



Summer 2021-22

True Natural Health

The Magazine of the Natural Health Society of Australia

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Whole-food juices - therapeutic and delicious

Mater Hospital goes plant-based

Climate change report, 2021

Toxic cooking oils vs good oils

COVID - in-depth guidance

Snake bite - latest treatment

Staying healthy in a toxic world

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Case stories - two successes

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A big change is happening for the Society: the editing of this magazine is gradually being passed on to a new generation. After 38 years as editor, producing four issues a year – along with meeting the demanding deadlines – I will be able to take things a bit easier. Our new Co-Editor – and eventually Editor – is Rebecca Smith, who joined the staff as Society Manager at the beginning of this year. Rebecca knows Natural Health very well, is highly competent and is a delight to work with.

I won't be disappearing – I intend to continue producing my regular column, 'Your Questions Answered', and also the occasional article. I will continue to take a keen interest in the principles and practices of Natural Health as presented herein. In this back-seat role, I will work voluntarily for the Society, just as I did originally as a committee member for 16 years before I became salaried Health

Director. This will help the Society's finances, which are nearly always pressed.

In this Summer issue, we are thrilled to report that the Mater Hospital in Qld has teamed up with a prominent chef to produce a gourmet plant-based menu for its patients (page 2).

The topic of global warming has to be confronted. We present the latest report by the CSIRO – pages 4 and 5. Making a huge contribution to offsetting global warming are the world's forests, which were recently discovered to have intimate underground communication between trees (pages 8 and 9).

Ever popular with readers are case stories. We include two – that of UK health writer of Naturally Healthy News, whose articles we often reproduce, as we do with his story on pages 16 and 17. The other case is that of a Camden,

NSW, mother who is relishing a new-found plant-based way of eating with her family (page 19).

Yet again there is a substantial amount of vital new information about SARS-CoV-2 and COVID-19 (pages 26 to 33). However, we have probably published enough on the coronavirus. In future issues of TNH we'll focus on other topics.

We have an exciting promotion with a prize of a Ladyship juicer; be sure to see the inside back cover.

We wish all readers a safe and happy holiday season and hope you have the opportunity to meet with friends and family.

Roger French,
Health Director
and Co-Editor



About Natural Health Society

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

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

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

Subscribers to the Society receive:

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

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

Committee

Elizabeth French, President
Margaret Stepniewski, Vice-President
Richard Stepniewski, Treasurer
Amalia Pezzutto
Cecil Bodnar
Kevin Coleman
Candice Coughlan

Staff

Roger French, Health Director and Co-Editor
Rebecca Smith, Co-Editor & Manager
Tracey Priest, Office Admin

For more information:

Phone 0432 396 701
Email admin@health.org.au
Website www.health.org.au
or write to

PO Box 4264 Penrith Plaza
NSW 2750

Subscriptions

Phone, email or visit website.

Graphic designer

Mel Howard, 0402 796 254,
melissahowarddesign.com

Printed by Evan Gordon,
0400 029 624

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Celebrity chef guides plant-based patients' menu at Mater Hospital



Crispy Tofu Stir-Fry

Healthy hospital food is taking root with Mater sprouting a new plant-based menu for patients, inspired by celebrity chef, Luke Mangan. The menu is being served at the Mater Hospitals in Brisbane Qld.

Plant-packed dishes like Beetroot Risotto with Vegan Parmesan and Crispy Tofu Stir Fry will be served to patients' bedsides in a ground-breaking move that embeds healthy nutrition into the overall care and treatment of hospital patients.

Mater Director of Dietetics and Food Services, Sally McCray, said plant-based diets help to boost patients' immune systems, reduce inflammation and improve gut microbiome. "Eating more fruit and vegetables is one of the most important ways we can improve our health and wellbeing, and at no other time is this more critical than when we are recovering in hospital," Ms McCray said.

"Less than five percent of Australians currently eat the recommended serves of vegetables each day and less than fifty percent of us meet the recommendations for fruit intake. "You don't need to eat vegan or vegetarian to benefit from a diet that's rich in whole, natural foods and low in refined, processed ingredients."

Mater broke new ground in hospital food in 2013 when it became the nation's first hospital to introduce a room service model for patients with an a-la-carte menu.

Earlier this year, it built on its food innovation record by becoming Australia's first hospital to partner with a restaurateur and chef to offer restaurant-style dishes. The new plant-based menu has been developed by Ms McCray, Mater Executive Chef Aman Marwah and celebrity chef, Luke Mangan.

Mr Mangan said Mater was a leader in incorporating nutrition into the care framework for patients, and its new plant-based menu took hospital food to a new level. "Mater patients are getting restaurant-style dishes prepared by a team of extraordinary chefs and talented dietitians who are up-to-date with the latest research on how food helps us heal and enhances our wellbeing," Mr Mangan said.

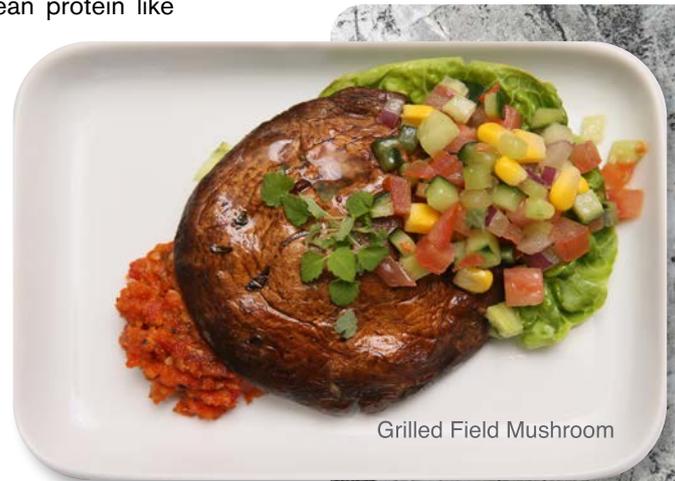
"There are vegetarian and vegan options as well as dishes with lean protein like lamb, chicken and fish, but the focus of every meal is on whole plant-based ingredients and low or no refined, processed food. "Many restaurants in Australia would not meet the same standard of food being offered to Mater patients."

Dishes on the new menu include Grilled Field Mushrooms with Fresh Corn Salsa and

Roasted Tomato and Lemongrass Soup. Traditional desserts of jelly and ice-cream have been replaced by Coconut Rice Pudding with Lychees, Passionfruit and Mango and Grilled Pineapple with Lime Chili Glaze and Coconut Yoghurt.

Patients can also order cold-pressed juices, including a cucumber, celery and apple option as well as a watermelon, lemon and mint mix.

"Balanced plant-based diets are associated with a healthy weight range, reduced incidence of chronic diseases, including type-2 diabetes and heart disease and protection from some cancers including prostate and breast cancer," Ms McCray said.



Grilled Field Mushroom



Scientific medical research – endemic fraud

For the past torrid year of tackling COVID, governments around the world have been 'following the science'. The smorgasbord of scientific guidance has included the computer modellers – so that's not science at all – the statisticians (almost not science) and medicine.

Of the three, the greatest reliance has been on the science of medicine, and especially its antidotes to the virus. We can't think of a time when medicine has been so elevated (nor when the coffers of the drug companies have been so overflowing).

So the timing of former *British Medical Journal* editor, Richard Smith, couldn't have been more appropriate, and his astonishing pronouncements will probably go largely unheeded. In a blog post for his former journal, Smith declared that fraud is now so endemic in medical research that the default position by academics – and society as a whole – should be one of disbelief. *We should all assume that medical science is not telling the truth unless proven otherwise.*

He quotes the work of the independent Cochrane Collaboration, which has discovered that fraud runs through medical science like seams through a rock. In some cases, the scientists hadn't even written the paper, yet they were cited as the authors, and, in one egregious example, the institution that purportedly carried out the research didn't exist.

The problem was highlighted nearly 30 years ago by Marcia Angell, then the editor of the *New England Journal of Medicine*, who reckoned that 70 percent of medical studies were largely fraudulent. It would seem the problem has worsened since then.

Smith's verdict should be like a neutron bomb that's detonated in the heart of medical research. If we should treat with extreme scepticism every study and pronouncement from medicine, we should be doubting claims for the efficacy of the COVID vaccines, for instance – until they had been independently proven or had stood the test of time.

In retrospect, it would have been a wise policy to adopt. Having been beleaguered by the COVID virus (and the fear campaign that surrounded it) for over a year, cowered citizens received the news of the first vaccination as if it were the Fifth Cavalry on its way to rescue the fort. As we're sure you recall well, the news was met with unalloyed delight. We're just surprised there wasn't more dancing in the streets.

We have since learned that the vaccines have limited effectiveness and offer just 16 percent protection by the sixth month after vaccination.

But Smith's comments go far deeper than COVID and they need addressing. First off, why does fraud exist in medical research at all? The glib – and truthful – answer is money. The pharmaceutical industry funds the research in order to give confidence to doctors to prescribe their medication. And it needs a positive study to achieve that.

Reproduced with editing from The WDDTY Weekly Letter, 15th August 2021, under the title, 'Medical Research'



Medical practice lags the research

When we launched WDDTY at the tail end of 1989, we were heralded by *The Observer* newspaper as "Sounding the alarm bells about health and medicine long before they become the stuff of national health panics".

So it has proved down those many years as we have given our readers early alerts about the latest news on good nutrition, bad medicine, dangerous drugs and safer alternatives – and always backed by the science. And there's the rub: medical science – the discoveries taking place in research centres – is at least 20 years ahead of the medicine being practised in the surgery and hospital.

There are many reasons for medicine's slow, slow march. For one, a doctor is only as current as the teaching they received in medical school, and their education thereafter comes from the drugs industry, not one to push a vitamin ahead of its drugs. It's also the dead hand of Big Pharma on the research tiller that slows, and sometimes stops, breakthrough discoveries from being adopted.

As a result, bad medicine continues to be practised far longer than it should, and simple and effective remedies are not being promoted to the public.

For instance, we've been on our soapbox about RDAs (recommended daily allowances) for nutrients for years, fearing that people who follow official guidelines on the amount of nutrients to take are likely to be malnourished. The RDAs are just about enough to prevent disease, but not enough to promote health, and health is surely the main reason for taking vitamins.

As we've been carping on about this for a mere 25 years, we didn't really expect much to change in the mainstream any time soon. So we were startled this week by the news that health officials have finally recognised that the RDA for vitamin C is lamentably low – a mere 77 years after the levels were set.

Your editors take around three grams vitamin C every day, which is 60 times more than the current RDA of 45 milligrams advocated by the World Health Organization – and those levels were set in 1944 in a series of "shocking" tests, researchers have said this week.

Reproduced with editing from The WDDTY Weekly Letter, 17th October 2021.

This is the most sobering report card yet on climate change and Earth's future. Here's what you need to know



Earth has warmed 1.09°C since pre-industrial times and many changes such as sea-level rise and glacier melt are now virtually irreversible, according to the most sobering report yet by the Intergovernmental Panel on Climate Change (IPCC). The report also found escape from human-caused climate change is no longer possible. Climate change is now affecting every continent, region and ocean on Earth, and every facet of the weather. The long-awaited report is the sixth assessment of its kind since the panel was formed in 1988. It was designed to give world leaders the most timely, accurate information about climate change ahead of the crucial international summit held in Glasgow, Scotland, in November this year.

The IPCC is the peak climate science body of the United Nations and the World Meteorological Organisation. It is the global authority on the state of Earth's climate and how human activities affect it. We are authors of the latest IPCC report and have drawn from the work of thousands of scientists from around the world to produce this new assessment. Sadly, there is hardly any good news in the 3,900 pages of text released. But there is still time to avert the worst damage, if humanity chooses to.

It's unequivocal: humans are warming the planet

For the first time, the IPCC states unequivocally — leaving absolutely no room for doubt that humans are responsible for the observed warming of the atmosphere, lands and oceans. The IPCC finds Earth's global surface temperature warmed 1.09°C between 1850-1900 and the last decade. This is 0.29°C warmer than in the previous IPCC report in 2013. (It should be noted that 0.1°C of the increase is due to data improvements.)

The IPCC recognises the role of natural changes to the Earth's climate. However, it finds 1.07°C of the 1.09°C warming is due to greenhouse gases associated with

human activities. In other words, pretty much all global warming is due to humans.

Global surface temperature has warmed faster since 1970 than in any other 50-year period over at least the last 2,000 years, with the warming also reaching ocean depths below 2,000 metres.

The IPCC says human activities have also affected global precipitation (rain and snow). Since 1950, total global precipitation has increased, but while some regions have become wetter, others have become drier.

The frequency and intensity of heavy precipitation events have increased over most land areas. This is because the warmer atmosphere is able to hold more moisture — about 7% more for each additional degree of temperature rise — which makes wet seasons and rainfall events wetter.

Higher concentrations of CO₂, growing faster

Present-day global concentrations of atmospheric carbon dioxide (CO₂) are higher and rising faster than at any time in at least the past two million years. The speed at which atmospheric CO₂ has increased since the industrial revolution (1750) is at least ten times faster than at any other time during the last 800,000 years, and between four and five times faster than during the last 56 million years. About 85% of CO₂ emissions are from burning fossil fuels. The remaining 15% are generated from land use change, such as deforestation and degradation.

Concentrations of other greenhouse gases are not doing any better. Both methane and nitrous oxide, the second and third biggest contributors to global warming after CO₂, have also increased more quickly.

Methane emissions from human activities largely come from livestock and the fossil fuel industry. Nitrous oxide emissions largely come from the use of nitrogen fertiliser on crops.

Extreme weather on the rise

Hot extremes, heatwaves and heavy rain have also become more frequent and intense across most land regions since 1950, the IPCC confirms. The report highlights that some recently observed hot extremes, such as the Australian summer of 2012-2013, would have been extremely unlikely without human influence on the climate. Human influence has also been detected for the first time in compounded extreme events. For example, incidences of heatwaves, droughts and fire weather happening at the same time are now more frequent. These compound events have been seen in Australia, Southern Europe, Northern Eurasia, parts of the Americas and African tropical forests.

Oceans: hotter, higher and more acidic

Oceans absorb 91% of the energy from the increased atmospheric greenhouse gases. This has led to ocean warming and more marine heatwaves, particularly over the past 15 years. Marine heatwaves cause the mass death of marine life, such as from coral bleaching events. They also cause algal blooms and shifts in the composition of species. Even if the world restricts warming to 1.5-2°C, as is consistent with the Paris Agreement, marine heatwaves will become four times more frequent by the end of the century. Melting ice sheets and glaciers, along with the expansion of the ocean as it warms, have led to a global mean sea level increase of 0.2 metres between 1901 and 2018. Importantly, the speed sea level is rising is accelerating: 1.3 millimetres per year during 1901-1971, 1.9mm per year during 1971-2006, and 3.7mm per year during 2006-2018. Ocean acidification, caused by the uptake of CO₂, has occurred over all oceans and is reaching depths beyond 2,000 metres in the Southern Ocean and North Atlantic.

The Intergovernmental Panel on Climate Change has released its long-awaited report on climate change. In this article, the authors lay out the new findings.

Many changes are already irreversible

The IPCC says if Earth's climate was stabilised soon, some climate change-induced damage could not be reversed within centuries, or even millennia. For example, global warming of 2°C this century will lead to average global sea level rise of between two and six metres over 2,000 years, and much more for higher emission scenarios. Globally, glaciers have been synchronously retreating since 1950 and are projected to continue to melt for decades after the global temperature is stabilised. Meanwhile the acidification of the deep ocean will remain for thousands of years after CO₂ emissions cease. The report does not identify any possible abrupt changes that would lead to an acceleration of global warming during this century – but does not rule out such possibilities.

The prospect of permafrost (frozen soils) in Alaska, Canada and Russia crossing a tipping point has been widely discussed. The concern is that as frozen ground thaws, large amounts of carbon accumulated over thousands of years from dead plants and animals could be released as they decompose. The report does not identify any globally significant abrupt change in these regions over this century, based on currently available evidence. However, it projects permafrost areas will release about 66 billion tonnes of CO₂ for each additional degree of warming. These emissions are irreversible during this century under all warming scenarios.

How we can stabilise the climate

Earth's surface temperature will continue to increase until at least 2050 under all emissions scenarios considered in the report. The assessment shows Earth could well exceed the 1.5°C warming limit by early 2030s. If we reduce emissions sufficiently, there is only a 50% chance global temperature rise will stay around



1.5°C (including a temporary overshoot of up to 0.1°C). To get Earth back to below 1.5°C warming, CO₂ would need to be removed from the atmosphere using negative emissions technologies or nature-based solutions.

Global warming stays below 2°C during this century only under scenarios where CO₂ emissions reach net-zero around or after 2050.

The IPCC analysed future climate projections from dozens of climate models, produced by more than 50 modelling centres around the world. It showed global average surface temperature rises between 1-1.8°C and 3.3-5.7°C this century above pre-industrial levels for the lowest and highest emission scenarios, respectively. The exact increase the world experiences will depend on how much more greenhouse gases are emitted.

The report states, with high certainty, that to stabilise the climate, CO₂ emissions must reach net zero, and other greenhouse gas emissions must decline significantly.

We also know, for a given temperature target, there's a finite amount of carbon we can emit before reaching net zero emissions. To have a 50:50 chance of halting warming at around 1.5°C, this quantity is about 500 billion tonnes of

CO₂. At current levels of CO₂ emissions this "carbon budget" would be used up within 12 years. Exhausting the budget will take longer if emissions begin to decline.

The IPCC's latest findings are alarming. But no physical or environmental impediments exist to hold warming to well below 2°C and limit it to around 1.5°C – the globally agreed goals of the Paris Agreement. Humanity, however, must choose to act.

Pep Canadell, CSIRO; Joelle Gergis, Australian National University; Malte Meinshausen, The University of Melbourne; Mark Hemer, CSIRO, and Michael Grose, CSIRO.

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THE CONVERSATION

STAYING HEALTHY IN A TOXIC WORLD

By Mary-Anne Bennett

-why it's more than just what you eat



Living in the 21st century – Our Toxic World

Like it or not, toxins are everywhere. In the air you breathe, the water you drink, the food you eat, and in the personal care and household products you use every day. Being exposed to toxins daily was one of the main reasons I got sick – I spent much of my working life up to my elbows in nasty chemicals as a cleaner. The more I learnt about toxins and the impact chemicals were having on my health, the more I noticed them everywhere. Every year, new chemicals are put into our environment, our food and water supply, and it's simply impossible to avoid them all.

According to a report by the World Health Organisation, there are several chemicals that have been shown to negatively impact our health and risk of chronic illness. "Close to 800 chemicals are known or suspected to be capable of interfering with hormone receptors, hormone synthesis and hormone conversion. The UN study highlights some associations between exposure to chemicals and health problems including the potential for such chemicals to contribute to the development of non-descended testes in young males, breast cancer in women, prostate cancer in men, developmental effects on the nervous system in children, attention deficit/hyperactivity in children and thyroid cancer." says a WHO report on endocrine disrupting chemicals.

