



Autumn 2022

True Natural Health

The Magazine of the Natural Health Society of Australia

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How Natural Health helped me change my life

The BIG PICTURE on germs
Brain and mental health
Sleep – are you getting enough?
Recipes – Rainbow eating

Depression – natural therapies for
Skinbrushing – very natural therapy
COVID – latest news, good and bad
Preventing and overcoming dry eye

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Larissa's story of her recovery from what may have been brain cancer makes a great start for this issue – and for 2022. It is inspiring to see what can be done through self-help lifestyle. Larissa joins the many people whose stories we have published over the years because they have achieved remarkable recoveries from illness by taking the initiative to inform themselves and apply self-discipline in lifestyle.

Also inspiring in this issue is another gem of philosophy by our regular contributor, Dr Greg Fitzgerald, who counsels readers to 'not be normal' (page 26). Many of us who have been practising Natural Health have become accustomed to being considered by those around us to be not normal, but Greg shows brilliantly just who is actually normal.

In brain and mental health by Dr Isabel Hunsinger, we see how it is in our own

hands to make this critically important system function with peak efficiency (page 20).

Every decade or so, we remind readers of the unique value to health of skin-brushing. If ever there was a therapy that is simple to use and makes us feel so good, it is regular skinbrushing (page 24).

Guidance is presented for some specific health issues – namely, our need for zinc (page 10), how to overcome depression (page 12) and dry eye by the wonderful wholistic optometrist, Janny Livanos (page 18).

Throughout the coronavirus/COVID pandemic, one thing that has stood out is that the so-called 'medical experts' know nothing about the inherent power of our bodies to defend themselves against pathogenic microorganisms (disease germs) – provided they are

cared for from day to day the way they are designed to be cared for. The 'Big Picture' on page 4 proves this scientifically and irrefutably.

And yet again we offer more news relating to SARS-CoV-2 and COVID-19 (pages 29 to 31) – some good and some bad.

We wish all readers health and happiness, especially after the past two years of government-imposed restrictions, and we expect that we will soon all be free to go about our lives as normal. Thank goodness!

**Roger French and Rebecca Smith,
Co-Editors**



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.

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Acknowledgement

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

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Member's Story

Larissa Halls contacted the Society with her wonderful story of how she was introduced to the Natural Health Society almost two decades ago. Larissa described learning from True Natural Health articles and radically changing her life. We hope you enjoy her story as much as we did.



When did your natural health story begin?

Having to jump up from having a CT scan to spew (thanks to the dye) I knew something was wrong. I felt it in my heart. At the ripe age of 24, my doctor told me I had a massive tumour growing in my head. "Was it cancer?" I asked. "I don't know, but either way we need to operate and remove it, it's huge."

I was on the hunt for some trashy magazines for light hospital reading when I found The Natural Health Society's magazines. My previous health knowledge came from attending weight watchers meetings since I was 12. Where did that get me? With a tumour. So, I bought two Natural Health Society magazines and started reading.

How did you learn about natural health?

Reading *True Natural Health* was exciting my soul and after I got the tumour removed my doctor told me it may grow back, with an 80% chance of being malignant. That was a pretty awesome wake-up call, so I set out to learn as much as I could about keeping myself alive the natural way!

I started going to seminars and conferences and learning about Natural Health through stories of healing. I couldn't get enough. I ordered books advertised by The Natural Health Society. My friends and family were looking at me like I had grown another head as I quit eating meat and started juicing up a storm.

This was long before it was instacool to be a health influencer. I was often the youngest person at the health seminars.

Has your health journey had a defining moment?

The defining moment in my health journey was when I realised my tumour had to happen to wake me up. My tumour gave me the hard swift kick I needed to get out of my comfort zone, to stop living how I 'thought I should' and instead, start to follow my own heart and soul.

It sent me on a sort of **Eat-Pray-Love** journey. I sold my business and hustled off to the Canadian Rockies for a year. I did a stint on an organic farm and learned about how the mind and body are interconnected.

How would you describe your health philosophy?

Balance is the way forward. Balance is the answer. Balance in mind, body and soul. Symptoms are feedback that something is out of balance, listen to them.

For example, I realised my over-optimistic attitude pre-tumour was hindering me. Being super positive made me negate my true feelings, I dismissed people's bad behaviour and ignored what was happening in my life. Being super positive isn't balanced.

What are some of your regular health practices?

My favourite health practice is hugging my kids and my partner.

We focus on eating whole foods, making as much as possible from scratch. My partner cooks as he hates how I "try to make normal recipes into health recipes and ruin them." The main thing I drink is water.

I practice yoga and meditate. I love the **Wim Hof Method**. (Breathing and Cold immersion training.)

Holidays are a health practice. My most important health practice is doing what I love and loving what I do. The stress of being disconnected from your purpose and not being fulfilled by what you do can be destructive and debilitating.

Do you have a healthy habit or practice that you think people often overlook?

One of the biggest health practices I've adopted over the years doesn't sound like a health practice, yet it's like a sweet elixir to the soul. It's following my heart. Saying NO to the things that aren't important to me, and YES to the things that light me up, even if it means not living up to other people's expectations. I'm a buzz box of energy just saying that!

Want to go vegetarian? Go for it!

Want to change careers? Go for it!

Want to ditch that draining meeting and go to the beach instead? Go for it!



Your Natural Health Journey

At the Natural Health Society, we are incredibly lucky to receive inspirational health stories from members. We love reading them and thought you might enjoy reading them also. We have such amazing members with a wealth of lived experience to share. If you would like to share your Natural Health Journey, please email rebecca.naturalhealth@gmail.com with 'Your Health Journey' in the email title to receive an interview form. We look forward to publishing a selection of interviews in future editions of True Natural Health.

What is the best piece of health advice you have received?

There's no one-size-fits-all health solution. You need to discover what's right for you and acknowledge that what works for you may change or need to be tweaked over time.

People are unique. This makes our health and healing journeys quite different. What works for one person may not be what works for you.

Stay open to experimenting and getting to know yourself and your own unique needs. Also, focusing on nutrients is more important than focusing on calories.

What is your favourite healthy meal?

I'm currently obsessed with having papaya, coconut yogurt, walnuts, and lime with mixed seeds for breakfast!

My all-time favourite food that we make as healthy as possible is pizza. It's all about balance.

Do you have a health goal that you are currently working towards?

To continue to feel better within my mind and body as I age gracefully. I feel healthier now than I did in my twenties. I'm currently moving towards my body's natural healthy weight after having my last baby. (I'm still breastfeeding).

Living a Natural Health lifestyle allowed me to have my children later in life, I have an 8-month-old and a 4-year-old. I'm in my forties and I want to be able to continue to run, jump, swim play and do all the things energetic rascally boys do.

I see myself snowboarding well past my fifties and exploring the world on foot as I continue to connect and increase the life force energy within me.

I learn, I create, and I share. This inspires me daily.

More about Larissa

Thanks to a lot of hard work, and a little dose of Natural Health Society inspiration, Larissa is now a Life Coach, Kinesiologist and Yoga teacher. She helps people who are stressed and stuck on autopilot re-discover themselves, create purpose and renew their health.

When Larissa isn't uncovering her clients locked away dreams or sparking up an idea for her next course, she's kissing the faces of her two sticky-fingered little boys or is camping in the wild with her family.

She was once called the 'bogan yogi' as her approach to sharing and helping people is done with humour, connection and a 'keeping -it-real' attitude.



GERMS THE BIG PICTURE

The missing information on germs, health and disease

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



The six greatest research projects of the last century show the full story of whether or not viruses and bacteria are necessarily a threat to us humans.

The people of Hunzaland. The population of this isolated valley was investigated by Dr Robert McCarrison early last century. He found that the population was almost entirely free of disease, including cancer, and conducted further research to confirm that diet and lifestyle were the key factors.

Nutrition and Physical Degeneration. Conducted over nine years in the 1930s by an American dentist, Dr Weston Price, this research compared the dental and overall health of primitive peoples versus westernised peoples.

Man Adapting. Professor Rene Dubos, Microbiologist attached to the Rockefeller Medical Center in New York, investigated the relationship between pathogenic microorganisms (disease germs) and higher animals and primitive human populations living the way they had done for thousands of years.

Pacific Islanders. Professor Paul Zimmet, President of the International Diabetic Association, found a striking contrast between Pacific Islanders who had adopted Western technology and those living traditionally.

The China Study. After observing the remarkable freedom from disease of rural Chinese people, Professor T. Colin Campbell of Cornell University in the USA used rat studies to explain what he had seen in the Chinese people. His findings are enormously significant for our health and wellbeing.

The People of Okinawa, Japan. Until recently, these were the healthiest and longest living people in the world. Today Western influence is now compromising that outstanding accomplishment.

The Amazing Hunza People

Hunzaland is a tiny country located high in the foothills of the Himalayas in northern Pakistan. It was totally isolated from the Western world until visited by the first Westerners around 1918. Among those visitors was a British medical doctor, Robert McCarrison.

Dr McCarrison found that the Hunza people exhibited perfect mental and physical health, with many of the population living to over 100 years of age or even possibly to 150. Men at age 90 were known to have fathered children. Sickness was rare. Virtually unknown were ulcers, appendicitis, colitis, high blood pressure or heart disease.

In the entire population of around 20,000 people, Dr McCarrison found not a single case of cancer.

Childhood diseases were almost non-existent. The children had beautiful skins, free of pimples, and their teeth were perfect with healthy gums. There was no delinquency.

The women retained beautiful complexions and physical fitness, with women over 70 doing physical work without any sign of fatigue.

The men also retained relatively youthful looks and remarkable physical fitness. They regularly played vigorous games in which the younger men, aged 16 to 50, would play against the elders, who were all over 70. As the Mir (King) said, "The men of 100 felt no more fatigue than the men of 20."

The Hunzas lived on fresh vegetables, fresh fruits, dried fruits, whole-grain foods and butter; protein came from legumes and goats' cheese. Meat was eaten only on ceremonial occasions, so it was a rarity in the diet. They did indulge in a strong grape wine.

Sir Robert McCarrison later wrote that he had been amazed that, although the Hunzas were surrounded on all sides by peoples afflicted with many kinds of degenerative and infectious diseases, they still did not contract any of them.

To investigate whether diet was the key, Dr McCarrison conducted research on rats. As described in his book, *Studies in Deficiency Diseases*, he commenced by feeding rats a diet very similar to that of the Hunzas. The rats maintained a high level of health into old age, their natures were gentle, they gave birth easily and their offspring were always normal and healthy.

