain types of fever, excessive exposure to the sun, fatigue, menstruation and other factors.

The myth that germs cause disease is supported by some modern health writers. The website for Evniromedica stated on 1st October 2018: "Bacteria found in man and animals do not cause disease. They have the same function as those found in soil, sewage or elsewhere in nature. They are there to rebuild dead or diseased tissue or rework body wastes, and it is well known that they *will not and cannot attack healthy tissue.* (<https://www.enviromedica.com/wellness/germ-theory>)

SARS in 2003

SARS – severe acute respiratory syndrome – is an 'atypical pneumonia', associated with the SARS coronavirus, which has a crown-like appearance. [This is the same group of viruses as the current 2020-2021 SARS Cov-2 pandemic.] According to World Health Organisation figures, between November 2002 and July 2003, a total of 8,098 people worldwide became sick with SARS, and of these, 774 died. By late July 2003, no new cases were being reported, and WHO declared the global outbreak to be over. Since then, there have been no new reported cases.

Why do some sufferers die while the large majority don't? It is the same virus affecting all sufferers, so the difference is not due to the virus. SARS was fatal in about 1 case in 11, meaning that 10 out of 11 sufferers recovered. Medical scientists believed that death only occurred when the body was already suffering some form of massive shock from another cause, such as a road accident, having inhaled noxious fumes, or the body already overwhelmed with septicaemia or meningitis.

In other words, the body's defences were already stressed beyond their limits and the body was in an advanced state of physiological stress – as Prof. Rene Dubois wrote about back in 1965.

Swine Flu in 2009

In June 2009 the WHO declared H1N1 swine flu to be a pandemic as it spread globally. By late August 2009, the death toll in Australia had reached 138, but in virtually every case, the person was already suffering a prior medical condition.

In the USA, this wasn't the first threat from swine flu. In 1976, swine flu resulted in fear and panic and a massive vaccination campaign using a hastily developed vaccine, not properly tested for safety. [Note the similarity to today's COVID-19 vaccines.] Not surprisingly, it went very wrong. The vaccine was blamed for 25 deaths, and several hundred people developed crippling Guillain-Barré Syndrome. Even some healthy 20-year-olds ended up as paraplegics, resulting in lawsuits totaling \$1.3 billion. And after all that harm from the vaccine, the swine flu pandemic never materialised.

The H1N1 strain is a descendant of the 1918 pandemic strain that is widely assumed to have killed 50 million to 100 million people worldwide over 18 months. However, this may not be what actually happened. Scientists have since concluded that the deaths were probably not due to flu, but to 'super-infection' with a pneumonia bacterium – *Streptococcus pneumoniae*.

Some scientists believe that a pandemic of this sort simply cannot happen in the modern world because we don't have conditions equivalent to the squalor and misery in the trenches of World War I.

The bottom line is, once again, because infection does not produce disease in truly healthy people, those of us who follow reasonably healthy lifestyles and are in good health may have little or nothing to fear from swine flu – or any other flu.

Our Protector – the Immune System

[Abridged and condensed from an article by Robyn Chuter in *Natural Health and Vegetarian Life*, Spring 2009]

If disease organisms manage to cross the skin or mucous membranes and enter the bloodstream, they will encounter the *innate immune system*. This releases inflammatory chemicals that increase blood flow to the infected area and make blood vessels more permeable, so that white blood cells in the form of *phagocytes*, *mast cells* and *natural killer cells* can squeeze out of blood vessels and into infected tissue where they destroy the pathogen. [The inflammation itself is not the disease, it is part of the body's healing system.]

A second component of the immune system, the *acquired immune system*, has a different role. It has a 'memory' of previous intruders and has the benefit of

having learned their weak points. White blood cells known as *lymphocytes* are thus able to mount a much faster and more powerful response should that pathogen ever 'invade' again. The major types of lymphocytes are *T-cells* and *B-cells* which respond primarily to viral infections (like colds and flu) and bacterial infections respectively.

Nutrition has a profound impact on the immune system. Protein malnutrition, which is common in the developing world, but also occurs in Australia in certain groups such as elderly people, can have a devastating effect on immunity. For a start, most of the 'ingredients' of the immune system are protein compounds.

More common in affluent Western countries are deficiencies of vitamins, minerals and phytochemicals. Even relatively mild deficiencies significantly influence immune responses. For example, deficiencies of vitamin B₆ and folate reduce the number and effectiveness of B- and T-lymphocytes, while deficiencies of iron, zinc and magnesium all increase susceptibility to infection.

Among the phytochemicals, lack of *lutein*, *lycopene*, *bioflavonoids* and *polyphenols* also increase our susceptibility to infectious disease and their severity.

An even more ominous twist to nutritional deficiencies is that shortage of antioxidants can alter the genome of invading viruses, causing them to mutate into more dangerous forms that result in more prolonged and serious infections.

Once again, we see that people who are genuinely healthy should have little or nothing to fear from infectious microorganisms.

It's the Garbage, Not the Flies

Bacteria and other microbes are akin to nature's scavengers, aiding the body in removing excess waste material, just as flies and rats devour garbage.

Inflammation is part of the healing process and is the body's response to a localised accumulation of toxic matter. Bacteria proliferate and 'feast' on this material to break it down for easier elimination from the body. The bacteria's own excretions reflect the toxins they consume, in that their wastes are also highly toxic.

When pus is formed, it is the aggregate of dead bodily cells, dead white blood cells, dead bacteria and toxic matter. The last of these is likely to include lactic acid, acetic acid and alcohol from the fermentation process, and from the putrefaction process ammonias, indoles, skatols and purines.

Thus bacteria have an important symbiotic role in the vital processes of detoxification and healing. *As soon as their role is*

complete, their numbers decline. Bacteria are associated with the disease process, but under normal circumstances are not its primary cause. It could be said that microorganisms no more cause disease than flies cause garbage.

As Professor Dubos wrote, "Faulty nutrition today constitutes the largest single cause of disease in the world."

Stress, which promotes toxemia and increases the production of hormones that suppress the immune system, can also increase the likelihood of disease. Lack of rest and sleep compromise elimination, leading to further accumulation of toxic wastes.

The life situations that can activate disease range all the way from the misery and deprivation in prisoner-of-war camps to emotional upsets resulting from business failures, unhappy relationships and so on.

It is reasonable to conclude that disease-associated bacteria cannot thrive and multiply in healthy blood, which is why a well-nourished, toxin-free body is not normally subject to infectious diseases.

Ross Horne concludes that to believe that antibiotics and vaccines offer a way to cheat nature would be a dangerous error. Nature cannot be fooled and her justice is uncompromising.

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Bike Riding Gains Momentum

Bike riding is on the move. It is affordable, easy to do and can involve the whole family. Bike riding improves your cardiovascular health, joint mobility and muscle strength. Even better, the benefits of biking are not only physical, but also mental. Studies show regular biking reduces anxiety and depression.

Make a time to cycle, whether it is first up in the morning or replacing a drive to work or to a friend's place with a ride – make riding your bike a routine so it becomes a new habit. That way it will happen more automatically.

Family bike rides – A fantastic winter outing is a family bike ride. Whether it's around a lake, on a mountain trail or to your local park, bike riding is a wonderful way to get your family together for some active fun. We are lucky to have a wealth of bike trails safe for all the family – check online for some close to you.

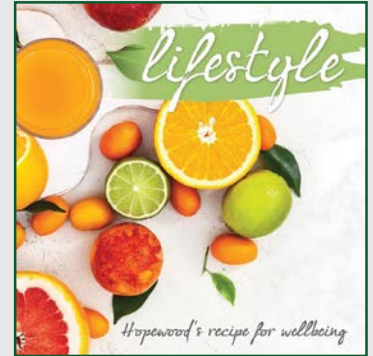
Cycling to work – Bicycles are now seen far more often, with people making the choice to ride to work. The cycle lanes, although not widespread enough yet, see people cycling around the cities to their place of work or even just cycling to the local transport station. Bear in mind that there are varying rules re bicycles for different transport modes, basically train or bus.

Don't overdo it – While exercise can help strengthen the immune system, extended strenuous workouts can have the opposite effect, particularly for the 24 or so hours afterwards. And remember to follow hygiene guidelines, including washing your hands after the ride.

So, this winter take your bike out for fun or for riding to work, and remember the importance of eating well – as recommended in this magazine – to maintain good energy levels.

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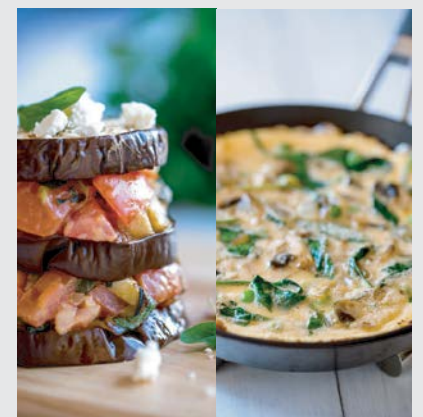
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Stuffed Mushroom (or Stuffed Tomato or Stuffed Zucchini)

INGREDIENTS

1 cup raw cashew nuts (crushed in food processor)
1/2 cup feta cheese (crumbled in food processor)
1/2 bunch English spinach, blanched
1/2 medium Spanish onion, finely chopped
6 walnut halves (for garnish) OR almonds, macadamias, sesame seeds or pine nuts
6 large mushrooms OR 6 large Roma tomatoes OR 3 zucchinis

1 clove garlic, finely chopped or crushed
1 tsp cumin
2 x 60 gm whole eggs
1/2 cup your favourite herbs (chopped), for example mint, basil, chervil, dill, parsley

METHOD

Mix together all ingredients, except the mushrooms or tomatoes or zucchini. If using tomatoes or zucchinis, scoop out the centres and fill with the mixture or top the mushrooms with it. Bake in an oven at 180°C until filling is set.



Reflexology – an ancient art for the modern world

By Sue Ehinger, Reflexology Therapist

Known in ancient China as the 'Examining Foot Method', in Japan as 'Observation of Feet and the Treatment of Foot Nerves' and immortalised in stone carvings in a physician's tomb in Egypt in 2300 BC, reflexology was initially researched in the west by Dr William Fitzgerald, an American Ear Nose and Throat specialist in 1916.

Now it is an established complementary therapy around the world with set standards of training and practice in most countries. Although not understood by regular medical practitioners, it is utilised in midwifery by specially trained midwives, in some oncology clinics and in many aged-care facilities.

Reflexology is a gentle, non-invasive, holistic therapy which promotes the body's own natural healing processes.

We usually associate the feet with reflexology, but there are reflex areas in the hands, face and ears as well. Reflexology is based on the principle that all parts of the body are linked to these reflex areas which respond positively to the skilled

application of therapeutic pressure.

If you look closely at the chart, you will notice how the reflex areas on the feet form a perfect pattern of the body's anatomy, with the spine on the inside of both feet, the shoulders and arms on the outside and the organs positioned logically from the toes down to the heels.

Perhaps it was nature's intent for these reflex areas be stimulated quite naturally, as eons ago we walked barefoot over sticks and stones, not in shoes or over hard flat surfaces.

In particular, our nervous system, circulatory system and energy pathways respond well to this reflex stimulus, relaxing us deeply and promoting the circulation of oxygen and nutrients to all parts of the body.

Stress, illness and a build-up of toxins can create sluggishness or blockages in the body's energy system. This congestion also manifests in the corresponding reflex areas in the feet, face, hands and ears. Stimulation of these reflexes helps clear

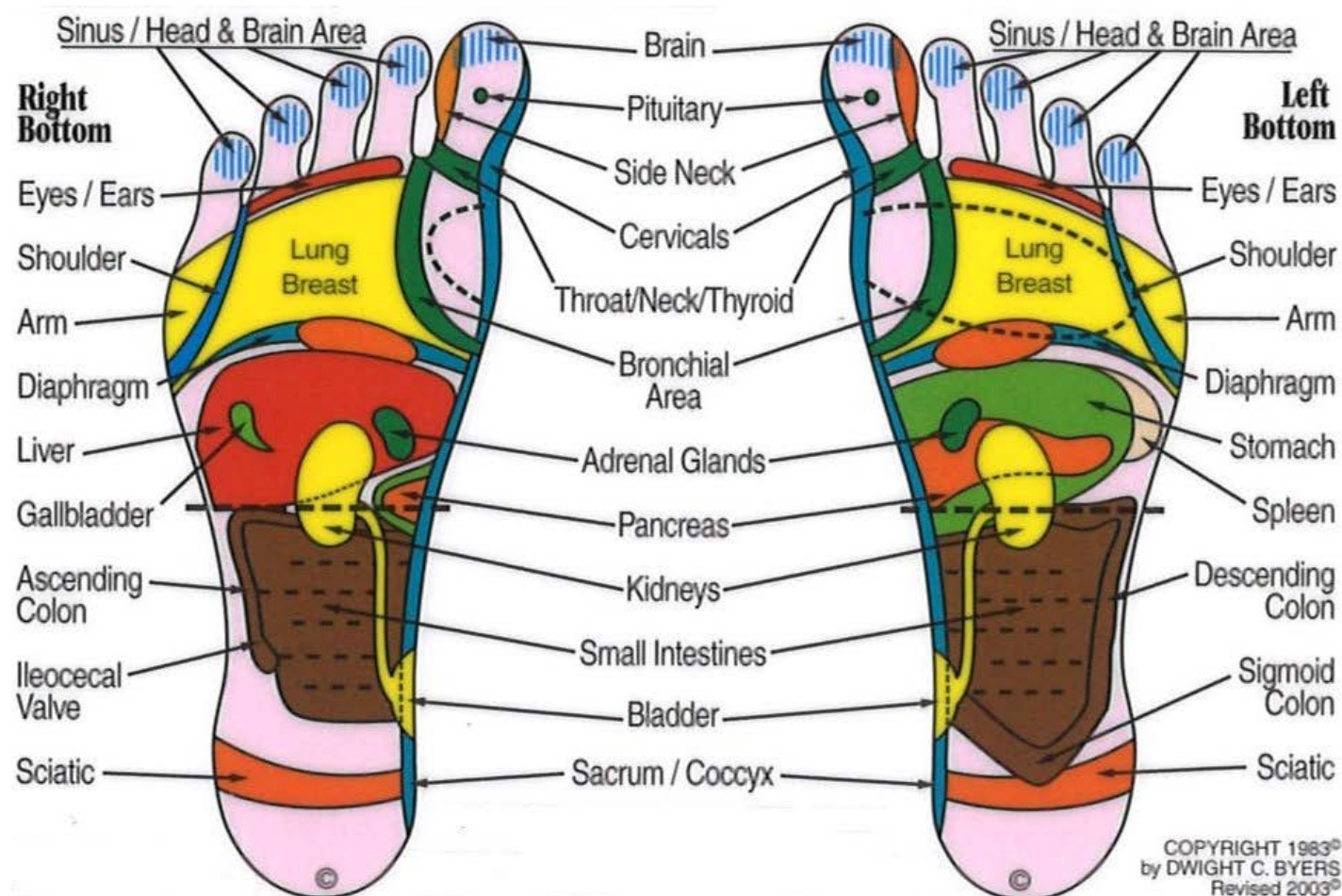
the pathways, allowing the free flow of energy to be restored.

The most common initial reaction to a reflexology session is one of deep relaxation, increased energy levels and decreased pain levels.

As practitioners, we love seeing how quickly a client goes into this deep state of relaxation. It is not uncommon to hear afterwards that they have not felt this sense of wellbeing for years. This is because we each hold tension and stress in our bodies differently – for one it could be the stomach, another in the pelvis or shoulders or head.

As this tension restricts circulation, energy movement and nerve flow, it is not surprising that over time the organs, muscles or glands impacted in this way

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begin to suffer, causing symptoms and perhaps eventually 'dis-ease'.

With reflexology we can feel exactly where this tension (whether it be physical or emotional) is stored in the body and gently work to release it.

Everyone is different, and health issues can be chronic and longstanding. The effectiveness of reflexology therefore can be felt immediately or sometimes not until after a few treatments. Usually, however, by the fifth weekly treatment, significant differences in severity of symptoms will be noticed by the recipient.

Using headaches as an example, one client who suffered regularly from migraines saw the frequency reduced significantly within five treatments. Now if he feels a migraine starting, a short treatment will stop it in its tracks.

Another client had suffered from a severe whiplash injury that had not responded to physio or massage for over 14 months. He still woke in pain that only worsened during the day, and his side-to-side neck movement was very limited. After three months of reflexology – at first weekly, then less regularly depending on his work commitments – all symptoms resolved. No headaches and completely free neck movement. One very happy client!

Reflexology is an ancient art that is perfect for our modern busy and often stressful lifestyles. It benefits people of any age from babies through to the elderly, during pregnancy and in rehabilitation after accidents, strokes and brain damage.

As a self-help tool, reflexology can be useful at home to reduce symptoms such as headaches, constipation or sinus congestion, and practitioners will often give their clients reflex points to stimulate as homework between sessions.

Reflexology is not a foot massage. To receive the maximum potential of this holistic form of treatment, it is advisable to see a professionally trained and experienced therapist who can tailor a treatment to your specific needs.

You can find a therapist close to you just about anywhere in Australia on the website of the Reflexology Association of Australia www.reflexology.org.au or by phoning 07 3396 9001.

This information has been created and published for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice.

For an appointment with a qualified reflexologist please go to www.reflexology.org.au

Sue Ehinger, Dip Reflex, is a founding member of the Reflexology Association of Australia, which was established in 1991 with branches in all States.



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BUSTING THE BEAUTY MYTHS

OR THE TRUE-LIFE EXPERIENCES OF AN EX-COVER GIRL

By Gerry Callaghan

My interest in a natural health route to beauty goes back to happy memories of my childhood. Then, not only did my mother inculcate in me the importance of good nutrition for wellbeing of body, mind and spirit, but during holidays I was taken to monastic centres where Christian nuns laboured producing beauty products such as perfumes and soaps.

Later on, as I worked occasionally as a model and studied at university, I nurtured an on-going interest in Natural Health and natural ways to health and beauty. I made many, many mistakes, and this helped me bust the beauty myths that I actually lived through, and – quite occasionally, by mistake – participated in.

Here I share with you some tips I acquired during my life's journey.

The Natural Health Way to Beauty

1. Don't diet – eat organic.

As a young girl I was (idiotically) fascinated by Hollywood and the fashion world. There an emphasis has always been on being reed-thin. I tried some mad diets, but the breakthrough came when I turned to organic food. No, I never did become 'reed thin', but my weight stabilised at a very healthy level (less of the ups and downs which used to plague me!). I recommend organic. Perhaps it's the pesticides and hormones, but non-organic – and especially fast-food – seems to disrupt the body mechanism, and you tend to yo-yo in weight.

2. Give up sugar.

This I did because of health issues (not diabetes, but chronic fatigue). It was really difficult at first, and I had the strangest experience in about the third or fourth week of a sensation of water moving out of my plumper areas and redistributing. If you can't cut out sugar, just cut your intake. And if you decide to give those white crystals of sweetness a total miss, start slowly by cutting down gradually. That way you might miss the drama of my 'water-moving' experiences.

Given these remarks, I gave up sugar partly because I had an unhealthy craving for it, and it didn't really agree with me as bouts of Candida had also plagued me. But I did come across research which linked sugar to calcium being leached from the bones. Whether this is true or not, I now have good bone structure, not much different from my early twenties. So I am most glad to have made the dramatic 'no sugar' move.

3. Make olive oil part of your daily life regime.

I have found olive oil to be far superior to other oils (this after self-testing). I use it for daily oil-pulling on my teeth. I use it on my skin and in my hair – massaging a little into the scalp and smoothing it through the hair the night before washing. I also cook in olive oil, and suspect I am one of the top consumers in Australia. (Isn't it wonderful that we produce some of the world's best extra-virgin and organic olive oil!)

4. Invest in an electronic waterpick.

I find this really helps with dental hygiene.

5. Less is enough make-up for all ages.

A tip given to me by a naturopath helps your skin look wonderful. Your morning regime is enhanced by putting a few drops of olive oil in the palm of your hand and gently applying the oil to your face and neck. After a few moments gently wipe off any excess and follow by a spritz of rosewater. You can purchase this from a health store – or make your own, simply by mixing a few drops of Rose Otto in a spritzer with spring water. Shake the mixture and you're ready to go. Follow this by a touch of blusher, some lipstick and mascara – and possibly eyebrow pencil – to complete the dew-fresh look.

And yes – less-is-enough is a good rule for all ages, not just older women. I find it so sad to see girls with lovely, fresh skin caking it with heavy make-up. The olive oil and rosewater tip sees a gentle, glowing skin – whatever your age. And your skin will smell beautiful!

By the way, the regime of olive oil and rosewater also works at night after cleansing – no gooeey (and expensive) creams ever again. (Though I think a little more make-up helps for photographs and special events.)

6. Hair fashion.

As a young girl and model, I was thoroughly taken in by the short-hair fashion – ouch! It didn't suit me. I have also found regular hair-dressing expensive, time-consuming and hit and miss. (We all know how wretched it is when you find a good hairdresser and he or she just ups and goes).

I have, moreover, grown to believe a woman's great beauty can be her hair. Worn long, hair is more versatile – and, when you get into the habit, less time consuming. You can just pin it up at night and give it a comb through after your morning shower, and then put it up again up for a day's work – if necessary.