Your Genes Drive Your Body's Ability to Detoxify Chemicals

With increased exposure to chemicals, our bodies detoxification abilities are constantly put under pressure. Add in nutrient deficiencies and ageing, the impact can have long-term health effects.

Depending on your genes, you could either be very good at eliminating toxins, or you may have a reduced ability to process heavy metals, pesticides, herbicides, and persistent organic pollutants, causing toxic accumulation in your body. If your genetic variations impact your body's ability to detoxify chemicals, it means you will be more at risk of toxin accumulation leading to adverse health effects compared to someone who doesn't have these gene variants.

Your liver gets overloaded and just can't get rid of the toxins, so they build up. It's like trying to send an email, but the network has been disconnected, the message won't get through, it gets stuck in your inbox. So, it's really about your toxic load, reducing your exposure as much as you can.

When your body has become overloaded by chemicals and toxins, it can affect the ability of your body to function optimally, leading to signs and symptoms that lead to chronic illness. My ability to detoxify

was seriously compromised by my detox gene variations, so it was any wonder my long-term exposure to chemicals made me sick.

And whether we like it or not, women are more at risk. Why? It comes down to our daily use of popular personal care products. Did you know you could be exposing yourself daily to over 168 toxic chemicals? That's a big toxic load going into your body via your skin, every single day. But here's the good news... Every one of those toxic products has a healthy alternative.

What Else Can You Do to Stay Healthy?

Your home is your castle, right? Here's five places toxins could be hiding, and you don't even know it...

1. THE AIR – Modern homes are air-conditioned, but how often do you clean the filter? Filters collect dust and mould spores that are toxic to your body.

TIP – I recommend that you clean it monthly, and maybe open your windows and let the fresh air as much as you can.

2. WATER – Tap water is treated with fluoride, however fluoride is classified by the EU as a neurotoxin.

TIP – Do yourself a favour and get a good quality water filter to reduce your exposure.

3. FOOD – Fresh produce, unless organically grown, may contain pesticide

residues, and packaged food contains preservatives and additives that are bad for your gut bugs.

TIP – Wash all your fruits and vegetables before eating and avoid pre-packaged foods.

4. PLASTICS – One of the largest exposures is drinking water from plastic water bottles. Unfortunately, even bisphenol-A free water bottles still contain other types of bisphenol substitutes that have the same health impact as BPA.

TIP – Switch to either a stainless-steel or glass water bottle.

5. HOUSEHOLD PRODUCTS – Everything from washing liquid to dishwasher tablets increases your toxic load.

TIP – There are some low-cost natural cleaning and laundry on the market now, or why not try to make your own. It's easy, fun and cheap.

I challenge you to make your home the healthiest 'castle' on the street!

Feed Your Genes, Heal Your Body

There is no doubt that food is vital for health, it gives your body the fuel for the millions of daily biochemical functions that keep you healthy and slow down ageing. If you think of your car, it needs fuel to run. If you put in bad (or dirty) fuel, it will break down, and the same goes with your body. But there is so much confusing information around, making it hard to know which 'diet' is best for you. Is low fat, low carb, keto, paleo or raw diet best for you? Or maybe you have food allergies or even coeliac disease, so you are avoiding dairy, gluten, soy and nightshades.

I hate the word 'diet', it triggers negative reactions in many people (mostly women), due to what a 'diet' means – restricting food to lose weight. A whole-food way of eating is what is best for everyone, because it's about healthy eating for life.

So here are my tips:

- Real food doesn't come in a box or packet
- 'Eat the rainbow' of fresh fruit and vegetables – organic where possible
- Eat the 5/2 way – 5 serves of vegetables and 2 serves of fruit a day
- Include nuts, seeds, and whole grains daily
- Beans, legumes and chickpeas are a great source of nutrients
- Drink 2 – 3 litres of clean, filtered water a day

If you follow these recommendations, you're doing the best for your body. You only get one body, so you need to look after it, so it can look after you!

Mary-Anne Bennett

**Clinical Nutritionist – Adelaide
Nutrition & Wellbeing**

Mary-Anne presented in our fourth webinar series on the power of nutrigenomics to heal chronic illnesses. She also recently became a Natural Health Society member and would like to offer her fellow members a free 30-minute Health reset session. Visit her website at www.adelaidenutritionandwellbeing.com.au to book in.

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The secret underground life of old-growth forests

Compiled by Roger French,
Health Director, NHS

Five hundred million years ago, the land was barren rock and infertile soil. Plants and fungi continually oozed out of the sea and onto this hostile surface. Plants could use sunlight to produce sugar for energy, but had difficulty obtaining minerals from the soil. Fungi had the opposite need; they could obtain minerals, but could not manufacture sugar for energy.

Had they remained separate, plant life may have failed to progress. But by teaming up to form an intimate partnership, these two entirely different forms of plant life eventually broke down rock into soil and created an environment in which forests could grow and thrive. The eventual result was a planet abundant with forests and an atmosphere rich in oxygen.

Gradually, trees, other plants and fungi evolved specialised symbioses. What trees produced began to be shared with their symbiotic partners. Via underground networks of roots and fungi, water, nutrients and information was passed around to other trees and plants in the forest, and going greater and greater distances.

These discoveries were made by forest ecologist/botanist, Suzanne Simard, who, as a child, played in old-growth forests in Canada. She observed her grandfather and uncles logging cedar, Douglas fir and white pine, but taking so few trees that Suzanne never noticed much difference.

By the time she was a university student, Suzanne discovered that clear-felling had become the common practice. Old-growth forests were being replaced by uniform plantations with one species of tree, planted in rows in upturned soil stripped of any other plants. The loggers thought that without any competition, these trees would thrive. Instead, they were often more prone to disease and

climatic changes, and up to 10 percent of plantation Douglas fir were likely to get sick and die whenever adjacent aspen, paper birch and cottonwood were removed. The new saplings had plenty of space, so there was a puzzle. Why were the new saplings so feeble?

Suzanne pondered that the answer might lie underground. Through research, she discovered that fungal threads link together nearly every tree in a forest, regardless of their species. Along these underground conduits, beneficial substances pass from tree to tree, including water, carbon compounds, nutrients, hormones and even alarm signals. They typically move from the oldest and largest trees to the youngest and smallest.

If a seedling is separated from the underground network, it is much more likely to die than a connected seedling. If a tree dies, before it does so, it commonly bequeaths some of its carbon to the adjacent trees.

Tree roots and fungi form partnerships known as *mycorrhizae*. In these, fungal strands wrap around and fuse with tree roots. The fungi assist the tree to obtain water, phosphorus, nitrogen and other nutrients in exchange for sugars which the tree produces during photosynthesis. It appeared to Suzanne that these associations might be ecologically significant.

In 1997, part of Suzanne's thesis was published in the prestigious scientific journal *Nature*. The magazine even featured her research on its cover under the title '*The Wood-Wide Web*'.

Suzanne Simard is now a professor of forest ecology at the University of British Columbia. She is in her early 60s, having spent almost thirty years investigating the underground links between Douglas fir

and paper birch in the forests of British Columbia as well as the mycorrhiza in forests in the Arctic and in a wide range of climates in North America.

An editorial in the *scientific journal, Mycorrhiza*, described her research as "Sophisticated, imaginative and cutting-edge".

Trees Are Not Loners

Originally trees were typically regarded as solitary individuals competing for space and nutrients, and were totally disconnected from one another. Thanks to the work of Suzanne and her peers, it is now known that an old-growth forest is actually a vast, ancient and intricate society. There is still some competition between trees, but there is also negotiation, reciprocity and perhaps even selflessness.

The trees, smaller plants, fungi and microbes in a forest are so thoroughly connected and cooperative that they have been referred to as 'super-organisms'. It appears that these networks occur throughout the land-plant world.

Trees Are More Than Merely Alive

In mid-2019, Suzanne commented that trees are "Very perceptive of who's growing around them. I'm really interested in whether they perceive us." She explained that it had emerged that trees sense nearby plants and animals and can react to them – for example, to a biting insect by producing the plant's natural pesticides.

In 1973 the journalists, Peter Tompkins and Christopher Bird, published a book entitled, *The Secret Life of Plants*. They

claimed that plants had souls, emotions and musical preferences, that they felt pain and psychically absorbed the thoughts of other creatures.

In her studies in 2002, Suzanne discovered that mycorrhizal networks were abundant in North America's forests. That most trees formed symbiotic relationships with dozens to hundreds of fungal species. In one study, a large old tree was linked to at least 47 other trees. Seedlings connected to the fungal network were 26 percent more likely to survive than were unconnected seedlings.

She calls the oldest, largest and most interconnected trees in a forest 'mother trees', reflecting their benevolence in nurturing those around them.

For some trees and other plants, mycorrhizae supplied up to 40 percent of the nitrogen and 50 percent of the water they received from the environment. When Douglas fir seedlings were stripped of their leaves and thus likely to die, they transferred a substantial amount of their carbon compounds to adjacent ponderosa pines.

Some scientists have been sceptical about Dr Simard's boldest claims. However, other researchers have duplicated most of her findings and been able to verify them. Consequently, it is now well accepted that

mycorrhizal networks facilitate the transfer of water, nutrients and other substances between trees and other plants.

One point which has not been solved is exactly why trees exchange resources in the first place – especially when the trees are not closely related.

Forests Oppose Global Warming and Have Other Valuable Roles

The forests of Earth have for millennia been a source of food, medicines and building materials for humans. They have also provided food and shelter for other living things since time immemorial.

But they are vitally important for more profound reasons. Forests can be likened to the planet's vital organs – they emit a vast amount of oxygen into the atmosphere and they also add water vapour, which contributes to the formation of clouds, which, in turn, help mitigate the temperature of the biosphere and provide essential rainfall.

Forests have a significant role in preventing global warming. It has been estimated that the forests of the world lock up between 400 and 1,200 billion tonnes of carbon in total, which could exceed the

amount in the atmosphere. Interestingly, the majority of this carbon is held in forest soils permeated by symbiotic roots, fungi and microbes. Each year, the world's forests absorb approximately 24 percent of man-made carbon dioxide emissions.

The wrecking of this role is man's harvesting of forests. When a mature forest is burned or clear-felled, we lose one of the most effective systems of climate regulation. "The razing of an old-growth forest," writes Ferris Jabr, "is not just the destruction of magnificent individual trees; it's the collapse of an ancient republic whose interspecies covenant of reciprocity and compromise is essential for the survival of the Earth as we know it."

"Trees and fungi became a collective life form of unprecedented might and magnanimity."

The source of this story was first published in *The New York Times Magazine*. An edited version was published on 29th January 2021 in the *Good Weekend* magazine of *The Sydney Morning Herald*, *The Age* and the *Brisbane Times*, entitled 'A vast, ancient and intricate society: the secret social network of old-growth forests'. This edited version was written by Ferris Jabr.



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Your Questions

Answered

By Roger French

Send questions to The Natural Health Society rfrench@health.org.au or PO Box 4264 Penrith Plaza NSW 2750. 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 **PARSLEY, NOT TOO MUCH:**
Why is it that in your article on fruit and vegetables in a recent post, you advise not to eat much parsley?
– J. H. S., Kenmore Qld

A The short answer is that parsley has one of the highest contents of oxalate (or oxalic acid), an 'anti-nutrient' which has no nutritional value. When in excess, it can render minerals, especially calcium, unavailable to the body. In large enough quantities, coupled with a degree of dehydration, it can form kidney stones.

There are not many foods that contain more oxalates than does parsley. According to US Dept. of Agriculture data, a 100-gram serving of fresh parsley provides 1,700 milligrams of oxalic acid.

In comparison, other green veggies contain much less: for example, chives 1,480 mg per 100gm, spinach 970, beetroot leaves 610, collard (a form of cabbage) 450, Brussels sprouts 360, lettuce 330, broccoli 190 and cabbage 100 mg/100 gm.

Oxalate is well known to inhibit the absorption of the calcium in food. However, this will not tie up all the calcium in a food, and there should still be some amount absorbed into our blood streams.

According to *Food and Nutrition Sciences*, Vol. 06 No. 16(2015), there are no major differences between the soluble and insoluble oxalate contents of the leaves and stems of curly leaf (*Petroselinum crispum*) and flat leaf (*P. crispum* var. *neapolitanum*) parsley.



Unavailable calcium – that is, calcium bound to oxalate – makes up an average of 27 percent of the total calcium in the leaves of both curly leaf and flat-leaved parsley, whereas in the stems the unavailable calcium makes up 45 percent of the total.

Although the oxalate contents of both parsley types are extremely high, their overall contribution to dietary intake will be quite small if the parsley is used as a herb in small amounts to garnish foods.

Almost all plant or plant-based foods contain significant amounts of oxalate, but it is less common in animal products. Very high in oxalates are the leafy greens – parsley, spinach, silverbeet, kale, collard, Brussels sprouts, celery leaves, endive, beetroot greens, dandelion leaves and turnip greens – as well as tea leaves, cocoa and cocoa products, including chocolates. Rhubarb is so high in oxalic acid that the leaves are toxic.

The body does not use oxalate for any purpose; instead, it is excreted via urine or faeces.

How much oxalate is too much? If there are excessive amounts of oxalate in the urine, it is called *hyperoxaluria*, which, if left untreated, may lead to severe kidney damage. Oxalate deposits in the kidney are known as *oxalosis*.

With excessive oxalate, insoluble calcium oxalate crystals form, which are very small and sharp and are normally excreted in the urine. But if too many of these crystals form and there is also too little liquid in the urine, they can combine to form stones – kidney stones.

Calcium-oxalate stones are the most common form of kidney stone, being about three-quarters of all cases. The oxalate crystals can lodge in other areas of the body causing pain and irritability in the form of joint pain, bladder irritation, thyroid problems or fibromyalgia.

The risk of developing these stones can be eased by reducing the amount of oxalate in food and increasing water intake. If a person has untreated kidney or gallbladder stones, he/she may be wise to avoid parsley.

Fortunately, if you don't have a history of kidney stones, autoimmune conditions or fibromyalgia and your gut is healthy, eating foods that contain oxalates is unlikely to cause problems.

Q **MERCURY TOXICITY, HEADACHES & OTHER ISSUES:**

I know that mercury compounds are very toxic pollutants and used to be widely used in dentistry. Could mercury be related to headaches? What other health problems might it cause?

A Mercury compounds are so toxic that scientists say there is no amount so small that will not be able to cause harm. Wow! That is toxic. And, yes, headaches are a possible consequence of mercury toxicity.

A Melbourne dentist has fervently agitated for an end to the use of mercury in dentistry. She is Dr Lisa Matriste, who is a Director of Australians for Mercury Free Dentistry. Much of what follows is based on her articles in *True Natural Health* in the Spring and Summer issues of 2012.

The so-called 'silver' fillings are actually composed of a mixture of 50 percent liquid elemental mercury and 50 percent silver-alloy powder – commonly known as 'dental amalgam'.

Mercury, also known as 'quicksilver', is a potent nerve toxin and one of the most poisonous substances on Earth. It and its compounds are believed to cause scores of conditions, including irritability, liver and brain damage, muscle spasticity, autistic behaviour and Alzheimer's disease. Depending on the type of mercury, poisoning can lead to delirium, hallucinations, suicidal tendencies, psychosis and, in extreme cases, death, as was witnessed at the Minamata tragedy in Japan which was sourced to mercury in the 1950s.

Symptoms of *chronic* mercury poisoning may include chronic fatigue, chemical sensitivities, fibromyalgia, immune dysfunction (including autoimmunity), diabetes, cardiovascular disease, allergies, digestive disorders, hormone imbalances, infertility, insomnia, tinnitus, psychiatric disorders and headaches.

In addition to causing general oxidative damage, mercury plays havoc with metabolic enzymes, nutrient uptake (zinc, thiamine, probably methionine and others) and important detoxification systems.

Unique features of this metal compared to the other heavy metals are that it

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accumulates in tissues and it passes through the placental barrier, thus affecting our innocent children. Mercury vapour from amalgam also crosses the blood-brain barrier and enters the central nervous system.

Children and foetuses, whose brains are still developing, are most at risk.

Organic mercury, *methylmercury*, is far more toxic than the inorganic amalgam mercury. It can be produced by the action of bacteria on amalgam in the mouth or gastrointestinal tract, and is also formed when mercury pollutes the environment.

Methylmercury is not cleared out of fish tissue. The older and larger the fish, especially those fish that eat other fish (for example, shark, sailfish, marlin and *tuna*) the higher the methylmercury levels can be in their tissue. People who eat a lot of these fish may get mercury poisoning. [For people who do eat fish, note that wild-caught salmon feed on krill and do not have a mercury problem.]

An anecdotal account of agonising migraine headaches persisting for years is given by biologist, Stephanie Schuttler, in her website stephanieschuttler.com/migraine-headaches-and-mercury-how-i-got-my-life-back. An environmental medicine doctor eventually diagnosed mercury toxicity after tests found very high levels of mercury in her body. The headaches faded away after removal of all her old amalgam fillings and she ceased her regular consumption of tuna.

There is a treaty being promoted by the United Nations Environment Programme (UNEP) to coordinate global efforts to

reduce mercury pollution. The Minamata Convention on Mercury, established on 16th August 2017, includes regulating the use of mercury in various industries and in the production of items such as certain compact fluorescent lamps, *batteries* and dental fillings. In Australia, use of dental amalgams is declining, although not banned. Many dentists ceased using mercury amalgams years ago.

The ultimate irony is that dental amalgam was approved ('grandfathered') by the US Food and Drug Administration without ever having been tested for toxicity to humans.

The liquid mercury in dental amalgam escapes continuously during the entire life of the filling in the form of vapour, ions and abraded particles which are ingested.

The vapour increases if the amalgam is subjected to abrasion or heat. In our mouths, this is the equivalent of tooth brushing, tooth grinding (very common), chewing food or having a hot drink. Imagine what happens in the dentist's chair if such a filling is removed or repaired without any protection!

It is not uncommon to see people who have 4 – 8 grams or more of elemental mercury placed in their amalgam fillings. For perspective, in the USA less than one gram of elemental mercury, if dropped into a four-hectare lake, is enough poison to cause fishing to be banned in the lake.

The electrical and thermal conductivity of the metal fillings constantly causes nerve irritation, and in time can lead to death of the pulp tissue, and so a 'dead' tooth.

Mercury may also be hidden under crowns, causing high galvanic potentials, so this should be investigated.

Safe Removal Protocol Checklist

Massive amounts of mercury vapours can be emitted during the removal of amalgam fillings. The minimum level of protection to prevent harm includes:

- Cooling and chunking amalgam drilling technique;
- High volume evacuation of water and air;
- Alternative air source;
- Non-latex rubber dam;
- Clinic and office ventilation;
- Nutritional support during the process.

The Australian Chapter of the World Alliance for Mercury Free Dentistry

For information, go to the website: www.mercuryfreedentistry.com.au

Q A SAFER VACCINE:
Just wondering if you have any information on the Novavax vaccine?