Then Dr McCarrison changed the rats' diet to that of the poorer classes of England at that time – white bread, margarine, sweetened tea, boiled vegetables, tinned meats and jams. Not only did this open

a Pandora's box of diseases, but the rats also showed fatigue, irritability and poor concentration; they were apt to bite their attendants. By the 16th day of the experiment they began to kill and eat the weaker ones among them.

In a lecture to the United Nations Conference on Food and Agriculture in 1943, Sir Robert McCarrison, who had been knighted for his work, stated: "I know of nothing so potent in producing ill-health as improperly constituted food. The greatest single factor in the acquisition of health is perfectly constituted food."

Nutrition and Physical Degeneration

In 1930, American dentist, Dr Weston A. Price, commenced nine years of research into the effects of processed foods on populations. He presented the results in a book entitled *Nutrition and Physical Degeneration* (Keats Publishing Inc.).

Dr Price studied the diets of 14 'primitive' societies in Africa, Asia, the Americas, the South Pacific and Australia, including the Aborigines of Australia and New Zealand Maoris. Among these populations were members who had adopted Western diets, as well as modernised Westerners living nearby.

Dr Price found that the 'primitive' peoples had strikingly good teeth, jaws and health generally and had admirable physiques with splendidly built bodies.

They had high levels of immunity to most diseases, as long as they were isolated from the lifestyles of modern civilisation.

The diets of the 14 primitive societies collectively included fresh vegetables, fresh fruits, whole grains and protein foods in the form of nuts, legumes and animal sources.

Wherever the natural foods of these peoples were displaced by imported processed foods, Dr Price found that the dental, physical and mental health went to pieces. Tooth decay became rampant and there were narrowed dental arches, leading to crowding of teeth. He described some individuals as "sad wreckages in physique" and said that, in general, facial and bodily beauty had been destroyed.

Susceptibility to all types of disease also

increased. There was an early loss of the resistance to disease that had been so outstanding in the isolated peoples. Infectious diseases began to cause serious harm, in some cases children dying of tuberculosis. Worse still, there was mental backwardness and delinquent behaviour.

Fortunately, Dr Price also found that when a natural diet is restored, health will significantly improve.

Man Adapting

Professor René Dubos, one of the 20th century's most prominent microbiologists, published his findings in a book, *Man Adapting* (Yale University Press, New Haven and London, 1965).

His key finding was that "Throughout nature, infection without disease is the rule rather than the exception." In other words, among wild animals and human populations isolated from Western lifestyles, it was normal for individuals to be carriers of disease germs without being sick. It was rare for infection to result in disease.

"There is no doubt," wrote Professor Dubos, "that there *is* such a thing as contagious disease, but the question remains as to whether contact with a germ is the sole factor." For infection to cause disease, he concluded, the body has to be in a state of *physiological stress*.

For example, earlier this century, says Dubos, most humans became infected with the polio virus, but only a very small percentage of these people developed paralytic polio. In the large majority of cases, the symptoms were so mild as to be overlooked.

Clearly, the presence of the germ is not synonymous with the disease. The crux of our relationship with germs, states Professor Dubos is that, "Given enough time, a state of peaceful co-existence eventually becomes established between any host and any parasite without the need for interference through antimicrobial drugs or immunological processes (immunisation)."

However, this does not imply, wrote Prof. Dubos, that acquired immunity necessarily results in freedom from disease, for there are many possible factors that can upset health and allow the parasite to multiply, even if the host is specifically immune to it. In conclusion, Professor Dubos wrote, "Faulty nutrition constitutes today the largest single cause of disease in the world."

Pacific Islanders

Wherever our Western way of living has been adopted by the Pacific Islanders, they have developed an 'epidemic' of degenerative diseases.

In 1978, Professor Paul Zimmet of Monash University and later the President of the International Diabetic Association,

reported that Western technology had brought a disastrous wave of new diseases to the Pacific.

"Diabetes, high blood pressure, obesity and heart disease are now reaching epidemic proportions in the Westernised urbanised populations," he said. "These diseases had previously been unknown in the area and were still unknown in the islands where the traditional diet and way of life had been retained."

The China Study

The most comprehensive nutritional study of all time was a 20-year study conducted by Professor T. Colin Campbell, Professor of Nutritional Biochemistry at Cornell University in the United States. Called 'The China Study', it looked at the association between food and degenerative disease in 6,500 adults living in 65 prefectures across China.

Professor Campbell described his studies in a book entitled, *The China Study* (Benbella Books, Dallas, Texas. 2005).

A momentous finding was that the people who ate the most animal-based foods developed the most chronic disease. In contrast, people who ate the most plant-based foods tended to be free of chronic disease.

Another key finding was that when cancer was initiated by a carcinogen, the development of the cancer was entirely dependent on how much protein was consumed, regardless of how much carcinogen originally triggered the cancer.

Cancer progressed far more rapidly with a diet containing 20 percent animal protein (in terms of total calories) than with a diet containing 5 percent protein. Cancer did not develop up to about 10 percent protein, but beyond this, it increased dramatically with increasing protein. Significantly, when the protein was changed from animal protein to plant protein, cancer did not develop even when the protein was at the level of 20 percent.

Ten percent dietary protein is around 50 grams of pure protein per day for an average adult.

Professor Campbell declared that cancer authorities should be providing information to people everywhere on "How a whole-foods, plant-based diet may be an incredibly effective anti-cancer medicine".

The People of Okinawa

The healthiest and longest-living people in the world in recent times lived in Okinawa, a string of islands south-west of Japan. There were more centenarians than in any other population on the planet.

These centenarians were studied by a cardiologist, gerontologist and medical anthropologist, who published their discoveries in a book entitled, *The Okinawa Diet Plan*.

The Okinawa Study, which ran for decades, found the centenarians to be in extraordinarily good shape. They were lean, youthful-looking, energetic and relatively free of the health problems that we associate with ageing. They had remarkably low rates of heart disease, cancer, Alzheimer's disease, diabetes and high blood pressure. Prostate and breast cancer were virtually non-existent.

The Okinawan people consumed about one third less calories than the average Australian.

Their diet consisted of approximately 80 percent plant-based foods and 20 percent animal-based foods: a lot of vegetables, including plenty of salads; fresh fruits; purple sweet potato (rich in powerful antioxidants); whole grains – brown rice and whole wheat; protein mainly from legumes (including soya products) and fish; and a lot of jasmine tea. Protein was typically only 10 percent of total calories.

Are Okinawans genetically lucky? Researchers have found that Okinawans who move away from their homeland and adopt a Western diet and lifestyle suffer the same health problems as we do, so the superior health of the traditional Okinawans is not genetic, it's lifestyle.

Conclusions

From these monumental studies, the evidence is unequivocal that through diet and other aspects of lifestyle, we have the ability to determine whether we are at the mercy of germs or are safe.

After adopting the way of eating for which our bodies are designed, we can build health and strong immune systems and become immune to all kinds of infectious diseases – for life.

By making our bodies free of the physiological stress associated with a combination of processed and junk foods, toxic man-made chemicals and lack of exercise, we need not fear any virus or bacteria.

The wheel has turned full circle. The founder and 'father' of the germ theory of disease, Louis Pasteur, admitted on his deathbed in 1895 that he had been wrong about germs as the principal causes of disease. "The germ is nothing," he declared, "the soil is everything." ('Soil' refers to the environment in which the germ lives, the internal condition of the body.)

The approach taken by the Australian Government and governments world-wide to the current coronavirus/COVID pandemic is devoid of the lifestyle advice illustrated above which could have saved a huge amount of suffering from physical and mental ill health and massive damage to the economy. The deficiency originates from the fact that the medical experts have no training in clinical nutrition and preventive lifestyle.

Best Way to Cook Vegetables



Michael Greger MD, FACLM, 3rd December 2021

I've made videos on 'How not to die from heart disease', 'How not to die from cancer', 'How not to die from other deadly diseases' like diabetes, but some of the most popular videos on my website are, for example, 'The best way to cook sweet potatoes'.

So, what's the best way to cook capsicum? There is high antioxidant power in raw green capsicum and red capsicum, and microwaving or stir-frying doesn't seem to affect it much, though with boiling, there's a drop in antioxidant level. But then, if you measure the antioxidant activity of the left-over boiling water, the antioxidants weren't destroyed, but just leached into the cooking water. So, the researcher's conclusion is that "It's vital to consume the water used for boiling, in addition to the capsicum flesh". The message that I get from this study is that whether or not you drink the water, red capsicum have nearly twice the antioxidant power of green. So, while both types are, by definition, green-light foods, the reds, ironically, are even 'greener'.

[NOTE that green capsicum are unripe and red capsicum are simply ripe capsicum – grow some at home and you will observe this change as these fruit veggies ripen.]

What about mushrooms? Probably best not to eat them raw, but what's the best way to cook them? "Since cooking techniques clearly influence the nutritional attributes of mushrooms," say researchers, "the proper selection of cooking method may be a key factor in preventing or reducing nutritional losses". And "Microwaving and grilling were established as the best methods for maintaining the nutritional profile of mushrooms." For example, there was a significant decrease in the antioxidant activity of mushrooms, especially after boiling and frying, while grilled and microwaved mushrooms reached in some cases *higher* antioxidant

activity. [NOTE that microwave cooking is associated with possible microwave adverse health effects.]

Boiling had a similar negative impact on the antioxidant power of cauliflower, indicating just how many beneficial phytonutrients boiling might be losing. Blanching was much better, where the cauliflower was dunked into boiling water for three minutes and then run under cold water to stop it from cooking.

I had never heard of 'steam blanching', but it is the same idea. Steam for three minutes, then cool off, which appears to be better than boiling water blanching, since the vegetable is not being immersed in water at all. Interestingly, there's not much difference between steaming for six minutes and steaming for three, and then running under cold water.

Too bad the researchers didn't look at roasting – that's how you make cauliflower taste really good. In fact, I've got two recipes for roasted cauliflower in my *How Not to Die Cookbook* (for which all proceeds go to charity, of course).

There are certain antioxidants we're especially interested in. In particular, the eyesight and brain-protecting green vegetable compound, *lutein*. What lutein does is to protect those light-sensing nerves the back of the eyeball by blocking the high-energy blue-light rays; this enables us to see properly – and may help us think better too.