During your leisure time your hair can become a great asset. You will find keeping it pinned up in the day gives it body and bounce – long hair let down for an evening looks uber glamorous. It also has the bonus in that you can find a myriad of ways to pin it and let it frame the face most flatteringly.

Oh! and for the problem of cutting long hair – may I suggest you do it yourself? This is quite simple, and instructions on 'how to' can be found on the web. (I felt this would be daunting at first, but it isn't.)

7. Go for wide-brim protection – wear a hat.

I did model hats in my younger days, but the crunch came when I began living in hot climates. My younger sister, who worked in fashion and beauty, gave me a dressing-down about skin cancer and the ageing effects of the sun. The downside regarding hats is they can blow off in strong wind and – in my opinion – seem to add a few years to your age (perhaps because hats evoke images of the '30s and '40s). The plus side is that you can do without huge amounts of sun-block (more chemical exposure), and the toll of years of sunlight on your skin is radically diminished. A hat can help save your skin ageing unnecessarily.

8. Wear sunglasses.

Eyesight is really a priority. In the harsh days of our summers (and sometimes winters) protecting our eyes from UV light is of utmost importance. Plus you get the added protection for sensitive skin around the eyes – you are less lightly to squint.

9. Individuality is beautiful – be yourself.

There is no-one else like you; and there never will be. Don't worry about cultural ideas about what beauty is. Rather develop your own sense of style and who you are.

10. Wear flats, wherever possible.

High heels place a strain on the feet and leg and back muscles. So many women end up with real problems because of this over-rated fashion. High heels thrust the body out of position; do we really want this? Except, perhaps, on special occasions when the added height may be a benefit.

11. Don't have your eyebrows plucked.

They might never grow back and leave you embarrassingly bald in the area over the eyes. (My mother said this happened to her.) Plucking drags at the root of the follicle. Just – very carefully – use a sharp razor edge to trim unruly straggles.

12. Don't cross your legs when you sit.

The pressure of one leg over another can see a future problem with leg veins – varicose veins and other varieties. Sit with legs in a comfortable position.

13. Avoid plastic surgery – if you can.

In the course of my modelling career, I came across persons who had gone under the knife. It's just not worth it – unnecessarily. Fashion trends in physique and looks are transitory, especially in today's world. Just leaving things as Nature intended, while looking after yourself, is the best way to go. (I'm thinking particularly of one lovely young model I came across who had had one of the more run-of-the-mill 'enhancements' – and it really did *not* look good. I felt very, very sorry for her.) Anyone can fall into that trap.

Remember that sometimes what you see as your worst feature can turn out to be one of your best. (Of course, as mentioned, in some circumstances plastic surgery is necessary.)

14. You will find that in your life you go through some really awful times.

We all hit these – and it can be devastating to both looks and self-esteem. The best thing to do when these occasions transpire is sit tight, try to look after your diet and health, and just keep going. Light breaks after darkness.

I've been through circumstances which saw me age about twenty or thirty years in a couple of months – such are the vicissitudes of suffering, illness, death and other incidents. But I did come back; there is light at the end of the tunnel. You really have to try – difficult as it is – to nurture yourself through such experiences and

realise that after darkness there is dawn. (This touches on the spiritual dimension. Being in touch with the source of all creation, ultimately is the key.)

15. Take a holiday

– especially if point 14 has hit! Some place where the oxygen level is high is preferable; either the mountains or the sea. Here the sheer boost of good air will help you relax and sleep better. So very, very important when body, mind and spirit are under pressure.

16. Please don't squeeze those spots

If you are a young gal (or guy) – this can lead to scarring. Instead, dab them with witch hazel, or witch hazel with tea-tree to dry them out. And – *most* importantly – work on your diet, ramping up your intake of fresh veggies, veggie juices and herbal teas, while cutting your intake of fast and junk food.

17. Make time for yourself

At all times, try to make time for yourself. Long ago I read of a centuries-old beauty tip. (It really is ancient, so you might like this.) When you have some free time, before bed and all alone, put on some relaxing music and do an olive-oil facial. Massage your visage with organic olive oil in gentle, circular movements from neck to temple and just sit back and chill out. The movement of the skin seems to tighten muscles, rejuvenate the collagen and firm the skin. After twenty minutes stop, cleanse off any excess and spritz with your rose sprite. Then, turn in to sleep and let the smoothing massage do its job...

18. Especially if you are young, eschew hair colouring

If you're a woman your body may one day carry the next generation. You need to be vigilant about chemical exposure. And, strange as it may seem, quite often the colour you are born with will suit you particularly well.

19. Experiment and research healing oils

Calderwood relaxes you for the night, so does lavender. And Rosemary enhances memory and concentration and invigorates – an oil to perhaps indulge in when you wake from sleep and have a testing day ahead.

To sum up

The principles of Natural Health help bust through prevalent and enduring beauty myths. So keep well, love life and live it to the full!

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Your Questions Answered

By Roger French

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

Q VITAMIN B₁₂ – HOW TO OBTAIN ON PLANT DIET?:

Vitamin B₁₂ can help fight depression, protect against cardiovascular disease, support red blood cell formation and protect your eyes and your tissues. But we are unlikely to obtain enough from plant foods.

So should we consume some animal foods, or can we obtain what we need from supplements? – B. T., Byron Bay NSW

A Yes, this is one nutrient which cannot normally be obtained in plant-based eating. It is only present in animal products, so people on all-plant diets must depend on supplements with possibly some contribution from fortified foods. Supplements are readily available and are effective, so, yes, we can depend on supplements.

In the early 1900s, vitamin B₁₂ was called the 'extrinsic factor'. The early investigators could not understand how some people could have abundant B₁₂ in the diet, yet still have deficiency, so they called the condition 'pernicious anaemia'. The mysterious something that was needed for absorption was given the name 'intrinsic factor' – and these names have stuck.

B₁₂ has a number of forms, the two that are active in human metabolism are *methylcobalamin* and *adenosyl-cobalamin*.

Cobalamin is a critically important vitamin, because its deficiency can cause not only anaemia, but also brain damage.

Functions

B₁₂ is essential for the cell division process and is especially important for rapidly dividing cells. As a result, it has a role in preventing anaemia, which is identical to the same function of vitamin B₉ (folic acid).

It is also essential for proper functioning of the nerves throughout the body, including the mass of nerve tissue in the brain.

Requirements

The Recommended Daily Allowance for B₁₂ is very small – in micrograms (millionths of a gram) rather than the milligrams used for most vitamins:

0 – 6 months: 0.4 mcg
7 – 12 months: 0.5 mcg
1 – 3 years: 0.9 mcg
4 – 8 years: 1.2 mcg
9 – 13 years: 1.8 mcg
14+ years: 2.4 mcg
Pregnancy: 2.6 mcg
Lactation: 2.8 mcg

Stability

Vitamin B₁₂ is stable at normal cooking temperatures, but unstable to acid, alkali and large doses of supplementary vitamins C and E.

Absorption

In food, B₁₂ is bound to protein, and in the stomach the hydrochloric acid splits it off to give free B₁₂. The stomach mucous lining secretes intrinsic factor (IF) which combines with B₁₂ to form complexes, which protect the B₁₂ from digestion as it passes through the stomach and duodenum. In the small intestine in an alkaline environment and in the presence of the mineral calcium, the B₁₂ is split off from the complexes, absorbed into the bloodstream and transported to the liver. The IF is then eliminated.

Without the IF, only about 1% of B₁₂ is absorbed, which is virtually useless. The person must have it injected directly into the bloodstream (which is effective) – unless they can get by with massive doses of supplements.

Deficiency of IF can be due to:

- Atrophy of the stomach lining due to alcoholism, deficiency of vitamin B₃, deficiency of folic acid, or stress;
- Gastric polyps;
- Auto-immune damage to the stomach lining or the IF itself; more common in older people;
- Corrosive chemicals such as the caustic soda used to brighten green beans and peas;
- Surgical stomach removal.

Even when there is abundant IF, absorption of B₁₂ may be compromised by:

- Crohn's disease;
- Coeliac disease (gluten sensitivity);
- Pancreatic disease – which reduces or ceases the supply of alkali into the small intestine;
- Parasites and tumours in the small bowel – these mop up B₁₂;

- Certain drugs, including alcohol, oral contraceptives and some antibiotics.

Storage in the body

Like all B-vitamins, B₁₂ is soluble in water. After the body uses what it needs, the left-over amounts are eliminated via the urine.

B₁₂ is the only B-vitamin that is stored in the liver for long periods. Up to around 1,000 micrograms can be stored, which is enough to last possibly three years if none is consumed.

Sources

Food sources of vitamin B₁₂ include:

- Most animal products (for those who eat them) – flesh foods, dairy products and eggs
- Algae, seaweed and some mushrooms
- Some fermented foods, including tempeh, kimchi, sauerkraut and miso.

B₁₂ occurs at modest levels in eggs and cheese. One egg or 100 gm cheese supplies about 1 microgram.

Useable B₁₂ occurs only in animal foods (or supplements). As a result, it is generally recognised that people on all-plant diets must depend on supplements. This is particularly important for pregnant and breastfeeding women to avoid the risk of deficiency in their babies.

However, some people on vegan diets have been found to have adequate blood levels, demonstrating that the B₁₂ produced abundantly by the friendly gut bacteria can be available to the body. But if the gut bacteria have been reduced by courses of antibiotics or drinking a lot of chlorinated water, their production of B₁₂ is likely to be insufficient.

Any B₁₂ in plant foods is an analogue that cannot be used by the body, and can actually interfere with absorption of the active form. While there are traces of B₁₂ in white button mushrooms and Korean laver (nori), the quantities in these foods are insignificant.

The vitamin B₁₂ added to fortified plant foods is highly bioavailable, especially in people with vitamin B₁₂ deficiency caused by inadequate dietary intake.

Deficiency

How do we know if our bodies have adequate B₁₂? A measurement of blood levels is not the best way because it gives no indication of the body's reserves.

However, reserves can be measured using other markers, including blood levels of *homocysteine* or *holotrans-cobalamin* or blood or urinary *methyl-malonic acid* (MMA), which depends on B12 for its production.

Homocysteine has an inverse relationship with B₁₂ stores, that is, as vitamin B₁₂ stores fall, homocysteine increases. Raised homocysteine levels indicate vitamin B₁₂ deficiency.

Holotrans-cobalamin is the protein that transports B₁₂ in blood, and levels fall in vitamin B₁₂ deficiency.

Researchers have concluded that having normal levels of both methyl-malonic acid and total homocysteine make it virtually certain that there is no significant B₁₂ deficiency.

Most cases of B₁₂ deficiency occur in the general population and are due to a lack of intrinsic factor.

There are many factors which may contribute to vitamin B₁₂ deficiency including:

- Inadequate dietary intake;
- Inadequate absorption – which may result from a number of factors including loss of intrinsic factor, loss of gastric acid, loss of protein digesting enzymes, certain diseases and some medications;
- Inadequate utilisation;
- Increased requirements (for example, pregnancy);
- Increased excretion caused by alcoholism.

People who have an *MTHFR genetic mutation* may also be more prone to B₁₂ deficiency. This is because this mutation inhibits the way the body can process B-vitamins.

In those following a vegetarian or plant-based diet, inadequate dietary intake is the major cause.

Furthermore, high levels of folate can mask B₁₂ deficiency – which is a concern for vegetarians and vegans whose folate intake is generally high while vitamin B₁₂ intake is low.

People on vegetarian and vegan diets are strongly advised to have levels checked periodically by a doctor. However, this applies also to people who consume meat in case there is intrinsic factor deficiency.

Signs and symptoms of deficiency:

Anaemia and susceptibility to infections due to decreased red and white blood cells respectively;

Mental symptoms – depression, memory loss, manic, paranoid and personality changes;

Nerve damage – known as *sub-acute combined degeneration of the spinal cord*, likely symptoms include pins-and-needles, numbness, nerves inflamed and tender, poor coordination, difficulty walking, and, if deficiency is severe, paralysis.

B₁₂ and folic acid (vitamin B₉) have overlapping functions.

- If both are deficient, all the above symptoms are likely;
- If folic acid deficient, but adequate B₁₂, there can be anaemia, but no mental or nerve symptoms;
- If folic acid adequate, but B₁₂ deficient, there will be no anaemia, but likely to have mental and nerve symptoms, including brain damage.

Unless deficiency is detected and remedied early, these symptoms can be irreversible. It can take a number of years for deficiency to develop.

An infant born to a mother who has eaten vegetarian or vegan for many years is also at a high risk of deficiency if the mother's vitamin B₁₂ intake is inadequate and her vitamin B₁₂ stores are low.

The bottom line is that people who follow a vegan diet will not have a reliable intake unless they consume foods fortified with vitamin B₁₂ or take a supplement.

Supplements

Supplements of cobalamin are readily available and are effective.

There are two forms of supplement – cyano-cobalamin and methyl-cobalamin (hyphens not normally used).

The most widely used form is cyano-cobalamin; it's cheaper and more stable. When you ingest cyanocobalamin, your body converts it into one of the two active forms of B₁₂: methyl-cobalamin or adenosyl-cobalamin.

Methylcobalamin is the natural form (found in food sources), whereas cyano-cobalamin is synthetic. The natural form is always preferred.

Some people think that cyanocobalamin may be toxic because it contains the cyanide radical. But the cyanocobalamin molecule is non-toxic and is a vitally important nutrient. After metabolism, the tiny amount of cyanide is excreted in the urine.

It has been found that in people with dietary vitamin B₁₂ deficiency, small frequent oral doses (2 µg daily) are more effective than infrequent large doses (weekly or less often). This is because the body can only absorb a limited amount of B₁₂ at any one time.

Vitamin B₁₂ supplements are not made from animal products and are suitable for a vegan diet.

In general, high doses of B₁₂ are considered safe with a low risk of toxicity.

Vitamin B₁₂ injections are another option. They are most often used for people who are B₁₂ deficient and have absorption issues due to deficiency of the intrinsic factor. The advantage of injections is that they can quickly correct B₁₂ deficiency and can be either self-administered or given by a doctor.



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Q AVOIDING DANDRUFF:

For three years I have searched for a way to get rid of dandruff, including trying medicated shampoos, but nothing has worked. Can you provide a solution for me and all the other silent sufferers? – P. M., Adelaide SA

A Dandruff appears to often be the result of either too much or too little oil being produced by the sebaceous glands (oil secreting glands) in the scalp. Or it may be the result of a skin condition called seborrheic dermatitis or eczema, psoriasis or, very commonly, an overgrowth of a yeast-like fungus called malassezia.

If the scalp is very dry, lacking natural oil, this may be due to excessive washing with soap, harsh shampoos, irritating alkaline products, insufficient brushing or poor circulation in the scalp. If too little water is consumed and there is dehydration, the scalp and skin all over the body will be dry. Or there may be essential fatty acid deficiency due to lack in the diet or mal-absorption.

The other kind of dandruff, waxy or oily, may result from over-activity of the sebaceous glands, excessive fat consumption – in butter, cream, margarine, vegetable oil or nuts – or from dietary deficiencies or fungal infection.

Dandruff may be a direct result of toxemia of the system produced by high intakes of refined sugar, starch, fat and/or excessive protein.

Restoring a healthy scalp

Eliminating dandruff involves avoiding harmful chemicals, increasing the circulation in the scalp, improving the quality of the blood through nutrition and perhaps using appropriate herbs. Avoid harsh hair driers and scented hair products.

As general practice, brush the hair every day with a natural bristle brush. This improves circulation and helps spread oil through the hair and away from the scalp.

Exposing the head to the direct rays of the sun for 5 – 10 minutes early morning to late afternoon when the sun's rays are weak tends to promote healing – and feels good for the scalp!

Regarding diet, if the scalp is greasy, reduce the intake of fatty foods and temporarily limit nuts and avocados. Be moderate with intake of sweet foods, starchy or protein-rich foods.

Have an abundance of fresh fruit and vegetables, have legumes (good for protein and reducing oil intake), wholegrains and fat derived only from plant foods. [If eating meat, have it lean.]

If there is constipation, because it causes chronic 'poisoning' of the system, it will be essential to overcome this (refer *TNH*, Summer 2013/14 issue, page 14.)

Have short periods of cleansing diets, which detoxify the system, allow healing with almost any health problem, including dandruff. Be aware that we often get a little worse before we get better, whatever the issue.

Be sure to drink adequate water.

Massage the scalp

Massage the scalp for five minutes every morning or night with the fingertips, which may, if convenient, be dipped in diluted lemon. Alternatively, massage vitamin E in the form of wheat germ oil directly into the scalp at night for two to three weeks; or massage with an infusion of rosemary or lavender or a few drops of essential oil of these herbs; or boil 15 grams of sage leaves in one litre of water for five minutes and leave to infuse for another five minutes.

To make a herbal infusion, add two teaspoons of herb to a cup of boiling water and allow to steep for 10 – 15 minutes.

To make the massage more effective for increasing the circulation, sit on a chair or the edge of a bed and lean forward to have the head as low as possible to increase the blood flow in the scalp while you massage. Perhaps do this every morning before brushing and 'doing' your hair.

The Reader's Digest has published a long list of natural treatments.

It was written by Alyssa Jung, 3rd July 2020 (rd.com/list/dandruff-natural-treatment).

Most of the following are paraphrased from her writing.

Aspirin. Aspirin contains salicylic acid, extracted from the bark of pine trees. Crush two tablets to a fine powder and add to the shampoo whenever you wash your hair. After 1 – 2 minutes, rinse well and apply plain shampoo.

Tea tree oil. Mixing shampoo with just five percent tea tree oil can significantly ease dandruff. Or add a few drops of tea tree oil to the shampoo in your normal hair wash.

Baking soda. After wetting your hair, energetically rub a handful of baking soda into the scalp, then rinse it all out. If the dandruff is caused by fungi, baking soda can be effective. Don't worry if your hair is

dry initially, because in a few weeks, the natural oils will return and make the hair softer again.

Apple cider vinegar. Natural therapists like apple cider vinegar for many purposes, including as a remedy for dandruff. It makes the scalp more acidic, which inhibits the growth of yeast-like fungi if they are present. Mix equal parts of apple cider vinegar and water and use a spray bottle to spray on your scalp. Cover your hair with a towel and allow 15 minutes to an hour before washing your hair. Repeat twice weekly.

Mouthwash. If the dandruff is severe, you can wash your hair with shampoo, then rinse with an alcohol-based mouthwash – which is strongly anti-fungal. Then apply conditioner.

Coconut oil. It is said that coconut oil is a 'tried and true' way of reducing dandruff, along with a pleasant aroma. Prior to showering, massage 3 – 5 tablespoons of the oil into the scalp and allow about an hour before shampooing as usual. Some shampoos already contain coconut oil.

Lemon. Try massaging 2 tablespoons lemon juice into the scalp before rinsing with water. In addition, stir 1 teaspoon lemon juice into a cup of water and use this to rinse your hair. Do this every day until you are rid of the dandruff. Again, it is the acidity which is working on the dandruff.

Aloe vera. Like these other remedies, aloe vera can make dandruff go away and also ease itching. Before applying shampoo, massage aloe vera into the scalp. The cooling effects of aloe vera will soothe the itch.

Garlic. Garlic is anti-bacterial, anti-fungal, anti-high blood pressure and has a host of other beneficial effects. It is ideal for destroying bacteria which may be causing dandruff. Simply rub crushed garlic into the scalp. To offset that garlic odour, mix the garlic with honey before massaging into the scalp, then rinse it all out with water.

Olive oil. Soaking the scalp overnight with olive oil is known as a folk remedy for dandruff. Massage about 10 drops into the scalp and cover overnight with a shower cap. Next morning rinse and shampoo as usual. Some shampoos contain olive oil.

WomanOil Skin Care. This is a range of carefully designed products with which the Natural Health Society is very familiar, having published articles about them. The essence of their design is to produce



healthy skin (the scalp is skin) and to counter a dry scalp (not an oily one). Apply to the scalp Gorgeous Woman Face Oil for women and for men ManOil8 Face Oil. Alternatively, apply Gorgeous Woman Light Moisturising Cream for both women and men.

Q HIVES - CAUSES AND RELIEF:

Can you tell me what causes hives and how to get relief from them – O. M., Seven Hills, NSW

A Hives, or *urticaria*, are reddish lumps which are itchy and inflamed; they range from discreet spots to rashes covering significant areas of the body.

They can be caused by many things, but particularly diet, chemicals and emotional stress. Remember that the skin is an organ of elimination and that many skin diseases occur because the eliminative burden is too great for the liver and kidneys to handle.

Possible causes

Dietary Causes. Hives are commonly an allergic reaction to some food or food constituent, particularly salicylates, which occur in aspirin, and a wide range of natural foods, including tomatoes. Other common causes of allergic skin reactions are chocolate, cheese, eggs, coffee, alcohol, oranges and other acidic fruits, strawberries, milk, wheat and nuts (and foods not part of a plant-based diet – red meat, chicken and shellfish). In the case of chicken, the reaction could be to the antibiotics added to chicken feed.

Chemicals can be a major cause of hives, and if additives are regularly present in the diet, they can easily cause hives to be chronic. Major offenders include, BHA, BHT (antioxidants, banned in many countries), food colourings including tartrazine (yellow), preservatives, fluorides, mercury, saccharine and many others. These substances will not necessarily cause an outbreak of hives, but can in some people.

Some medical drugs can lead to hives, including antibiotics, aspirin, quinine, morphine codeine, phenacetin, phenobarbital, barbiturates and others.