My daughter-in-law sent me the following text that she received from a friend on 13th September 2021. The quoted paragraphs are from her sister, an Auckland naturopath.

– J. Q., Alstonville NSW

"Natural supplements have done really well for people, while waiting for the vaccine, and most of those people are happy to stay on the naturopathic program and forgo the vax. It's high-dose vitamin C, vitamin D 5,000 IU and zinc. Other supplements can be added to suit each individual.

"We all need to be informed. People have rushed out in fear during lockdown to have the mRNA vax, without understanding anything about how this new, untested procedure works. It's not even approved as a vaccine – only as a 'provisional' measure during an emergency."

Some current COVID vaccine injuries are horrific – there are cases of bleeding of the brain, babies dead in utero, miscarriages of what were healthy babies and severe painful blood clots all over.

So many deaths are being refused autopsies, or they take 18 months to get results. If that's not trying to hide vaccine adverse events evidence, what is it?

Just as bad are those who have to live with seizures and who can't talk or function. Some people can't work anymore, can't sleep, can't feed themselves. Very young girls and post-menopausal women have heavy uterine bleeding and infertility issues. The list goes on.

And there is no support from the pharma companies that manufactured the vaccines. They are not liable as they are



legally protected. How wrong is that.

It appears that there have been more total deaths from these mRNA vaccines than from all the other vaccines used over the last 25 years.

A Your daughter-in-law and her sister have done their homework. I will add mine.

Firstly, the Natural Health Society does neither support nor oppose vaccination. What we aim to do is to provide information to balance the biased, one-sided pro-vaccine stance of orthodox medicine and governments. There is little doubt that these vaccines do work for lowering the severity of COVID-19 and reducing deaths. The question is – what else do they do?

Many people who don't want one of the current mRNA or viral vector vaccines are coerced into having it. For these people a new vaccine awaiting approval is much safer and just as effective. It is the Novavax vaccine referred to above and due to be available in Australia soon – although the TGA won't say when.

The US biotech company, Novavax, reported that its two-dose vaccine is more than 90% effective at preventing the disease, COVID-19. However, there are as yet no data on its efficacy against the Delta variant.

Based on its phase-3 clinical trials, the Novavax vaccine appears to have a substantially lower rate of side effects than the Pfizer or Moderna mRNA or AstraZenica viral vector vaccines.

The symptoms commonly reported in the trial were similar to those already associated with COVID-19 vaccines – pain and tenderness at the injection site, fatigue, headache and muscle pain. In contrast, no serious adverse reactions.

How does the Novavax vaccine work? This is explained by Nebraska Medicine

(www.nebraskamed.com/COVID/moths-and-tree-bark-how-the-novavax-vaccine-works)

It is similar to the vaccines used for diseases such as hepatitis B, pertussis, influenza, pneumococcal illness and meningitis.

The Novavax vaccine contains a protein plus, as most vaccines do, an adjuvant, which is designed to boost a person's immune response. The adjuvant in Novavax is based on the natural compounds, saponins (plant-derived organic compounds that have a foamy quality when agitated in water), which are extracted from the bark of the Chilean soapbark tree.

Like the other vaccines, Novavax uses the *spike protein*, but unlike the mRNA or viral vector vaccines, its spike protein is made in the laboratory, not in our cells. None of these COVID vaccines contain either live or inactivated virus.

The Novavax spike protein is made from moth cells as follows:

- Researchers select the desired genes that create certain SARS-CoV-2 antigens (the spike protein).
- They put the genes into a *baculovirus*, an insect virus.
- The baculovirus infects moth cells and replicates inside them.
- These moth cells create lots of spike proteins.
- Researchers extract and purify the spike proteins.
- The Novavax vaccine contains no genetic materials in contrast to the RNA vaccines. It is traditional vaccine technology, very similar to a protein-based influenza vaccine.

Some people may be allergic to certain ingredients in other vaccines – for example, polyethylene glycol in the Pfizer and Moderna vaccines. There's none of this chemical in Novavax.



The University of Sydney has issued the following information (www.sydney.edu.au/news-opinion/news/2021/04/14/what-is-novavax, 14th April 2021):

The Novavax vaccine is given as two doses, at least 21 days apart. It can be stored for up to three months at fridge temperature, unlike the Pfizer mRNA vaccine which needs to be kept at ultra-low temperatures.

The Australian government has ordered 51 million doses of this vaccine, though it's yet to be approved by the Therapeutic Goods Administration (TGA), which is expected to make a decision before too long. The Melbourne-based biotech, CSL, can make the vaccine if requested by the federal government.

It is likely that most people will be able to tolerate this vaccine, given that it relies on well-established vaccination technology.

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NHS NOTICES

At the Natural Health Society, we are a not-for-profit community with a simple aim: to promote a simple, cost-effective, proven set of principles aimed at fostering health. We want to continue to help people live happier, healthier lives. We aim to become cost-neutral so we can promote the Natural Health approach for years to come. We continue to seek efficiencies wherever possible, however community support is vital for us to achieve our aims.

We would like to express our deepest gratitude to everyone who supports the Society. Thank you in particular to the following people for their recent donations:

Barry Hastie and Cynthia Handley, Dipaunka Macrides, Patricia O'Sullivan, Nils Lantzke, John Andrew, Suzanne Cameron, Marian Winsler, Vivien Leisemann, Valerie Luscombe, Colin Papworth, Stephanie White, Eduard Affolter and Gary Scott.

The Summer 2021 "Eat For Health" webinar series was a great success with plenty of learning and inspiration.

November 12 Dr Deanna Minich taught us how to see nutrition through an artist's eyes and use colour to guide our eating.

November 18 Holistic Health Coach Candace Coughlan helped us cook nutritious and delicious goodies in her live cooking demonstration.

November 25 Dr Isabel Hunsinger taught us how to keep our brains young and avoid Alzheimer's and Cognitive Decline.

December 2 Naturopath Genevieve Mlotkowski taught us how to use nutrition to make the most of our genetic makeup.

December 9 Naturopath Heidi Hogarth taught us about the herbs, nutrition and lifestyle approaches we can adopt to promote hormone health.

As always, all presentations are available to purchase for \$10 each via our online shop www.health.org.au/shop.

Please help us keep 'True Natural Health' as a printed magazine

We hope you are enjoying your issues of *True Natural Health*. From the comments we regularly receive, the magazine continues to be cherished by our members. However, due to increasing printing and mailing costs our ability to continue to publish *True Natural Health* as a printed magazine rather than online-only remains at risk.

We reach out to members of the Natural Health Society seeking your financial support for keeping *True Natural Health* as a print publication. It costs the Society around \$35,000 per year simply to design, print and mail the magazine.

Many organisations have abandoned print publications altogether by converting to online versions only. We don't want to do that, especially since some of our members are not part of the online world. Unfortunately, subscriptions do not cover all of the publication costs.

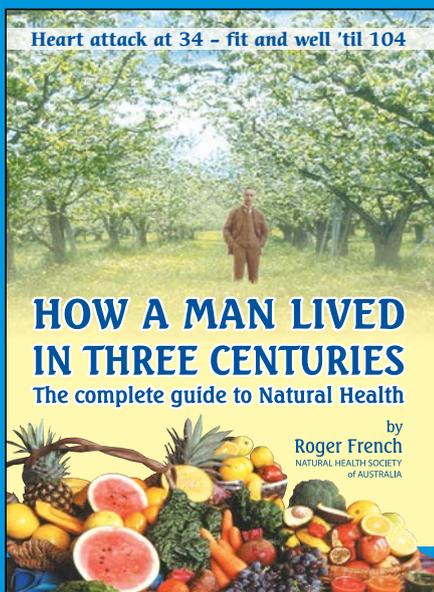
If you can, we are asking that you give a gift if your circumstances allow. Of course, every gift large or small will make a big difference. Members can donate via our website at www.health.org.au, call our office on 0432 396 701 or send a cheque to the Natural Health Society of Australia, PO Box 4264, Penrith Plaza NSW 2750.

Another way people can support the Society is through a bequest. Should you consider doing this, the following wording 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.



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& EVENTS



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2021 Annual General Meeting Natural Health Society of Australia (NSW) Inc.

Our 2021 Annual General Meeting was held on Wednesday 29th September; thank you to all members who attended.

We are happy to announce that all sitting National Committee members were successfully nominated for re-election. Richard Stepniewski also re-joined the National Committee – welcome back Richard!!

Thank you and congratulations to the following committee members who successfully stood for the following offices.

President – Elizabeth French

Vice President – Margaret Stepniewski

Treasurer – Richard Stepniewski

A special thank you to Amalia Pezzutto who stood as our Treasurer for many years. Amalia, your dedication to the Society is deeply appreciated; thank you for all the extra work you did as our Treasurer.

The Natural Health Society could not function without the commitment of our National Committee members. Thank you again.

Summaries of the past year's activities were provided by Elizabeth French (President), Roger French (Health Director) and Rebecca Smith (Manager). The past year has certainly provided plenty of challenges for the Natural Health Society. However, our dedicated team of staff and volunteers has continued to work hard to serve you and the community. Our AGM presentations reflected this and demonstrated the significant growth in our online presence and following, as we continue to reach out to more people in the community.

After pivoting our face-to-face seminars to online webinars last year, we have successfully hosted four webinar series since our 2020 AGM. Each webinar series included five or six presentations. One advantage of these webinars is that we now have a collection of excellent presentations on our website that can be purchased individually. Dr Alan Goldhamer, Dr Malcom Mackay, Dr Leila Mason, Dr Greg Fitzgerald, Doug Evans and Robyn Chuter are all featured in our growing library of presentations. Search 'webinar' in our online shop and see what you could learn today!

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Supplements to slow ageing

Adapted from Robert Redfern by Roger French

“Thirty-five years ago,” writes Robert Redfern, “my mother died of lung disease at age 62 and my father died a short while later of cancer at age 64. These deaths drove me to research the causes of their deaths in-depth. I soon found evidence that the majority of diseases that people suffer and prematurely die from are completely preventable.

“I also discovered evidence that these diseases are mainly caused by an unhealthy diet, lack of critical nutrients and lifestyle factors – all of which create unhealthy bodies. I celebrated my 75th birthday in January, feeling truly fit and healthy, and I want all my readers to have the same opportunity at any age.

“Healthy ageing depends at least partly on correct nutrition. When the body gets the nutrients it needs, we look and feel younger, mentally, emotionally and physically.”

[Roger French:] The ideal way to eat is just whole-food, plant-based. However, due to farming methods typically depleting soil nutrients, it can be advantageous to top up with supplements. Be aware that supplements can only be beneficial as a top-up to a good diet. If taken to counter the effects of an unhealthy diet, they can easily do more harm than good, especially due to the fact that antioxidants can reverse their role and become pro-oxidants.

The following are Robert Redfern's recommendations for ten of the best essential nutrients, which may play a part in helping us to stay looking younger than our years. Note that we publish this as wide coverage of these nutrients, not on the basis that each of us will benefit by taking all of them. We can pick and choose according to our needs, preferably with professional guidance.

1. Vitamin D3

Known as the ‘sunshine’ vitamin, studies show that this fat-soluble vitamin is produced in response to sun exposure. However, many of us simply can't get enough Vitamin D due to living in colder climates. Taking Vitamin D supplements may therefore compensate and help to enhance our immune function, increase muscle mass and decrease symptoms of depression – especially in people with Vitamin D₃ deficiency.^[1]

2. B-Vitamins

Taking B-vitamins can play a crucial role in energy production, DNA repair, immune health and brain function.^[2] In older adults,

B-vitamin deficiency has been linked with a higher risk of cognitive decline, osteoporosis and heart disease.^[3]

3. Ubiquinol

As the active form of CoQ10, ubiquinol can protect cell mitochondria from oxidative damage. While it is naturally produced by the body, production can decline with age. As a strong antioxidant, ubiquinol can provide a wide range of anti-ageing benefits. In particular, it can support heart health, increase cell energy and support overall good health and wellbeing. Supplementing with CoQ10 can decrease oxidative stress and conditions including fibromyalgia, chronic fatigue syndrome, diabetes and heart disease.^[4]

4. Curcumin

Curcumin has been well-studied for its anti-inflammatory properties and ability to help protect against chronic disease. In particular, curcumin helps protect joint health and brain health as we age.

Studies show that curcumin may provide relief for osteoarthritis, rheumatoid arthritis and other inflammatory conditions^[5, 6]. It can also improve memory function.^[7, 8]

Curcumin can help enhance recovery and performance in active people who have inflammation and muscle soreness.^[9] It also helps to delay ageing and promote longevity.^[10]

5. Magnesium

Our body needs magnesium to carry out hundreds of functions, particularly in keeping the blood in its correct slightly-alkaline state. Magnesium can limit the damage caused by free radicals, which means it slows the signs of ageing and is excellent for preventing wrinkles and dark spots. Just rubbing magnesium oil onto the skin may help reduce the signs of premature ageing.

Along with helping to repair muscle tissue and repairing DNA, magnesium provides anti-inflammatory benefits for skin health.

6. Omega-3 Fatty Acids

Heart-healthy fats, including omega-3 fatty acids, have been shown to oppose inflammation.^[11] Research shows that omega-3s can help to slow the decline of brain health, including the development of Alzheimer's disease.^[12] Other benefits of taking omega-3s are that they may reduce the symptoms of osteoarthritis and reduce the risk of heart attack.^[13]



7. Vitamin C

Along with being a coenzyme in the production of collagen, vitamin C is a powerful antioxidant. Supplements can reduce the appearance of fine lines and wrinkles, if used for at least 12 weeks.^[14]

8. Saw Palmetto

Saw palmetto may help to increase testosterone levels, improve prostate health, reduce inflammation, prevent hair loss and enhance urinary tract function, among other benefits.^[15, 16]

This shrub-like palm may help increase collagen production, and also works alongside other supplements to improve skin and hair.

9. Serrapeptase

As a proteolytic enzyme, serrapeptase provides potent anti-inflammatory benefits that can support our body's anti-ageing processes. Serrapeptase targets dead and damaged tissue throughout the body, thus helping to combat the damage caused by inflammation.

10. Astaxanthin

As possibly the most powerful of all antioxidants, astaxanthin can protect cell membranes against damage caused by free radicals, which include wrinkles and age spots. When skin ages, elasticity is weakened, leading to sagging. Astaxanthin may also improve overall skin appearance.^[17]

Robert Redfern of the UK is the producer of *Naturally Healthy News*, <https://naturallyhealthynews.info>. This article was published in his newsletter of 24th September 2021

References on page 17. ▶

CASE STORY – Robert Redfern

Producer of *Naturally Healthy News*

I get emails and messages asking me questions, including what my qualifications are.

However, I have no degrees of any kind; I have no qualifications in medicine; and I have no desire to have such an education since I now believe that much of what is taught in these courses is wrong.

So, how did I write over 30 books on critical health problems that have worked for hundreds of thousands of people? How am I helping to educate so many people who pharma drugs do not get healthy and are really only recommended in life-threatening situations or a few rare conditions

I have to go back a long way to 1962

My education after I left school was to become an electronics technician, provided by the company (Metropolitan-Vickers), which then employed me.

My first realisation

Soon after I left Metropolitan-Vickers, the company failed. I realised that 26,000 employees, many of whom were very clever educationally, were not collectively bestowed with commonsense or intelligent enough to save the company.

So, I had my first realisation that being passionate about something will take you a long way.

After I married in 1970, my wife and first child and I moved to a small holding in North Wales and ended up with three children, 2 goats, a dog, 3 ducks and lots of land to grow food. It was a great 17 years.

My next realisation

Then I received the bad news that my 62-year-old mother had died suddenly from lung disease. Not long after that, my 64-year-old father was diagnosed with cancer and subsequently died.

I immediately set about researching why the doctors in our free healthcare system had not prevented this from happening. I found that doctors do not get people healthy, they mostly just look after the disease, treating symptoms, not causes.

The whole training of doctors is decided by the pharmaceutical industry that brainwashes all information out of the student doctors' minds that nutrition and lifestyle can cure disease. More to the point, many of the drugs that doctors are told to prescribe have severe side effects and sometimes lead to premature death.

My next realisation

Although we had tried to live healthy lives on our small holding, my research showed

that there were many facets to getting and staying healthy. Especially needed is really healthy eating as the foundation of good health.

But I did eat junk foods and smoked cigarettes, especially when I was on the road. As a result, I suffered many niggling health problems, and it took a few years before I was able to quit smoking.

Next step – dealing with stress

It was becoming topical that stress is an integral part of health problems. We began to sell relaxation tapes after I successfully used one to get over my terrible fear of flying.

In 1987 I invented and patented a Smart Watch (calling it the 'StressWatch' and 'HealthWatch'). The sensors on the watch took signals from the skin and displayed the stress levels of the wearer. It showed how stress could be reduced very quickly just by breathing correctly. Unfortunately, I ran out of funding for this development and had to let the patent lapse.

The next development was our electronic acupressure device. We purchased an early model device and Anne used it on her father's arthritic knee. He was soon able to resume our long walks without a twinge. This led me to develop HealthPoint™, a more advanced and user-friendly device. It is still in production 30 years later and going strongly. It is used for 160 different conditions, including reversing macular degeneration, and treating horses and dogs.

In 2000 I introduced the enzyme, *serapeptase*, to the world-wide internet as well as a powerful curcumin formulation. The results from these nutrients were so dramatic that I wrote the book, *The Miracle Enzyme*™.

More books came thick and fast as I developed action plans for most of the main conditions causing disability and premature death, including those which killed my parents.

My Next Realisation

For most disease conditions, we don't need any medical degrees or qualifications in medicine to become or keep healthy. However, it does take innate intelligence or commonsense intelligence plus dedication.

My definition of *commonsense intelligence* is an innate understanding of cause and effect.

An example is the old saying: 'Give a man a fish, and you feed him for a day. Teach a man how to fish, and you feed him for a lifetime'. I convert this to: 'Give a person



a drug, and they feel better for a while. Teach a person how to be healthy, and they are better for a lifetime'.

To cure any disease, you have to deal with the causes. Food-wise, these include:

- Stopping eating factory-processed foods and drinks;
- Stopping eating high-sugar foods and drinks;
- Stopping consuming anything that contains chemicals.

What I've learned in the last 30 years is that passion to achieve good health (naturally) always works (or at least in 99% of cases).

One of my passions is exposing the Pharma/Medical Cartel for the danger they are and the greater danger they are now becoming with their world-wide plan to vaccinate every person with their dangerous drugs.

If the Pharma/Medical Cartel was fit and proper to look after our health, why is there so much sickness and disease?

Why are drug companies continually fined billions of pounds or dollars for criminal fraud and seriously harming many people?

This is an abstracted and edited version of Robert's story published in his newsletter of 15/10/ 2021.

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The Identity Myth and Social Conflict

How to stay true to yourself in times of huge social pressure.