Researchers looked at the effects of four different cooking methods on lutein concentrations. The first thing they found is that broccoli has 50 times more lutein than cauliflower, which is not a surprise, since lutein is a yellow pigment while cauliflower is white.

The researchers compared boiling, steaming, microwaving and *sous vide*

cooking, which is a fancy name for boiling in a plastic bag. Boiling actually made lutein levels go up! How is that possible? It's because heat disrupts the cell walls and all their little sub-cellular compartments which can enhance the release of the antioxidant compounds. *Sous vide* was similar. Microwaving was detrimental, at least for the broccoli, whereas steaming broccoli nearly doubled lutein levels.

Heat isn't the only way to liberate lutein from greens. If you finely chop spinach [or silverbeet], you can double the amount of lutein released during digestion. Or make a green smoothie, or pesto, or some kind of puréed spinach dish and you may *triple* the bioavailability. But you need to watch the heat. Steaming or boiling is one thing, but super high heat, like stir-frying, can reduce lutein levels to nearly nothing.

Frying is also bad for the purple pigments in purple sweet potatoes, even if it's air-frying. These special antioxidant plant pigments [*proanthocyanidins*] appear to be sensitive to *really* high temperatures, so we should try to avoid frying, especially deep-frying. That was one of the conclusions of an expert panel on cooking methods: avoid deep-frying foods. Not only because of the nutrient losses, but there is all the added oil and the production in the oil of some toxic compounds at those temperatures. So, that continues to be a challenge to the food industry. What's their solution? Forget deep-fat frying altogether.

[NOTE that in a Natural Health summary, the best cooking method is light steaming, followed by pressure cooking, then baking, roasting, grilling or stir-frying. Boiling and microwaving come second last and deep-frying a distant last. – Editor]

Three morning power rituals to start your day

In the words of the Dalai Lama:

“An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend – or a meaningful day.”



Starting the morning off well is absolutely vital – it sets the tone for your entire day.

Even if you've had a poor night's sleep or you've consumed too much of the wrong food (or drink) the night before, the first hour after you wake up is an opportunity to reset your intentions each morning.

Here are three start-of-day rituals that will help to energise your body and spirit:

1. Freshly squeezed lemon juice

Lemons promote digestion by stimulating the production of digestive enzymes. Squeezing a lemon wedge into your first glass of water in the morning is a mood booster too. That sour punch has a sweet psychological aftertaste. So if you're prone to anxiety or depression (clinical or seasonal), I would definitely recommend adding this dose of nature's cheer to your morning drink.

2. Meditation

Meditation is an invaluable resource. It's changed my life and the lives of millions of people around the world. If you don't have a meditation practice yet, I guarantee it will be a game-changer if you start one.

Sit in a comfortable chair or on a cushion on the floor. Keep your back as straight as possible without straining. Take a deep breath or two, then close your eyes. Place light attention on your breath as you breathe naturally through your nose.

Allow your thoughts to flow as they will. Don't try to 'empty your mind'. Don't chase after them, and don't push them away. Just let them pass through your mind, while you keep your attention on your breath.

If you lose track of your breath, just return your attention back to it.

Try this practice for just 5 – 20 minutes and see how you feel.

3. Stretch

You don't need to do advanced yoga poses (though kudos to you if you do!) – even easy basic stretches can make a huge difference for your day.

Roll your neck around for half a minute, clockwise and then counter-clockwise (or vice versa). Extend your arms to relieve tension in your sides. Do a little side twist in both directions.

These incredibly simple movements help to get your blood moving. They also stimulate the release of endorphins – the happy hormones.

Give these stretches a try this week.

Abridged and edited from an item by Nick Polizzi

Nick Polizzi is host of Proven: Healing Breakthroughs Backed by Science and Founder of The Sacred Science, Berkeley California. www.thesacred-science.com



**“CRYSTALS
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The Hidden Gut Health Heroes

By Alissa Mack,
BHSc (Nat)

Over 2000 years ago, a Greek physician, Hippocrates, said that “All disease begins in the gut”.

Do you suffer with digestive symptoms such as bloating, cramping, gas, loose stools or constipation?

Do you sleep poorly, feel constantly tired, experience depression or anxiety?

Do you always catch whatever bug is going round?

Do you have skin conditions like acne or eczema that don't seem to get any better?

Do you react or feel unwell after eating gluten, dairy or rich meals?

If you answered 'yes' to any of these questions, the chances are your gut needs help. The good news is that although these symptoms are common, they do not need to be tolerated. Fixing gut health is more complex than just popping a probiotic or drinking some kombucha (although both are very beneficial). Embracing a healthy lifestyle and diet as well as supplements is essential.

Digestive enzymes – the forgotten heroes

We all know about the great benefits of probiotics, but do you know much about digestive enzymes?

Digestive enzymes are a group of enzymes produced in the body to break down the macronutrients (carbohydrates, proteins and fats) into their individual components to ensure full absorption of these nutrients.

It is said that, “*You are not necessarily what you eat, but what you can digest and absorb*”.

The problem is that things like stress, ageing, gut damage, poor nutrition and over-cooked and processed foods deplete enzymes and therefore impair the natural processes that they are supposed to perform, which is when gut disorders and symptoms are likely to appear. So, even if you are eating a healthy and nutritious diet, if you are not digesting and absorbing your food optimally, part of it is being wasted.

The first sign that a person is not producing enough digestive enzymes is disturbed digestion. And if digestive enzymes have been inadequate or compromised

for a while, broader and more systemic symptoms will occur.

Specific enzymes for specific purposes

For the body to be able to break down the macronutrients, specific digestive enzymes are needed for each macronutrient. These are:

Protease: To digest the proteins found in meats, eggs, cheese, milk, legumes, nuts, seeds and some other foods.

Interesting facts about digesting protein:

People who have trouble digesting protein tend to crave protein-rich foods and are more prone to digestive upsets immediately after meals.

Dipeptidyl peptidase IV (DPP IV) is a specific proteolytic enzyme which breaks down protein; it is found along the brush border lining of the intestinal wall. It has also been identified as one of the most important enzymes for normal breakdown of gluten.

There is a difference between dairy intolerance and lactose intolerance. People who suffer symptoms after eating dairy can be struggling to digest the lactose (milk sugar) or the protein (casein) in dairy products. Therefore, both tilactase and protease are often needed for those struggling with dairy intolerance.

Amylase and Cellulase:

Amylase is a starch-breaking enzyme that breaks down complex carbohydrates into simple sugars ready for absorption. Cellulase is an enzyme that breaks down the plant fibre, cellulose. It is not produced by the human body, but by friendly bacteria in our intestines. Cellulose is otherwise indigestible by humans.

Interesting facts about digesting carbohydrates:

Without amylase, the body would not be able to break down carbohydrates into the fuel we need to provide energy.

Cellulase must come from food or supplementation, because the body does not produce it.

People whose guts are unable to digest fibre are often prone to bloating within about two hours of eating.

Lipase: This enzyme digests fats into their component fatty acids.

Interesting fact about digesting fats:

Increased levels of fats in the diet can stress their digestion. Excessive fat in the body increases the risk of heart disease and elevates cholesterol.

Tilactase: This enzyme assists in the digestion of the lactose (milk sugar), found in dairy products.

Interesting fact about digesting lactose:

When lactose-containing foods are eaten by people with insufficient lactase, the lactose reaches the colon and sits there undigested. Lactase-deficient individuals often suffer symptoms like nausea, cramping, bloating, wind and diarrhoea as a result.

How digestive enzyme supplements help

They help ensure optimal absorption of nutrients from both food and other supplements.

They reduce and relieve digestive symptoms such as cramps, bloating, constipation and diarrhoea.

They reduce fermentation of the food stagnating inside, helping to support elimination and easing the production of gas and bloating.

They may compensate for occasional indulgence by reducing or eliminating symptoms usually experienced by someone with a food sensitivity, for example, to gluten or dairy.

They can be taken as a treatment to reduce the severity of symptoms if a person has accidentally eaten a food that they are sensitive to, such as gluten or dairy.

They are essential in gut-healing treatment protocols because they not only aid digestion, but they also reduce stress on the digestive system, allowing it time to heal – as well as reducing damage when ‘triggers’ are accidentally eaten (which is always bound to happen).

Alissa is a naturopath with a keen interest in gut health issues. She has been able to help people to better health by starting with improving their gut health.

Children's immunity strengthened by 'forest playing'

By Leif Rot, 17th November 2021

Day guards in Finland built 'forest roads' and changed children's immune systems.

Within 30 days of playing in forest soil and leaf 'garbage', Finnish pre-schoolers had increases in their numbers of T-cells and much more varied intestinal bacteria.

In a fascinating experiment, Finnish researchers have recreated the environment on a forest floor in the playgrounds of four urban day-care homes.

They covered the playgrounds with forest soil, moss, meadow grass, dwarf moose, blueberries and raspberries and installed planting boxes for annual garden crops.

Childcare workers instructed preschool-age children to play in the greenery and the soil for one-and-a-half hours each day for a month.

Their intestinal and skin microbes were analysed before and after the experiment and compared with those in children from normal urban day-care centres with regular sterile playgrounds.

After just 28 days of forest playing, the diversity of the children's gut and skin bacteria increased dramatically, as well as their T-cell count and other important immune markers in the blood.

This result supports the hypothesis about biodiversity and the concept that low biodiversity in the modern living environment can lead to an uneducated immune system and thus increase the incidence of immune-related diseases.



AUTUMN 2022

GutAid⁺
my goodness



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**Health Food Stores,
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Always read the label.
Follow the directions for use.
If symptoms persist, talk to
your health professional.
This medicine may not be
right for you. Read the
warnings before purchase.

True Natural Health | P9

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 ZINC FOR IMMUNE SYSTEM:

Is it worth taking supplements of zinc on a regular basis to strengthen the immune system? – M. S., Wallacia NSW

Summary

Zinc is a mineral essential for immunity, fertility, heart health, skin health, taste and smell and numerous other functions.

The typical dose for supplementing is 15 – 30 mg of elemental zinc. There is a safe upper limit of 40 mg, which is wise to not exceed unless advised by a practitioner.

Dietary intake can be increased by the plant foods nuts, seeds and legumes.

Blood level is not a reliable indicator of the need for zinc. The usual way is to be alert for symptoms of deficiency or overdose.

Functions of zinc

Zinc boosts the immune system. Zinc improves immune response by boosting the activity of T-cells and natural killer cells. White blood cells contain large amounts of zinc.

Accelerates wound healing.