Skin contact with a chemical can sometimes cause hives. When looking for the cause of an outbreak of hives, consider contact with pesticides, soaps, shampoos, hair sprays, residues from

laundry products, dry-cleaning chemicals on clothing, or any of a large array of other household chemicals.

Emotional stress can precede an outbreak. The high level of energy consumed by stress can divert energy away from normal elimination, causing a build-up of toxic wastes in the body, which can manifest as skin disease in various forms, including hives.

Exercise and sweating.

Illnesses, including systemic lupus erythematosus, rubella and *Candida albicans*.

Obtaining relief

The first step is to look for a possible cause and then avoid it. If the cause is salicylates, it would *not* be wise to avoid numerous vegetables and fruits except as a last resort.

If allergy to a food constituent is suspected, an elimination diet may identify which food is involved. One way to do this is to start with a bland diet and then introduce suspect foods one at a time, a few days apart, and watch for a reaction.

If you cannot identify a specific food constituent or chemical, avoid all foods which tend to load up the eliminative system, particularly refined carbohydrates, saturated fat, excessive protein foods, eggs, chicken and possibly nuts.

If anxiety or other forms of stress are the cause, relaxation can be improved by meditation, relaxation tapes or calmativ herb teas, including valerian, chamomile, passionflower, peppermint or catnip. Alfalfa may be helpful and is also useful as a preventative.

To relieve the itch

Aloe vera. For immediate relief, apply the 'old faithful' aloe vera gel to the affected area.

Stinging nettle supplements.

Consume 300 mg/day of freeze-dried stinging nettle or make a nettle tea by putting 1 teaspoon dried stinging nettle into a cup of boiling water (triple the amount if using fresh nettle). Alternatively, let the nettle tea cool down and then dab a cotton ball in the tea and apply to the hives.

Chamomile essential oil. Mix 5 drops chamomile essential oil in a tablespoon of coconut oil or other oil and apply to the hives. Or make chamomile tea, let it cool, then apply to the hives using a cotton ball.

Lavender essential oil. This is one of the best essential oils for allergies. Generally, essential oils should not be applied directly onto the skin, but lavender oil can be applied directly on very small areas using a cotton swab.

Oatmeal is an excellent natural treatment for hives. Put 2 cups ground oatmeal into a long sock or old leg of pantyhose and tie loosely.

Fill the bath with tepid water, with the sock placed under the tap. You can squeeze the sock periodically and then soak in the bath. Be aware that when leaving the bath, it may be slippery.

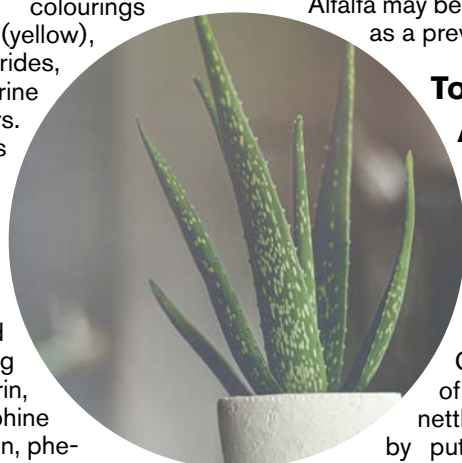
Baking Soda. Add about 1 cup baking soda to a bath and soak for 20 minutes. Or mix with water to make a smooth paste and apply to hives. Rinse off with cool water.

Apple Cider Vinegar. Mix equal amounts of the vinegar and water and apply to the hives using a cotton ball.

Cold compress. This is a localised form of 'bath' that has been found to be effective. Apply cold, moist cotton sheeting to the area and completely cover with a piece of woollen fabric. Synthetic fabric will not work. Or try rubbing an ice cube over the hives – as long as they are not associated with cold weather.

Warning!

Should hives develop in the throat and interfere with swallowing or breathing, it would be necessary to seek medical help immediately. Hives are associated with the release of histamine, so prompt medical treatment is possible.





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:

Aurora and Eloisa, Dzintars Dinga, Allan Deverell, Shirley West, Pauline Kenyon, Christina Kirkpatrick, Andreas Gwozdz, Larissa Bergmann, Marie Mirza, Siew Cheng Li, Ruth Hargrave, Stephen and Vicky Versey, Carol Houston and Colin Papworth.

If others care to add their support – large 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 health.org.au and click on the 'Donate' link. [Regrettably, donations are not tax deductible.]

NEW 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 closed.

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

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.

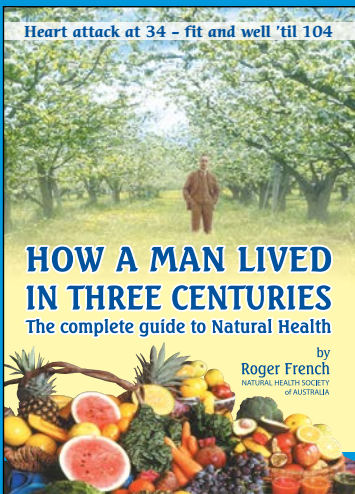
FEELING GENEROUS RE YOUR WILL?

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

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

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

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



Available from the Natural Health Society

Now also available from Amazon Australia

It has an introduction by Dr Greg Fitzgerald and a search button to act as and index.

Price \$11.99 AUD

As an acknowledgement for his hard work and persistence, we express our thanks to Kerry Hinge for reformatting the book for Amazon.

Fasting

Professionally supervised fasting is available in NSW

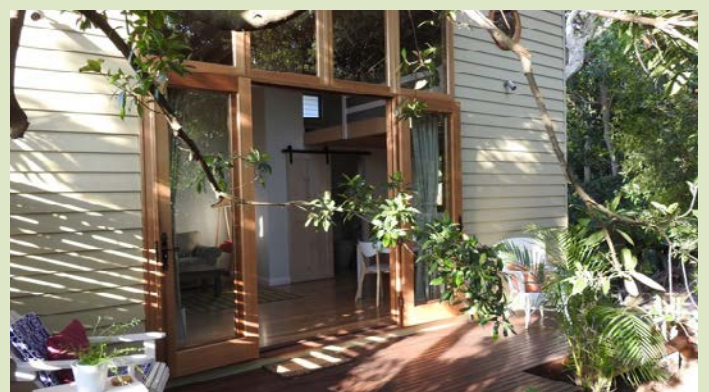
The supervisor is Doug Evans, who is well known to many Natural Health Society members. Doug was a practitioner at the now closed Hopewood Health Retreat, Wallacia NSW. He has had 35 years' experience in supervising nutritional programs and therapeutic fasting, including 22 years at Hopewood.

Comfortable accommodation among trees and a quiet garden setting provide a relaxing environment for your fast or juice program.

Very modest fees include daily consultations, monitoring tests, access to health videos and a health library and healthy lifestyle talks. Also provided are the plant-based meals required for preparing for the fast and breaking it.

Bookings. Contact Doug on 0416 254 409 or by email dougevans@optusnet.com.au

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



& EVENTS



Follow Natural Health Society of Australia on Facebook

The Autumn 2021 webinar series went well

The theme was 'Resilience'

Webinar 1: Robyn Chuter, Naturopath, Counsellor and ASLM Certified Lifestyle Medicine Practitioner, located on the Gold Coast

'Two brains and 100 trillion bugs'

Robyn Chuter took us on a fascinating tour through the latest microbiota research. She explained how our feelings, perceptions and mindset can be influenced by our microbiota.

Webinar 2: Doug Evans, Osteopath and Natural Health Practitioner

'Reversing your Biological Age – How lifestyle trumps genetics'

Doug referred to four diseases that tend to shorten our life and reduce its quality – cardiovascular disease, cancer, diabetes and dementia – and said that they can be influenced more by lifestyle than by our genes. He compared the lifestyles of populations that live longer with less disease with the lifestyles of Americans and Australians.

Webinar 3: Clare Mann, vegan psychologist, existential psychotherapist, author and passionate animal rights campaigner.

'Developing resilience in a time of chaos'

Clare declared that more than ever before, we must examine our own responses to the current chaos and work towards collaborating with others to bring about a healthier and kinder world to animals.

Webinar 4: Susan Joachim, President of the International Nature and Forest Therapy Alliance

'Unravelling the practice of Forest Therapy'

Susan presented research supporting Forest Therapy as a way to maintain the health of people and protect the planet. She motivated us to use this powerful health practice.

Webinar 5: Dr Greg Fitzgerald (Allied health) Osteopath, Chiropractor and Naturopath

'Overcoming anxiety: rebuilding your nervous system'

Greg explained that many chronic diseases develop from an exhausted nervous system. He gave a game plan to rebuild our nervous system, become mentally and physically stronger.

Webinar 6: Pamela A. Popper, United States, President of Wellness Forum Health and serves on the Board for the Physicians' Committee for Responsible Medicine in Washington D.C.

'Our health freedom is in peril – what we need to know and do'

Pam declared that most people want the freedom to decide whether or not to accept medical treatments, including vaccinations. Pam courageously warned that governments all over the world are engaging in 'medical tyranny', and that action is needed by us.

The presentations in the Autumn series are now available as individual purchases for \$10 each from the website. Previous presentations from Webinars Series One and Two are also still available.

Next webinar – Series Four Winter 2021

Commencing Thursday 22nd July and then every Thursday to 19th August

'Stories in Health: Defining moments in our health continuum and the lessons we can share'

What is it that defines our health? What motivates us to keep to healthy eating and lifestyle?

In this series we will host an impressive four practitioners, who will present case studies and personal stories of healing journeys:

Ally Sanchez, Naturopath

Gigi of Yoga and Beyond

Dr Lila Mason, Paediatrician and Nutritionist

A fourth speaker yet to be confirmed

The fifth webinar of the series will be a Natural Health Society panel discussion in which Society leaders, including **Elizabeth** and **Roger French** and **Richard Stepniewski**, will share their insights in translating Natural Health knowledge into daily practice. We will have at least 100 years of cumulative Natural Health-lived experience and practice on the panel for you to learn from!

Details of other panelists will be emailed to Society subscribers as soon as they are available.

Rate for webinar series 4 is \$49

Members discount rate \$39

A discount code will be emailed out shortly

Forest Therapy Walk

Friday 13th August 2021 11am - 12:30pm.

Royal Botanic Gardens Sydney

\$35 per person

Led by a member of Intl Nature & Forest Therapy Alliance

Details to be sent via email or can be requested by phone **0432 396 701**

SUBSCRIPTION RENEWAL

Natural Health Society members:

If your subscription is due, remember to renew.

Look at your address sheet or contact the Society.

Phone 0432 396 701, email admin@health.org.au

Do Angioplasty Heart Procedures Work?

Two articles by Dr Michael Greger, MD, FACLM, explain the pros and cons of inserting balloons and stents into blocked arteries. The following are abridged from these articles.



There are demonstrably no benefits to the hundreds of thousands of angioplasty balloon and stent procedures performed outside of an emergency setting. They don't prevent heart attacks, enable you to live longer or even help with symptoms any more than placebo (fake) surgery.

Angioplasty is when a tiny balloon is inserted into a narrowed coronary artery to force it to open wider to improve blood flow. This is often followed by permanently inserting a stent – a metal mesh tube to prop the artery open. The balloon or stent is inserted into a large blood vessel, typically in the groin, and threaded all the way up into the heart.

The large national cardiology conferences may attract the majority of cardiologists in the entire country to one place. So, if you're going to have a heart attack, that would seem to be the place to do it. And indeed, a few years ago, that was when the American Heart Association President had his heart attack, within hours of his presidential address.

Researchers found to their surprise substantially *lower* mortality among people going into cardiac failure or cardiac arrest during the big national cardiology meetings. So why is the death rate lower

when most of the cardiologists are away from their clinics?

One explanation is that the intensity of care may be lower, suggesting the harms of such care may unexpectedly outweigh the benefits.

In fact, many current medical practices have been found to offer no benefit, and instead potential harms. Even physicians themselves estimate that about one-fifth of medical care is unnecessary.

Coronary artery disease involves blockages in the blood vessels that supply the heart muscle itself. Low blood flow can lead to chest pain called 'angina' or, if severe enough, to a heart attack.

Plant-based diets and lifestyle programs have been shown to reverse these blockages by treating the causes of why our arteries are clogging up in the first place.

But, for those people unable or unwilling to change their diets, drugs may be prescribed, as well as more invasive treatments in the form of open-heart surgery to try to bypass the blockage or angioplasty.

During a heart attack angioplasty can be lifesaving. But hundreds of thousands of

these procedures are done every year for stable angina – a non-emergency condition – which can relieve symptoms, but don't reduce the risk of having a heart attack or dying from one in the future.

However, most people don't know this. People mistakenly think the procedure offers more than just symptom relief. As Harvard put it, stents are for pain, not protection. But then, unbelievably, it was discovered that stents may not even help with pain.

But if there are **no** benefits to angioplasty outside an emergency setting, and if they don't prevent heart attacks and don't even help with symptoms – and since the procedure carries risks, including death – maybe stents should be used only for people who are actively having heart attacks.

Reproduced with editing from a transcript of a video by Michael Greger, 17th March 2021, Volume 53



IN A SECOND ARTICLE, MICHAEL GREGER EXPLAINS:

'Why Heart Stents Don't Work Better'

Most heart attacks are caused by non-obstructive plaques that infiltrate the entire coronary artery tree. Atherosclerotic plaque has been found to be continuous throughout the coronary arteries of heart attack victims.

Meta-analysis after meta-analysis involving 5,000 patients and ten trials with more than 6,000 patients found no benefit for survival, heart attacks or pain relief from angioplasty balloons and stents.

The reason they don't work is because the majority of heart attacks in real life are caused by narrowing of under 70 percent. So, the plaques in the arteries that kill tend not to be the ones that are restricting blood flow. Most heart attacks are caused by non-obstructive plaques that don't even cut blood flow by 50 percent.

There's this clogged pipe misconception that has been difficult to dislodge, imagining where cholesterol plaques slowly, inexorably encroach on blood flow, eventually cutting it off completely, triggering a heart attack.

In reality, coronary artery disease is an inflammatory disease in which the cholesterol being deposited in the artery walls causes an inflammatory reaction, like a pimple. When those pimples pop, they cause the blood in the arteries to clot at the site. Before rupture, these plaques often do not limit flow, and may be invisible to angiography and stress tests. They are, therefore, not amenable to angioplasty.

Old plaques are like old, scarred pimples, made up of mostly calcified and dense fibrous scar tissue. They can still rupture

and kill you, but there are so many more of the smaller lesions brewing, which are hidden from view.

A prominent cardiovascular pathologist found from autopsies that in patients with fatal coronary artery disease, the quantity of plaque is enormous. Plaques are continuous. Not a single 5-mm segment in the entire coronary artery tree is devoid of plaque, he found.

So, no wonder just opening up one area with a stent brings no reduction in heart attacks or death.

Based on a transcript of a video, 22nd March 2021, Volume 53



Astonishing magnitude of Big Pharma fines for illegal activities

Abstracted from information sourced by Robyn Chuter, 14th December 2020

A key question about the trustworthiness of the drug and vaccine manufacturers has been brought to the fore by an article published in the November 17, 2020, edition of the *Journal of the American Medical Association (JAMA)*: Can we trust pharmaceutical companies to produce safe and effective vaccines, and to tell the public the truth about the outcomes of their research into those vaccines' effects?

The article, titled 'Financial Penalties Imposed on Large Pharmaceutical Firms for Illegal Activities', analysed data on fines imposed on pharmaceutical firms included in the Global 500 or Fortune 1000 lists between January 2003 and December 2016.

The researchers identified 26 pharmaceutical companies that had been on either or both of these lists for at least seven years and found that only four of them had not been convicted of any illegal activity during the study period.

Illegal activities for which drug companies were fined included:

- Adulterated drugs: Manufacturing and distributing adulterated or unapproved drugs.
- Bribery: Bribery to foreign officials, suppliers or other entities.
- Competition: Fraudulently delaying market entry of competitors, antitrust, monopoly.
- Disclosure: Failure to disclose negative information about a product or about poor drug development.
- Environmental violations: Violations of environmental regulation (for example, Clean Air Act).
- Financial violations: Tax fraud and insider trading.
- Kickbacks: Offering kickbacks to suppliers or customers to purchase and sell their product(s).
- Misleading marketing: Misleading or deceptive marketing practices.
- Off-label marketing: Advertising a product for uses other than approved by the US Food and Drug Administration.
- Pricing: Over-pricing drugs reimbursed or paid for by government, under-paying rebate obligations, fraudulent pricing or billing or other pricing illegalities.
- Uncategorised: Violations that do not fit the other reported categories.

Fines Imposed on Leading Pharmaceutical Companies Between January 2003 and December 2016

Company	Total value penalties	no. of penalties	duration of penalties – years
GlaxoSmithKline	\$9,775,419,000	27	7.22
Pfizer	\$2,910,581,000	18	5.67
Johnson & Johnson	\$2,668,326,000	15	6.08
Abbott Laboratories	\$2,581,585,000	11	6.36
Merck	\$2,094,026,000	11	6.13
Eli Lilly	\$1,775,031,000	7	6.14
Schering-Plough	\$1,645,186,000	12	6.18
Wyeth	\$1,614,355,000	7	8.71
Bristol Myers Squibb	\$1,389,197,000	12	5.83
Novartis	\$1,198,088,000	11	6.55
AstraZeneca	\$1,172,185,000	10	8.30
Amgen	\$945,034,000	9	9.78
Allergan	\$660,604,000	1	7.00
Bayer	\$602,688,000	13	4.00
Mylan	\$227,800,000	6	4.67
Sanofi-Aventis	\$535,923,000	10	6.50
Boehringer Ingelheim	\$416,439,000	7	5.86
Forest Laboratories	\$383,452,000	3	5.33
Actavis (Watson)	\$77,312,000	2	11.00
Roche Group	\$67,000,000	1	5.00
Genzyme	\$56,152,000	2	5.00
Perrigo	\$7,816,000	1	1.00

It should also be borne in mind that these financial penalties were only levied on criminal activity that has actually been discovered; one can only hazard a guess at how many violations were not detected or prosecuted.



Avoid These Four Common Detoxification Mistakes

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

'Efficient detoxification gets the worst out of you, in order to get the best out of you!'

Water-only fasting is the gold standard when it comes to detoxification. However, not everyone can take time off in their busy lives to fast, and some people, albeit few, should never fast.

However, you can help your body become cleaner, lighter and biologically younger by becoming even stricter with your diet and lifestyle for a few days and resting more. The word 'detox' has become vogue in the past few years, and most people equate that with an expensive supplement program, but this is not necessary.

If your detoxification period involves stopping regular toxic habits, such as daily caffeine consumption, then be prepared for some discomfort, as releasing toxic habits releases toxins, and this is often painful. Headaches and back and bum aches are common for one to four days, depending on strength of addiction and many other factors. In this instance, feeling worse is actually part of getting better. As your body releases toxins, you feel worse, but in fact are becoming cleaner and younger.

If you have a cup of coffee during detox discomfort, the pain will subside, and you will be feeling better, but actually getting worse, because the residual toxic load is no longer being evicted, thus lessening discomfort, but ensuring worse health in future. Relieving detox discomfort by imbibing the very toxin that caused the pain is not recommended. Such relief is known in Australia as having 'A hair of the dog that bit you'.

There are a number of myths about detoxification:

1) You must pour the most nourishing foods, supplements and green smoothies into you to gain the benefits of detoxing

This is a common myth, and one I encounter in my patients regularly.

The truth is you will detox more quickly and effectively the less you eat. Therefore, eat lightly. And eat very simply. A little fruit or salad, steamed vegetables or vegetable soup is all that is needed. For the vast majority of people, the addition of supplements during this time is unnecessary.

There is nothing wrong per se with judicious supplementation prescribed by a knowledgeable practitioner during normal living, but while detoxing, less is always more!

It is also advisable to avoid very intense, pungent, concentrated foods and drinks, as these use extra digestive energy. Remember the KISS principle: 'Keep It Stupidly Simple!'

For those on medications, it is advisable to consult your holistic healthcare practitioner for more specific advice relevant to your particular case.

2) Exercise accelerates detoxification

Another go-back-you-are-going-the-wrong-way myth!

Exercise will slow down detoxification and make it more difficult for your body to activate its complex detoxification pathways at the cellular level. In order for

the human body to rid itself of accumulated toxic residues and appreciably lower the systemic toxic load, energy is required, and exercise uses up energy. The more energy from rest and sleep, plus the energy saved by not digesting lots of food and supplements, the greater the detoxification efficiency. But relaxing walks in fresh air are beneficial.

Hard, prolonged or intense exercise is counter-productive, as the release of pro-inflammatory myokines requires even more work by the body to offset their damage.

Resting more is the key, not exercising. Exercise will come later, when you are cleaner, lighter and biologically younger.

3) You need to flush your system and drink lots of water when detoxifying

Dangerous mistake!

If you are thirsty or dry, then drink pure water. If not, do not drink. Listen to your body. You cannot flush toxins out of the body! If only it was that simple! We are far more than a plumbing system. In fact, recent research has confirmed what natural therapists have been saying for over 100 years – drinking excess fluids is a health hazard.

Dehydration exaggeration!