By Clare Mann, Psychologist

As a society, we are witnessing an increasing amount of conflict, exacerbated by differing views and beliefs around the 'right' course of action. Along with this melting pot of emotion, we bring our own experience: our families, institutions and cultures that have placed their expectations upon us from the moment of birth.

Many parents wish for their children what they believe to be best, but they don't always consider whether their child has the same desires. By way of socialisation, these children end up valuing certain things in certain ways. This places limits on their available choices – because they cannot see beyond the influence they have been raised with.

This concept is articulated by the late R.D. Laing, a psychiatrist and author. He expressed the view that limits are placed on our choices from birth, saying:

“From the moment of birth, when the stone-age baby confronts the twentieth-century mother, the baby is subjected to forces of outrageous violence, called love, as its mother and father have been, and their parents and their parents, etc., mainly

concerned with destroying most of its potentialities. This enterprise is on the whole successful. By the time the new human being is age 15 or so, we are left with a being like ourselves. A half-crazed creature, more or less adjusted to a mad world. This is normality in our present age.”

Laing's views are considered by many to be extreme, although they do highlight the notion that our freedom is limited by social and cultural myths. The people around us influence how we live our lives – how we dress, how we spend our leisure time, how many hours we work and whether we'll have children. We allow fashion and social consensus to dictate the direction of our lives, and yet simultaneously believe that we have freedom of choice.

This is what I call the 'Identity Myth'.

SOCIAL PRESSURES AND FREEDOM

If you allow social pressures to define what is desirable in your life, then your life and freedom are limited. The identity myth decrees that you must do what is expected, and you are selfish or strange if you don't. When your choice of clothing, car, employment or healthcare are primarily to keep with others' expectations, then you are allowing others to determine what your life should be like.

You may attempt to break away from social expectations, but this break is often institutionalised and normalised – and therefore just as limiting in terms of what you believe. Consider a gap year after school, where young people are told to, “Enjoy the freedom while you can, as it won't be possible when you have a sensible job.” This gap year then becomes a form of revolt within very limited boundaries.

The same applies to newly married couples, who are advised to enjoy their free time before children arrive. Although conformity to the 'norm' of marriage, house and children is changing, many people don't question whether they want a sensible job, a marriage and a family of their own.

In our current political climate, this notion is important to remember. Your friends and family may consider you odd, or even rebellious, for making life choices outside of the accepted norm. When fear is added as an extra layer of emotion, it becomes even harder to exercise your beliefs. Currently, fear is widespread across many levels of society, which hints at our desire to enforce the identity myth.

Claiming freedom is to consider all your choices and make a decision that suits you – regardless of others who still subscribe to the identity myth. It doesn't have to relate to your job or whether you have children. It simply means you don't do things that are expected of you, or because everyone else does them.

By allowing others to convince you that you don't have the right to be different or challenge the status quo, you are denying your own identity – and colluding with the identity myth.



BREAKING FREE

The identity myth implies that you should be someone other than the person you want to be and that fitting in with others' expectations and desires will bring you happiness.

There is often great pressure to maintain the illusion of fitting in – consider the plight of a homosexual person within a conservative religious structure, or a vegan person within a family of animal farmers.

To deny yourself freedom is to buy into the identity myth – which is a myth for a reason. Here are some simple ways to prevent the identity myth from ruling your life.

- You dictate the direction and operation of your life – not others.
- Get in touch with your own needs, desires, and expectations – value your uniqueness.
- Challenge and question your life choices – don't do things out of duty or obligation to others.
- Respect the identity and uniqueness of others – accept and learn from the differences and enjoy the similarities.
- Don't judge your own and others' intentions by using social norms and stereotypical expectations
- Focus on changing your reactions to others – you can't change others' behaviour. Choose the type of people you want in your life.
- Be prepared to change your values and outlook as you learn and grow – life is subjective. Enjoy the experience and don't search for an objective 'right' or 'wrong'.
- Act in a positive way that brings about the things you desire, rather than avoiding the things you do not.

Clare Mann has a BSc in Psychology, MSc in Occupational Psychology, MA in Existential Psychotherapy and Counselling and Post Graduate Diploma in Counselling. Clare has authored many books including *Myths of Choice* and *Vystopia*. Clare was one of the presenters in our NNSA Webinar 3 Series and the recording of her excellent presentation, *Developing Resilience in a Time of Chaos* is still available via our website for \$10.00.

CASE STORY: Parushka Maharaj

Recently I had no choice but to completely transition to a vegan diet. I was so sick after eating a large steak. Being greedy I had eaten too much of it.

The days following my indulgence were filled with regret as my entire body was in agony. The pain radiated from my chest into my back, solar plexus and my ribs. I thought I was going to die – if not then, soon after. I still have no idea what exactly I was experiencing, but my guess is that it was severe inflammation around my chest from the steak.

After discussing my symptoms with the local GP, I am convinced that the red meat caused acidity in my body, and most likely it was GERD, or oesophageal reflux, which caused that pain in my entire chest cavity. I feared that my unhealthy eating had caused some serious heart issues.

When I realised it was most likely some sort of inflammation, I took a home remedy of castor oil. That alleviated the symptoms slightly, but changing to a completely vegan diet is what helped the most. In about three days my body was almost fully recovered and I have never felt better. I read all the books I could get my hands on about vegan eating, looking for recipes and information that would help transition my family and myself into a fully vegan lifestyle.

I am no longer counting calories; I am eating healthy whole foods and I've lost a bit of weight. I can't believe how well I feel. I want to tell everyone who is suffering that it's so easy!

I began following the Dr McDougall plan and a blogger called Plantiful Kiki. Although I find their approaches both great, I've had to find the type of diet plan that suits my family. We initially began with the 50/50 plate ratio – brown rice and dhal or wraps and salads, salad sandwiches or potato and salads.

I tried many new recipes, such as making our own cashew cheese, which was an instant hit, and even preparing soulful meals like macaroni-cheese using vegan cheese sauce. However, we found that nutritional yeast caused bloating and even brought on some Candida symptoms, so it was important to watch our sugar and yeast intake. It really is a matter of trial and error.

For now we seem to be most satiated with having meals loaded with fruits, whole grains and legumes, cooked and raw vegetables and raw salads.

I have tried cleanses like J. J. Smith's green smoothie cleanse and the apple cider vinegar cleanse. These are filled with fruits, nuts, veggies and greens. I feel my body is crying out for these as opposed to starchy vegetables.

While working from home, we seem to always find things that need doing before

having any food, so we have been more or less doing intermittent fasting by default, and we are not stuffing food all day.

My husband has always eaten vegetarian. Milk, cheese, yoghurt and ghee are important parts of his diet, which he isn't as willing to give up as I am. We are Indian and love our curry. Salad and veggies have always been a huge part of our diet. My husband is not always willing to cook without oil, so we compromise. We have found ways to braise our dhalls without oil, and I use just a single teaspoon of olive oil to sauté onions when cooking a family-size portion of curry or bolognese.

My children are loving the vegan diet. It's as though they have just discovered bananas, watermelon and every other fruit. They recently loved the 'ice cream' I made. It was frozen mango and banana blended with a little coconut cream. It was like our own version of 'Weiss Mango and Coconut' bars. The best part was that we felt zero sluggishness or discomfort, which we would normally experience after a dairy or sugar indulgence.

We are so much happier! The kids are happier and more willing to do their homework. They fight less, express themselves more and feel great overall. It's incredible! I wonder how my husband, Sanjay – a lifetime vegetarian – has managed living with us all these years. After 15 years of marriage, I can say that we are happier than we have ever been, working together to plan healthy meals for our family.

I am excited to have made these changes and look forward to learning more about how to build my health step-by-step for a long and active life.

Parushka Maharaj, Mt Annan, NSW



There is good reason to avoid palm oil and question the authenticity of extra-virgin olive oil.



Toxic 3-MCPD in Refined Oils

Reproduced with editing from Dr Greger's newsletter dated 4th October 2021, Volume 55

Palm oil is the most commonly used vegetable oil in the world today. Pick up any package of processed junk in a box, bag, bottle or jar, and the odds are that it will contain palm oil. Not only does it contain the saturated fat found mostly in meat and dairy, but it may contain a toxic chemical.

Concerns have been raised about the safety of palm oil, given the finding that it may contain a potentially toxic chemical contaminant, known as 3-monochloropropane-1,2-diol, or 3-MCPD. This is formed during the heat treatment involved in the refining of vegetable oils. This contaminant ends up being widespread in refined vegetable oils and fats as well as any products that contain them, including infant formulas.

3-MCPD has been found in all refined vegetable oils, but some contain more than others. The lowest levels were found in canola oil and the highest levels in palm oil. Based on the available data, this may result in a significant amount of human exposure, especially when used to deep-fry salty foods like French fries. In fact, just five fries could blow through the tolerable daily intake. If you do this just once in a while, it shouldn't be a problem, but if you're eating fries every day or so, this could definitely be a health concern.

Because the daily upper limit is based on body weight, calculations found that there are particularly high exposure values for infants who are on formula rather than breast milk. Since formula is made from refined oils, according to the European Food Safety Authority these may present a health risk. Estimated US infant exposures may be three to four times worse than in Europe.

If infants can't be given breast milk, there is basically no alternative to industrially-

produced infant formula. Given that fact, the vegetable oil industry needs to find a way to reduce the levels of 3-MCPD and other contaminants. In the meanwhile, this is yet another reason that breast is always best.

What can adults do to avoid exposure? Since these chemicals are created during the refining of oils, why not stick to unrefined oils. Refined oils have up to 32 times the level of 3-MCPD compared to their unrefined counterparts, with the exception of toasted sesame oil. Sesame oil is unrefined anyway (the manufacturers just squeeze the seeds), although in the case of squeezing toasted sesame seeds, the 3-MCPD may have come pre-formed.

Virgin oils are by definition unrefined. They haven't been deodorised, the process during which most of the 3-MCPD is formed. In fact, that's how you can discriminate between the various processing grades of olive oil. If your so-called extra-virgin olive oil contains 3-MCPD, then it must have been diluted with some refined olive oil. Extra-virgin olive oil is susceptible to fraud because of the ease of adulterating extra-virgin olive oil, the difficulty of detection, the economic drivers and, in the USA, the lack of control measures.

So, how widespread a problem is this?

Sample testing found that of 88 bottles taken off US store shelves, of those which were labelled 'Extra-virgin olive oil', only 33 (37 percent) were found to be authentic. But what if you stick to the top-selling imported brands of extra virgin olive oil? In this case, only 24 (27 percent) passed the test and the rest of the samples failed. Only about one in four appeared to be genuine, and not a single brand had even half their samples pass the test.

A NOTE RE AUSTRALIAN PRODUCED OLIVE OIL

By Roger French, Co-Editor

In Australia, locally-produced extra-virgin olive oil is much more likely to be pure and not diluted. There are numerous growers and extractors. Some are big brands like Cobram Estate and Red Island, and there are also numerous small local producers.

Consumers of Australian olive oil can be guaranteed high quality if the bottle or other form of packaging displays the logo shown below. This logo is for an Australian Code of Practice which ensures that the oil is 100 percent extra-virgin olive oil and that the production processes are ecologically sustainable. The Code also guides the industry to comply with the Trade Practices Act in relation to fair trading and food safety.



Hopewood Health Retreat = Benefits of outdoor activity



We're advocates of getting into nature. So we thought now would be a great time to remind you of the many benefits of spending time exploring our beautiful country.

Hopewood provided its natural health and wellbeing guidance and support at our health retreat for 55 years. Our philosophy promotes vegetarianism, plenty of pure water and freshly prepared juices, food combining, regular exercise and relaxation. It also emphasises the power of fresh air and spending some time in our natural environment.

Getting into nature has both short- and long-term mental and physical benefits. Spending at least 20 minutes outside every day can help you achieve a happier and healthier lifestyle. This should be either morning or late afternoon in summer, not in the hot sun.

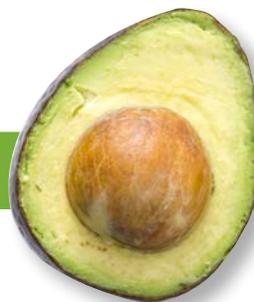
Spending time in nature can help to:

- Fight stress;
- Improve Vitamin D levels;
- Elevate mood;
- Help us practise mindfulness;
- Decrease our anxiety;
- Help us sleep better; and
- Improve our concentration and general alertness throughout the day.

There are a number of activities you can try so as to increase the time you spend in nature:

- Go for a walk or gentle run outside;
- Enjoy your garden either working in it or relaxing in it – the beauty and aroma of the plants is intoxicating;
- Ride your bike to work;
- Play golf;
- Go for a bushwalk or walk along a beach;
- Practise yoga or meditation outside;
- Have a healthy picnic in the park; and
- Do your favourite activity outside – such as painting or reading.

The next time you go outdoors, take your shoes off and spend some time walking barefoot in the grass or in the sand. This process increases the health benefits you receive from spending time in nature, as the relationship that your body has with the electrons in the earth increases.



SUMMER AVOCADO SALAD

INGREDIENTS

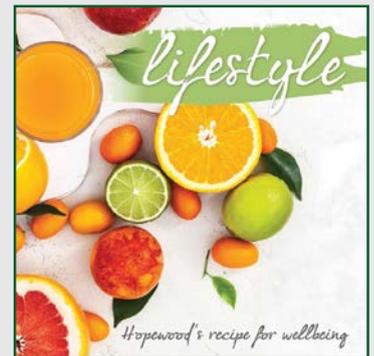
- 2 cups cubed avocado
- 1 cup cubed cucumber, about 1 large cucumber
- 2 Tbsp fresh lime juice, from 1 to 2 limes
- 1 Tbsp extra-virgin olive oil
- 1 small garlic clove
- ½ cup chopped fresh herbs like parsley, basil, or mint

METHOD:

- Prepare ingredients and toss in a bowl.
- Place oil, lime juice, garlic and herbs in a jar and shake thoroughly.
- Just before serving cut up vegetables and pour dressing over.

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Blending is an excellent way to add vitamins and minerals into your diet. A good quality blender will allow you to make wholefood 'juices' that retain all of the goodness of your fruits and vegetables. A key benefit to this wholefood approach is that you retain the fibre of the fruits and vegetables, this way your gut microbiota get a meal too.

Adding a daily vegetable and fruit smoothie to your summer eating plan is a great way to incorporate a wider variety of vegetables and fruits into your diet, which will expand the spectrum of healing phytonutrients you consume.

The combinations for wholefood smoothies are endless, but here are some sample ideas to get you inspired.

A green smoothie is a combination of fruit and green leaves blended with enough water to make a drink. Use any edible leaf that you can wrap around your finger - lettuce, silverbeet, kale, beetroot and carrot tops, dandelion, rocket, cabbage, parsley and Asian vegetable leaves are all suitable. Try leaving some of the white pith on oranges and include the small seeds from fruits such as apples, pears, grapes and berries as they contain many antioxidants.

Generally speaking a ratio of 60% fruit to 40% green leaves make a palatable and nutritious smoothie. You may want to adjust the ratio for children and it always helps if you give it a fun name!

** See page 45 for a chance to win a Ladyship Organic Essence Extractor worth \$270

The anti-inflammatory immune booster



DESCRIPTION

From a functional medicine perspective inflammation is a key driver in a huge spectrum of illnesses. Incorporating anti-inflammatory ginger and turmeric into our daily diet is a gentle way to keep chronic inflammation and illness at bay. This blend is also rich in vitamin C and bioflavonoids, key nutrients for healthy immune function.

INGREDIENTS

- 1 cucumber
- 1 handful of seasonal green leafy vegetables
- 4 celery stalks
- 2 apples
- 1/2 lemon (lemons can be peeled or left with the skin on to add an extra bioflavonoid boost.)
- Fresh ginger and turmeric to taste

The calming detox

DESCRIPTION

The greenness of this blend denotes its high chlorophyll content and great cleansing capacity. Coriander is a potent source of the terpene, *linalool*, which has antimicrobial and antifungal actions and is also partly responsible for the calming and pain-relieving effects of lavender. Coriander is rich in antioxidants and acts as a powerful detoxifier. Juicing herbs like coriander and mint adds a pleasant taste and heavy metal detoxification action to your blend.

INGREDIENTS

- 3 cups seasonal green leafy vegetables
- 1/2 cup fresh coriander
- 4 celery stalks
- 2 Tbsp mint
- 1 – 2 cucumbers



Summer digest and cleanse

DESCRIPTION

This blend is rich in enzymes. Bromelain, an enzyme found in pineapples, is one of nature's great anti-inflammatory agents. In fact, bromelain has such powerful anti-platelet (blood thinning) potential that you should adopt a precautionary approach and, if you are taking prescription blood thinners, not consume pineapple in the quantities that blending or juicing allows. Papaya provides papain, an enzyme with excellent anti-inflammatory and digestive actions and an excellent choice for anyone who tends towards constipation and bloating. This blend is best consumed fresh while these enzymes are at their peak activity. Use half the ingredients for 2 or 3 people.

INGREDIENTS

- 1 pineapple with rough outer skin removed
- 1 papaya, peeled and seeds removed
- 1 or 2 handfuls seasonal green leafy vegetables
- 1 lime or lemon (they can be peeled or left with the skin on to add an extra bioflavonoid boost.)



Tropical Popsicles

A delicious, healthy version of a creamy icy-pole.

INGREDIENTS

- ½ cup chopped pineapple, fresh
- ½ cup chopped rockmelon
- ½ chopped banana
- ¾ cup chilled coconut milk
- ¼ cup water
- ¼ tsp vanilla extract

METHOD

Combine all ingredients in blender and blitz until smooth. Divide mix between 8 icy-pole moulds and place in the freezer for 4 – 5 hours or until set.



Green Ice Block

The only thing more refreshing than a green smoothie on a hot day is a green ice block!

INGREDIENTS

- ½ apple
- 1 kiwi fruit
- ¼ avocado
- big handful spinach
- 1 Tbsp chia seeds
- ¼ cup water (just enough to blend)

Add all ingredients into blender and blend until smooth. Pour between 6 moulds and freeze for 8 hours or overnight.





The Universe Within Us

Part 2: Make Friends with Your Gut Microbiome

By Robyn Chuter, Naturopath and Counsellor

In Part 1 of this series, I discussed the intriguing history of gut microbiota research, and summarised the known functions of our microscopic co-residents.

Now, let's delve deeper into the research on the myriad of ways in which what we eat affects our gut microbiota, and how this influences our health.

Remarkably, although about one third of the bacterial species that inhabit our guts are common to most people, the remaining two thirds are unique to each individual – as unique as their fingerprint. Although we are about 99.9% identical to each other in terms of our human genome, our gut microbiomes can differ by up to 90%.

Our core microbiota is inherited from our mother, and remains more similar to hers than to unrelated people's microbiota for our entire lifespan.

However, diet, exercise, lifestyle habits and medications shape our complex microbial communities and their gene expression throughout life, so that even identical twins, who share exactly the same human genome, end up with distinct microbial profiles – although more similar to each other's than for either non-identical twins or non-twin siblings.