Because this mineral plays critical roles in collagen synthesis, immune function and inflammatory response, it is necessary for proper wound healing.

Zinc helps with blood sugar control.

It may help keep blood sugar levels steady and improve sensitivity to insulin – especially relevant with diabetes.

Zinc can slow the progression of macular degeneration.

Zinc is necessary for skin health.

Both topical and oral zinc may be effective in treating acne by reducing inflammation, inhibiting the growth of *P. acnes* bacteria and suppressing oily gland secretions.

Zinc is necessary for smell and taste.

Regarded as an **antioxidant mineral** – it helps to reduce inflammation and protect against chronic conditions, including heart disease, cancer and diabetes.

Zinc may reduce the risk of artery disease by helping to decrease blood triglycerides (fats).

Optimal fertility requires adequate zinc.

Absorption

Absorption is strongly inhibited by *phytates*, which are present in staple foods like cereals and corn. It is also inhibited by high levels of lead, cadmium, copper and calcium.

Iron can reduce zinc absorption if given together with zinc in a supplement. However, there is no such effect between these minerals in foods.

Sources

Many animal and plant foods are rich in zinc.

Plant foods highest in zinc include:

- **Legumes:** Soya beans, chickpeas, lentils, black beans, kidney beans, peanuts, etc.;
- **Seeds:** Sunflower seeds, sesame seeds, pumpkin seeds, hemp seeds, etc.;
- **Nuts:** Cashews and most other nuts;
- **Whole grains:** Oats, quinoa, brown rice, rye flour, whole wheat flour, etc.;
- **Some vegetables:** Mushrooms, kale, peas, asparagus, parsley, green peas and beet greens.

Legumes are some of the best non-animal foods containing zinc. In a lacto-ovo-vegetarian way of eating, cheese and eggs are also sources of zinc.

Deficiency signs and symptoms

Zinc deficiency is difficult to detect using laboratory tests due to your body's tight control over zinc levels. Thus, you may still be deficient even if tests indicate normal levels.

Deficiency of zinc can develop fairly easily, although severe deficiency is uncommon.

People at risk of zinc deficiency include:

- People with gastrointestinal diseases like Crohn's disease;
- People on vegetarian and vegan diets;
- Pregnant and breastfeeding women;
- Older infants who are exclusively breastfed;
- People with sickle cell anaemia;
- People who are malnourished, including those suffering anorexia or bulimia;
- People with chronic kidney disease;
- Those who abuse alcohol.

In children the effects of deficiency include retarded growth, dry flaky skin and acne.

In adults, effects can be:

- Weight loss, poor wound healing, hair loss and white spots on nails;
- Delayed puberty, lack of ovulation, low sperm count and low libido;
- Diarrhoea, lactose intolerance, decreased senses of taste and smell and poor appetite;
- Build-up of copper, lead and cadmium in the body;
- Increased susceptibility to infectious diseases.
- Symptoms of *mild* zinc deficiency typically include diarrhoea, decreased immunity, thinning hair, decreased appetite, mood disturbances, dry skin, fertility issues and impaired wound healing.
- Symptoms of *severe* zinc deficiency include impaired growth and development, delayed sexual maturity, skin rashes, chronic diarrhoea, poor wound healing and behavioural issues.

Zinc supplements

Nutritionists recommend monitoring the zinc in your diet before deciding to take a zinc supplement.

There are many different types of zinc supplement available:

- **Zinc gluconate:** One of the most common over-the-counter forms;
- **Zinc citrate:** Is as well-absorbed as zinc gluconate;
- **Zinc picolinate:** May be better absorbed than the other forms, but may be more expensive;
- **Zinc citrate:** Is as well-absorbed as zinc gluconate, and contains a greater amount of zinc;
- **Zinc orotate:** Another common form. The zinc is bound to orotic acid (vitamin B₁₃);
- **Zinc acetate:** Used for specific purposes under professional guidance;
- **Zinc sulphate and zinc oxide:** Are inorganic forms and not recommended. The above chelated forms are much preferred.

Lately, COVID-19 is the reason why the taking of zinc supplements is higher than ever.

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



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

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

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

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

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

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

Help save our precious Oceans

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

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

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

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

NEW **Pure Plant-Source**
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* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016

Available at leading Health Food Stores
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Dosage

Read the package label to see how much elemental zinc is present in the supplement. 'Elemental zinc' refers to the actual amount of zinc in a supplement

For adults, the recommended daily dosage is typically 15 – 30 mg of elemental zinc.

It's best not to exceed an upper limit of 40 mg per day due to possible side effects. Higher doses may be recommended by a therapist for treating certain conditions.

If you regularly consume foods containing zinc, it is advisable to keep the supplement to a low level. Many people will reach the RDI for zinc through diet alone. Older adults and people with diseases that inhibit zinc absorption may need to supplement.

In Australia, the recommended daily intake (RDI) is 14 mg for adult men and 8 mg for adult women. Pregnant and breastfeeding women need 11 and 12 mg, respectively. The RDI for people on vegetarian diets is 21 mg for men and 12 mg for women due to the lower availability of zinc in vegetarian diets.

Because high-dose, long-term zinc supplements can lead to potentially dangerous side effects, it's important to keep to recommendations and only take supplements when necessary.

Safety and Side Effects

When used as directed, zinc supplements can be safe and effective.

Excessive zinc can interfere with the body's ability to absorb copper, possibly leading to deficiency of copper over time. The amount of zinc that causes copper deficiency is not much above the upper limit of zinc consumption. As little as 50 mg per day may be all it takes. Copper deficiency can, in turn, lead to deficiency of iron.

Zinc supplements, if taken at the same time as antibiotics, may interfere with the absorption of certain antibiotics, reducing their effectiveness.

If you experience any side effects after taking zinc supplements, decrease your dosage and consider consulting your healthcare professional if symptoms persist.

Symptoms of toxicity include nausea and vomiting, loss of appetite, diarrhoea, abdominal cramps, headaches and reduced immune function.

Symptoms of prolonged overdose include chest pain, dizziness, fainting, shortness of breath, vomiting and yellow eyes or skin.

Reiterating, to reduce the risk of side effects, it is wise to adhere to the recommended dosage and avoid exceeding the tolerable upper limit of 40 mg per day – unless under professional supervision.

Q VITAMIN D IN COLD CLIMATE:

I live in Tasmania where the summer sun is too hot for me and the sun in autumn and winter is very weak. From blood tests I know that my vitamin D is low, so I take supplements. But the only dose that I can get here is 1,000 IU, whereas it appears that I need only 300 – 400 IU a day. Since taking too much can be toxic, do you have any suggestions as to what dose would be safe for me. – J. V.D., Calder Tas

A Now that autumn has arrived, your vitamin D levels in Tassie might be a concern again.

Seeing that you can't go out into the sun for your vitamin D, you do need to take supplements – as you are already doing. I think that taking a 1,000 IU tablet every second or third day is appropriate. And make sure that your supplement is vitamin D₃, the form our bodies make, rather than synthetic D₂ which has slight toxicity.

The critical point about vitamin D supplements is that, because this vitamin is fat soluble, it can store in the body. If we take too much, it can accumulate to high levels and eventually have toxic effects. Therefore, blood tests are essential to ensure that you are not taking too much.

How often for blood tests? Perhaps after three months initially and then every six to 12 months until you can see that your supplement dose is not causing increased blood levels, that your blood levels have stabilised.

Note that when you can use sunbathing to obtain your vitamin D, you *cannot* overdose because the body has a 'fail-safe' mechanism which switches off production when adequate blood levels have been reached. We can't beat nature's brilliance!

Over the years, I have written two major coverages of vitamin D as follows:

The Summer 2009/10 issue contains a major, comprehensive account of vitamin D, sunshine and prevention of skin cancer. It can be very beneficial information. Entitled, 'How Sunshine Can Prevent Cancer', it has sections on 'How to get enough vitamin D', 'Sun exposure for adequate vitamin D', 'Supplementing vitamin D', 'Skin cancer' and 'Sunscreens'.

The Summer 2013/14 issue covers a number of individual questions in 'Getting vitamin D from the sun' and also covers 'Safe sunscreens'.

These articles are available from the Natural Health Society, either in hard copies or as emails.

Q OVERCOMING DEPRESSION NATURALLY:

What can I do to overcome my persistent depression? I don't want to take drugs, because I know that they all have side effects.

– A. N., Gunnedah NSW

A My answer is abridged and edited mainly from an excellent article by R. Morgan Griffin (see 'Sources').

Being depressed can make you feel helpless. But you're not helpless. Along with therapy, there's a lot of you can do on your own to overcome it. Changing your lifestyle and even your way of thinking are all natural treatments for depression.

These tips can help you feel better.

1. Get into a routine. If you're depressed, you need a routine. Depression can strip away the structure from your life, with one day melting into the next.

2. Set goals. When you're depressed, you may feel like you can't accomplish anything, which makes you feel even worse. Set daily goals for yourself. Start very small, like doing the dishes every day, then add more challenging daily goals.

3. Exercise. Is fundamental to mood. It temporarily boosts the feel-good chemicals, *endorphins*. You don't need to run marathons. Just walking a few times a week for 15 – 30 minutes at a time can be beneficial. One way to get yourself moving is to have a dog, which can 'beg' you to take him/her out for activity.

4. Eat healthily. The Natural Health balanced way of eating provides for sound function of body and mind. If depression tends to make you overeat, whole plant foods high in fibre will make you feel satisfied sooner.

5. Get enough sleep. Depression can make it difficult to get enough shut-eye, and too little sleep can make depression worse. Start by going to bed and getting up at the same time every day. Try not to nap. Take all the distractions out of your bedroom -- no computer, no TV and no smart phone.

6. Meditate. Meditating every day for 30 – 40 minutes is not easy, but it really helps with depression. Start with maybe two or three minutes a day and work your way up from there.

There are plenty of meditation techniques available – a couple are described in my book, *How a Man Lived in Three Centuries*.

7. Take on responsibilities. When you're depressed, you may want to avoid having responsibilities at home and at work. Don't allow this to happen. Keeping involved and having daily responsibilities can give

you a sense of accomplishment that helps offset depression.

If you're not up to full-time school or work, think about part-time. Or consider volunteer work.

8. Challenge negative thoughts. When you're depressed, you leap to the worst possible conclusions. It takes practice, but in time you can beat back those negative thoughts before they get out of control.