The notion that by the time you are thirsty you are already dehydrated, which has been circulating the health industry over the past few years, is patently wrong and has no basis in science or commonsense. By extension, if this were true, then by the time we were hungry, we would also be starving. If these absurdities held, humans would be the only animal where both thirst

and hunger would be obsolete physiological cues. Through observation, there are no animals which adhere to such silly notions, which is one reason why mankind is the unhealthiest of all species on this great orb.

In reality, most people are carrying more weight than they need, and this weight is mostly water. When you stop the social poisons (mainly caffeine and alcohol) and lessen your food load, your body will use the water in the tissues as needed before excreting it.

Moreover, drinking lots of fluids well above bodily need is a health hazard, which is why all major track and field organisations around the world have discouraged water gorging at their competitions. In fact, water gorging in endurance athletes has resulted in many deaths due to sodium being flushed out of the system. This is called *hyponatraemia*, and can lead to strokes and heart attacks.

Remember, it is not only the brain which is the seat of our intelligence. Our entire body is intelligent! Every organ, every tissue, every cell is intelligently directed, working as designed in your best interests to keep you alive and healthy *as long as you play your part!* And this means avoiding the causes of disease and providing the conditions of health, and importantly, responding appropriately to your body's signals and needs. To force food and water down a body that has given no signal for it, is folly, and carries adverse health consequences.

You will clean your system and lose weight more efficiently if you drink only when indicated by thirst or dryness.

4) Enemas and Colonic Irrigations are needed to facilitate detoxification.

The truth is these are forcing measures which weaken the bowel and the body, not strengthen it. This is especially the case with colonic irrigation. To derive the greatest benefit from detoxifying, the key word is less, not more. Desistance is needed, not assistance. You might feel better after such forcing measures, but this is stimulation, not real energy, similar to the elevated feeling experienced after drinking coffee, tea or energy drinks, or eating chocolate or sugar, or even diving or jumping into cold water. Feeling better is not necessarily getting better. The body gains more strength, resilience and greater function when it is allowed to perform its own functions unaided.

As a caveat, in rare situations like very painful constipation, a gentle enema could be helpful, but never in an effort to speed up detoxification.

One Other Key Point

Our bodies are detoxifying their internal metabolic by-products and toxic residues every second of every day. So, it behoves all of us to maintain a very healthy mode of eating and living every day. I know people who eat conventional rubbish, drink lots of caffeine and alcohol, even smoke cigarettes, and every now and then go on a "detox" program, only to then resume their self-destructive ways. Such people must think denial is a river in Egypt, because they are deluding themselves.

We build robust health daily with our sensible mode of eating and living: attending to our biological needs for plant-based nutrition, exercising appropriately, procuring adequate sleep and rest, sunshine and fresh air, adopting a positive outlook and attending to our emotional and mental needs. We do not build superb health on occasional detoxification programs. These have benefits, but robust health and vitality have to be earned daily by complying with the laws of nature.

I personally fast once a year, between 7 and 14 days. I do this for a number of reasons, one of the main ones being that water-only fasting has enormous benefits for healthy people like me to stay healthy and extend their useful functionality into old age. But I do not adopt a conventional eating and lifestyle pattern the rest of the time. Consistency with healthful behaviours is needed to build health for me and everyone else. And this also applies to all animals, for that matter.

Listen to Your Body

We all know that listening to others is an integral part of effective interpersonal communication. Really listening to someone shows that we care. It is also a sign of respect. It builds trust. Not listening is the opposite. Similarly, intrapersonal listening (listening to your own body) is a sign of care and respect. It also builds trust in your body's miraculous abilities. Not listening to your body's signals is a form of disrespect.

Further, listening to your body leads to increased self-awareness. We then make necessary and beneficial changes, avoiding much unnecessary suffering. It is no exaggeration to say that lack of self-awareness is often behind the modern tragedy of countless premature deaths. "I didn't see it coming" is a common refrain I hear from those given a troubling diagnosis.

When it comes to health, the words 'desistance', 'simplicity', 'consistency', 'listening', 'awareness' and 'trust' are key. If these life-changing, and indeed life-saving, principles are adopted, we age more slowly, retain our youthful vitality, movement and appearance far longer

and greatly lessen the risk of an early exit through chronic disease. And of course, when we feel better, we do better!

Remember: one aim of life can be to die young ... as late as possible!

Tragically, the world is becoming increasingly fatter, sicker and more toxic, both individually and as a planet. We are drowning in drugs and becoming older younger. Kids are the sickest in recorded history and getting sicker. The elderly are the most drugged cohort in our population.

As medical technology increases and the more drugs we rely upon, the less we employ the greatest nurse in the world: Mother Nature! Our own body's intrinsic defensive and healing powers are indeed part of Mother Nature. She is feeling very lonely lately, particularly with all the spotlight on the 'Tricks this COVID virus has up its sleeve' (to quote an ignorant health professional). No wonder the average person is terrified, and has no faith in their own body when they hear that viruses have 'tricks up their sleeve'. Poor Mother Nature has seemingly been blacklisted and can no longer show the world what tricks she has up her sleeve. What a tragedy that doctors have never been taught the extent to which the human body is self-healing and self-repairing.

It need not be like this. Most illnesses can be prevented and many can be reversed through adopting a more rational dietary and lifestyle game-plan by working with Mother Nature, not by ignoring her.

My practice includes both physical therapy (osteopathy and chiropractic) for physical issues like back and neck pain, and naturopathic health consultations which include any health issue you would like to arrest or reverse.

Your health is your most valuable asset! Never, ever take it for granted. You do not want to join the "I never-saw-it-coming" brigade.

If you desire to improve your health or alleviate any bodily pain, allow me to use my 37 years' experience to your advantage. Please feel free to contact my wife, Dawn, on 0424 246 847 or 02 9540 1962 to make an appointment. We offer consultations face-to-face or by phone or Zoom from anywhere in the world.



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www.healthforlife.com.au

Healthy mum, healthy baby

Part 3 – Breastfeeding



By Robyn Chuter, Naturopath and Counsellor



In **Part 1** of this special series covering recently-published research on all things related to pregnancy, birth and breastfeeding, I discussed the most important steps for women to take before they become pregnant.

Part 2 discussed research on pregnancy and birth.

And now, in **Part 3**, let's delve into research on breastfeeding.

When pregnant women are considering infant feeding options, their primary concern is usually for the health of their soon-to-be-born baby. But aside from all the health benefits that breastfeeding bestows on babies, it's also a boon for mothers' health, as the first three sections demonstrate.

1. Breastfeeding protects women against high blood pressure and diabetes

According to a meta-analysis that included over 200,000 participants, mums who breastfed their babies for at least 12 months in total (that is, adding up breastfeeding duration for each child) had a 30% lower risk of developing diabetes and a 13% lower risk of hypertension (high blood pressure) than mums who breastfed for less than 12 months in total.

Furthermore, in a systematic review of 16 other studies that were not included in the meta-analysis, a rather startling statistic emerged: for every additional year of breastfeeding, a woman's risk of developing diabetes drops by 14%! (Having breastfed my two kids for a total of over 7½ years, I guess I'm virtually diabetes-proof.)

Given that cardiovascular disease is the leading cause of death in women, the authors' conclusion is noteworthy:

"Breastfeeding is associated with long-term cardiovascular health benefits for women."

2. Breastfeeding protects women against premature menopause

Women who go through menopause before the age of 45 are at increased risk of premature death, cognitive decline, osteoporosis and cardiovascular disease.

So it's reassuring to know that, according to recent findings from the Nurses' Health Study II (a large cohort study which has been tracking the health of female US nurses for several decades), breastfeeding reduces women's risk of premature menopause.

And the longer, the better:

- Women who breastfed for a total of 7 – 12 months had a 13% lower risk of premature menopause than women who breastfed for 6 months or less;
- Breastfeeding for 13 – 18 months dropped the risk by 19%;
- 19 – 24 months by 20%;
- and 25 months or more by an impressive 27%.

3. Breastfeeding protects women against deadly ovarian cancer

In a pooled analysis of case-control studies including over 24,000 women, breastfeeding was associated with a 24% lower risk of invasive ovarian cancer. The protective effect of breastfeeding was most evident for the high-grade serous sub-type (the most deadly form of ovarian cancer) and for endometrioid cancers.

While breastfeeding for 1 to 3 months in a single episode (that is, breastfeeding one baby for 1 – 3 months, rather than cumulative breastfeeding duration across multiple children) was associated with 18% lower risk of ovarian cancer, breastfeeding one child for 12 or more months reduced the risk by 34%.

"Breastfeeding is associated with a significant decrease in risk of ovarian cancer overall and for the high-grade serous subtype, the most lethal type of ovarian cancer," concluded the researchers.

4. Breastmilk enhances infants' cognitive development

It has long been known that breastfed babies have higher intelligence test scores in childhood than do bottle-fed babies, and the longer they're breastfed, the higher the scores.

While there are many components of human breastmilk that may enhance cognitive development, recent research zeroed in on a *human milk oligosaccharide* (HMO – a complex sugar that is indigestible by babies, but serves as a fuel source for their gut bacteria) known as *2'-fucosyllactose* (2'FL).

Animal studies had previously shown that exposure to 2'FL enhanced cognitive outcomes of learning, memory and attention in rodents.

To find out whether the same effects occur in humans, researchers recruited 50 Hispanic mother-infant pairs from maternity clinics in Los Angeles County.

Women who breastfed their 1-month-old babies more frequently were found to have higher levels of 2'FL in their breastmilk, and the higher the level of 2'FL in milk, the higher the children scored on the Bayley-III (a standardised test of child development) at the age of two.

"We found that maternal and breast milk characteristics were associated with infant cognitive development at 24 months of age, an outcome that prior studies have suggested tracks across the life course to mitigate risk for psychiatric disorders and maximise scholastic potential and vocation."

Interestingly, breastfeeding frequency and 2'FL content of breastmilk at 6 months of age was not associated with test scores, indicating that the first month of life is a sensitive period for cognitive development, and that women should breastfeed their newborns 'on demand' rather than trying to feed them on a predetermined schedule.

This study also confirmed previous research which has found that the babies of women who were obese before becoming pregnant with them, had poorer cognitive development at age two than babies born to normal-weight women, reinforcing the need for women to attain a healthy weight before they start their families.

5. Human breast milk helps babies tell the time, so that they can develop normal circadian rhythm

As any parent will tell you, newborn babies have absolutely zero sense of day and night; they wake up, feed and sleep at all hours.

However, breastfeeding helps to establish normal circadian rhythm in babies, by delivering time-setting cues from mother to baby.

The composition of breastmilk varies quite dramatically throughout the day:

- Cortisol (a hormone that promotes alertness) occurs at levels three times higher in morning milk than in evening milk.
- Melatonin, which promotes sleep and digestion, is barely detectable in daytime milk, but rises in the evening, peaking around midnight.
- Nucleotides that promote healthy sleep are also more abundant in night milk than day milk.
- Levels of individual amino acids (building blocks of protein) show consistent oscillations across the 24-hour day, echoing their roles in activity, growth and development.
- The iron content of breastmilk hits its peak around noon; vitamin E peaks in the evening.
- Minerals like magnesium, zinc, potassium and sodium are all highest in the morning.
- Infection-fighting immunoglobulins and complement proteins (immune proteins) and white blood cells delivered from the mother's circulation are higher in day milk than night milk. This is presumably to provide extra protection for babies at the time when they are most likely to be exposed to pathogens. In addition, the levels of cytokines (chemicals that modulate the immune system's activity) fluctuate in predictable rhythms across the course of the day.

The take-home messages from this fascinating field of research into human breastmilk, known as *chrononutrition* are:

Breastfeeding may help babies to develop a normal, healthy circadian rhythm, while formula, with its unchanging composition, may not.

Breastmilk that is expressed for later feeds should be labelled with the time of day that it was expressed, to avoid sending confusing circadian signals to the baby.

6. Co-sleeping – or bed-sharing – promotes breast-feeding and can be done safely

According to new evidence-based recommendations issued by the Academy of Breastfeeding Medicine, bedsharing or co-sleeping promotes the initiation and duration of exclusive breastfeeding.

Provided parents avoid risky co-sleeping behaviour, co-sleeping is safe and beneficial for both baby and mother. Risky behaviour includes sleeping with their baby on a sofa or armchair; having their baby sleep next to an adult impaired by alcohol, medications or illicit drugs or who smokes; co-sleeping with a baby who was born prematurely; co-sleeping in a bed with soft furnishings (for example, multiple pillows or heavy covers); and co-sleeping with a baby who has never initiated breastfeeding.

The 'cuddle curl' position that breastfeeding mothers naturally adopt when sleeping with their infants protects the infants from slipping up the bed to under the pillows, or down the bed where they might become suffocated under bedclothes

The authors of the guidelines make some interesting observations:

"In industrialised countries until the early 20th century, most infants were bed-sharing and breastfeeding. After that time, solitary sleep developed as an ideal among the middle classes, reinforced by the growing trends of artificial feeding and medicalisation of childbirth, and separating infants from mothers. Sleep training also became increasingly popular in some industrialised societies ...

"Concerns about infant sleep duration and location did not appear until after the late 19th and early 20th centuries in industrialised countries, indicating that infant sleep research has taken place within a historical context in which feeding of

human milk substitutes and solitary sleep promotion were normative."

Co-sleeping in safe circumstances has not been found to increase the risk of Sudden Infant Death Syndrome (SIDS). In fact, a significant protective effect against SIDS for non-hazardous bed-sharing has been found in infants above three months of age.

In summary ...

Breastfeeding is beneficial to the health of both mother and baby, and promotes the baby's cognitive development, conveying life-long advantages.

The Australian Breastfeeding Association (ABA) is an invaluable resource. I strongly advise all my pregnant clients to join the ABA, get to know their local group leader and attend meetings before they give birth. The womanly art of breastfeeding is best learned by spending time with women who have practised it!

No formula can ever be a satisfactory substitute for human breastmilk. Mothers who are unable to breastfeed their babies are advised to seek donor milk from appropriately screened mothers, via an accredited milk bank such as that run by the Australian Red Cross, or the MothersMilkBank.

Are you planning for pregnancy? Now is the time to optimise your health and wellbeing! Apply for a Roadmap to Optimal Health Consultation today; both online and in-person appointments are available.

Robyn Chuter is a naturopath, counsellor and ASLM Certified Lifestyle Medicine Practitioner, located on the Gold Coast in Qld. Robyn can be contacted by email: robyn@empowertotalhealth.com.au; or by phone 0432 766 884. Website empowertotalhealth.com.au



Gajar makhani - Indian-style butter carrot

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INGREDIENTS

- 50 gm butter
- 2 Tbsp vegetable oil
- 1 cup (150 gm) raw cashews
- 2 garlic cloves, finely chopped
- 1 Tbsp finely grated fresh ginger
- 1 Tbsp brown mustard seeds
- 4 curry leaf branches, leaves picked (about 35 – 40 leaves)
- 1 bunch coriander leaves picked, stems and roots washed well and finely chopped
- 3 tsp garam masala
- 1 tsp ground turmeric
- 1 tsp ground cardamom
- 1 tsp mild chilli powder
- 1½ cups Greek-style yoghurt
- 800 gm carrots, peeled and cut into 3 cm pieces on the diagonal
- 1 Tbsp evaporated cane sugar or light brown sugar
- 700 gm tomato passata (puréed tomatoes)
- 1 cup (250 ml) coconut cream, plus extra to serve
- Steamed basmati rice

METHOD

Heat the butter and oil in a wide saucepan over medium–high heat. Add the cashews and toss for 3 minutes, or until toasted and golden.

Add the garlic, ginger, mustard seeds and curry leaves and cook, stirring, for 2 minutes or until aromatic. Set aside half the cashew mixture for serving.

Add the coriander stems and spices to the pan and cook, stirring constantly, for 1 minute or until fragrant.

Stir in the yoghurt until combined, then add the carrot and stir to coat. Stir in the sugar, passata, coconut cream and 1 cup (250 ml) water and bring to a simmer.

Partially cover the pan with a lid to stop the sauce cooking down too quickly. Simmer over low heat for 45 minutes, or until the thickest piece of carrot you can find is fork-tender, and the gravy has thickened and reduced slightly.

Serve drizzled with extra coconut cream and scattered with the reserved cashew mixture and coriander leaves, with rice and naan or roti bread.



Curries are always better the next day, or even a few days afterwards. Most veggie curries, though, start to get mushy after a day or two – except this one. Carrots are the ideal density to last as long as you need them to, and soften just enough with heat to be perfectly al dente. Make your carrot chunks bite-sized, serve with steamed rice and naan.

Carefree cabbage curry



INGREDIENTS

- 1 tsp ground turmeric
- ½ cup (80 gm) coconut yoghurt
- 1 tsp salt flakes
- 750 gm savoy or white cabbage (about ½ cabbage)
- 1 Tbsp coconut oil
- 3 curry leaf branches
- 1 brown onion, thickly sliced
- 1 long green chilli, split, plus extra sliced green chilli to serve
- 250 gm white-fleshed potatoes, cleaned and chopped into 2 cm pieces
- 400 ml tin coconut milk
- 1 Tbsp caster sugar
- juice of 1 lemon
- 1 cup (140 gm) frozen peas
- nigella seeds, for sprinkling
- steamed basmati rice and flatbreads, to serve

CURRY PASTE

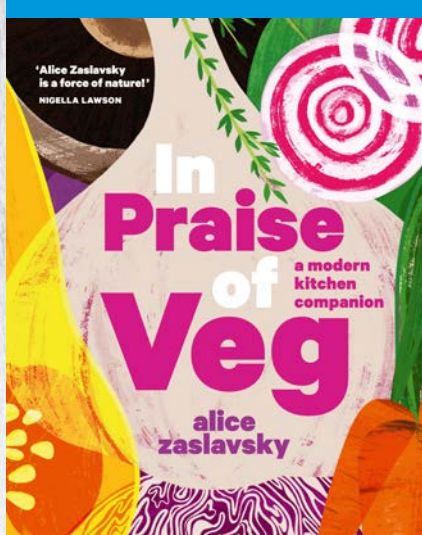
- 1 Tbsp coconut oil
- 4 garlic cloves, bruised and peeled
- 3 cm knob fresh ginger, peeled and sliced
- 2 tsp mild chilli powder (we used Kashmiri)
- 1½ tsp coriander seeds
- 1 tsp fennel seeds
- 1 tsp ground cinnamon
- 1 tsp ground cardamom
- ½ tsp freshly-cracked black pepper

METHOD

Mix the turmeric, yoghurt and salt together in a medium-sized bowl. If you'd like the cabbage as 'steaks', cut it into four thick wedges, including the core. For a 'pulled cabbage' curry, remove the core and separate the leaves. Add the cabbage leaves or wedges to the turmeric mixture and stir to coat well.

For the curry paste, heat the coconut oil in a wide heavy-based frying pan over medium-to-low heat. Add the garlic and ginger and gently fry, stirring, for 2 – 3 minutes, or until a light golden brown. Add the remaining curry paste ingredients and cook for another 1 – 2 minutes, until aromatic and darkened slightly. Transfer to a blender with ½ cup (80 ml) water and whiz until smooth.

Place the pan back over medium heat and add the coconut oil. When the oil is hot, add the curry leaf branches and cook for 1 – 2 minutes or until crisp. Remove using tongs and drain on paper towel.



Alice Zaslavsky is a fresh voice in food, with a bright, inclusive tone that brings people into the kitchen and invites them to stay. Her modern, accessible approach to cooking has been honed through a career that spans champion food judge, critic, writer, television host and food literacy advocate. Alice is also the creator of *Phenomenom*, a digital toolbox that helps teachers slip more serves of veg into the curriculum.

'Images and text from *In Praise of Veg* by Alice Zaslavsky; photography by Ben Dearnley. Murdoch Books, RRP \$59.99'

Blender beetroot brownie

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INGREDIENTS

- 1 orange (preferably organic)
- 1 beetroot of a similar size to the orange, plus 1 small finely-sliced beetroot
- 200 gm butter, melted
- 200 gm dark chocolate, melted, plus 50 gm extra, chopped for the top
- 3 eggs
- 1 cup (220 gm) caster sugar
- 1 tsp natural vanilla extract or paste
- 2 cups (200 gm) almond meal
- ½ cup (75 gm) plain gluten-free flour
- ½ cup (55 gm) unsweetened cocoa powder
- ½ cup (70 gm) walnuts
- 1 tsp baking powder
- ¼ tsp salt flakes
- yoghurt to serve

METHOD

Boil the whole orange and beetroot together in a saucepan, topping up with boiling water regularly to keep them covered. Cook for about 1 hour, until both are soft, and you can put a skewer through them.

Line a 20 cm x 30 cm brownie tin with baking paper all the way up the sides.

When the beetroot is cool enough to handle (but still warm), use some paper towel or a teaspoon to create some friction and help slip the skin off.

Preheat the oven to 180°C (350°F).

Pop the warm beetroot into a blender or food processor, along with the orange, butter and the 200 gm chocolate. Blitz to combine, keeping the machine whirring until a smooth purée forms. Add the eggs, sugar and vanilla and blitz until incorporated.

In a bowl, mix together the almond meal, flour, cocoa, walnuts and baking powder, then add these to your blitz-machine and give it a few pulses, until the lumps of flour have mostly incorporated – but not too much, lest you bake a brick!

Pour the batter into the brownie tin, then dot with the extra chocolate and beetroot slices. Bake for 40 – 45 minutes, until the brownie is fudgy and still moist.

Allow to cool slightly before digging in. Serve warm with yoghurt as a decadent pudding, or cut into small slices.