What we eat, in particular, powerfully and rapidly influences the composition of our gut bacteria and their gene expression. In a landmark study published in 2014, researchers fed 10 volunteers two different diets – a 'plant-based diet' rich in grains, legumes, fruits and vegetables, and an 'animal-based diet' comprising meats, eggs and cheeses – for 5 days each.

The animal-based diet increased the abundance of bile-tolerant microorganisms (*Alistipes*, *Bilophila* and *Bacteroides*) and decreased the levels of species that metabolise dietary plant polysaccharides (*Roseburia*, *Eubacterium rectale* and *Ruminococcus bromii*) – in just two days!

Furthermore, on the animal-based diet, bacteria expressed more genes involved in synthesising a bile acid that is known to promote liver cancer, and hydrogen sulphide, a gas linked to inflammatory bowel disease and bowel cancer.

Fortunately for the participants, their gut microbiota reverted to their original structure two days after they resumed their normal eating pattern. But just imagine the damage they would do if they ate such a diet over the long term!

Actually, you don't have to imagine this. Extensive studies have found that people who habitually eat a Western-style diet – high in meat, fat and refined carbohydrate, and low in fibre and other forms of complex carbohydrate found in whole plant foods – have been found to have a microbiota profile dominated by *Bacteroides* species. This profile is associated with increased inflammation, weight gain and impaired blood sugar control.

High-fat diets have been found to suppress beneficial bacteria including *Lactobacilli*, *Bifidobacteria*, *Bacteroidetes* and *Akkermansia muciniphila*, all of which help to maintain a healthy gut barrier. High-fat diets also fuel the growth of *Oscillibacter* and *Desulfovibrio* species, which increase intestinal permeability and hence inflammation.

Saturated fat – found primarily in animal products including meat, poultry, dairy products, eggs and some species of oily fish, as well as coconut oil and palm oil – is the biggest culprit in damaging the gut barrier and driving up inflammation levels.

Hence, the typical Western diet creates the perfect storm for generating both dysbiosis (an unhealthy change in microbial composition) and increased gut permeability ('leaky gut'). Together, dysbiosis and leaky gut play pivotal roles in a host of human maladies, including inflammatory bowel disease (IBD), irritable bowel syndrome (IBS), coeliac disease, diabetes, asthma, depression, anxiety and autism.

On the other hand, diets rich in fibre and unrefined carbohydrates have been linked to a *Prevotella*-predominant microbiota profile. This cluster of bacterial species ferments the types of carbohydrates that human enzymes are unable to digest – fibre, resistant starch and oligosaccharides, collectively known as *microbiota-accessible carbohydrates*, or MACs – into beneficial short-chain fatty acids (SCFAs), including butyrate, acetate and propionate.

These SCFAs bestow a bounty of health benefits, including reducing inflam-

mation both in the gut and throughout the entire body, strengthening and repairing the gut barrier, tamping down cholesterol synthesis, improving insulin sensitivity (and thus reducing blood glucose levels), promoting immunity, regulating our appetite, increasing fat-burning and stimulating the production of brain-derived neurotrophic factor (BDNF), the so-called 'Miracle-Gro for the brain'.

Unsurprisingly, people who eat plant-based diets have been shown to have greater gut microbial diversity and richness of species, which are associated with better digestive health and lower risk of obesity and metabolic disease (such as diabetes).

A CORE GUT MICROBIOME IN OBESE AND LEAN TWINS

But ultra-processed vegan junk food, stripped of its fibre and complex carbohydrates and laced with fat, sugar and simple starches, just doesn't cut the microbial mustard. To cultivate your garden of healthy gut bugs, you must feed them a variety of whole and minimally-processed plant foods, rich in microbiota-accessible carbohydrates – MACs such as legumes (dried lentils, peas and beans), whole grains, vegetables, fruits and nuts, not 'Big Macs' (even vegan ones!).

Why does variety matter? The American Gut Project – a crowd-sourced, global citizen science effort which has sequenced the gut bacteria of more humans than any organisation on Earth – found that people who ate 30 or more different plant foods per week had the most diverse gut microbiota.

'Eating the rainbow' ensures that your gut bugs have access to a plethora of *polyphenols*, plant compounds which boost the growth of beneficial bacteria, including:

- *Resveratrol* (found in grapes, peanuts, pistachios, blueberries, cranberries and cocoa);
- *Curcumin* (in turmeric);
- *Lignins* (in flax and sesame seeds);
- *Quercetin* (in onions, apples, grapes, berries, broccoli, citrus fruits, cherries, tea and capers);
- *EGCG* (in green and white tea); and
- *Isoflavones* (in soya beans).



Snake bite in Australia – what to do



Plants produce polyphenols to defend themselves against stress caused by poor soil, fungal disease and insect predation. These powerful plant compounds pass through our upper gut largely intact, but once they reach our colons, gut bacteria begin to metabolise them into active compounds that we can absorb through the colon wall. These compounds deliver a stunning array of health benefits including antioxidant, anti-cancer and anti-microbial activity and hormone modulation.

Our infinite complacency has caused us to disrupt the harmonious relationship between our human and microbial selves – a relationship which supported the health, growth and development of our species over long evolutionary time, allowing humans to adapt to seasonal and geographic changes in food supply.

However, in the last few decades, we have relentlessly carpet-bombed our gut microbiota with antibiotics; disrupted their normal transmission from mother to infant with caesarean sections and formula feeding; and starved the most beneficial species of the MACs they need, while overfeeding the most disease-causing ones on excess calories, fat and animal protein.

The best way to provide the most beneficial species with an environment in which they thrive is with a diet drawn from a rich abundance of whole and minimally processed plant foods.

Is your gut telling you it's time for a healthy change? Need help to get your health back on track? Apply for a Roadmap to Optimal Health Consultation today.

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. www.empowertotalhealth.com.au.

Summer comes early these years and with the heat, comes snakes.

Annually in Australia 3,000 bites are reported; there are 300 – 500 hospitalisations and 2 – 3 deaths.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk back to the house is a load of rubbish.

While not new, the management of snake bite should be refreshed each season.

About snake bite

There are five genres of snakes that can harm us seriously – browns, blacks, adders, tigers and taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (*not* into your blood). This venom *cannot* be absorbed into the bloodstream from the bite site. It is transported in lymph, not in the bloodstream.

Blood and lymph are pumped differently. Blood is pumped by the heart, so even when we are lying still, blood continues to circulate. Lymph is pumped by muscle movement, so it only moves around with physical activity, like bending an arm or knees, wriggling fingers or toes, walking, running, etc.

Lymph enters the bloodstream only after the vast number of lymph vessels converge to form lymphatic ducts, which join veins at the base of the neck.

It's critical to keep perfectly still

When bitten, the venom is injected into the lymph.

The only way that the venom can get into the bloodstream is to be carried along the lymphatic vessels. This can only occur if the bitten limb is physically moved. The venom can't move if the victim doesn't move. *So stay still!!!*

Treating a bite

In the 1980s a technique called Pressure Immobilisation Bandaging was developed to further retard venom movement. It completely stops venom/lymph transport towards the bloodstream.

Technique:

Firstly, keep the person still and don't wash the area.

Step 1: Apply a bandage over the bite site to an area about 10 cm above and below the bite.

Step 2: Using a long elastic roller bandage, apply a firm wrap from fingers or toes all the way up to the armpit or groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white – about the tension of a sprain bandage.

Step 3: Splint the limb so the patient can't walk or bend the limb.

Don'ts:

- Don't cut, incise or suck the venom;
- Don't ever use a tourniquet;
- Don't remove the shirt or pants – just bandage over the top of clothing. Remember that movement (like wriggling out of a shirt or pants) causes venom movement.

Don't try to catch, kill or identify the snake! This is important. Hospital staff no longer need to know the type of snake; it doesn't change the treatment. Until five years ago, the snake needed to be identified so that the correct anti-venom could be used.

But now the new anti-venom neutralises the venoms of all the five listed snakes, so it doesn't matter what kind of snake bit the patient. Polyvalent is a one-shot wonder. It's stocked in all hospitals.

Suffering from a snake bite

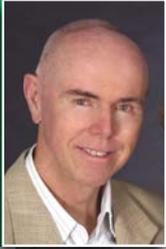
Australian snakes tend to have three main effects in differing degrees:

- Bleeding – internally and bruising.
- Muscles paralysed causing difficulty talking, moving and breathing.
- Pain. With some snakes there can be severe muscle pain in the limb, and days later the bite site can break down to form a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tip: Not all bitten people cop the venom; only those beginning to show symptoms are given anti-venom.

Once again – *stay still!*



Long COVID-19 and Natural Health

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

You have all heard about Long COVID or Long-Haulers. This is where someone gets COVID-19, and it either does not improve or it initially improves and then relapses.

The medical profession is making out that this is unique to the coronavirus. Wrong! And they are also looking for a cure for it, but I'll come to that delusion shortly.

I have consulted literally hundreds of 'long-haul' patients over the past 38 years who have come in with (long) glandular fever, (long) influenza, (long) Epstein Barr Virus, (long) shingles, (long) CFS (Chronic Fatigue Syndrome). These viral-associated illnesses that seem to linger are not unique to COVID-19, despite the media reports designed to add more fear to a fear-soaked society.

Typically, patients experiencing prolonged symptoms complain that they became sick and remained sick despite having tried many remedies, drugs and other supposed 'cures'. Their common refrain is that nothing 'works'. They visit doctors, specialists and sometimes other modalities. They will try things that their friends and relatives suggest, but they remain sick. They will often experience some respite, or transient health improvement, where for a day or so they feel 'normal', but when they try to resume normal life again they quickly crash and burn.

When such illness become chronic (long-lasting), it increasingly affects the person's mental state, and depression and anxiety become far more common.

MY CLINICAL EXPERIENCE WITH NATURAL HEALTH

I have successfully piloted countless people back from these protracted, frustrating long-haul-type illnesses, provided the person was willing to make some necessary changes to how they lived their life. Having spoken with many other Natural Health/Hygiene practitioners over the years, the same finding is echoed.

To recover from Long COVID or any other debilitating chronic illness, the principles of Natural Health will never let you down. One thing is certain: there will be improvement. Whether a complete recovery is possible depends upon many things, but I have yet to see anyone make no improvement.

The truth is this: if you experience sickness of any type (as distinct from trauma or accidents), you will be best served if you stop and ask what that sickness is telling you. Why is your body manifesting symptoms and signs, which are actually protests? Your body can only dialogue with you by such symptoms and signs. If you do not listen to it and learn from it and then *make* some necessary changes in *what you do*, not just what you *take*, then your health will not improve.

'Long illnesses' in a medical setting are generally treated symptomatically and given drugs like antivirals, which mistakenly assume the virus is the sole cause of the person's problem. Such symptom-suppression and anti-microbial agents *never* remove the cause of the problem, nor do

they elevate the person's health. The two precepts upon which Natural Health is predicated, namely removing the causes of disease and providing the conditions of health are not addressed.

NATURAL RECOVERY OR MEDICAL SUPPRESSION?

Every sufferer of 'long' – whatever it is – that I have seen has made significant and pleasing improvements *if* they were willing to implement the RRR's and make the necessary changes which their bodies were screaming out for.

These are the three R's:

R – Retreat!

R – Renew!

R – Return!

Long COVID becomes long because people do not follow these three R's. Instead they seek symptom-suppression so they can feel better quickly. They seek drugs or other remedies. They seek cures outside of themselves instead of seeking internal answers.

Retreat

Stop! Do not pass 'Go' or collect 200! This means rest more, sleep more, do less. Take the pressure down. Stop exercising! That's right, stop! Avoid stimulation, late nights and any commitments that are not absolutely essential. Minimise your engagements or completely stop all engagements if the illness is debilitating.

Lie down more, including during the day.



This allows your body to conserve energy. Without energy, there is no healing and no recovery. The degree of healing and recovery will depend upon the degree of energy available.

If the acute symptoms include fever and anorexia (loss of hunger), then fasting is warranted. Consultation with a practitioner skilled and experienced in fasting and disease recovery is recommended. I have fasted hundreds of patients over the years and can assure you there is much more to it than just missing meals.

To recover from Long Anything, commitment is needed. Seek commitment, not cures! And be patient! Health is never built in a day. It is built daily! Recovery is never achieved in a day either. It is built daily.

Renew

This is where the conditions of health must be supplied. Here we include nutrition, appropriate hydration, sunshine, fresh air, perhaps some judiciously prescribed supplements and positive support. This involves what is today widely called *detoxification*.

There should be no social poisons whatsoever – no alcohol, caffeine, confection or junk food. The diet should be light and whole-food, plant-based. While in this stage of reversing the pathology, animal foods should be eschewed completely. The food you require should match the food you desire. Overeating will slow recovery and renewal, even of good, wholesome foods.

If the person's energy is very low, food should be eaten abstemiously. Digestion needs energy, and if energy is low, digestive power is low and excess food just adds to the toxic load.

As energy returns, toxicity reduces (including viral load, which is just one component of the total toxic load) and symptoms subside. This is the cue for an expansion of our basic biological needs.

Thus we should start exercising by walking – slowly at first for short distances and then gradually increasing distance and speed, always making sure *not* to overdo it, as this will take your renewal backwards. Exercise should always be done *when* we have energy. It should never be done to give us energy.

Likewise, as our energy improves and our symptoms further abate, so our digestive capacity improves and we can eat greater quantities of nutritious food.

Return

When our symptoms have disappeared and we are feeling much improved, the time is right to return to life, albeit wiser. Which brings us to a fourth 'R':

Reflection!

We need to learn from our illnesses, just as we need to learn from failures in life. If we don't learn, we don't grow. And improved health as we get older requires the fourth 'R'.

Reflection is an investment in our health and happiness. What do we need to change? What did we do to ourselves that led to us to getting sick? What do we need to add to our way of life? Or drop from our life? Most people will just blame the virus and learn nothing. Tragically, it is these people who not only have a far greater chance of dying (and the virus will be blamed), but, if they survive, they are the ones who end up with co-morbidities as they age. Many ills, many pills and many bills! And many specialist visits. Such people never employ the four R's. They get sick and seek answers from someone else.

A PERSONAL STORY

Thirty-five years ago, my wife, Dawn, developed serious pneumonia. It was a real concern. She had a choice – take the medical route and drugs or 'RRR'. I encouraged her to make her own decision. She chose the latter. Commitment and

patience were essential, I told her. She stopped everything, fasted for 17 days and made the necessary changes to her life after much reflection.

She recovered and her health gradually became more robust. She learned lessons. She made *changes* to *how* she lived. Her health improved and she has adopted the four R's ever since, to her great benefit.

THE TAKE-AWAY MESSAGE

Have *no* fear of COVID. Have *no* fear of the flu. Have *zero* fear of viruses or other microbes. Have *no* fear of Long COVID. See it for what it is, not what the medical profession and the media make it out to be. It is a chronic illness in which the chronic symptoms are trying desperately to wake up the person to adopt a more natural way of life.

Develop sound health habits and build trust and faith in nature, Natural Health principles and yourself.

Fear is what has driven this mess we are all in today. Fear allows others to control us and profit from us. And remember, 'fear' stands for **False Expectations Appearing Real!**

So, if ever you get sick, remember:

1. **Retreat!**
2. **Renew!**
3. **Return!**
4. **Reflect!**

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

Passport to Where?

The vaccine passport, that is

This is an edited version of an article by independent writer Alexandra Marshall. It was first published in *The Spectator Australia*, 21st September 2021.

What is the scientific basis for a vaccine passport? It's a very divisive topic, but there is some important information included below.

Let's be frank. If a vaccine does not prevent infection or transmission, there is no scientific basis for a vaccine passport.

I know there are plenty of people who want a reward for nineteen months of good behaviour, but the vaccine is your reward. That is the point of vaccination.

Even if the vaccine prevented transmission, governments have no right to play with domestic vaccine passports. Why? Because participation in the society of your birth is not a negotiation with health bureaucrats – it's an unshakeable right. If you think the world is too dangerous, stay home or dress up like an extra from CSI. Do not gift politicians infinite power in thinking they can control life and death or they'll expect you to start worshipping them.

It is up to you to decide whether vaccinations apply to your current situation: not your doctor; not the premier; not a random health bureaucrat that may or may not have monetary connections to Big Pharma. Just you.

The only time a vaccination is 'for someone else' is when we talk about herd immunity.

If – and only if – a vaccine meets a certain set of criteria, it can be used as part of a nationwide vaccine program. The end goal of this intensive campaign is eradication of the disease.

Herd immunity is achieved by presenting the disease with hosts that either resist infection or fail to spread it. This occurs naturally when populations successfully

fight off infections, creating a robust and permanent resistance, which is passed on to their offspring. Over time, diseases either wipe themselves out or slide into the background.

There are modern vaccines which mimic herd immunity successfully. Measles, polio, smallpox and tetanus are all examples of vaccines that provide 98 – 100% life-long immunity. The failure rate is so low that case leakage is not sufficient for the infection to escape and mutate. Case numbers drop off to near zero pretty quickly and remain there.

If this is achieved via natural or vaccine-induced immunity, the disease is prevented from reaching those few individuals who cannot get vaccinated. Ergo 'herd immunity' prevents the unvaccinated from getting sick.

It does not give 'extra protection' to those who are already vaccinated.

With COVID vaccines, it doesn't matter how many times you've been stabbed in the arm, you're still a walking Petri dish. When commentators use their digital pulpits to insist that they 'don't want to breathe the same air' as the unvaccinated, we have to ask serious questions about their basic sanity. Logic? Forget it. The government turned the unvaccinated into scapegoats and the press went along with it for the clicks.

Most are not brave enough to challenge this mass psychosis for fear of cancellation or upsetting their peers. This lack of integrity leaves Australia as a divided nation

with one group egging on the persecution of the other. It feels good to have special privileges. It feels good to be told that you're a hero. It feels good to check-in to restaurants while the lower classes are turned away by a government app.

While they enjoy their coffee inside the Palace of Versailles, the government has cooked up a tax hike to pay for the privilege of vaccination. Huge shock. These vaccines weren't free and now the treasurer has decided to kill off any surviving businesses by (probably) raising the GST instead of – I don't know – cutting public service salaries. The poor will pay, first with their jobs and then with their savings.

'Take this vaccine or your life is over!' isn't massively reassuring. Shame on state premiers for lauding their record-breaking vaccine percentages, and shame on the press for failing to mention how that statistic was achieved.

Can we really call any of this 'free choice' when people are put under indefinite house arrest, sacked, locked out of the economy and warned they might not be entitled to healthcare? At some point a class action suit is going to call this 'coercion' to be in violation of Australia's code of vaccine ethics.

The vaccine situation could have done with a bit of good old-fashioned market competition. Consumer pressure forces companies to improve their product, whereas government intervention allows inferior products to thrive.

In a fair capitalist fight, mRNA vaccines would have been left collecting dust on the shelves, while the world eagerly pre-ordered Novavax. We weren't given choices. We were given edicts.