9. Do something new. When you're depressed, you're in a rut. Push yourself to do something different – go to a museum; pick up a book and read it on a park bench; volunteer at a soup kitchen; take a language class. Trying something new can increase the levels of *dopamine*, which is associated with pleasure, enjoyment and learning.

10. Try to have fun. Make time for things you enjoy. If nothing seems fun anymore, that's just a symptom of depression. You need to keep trying anyway. Plan things you used to enjoy, even if they feel like a chore – keep going to the movies; keep going out with friends for dinner. In time, fun things really will feel fun again.

Supplements and nutrition

Consider taking supplements, but only with professional guidance – especially if you're already taking medications.

St John's Wort (*Hypericum perforatum*) The herb, St John's wort, has long been used in folk medicine for sadness, worry and nervousness. It has been found to be effective for mild to moderate depression, though not major depression. It may take three to six weeks to notice the full effect.

St John's wort has fewer side-effects than prescription medications (like Prozac). Side effects may include dizziness, indigestion and fatigue. St John's wort increases photosensitivity, so skin and eyes should be protected from sunlight.

St John's wort can interfere with the effectiveness of drugs, including antidepressants and oral contraceptives. It is not recommended for pregnant or nursing women, or children or people with bipolar disorder, liver disease or kidney disease.

SAM-e

SAM-e (S-adenosyl-L-methionine) occurs naturally in the human body and leads to the production of the feel-good neurotransmitters, *serotonin* and *dopamine*. These compounds most affect mood.

Folic Acid

Individuals with depression have been found to have lower serum levels of folate than individuals without depression.

Folate, or vitamin B₉, is found in green leafy vegetables, fruits and beans.

Vitamin B₁₂

Vitamin B₁₂ has an important role in producing serotonin, dopamine and epinephrine. Lack of this all-important vitamin can stress your mind. People on plant-based diets need to take supplements of B₁₂ or consume fortified foods.

Omega-3 Fatty Acids

These highly unsaturated fats are needed for normal brain function. Low dietary intake has been linked to depression. Supplements of the most beneficial omega-3s (DHA and EPA) are available from the plant source, microalgae [see a source on page 11].

Omega-3 supplements should not be taken with blood-thinners such as warfarin and aspirin.

Abundant magnesium

Magnesium is required for a wide range of functions in the body. Without it, we wouldn't keep the chemicals in our brain stable. Our modern diets often lack magnesium and stress also depletes it. The holistic doctor, Sandra Cabot, calls it in the title of one of her books, *Magnesium the miracle mineral*. We could benefit by both consuming magnesium-rich foods and taking a supplement. For foods, go for nuts and green leafy vegetables.

Top up with pumpkin seeds

Those green Mexican pumpkin seeds, *pepitas*, contain more iron than any kind of meat. Iron is vital for energy, but excessive

iron can be harmful, so it is wise to have your levels checked by a doctor; if they are high, don't eat these seeds. *Pepitas* also contain L-tryptophan, an amino acid required for the production of serotonin.

Try acupuncture

Acupuncture may help with depression and anxiety. The needle stimulates the body to release endorphins, which make you feel calm, happy and relaxed.

Steer clear of coffee

It's true that caffeine can give a rapid boost to mood, but later on you're going to come crashing down. Being over-caffeinated can depress serotonin synthesis in the brain.

Drink chamomile tea

A particular flavonoid in chamomile contributes to its well-known relaxing and sleep-inducing properties. A cup of chamomile tea in the evening can help you unwind.

Utilise light therapy

In gloomy weather, you may suffer from *seasonal affective disorder* (SAD), making your mood gloomy. SAD can be treated by a bright light indoors, but the time of the light must be limited, so as not to depress production of the sleep hormone, melatonin.

Supplements in summary

Out of this list of supplements and herbs, probably the most effective for depression are omega-3 fatty acids, SAM-e, folate and St John's wort.

Even if you feel that you need prescription medication, employing some of these natural remedies can restore your mood and maybe enable you to reduce or get off the drugs.

Sources

'10 Natural Treatments for Depression' by R. Morgan Griffin
<https://www.webmd.com/depression/features/natural-treatments#1>

'Natural treatments for depression' from Verywell Health
<https://www.verywellhealth.com/natural-treatments-for-depression-89243>





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. Our aim is 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'd like to extend our huge gratitude to the following members for their recent donations: Geraldine Callaghan, Sandra and David Norman, Brian Roughley, Melva Fleming, Alex Hodges, Aurelia Gallardo, Jennifer Thrush, Stuart Carter and Joseph Monage.

DID YOU KNOW?

As a member you have access to a huge collection of back editions via our website. Simply visit www.health.org.au, select 'members' then 'members portal' and you can pick whatever edition you like to download. Through the members portal you can access *True Natural Health* editions right back to 2011, these downloaded magazines are easily searchable, making it incredibly easy to research a health issue of interest. As the basic fundamental principles of Natural Health don't change most articles will be as relevant today as when they were written.

HAPPY READING!

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 publication 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 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.

Bequeath

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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Closed weekends & public holidays
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Fasting

Professionally supervised fasting is available in NSW

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

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

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

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

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



& EVENTS



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JOIN US FOR THE FIRST WEBINAR SERIES OF 2022! March 24 to April 21

Our first webinar series for 2022 will commence March 24. Since restrictions have made it difficult to organise in-person seminars, webinars have become an excellent way for Society members to connect with each other, learn and stay motivated. Each five-week series we collect experts keep us up to date and on the right Natural Health track. After each presentation members of our community are invited to stay around for an informal discussion about what we just learned, or other relevant Natural Health topics.

For those members who haven't joined us for a webinar series yet, please give it a go. I find each series to be insightful, motivating and fun. A webinar ticket provides you with access to a live Zoom link and a recording link, so you can watch with us or at a time of your choosing. Members who have not attended online presentations before can rest assured that it is very easy to set up, all you need is an email that we can send you a link

to. Please call our office if you have any questions. We'd love you to join us.

This series we will be hosting presentations by:

Nicole Bijlsma, Building Biologist and Author of the best seller *Healthy Home, Healthy Family*. Nicole is a former naturopath and acupuncturist with 15 years of clinical experience, who changed her career pathway to become a building biologist after noticing a strong correlation with many of her patients' illnesses and health hazards in their home.

Fiona MacKenzie, Australian Naturopath and Lecturer. Fiona specialises in children's health, gut health and anxiety/pyloria.

Jo Raydan, Founder of Gentle Green Safe. Jo has been educating and helping people adopt healthy home practices for decades. Her talks are always full of practical and easy to implement advice.

Join our live room session



Visit our events page on our website for more details including other speakers www.health.org.au/events.

Tickets are \$49 to attend the series, all members have access to a \$10 discount. Tickets are available online via our website www.health.org.au/shop. Use **discount code: MemberWeb10** at checkout to receive your member price or call our office on 0432 396 701 to book your discounted ticket.

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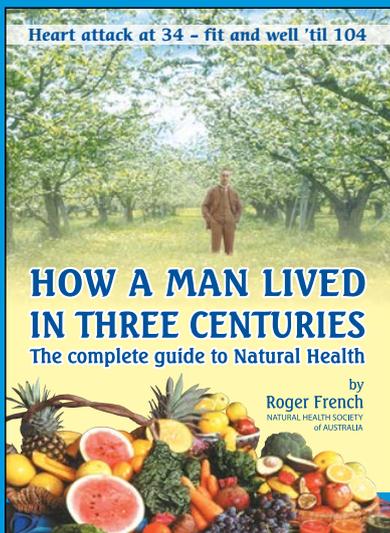
Every month we send out an e-newsletter with health updates, interesting links and information about the Natural Health Society activities. To subscribe please visit our website, www.health.org.au, and fill in your details under 'Register for our latest Newsletter'.

Are we friends?

Are you on Facebook or Instagram? Have you looked up the Natural Health Society and followed us? We regularly post about NHS activities, interesting health topics and motivational tricks to keep you on track.



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The REPRINT of the fully revised and updated Second Edition.

The ideal book or gift for anyone interested in Natural Health or in improving their health.

Price options:
One copy \$18
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Now also available as an e-book on Amazon Australia

Price \$11.99 AUD

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

Keep Those New Resolutions Going

A month into a new resolution is a good time for a check-up. Have you continued with your promises to yourself? Did you stick to a healthy lifestyle or were you distracted by ongoing habits? Hopewood is here to help keep you on track and we look forward to supporting your health journey. If you've had an abundant and over-indulgent summer so far, then it's not too late to get back on track. Here are some ways you can get started:

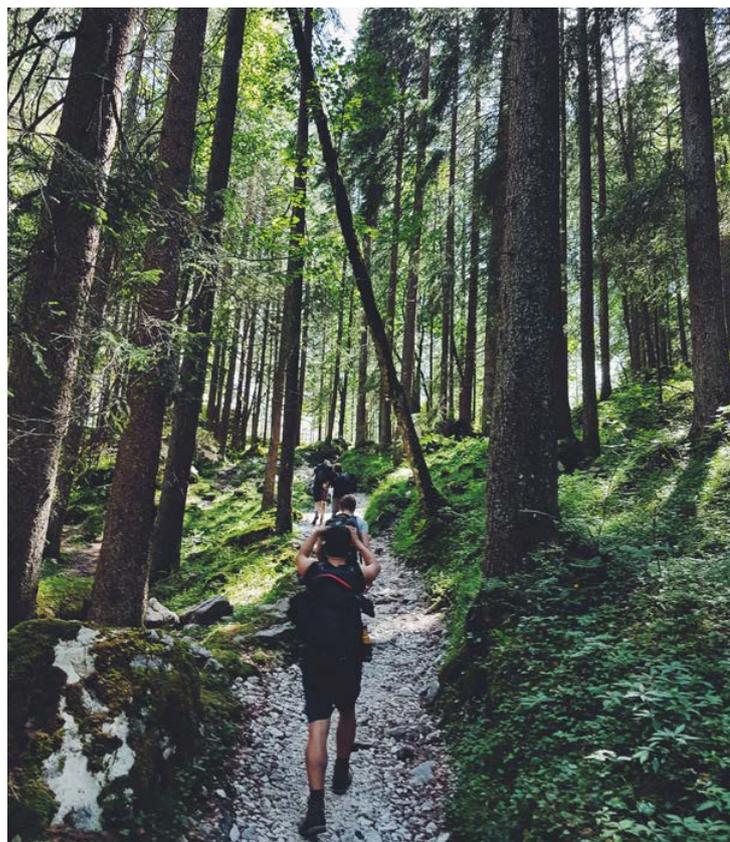
Kick things off with a cleansing detox:

- Stick to a fresh food, low-fat, high-fibre diet – try to keep it as raw as possible;
- Drink lots of pure water;
- Exercise regularly;
- Make time to rest, relax and have fun;
- Breathe some fresh air every day!