Store in an airtight container in the fridge, where it'll happily keep for at least a week (but who are we kidding here?).

Tip. I use a mandolin to thinly slice the beetroot for garnishing, but you can also peel it into strips using a vegetable peeler.

This oozy, gluten-free sweetie takes inspiration from Claudia Roden's world-famous orange-almond cake

Add the curry paste to the pan, along with the onion, green chilli and potato and cook for 4 minutes, until caramelised, stirring frequently. Stir in most of the coconut milk (reserve a drizzle for serving), along with the sugar and 1 cup (250 ml) water. Bring to a gentle simmer and cook for 10 minutes, or until the potato is half-cooked.

Add the cabbage, with the marinade. Cover and cook, stirring or turning the cabbage halfway through, for 15 minutes, or until the cabbage has softened and the potato is cooked through.

Stir in lemon juice and peas, then remove from heat. Cover and leave to stand for 5 minutes to warm through.

To serve, scatter the curry with the crispy curry leaves, nigella seeds and extra chilli, and a final drizzle of coconut milk.

This curry yields quite a bit of gravy, so you may like to serve with basmati rice and flatbreads, or on its own as more of a soup.

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17 Reasons Why I Won't Be Getting a COVID Vaccine

Abridged from an article by Christian Elliot | Published in *the Defender*, 15th April 2021

Let me say this: I don't know everything about the coronavirus, but so far no one has been able to answer the objections below. So here are the reasons why I'm opting out of the COVID vaccine.

1. Vaccine makers are immune from liability

The only industry in the world that bears no liability for injuries or deaths resulting from their products are vaccine makers. They cannot be sued, even if they are shown to be negligent.

The COVID vaccine makers are allowed to create a one-size-fits-all product, with no testing on sub-populations (i.e. people with specific health conditions), and yet they are unwilling to accept any responsibility for any adverse events or deaths their products cause.

2. The checkered past of vaccine companies

The four major companies who are making COVID vaccines have either never brought a vaccine to market before COVID or are serial offenders or are both.

In fact, all major vaccine makers, except Moderna, have paid out billions of dollars in damages for other products they brought to market when they knew those products would cause injuries or death. Think of Vioxx, Bextra, Celebrex, Thalidomide and opioids as a few examples.

3. Ugly history of attempts to make coronavirus vaccines

Scientists have made many attempts to make viral vaccines in the past that ended in utter failure – which is why we did not have a coronavirus vaccine in 2020.

For the past 20 years, all attempts ended in failure because the animals in the clinical trials got very sick and many died, just as did children in trials in the 1960s.

Nor has the gene-therapy technology in the current mRNA 'vaccines' been safely brought to market.

4. 'Data gaps' submitted to FDA by vaccine makers

When vaccine makers submitted their papers to the US Food and Drug Administration (FDA) for the Emergency Use Authorisation (which is not the same as full approval), among the many 'data gaps' they reported was that they have nothing in their trials to suggest they overcame that pesky problem of vaccine-enhanced disease.

There is also no data to suggest safety or efficacy regarding:

- Anyone younger than age 18 or older than age 55.
- Pregnant or lactating mothers.
- Autoimmune conditions.
- Immuno-compromised individuals.
- Transmission of COVID.
- Preventing mortality from COVID.
- Duration of protection from COVID.

5. No access to raw data from trials

Would you like to see the raw data that produced the "90% and 95% effective" claims touted in the news? But the companies won't let us see that data.

As pointed out in the *BMJ*, something about the Pfizer and Moderna efficacy claims smells really funny.

Can we only guess that they didn't test because it would mess up their '90 – 95% effective' claims?

6. No long-term safety testing

With products that have been on the market for only a number of months, we have no long-term safety data. We have no idea what this product will do in the body months or years from now – for any population.

Would it not make sense to want to fill those pesky 'data gaps' before we try to give this to every man, woman and child on the planet?

7. No informed consent

What most people who are taking the vaccine don't know is that because these products are still in clinical trials, anyone who gets the shot is now part of the clinical trial – part of an experiment.

Those (like me) who don't take it, are part of the control group. Time will tell how this experiment works out.

8. Under-reporting of adverse reactions and deaths

According to a Harvard study (commissioned by the US government), less than 1% of all adverse reactions to vaccines are actually submitted to the Vaccine Adverse Events Reporting System (VAERS).

At the time of this writing, VAERS reports over 2,200 deaths from the current COVID vaccines, as well as close to 60,000 adverse reactions.

If those numbers represent only 1% of the total adverse reactions, that equates to somewhere around 110,000 to 220,000 deaths from the vaccines to date, and a ridiculous number of adverse reactions.

Bet you didn't see that on the news.

That number of deaths would currently still be lower than the 424,000 deaths from medical errors that happen every year (which you probably also don't hear about).

9. The vaccines don't stop transmission or infection

Aren't these vaccines supposed to be what we've been waiting for to enable us to 'go back to normal'? No.

These vaccines were never designed to stop transmission or infection. The vaccine:

Can't stop us from spreading the virus.

Can't stop the virus from infecting us once we have it.

To get the vaccine is to accept all the risk of these experimental products, and the best it might do is lower symptoms.

non-conformist views



If we're worried about asymptomatic spreaders, would the vaccine not make it more likely that we are creating asymptomatic spread? Anyone who gets the virus might not know they have it and thus they are more likely to spread the virus.

I've heard many people say that the side effects of the vaccine (especially the second dose) are worse than the disease, COVID.

10. People are catching the coronavirus after being fully vaccinated

You get vaccinated and you can still catch the virus. If you thought the vaccine was a shield to keep you safe, it's not. That was never the point.

If 66% of healthcare workers in LA are going to delay or skip the vaccine, maybe they aren't wowed by the rushed science either.

11. Overall death rate from COVID

According to the CDC's own records, COVID has a 99.74% survival rate.

Why would I take a risk on a product that doesn't stop infection or transmission in order to help me overcome a cold that has a 0.26% chance of killing me [this is 2.6 chances in 1000].

12. Bloated COVID death numbers

Everyone who dies with the coronavirus in their body is reported as having died of COVID, rather than the co-morbidities that actually took their life.

Until this coronavirus appeared, all coronaviruses (common colds) were never listed as the primary cause of death when someone died of heart disease, cancer, diabetes, auto-immune condition or any other major comorbidity.

To bloat the number even more, those who are suspected or probable as having died of COVID (but were never confirmed) are also included in the death numbers.

In other words, reduce the death numbers you see on the news by 94% and you have what is likely to be the real numbers of deaths from just COVID.

In fact, a 0.26% death rate is in line with

the viral death rate that has circled the planet every year.

13. Fauci and others at the National Institute of Allergy and Infectious Diseases (NIAID) own patents on the Moderna vaccine

Tony Fauci owns more than 1,000 patents, including patents being used on the Moderna vaccine ... for which he approved government funding.

Does anyone else see this as a major conflict of interest, or even criminal?

14. The virus continues to mutate

Not only does the virus (like all viruses) continue to mutate, but according to world-renowned vaccine developer, Geert Vanden Bossche, it's mutating about every 10 hours.

How in the world are we going to keep creating vaccines to keep up with that level of mutation? We're not.

Why do we suddenly not trust our own natural immunity, which has never ultimately failed humanity [given a healthy lifestyle]?

15. Censorship and the complete absence of scientific debate

Wasn't it great seeing the FDA panel publicly grill the vaccine makers in prime time as they stood in the hot-seat of tough questions about products of which they have no liability? No, you didn't see those debates because they never happened.

With so much at stake, shouldn't many perspectives be heard and professionally debated? What has happened to science?

Is the science of public health a religion now? Isn't science supposed to be about debate?

Is censorship not the technique of dictators, tyrants and greedy, power-hungry people?

16. World's leading vaccinologist is sounding the alarm

Someone who is very pro-vaccine and has spent his entire professional career overseeing the development of vaccines is now shouting from the mountain tops that we have a major problem. I think the man should be heard.

Geert Vanden Bossche explains:

Why the COVID vaccines may be creating vaccine-resistant viruses (similar to antibiotic-resistant bacteria).

Why, because of previous problems with antibody-dependent enhancement, we may be looking at a mass casualty event in the next months or years.

If half of what he says comes true, these vaccines could be the worst invention of all time.

Remember, I'm just the messenger. But I can speak about COVID personally ...

17. I've already had COVID

I didn't enjoy it. It was a nasty cold for two days, with unrelenting low-back aches, very low energy and low-grade fever.

Now it appears (as it always has with infectious ailments) that I have beautiful, natural, life-long immunity – not something likely to wear off in a few months if I get the vaccine.

In fact, now that I've had COVID, there is evidence that the COVID vaccine might actually be more dangerous for me. That is not a risk I'm willing to take.

Christian Elliot is a certified personal trainer, life coach and a certified nutrition coach.

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ABOUT children's health defense

Chairman of the Board is Robert F. Kennedy, Jr.

Children's Health Defense® is a not-for-profit organisation. Its mission is to end childhood health epidemics by working aggressively to eliminate harmful exposures, hold those responsible accountable, and to establish safeguards so that this never happens again.

Vaccines 'a perfect business model'

It's just 'business' ... they don't care about 1000's of death and tens of thousands of side effects. It's an experimental procedure ... and we are the guinea pigs.

"The vaccine companies are making \$60 billion a year selling mandatory vaccines. They are also making \$500 billion a year selling epi-pens, inhalers, anti-seizure medications and diabetes and arthritis meds, etc. Virtually all of the medications they sell are used to treat diseases that are listed as side-effects of the vaccines.

"It's the perfect business model. They make us all sick and create lifetime customers for their drugs."

– Robert F. Kennedy, Jr

COVID vaccine leaving some devastated mothers

When the Pfizer experimental COVID 'vaccines' were given emergency use authorisation (EUA) in the US in December, 2020, Health Impact News reported that the UK's EUA for the Pfizer shot had warnings for pregnant women, nursing women and women planning on becoming pregnant to NOT get the shot. But the US FDA's guidelines for the same Pfizer shot failed to include any such warnings.

Posted by AdminM On March 3, 2021 In *Headline News*

by Brian Shilhavy, Editor, *Health Impact News*

Death rates per annum for Australia

Interestingly, the Australian Bureau of Statistics has published the total death rates for 2020:

Year 2017: 160,909

Year 2018: 158,493

Year 2019: 169,301

Year 2020: 141,116

(2020 was 28,000 down from the previous year – in spite of the coronavirus)

A comment by Gillian Graham: In 2020 there are no more deaths than previous years from the seasonal flu.

by Evania Ev

Beating the coronavirus is as simple as A-B-C

By Lynne McTaggart, 29th Feb 2020

In February 2020, we held our 'Get Well Health Expo' at Olympia. Two talks delivered by Dr Damien Downing, a pioneer in ecological medicine and President of the British Society of Allergy and Environmental Medicine, and Dr Thomas Levy, a cardiologist and one of the world's experts on vitamin C, offered the same message: there is a simple solution to the coronavirus, which has gripped the world in fear.

Dr Downing and others released a statement in late January 2020 by the Orthomolecular Medicine News Service to say that the coronavirus pandemic "can be dramatically slowed or stopped with the immediate widespread use of high doses of vitamin C".

This is nothing new. A raft of studies carried out in the 40s and 50s showed that very high dose vitamin C, particularly given intravenously, could stop the deadliest of infections, even including polio.

Dr Frederick Klenner was one of the pioneering doctors in the 1940s who successfully cured many viral diseases, ranging from flu and hepatitis to viral pneumonia and even polio using very high doses of vitamin C, anywhere from 30,000 – 200,000 mg, given in divided dosages throughout the day, with no ill effects.

More recently, a 1999 study of 700 students with cold and flu symptoms compared one group, which received the usual cold and flu drugs, against another which received hourly doses of 1,000 mg of vitamin C. The researchers discovered that symptoms decreased by 85 percent in the group treated with vitamin C.

The researchers concluded: "Vitamin C in

mega-doses administered before or after the appearance of cold and flu symptoms relieved and prevented the symptoms in the test population compared with the control group."

A farmer in New Zealand named Alan Smith is a recent case showing the power of this simple and inexpensive supplement.

In July 2009, Smith's life hung in a precarious balance. He had come down with a severe form of swine flu and was deteriorating rapidly. Doctors at Tauranga Hospital induced a coma, then transferred him to Auckland Hospital, where he was put on specialised life-support equipment.

X-rays showed that his lungs were completely clouded with fluid – among the worst the doctors had ever seen. They then discovered that Smith also had hairy-cell leukaemia, but he still had a chance at survival if he could recover any lung function at all. However, in his present condition, the Auckland doctors told his wife, Sonia, that he was not likely to survive and recommended turning off his life-support.

Smith's brother-in-law, however, insisted that he be given intravenous (IV) vitamin C. To humour the family, the sceptical doctors agreed to administer 25,000 mg/day of vitamin C for several days. By the end of the second day, new X-rays showed large air pockets in Smith's lungs. His lung function had so dramatically improved that he was able to come off the life-support system.

Nevertheless, the doctors refused to acknowledge vitamin C as the source of the improvement and so stopped the IV drip, after which Smith rapidly deteriorated. But, at his family's insistence, the doctors

eventually gave Smith a far lower dose – 1,000 mg vitamin C twice a day; he began to improve, albeit much more slowly.

After a move to another hospital, he regained consciousness and his vitamin C regimen was stopped permanently.

Sonia Smith then decided to give her husband a new form of vitamin C, touted as being as powerful as IV dosing, called *liposomal vitamin C*. Smith's recovery was dramatic.

Although doctors believed he would need three months of hospitalisation for rehabilitation, he walked out of the hospital after two weeks. By the time he was released, he also had no signs of leukaemia.

Dr Downing and other physicians from the International Society for Orthomolecular Medicine urge preventive supplementation to "prevent or minimise symptoms for future viral infection", including the coronavirus.

The supplements included:

Vitamin C: 3,000 mg daily, in divided dosages

Vitamin D₃: 2,000 IUs daily (start with 5,000 IU/day for two weeks, then reduce to 2,000 IU)

Magnesium: 400 mg daily (in citrate, malate, chelate or chloride form)

Zinc: 20 mg daily

Selenium: 100 mcg (micrograms) daily

As vitamin C champion, Dr. Robert Cathcart, once noted, "I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin C".

So stop panicking about the so-called pandemic and start this simple prevention program.

People rising up against a vaccine passport

By Lynne McTaggart, WDDTY, 2nd April 2021



During this extraordinarily dark time, where governments around the world have removed numerous basic human liberties for many of us – our right to visit family and friends, to travel, to work and earn money, to eat out, visit a cultural or sporting event, to disagree with government policy via protest, and to even get a haircut – there is a tiny spark of light in all this blackness.

People are beginning to rise up and say no.

Consider vaccine passports, which Australia, Denmark and Sweden have committed to implementing, and which Israel has already begun issuing, in the form of 'green passes' to vaccinated residents.

Elsewhere, the people are starting to fight back. Right now, the UK government is floating the idea of a vaccination ID (officially called Covid-status certification system) that people must carry in order to go into a pub or theatre, or to travel to foreign countries. In other words, to go anywhere where there are other people.

Although under the Coronavirus Act (just renewed) the UK government has emergency wartime powers to do basically anything it likes with no debate in Parliament, it was forced to hold such a parliamentary review because of a petition being circulated and signed across the country.

The petition being signed is called 'Do not rollout Covid-19 vaccine passports' and at present there are 316,121 signatures and counting in support of this position. Compare this to the petition 'Introduce a Vaccination Passport for international travel,' which has a paltry 5,920 signatures at this time.

In Europe, individual members of the European Parliament have received thousands of emails from people opposed to the introduction of vaccine passports to enable travel to resume in the European Union.

In America, although New York has created an Excelsior Pass, which permits vaccinated people to attend theatres, arenas, event venues and large weddings across the States, the public remains deeply divided about the idea of a vaccine passport, with about half opposed in a recent poll.

Most arguments in favour emphasise the aspect of social responsibility – it's your civic duty to get a passport so you don't infect others.

Except that logic is utterly flawed.

As every government and medical authority has made clear, COVID-19 vaccines don't stop you from passing on the coronavirus

to others. At its best, it prevents you (the vaccinated person) from dying if you are at high risk.

If you're not at high risk – and the vast majority of people are not – you won't die from it anyway.

If you want to object to a vaccine passport, here are a few suggestions for how to do so most effectively:

Don't make your objection about COVID vaccine dangers. You'll get dismissed as an anti-vax crank, no matter how much science you include.

But DO point out the following:

COVID vaccines DON'T protect the community. At best, they protect vulnerable individuals from dying of COVID. You are not being socially responsible by getting the jab; you are possibly being individually responsible if you are at risk.

A vaccine passport is discriminatory against those who cannot get a shot for medical reasons. The COVID vaccine is contra-indicated in those with serious allergies at risk of anaphylactic shock. Considering how many countries are now banning the AstraZeneca vaccine because of the potential risk of deep vein thrombosis, anyone at risk of DVT, whether from drugs or such things as joint replacements, is being discriminated against because of the shot.

A vaccine passport is discriminatory against minority communities. For many cultural reasons, African Americans and members of black and Asian communities are eschewing the vaccine. A vaccine passport will only encourage dis-

crimatory behaviour against and ostracisation of such minorities.

A vaccine passport is contrary to the human rights laws of many nations. Both UNESCO's Universal Declaration on Bioethics and Human Rights (Article 6) and European and UK laws say that any preventive, diagnostic and therapeutic medical intervention can only be carried out with the informed consent of the person concerned 'based on adequate information'.

All COVID vaccines are in the midst of phase-3 trials. They were given emergency clearance, but they have not passed all the safety tests normally given a vaccine. We will not know how effective and safe the vaccines are for many months. That is not 'adequate information to make an informed consent'.

In the UK, the government held a second consultation to consider ethical, legal and operational issues, as well as the efficacy and appropriateness of a vaccine passport.

You can sign a petition and write to your local MP.

Do so before it's too late – before the dying of the light.

LYNNE MCTAGGART

Lynne McTaggart is co-founder of What Doctors Don't Tell You and an award-winning journalist.

Pfizer admits vaccine does not prevent COVID

By Dr Meryl Nass, 29th Jan 2021

Public health officials have said over and over again that they do not know if COVID-19 vaccines prevent spread.

Pfizer did not test human subjects to see if those vaccinated could get and spread the infection, but when they tested primates, vaccinated animals still got COVID-19 despite being vaccinated.

Both the Moderna and Pfizer vaccines are made from messenger RNA and lipid nanoparticles containing polyethylene glycol (PEG); no vaccines made from messenger RNA nor this type of lipid nanoparticles have ever been used in humans; we have no idea about their long-term side effects.

No one knows how long 'immunity' lasts from COVID-19 vaccines, if in fact the vaccines do provide some degree of immunity.

Extracted from a newsletter of Dr Mercola, 29th January 2021

Drug benefits partly in the mind



Based on news reports by Brian Hubbard of What Doctors Don't Tell You

The benefits of pharmaceuticals may all be in the mind – quite literally. A placebo, or dummy drug, works just as well as a painkiller in reducing pain, and will even make the same physical changes to areas of the brain linked to pain management.

If a placebo can have such profound effects, it could also be the case that a patient's mind is having as big an influence as an actual pharmaceutical – and so it's the patient's state of mind that will determine whether any pill, placebo or otherwise, will work.

Scientists at Dartmouth College monitored the brains of 600 people who were in pain as they were given a placebo. They took 20 different images of their brains and discovered that there were clear and significant changes in the areas of the brain associated with pain.

Those who reported the most pain reduction also had the biggest changes to areas of the brain that respond to pain, including the thalamus and the basal ganglia, the researchers discovered. "The placebo can affect what you do with the pain ... it's changing the circuitry," said researcher Tor Wager.

(Source: *Nature Communications*, 2021; 12: doi: 10.1038/s41467-021-21179-3)

Reproduced from What Doctors Don't Tell You newsletter, 16th March 2021

IBS sufferers who know they're taking a placebo still see big improvements

The extraordinary healing powers of our mind have been emphasised once again by a study of IBS (irritable bowel syndrome) sufferers who reported major clinical improvements – after knowingly taking a 'sugar' pill, or placebo.

Sufferers who were given placebo pills – and were told they had no active ingredient – had 'strong' or 'very strong' clinical reactions, and their symptoms improved by an average of 70 percent over other sufferers who weren't given any pills.

Researchers at the Beth Israel Deaconess Medical Centre enrolled 262 IBS

sufferers, aged between 18 and 80, who were given either a placebo, and were told they were given one, or were given peppermint oil or a placebo, and not told which they had been given, or weren't given any pills.

The improvements were similar in both the placebo groups, although the researchers were surprised that the results from those who knowingly took the placebo were just as strong as those who didn't know whether or not they were taking peppermint oil.

Both placebo groups reported a 150 percent improvement in symptoms, compared to a 12 percent score in the no-pill group. "If the presumption that deception is necessary for placebos to be effective is false, then many theories about the mechanisms that drive placebo effects may need modification," said Ted Kaptchuk, one of the researchers.

Or, in other words, mind beats matter.

(Source: *Pain*, 2021; doi: 10/1097/j.pain; 0000000000002234)

Reproduced from What Doctors Don't Tell You newsletter, 8th April 2021



Vaccines smart, immune system smarter

When it comes to coronavirus (SARS CoV-2) infection, your immune system will protect you longer, even against some of the new variants that are starting to appear.