Potentially this best vaccine has been pushed to the back of the queue, unable to acquire essential components due to Big Pharma favourites monopolising raw production materials on the back of government agreements.

Novavax will hit the market too late for most Australians, who were bullied into ultimatums by their employers and schools.

Vaccine shills demand to know why someone with a 99.98 percent chance of surviving COVID would dare to wait. Alright. The first draft of a product is rarely the best. It's the same reason drug companies pay people a fortune to partake in trials.

In India, the introduction of the combined diphtheria/tetanus/pertussis (DTP) vaccine – which was safe in most countries – paralysed the injected limb of a child if they also had a silent polio infection. It began in the 1980s when incorrect WHO advice led to an insufficient three doses of the oral Polio vaccine being given, allowing wild polio to interact with DTP.

Hundreds of children have also developed polio directly from the oral vaccine. The 'benefits outweigh the risk' argument prevailed, and the program continued to paralyse children.

In 2006, the Indian Medical Association begged the government to release data on oral polio vaccine paralysis and further called for an investigation into the rise of non-polio acute flaccid paralysis, which had climbed to 27,000 cases a year. "Nowhere in the world do we see such numbers, and yet this has remained uninvestigated," said Dr Mittal.

The oral polio vaccine remains cheaper and easier to administer, but it works with a weakened, live virus. This is far more dangerous than the version Australian children receive, but, according to an emeritus professor at the Christian Medical College in Vellore: "It's easy and commercially more viable. For the sake of convenience, ethical issues have been ignored by several poor countries like India."

"Since this injectable alternative exists, it would be unethical to continue with the live oral vaccine that might be causing more polio cases – from vaccine-associated polio paralysis – than does the wild polio virus itself," added Dr Jacob John.

Oral polio vaccinations are a World Health Organisation initiative. The WHO spends its time apologising for the harm done by jumping into mass vaccination, rather than properly testing the vaccines before dis-

tribution. The companies involved make money, while hundreds of thousands of children have been injured unnecessarily. It is a culture of recklessness made possible by a lack of legal accountability for their mistakes.

This year, the WHO is helping India double up with a joint oral polio vaccine and a COVID shot. What could possibly go wrong!

This sort of behaviour from the WHO explains why some people might not be super keen to play lab rat to mRNA vaccines.

As recently as 2019, the 'promising' mRNA vaccines caused unpredictable immune responses in their trials, including severe blood conditions. This was well known, but not disclosed at the beginning of the COVID vaccine roll-out. The first instinct of global health authorities was to deny serious side effects, rather than admit that they were well within the balance of probability, given what researchers already knew about this technology.

"However, it is still too early to fully understand its safety and effectiveness in humans," said the 2019 study entitled, 'mRNA as a Transformative Technology for Vaccine Development to Control Infectious Diseases'. "The next five years will be very important for the field of mRNA vaccines."

The 2019 'mRNA Vaccines – A New Era in Vaccinology' said, "A possible concern could be that some mRNA-based vaccine platforms induce potent type-1 interferon responses, which have been associated with not only inflammation, but also potentially with autoimmunity. Another potential safety issue could derive from the presence of extracellular [outside cells] RNA during mRNA vaccination.

"Extracellular naked RNA has been shown to increase the permeability of tightly packed endothelial cells and may thus contribute to oedema [fluid retention]. Another study showed that extracellular RNA promotes blood coagulation and pathological thrombus [clot] formation."

The situation is not helped by politicians, health officials, WHO representatives and Silicon Valley having a significant monetary investment in the success of certain vaccine companies. We have witnessed them suppress negative consumer feedback and engage in anti-competitive behaviour against alternate treatments.

Without the excuse of a 'global emergency' declared by those people with financial interests in vaccine manufacturing, we would not be trialling mRNA vaccines on the general population.

Chief Health Officers insisting that mRNA vaccines are safe do not have the long-term data to make that statement. All

we have are real-world numbers flowing in from what can only be described as a massive live trial on unwitting citizens.

Hospitalisation data does suggest that high-risk patients may be recovering better from specific strains of COVID after vaccination, but the data is less supportive of mass vaccination campaigns for the overall trajectory of the disease. It leaves a question mark over the unintended harm to low-risk groups who suffer adverse reactions from the vaccines, and there is no data on whether conditions like observed heart inflammation may lead to more serious consequences later in life.

It is a fact that countries with the highest vaccination levels, such as Israel and Iceland, are spiralling into a future of increased COVID case numbers and waning vaccine effectiveness propped up by booster shots of questionable safety.

Meanwhile, the Centers for Disease Control [of the USA] has finally acknowledged that natural exposure to COVID results in an immune response up to eleven times higher than vaccination, due to the broad-spectrum response to the full viral profile.

It is no surprise that data for Sweden, a country with one of the highest natural exposure levels, shows COVID numbers flat-lining as its citizens become an impenetrable wall presenting herd immunity.

The question then becomes, did [the authorities] make a mistake by attempting mass vaccination with a rushed and woefully inefficient vaccine that has put evolutionary pressure on the virus to mutate?

Young, healthy people with an infinitesimally small risk of death from COVID would have presented the perfect buffer to stop transmission if we had reserved our vaccines for the old, frail and other high-risk patients.

Given this, it is possible that our intense fear has created a vaccine dependency system at the expense of a COVID-free future. This is why the world should never insist on a unified approach to an unknown situation. Variety is humanity's strength because we learn things we did not expect.

Don't turn around and blame a stranger for your choices. And whatever you do, don't adopt a vaccine passport system.

No government can promise you safety, but people are entitled to their liberty.



Coronavirus and COVID latest reports

Compiled by Roger French, Health Director Natural Health Society

I am appalled

**TO MR SPEAKMAN,
NSW Attorney General**

cronulla@parliament.nsw.gov.au,
2 November 2021

Dear Mr Speakman,

My whole family is appalled at your government's decision to callously and unnecessarily extend the medical apartheid segregation of those who took Prime Minister Scott Morrison's words that there will be no mandatory vaccination in Australia.

Now you have extended the medical apartheid as punishment to those who did not consent to the experimental vaccine.

How do you sleep at night knowing that innocent, hard-working people have lost or are losing jobs, not through incompetence, laziness of dishonesty, but because they chose not to accept a medical procedure?

How do you sleep at night knowing your boss lied to the Australian public saying there would be no mandatory vaccinations. There are by stealth. No surprise that he has been now accused of same by France's PM.

Now you dare to punish innocent people more by extending the segregation? Really? What next?

It is hard to believe we are living in Australia. You send out an email to Shire citizens, thanking them for rolling up their sleeves and getting jabbed in such high numbers, but what you deliberately omit is the fact that a large percentage of them were coerced, threatened with job-loss and bullied into submitting to a procedure that they did not want. You know the numbers would have been pathetically small had no coercion and manipulation been applied.

And for an experimental vaccine that does not prevent transmission of the virus. What kind of government does that? Your government, the one my family will never vote for again,

Yours in disgust,

Dawn Fitzgerald, Gymea Bay NSW

Fully Vaccinated Countries Have Highest Number of New COVID Cases

**By Megan Redshaw, 7th Oct 2021
childrenshealthdefense.org/defender/fully-vaccinated-countries-highest-number-new-covid-cases/**

The authors of a study, published September 30 in the *European Journal of Epidemiology Vaccines*, said the sole reliance on vaccination as a primary strategy to mitigate COVID-19 and its adverse consequences "needs to be re-examined, especially considering the Delta (B.1.617.2) variant and the likelihood of future variants." The study found "no discernible relationship" between the percentage of population fully vaccinated and new COVID cases.

In fact, the study found that the most highly vaccinated nations had the highest number of new COVID cases, based on the researchers' analysis of emerging data during a seven-day period in September.

They wrote: "Other pharmacological and non-pharmacological interventions may need to be put in place alongside increasing vaccination rates. Such course correction, especially with regards to the policy narrative, becomes paramount with emerging scientific evidence of real-world effectiveness of the vaccines."

As part of the study, the researchers investigated the relationship between the percentage of the population fully vaccinated and new COVID cases across 68 countries and 2,947 US counties that had data available on second-dose vaccines and COVID cases.

Populations with high vaccination have high transmission and more COVID cases

Israel, with more than 60% of its population fully vaccinated, had the highest COVID cases per one million people during the seven-day period. **Iceland and Portugal**, with more than 75% fully vaccinated, had more COVID cases per one million people than countries such as Vietnam and South Africa, where only about 10% of the population is fully vaccinated. Across US counties, the median new COVID cases per 100,000 people during the seven-day period was similar to the populations fully vaccinated.

The researchers found that there appeared to be no significant sign of COVID cases decreasing in counties where a higher percentages of the population was fully vaccinated.

Of the top five counties with the highest percentage fully vaccinated (99.9% – 84.3%), the Centers for Disease Control and Prevention (CDC) identified four as "high" transmission counties. Three of the four counties classified as "high" transmission had fully vaccinated rates of 90% or higher. Conversely, of the 57 counties classified as "low" transmission by the CDC, 15 had fully vaccinated rates of 20% or lower.

The authors cited data from the Ministry of Health in Israel showing the effectiveness of two doses of Pfizer's COVID vaccine against preventing SARS-CoV-2 infection was reported to be 39% – substantially lower than the reported trial efficacy of 96%. Emerging research also shows immunity derived from Pfizer's COVID vaccine may not be as strong as natural immunity acquired through infection.

A substantial decline in immunity from mRNA vaccines six months after immunisation has also been reported along with an increasing number of breakthrough cases among the fully vaccinated, the researchers said.

The authors said stigmatising populations over vaccines can do more harm than good, and non-pharmacological prevention efforts needs to be renewed in order to learn to live with COVID "in the same manner that we continue to live 100 years later with various seasonal alterations of the 1918 influenza virus."

Breakthrough cases significantly under-reported as FDA reviews booster data

The number of vaccinated people testing positive for COVID is on the rise, and doctors in Ohio are reporting more breakthrough cases across hospital systems. However, only certain types of COVID breakthrough cases are reported at both the state and federal level, leaving patients with mild cases underreported. "We estimate anywhere from two to 10 times as many positives that are being reported is the real situation," said Dr David Margolius, division director of internal medicine at MetroHealth in Cleveland.

Megan Redshaw is a freelance reporter for *The Defender*. She has a background in political science, a law degree and extensive training in natural health.



Vaccine Death Rate in Children

Reported from *Australian Doctor* by Dawn Fitzgerald, 22nd September 2021

Pfizer's CEO, Albert Bourla, said after the COVID vaccine was given to children that the hospitalisation rates and mortality [deaths] remained low. Really? Death rates in children after the vaccine? What a price to pay for an experimental drug for a disease which barely affects kids anyway. What about the death rates in the first 12 months? Or the second year?

Does the public know that the death rate is almost non-existent with COVID-19? What has happened to parent's instincts? My kids are all grown up, but I know I would have been like a tigress protecting her kids if they threatened mine with this experimental vaccine.

Dawn Fitzgerald, Gymea Bay NSW

Winning the War Against Therapeutic Nihilism

By Dr Joseph Mercola, 30th October 2021

SUMMARY

Dr Peter McCullough, an internist, cardiologist and trained epidemiologist, is now a "hunted doctor" who's been threatened with disciplinary actions, including suspension or revocation of his medical license, by the American Board of Internal Medicine for the "dissemination of misinformation".

He stepped forward during the COVID-19 pandemic because he saw that something very wrong was going on early in 2020, and he felt compelled to do something about it.

A *Toxicology Reports* study found COVID-19 injections are deadlier, statistically, than COVID-19.

COVID-19 genetic vaccines have an unfavourable safety profile and are not sufficiently effective, thus they cannot be supported in clinical practice at this time.

The data are clear that a pivot away from mass injections to early treatment for COVID-19 could save lives. McCullough and colleagues recommend that you demand early treatment if you have COVID-19, whether or not you've been vaccinated.



Dr Peter McCullough, not only sees patients every week, but is the editor of two medical journals and has published hundreds of peer-reviewed papers. Prior to the pandemic, he was involved in the interface between heart disease and kidney disease – but that has all changed.

Red Flags Showed Jabs Were Unsafe from the Start

According to McCullough, by January 22, 2021, there had been 186 deaths reported to the Vaccine Adverse Event Reporting System (VAERS) database following COVID-19 injection – more than enough to reach the mortality signal of concern to stop the program.

"I know data, and I know safety. The FDA knows I know safety. In fact, I've chaired data safety monitoring boards for the National Institutes of Health and Big Pharma," he said. It's standard to have an external critical event committee, an external data safety monitoring board and a human ethics committee for large clinical trials – such as the mass COVID-19 injection program – but these were not put into place.

"With a program this size, anything over 150 deaths would be an alarm signal," he said. The US "hit 186 deaths with only 27 million Americans jabbed." McCullough believes that if the proper safety boards had been in place, the COVID-19 jab program would have been shut down in February 2021 based on safety and risk of death.

While many people have been silenced, McCullough found a way to share his concerns and, back in August 2020, he warned that putting off early treatment in favour of waiting for an experimental injection was taking a gamble with people's lives:

"Warnings and barriers have prevented hundreds of thousands of patients from being treated at home with appropriate non-labelled use of off-target antivirals (zinc, hydroxychloroquine, azithromycin, doxycycline), steroids (dexamethasone,

prednisone, budesonide, colchicine) and anti-thrombotics (low-molecular weight heparin, oral anti-coagulants)."

The Jab's Spike Protein Is a Deadly Protein

The whole world seems to be in lockstep with one narrative – that an injection is the only way out of the pandemic. What's been kept quiet is the significant health risks that come with the experimental jabs. "Spike protein is a deadly protein," McCullough said. It should be noted that McCullough is not antivaccine – he's recently had a flu shot. However, the COVID-19 jabs are different:

"This is the first time in human medicine that we are injecting vaccines which ask the human body to make a potentially lethal protein. The hope is we make a small enough amount of it and that it would create just enough of an immune test that we form immunity to this deadly protein.

"The gamble was, what if we make too much? What if we make it for too long of a period of time? What if these lipid nanoparticles go to the wrong organs and don't stay in the arm, and we start to produce this lethal protein ...?"

In August 2021, a large study from Israel revealed that the Pfizer COVID-19 mRNA jab is associated with a three-fold increased risk of myocarditis, leading to the condition at a rate of one to five events per 100,000 persons. Other elevated risks were also identified following the COVID-19 jab, including lymphadenopathy (swollen lymph nodes), appendicitis and herpes zoster infection.

Vaccine-induced *immune thrombotic thrombocytopenia* is another serious complication of COVID-19 injections, and fertility concerns have also been raised. Pfizer's biodistribution study, which was used to determine where the injected substances go in the body, even showed the COVID spike protein from the shots accumulated in "quite high concentrations" in the ovaries.



In May 2021, McCullough was one of 57 authors to sign a paper demanding answers to urgent questions on the safety of the jab and calling for the mass injection program to be halted immediately if safety cannot be adequately proven and monitored.

At the very least, McCullough noted, pregnant women, women of childbearing age and COVID-19 survivors shouldn't have been vaccinated, as these groups were excluded from the clinical trials of the jab because "They knew they weren't going to work or would cause excessive harm" in these populations.

"A vaccine 'report card' on safety is long overdue," according to McCullough, who believes that, "The disability that we are going to see due to these vaccines will go down in history as an unbelievable atrocity."

Injection Deadlier, Statistically, Than COVID-19

People are dying from COVID-19 jabs. In an analysis of COVID-19 vaccine death reports from the US VAERS [Vaccine Adverse Events Reporting Service], researchers found that in 86% of cases, nothing else could have caused the death and it appears the vaccine was the cause. Despite this, the US Centers for Disease Control and Prevention continues to say that no causal link has been found between COVID-19 and the deaths. That's malfeasance, McCullough says.

Even more shocking is a *Toxicology Reports* study that found that the injections are deadlier, statistically, than COVID-19. "Because not everybody gets the respiratory infection, and because the respiratory infection is treatable and manageable, a person is more likely to die after the vaccine than if they just take their choice with forgoing the vaccine and potentially getting COVID-19. Statisti-

cally, in every age group, that's the case," he stated.

We can see the data in the study's graphical abstract below. The researchers explained:

"A novel best-case scenario cost-benefit analysis showed very conservatively that there are five times the number of deaths attributable to each inoculation vs those attributable to COVID-19 in the most vulnerable 65-plus demographic. The risk of death from COVID-19 decreases drastically as age decreases, and the longer-term effects of the inoculations on lower age groups will increase their risk-to-benefit ratio, perhaps substantially."

[NOTE: Dr Mercola included extensive references through this article, but the list was deleted before we could access the references.]

Pfizer's COVID shot granted full approval

By Dr Joseph Mercola, 31st August 2021

On 23rd August 2021 the US Food and Drug Administration granted full approval to the COVID-19 mRNA injection developed by Pfizer/BioNTech, sold under the brand name 'Comirnaty', for use in people aged 16 and older.

Normally, the FDA will hold a formal hearing and allow for public and expert input before a drug is moved from emergency use authorisation to full approval, but, in this instance, no such hearing was held.

The notion that a 'vaccine' that has killed more people in nine months than all other vaccines combined in three decades is considered safe stretches beyond the bounds of credulity and further undermines public trust in the FDA.

The approval is based on six months' worth of data from 44,047 people aged 16 and older. Half of them got the shots and half initially received a placebo. However, in early December 2020, Pfizer unblinded the control group and 93% of controls opted to get the real injection. This means we've had no control group since December 2020 and have nothing to compare the treatment group against.

A win for informed consent

By Anestis Mantzouranis

For anyone following the court proceedings against Brad Hazzard, the 'Hocroft vs Hazzard' case was settled out of court in favor of the plaintiff (Hocroft).

This was the case of NSW Police officer, Belinda Hocroft, who was told that she needed at least the first shot by September 19th or she would be fired and

not be able to return to her work.

Belinda was represented by Charly Tannous of Sage Solicitors, who argued that Belinda, a mother of four, was very concerned about the long-term effects of the vaccine and felt it was a breach of her right to choose.

This case now becomes a reference case for anyone else in the same position, and sets a precedent that proves that the Government's claim of mandate is unlawful and incorrect!

This should encourage everyone in the same position to hold on to your values, to fight back where you are being coerced and to know that you are on the right side of history.

It sets a precedent for everywhere in Australia. If you have issues and if you haven't engaged a lawyer yet, contact G&B Lawyers in Victoria and ask them to reference Hocroft vs Hazzard.

How many people are harmed by COVID-19 injections?

By Robyn Chuter, Naturopath, 4th October 2021

The following are letters from whistleblowers regarding harms caused by the COVID vaccines.

**Whistleblower, no. 1, 23rd September 2021
RN, Community, QLD.**

I am seeing and caring for adversely affected clients who have had the vaccines and are literally dying. Our palliative care is increasing at an exponential rate, people are getting diagnosed with terminal conditions and dying quickly. We (community nurses) are seeing 2 – 3 palliative clients per day each. This is a massive increase from 1 – 2 each per week. For other palliative clients who haven't been vaxxed, when their families talk them into the vax, they die more quickly than expected.