To keep yourself motivated, check back to our website for new stories about nutrition, stress and weight management, exercise, yoga, meditation and more. We hope our articles, tips and tools will empower and encourage you to eat well, set goals and maintain a positive attitude so you can improve and maintain good health this year.

Food is the vital ingredient for a healthy lifestyle, and Hopewood is famous for its plant-based cuisine. Our dishes not only taste fantastic but they're low in saturated fat, high in fibre and complex carbohydrates and feature loads of fresh fruit and vegetables. Best of all – most of them are quick and easy to make!

We'll continue to provide recipes throughout the year – but if you want to enjoy having 100 options close at hand you can purchase *Lifestyle – Hopewood's recipe for wellbeing*



A RECIPE FROM HOPEWOOD

Smashed Avocado and Sweet Potato Breakfast Delight

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INGREDIENTS

- 2 x 5mm thick slices sweet potato
- ¼ avocado
- 1 Tbsp fresh ricotta
- 1 tsp fresh lemon juice
- Pinch dried chilli flakes
- 20 grams baby spinach
- 1 egg, poached, to serve

METHOD

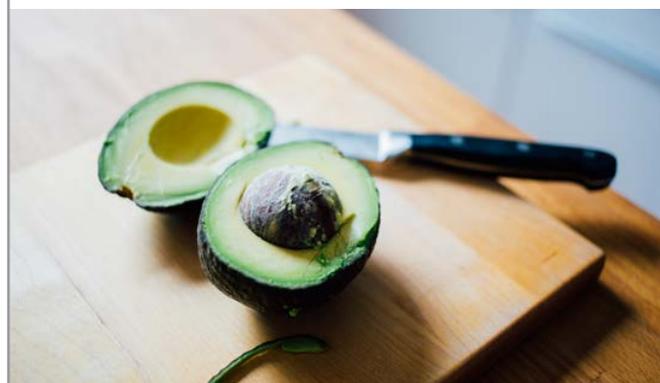
Place sweet potato slices in a toaster and toast until golden and tender.

Mash avocado and ricotta together in a small bowl.

Stir through lemon juice and chilli flakes.

Spread avocado mixture over toasted sweet potato.

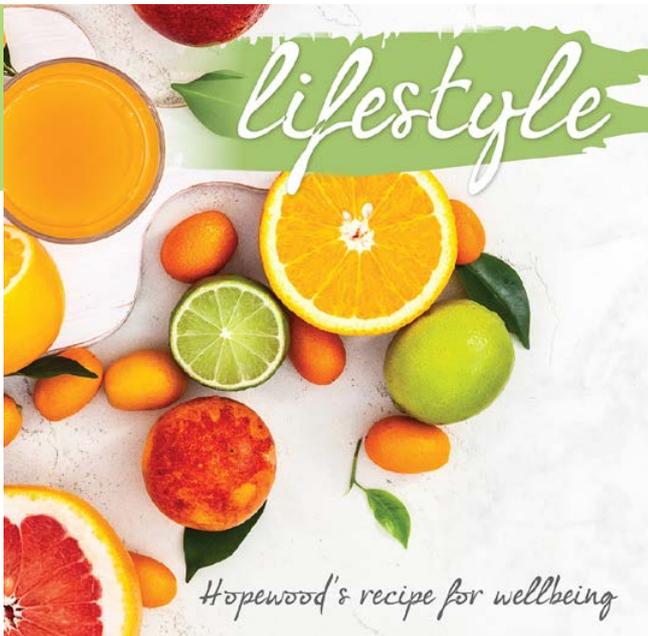
Top with spinach and a poached egg.



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DRY EYE TREATMENT

- A Natural Approach

By Jenny Livanos, Holistic Optometrist



COVID lockdowns, the wearing of masks and longer hours spent on digital devices have increased dry eye issues – I am seeing this in the practice much more frequently. As a holistic optometrist, I am interested in addressing the root causes of dry eyes and treating naturally for long-term benefits.

Tears provide lubrication and they wash away foreign material in the eyes, reduce the risk of eye infection and keep the eye surface smooth and clear for optimal vision.

Dry eye syndrome is a common condition in up to 50 percent of the population. Tear production in the eyes may be insufficient, tears might be of poor quality or the *meibomian glands* along the bottom eyelids that produce the fatty tear layer may become blocked. Chronic dryness can create inflammation and damage the surface of the eye.

There are 3 layers in tears. The top layer is made of oils produced by the meibomian glands and helps prevent evaporation of the tears. Dysfunction in these glands (known as MGD) is a significant cause of dry eye symptoms and is present in more than 80 percent of dry eye issues. The middle layer is an aqueous component produced by the *lacrimal glands* in the upper lids. The bottom layer is mucin produced by *goblet cells* in the conjunctiva and helps spread the tears evenly on the surface of the eye.

Dry eyes can feel gritty, stinging, burning, itchy, heavy and sore. There may also be redness, blurry vision, sensitivity to light and difficulty in opening the eyes in the morning. The eyes may also water due to this irritation.

Health issues and medications can cause dry eyes

Eyelid issues like blepharitis, seen as inflammation and discharge along the lid margin and lashes; structural lid issues, for example, turning in or out that can affect the blinking motion that spreads the

tear film evenly across the eyes; demodex mites that live on the eyelashes.

Previous history of eye surgery, for example, laser corrective surgery or cataract surgery.

Ageing – tear production decreases with age.

Allergies and the use of antihistamines.

Health conditions affecting tear quality, quantity and blinking – for example, autoimmune diseases like rheumatoid arthritis, Sjogren's syndrome; skin conditions like rosacea and dermatitis; Parkinson's disease; thyroid issues; diabetes.

Hormonal changes in women – pregnancy, oral contraceptive use and menopause can exacerbate dry eye issues.

Preservatives in eye drops.

Medications including decongestants, nasal sprays, blood pressure medication, diuretics, acne medication and antidepressants can reduce tear production.

Dry eye syndrome is multifactorial

Identify and minimise your risk factors, then try a natural approach. This could lead to less dependence on artificial tears and better comfort and vision.

Consider these risk factors:

Inadequate water intake – aim for around two litres per day.

Insufficient sleep or poor sleep (I recommend 7 – 9 hours and retiring to bed early).

Low intake of omega-3 fats and vitamin A in the diet.

Environmental factors – exposure to air-conditioning and fans at home, work and in the car can trigger dry eye issues. Very cold or hot or windy weather could trigger dry eye symptoms.

Excessive close work on computer or mobile phone – when we concentrate on a task we blink less.

MADE (mask-associated dry eye) – wearing a facial mask can dry the eyes by forcing air out of the top of the mask and over the surface of the eyes.

Smoking.

Blue light exposure – minimise your exposure by adjusting your computer settings and wearing blue-light blocking glasses when using digital devices.

Wearing contact lenses – try the healthier daily lenses and wear glasses as an occasional alternative and at the end of the day.

Makeup – wear less and remove at the end of the day.

Better nutrition

Better nutrition can help increase tear production and quality in the long-term. Pro-vitamin A from carrots, sweet potatoes, green leafy vegies, pumpkin, tomatoes and capsicums can help.

Similarly helpful can be healthy fats (omega-3's) from chia seeds, hemp seeds, flaxseed, walnuts, seaweed and algae. There are also modified omega-3 supplements to assist dry eyes.

Standard treatments

Treatments aim to increase tear production and tear volume and prevent the loss of tears.

Standard treatment includes:

Non-preserved lubricant drops – preservatives can cause irritation especially if used often. There are many lubricants available which supplement the different layers of the tears. An optometrist can assist in the best type of drop for your dry eyes. In more severe cases gels and ointments can be used before bedtime.

Immuno-modulatory drops prescribed by an eye specialist reduce inflammation and trigger increased production of tears. These need to be used long-term to gain benefits, but can have systemic side-effects.

Antibiotics taken orally or as eye drops in severe cases.

Steroid eye drops.

Punctal plugs block tear ducts where tears drain away, so tears can remain on the surface of the eyes longer.

Natural treatments

Natural eye drops add to the tear layers and help with inflammation and infection. They contain ingredients like Manuka honey, aloe vera, coconut oil, chamomile, propolis, castor oil and vitamin A.

Cleaning your eyelids every day with dilute baby shampoo or special lid wipes

or foam with coconut oil and tea tree oil.

Warm compresses or eye masks with gel or silicon beads that can be heated. Follow this with a gentle lid massage and squeezing the meibomian glands to unblock them in the direction of the lid margin.

IPL (intense pulsed light) therapy for blocked meibomian glands. IPL has been used for many years in beauty and skin treatments. This in-office treatment helps rejuvenate the meibomian glands and their functioning. A hand-held device flashes the bright light onto the upper cheeks and lower lids and is a specific wavelength that can be absorbed by dilated blood vessels.

A humidifier will add moisture to dry indoor air. Try a bowl of water in the room to help hydrate the air

Eye masks can be worn during sleep to prevent dryness overnight.

Wrap-around protective eyewear can be worn when outdoors, especially in windy/hot/cold weather.

Improving your visual habits

It is important to have regular visual breaks during prolonged close work. Use the *20/20/20 rule*: every 20 minutes look at least 20 feet (6 metres) away for 20 seconds.

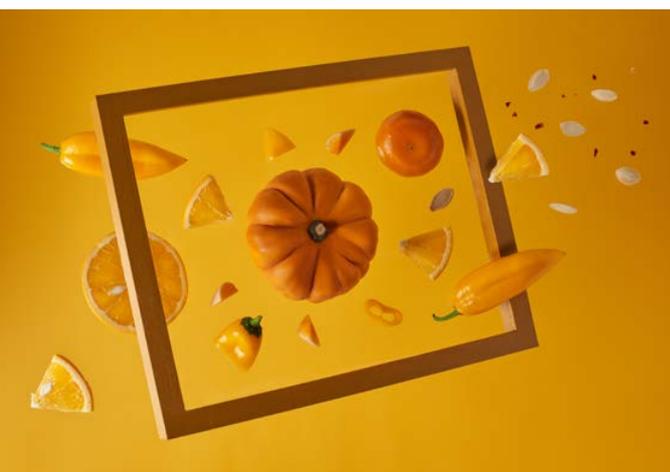
Keep your computer below eye level, so that your eyes are less exposed to the environment.