Researchers agree that our immune system 'remembers' the SARS-CoV-2 virus, responsible for COVID-19, for at least six months, and likely much longer.

But it does more than that. Following an infection, the immune system continues to produce antibodies that improve the response to the virus and also any variants, say researchers at Rockefeller University. So, if you do encounter the virus again, you're unlikely to be re-infected.

Although our antibodies naturally decline after the infection has passed, our memory B-cells actually increase, and keep evolving to mount a better challenge next time and even fight off some of the new variants.

The researchers were surprised that the B-cells carried on mutating, and the antibodies they produce were more effective against the SARS virus. Although the process is common in chronic infections, such as HIV or herpes where the virus lingers in the body, the same was being seen against the SARS virus as well.

(Source: *Nature*, 2021; doi: 10.1038/s41586-021-03207-w)

Reproduced from What Doctors Don't Tell You newsletter, 16th February 2021

Success - Medical Board abandons plans to target integrative GPs

A NEWS ITEM FROM YOUR HEALTH, YOUR CHOICE, 19th February 2021

On 16th February 2021, the Medical Board of Australia (MBA) formally announced that it has abandoned plans it flagged in 2019 to restrict medical practitioners who provide complementary and unconventional medicine and emerging treatments.

Health professionals and the public strongly disagreed and under the overwhelming weight of 13,000 submissions, the MBA has withdrawn its proposed changes.

Over 12,000 of these submissions were sent by the public via the 'Your Health Your Choice' platform, which flooded the Medical Board with peoples' positive experiences with integrative medicine on a scale that the Medical Board could not ignore.



This long-awaited announcement is a major win for consumer rights.

It safeguards the ability of medical practitioners to continue to provide much-needed integrative health services [including nutrition, depending on their study] to the community and the public's ability to access them.

Thank you to all those who responded to the call and sent submissions to the MBA. Your efforts paid off, showing that people power can and does make a real difference.

Your Health Your Choice

PO Box 4552, Hobart Tas 7000

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TNH EDITOR'S NOTE. We in the Natural Health Society played our part. In the Spring 2019 issue of *TNH*, we published a warning of what the Medical Board was considering and followed this with our no-punches-pulled 2,000-word submission. The Board might even have been embarrassed by our statement that medical error is the third most common cause of death in the United States (just as it is in Australia and Britain).

Milk leading cause of allergy

Vegan milk sales grow by 36% as dairy sales drop by 12%, says a USDA report. About 340 million gallons of plant-based alternatives are consumed annually, compared to about 3.2 billion gallons of cow's milk. [totallyveganbuzz.com/news/vegan-milk-sales-grow-dairy-drops-usda/]

'Milk Is Most Common Cause of Fatal Food Allergy Among Children in UK'

Cow's milk is now the most common cause of fatal anaphylaxis in older children across the United Kingdom, according to data published in the *BMJ*.

The authors tracked hospital admissions caused by food anaphylaxis and related deaths from 1998 to 2018 in the UK using national data. Hospital admissions caused by food allergies rose by 5.7% each year, with the largest increase being among children younger than 15 at 6.6%.

Although case fatality rates decreased, results showed 26% of deaths were caused by cow's milk allergies, now the most common single cause of food anaphylaxis-related deaths in the UK.

Results also showed a more than 300% increase in prescriptions for emergency anaphylaxis treatment.

Similar hospital admission data have been reported in Australia and in the United States. The authors call for more education on the dangers of cow's milk allergies.

BMJ. Published online February 17, 2021



EMR increases oxidative stress

By Lyn McLean, Director, EMR Australia

Swiss experts say that electromagnetic fields, at levels that comply with international standards, increase oxidative stress which is implicated in many adverse health conditions.

In a special issue of their newsletter, BERENIS, the Swiss expert group on electromagnetic fields and non-ionising radiation, released the results of their review of approximately 150 animal and cell studies conducted between 2010 and 2020. "...the majority of the animal studies and more than half the cell studies provided evidence of increased oxidative stress caused by RF-EMF [radiofrequency/wireless electromagnetic fields] or ELF-MF [power-frequency fields]

This notion is based on observations in a large number of cell types, applying different exposure times and dosages ... also in the range of the regulatory limits.'

OXIDATIVE STRESS AND HEALTH

Oxidative stress occurs when the body has more free radicals than antioxidants. Free radicals are molecules that contain oxygen and have an uneven number of electrons so that they react readily with other molecules. Antioxidants are molecules that neutralise free radicals. The reaction of free radicals with other molecules is called oxidation.

Oxidative stress is a factor in many health problems and diseases. The report states, "If this state persists over a longer period of time or occurs repeatedly, it can lead to changes in the biological material and thereby to health-related malfunctions of cells and organs. Thus, increases in biomarkers for oxidative stress ... are observed in many diseases, including cancer, diabetes, congenital malformations and neuro-degenerative diseases.'

Other conditions linked to oxidative stress include atherosclerosis (the hardening of blood vessels), inflammatory conditions, high blood pressure and heart disease. Oxidative stress is also involved in ageing.

EFFECTS ON NERVOUS SYSTEM

The BERENIS team found that exposure to electromagnetic fields had harmful effects on the nervous system and negatively affects cognitive abilities, such as memory.

"Associated with longer exposure periods of weeks or months, even for just a few hours per day, an increased occurrence of free radicals, an overload and exhaustion of antioxidative protective mechanisms and damage to the DNA were reported for RF-EMF at various frequencies and doses ..., even at SAR [specific absorption rate] below the regulatory limits."

The authors suggested that oxidative stress from wireless radiation may be increasing calcium influx into cells, and this mechanism may be causing the damage to the body. They say, "Voltage-dependent calcium channels are involved in pain transmission and can be activated not only by stimuli such as heat and capsaicin, but also by oxidative stress."

EFFECTS ON IMMUNE SYSTEM

The BERENIS team investigated the effects of EMF-induced oxidative stress on the immune system. While they found no conclusive evidence that exposure affected immunity, they found "Indications in immune cells that RF-EMF influences the response to other stress factors".

EFFECTS ON REPRODUCTIVE SYSTEM

Studies also showed that the oxidative stress from exposure had negative effects on the reproductive system.

"The majority of the findings from the animal studies indicate a functional and morphological impairment of spermatozoa by RE-EMF exposure, which is associated with an increase in free radicals, reduction of antioxidant capacity and lipid peroxidation."

VULNERABILITY TO OXIDATIVE STRESS

The report showed that age affected the response of exposed organisms. In both the nervous and immune systems "Very young animals could not compensate for oxidative stress". In the nervous system, the elderly were more vulnerable to exposure "due to reduced antioxidative capacity in the brain".

People with existing health problems may be more vulnerable to exposure. "Pre-existing conditions, such as immune deficiencies or diseases (diabetes, neuro-degenerative diseases), compromise the body's defence mechanisms, including antioxidative protection, and it is therefore possible that individuals with these conditions experience more severe health effects," the expert team wrote.

Reference

'Is there evidence for oxidative stress caused by electromagnetic fields? A summary of relevant observations in experimental animal and cell experiments related to health effects in the last ten years' – Prof Meike Mevissen, University of Bern, and Dr David Schürmann, University of Basel. *BERENIS*, Newsletter of the Swiss expert group on electromagnetic fields and non-ionising radiation. Special Issue January 2021.

What you can do

Find out how to measure and reduce the fields in your home with the Home Test Kit available from EMR Australia: emraustralia.com.au/co...

For ongoing information

If you would like to receive future news updates, please let us know at: emraustralia.com.au/pages/get-your-free-newsletter

ACKNOWLEDGEMENT

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Smart phones and breast cancer

Heavy use of smart phones can increase the risk of breast cancer, say researchers from Taiwan.

The team collected information from over 200 Taiwanese patients with breast cancer and a group of healthy controls. They found that several aspects of smart phone use increased the risk of breast cancer.

- People addicted to smart phone use had 1.4 times the normal risk.
- Those who used a smart phone for more than 4.5 minutes just before bed had 5.2 times the normal risk.
- People who carried a mobile phone close to the breasts had 1.6 times the normal risk.
- Those who carried one close to the chest or waist had 4 and 5 times the normal risk.

“Our results suggest that people with smart phone addiction could have massive radiofrequency exposure compared to people without smart phone addiction, therefore increasing their risk of developing breast cancer,” the authors wrote.

Reference

Shih, et al, ‘The Association Between Smart Phone Use and Breast Cancer Risk Among Taiwanese Women: A CaseControl Study,’ *Cancer Management and Res* 12 10799

Acknowledgement

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By **Lyn McLean**,
Director, **EMR Australia**

Eating more fruit 'n veg can reduce risk of depression

news.com.au **Body and Soul**

We know that eating fruit and vegetables is great for our physical health, but evidence is growing that they can help lower the risk of depression, too.

A diet high in fruit and vegetables can lower the risk of depression, particularly in young people, says a new study.

Researchers at Macquarie University in Sydney observed data from 12 studies across Europe, the UK, US, Canada and Australia, noting fruit and vegetable consumption and depressive symptoms among people aged 15 – 45.

They found there is a solid link between eating enough fruit with a decreased risk of developing depression, and conversely an increased risk when fruit consumption is low.

What's notable, however, is that in Australia there is a significant drop in fruit and vegetable consumption between the ages of 15 and 18, a very vulnerable group for mental health issues.

“The onset of depression symptoms is usually before the age of 20, during the transition to early adulthood,” says the study's lead author, Masters researcher in public health, Putu Novi Arfirsta Dharmayani.

“[Fruit and vegetable] intake from ages 15 to 30 is pretty low, and less than 10 percent of the recommended intake.”

In a broader sense, four out of five Australians aren't eating enough fruit and vegetables, according to a 2017 CSIRO survey of 145,000 adults. 150 gm or one medium piece of fruit every day is the recommended daily intake. [In *Natural Health*, we have found the optimum intake to be much more than one piece of fruit a day. – EDITOR]

Researchers aren't exactly sure of mechanism as to how fruits and vegetables are thought to lower depression risk, but previous studies have suggested certain nutrients might hold the key.

“There is some evidence of an association with nutrients such as magnesium, zinc and antioxidants such as vitamin C, E and folate, found in these foods,” the authors say.

Previous studies have linked a diet low in folate – found in leafy greens, legumes and citrus fruits – to depression, as it's a vital part in the production of the mood-regulating hormones, serotonin and dopamine.

ACKNOWLEDGEMENT

Reproduced from **Australian Society of Lifestyle Medicine newsletter**, 23rd March 2021



Early-stage prostate cancer

Taking dead aim at early-stage prostate cancer

Why 'watchfully wait' when you can stop prostate cancer in its tracks?



By Robyn Chuter,
Naturopath and Counsellor



Men who are diagnosed with early-stage prostate cancer are often given the option of 'watchful waiting'. This means that the man's prostate specific antigen (PSA) level will be checked regularly, and if it rises, or if complications from the prostate cancer develop, then surgical and/or medical treatment of the cancer will commence. This approach is generally favoured for men over the age of 75 and/or those with other health problems.

Low-grade prostate cancer has a slow growth rate, so if you are elderly or already ill with another disease, you are likely to succumb to these conditions long before your prostate cancer takes you out. Younger healthy men may also choose watchful waiting because they dread the possible side-effects of prostate cancer treatment: impotence; urinary incontinence; bowel problems; and in the case of hormonal treatments, depression, cognitive decline, loss of libido and increased risk of high blood pressure, diabetes and heart attack.

While the watchful waiting approach saves many men from treatment that would not actually benefit them – in fact, Dr Otis Brawley of the American Cancer Society states that "More than 90% of men getting [treatment for prostate cancer] do not need it"⁽¹⁾ – it represents a gigantic wasted opportunity.

Firstly, slow-growing prostate cancers can suddenly become aggressive and life-threatening, and at the moment there is no way of predicting which cancers will change in this way. Secondly, the dietary and lifestyle risk factors for prostate cancer are the same as the risk factors for heart disease, type-2 diabetes and several other types of cancer, including colorectal.

Being diagnosed with cancer tends to grab one's attention, and many men are more open to change at this point than at any other time in their lives. If you make changes to get your prostate cancer under control, you'll also be reducing your risk of the other major causes of death for Australian men.

That's why, rather than leaving men with early-stage prostate cancer in the limbo of watchful waiting, I favour aggressive nutritional and lifestyle intervention. Why sit there on the tracks, waiting for the train to run you over, when you can get yourself out of its way?

ELEVEN STRATEGIES

What follows are 11 top prostate cancer containment and reversal strategies.

[EDITOR'S NOTE: Nothing here is to do with treating or curing cancer; these points are all about making the body as healthy as possible so as to strengthen its self-healing powers and provide it with the opportunity to heal itself of the cancer or at least stop it from progressing.]

1. Eat a diet based on unrefined plant foods

Dr Dean Ornish has demonstrated the dramatic benefits for men, diagnosed with early-stage prostate cancer, of switching to an all-plant diet. (See box next page, 'The Prostate Cancer Lifestyle Trial'.)

A *healthy* vegan diet – that is, one based on vegetables, fruits, legumes and whole grains, **not** vegan marshmallows and

soy hot dogs – is rich in dietary factors like antioxidant vitamins, carotenoids, other phytochemicals and fibre that help prevent many chronic diseases including cancer, and may assist in overcoming them. In addition, this dietary pattern is low in factors that promote chronic disease, such as saturated fat and cholesterol⁽²⁾ (see point 3. below).

Poultry and eggs are just as risky as red meat. A recent study of 1300 men who had been diagnosed with prostate cancer, found that those who ate the most eggs and poultry with skin, were twice as likely to have their cancer recur after treatment, or progress to a more serious form, as men with the lowest intake.⁽³⁾ Animal protein is a key factor in raising levels of a hormone called IGF-1 (insulin-like growth factor 1), which is a known risk factor for prostate cancer. (On the other hand, plant proteins, including soya beans, raise levels of IGF-1 binding proteins, which protect against prostate cancer.)⁽⁴⁾

And dairy products have no place in the diet of a man who wants to avoid dying of prostate cancer. Milk, yoghurt, cheese and other dairy products contain high levels of IGF-1 and also stimulate the body to make more of it. In addition, a steroid hormone present in milk, is converted to dihydro-testosterone (DHT), a hormone which drives the growth of prostate cells, and hence is involved in the development of both benign prostatic hypertrophy and prostate cancer.⁽⁵⁾

2. Exercise regularly

As well as reducing the risk of developing prostate cancer in the first place⁽⁶⁾, regular exercise is beneficial for men already diagnosed with prostate cancer – but it appears that the exercise must be fairly

vigorous to show benefit. Researchers from the Harvard School of Public Health found that men with prostate cancer who engaged in five or more hours of vigorous physical activity a week, decreased their risk of dying from prostate cancer. In the same study, jogging, cycling, swimming or playing tennis for about half an hour per week reduced all-cause mortality (death from any cause) in these men by 35%. Men who walked for 90-plus minutes at a normal to brisk pace each week had a 51% lower all-cause mortality rate than men who walked less than 90 minutes at an easy walking pace.⁽⁷⁾

3. Get your cholesterol level down

Cholesterol increases prostate cancer cell division, and therefore tumour growth. It increases the activity of a prostate cancer-promoting gene, called PCGEM1, in both androgen-sensitive and androgen-insensitive prostate cancer cell lines.⁽⁸⁾ To lower cholesterol, you must stop eating animal protein, and consume plant sterols.

4. Consume plant sterols

Plant sterols, or phytosterols, are found in abundance in nuts, seeds and grains. They have been found to suppress prostate cancer cell growth and induce cell 'suicide' in prostate cancer cells. Cell 'suicide' is known as apoptosis. Significantly, plant sterols reverse the cancer-promoting effects of cholesterol.⁽⁹⁾

5. Consume foods rich in phytochemicals, especially lycopene

The red pigment *lycopene*, a member of the carotenoid family, lends tomatoes, watermelon, pink grapefruits, papaya, apricots and pink guavas their vibrant hue. Epidemiological studies have found that men with a high intake of lycopene (usually from cooked tomato products) have a lower risk of prostate cancer.⁽¹⁰⁾ Men with prostate cancer who consumed more dietary lycopene had lower PSAs, slower progression of their cancers, and less cancer-related pain and urinary tract symptoms.⁽¹¹⁾

Lycopene has been found to inhibit the growth of prostate cancer cells and induce apoptosis. It is a potent antioxidant, able to prevent cancer-causing oxidative damage to DNA. It also has specific activity against many of the mechanisms used by prostate cancer cells to grow and multiply, including blocking the growth-promoting activity of IGF-1.⁽¹²⁾

6. Eat cruciferous vegetables

The cruciferous, or brassica, vegetables include broccoli, cauliflower, Brussels sprouts, cabbage, bok choy, tatsoi, rocket, horseradish, watercress, kale, kohlrabi, mizuna, turnip, rutabaga, radish and wasabi.

While all vegetables are beneficial for people with cancer, men who ate three or more servings of cruciferous vegetables per week were found to have a 41 percent lower risk of developing prostate cancer than did men who ate less than one serving a week.⁽¹³⁾ *Sulphoraphane*, a key isothiocyanate compound found in cruciferous vegetables, particularly broccoli sprouts, increases cells' defences against cancerous change, and slows down the rate of prostate cell division.^(14,15)

7. Consume pomegranate

The fruit and juice of the pomegranate are extraordinarily rich in *polyphenols*, a class of phytochemical with strong antioxidant activity. Pomegranate contains a unique group of polyphenols called *punicalagins*, which down-regulate the growth factors that cancer cells use to propagate themselves, thus inducing apoptosis.^(16,17)

Researchers at the University of California, Los Angeles, studied the effects of pomegranate juice on 50 men with prostate cancer in whom medical therapy had failed. Their PSA levels had doubled, on average, only 15 months after they had had surgery and/or radiation, indicating that their prostate cancer cells were rapidly propagating. The men were given 225 ml of pomegranate juice daily. The average PSA doubling time increased to *54 months*, and 80% of the men who received the juice reduced the velocity of their PSA increase.⁽¹⁸⁾

8. Eat ground linseed/flaxseed – but *not* flaxseed oil

Flaxseed (or linseed) contains high amounts of *lignans*. These compounds are converted in the body into *enterolactone*, which has been found to inhibit prostate cancer growth and development.⁽¹⁹⁾

Researchers took 161 men with prostate cancer, who were scheduled for surgical removal of the prostate gland, and randomised them into 4 groups. The first group received a diet supplemented with 30 grams flaxseed per day; the second, a low-fat diet; the third, a low-fat diet supplemented with flaxseed; and the fourth ate their usual diet. All the men followed their allocated diet for an average of thirty days until their surgery. The prostate tumours were then examined for proliferation and apoptosis. The two groups that received flaxseed were found to have less than half the rate of tumour cell proliferation compared to men who consumed their usual diets, while no significant effect on proliferation was observed among those who received a low-fat diet without flax.⁽²⁰⁾

On the other hand, some epidemiological studies have found that men with the highest intake of alpha-linolenic acid (ALA – of which flaxseed oil is the richest commonly-consumed source) have an

THE PROSTATE CANCER LIFESTYLE TRIAL

The pioneering medical doctor, Dean Ornish, GP, has shown that a low-fat vegan diet including soya foods, along with participation in stress management, psychosocial group support and exercise programs, can prevent or delay the need for medical treatment in men with early-stage prostate cancer (Gleason score of 7 or less).

Ornish took 93 men who had elected watchful waiting to manage their early stage prostate cancer, and put half of them into a diet and lifestyle intervention group. The intervention group experienced significant improvements in weight, abdominal obesity, blood pressure and lipid profile (blood cholesterol and triglycerides),⁽²⁸⁾ and their PSA level went down by an average of 4% after one year on the program, while the control group suffered an average PSA increase of 6%.⁽²⁹⁾

After two years, 27% of the control patients had had to undertake conventional prostate cancer treatment (radical prostatectomy, radiotherapy or androgen hormone deprivation) compared to only 5% of the patients in the intervention group. Three of the control patients had a PSA level of 10 ng/mL or higher, while none of the intervention group did.⁽³⁰⁾

The researchers also took serum (blood minus the red blood cells) from the men after they had made the diet and lifestyle changes, and cultured prostate cancer cells in it. They found that this serum inhibited the growth of prostate cancer cells eight times more effectively than serum from men in the control group who had made no changes.⁽³¹⁾

Diseases such as cancer are often blamed on 'bad genes', with the assumption that a man inherits genes that predispose him to cancer from his parents, and there's nothing he can do about it. However, Ornish and his co-researchers found proof that diet and lifestyle changes can change the *expression* of genes – in other words, you can turn 'cancer genes' on or off depending on how you live. They studied the gene expression of men before and after the diet and lifestyle intervention, and found that *over 500 genes* were affected by the changes the men made. Many of these genes play crucial roles in generating cancerous tumours.⁽³²⁾

increased risk of developing prostate cancer compared to men with the lowest intake.^(21,22) Until more definitive studies are done, it is prudent to avoid concentrated sources of ALA. While whole or ground linseed does contain ALA, the anti-cancer lignans it contains appear to offset any cancer-promoting effect that this fatty acid may have. [ALA oxidises very easily which could be a key factor – *TNH* Editor.]