I have noted in those who are vaxxed that their clinically 'weak' areas are being exacerbated. This appears to be at 3-, 5- and then 12-week patterned intervals. Not one of them associates this with the COVID-19 vax.

We had one man in his 70's in very stable remission with leukemia for years. Within three weeks of having 'the vaccine' his white cell count dropped, so he had neutropenia. In 24 hours, he suddenly developed bilateral cellulitis to both legs, and nine weeks later he is dead.

Those with rheumatoid arthritis who have been jabbed experience related consistency of flare-ups. They are getting all sorts of skin infections for no

obvious reason. They're having constant medication reviews and increasing analgesia.

Among three clients with healing venous ulcers, all three had had the jab. Three weeks later all developed septicaemia, all with difficult-to-treat bacteria.

Those with cardiac conditions who were clinically stable on medication for years, suddenly were no longer stable – arrhythmias, unstable blood pressure, syncope [fainting], falls, increased hospitalisations.

Cancers. We are seeing a massive increase in skin cancers. They're growing very quickly and aggressively.

Cognition. Clients who have been vaxxed are predisposed to some memory issues, increasing episodic bouts of confusion with accompanying amnesia and increasing short-term memory loss.

Among my nursing colleagues who have been vaxxed, we are noticing increased sick leave being taken.

Sincerely,
Veronica, Community RN

Whistleblower no. 2 24th Sept. 2021. Triage Admin, Emergency Dept.

I work in an Emergency Department as an admin clerk at triage and I can tell you the reason I will not be having this vaccine is that every third or fourth patient is coming in with an adverse reaction.

Some are complaining that their "heart is beating so hard, it is squeezing out of their chest". I've seen vision changes, numbness, skin problems, cellulitis, young men and women diagnosed with pericarditis or myocarditis, clots, tumours, even my colleagues have had Bell's palsy; there is so much more.

What amazes me with all this is that the medical staff can't see it! Young patients being told "It's just anxiety", nurses at triage rolling their eyes and saying things like, "Can't they just stay home and take a Panadol".

Then to top it all off, when our double-jabbed nurses at triage test positive to COVID and are admitted and are sick, they are saying, "At least I'm vaccinated; I could have been a lot worse".

There are five unvaccinated clerks at the front desk at triage and we have worked through this pandemic, but now we are a so-called danger to the other staff. Unbelievable!

So we have now received the letter saying 'No jab, no job'; we've got till the 30th September. Also would like to add that the influx of nursing home patients who

are coming in is ridiculous – falls, vertigo, generally declining quickly after their jab. I'm not a medical person, but I can see what's going on and it's very sad.

[ROBYN CHUTER continues]

Whistleblowers are speaking the truth that governments are suppressing

The above statements are taken from a Telegram channel called 'Nurses Speak Out!' All whistleblowers whose harrowing accounts are shared on this channel are thoroughly vetted to verify that their claims are legitimate. Most are health professionals registered with the Australian Health Practitioner Regulation Agency (AHPRA).

Note that the vast majority of these adverse events – which have occurred within hours to weeks of COVID-19 injections – have not been reported by either the individuals affected or the health professionals charged with treating them to the Australian Database of Adverse Event Notifications (DAEN).

DAEN was set up by the Therapeutic Goods Administration (TGA) to receive reports of adverse events that occur after a person begins to take a medication or use a medical device, so that investigators can detect patterns which identify potential adverse effects that did not become apparent in clinical trials.

Clinical trials typically last for relatively short periods of time, and enrol 'perfect patients' – relatively young and healthy people who are not suffering from multiple conditions and taking multiple medications, and are neither pregnant nor breastfeeding.

After new drugs, biological products (including vaccines) and medical devices are approved, they are deployed (often long-term) on much larger numbers of people, with far more complex health conditions than were enrolled in the initial clinical trials.



In the United States, the Vaccine Adverse Events Reporting System (VAERS) has received the following notifications of adverse events:

Through to 17th September 2021

6,981	deaths
1,912	anaphylaxis reports
2,495	Bell's palsy reports
119	miscarriages
3,646	heart attacks
3,123	myocarditis/pericarditis cases
8,088	permanently disabled
1,126	thrombocytopenia/ low platelet cases
8,607	life threatening cases
23,012	severe allergic reactions
5,905	shingles cases

Society policy on vaccinations

The Natural Health Society's editorial policy is to neither support nor oppose vaccination. What we aim to do is to provide information to balance the biased, one-sided, pro-vaccine stance of orthodox medicine and governments.

There is little doubt that these vaccines do work for lowering the severity of COVID-19 and reducing deaths. The current statistics being provided by the New South Wales health department say that unvaccinated people are 16 times more likely to end up in intensive care units or die from COVID-19.

What the government is not saying is that anyone can improve their health by following the Natural Health guidelines. People with a robust immune system have a much better chance of fighting the virus – and not becoming ill – whether they have been vaccinated or not.

You can read additional research regarding this on page 39.



Achilles and foot pain

By Lyn Craven, Naturopath and Bowen Therapist

Pain and discomfort in the Achilles and calf is fairly common. Pain and tenderness to touch on the Achilles tendon is a sign of over-use injury. It can often be referred to as Achilles Tendonitis or Achilles Tendonosis. A sudden increase in exercise can trigger this and generate tenderness or aches that can travel up the calf muscle.

Depending whether you pronate or supinate in excess, it could be that you are rolling more on the foot and placing undo stress and pressure on the big toe or side of the heel. Wrong placement of the feet on the ground when walking or wearing badly fitted shoes can trigger inflammation not only in the toes, especially the big toe, but also in the Achilles.

Depending on the amount of stress endured and extent of inflammation and injury, various types of remedial work are required. Cross-fibre massage or Bowen therapy and acupressure on specific points of the foot, ankle and over the Achilles can eventually ease strain and tension and help with bunions. Follow with a very warm foot bath, including Epsom salts, or a full body bath which is highly beneficial on all levels.

Stretches on a daily basis are very important for helping to resolve these issues. Ideally everyone who is active needs to stretch prior to walking/running/sport to warm up the muscles and also allow a gentle stretch after the workout.

DIFFERENT TYPES OF FOOT INJURIES

Plantar fasciitis. The plantar fascia is a thick band of tissue that runs along the bottom of the foot between the heel and toes. It becomes inflamed often due to stress from intense running or poor shoe support. It is often characterised by heel pain.

Extensor tendonitis. A common problem causing pain across the top of the foot. Often due to repeated friction. The two main toe extensor tendons are:

Extensor Hallucis Longus helps lift up the big toe and Extensor Digitorum lifts the other four toes. Tightness in calf muscles places extensor muscles under greater strain, triggering tendonitis.

Heel Spurs. Very common in athletes when the arch is either too low or too high. Heel spurs and calcium deposits result in protrusions on the heel bone. Like little 'off-shoots' growing. Further stress on the heel is created by constantly running on hard surfaces and wearing footwear that does not support your foot correctly, especially under the arch. Homeopathy is very helpful for spurs.

Sprained ankle. Anyone can sprain their ankle – not only athletes. A sudden jerking or twisting of the foot (stepping down stairs too quickly or missing a step or jumping off a wall), can also result in a tear of one or more ligaments in the ankle, resulting in moderate to severe pain. Herbal liniments can be applied after first-aid.

Sesamoiditis. Caused when two sesamoid bones under the big toe become inflamed, triggering pain and less joint mobility. Often due to trauma, especially when repeated, such as standing on toes or tip-toes (ballet dancers) or playing basketball.

Gout. A type of arthritis I have written about before. It needs to be resolved so that chronic inflammation does not weaken the toe joints.

BEST WAY TO AVOID FOOT AND ANKLE INJURIES

Firstly, buy good quality walking or running shoes. Don't wear the latter for long walks because both types are constructed to cater for different landing on the ground. The same applies with cross trainers. Keep footwear well-heelled – as soon as they appear to be wearing down, have them repaired. Neutral gait walking shoes are often the best, unless you are excessive with supination or pronation.

Warm up prior to any exercise; learn appropriate stretches for the Achilles, calf and feet. And always cool down afterwards with gentle stretches.

If you feel you have an underlying weakness from a past injury, always wear a foot, ankle or knee support. Remember – all joints in the leg can impact on lower joints and vice versa if you have injury/weakness.

If you live near the coast, walk in soft sand at the beach as often as you can to work all foot muscles and ligaments. Otherwise, claw the toes under the ball of the foot several times each day. Dr Scholl sandals were designed to help with this stimulation.

If you have weak arches, you can exercise them by walking across your living room floor or in the street and placing the side of the heel down, then the side of the foot and then roll to place flat on the floor. When done several times a day, this strengthens the arch.

I like to get people to exercise their toes daily. This appears alien to many people, but once they master the technique, it is easy.

You can also rotate the ankle anticlockwise and then clockwise several times to loosen up the ankle muscles, ligaments and bones.

With Bowen technique and acupressure, different points can be worked on and stimulated to free up tension and strain, which helps speed up healing for all the above.

Cross-fibre massage must be gentle initially, due to inflammation of the Achilles. For some people, acupressure can free up tension and stress really well.

If you have a sprain, acupuncture is excellent for reducing inflammation quite quickly after you have applied first-aid.

All these therapies, aside from cross-fibre massage, are energy-based and can help release trauma after the accident/injury.

Lyn Craven is a practitioner of Naturopathy, Bowen therapy and Reiki/Energy and also a meditation teacher and corporate health consultant. She is a health researcher and writer and has produced a meditation CD for stress, anxiety and insomnia.

Lyn runs a private practice in Sydney and can be contacted for appointment on 0403 231 804. Phone consults also available. Email lyncraven@bigpond.com Web www.lyncraven.com



Can I feed garlic to my dog?

Debunking a myth



By Tracey Morrison, Homeopath and Animal Health Practitioner

A bit about Garlic

Garlic (*Allium Sativum*), a 'kissing cousin' of the onion, is one of the most widely recognised herbs in the world. Though widely used as a herb or spice, garlic is botanically a vegetable.

"Let food be thy medicine and medicine be thy food," is a famous quote from the 'father' of Western medicine, the ancient Greek physician, Hippocrates.

When we reference these words in relation to garlic, using food as medicine refers to using whole, fresh cloves as opposed to synthetic or highly processed forms like powdered garlic or encapsulated dry herbs. The latter tend to be so weak that they barely perform. Tablet forms of supplements can also weaken digestive processes if potentially toxic binders have been used.

Fresh, whole garlic contains multiple sulphur-inclusive compounds (*alliin*, a noted sulfoxide and *alliinase*, an enzyme). Only the processes of crushing, chopping or mincing fresh cloves activate the *alliinase* enzyme which combines with the *alliin* protein to produce *allicin*, the pungent therapeutic component of garlic.

Healing properties of garlic

The amazing healing properties of garlic have proven to be far-reaching; the constituents of garlic are easily assimilated and it is safe for both humans and animals.

Known for its positive effects as an anti-parasitic, anti-carcinogenic and antiseptic, garlic can assist in repelling fleas and expelling worms, lower blood sugar (assisting in the prevention of diabetes), decrease blood pressure, promote heart and cardiovascular wellbeing, boost the immune system and promote longevity.

Decreasing the 'food fear' that garlic is toxic

Evidence that garlic is not safe for dogs came from a study completed in November 2000 at Hokkaido University in Japan. The study was undertaken to ascertain whether feeding garlic to a dog would produce the same toxic effects as do onions (which have a reputation for triggering Heinz body haemolytic anaemia), because of the high concentration of *thiosulphate* in garlic. Four dogs were given copious and unrealistic amounts of garlic extract daily for a week.

The study revealed that garlic does not contain the same elevated levels of thiosulphate as the onion, and conceded that none of the dogs showed any outward toxicity symptoms or developed anaemia. However, the researchers did identify microscopic evidence of red blood cell stress, so they concluded that garlic should not be fed to dogs.

More recent studies have highlighted the safety and health benefits of giving garlic to dogs and confirmed that the concentration levels of thiosulphate in garlic – as opposed to onions – are barely traceable and are readily excreted.

For centuries, humans have used garlic as a primary remedy for a large number of symptoms, and for as long as people have been using garlic, they have also been feeding it to their animal companions.

So try some in your dog's dinner and help to promote the nutritious value that it can contribute to his/her overall health and wellbeing.

Tracey Morrison is the owner of Proactive Pets Pty Ltd. She is a classical homeopath, animal health practitioner, remedial massage therapist and writer and also operates a local doggy day-care centre. Over the past 20 years, Tracey has studied a wide range of natural health modalities for pets, including nutrition, diet and behaviour. She is based near the beautiful Blue Mountains in Sydney's west and is passionate about providing healthy alternatives for your pet's wellbeing.

Visit www.proactivepets.com.au or email tracey@proactivepets.com.au



Dogs and Cats Pages



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

Ten terrific ways to exercise kitty

7th September 2021

Like dogs and humans and most critters big and small, cats need plenty of physical exercise to keep their bodies lean and well-conditioned, and to prevent boredom. While it may seem easier to come up with ideas to exercise your dog, there are actually many ways to do the same for feline family members.

1. Cat trees and elevated vertical spaces. Climbing, scratching and stretching are natural feline activities that help keep their bodies well-conditioned and their minds stimulated. Indoor cat trees should ideally reach from floor to ceiling, be very stable (not wobbly) and covered with a variety of cat-tractive materials to entice kitty to climb, stretch and claw. If you can place your cat tree near a window, even better.

Cats also enjoy climbing to high perches to watch the world from a safe distance, so make sure the cat tree has at least one.

2. Hunting for food and treats. Your cat, although domesticated, has maintained much of his natural drive to engage in the same behaviours as his counterparts in the wild, including hunting for food, which also happens to be wonderful exercise. A great way to do that with an indoor cat is to have him 'hunt' for his meals and treats.

Separate his daily portion of food into three to five small meals fed throughout the day in a variety of puzzle toys or commercial (man-made) indoor hunting feeder mice. You can also hide his food bowls or food puzzle toys in various spots around the house.

3. Motorised interactive toys. Battery-operated cat toys that move in random patterns like a cat's prey can be irresistibly engaging.

4. Feather toys. Interactive feather toys are irresistible to most cats. Perhaps two play sessions a day and work up to 10 or 15 minutes per play session. Get your cat running, leaping and jumping or staring, stalking, chasing, pouncing and grabbing and then performing a kill bite.

5. Fake furry mice. Little mouse toys are also a hit with most cats. Kitty knows they're not the real thing, but they'll do in a pinch. Try flicking one across the floor in front of your kitty and see how she reacts.

6. Soap bubbles. Many cats think it's great fun to chase and swat soap bubbles (choose natural soaps for this purpose).

7. Leash walks. To get a willing cat outdoors in nice weather, walk him on a harness and leash. This obviously won't be the answer suit every cat, but try him/her anyway.

8. Outdoor enclosures. Allowing your indoor cat the opportunity to experience the outdoors safely provides both physical and mental stimulation without the risks of free roaming. It also gives her an opportunity for beneficial grounding.

The enclosure should be open air, allowing kitty exposure to fresh air and sunlight, but shielded from the weather and complete enough to prevent escape or a predator from gaining access.

9. Hiding boxes. When cats in the wild feel threatened, they head for trees, dens or caves. Captive kitties don't have that option, so their obsession with hiding in boxes may be an adaptation. Studies show that access to hiding boxes reduces feline stress, especially in shelter cats. Many cats also spend time playing in and around them.

10. Catnip. Some kitties go wild for catnip, so a catnip toy can be an ideal way to get kitty into the mood for some interactive playtime.

When a susceptible cat (not all cats are affected by catnip) absorbs the *nepetalactone* in the herb, her pleasure centres in the brain are activated and the next thing you know, she's rolling around in a state of goofy bliss.

But despite this, it's an entirely harmless and non-addictive herb.

What makes your dog jealous?

23rd August 2021

If your canine companion seems to get jealous when you pay attention to other dogs, it's probably not your imagination.

University researchers in New Zealand observed a small group of dogs as their owners interacted with a stuffed dog and discovered that not only did the dogs show jealous behaviours, they also showed them even when they only imagined their owners were being affectionate with their fake-dog rivals.

An earlier study of small dogs demonstrated that 78 percent tried to push or touch their owner when the owner was interacting with a fake dog.

The dogs in both studies were much less reactive when their owners interacted with an inanimate object, such as a fleece cylinder or a children's book.

These studies suggest that not only does canine jealousy appear similar to human jealousy, but also that dogs are motivated to protect important relationships.



Why does your dog whine or cry?

27th August 2021

The closest dogs come to a human-like cry would be vocalisations like whimpering or whining.

When this occurs, however, your dog won't shed tears like you might – tears of emotion are considered to be a distinctly human trait.

Dogs do have tear ducts and they may become activated for a number of reasons, such as to flush irritants from the eye or due to a medical issue.

Your dog may whine or whimper due to stress, anxiety, frustration or physical pain or discomfort.

Whining can also be used as an attention-seeking behaviour or it can be a sign of sadness.



Tackling overweight and obesity in pets

18th October 2021

The no. 1 disease in cats and dogs is overweight and obesity, with an estimated 60 percent of cats and 56 percent of dogs suffering from one or the other.

One of the simplest ways to gauge whether your dog is overweight is to look at him while standing over him. A fit dog will have a tapered-in waist, while an overweight dog will have a rectangle shape and an obese dog will have an oval-shape. When viewed from the side, your dog's abdomen should be tucked up, and you should be able to feel her ribs without any excess fat covering.

Not surprisingly, overweight or obese dogs are twice as likely to have an owner who's also overweight or obese.

Many pet guardians equate giving food to their pets with giving them love, but it's very easy to overdo it. Treats – even very high-quality healthy ones – should make up less than 10 percent of your dog's or cat's daily food intake. If you want to show your dog love, show them affection.

Perhaps the most important step in helping your dog reach a fit weight is to replace highly processed kibble with a species-appropriate fresh food diet.

A nutritionally optimal home-made fresh-food diet of lean meats and healthy fats plus fibrous vegetables and low-glycaemic-index fruits as the only sources of carbohydrates is ideal because you know the source of all the ingredients, although there are also commercially available fresh food diets that can be used.

If you simply can't break the cycle of giving your dog a treat every time she begs, take a small portion of your dog's daily food allotment and keep it aside for treats

Physical activity daily is also part of keeping your pet fit. Dogs that are totally confined to a yard are significantly more

likely to be obese than dogs who are walked.

Generally, dogs need a minimum of 20 minutes a day of vigorous exercise that keeps their heart rate up, and more if they're overweight. Ideally, strive for an hour of rigorous exercise a day.

For optimal fitness, incorporate a variety of exercises into your pet's routine.

Is Watermelon good for your pets?