Concentrating on close work will slow your blinking rate and may contribute to dryness. Remember to blink! Try some blinking drills: lightly blink 10 – 15 times every 20 minutes as a vision break. Full blinking by periodically squeezing eyelids together can spread tears more evenly.

Treat dry eyes early

Dry eyes can be debilitating, causing discomfort, pain, anxiety and difficulty functioning in daily life. It is best to treat dry eye symptoms early by assessing your risk factors and improving lifestyle, diet and visual habits.

Jenny Livanos is a Holistic Optometrist in Concord Eye Care Sydney



Blue-light blocking fitovers designed by Jenny



\$59

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IPL (intense pulsed light) treatment for dry eyes and blepharitis in-store now available

Jenny Livanos, holistic optometrist of 25 years, offers the full range of standard eye tests including holistic prescriptions and eye health exams.

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Six Steps to Help Improve Your Brain/Mental Health

What YOU can Do Today!



By Dr Isabel Hunsinger, MD

Step #1 - Make this promise today!

Make it a promise that I have HOPE to beat any negative thoughts, not just a goal or dream.

Instead of making a goal or having a dream with a date, which can be distant. Why not instead make a promise of HOPE to yourself? A promise is an action word. It's a verb, which "assures that it will definitely happen."

So, step #1 is, instead of making a goal, make it a promise to you. I bet you'll be more successful.

Step #2 - Foods to Avoid.

Sugar and other simple carbohydrates. Stevia or two teaspoons of raw unpasteurized honey per week is OK. We must get the brain fuelled on fats instead of sugars to address insulin resistance of the brain.

Gluten – #1 factor of inflammation in the human body and affects the brain and nervous system. Cognitive decline is inflammation of the brain.

Dairy – When it comes to brain health, the concern about dairy products is that casein, the primary protein in milk, can be an excitotoxin that can lead to brain inflammation and neurodegenerative diseases.

High-Mercury Fish – like tuna, shark, swordfish and some river fish. Mercury and other heavy metal toxins are a large contributor to cognitive decline. Our oceans are getting more and more polluted, therefore it's important to find the fish with the lowest levels of mercury and toxins [if you eat fish that is].

Vegetable Oils – safflower, corn oil, sunflower oil, canola oil. These are oils that you want to avoid because they're working against you from the perspective of inflammation. These oils are higher in Omega-6's causing inflammation and they don't have in them some of the good types of monounsaturated fats that you'll get in fats like olive oil, coconut oil, avocado, avocado oil, ghee and olives.

Step #3 - Practise good sleep hygiene.

I want you to pay closer attention to what is happening outside. When the sun sets then it is an indication that you want to start getting ready to do the same. When the sun sets, you too should start getting ready to set.

I CAN HEAR YOU. I know you are busy. Just give yourself time to create new habits that will serve you, not destroy you.

Dim the lights when it starts getting dark outside. Turn off the TV, computer, iPad, phone and turn off your router before you go to sleep. Really those electromagnetic frequencies can cause a problem for our nervous system and our sleep.

Your bedroom is to do two things and two things only. Sleep and sex. We don't want to be talking on the phone or reading, other than a positive book in our bed. Make sure your room is completely dark when you sleep so you get the most bang for your buck with melatonin.

I'll give you an idea of what I tend to do before I go to bed. About one hour before I retire, I start winding down. I stop reading my emails on the computer and turn off my iPhone. I never ever watch or read the news ... It makes me too sad or oftentimes just plain angry. I prepare my breakfast

and lunch for the next day. When the sun rises, and I want to sleep a bit more I put on my sleep mask.

Step #4 - Exercise.

To get that strong muscle, decrease the body fat and get oxygen to the brain, you do two exercises. The first is resistance.

Resistance training builds your muscle. You want to go to the gym, or you can Google and find resistance training programs where you are lifting weights or using your body weight. I'm not talking about bulking up and looking like the incredible hulk. I'm just talking about toning your muscles and keeping your muscles sound. You need your muscles because they burn fat while you're sleeping or watching TV.

Now you want to do 10 to 30 minutes of resistance training, two to three times a week.

The next exercise you want to do is called high-intensity interval training. That consists of doing an exercise really, really fast and then you have a brief rest and then you do it again really, really fast and then you get a brief rest. Now the beauty of that is it burns fat right away and for up to 48–72 hours! It also boosts your mitochondria, and your mitochondria are like the engines in each of your cells. They keep things rockin' and rollin' so you have energy.

So those are the two exercises. If you have to go to the gym and get a program, go for it. You deserve it. And you want to do high-intensity interval training, 20 minutes, two to three times a week. That's it. That's all you need to do.



Step #5 - Nature.

Our relationship with nature – how much we notice, think about and appreciate our natural surroundings – is a critical factor in supporting good mental health and preventing distress. Nature is an important need for many and vital in keeping us emotionally, psychologically, and physically healthy.

When it comes to mental health benefits, nature has a very wide definition. It can mean green spaces such as parks, woodland or forests as well as blue spaces like rivers, wetlands, beaches or canals. It also includes trees on an urban street, private gardens, verges and even indoor plants or window boxes. Surprisingly, even watching nature documentaries has been shown to be good for our mental health. This is great news as it means the mental health benefits of nature can be made available to nearly every one of us, no matter where we live.

Step #6 - Thoughts.

What are your thoughts? Thoughts are how you think. It's what you believe. You need to look and pay attention to what you are saying to yourself. I'd like to talk to you about self-limiting beliefs as part of your thoughts.

What are self-limiting beliefs? They are these lame excuses that keep you small and keep this lid on top of you so that you're inside this little box.

You might be saying, "Wow! I want to be happy again. I want to start being vibrant and fun. I want to lose weight and be sexy again", and you're saying, "I want to, I want to, I want to," but these self-limiting thoughts are stopping you. By your staying inside behind your bars and keeping the lid down actually is a disservice to you and the rest of the world, because you're not sharing your gift. And as Nelson Mandela said, "You playing small does not serve

the world in any way." We need you OUT THERE doing your best.

One of the ways we can get out is by saying "That's it! I'm out of here! I'm busting out!" and you do that by ... putting a flashlight on your thinking going "AM I really saying that to myself? Oh my gosh, I don't deserve it."

You may not be where you want to be, but you'll get there, don't worry ... be gentle, be kind, have HOPE, be kind to yourself right here while you're walking towards where you want to go.

That's your medicine. Be kind to yourself.

Dr Isabel Hunsinger, M.D, is a Functional Medicine Practitioner

Dr Hunsinger presented on brain health and the prevention of cognitive decline during our last webinar series. She is such a vibrant and energetic person, and her talk was a great reminder of the importance of fun, laughter, exercise, great nutrition and looking after our brains.

I particularly enjoyed hearing about her work with the original Patch Adams – what an inspiration!

Dr Hunsinger now practises online and in New Zealand with her partner and husband Culinary Nutritionist Chef Michael. If only every medical doctor teamed up with a whole-food Chef!



DrIsabel MD
DOCTOR ON A MISSION

Rainbow Rolls

INGREDIENTS:

- 8 sheets rice paper
- 1 cup rice noodles
- 1 cup lettuce (shredded)
- 1 cup carrots (julienned)
- 1 cup cucumber (julienned)
- 1 cup red cabbage (shredded)
- 1 cup coriander (or herb of choice, mint is lovely)
- ½ cup mango (thinly sliced)

PEANUT SAUCE INGREDIENTS:

- ½ cup peanut butter (or nut/seed butter of choice)
- ¼ cup soy sauce (tamari or coconut aminos)
- ½ Tbsp ginger (freshly grated)
- 1 clove garlic, minced
- 1 Tbsp sesame oil
- 1 tsp maple syrup
- ½ tsp crushed red pepper/chilli flakes
- 3 Tbsp cool water

INSTRUCTIONS:

1. Wash and prep all ingredients listed above.
2. Mix all peanut sauce ingredients together and set aside.
3. Fill a large bowl with water and dip one sheet of rice paper into the water until the entire sheet is wet. Remove from the water right away and gently dab off any excess water with a clean dish towel. Do not over soak; rice paper should still be 'stiff' but wet.
4. Place the rice paper on a cutting board and place your desired fruits and veggies inside in the middle of the rice paper.
5. Then roll the rice paper up like a burrito. Start by taking the side closest to your body and pulling it over the mound of ingredients. Then tuck both the right and left side over. Finally continue to roll up the rice paper.
6. Continue this process until you've filled and wrapped each rainbow roll, one at a time. Cut in half, dip into the peanut sauce, and enjoy!

The sauce can be stored in an airtight container in the fridge for up to 5 days.

The rainbow rolls can be stored in an airtight container in the fridge for up to 4 days.



Our last webinar series was themed 'Eat For Health', and one of the presentations included a cook-along demonstration led by Candace Coughlan. While cooking up this delicious storm, Candace discussed the importance of eating a fresh varied diet, high in health-giving phytonutrients.

Candace is a Certified Integrative Nutrition Health Coach, Functional Microbiome Educator, Culinary Nutrition Expert & Instructor, Wellness Advocate, the Founder of Wild Health Hub AND the newest member of the Natural Health Society's National Committee! We are so pleased to have her on board!

Here are the recipes Candace prepared for us during her cook-along demonstration.

Savoury Cauliflower Salad



INGREDIENTS

- 1 head cauliflower, broken into florets
- ⅓ cup fresh lemon juice
- ⅓ cup olive oil
- 2 cups cherry tomatoes, quartered and seeded
- 1 bunch cilantro, chopped
- 1 bunch parsley, chopped
- ¼ cup basil, chopped
- 1 red capsicum, chopped
- ½ cup black olives, seeded and sliced
- ½ tsp salt
- ½ tsp pepper

INSTRUCTIONS

1. Process cauliflower in a food processor with 's' blade to achieve rice-like consistency (you can also use a box grater or chop finely by hand).
2. Place riced cauliflower in a bowl and add lemon juice and olive oil.
3. Mix in herbs, tomatoes, peppers, olives and salt and pepper.
4. Stir everything well and serve chilled.

Berry Chia Pudding Parfait

INGREDIENTS

- 150 ml plant-based milk
- 3 Tbsp chia seeds
- ½ cup of blackberries (fresh or frozen)
- ½ cup of blueberries (fresh or frozen)
- ½ frozen banana (medium) – must be frozen
- ¼ cup coconut yogurt
- 2 tsp açai powder (optional)
- ⅓ cup muesli of choice

METHOD

Blend together blueberries, blackberries, banana and coconut yogurt. Pour on top of prepared chia pudding. Top with fresh blueberries and muesli.