9. Avoid folic acid supplements

Men who took daily a 1 mg folic acid supplement for up to 10 years were found to more than double their risk of developing prostate cancer compared to men taking a placebo. Interestingly, men who did not take folic acid supplements, but had high blood levels of folate from dietary sources, showed a trend toward reduced risk of prostate cancer.⁽²³⁾

[Note that folic acid is synthetic – Editor]

10. Ensure your vitamin D level is optimal

The 'sunshine vitamin' is the current megastar of the nutrition world. There has been an explosion in vitamin D research in recent years, and it seems that there aren't many diseases that vitamin D *doesn't* prevent or aid in treating. Prostate cancer is definitely on the list.

Vitamin D inhibits human prostate cancer cells from proliferating, invading surrounding healthy tissue and metastasising (spreading through the body); and it promotes differentiation of these cells (thus *reversing* the process by which healthy cells turn into cancer cells).^(24,25)

A study of men who had been treated for prostate cancer, but still had rising PSA levels (indicating that their prostate cancer was relapsing), found that vitamin D supplementation decreased PSA levels or kept them steady during nearly two years of follow-up. This means that the vitamin D was slowing down or preventing the recurrence of prostate cancer.⁽²⁶⁾

11. Manage stress and seek emotional support

The Prostate Cancer Lifestyle Trial conducted by Dr Dean Ornish included multiple avenues for building connections between the men who were facing cancer. Ornish himself considers this to have been a very significant aspect of the program. Most of the men reported that their participation in the program contributed to feelings of hope, optimism and fighting spirit, and many felt they were much more comfortable with emotional expression as a direct result of this peer group involvement.⁽²⁷⁾

IN CONCLUSION

Being told that you have cancer is one of the scariest experiences you can possibly have. But for men who are diagnosed with early-stage prostate cancer, there is a silver lining to this dark cloud: the diagnosis can spur them on to make diet and lifestyle changes that will substantially reduce the chances of their prostate cancer becoming aggressive and claiming their lives.

As an added bonus, these same changes will also substantially improve their quality of life, and protect them against other deadly conditions, including heart disease, type-2 diabetes and bowel cancer, which share many risk factors with prostate cancer.

So don't sit around 'watching' your PSA levels rise, and 'waiting' until the urologist says it's time to cut out your prostate gland. Follow the example of Dr Dean Ornish's patients and start making life-saving changes in your diet and lifestyle today.

THE AUTHOR

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AN EXTRA BIT OF ADVICE ADDED BY THE *TNH* EDITOR

SOMETHING ELSE MEN CAN DO TO HELP

A set of guidelines by a man named Daniel Davies, entitled '**5 simple ways to reduce your prostate cancer risk**', dated 5th September 2018, included the following advice: (menshealth.com/uk/health/a759438/how-to-reduce-your-prostate-cancer-risk)

EJACULATE REGULARLY

According to an Australian study, 'Ejaculation Frequency and Subsequent Risk of Prostate Cancer', frequent or DIY sex may help prevent prostate cancer.

A study of 2,338 men showed that guys who ejaculated five or more times a week were 34 percent less likely to develop prostate cancer by age 70 compared to those who released semen less often.

So there you have it, ejaculate more if you want to ward off prostate cancer.



How to maintain healthy knees

By Lyn Craven, Naturopath and Bowen Therapist



So many problems may arise affecting the flexibility of your knees, including:

- Impact accidents/falls;
- Strains, including repetitive strain;
- Patella tendonitis (inflammation of one or more tendons attaching muscles to bones); the patella is the kneecap;
- Bursitis;
- Kneeling for work (carpet layer/trades), even daily gardening;
- Ruptured ligament or cartilage tears and/or meniscus;
- ACL – tear of anterior cruciate ligament (one of four ligaments that connect the shinbone to the thigh bone);
- Dislocation of patella;
- Weakness in the gluteus medius muscle that could be due to tight hip flexure muscles;
- Osteoarthritis;
- Rheumatoid arthritis;
- Poor gait due to hip or foot pain, which then impacts on the knees.

Symptoms vary depending on type of disorder affecting the knee such as:

Sharp pain, stiffness, deep boring pain, instability, bruised feeling, burning knee pain and others. Each of these symptoms indicates different problems, some of which are listed above. All are treated in different ways.

Pain can be transient and occur after a long walk, running or climbing stairs. There could be a sensation of the knee giving way or locked knee or swelling.

Knees can make noises such as popping, clicking or grinding. This could be due to gas popping in the knee or possible soft tissue or ligament tear.

Some cases may resolve in a short space of time others take much longer. Osteoarthritis and rheumatoid arthritis can be managed with the former sometimes requiring knee surgery if bone-on-bone occurs.

Stairs can be an issue for some people with knee pain, especially descending, where the force going through the kneecap is three-and-a-half times your bodyweight.

This can indicate an issue with the patella and how it moves.

The kneecap is a small bone shaped like an upside-down triangle sitting in the patella groove at the front of your knee; it glides up and down as the knee moves. Anything interfering with how the patella moves or the cartilage lining of the kneecap magnifies the force when descending stairs.

Running uphill can force up to five-and-a-half times your bodyweight through the knee!

I'm not a fan of squats, so I don't recommend them to anyone, since most people get them wrong. Knee pain during squat exercises could be due to weak gluteal muscles. If they are weak, the knee cannot track correctly and becomes overloaded, resulting in knee pain. Exercises that require you to kneel (yoga or Pilates) should be avoided or minimised.

The more efficient and safe way to perform a quad stretch is to roll a small hand towel and place it behind the knee, stand and align yourself straight with knee bent touching the other knee and hold for a count of 15 – 20, then repeat for other knee. This puts less strain on the meniscus. Do not lean back.

What to do?

If a symptom is sudden and painful, especially after a fall or accident, obtain an X-ray. If you suspect muscle/ligament tear request an ultrasound. This will give you clearer guidance for correct treatment.

Typically, doctors recommend physiotherapy. You can try this, then if necessary opt for other forms of bodywork such as chiropractic, osteopathy or Bowen therapy, along with acupressure and in some cases sports massage. Acupuncture can be used if a lot of inflammation is present. It also works very well with Bowen therapy, since they both release blocked energy and are often tolerated more when pain/swelling is present as they are gentle therapies.

If a tear is present, you must use cross-fibre massage, not up and down the leg and not initially. Inflammation must be resolved first.

Surgery may be required for major tearing of a ligament/meniscus or for knee replacement. You can also incorporate various natural treatments to speed up healing.

I am convinced that the radial fracture I had healed so fast due to acupuncture and Bowen therapy, yet the fracture clinic had offered nothing but two exercises! The impact on the tibia and knees also resolved very quickly.

Bursitis cases respond very well with Bowen therapy and acupressure. Maintenance on osteoarthritis cases is very helpful. However, if there is bone on bone, surgery is usually the option. I've not come across any long-term positive outcomes with stem-cell injections.

Always have arnica and comfrey in your first-aid cabinet – the former releases bruising, especially if it is internal from impact. Comfrey (old medieval name 'knitbone') helps knit ligaments and tendons. Calendula is great for sores and cuts that may have dirt or gravel in them. Apply a generous amount once the wound is cleaned and disinfected, then place dressing over it.

To free up acidic build-up

Place a small hand towel in a large bowl of cold water with a cup of white vinegar in it – white vinegar is best. Soak for an hour, wring out, wrap around the entire knee, then cover with glad wrap and secure with a scarf. Do this nightly for four nights. You can repeat this again in the future.

I've treated many knee problems and most do improve with consistency, along with appropriate exercises that must be done regularly.

Lyn Craven is a Practitioner of Naturopathy, Bowen Therapy and Energy/Reiki. She is a corporate health facilitator and presenter for health expos and wellness days. Lyn runs a private practice in Bondi, Sydney. For further information, contact Lyn on 0403 231 804 or lyncraven@bigpond.com Website: www.lyncraven.com www.facebook.com/NaturopathandBowenTherapy

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

The Social and Emotional Benefits Dogs Offer Children

13th January 2021

Preschool-aged children with dogs have a reduced likelihood of conduct problems, peer problems and total difficulties compared to children from families without a dog.

Researchers from the Centre for Child Health Research at The University of Western Australia surveyed 1,646 parents about dog ownership and pet-related activities, such as family dog walks and how often their child actively plays with their dog. Just belonging to a dog-owning family had benefits, with such children having a reduced likelihood of conduct problems, peer problems and total difficulties than children from families without a dog.

Prosocial behaviours, which may include things like sharing, co-operating and showing empathy, also occurred more often in the children of dog-owning families. Children from families with a dog who walked or played with the dog more often had even better prosocial behaviours.

Children between the ages of 2 and 5 who participated in family dog walking at least once a week and actively played with their dog three or more times a week had increased prosocial behaviours, while walking the dog with the family at least once a week lowered the likelihood of total difficulties.

Among third to sixth graders, pet ownership was linked to greater autonomy, while fifth and sixth graders with pets had higher levels of self-esteem. Other research

also found that elementary students who owned dogs were more empathic and pro-socially oriented than non-owners.

Quite simply, a positive relationship with an animal encourages nurturing behaviour in children, teaches compassion and also provides a sense of responsibility.

Adults' self-concepts may even be related to the age when they had their first pet, with greater social competency and positive self-concept when pet ownership began prior to age 6 or after age 12.

Allergies Can Make Your Pet Miserable

12th February 2021

Pets can have allergies, just like people, and determining the cause can be a challenge, especially since the allergens may reside right in your home.

One of the most common signs of allergies in dogs and cats is inflammation of the skin known as *allergic dermatitis*.

This causes intense itching, which can cause secondary infections if the scratching breaks the skin. This includes itchy feet – if your pet is licking and chewing at his feet constantly, allergies are a likely reason. Ear infections are also common in pets with allergies or, more rarely, runny nose, sneezing and watery eyes.

Identifying your pet's allergens is the first step to helping your pet get relief.

Many of the things that cause allergic reactions in humans can also cause them in our pets. Dust mites, pet bed filling, household chemicals, house-plants and dander from other pets and people can cause allergic reactions in pets.

Pet beds are a common source of allergens, not only due to the dust mites but also the material that makes up the filling. Synthetic or latex memory foam can be allergenic, as can chemicals used in processing, including flame retardants.

Less likely to trigger an allergic response are fabrics made of 100% organic cotton, hemp (a naturally grown crop that isn't sprayed with pesticides or other chemicals) or tightly woven microfibre fabric. Silk is a great material because dust mites can't survive in silk.

If your pet has environmental allergies, pet bedding should be washed and dried weekly, or if it can't be laundered weekly (including the stuffing), replaced every six months.

Cleaning supplies, air fresheners, laundry detergents and hair sprays are common sources of chemicals that could also cause allergy in your pet. Chemical dryer sheets, plug-in air fresheners and other fragrances are top chemicals to eliminate that will quickly lighten your pet's exposure to allergens. Smoke from cigarettes and cooking is also a common trigger for atopic dermatitis.

A most surprising cause of contact dermatitis is seen in dogs who lounge by the pool or swim. This is due to exposure to the chlorine-treated pool water over time.

And any flowering house-plant has the potential to cause allergy, especially if there is mould. Symptoms of allergy to mould include scratching, chewing, licking or biting at itchy areas of the body that can progress to skin sores and fur loss.

Just as humans can be allergic to animals, so animals can be allergic to humans, as well as other animals in the house. Such allergies can develop later in life, and in fact tend to occur between 2 and 5 years old, since it takes repeated exposure to human dander for allergy to develop.

When you can't remove the source of the allergen, you can reduce exposure by regular vacuuming and mopping (be sure to first remove your pet from the area you're cleaning), use 'green' cleaners and invest in a high-quality air purifier.



Ground-Breaking Study: How to Add Years to Your Dog's Life

5th April 2021

In Western countries, we have an epidemic of overweight or obese dogs. We also have dogs with diseases that cause weight loss, but what we don't have are many healthy skinny dogs.

A ground-breaking study in 2002 of 48 Labrador Retrievers from birth to death revealed that the dogs fed a calorie-restricted diet lived an average of two years longer (13 years versus 11.3 years) than the control group of dogs, with delayed onset of many degenerative diseases, including arthritis.

In addition, dogs in the 'skinny group' died a more natural death, whereas almost 90% of the control group dogs had to be euthanised due to medical problems, primarily arthritis.

Intermittent fasting can help you keep your canine companion lean; it can also help heavy dogs lose weight and improve their health, wellness and longevity.

There is a variety of approaches to intermittent fasting (time restricted feeding).

For the purposes of weight loss, the first thing to do is calculate how many calories to feed each day. Let's say your Golden Retriever is 36 kilos and should be 30 kilos. The way to find how many calories to feed him/her is:

$$\text{Daily calories} = \text{Body weight (kg)} \times 30 + 70$$

So the numbers look like this:

$$\text{Daily calories} = 30\text{kg} \times 30 + 70 = 970$$

This (including treats) is what an average 30 kg dog needs to maintain that weight. If your overweight dog isn't exhibiting signs of profound hunger, you can begin feeding this amount of food in each 24-hour period. He/she should drop steadily to the ideal weight of around 30 kg and maintain it.

If your dog doesn't need to lose weight or if you want to help her gain weight, you can still use the above equation to determine how many calories per day to feed him/her.

Top Kibble Myths Busted!

25th April 2021

According to a market survey, many pet parents prefer dry pet food over canned food because they mistakenly feel it's more nutritious, keeps their pet's teeth clean, and also has a mild smell.

It's a myth that kibble helps keep pets' teeth clean – raw diets, raw bones and tooth brushing do; and while it's true that kibble tends to be less smelly than canned pet food, fresh human-grade pet food has no offensive smell; it smells like real food.

Dry pet food, for all its convenience, is difficult to store in a way that preserves its nutritional value and freshness. No complete and balanced pet food exists that is also shelf stable. In particular, as soon as a bag of kibble is opened, important dietary fats in the food begin to go rancid – and long-term consumption of rancid fats can be extremely harmful to your pet's health.

Kibble is far from ideal for a long list of other reasons, including poor quality, highly refined ingredients, high-heat processing methods, the inclusion of biologically inappropriate grains and/or starches and synthetic nutrients, and lack of moisture. During manufacture, the extremely high temperatures effectively kill most of the nutrition in the food.

Manufacturers know this and commonly add a nutrient mix containing cheap, feed-grade vitamins and minerals, including metal oxides (such as zinc oxide) and sulphates (such as copper sulphate) that speed the oxidation of fats, ultimately resulting in rancid fats.

And as if all that isn't bad enough, tiny storage mites can also proliferate in dry food. These start out in grain silos and find their way into kibble. Pets can develop a hypersensitivity to storage mites, resulting in itchy inflamed skin, hair loss and

recurrent ear infections.

The majority of dry pet food is a blend of poor-quality meats, agricultural leftovers, by-products of the human food industry and synthetic vitamins and minerals. The poor quality proteins and fats used in most kibble, when processed at high temperatures, create cancerous by-products. The meat that goes into extruded pet food is put through at least four high-temperature cooking processes, leaving the digestibility, absorbability and overall amino acid content highly questionable.

If you must feed dry food, don't buy in bulk, but purchase enough for a month at a time. Check to make sure the food isn't near or past its use-by date, and also ensure there are no tears in the bag that allow air to enter. Kibble should be in an airtight container that is washed frequently with detergent and hot water.

For optimal health, feed your pet a minimally processed, high-quality animal protein, healthy fats and vegetables for fibre, with low starch content.

Can Your Dog's Kiss Make You Sick?

30th December 2020

The majority of dog owners (52%) smooch their dog more than do their significant others, while 61% kiss their dogs on the mouth.

In Germany in 2019, a 63-year-old man died after becoming infected with *Capnocytophaga canimorsus* bacteria. These bacteria are common in the mouths of dogs and cats, and it's possible that he was exposed when his dog licked him. But this was an extremely rare event.

In the majority of cases, a quick kiss from your dog is harmless, but if you have a compromised immune system, it's best to avoid letting your dog lick you. You should also avoid letting your dog lick any areas with open wounds.

While you may enjoy nuzzling your pooch and kissing his face, be sure your dog is accepting of this affection. If he shows signs of stress, find another way to express your feelings.

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

Breast cancer partly due to vitamin D deficiency

2nd March 2021

Women who spend hours outdoors – and so are exposed to more sunlight, the natural source of the vitamin – run a far lower risk of developing breast cancer.

Researchers from the University of Copenhagen analysed the lifestyles of more than 38,000 women under the age of 70 who had been diagnosed with breast cancer and compared them with cancer-free women. To assess sunlight exposure, the researchers looked for occupations that were mainly based outdoors, and especially between 10am and 3pm, when our body is more efficient at producing vitamin D.

The benefit of sunlight exposure in reducing breast cancer risk wasn't evident in younger women, but appeared to have an effect in those aged 50 and older. Women who regularly spent time outdoors – such as during the work they were doing – for 20 years or longer had a 17 percent reduced risk of the cancer by the time they were 50.

The discovery supports earlier studies that had found an association between low vitamin D levels in the blood and breast cancer.

People generally are spending less time outdoors, partly because more work is based inside and partly because people are spending less time in the sun because of 'safe sun' campaigns and the fear of skin cancer.

The researchers say their approach hadn't taken into account other reasons for sunlight exposure, but the findings do suggest that long-term exposure to sunlight is associated with reduced risk of breast cancer in later life.

(Source: *Occupational and Environmental Medicine*, 2021; oemed-2020-107125)

A big circle of friends keeps your brain young

8th June 2018

We may dream of moving to a quiet village when we retire – but it could be the worst thing we do for our mental health and wellbeing. People who stay connected to a larger social group slow the process of brain ageing, a new study has discovered.

They have better memories and healthier brains overall than other people who live more isolated lives, say researchers from Ohio State University.

These latest findings add to the growing body of evidence that has found that a strong social circle and cognitive health go together. The key could be in the hippocampus region of the brain, which is connected to memory, as that responds to stimuli from social group activity and exercise.

It's beginning to look pretty conclusive that there's a link between social activity and brain ageing.

(Source: *Frontiers in Aging Neuroscience*, 2018; doi: 10.3389/fnagi.2018.00142)

Global warming also affects our thinking

21st July 2020

Rising carbon dioxide levels aren't only contributing to global warming – they are also affecting our ability to think.


The increased CO₂ reduces the amount of oxygen getting to our brain, affecting our ability to think and understand. It also makes us sleepier and more anxious.

As it's in the air we breathe, it can affect everyone from schoolchildren to a business executive, say researchers at the University of Colorado at Boulder, USA. It is more concentrated in indoor spaces, such as a classroom or our own living room, than in outdoor areas.

Our ability to make decisions and plan is especially affected by carbon dioxide in our blood, the researchers say. At very high levels, it can reduce our decision-making capabilities by 25 percent and complex strategic thinking by up to 50 percent.

Carbon dioxide began to be released into our atmosphere with the start of the industrial revolution, and peaked at 414 parts per million (ppm) last year. Scientists





reckon that levels could reach 930 ppm by year 2100 if left unchecked, and this would raise indoor levels to 1400 ppm.

(Source: *GeoHealth*, 2020; doi: 10.1029/2019GH000237)

A 24-hour fast could reverse chronic gut problems in elderly people

9th May 2018

If you're over age 60 and you suffer from gut problems, a day-long fast could be the answer. New research has discovered that fasting kick-starts the regeneration of the stem cells in our intestines, a natural function our body tends to lose as we get older.

Gastrointestinal infections and other gut problems can become a chronic, long-term problem as we lose the ability to naturally regenerate intestinal stem cells, the source of all new cells in the gut.

But fasting for 24 hours can kick-start the process even when you are older, researchers from MIT, Massachusetts, have discovered. After fasting, our cells begin to break down fatty acids instead of the blood sugar, glucose, and this metabolic switch is enough to start the regeneration of stem cells.

Intestinal stem cells maintain the lining of the intestine, and normally renew themselves every five days or so. The process is vital following an injury or infection as it helps repair the damage.

(Source: *Cell Stem Cell*, 2018; 22: 769)

Five Lifestyle Changes Which Reduce Heartburn

26th January 2021

You don't need to take medications to manage your heartburn. Making just five changes to your diet and lifestyle may be enough to relieve your suffering.

Heartburn – or gastroesophageal reflux, (GERD) – is usually managed with over-the-counter remedies. But you can drop the drugs if you adopt five changes: achieve a normal weight; don't smoke; do

moderate to vigorous exercise every day for 30 minutes; restrict yourself to just two cups of coffee, tea or soft drink daily; and follow a 'prudent' diet.

Lifestyle changes are the way to go as heartburn medications come with a worrying host of side effects, said lead researcher, Andrew Chan.

People who adopt the five changes see an average 37 percent drop in symptoms, and this can fall further, depending on a person's commitment to them.

Of the five changes, physical activity could be the most effective, which may be due to its physical impact on the digestive tract. "Being physically active may help with the clearance of stomach acid which causes heartburn symptoms," Andrew Chan said.

The researchers had analysed the results from the Nurses' Health Study, which tracked more than 43,000 women who suffered from heartburn.

(Source: *JAMA Internal Medicine*, 2021; doi: 10.1001/jamainternmed.2020.7238)

Mobile phone radiation is killing bees, study confirms

30th October 2020

Radiation from mobile phones is killing the insect population, and is partly responsible for the recent decline in bee populations, a major review has concluded.

EMFs, the electromagnetic frequencies from mobile phones, mobile networks and Wi-Fi signalling, interfere with the insects' navigation systems and disrupt their immune systems.