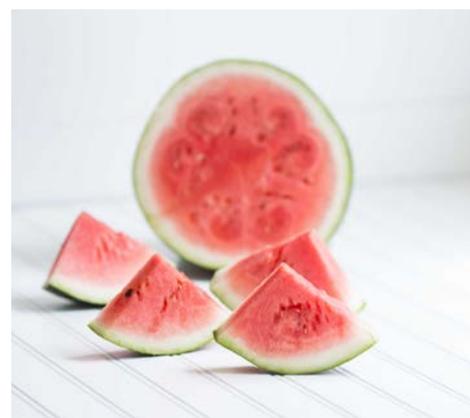
30th August 2021

If you're wondering whether it's OK to let your pet enjoy watermelon, you'll be pleased to know that it is, indeed, one of the best food choices to share with them during warm days.

The pink carotenoid present in watermelon is *lycopene*, a potent antioxidant that may help protect your pet against oxidative stress, which could damage their cells and organs.

Another carotenoid found in watermelon is *beta-carotene*, a powerful antioxidant and immune-modulator that acts as the primary pre-cursor of vitamin A.

Always use commonsense when feeding watermelon to your animal companion. Feed it to them the same way you would eat this fruit yourself – without the seeds or the rind.



News from What Doctors Don't Tell You

UK-based What Doctors Don't Tell You is a monthly magazine and an newsletter which publishes the latest healthcare news and information on complementary therapies. Its philosophy is very similar to that of the Natural Health Society. Principals are best-selling author, Lynne McTaggart, and her husband, former *Financial Times* journalist, Bryan Hubbard.

Website: www.wddty.com
Subscriptions are available
Newsletter enquiries
news@common.wddtyvip.com

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

Children aren't eating real food

24th August 2021

Children aren't eating real food. Nearly two-thirds of the calories they consume are coming from 'ultra-processed' foods, such as fast-food burgers, sugary breakfast cereals and French fries.

It's a health time-bomb that could trigger an explosion in cases of diabetes, obesity, cancer and heart disease, say researchers [which we are seeing already].

Children as young as two are getting two-thirds (67 percent) of their calories from highly processed foods, and it's a problem that's getting worse. When the survey was last taken in 1999, the food contributed 61 percent of total calorie intake.

The only bright spot is a drop in the consumption of sugar-sweetened drinks, which contribute 5.3 percent of total calories compared to 10.8 percent in the 1999 survey.

The biggest rise is in the consumption of frozen pizzas and burgers, which now account for 11 percent of calories consumed, compared to just 2.2 percent 20 years ago, say researchers from Tufts University.

Not surprisingly, children aged from 2 to 19 are eating fewer healthy options, especially fruits and vegetables, which represent just 23 percent of the overall diet. The rest of the average diet is made up of 'moderately' processed foods, such as cheese, canned fruits and vegetables.

Ultra-processed foods are high in added sugars, sodium and flavour enhancers, and low in protein, vitamins and minerals.

(Source: *JAMA*, 2021; 326: 519)

Vitamin B₁₂ is key to keeping Alzheimer's at bay

12th October 2021

Taking vitamin B₁₂ could help reduce your risk of Alzheimer's disease.

The vitamin appears to block the build-up of *amyloid beta*, a toxic protein that is seen in the brains of Alzheimer's patients.

The discovery has been inspired by wriggling worms. Apparently, even worms can get Alzheimer's and when they do, they stop wriggling. Amyloid beta can paralyse a worm in just 36 hours, but others that are fed a similar diet carry on wriggling – and it's all to do with their levels of vitamin B₁₂, researchers from the University of Delaware have discovered.

Although it's difficult to isolate the impact of the vitamin on complex humans, it's easy to see in worms.

And the vitamin could help reduce the chances of developing other neurodegenerative diseases, including Parkinson's.

Although we can't change our age or our genetic inheritance, we can do something about our diet and the supplements we take. "One thing you can control is what you eat. If people would change their diet to affect the onset of disease, that would be fantastic," said Jessica Tanis, one of the researchers.

(Source: *Cell Reports*, 2021; doi: 10.1016/j.celrep.2021.109753)



Gentle exercise will help your memory

28th October 2021

Forgetful? A little gentle exercise every day can help improve your memory.

Light workouts create new connections in the areas of the brain, including the hippocampus, that are responsible for memory.

Exercises, such as walking, yoga and tai chi, may not make you sweat, but they are making a difference to your brain, say researchers from the University of California at Irvine.

They scanned the brains of 36 young adults before and after 10 minutes of light exercise and discovered that new connections between the hippocampus and cortical regions of the brain were already being created.

The hippocampus is vital for memory recall and is one of the first areas to deteriorate with Alzheimer's disease.

It could be that light exercise, which everyone of us can do, can also reduce the risk of cognitive decline as we age.

(Source: *Proceedings of the National Academy of Sciences*, 2018; 201805668)





Healthy diet halves risk of severe COVID

16th September 2021

A healthy diet can almost halve your chances of suffering a severe COVID disease – and can even help reduce your chances of becoming infected in the first place.

A diet that is rich in vegetables and fruits can reduce the risk of a severe infection by 41 percent, and of any infection by nine percent.

If people had been eating healthy, plant-based diets, the number of COVID cases would have been cut by around a third, say researchers from Massachusetts General Hospital.

It's the first time that the protective effects of healthy eating have been assessed on their own, the researchers say, although risk factors such as obesity and type 2 diabetes, both symptoms of a poor diet, have already been measured.

The researchers analysed data collected from 592,000 people who were using a smart-phone app, the 'COVID-19 Symptom Study'. During the nine months of the study, nearly 32,000 people in the group developed COVID, but those eating a plant-based diet, including vegans and vegetarians, were far less likely to suffer severe disease that might need hospital care.

Governments and health agencies should be emphasising the importance of a healthy diet to help reduce COVID cases and to take the pressure off hospitals, said researcher Jordi Merino.

(Source: *Gut*, 2021; [gutjnl-2021-325353](https://doi.org/10.1136/gutjnl-2021-325353); doi: 10.1136/gutjnl-2021-325353)

COVID vaccine triggers lethal stroke

14th October 2021

AstraZeneca's COVID vaccine is triggering a lethal form of stroke, researchers have discovered.

A cerebral venous sinus thrombosis (CVST), a rare form of stroke, usually has a mortality rate of around five percent – but this rises to 47 percent in people who suffer a stroke after having had the COVID vaccine. The adenoviral vaccine is also increasing CVST's rates of haemorrhage and coma, say researchers from Amsterdam University Medical Centre.

They collected data on 116 patients who all suffered a CVST after vaccination, and the vaccine was definitely responsible in 78 of the cases. Of these, 24 percent were already in a coma when they came to the hospital, 68 percent suffered a haemorrhage and 47 percent died in hospital.

All but two of the cases had been given the AstraZeneca vaccine, and the researchers discounted the case that had occurred after having been given the Pfizer jab.

The real mortality rate among the vaccinated people could even be as high as 61 percent as earlier cases may not have been recorded, because doctors were initially unaware of a connection to the vaccine.

"Although these side effects are rare, the consequences are very severe," said Jonathan Coutinho, one of the researchers.

The data was collected from 19 countries and 81 hospitals between March and June this year.

(Source: *JAMA Neurol*, 2021; doi: [10.1001/jamaneurol.2021.3619](https://doi.org/10.1001/jamaneurol.2021.3619))

Vaccinated people 13 times more likely to catch Delta variant than those with natural immunity

9th September 2021

People who have had COVID-19 are far better protected against the Delta variant than double-jabbed people.

Fully-vaccinated people are 13 times more likely to catch the variant than those who have natural immunity, researchers at Maccabi Healthcare Services in Israel have discovered.

The difference could be explained by the vaccine's declining protective powers, which other Israeli researchers have calculated wanes to just 16 percent after six months.

For the new study, researchers analysed a group of 32,000 people, half of whom had caught the SARS-CoV-2 virus during the first two months of 2021 while the rest had received their second Pfizer jab. During the six-month follow-up period, 257 in the vaccinated group and just 19 in the previously-infected group caught the Delta variant.

The vaccinated people were nearly six times more likely to become infected with the Delta variant and seven times more likely to suffer from symptoms. Vaccinated people were also at greater risk of needing hospital treatment for their disease.

"Natural immunity confers longer-lasting and stronger protection against infection, symptomatic disease and hospitalisation caused by the Delta variant," the researchers conclude.

The research, which claims to be one of the largest undertaken so far into the COVID jabs, follows an earlier Israeli study that had examined the length of time the Pfizer vaccine was effective. The studies have been sparked by the sudden leap in COVID cases in the country – at one stage it has been recording the highest number of daily cases in the world – even though it was one of the first to achieve mass immunisation.

(Source: *Science*, 2021; 373: 6559)



QUERCETIN- How it can boost immune health

Adapted from Robert Redfern by Roger French, 21st June 2021

Quercetin is a potent flavonoid that provides powerful anti-inflammatory benefits. It is also one of the most abundant antioxidants that can help your body to combat free radical damage, which is linked to chronic diseases.

New research shows that quercetin has anti-inflammatory potential as a treatment for respiratory health problems associated with COVID-19.^[1] This means that quercetin may also have potential benefits when it comes to supporting your immune system and promoting your overall health and wellbeing.

WHAT FOODS IS QUERCETIN FOUND IN?

Quercetin is found in a range of fruits and vegetables. This includes berries, grapes, apples, broccoli, citrus fruits, cherries and onions, along with green tea, coffee and red wine.

In addition, quercetin provides antioxidant properties that may help to reduce inflammation, allergy symptoms and blood pressure.

Quercetin is known for its antioxidant activity in radical scavenging and anti-allergic properties characterised by stimulation of the immune system, antiviral activity, inhibition of histamine release, decrease in pro-inflammatory cytokines and creation of leukotrienes, along with suppressing interleukin IL-4 production.^[2]

Besides supporting your immune system, quercetin provides some other amazing health benefits, which include:

REDUCING INFLAMMATION

One of quercetin's major benefits is its power to help with reducing inflammation. One eight-week study found that 50 women who had rheumatoid arthritis showed that taking 500 mg of quercetin significantly reduced symptoms of early-morning stiffness, morning pain and after-activity pain.^[3]

EASING ALLERGY SYMPTOMS

Along with providing relief for allergy symptoms, quercetin has been found to suppress inflammation-promoting chemicals such as histamine^[4] Another study found that taking quercetin supplements suppressed peanut-related anaphylactic reactions in mice.^[5]

ANTI-CANCER EFFECTS

Quercetin has cancer-fighting properties that can suppress cell growth and induce cell death in prostate cancer cells.^[6]

Other test-tube animal studies have observed the benefits of quercetin in the body when it comes to liver, lung, breast, bladder, blood, colon, ovarian, lymphoid and adrenal cancer cells.^[7]

SUPPORTS BRAIN HEALTH

Research shows that quercetin provides antioxidant properties that may help to protect against conditions such as Alzheimer's disease and dementia.^[8]

CARDIOVASCULAR HEALTH SUPPORT

As a potent flavonoid, quercetin is recommended for heart health. Studies suggest that it has powerful antioxidant benefits for mitochondrial function in cardiac tissue.^[9, 10]

MAY SUPPORT BLOOD SUGAR LEVELS

Studies suggest that Quercetin has powerful effects for Type 2 Diabetes. It has been shown to lower glucose plasma levels in relation to a control group, along with anti-inflammatory effects that can reduce inflammation and kill cancer cells.^[11]

ANTI-AGEING BENEFITS

As a natural bioflavonoid, quercetin has been shown to be effective at slowing the ageing process. Due to its anti-ageing/antioxidant properties, quercetin may help to reduce the effects of solar radiation on the skin – one of the causes of the appearance of spots, marks and wrinkles.^[12]

SUMMARY

For all these reasons, taking quercetin as a potent antioxidant is highly recommended – not just for boosting your immunity, but also for supporting your good health overall.

Robert Redfern of the UK is the producer of *Naturally Healthy News*, naturallyhealthynews.info

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Book Reviews

RAW CAN CURE CANCER

SALE PRICE \$20

By Janette Murray-Wakelin

In 2001 Janette was diagnosed with highly aggressive breast cancer. She was 52 years old, a mother of two and grandmother of one and was told that she had six months to live. This challenge prompted her to make choices that changed her life forever – and for the better. In fact, she and husband, Alan Murray, spent all of 2013 running around Australia and breaking a world record for running marathons.

Janette wrote *Raw Can Cure Cancer* ten years after her 'death sentence' and it is her story plus excerpts of similar stories from other women, all based on fact.



KITCHEN DIVIDED

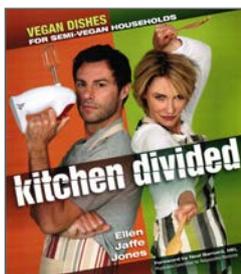
Vegan dishes for semi-vegan households

SALE PRICE \$16

By Ellen Jaffe Jones

What do you do if you eat vegan, but your spouse, child or parent does not? One of the most effective ways of bringing many meat-eaters around to appreciating vegan cuisine, says the author, is to cook delicious vegan meals for them. This is often far more effective than any amount of preaching.

Some of the recipes contain protein-rich plant alternatives to meat and dairy products. While unprocessed plant foods offer the best nutrition, these foods provide the flavours and textures that meat-eaters are used to.

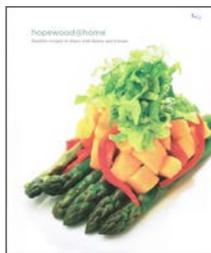


HOPEWOOD@HOME

SALE PRICE \$14

By Hopewood Health Retreat

A collection of the favourite recipes of Hopewood Health Retreat. Includes Breakfasts, Healthy Drinks, Soups, Salads, Main Meals, Light Snacks, Sweet Treats and Healthy Entertaining Ideas.



Attractive colour plates; print is on the fine side.

THE GERSON THERAPY – DVD SET

How to carry out Gerson Therapy for life-threatening illnesses

SALE PRICE \$70

By the Gerson Institute

Presented by Charlotte Gerson, the topics are 'Overview and Patient Testimonials', 'The Gerson Therapy at Home' and 'Gerson Therapy Food Preparation'. The information provided could save lives.

COOKIN' UP A STORM

Sea stories and vegan recipes from Sea Shepherd's anti-whaling campaigns

SALE PRICE \$20

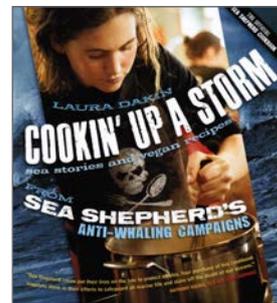
By Laura Dakin, galley of the Steve Irwin

Laura Dakin is responsible for feeding the 50 crew of the *Steve Irwin*.

Cookin' Up a Storm is a collection of the crew's favourite plant-based recipes, modified by Laura to feed us landlubbers.

Along with endless fascinating photos, interspersed through the book are riveting true-life stories from crew members that offer a glimpse of the dangers they face while stalking whaling vessels on the high seas.

Chapters of recipes are Morning Starters, Soups, Mains, Salads and Sides, Sauces and Spread, Breads, Sweets and Treats. The book is American, but the recipes look just great.



FIGHTING CANCER WITH VITAMINS AND ANTIOXIDANTS

SALE PRICE \$16

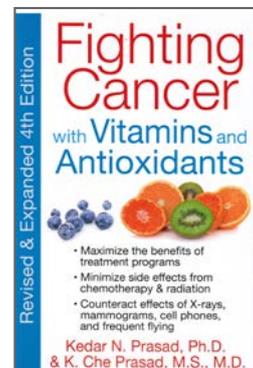
By Kedar Prasad and Che Prasad

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

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

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

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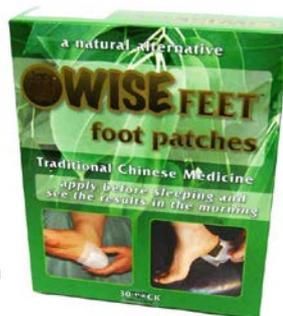
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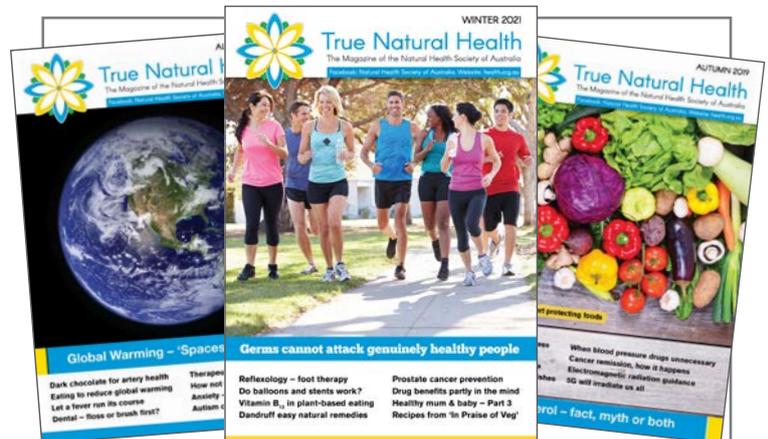
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Gigi Neophytou is located at Bossley Park, Sydney. She is an experienced Professional Counsellor, Yoga teacher (with training in yoga therapy), a Natural Health Educator and a Ayurvedic Lifestyle Consultant. She also runs health retreats and cooking classes and is specialising in all aspects of healthy aging.

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Veg SA News Vegan Festival Adelaide

October 30th-31st 2021

As in most other Australian States this quarter, SA is busy with numerous events. Prominent for VegSA is the annual Vegan Festival, which occurs as close as possible to World Vegan Day on November 1st. With over 60 food, information, not-for-profit and product stalls, this was possibly the largest since the inception of the Festival in 2008. Even though border restrictions excluded interstate groups, some speakers were able to be here via Zoom.

Some highlights were:

Andy Medick, Victorian Animal Justice Party MP enumerating successes he has had in getting changes to legislation through negotiation rather than confrontation, from working cooperatively rather than antagonistically with other MPs.

Georgie Purcell of Oscar's Law (also in Victoria) speaking of the need to sometimes demonstrate in ways that others find annoying or inconvenient, but that are necessary in order to be heard, especially if changing ingrained attitudes. She expressed a current concern with the need for legislation, as passed in Victoria, to abolish puppy farms in all States.

Doctors For Nutrition's presentation took a different format from last year's, when several speakers outlined the advantages of a whole-food, plant-based diet (WFPBD) for different stages of life. This year we heard from three speakers who had each been helped by a WFPBD after being diagnosed variously with: **multiple sclerosis, type 2 diabetes** and **cardiovascular disease** and have continued to maintain good levels of health while following the WFPBD.

Dr Juliette Roex introduced the three speakers by outlining the advantages of the WFPBD, referencing research that backs up this knowledge.

Doctors For Nutrition was established in 2018. It has representatives in all Australian States and New Zealand as well as close contacts with groups in other countries. It has useful materials for practitioners and its "team of medical doctors and registered dietitians can be booked to give peer presentations on location or virtually." For information and other resources see: www.doctorsfornutrition.org



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