The evidence is overwhelming, says the Nature and Biodiversity Conservation Union (NABU), which discovered that 72 scientific papers out of the 83 they reviewed concluded that the radiation was having a harmful impact on insects, especially bees, wasps and flies.

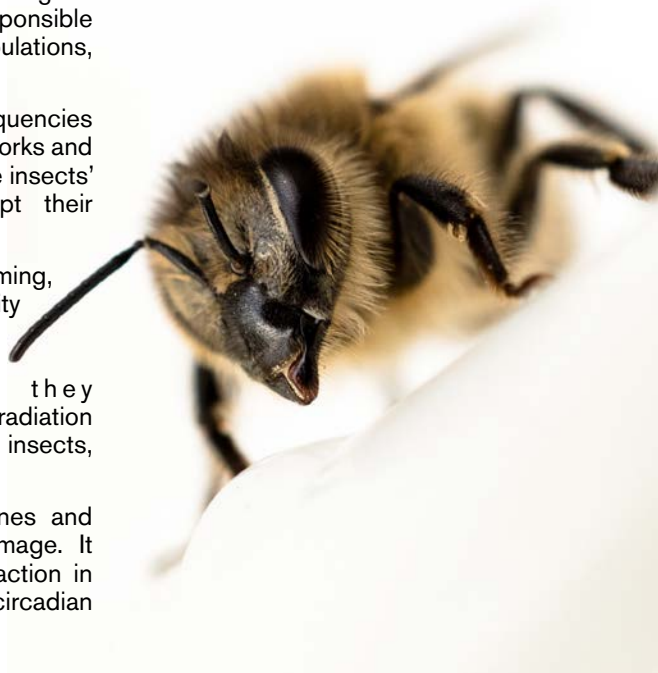
The radiation from mobile phones and Wi-Fi is causing the most damage. It triggers a biochemical chain reaction in the insects that disrupts their circadian rhythms and immune systems.

The radiation also disrupts their ability to navigate because it interfere with the magnetic fields the insects rely on.

The NABU, based in Germany, is pessimistic about whether anything will change. "Making change interferes with our daily habits and there are powerful economic interests behind mobile phone technology," said Johannes Enssle, head of NABU's southern section.

In fact, the problem is likely to worsen with the introduction of 5G technology, which is around a hundred times more powerful than 4G and the earlier networks that had been monitored for the studies that NABU had reviewed.

(Source: *Nature and Biodiversity Conservation Union*; <https://en.nabu.de/>)





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.

NOTE. Dr Mercola always follows his articles with extensive references. They are mostly not included in this column in order to save a large amount of space. References can be supplied on request.

Astaxanthin Slows Brain Ageing

3rd December 2020

Based on past studies, researchers have established that astaxanthin may slow brain ageing. Multiple studies also show that it benefits vision, skin and heart health and has anti-tumour effects.

Astaxanthin has unique properties, including an ability to protect water- and fat-soluble parts of the cell, plus the fact that it does not function as a (harmful) pro-oxidant.

Scientists have also found that astaxanthin inhibits cytokine storms, which are a significant factor in inflammation and severe COVID-19 disease that increases the risk of death. It has a wide variety of applications in the prevention of diseases, and has significant promise in helping to slow brain ageing.

Astaxanthin is a naturally occurring carotenoid, which is responsible for the pink or red colour of salmon, trout, lobster and other seafood. [In plant-based eating, supplements are available made from micro-algae.]

According to *Science Direct*, "When compared to other antioxidants, including lycopene, vitamin E and vitamin A," astaxanthin comes out on top and is often referred to as the 'king of antioxi-

dants'. It is derived from *Haematococcus microalgae*, which produce astaxanthin as a protective mechanism to shield the algae from harsh ultraviolet (UV) light.

In your body, it works as an antioxidant to help protect against reactive oxygen species (free radicals) and oxidation. These processes play a role in ageing and many major diseases, including heart disease, Alzheimer's disease and Parkinson's disease. Data show astaxanthin can protect our skin against free radical damage from UV light from the inside out.

In 2015, NASA presented information at the 66th International Astronautical Conference showing that a supply of astaxanthin from natural sources could potentially prevent the negative effects of radiation exposure, damage to the eyes and other health effects known to occur to astronauts in space.

Researchers writing in the journal, *Marine Drugs*, recognise the challenge of maintaining brain function and wellbeing as human life expectancy lengthens. Recent studies have evaluated the nerve-protective effect astaxanthin has on preserving brain ageing in experimental models.

In their review of the literature, scientists have identified several pathways which astaxanthin may take in slowing brain ageing. They found several studies where astaxanthin modulated biological mechanisms, including transcription factors and genes directly related to longevity. Only two genes have a significant impact on human longevity.

Additionally, they found that astaxanthin can attenuate oxidative damage to DNA, lipids (fats and cholesterol) and protein.

They concluded that it is possible that astaxanthin can slow the rate of ageing and promote longevity. The neuro-protective properties appear to be attributed to astaxanthin's ability to reduce oxidative stress and inflammation, as well as improve the functioning of the mitochondria (the little energy 'factories' in the cells) and the dysregulation of gene expression that occurs with ageing.

These Veggies are Tops for Our Hearts

30th October 2020

A recent study shows that eating just one-fourth to one-half cup of Cruciferous vegetables – including broccoli, Brussels sprouts and cabbage – per day can reduce the risk of calcium build-up in the aorta, the main artery taking blood away from the heart, by as much as 46%.

Calcium build-up in the arteries is an underlying cause of heart attacks and strokes.

Decreasing calcium build-up could help reduce the number of people who die of heart disease, the leading cause of death of men and women in all racial and ethnic groups.

Cruciferous vegetables can also help prevent cancer, reduce the risk of metabolic diseases like diabetes, slow cognitive decline, prevent Alzheimer's disease, combat obesity, reduce inflammation and prevent asthma.



Sulphoraphane for Your Heart and Brain

19th April 2021

Sulphoraphane is a powerful phytochemical found in Cruciferous vegetables that develops when the vegetable is chopped or chewed, causing the enzyme *myrosinase* and *glucoraphanin* to combine.

The data on sulforaphane is so strong that some people suggest broccoli should be a key part of cancer prevention.

Sulphoraphane helps reduce the risk of cardiovascular disease and benefits brain health, including in people with Alzheimer's disease, schizophrenia and autism.

Routinely consuming Cruciferous vegetables also helps control your weight, prevents metabolic disorders, slows cognitive decline with age and boosts your body's natural detoxification processes.



Sharyl Attkisson on Media Bias

22nd November 2021

In the 1950s, the CIA ran a covert campaign called 'Operation Mockingbird', in which they recruited journalists as assets to spread propaganda, and while the campaign officially ended in the 1970s, evidence suggests that the project never really terminated.

In her book, *Slanted: How the News Media Taught Us to Love Censorship and Hate Journalism*, Sharyl Attkisson addresses one of the most pressing issues of our time: media bias and the deterioration of objective journalism

Multinational industries and the drug industry in particular wield powerful influence over content relating to their particular interests. As drug advertising became a major income stream for media companies, their reporting on health and medicine became increasingly biased.

Big Tech companies are also masters of censoring anything that might hurt themselves or their technocratic allies.

In terms of health, the reporting of the coronavirus (SARS-CoV-2) has taken censorship and media manipulation to brand-new heights. All social media platforms are openly censoring dissenting views about the virus, particularly its origin and treatment. Even lauded doctors and scientists have been axed for speaking against the desired narrative dictated by the World Health Organisation.

Sources and References

Encyclopedia of intelligence and counterintelligence (First edition). Routledge, Operation Mockingbird CDC.gov, August 26, 2020

Wide-Ranging Health Benefits of Cranberries

26th December 2020

Cranberries are a super-fruit high in antioxidant and nutrient content. The fruit is best known for helping to prevent urinary tract infections; but it must be the pure juice, as sweetened cranberry juice does not have the beneficial effect.

The fruit is high in polyphenols and prebiotic fibre, both of which help protect heart health, including lowering systolic blood pressure and raising HDL cholesterol.

Some compounds in cranberries promote the inhibition of cancer cell proliferation in the lab and have a chemoprotective effect against colon cancer in an animal model.

The anti-bacterial properties of cranberries help reduce biofilm and plaque in the mouth, thus reducing cavity formation.

Consider adding raw cranberries to your salad, salsas and smoothies.

A news item from the Australian College of Nutritional and Environmental Medicine, 22nd March 2021

Caffeine in pregnancy linked to nervous system changes in offspring

Author: I. Hoskins, 11th Feb 2021

A retrospective study of caffeine intake in pregnancy and structural brain changes in 9- and 10-year-old children suggests caffeine exposure in the uterus could be altering children's brain structures. The changes appear to have small but noticeable effects on behaviour, attention and hyperactivity.

The authors suggest advice to pregnant women about caffeine may need revision.

Pregnant women are generally advised to avoid consuming more than about 200 mg of caffeine a day, equivalent to a couple of cups of coffee. Consuming more than this has been linked to several adverse birth outcomes.

There are only a few studies which suggest that caffeine can affect neuro-development as well.

Caffeine was linked to IQ in a French cohort study in 2016 by Galéra and colleagues at the University of Bordeaux. They found that maternal consumption of greater than 200 mg daily in pregnancy was associated with significantly reduced IQ in 5-year-old children compared with consumption of less than 100 mg daily.

Danish researchers, led by Suzanne Mikkelsen, found in another study that consumption of more than eight cups of coffee by pregnant women was linked to several behavioural disorders in their offspring at age 11 years.

This study used MRI to examine the organisation of linkages between brain areas called *fibre tracts* in more than 9,157 children aged 9 and 10. The mothers of 4,125 of the children reported that they had consumed caffeine more than once a week during pregnancy. Those children had structural differences in their fibre tracts and scored higher on psycho-pathology [mental illness] tests. The researchers didn't find any effect on cognition, for example, memory and efficiency at doing tasks.

The advantage of this study over previous ones is that it has, according to the authors, identified a biomarker – a particular structural change in the brain which could be monitored. The limitation of this study is that it relies on women remembering whether or not they avoided caffeine many years before.

Reference

Zachary P. et al. 'Caffeine exposure in utero is associated with structural brain alterations and deleterious neurocognitive outcomes in 9–10 year old children'. *Neuropharmacology*, Volume 186, 2021,108479, doi.org/10.1016/j.neuropharm.2021.108479.

Side effects of the COVID vaccine

Abridged from a blog by Lynne McTaggart and Bryan Hubbard, Editors, *What Doctors Don't Tell You*. 30th April 2021

NOTE. The Natural Health Society does not have a policy on vaccination. We do, however, provide information that may assist people in making their personal choices about vaccination.

When Pfizer-BioNTech shareholders and execs met online at a conference hosted by Barclays Bank in March to discuss how the biggest campaign with the fastest-produced vaccine in world history was progressing, adverse events did not make the agenda. Here is a summary of them.

BLOOD CLOTS

Italy was investigating a death within hours of taking the vaccine, and two other deaths in Sicily.

In Norway there was a death and in healthcare workers under 50 serious brain haemorrhaging and blood clots following the AstraZeneca's COVID vaccine.⁽¹⁾

In Denmark a woman died shortly after receiving the vaccine and there were several reports of blood clots.⁽²⁾

Norway's Chief Physician and professor, Pål Andre Holme, announced that the reason for the blood clots following AstraZeneca's vaccine was a rare hyper-inflammatory immune response to the vaccine that generated antibodies which attacked the patients' blood platelets. He said that relatively young people had become very sick and died.⁽³⁾

Deep vein thromboses and less serious blood clotting reactions are a small risk, but much higher than the 'one-in-a-million' risk that is advertised. It is not known how many other 'rare' deaths were also occurring.

Sixty-nine doctors signed an open letter to the European Medicines Agency citing serious potential consequences of COVID-19 vaccine mRNA technology, warning of "possible autoimmune reactions, blood clotting abnormalities, stroke and internal bleeding, including in the brain, spinal cord and heart".⁽⁴⁾

There was no answer from the EMA, which ruled that its review of the clotting events had found the "benefits outweigh the risks" and that the vaccine was "safe and effective."⁽⁵⁾

ANAPHYLAXIS

Anaphylactic shock is a potentially lethal immune system response to exposure to a foreign trigger such as the ingredients in vaccines. It can cause sudden hives, wheezing, swelling of the throat, nausea, confusion and blood pressure drops that can lead to vascular collapse. If it

is not treated immediately, usually with adrenaline, it can be fatal.

The Medicines and Healthcare products Regulatory Agency (MHRA) in the UK warned that people who had known severe allergies to any vaccine ingredient should not take it.⁽⁶⁾

By 28th March 2021, 714 people had experienced anaphylactic reactions in the UK alone, according to the MHRA.

In the US, the Vaccine Adverse Event Reporting System (VAERS) logged 829 anaphylactic reactions by 9th April 2021, including 124 hospitalisations and 15 deaths.

While health officials continue to say such reactions are rare, a study published in the *Journal of the American Medical Association* in March 2021 found that "severe reactions consistent with anaphylaxis occurred at a rate of 2.47 per 10,000 vaccinations." This translates to 247 cases of severe anaphylaxis per million COVID vaccinations – hardly "one in a million", and that's just the tip of the iceberg.⁽⁷⁾

YELLOW CARD REPORTS

Not four months into the vaccination rollout, 160,071 case reports of adverse reactions, including 786 deaths, had been reported to the UK's Yellow Card scheme for both COVID vaccines as of 28th March 2021 (472 after AstraZeneca's vaccine, 302 following Pfizer's vaccine and 12 following unidentified vaccines).

These reports include unusual symptoms showing up in thousands of people. For example:

- 119,058 nervous system disorders from seizures and strokes to loss of sense of taste (95,234 of them, including 63 deaths, associated with AstraZeneca's vaccine);
- 5,899 cardiac disorders including 102 deaths (4,325 events and 57 deaths associated with AstraZeneca's vaccine);
- 794 reports of lip swelling;
- 2,223 reports of eye pain (1,894 with AstraZeneca's vaccine);
- 5,478 reports of swollen lymph nodes (3,049 of them from Pfizer's vaccine);
- 8,689 reports of vomiting (7,124 of them from Pfizer's vaccine);
- 6,394 reports of abdominal pain;
- 7,094 reports of diarrhoea;
- 490 reports of facial paralysis (269 with Pfizer's vaccine).

VAERS

In the United States by 9th April 2021, the VAERS had recorded 56,722 adverse events including 2,210 deaths, 1,477 life-threatening conditions and 941 permanent disabilities in association with FDA-authorised vaccines, including Pfizer's and Moderna's (but not AstraZeneca, which was not approved for use.)

Many deaths have occurred among the frail and elderly. For example 29 deaths in a nursing home in Norway in mid-January 2021, 46 deaths in a Spanish nursing home, 24 in Syracuse, NY, and 22 at a residence in Basingstoke, England.⁽⁸⁾

Residents' deaths tripled in two weeks in January after a massive increase in the rate of vaccinations in care homes.⁽⁹⁾

"It is deeply disturbing that two months after the publication of this article [regarding the 29 Norwegian deaths] the fundamental issue of vaccinating the frail posed by it have not been addressed," wrote John Stone, UK editor of *Age of Autism*, in the *British Medical Journal*.⁽¹⁰⁾

There are many reports of residents becoming ill and testing positive for the coronavirus within days of being vaccinated. In Israel, 4,500 people were diagnosed with the coronavirus after having received the first Pfizer vaccine dose, and 375 had to be hospitalised.⁽¹¹⁾

Pfizer was not reporting the incidence of COVID infection in the first two weeks after vaccination in its studies, noted retired paediatrician, Alan Cunningham, in a letter to the *British Medical Journal*. "Why not?" he asked. "Are the manufacturers hiding negative data?"⁽¹²⁾

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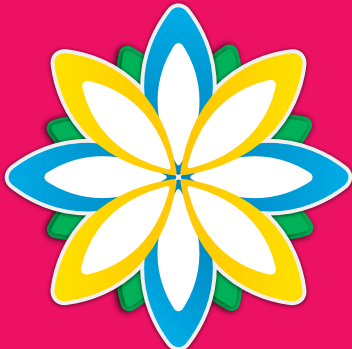
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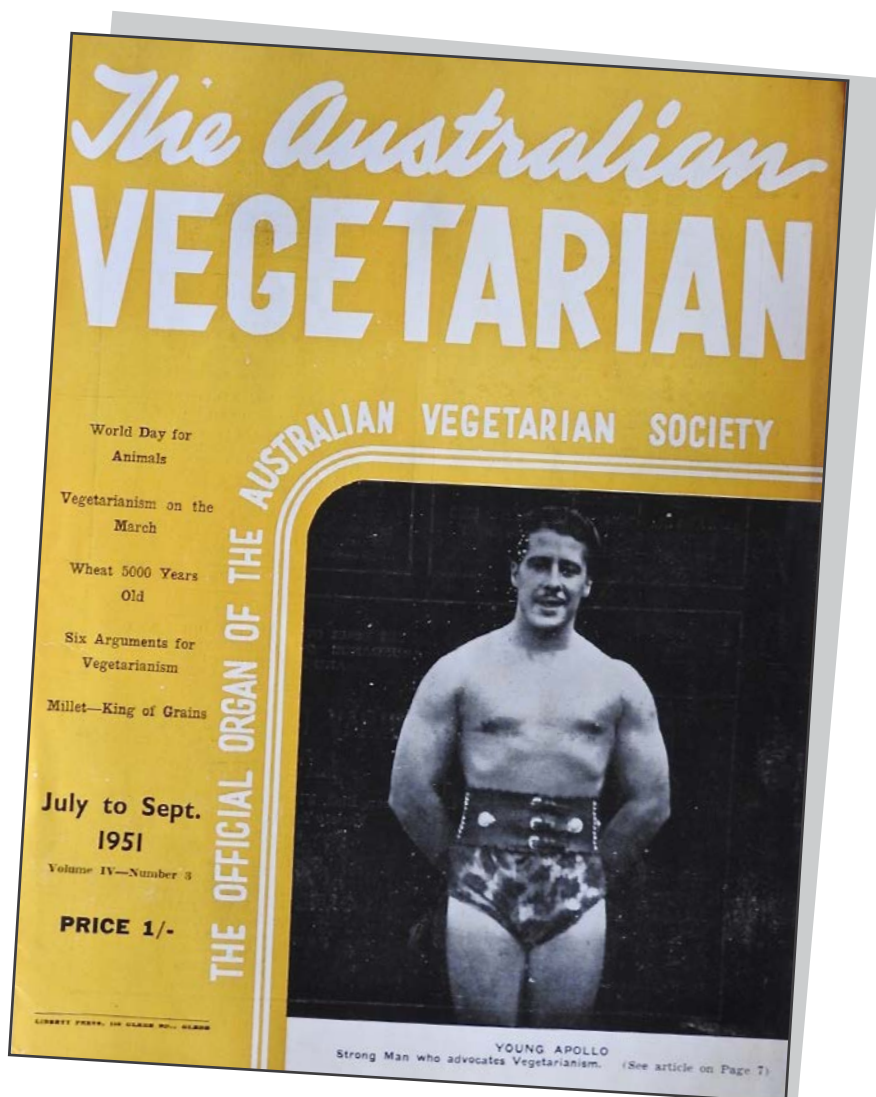
Veg SA News What's New?

The Vegetarian Society of South Australia (now known as the 'Vegetarian and Vegan Society' or 'VegSA'), was established in 1950 as a branch of the Australian Vegetarian Society, which had been set up two years before in Sydney. The Societies published a magazine *Australian Vegetarian** almost continuously from 1948 to 1999, and VegSA is lucky to have an almost complete collection of these magazines in its archives. Looking back, we can see that, while some things have changed, much of what was true in the middle of the last century is still valid today.

The modern vegetarian movement, from its beginnings, was always closely allied with health awareness, more specifically 'natural health'. In the January-March 1950 issue of this magazine, we read:

'Live, vitalising, delicious foods are provided by nature for man: vegetables brimful of mineral salts; fruits, delicious indeed, overflowing with vitamins are available. What does man do? The sane thing would be to eat and enjoy and be happy and well. But no, with his evil genius to make life involved and difficult, he sets out to deprive his food of all good, pours boiling water on it, cooks out its food value, and even the little that is left in the water it carefully strained off and – "He drinks it?" you interrupted. No, indeed, he tips it down the sink! All he has left is a pulpy hash with no life in it. He supplements this by committing crime, that of murdering the "little ones of the earth" – the creatures.

[Dear reader, for 'man' please read 'men and women'. The above is reproduced as it was written in 1950 – Editor.]



Naturally he feels inert, fatigued, apathetic and ... he seeks an Elixir of life ... alcohol. He becomes intoxicated, and does things he is very ashamed of afterwards, and ruins his health... Wishing to get away from it all he takes drugs, nicotine rolled up in thin paper, which he puts in his mouth and sucks at like a baby with a dummy.'

As late as the issue of July-August 1984, a copy of a submission to the South Australia Health Commission suggested the need for smoking-free workplaces and for relevant legislation. While there has been progress in this area, in others,

especially animal welfare (for example, vivisection, factory farming), there has been very little movement.

*In 1990 *Australian Vegetarian* was replaced by the more glossy *New Vegetarian*, which in 1996 (in conjunction with the Natural Health Society) became *New Vegetarian and Natural Health*. Then in 2006 it was renamed *Natural Health and Vegetarian Life*, which has been superseded by *True Natural Health* – which you are now reading.

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