CHIA PUDDING:

Mix 150 ml plant-based milk with 3 Tbsp of chia seeds. Stir after 10 min. and then leave in the fridge for a minimum of 45 minutes (preferably overnight).

AÇAI CREAM:

Blend together a handful of blackberries, blueberries, ½ frozen banana, 100 gm coconut yoghurt and 2 tsp açai powder.

MUESLI:

INGREDIENTS:

- 3 cups total - ¼ cup each, raw nuts and seeds of choice: cashews, almonds, walnuts, Brazil, hazelnut, pepita (pumpkin seeds), sunflower, chia (⅓ cup), hemp hearts (⅓ - ¼ cup), sesame (⅓ cup)
- 1 cup coconut flakes
- ½ cup buckwheat groats
- ½ cup rolled quinoa, millet flakes or any other grain
- 1–2 Tbsp oil (coconut/macadamia)
- ¼ cup sweetener of choice (maple syrup/honey, rice malt syrup) or to taste
- ½ Tsp ground cinnamon

METHOD:

1. Preheat the oven to 150°C/300°F (fan-forced).
2. In a large baking tray, mix the dried ingredients together.
3. In a small pot place the oil and sweetener, heat gently for a minute or two (do not boil). Drizzle over the dried ingredients to coat evenly.
4. Toss through the mixture to coat as evenly as possible.
5. Place in a preheated oven, stirring every 15 minutes or so until evenly browned or toasted as much as you want it to be.
6. Remove from the oven, cool, and if you like you can add:
7. ½ – 1 cup wheat germ (optional)
8. Sultanas, raisins, currants, craisins, goji berries or any other dried fruit desired (optional)

STORE:

Once completely cooled store in an airtight container in a cool pantry or the fridge.



More about Candace

Candace coaches individuals on their health goals, leads online group programs, gives wellness workshops to individuals, corporations and organisations, teaches online and in-person culinary nutrition cooking classes as well as running Wellness Days and Retreats, both locally and Internationally.



As a gut-focused culinary and holistic nutritional practitioner, she works with individuals to get rid of fatigue, clear memory fog, regulate moods and repair digestive issues by addressing gut imbalances and microbiome health to help clients feel alive and thrive in all aspects of life.

Email: connect@wildhealthhub.com

Website: www.wildhealthhub.com

SKINBRUSHING FOR GLOWING SKIN

by Roger French

To ease the burden on your kidneys and make your skin glow with warmth on a cold morning, try skinbrushing. First thing on rising – before showering, not during it – spend five or more minutes brushing your skin vigorously over most of the body. In no time at all you will be glowing with warmth, and relishing one of the secrets of healthy, glowing skin. Another brush-over at bedtime will do even more for the skin, and those cold sheets won't make you feel so chilly when you climb into bed.

Some people find early-morning brushing to be almost as stimulating as the caffeinated cuppa that others depend on to get them started. In fact, brushing becomes almost addictive, and when used to regular brushing, people don't feel comfortable until they've had the invigoration.

Benefits

Regular skinbrushing cleanses the blood and reduces the burden on your kidneys. Like the kidneys, the skin is an organ of elimination, and if we stimulate it in a constructive way, the skin increases its rate of elimination of toxic waste-products. Less demands are then placed upon the kidneys.

Further, if kidney function is improved, the eliminative load on the skin will be reduced, which is a major determinant in preventing skin diseases.

These facts have considerable significance in our affluent society where toxic substances including alcohol, caffeine, uric acid and other wastes from meat, food additives and pollutants place great strain on the kidneys. Even over-eating healthy foods can load up our eliminative organs.

Skinbrushing:

- Reduces the burden on the kidneys;
- Encourages lymph drainage;
- Massages the skin and promotes circulation;
- Helps skin to look and feel healthier;
- Helps reduce cellulite;
- Removes dry and dead skin cells.

Cellulite can develop where there is stagnation of lymph flow and concentration of excess proteins, fats and waste-products, most commonly in the buttocks and thighs. The result is often seen as puckered skin or 'orange peel' effect.

The people who will be likely to see the most dramatic results from skinbrushing will be those with skin disease

– but remember, *never touch diseased areas of skin* with the brush, as this could injure these areas. Eczema, acne, boils, psoriasis, dermatitis (skin inflammation) and most other skin problems are crisis eliminations resulting from excessive congestion in the skin. The congestion, in turn, is commonly the result of poor skin function or the kidneys being unable to cope.

A Successful Case

A marvellous example of relieving a skin condition occurred in a 78-year-old woman – my late mother – who was plagued by red, stinging, inflamed patches on her fingers and hands, with nasty cracks up to 2 to 3 millimetres deep.

She had already removed any possible causes from her diet, and was avoiding any contact with detergent, soaps or other chemicals. She didn't want to go on a 'cleansing' diet because she was already very thin. As a last resort, she tried skinbrushing.

Morning and evening, 15 minutes at a time, she massaged the skin over most of her body with a dry natural bristle brush, at the same time exposing her skin to the direct rays of the sun. She was careful *not to brush the inflamed areas of skin*, as this would have aggravated the inflammation.

Within a week the inflammation had gone and the cracks in her fingers and hands were healing. After about two weeks, all traces of the dermatitis had vanished and the trouble never returned. It was an amazingly rapid recovery considering she had had the problem for many months.



Doing It

Just what is this bodily coating we call skin? In each square centimetre, there are about three million cells, many hairs, 15 oil (sebaceous) glands, 100 sweat glands, one metre of blood vessels, 3,000 sensory cells, four metres of nerves, 200 pain detectors, 25 pressure sensors for touch, two cold sensors and two heat sensors!

How long to brush? A minute on each limb, a minute on the front of the trunk and a minute on the back (a total of 6 minutes) would be excellent. If you are in a hurry, half this time would still be useful. Brush all your skin, including neck and feet, but not your face or other delicate areas, like nipples, because they could be irritated.

Brushing *after* showering can be difficult because some of the natural oil has been washed off the skin, causing the brush to drag. Also a wet brush loses some of its punch.

To minimise discomfort when you first commence brushing, use a gentle movement and gradually increase the pressure until you can brush vigorously. By the end of a week or two, you will be amazed at what your skin can take comfortably.

Obtain a good quality natural bristle brush. The brush will need a detachable handle so that you can cover all your back vigorously and then remove the handle to do the remainder of the body.

Brushes are available in some health shops – or you can buy directly from Bodecare, who the Society used to deal with. I purchased a new one from them recently and it is ideal.

Bodecare Pty Ltd, 2 Greenwood Street, Springfield Lakes QLD 4300. Website www.bodecare.com

Rainbow Diet

Dr Deanna Minich, Nutritional researcher and clinician, presented on her 'Rainbow Diet' philosophy at our last webinar series. The following article captures an interview Rebecca Smith did with Dr Minich following her excellent presentation.

How would you sum up your nutritional philosophy?

I've never believed in the 'one-diet-fits-all' approach. It just didn't seem realistic based on what I had learned about individual biochemistry and genetic variability. It's important to find foods, supplements and eating styles that fit an individual's unique, personal physiology and psychology. Through my clinical work and research, I have discovered a 'colour code' for nutrition and healing, which I discuss in my books **Whole Detox** and **The Rainbow Diet**. This colour code is called the **7 Systems of Health**. You can download a summary from my website: www.deannaminich.com.

Eating the full spectrum of rainbow-coloured, plant-based, whole foods allows our bodies to absorb a range of nutrients from a variety of foods. Whole foods, such as fruits, vegetables, herbs, whole grains, legumes, nuts and teas contain thousands of different phytonutrients that serve a range of functions in the human body. Striving for balance in food colours of plant-based, whole foods can help boost our overall health and wellbeing.

Is there a piece of health advice you find yourself giving to most of your patients?

I have a three-prong approach to my overarching recommendation on how to get started: **colour, creativity and variety**. Of course, the aspect of **colour** is achieved by eating the 'rainbow' every day. **Creativity** is about thinking and living more expansively, which implies living 'in the flow' and going with our emotions and heart rather than only our head and intellect. Finally, the principle that I think more people are becoming aware of these days is the full-spectrum benefit of eating a **variety** of foods, from enriching the gut microbiome to protecting against environmental toxicants. Furthermore, different

foods provide an array of nutrients with a multitude of health benefits. In general, most people are circulating between five and seven recipes or staple meals per week. What I find to be ideal is rotating colourful, plant-based foods. My 21-day Whole Detox program is structured in this way where we have a focus on a colour for three days of the week, but then I bring in a variety of foods within each colour category for the duration of the three days. People can do this activity more simply in everyday life by bringing in a new food every week. Or choose a different colour variety of one food. For instance, switching up white cauliflower by choosing the purple or orange variety (when available, of course, as these tend to be seasonal).

What do you think are the most useful markers of nutritional status?

Nutritional status can be assessed in several ways, from physical exam findings to biochemical laboratory tests. Physically speaking, we can look to symptoms like bloating, constipation, painful periods or headaches. In the absence of outright symptoms that connect to pathology, we can observe shifts in our hair, skin, nails, eyes, body weight and how we feel at different times of the day. For example, perhaps our nails are brittle or our skin is too pale and dry. While these indications may not signal a disease, they can give us information about how our bodies are registering our inputs and behaviours. In this case of brittle nails or pale and dry skin, we might have a protein or mineral (iron) insufficiency or even deficiency. Further investigation can be done with blood tests. Most people like to track quantitative values as we are a number-driven society. Biochemical laboratory

tests provide a snapshot in time of what might be in saliva, blood and/or urine. These tests might be directly or indirectly related to nutrients or their influence in the body. For example, measuring vitamin D levels or looking at markers of calcium homeostasis by assessing parathyroid hormone. Overall, I think we need to look at both the physical and the biochemical markers to piece the whole of our being together as it relates to our daily food intake and lifestyle behaviours (for example, sleep, relaxation, community).

How do people find out more about the work you do?

Please visit my website at www.deannaminich.com where you can download my **7 Systems of Health** chart and read about my colourful approach to bringing together body, mind, emotions, foods and lifestyle habits to assist with overall wellness. And, my two recent books, **The Rainbow Diet** and **Whole Detox**, offer a flexible, organising framework for incorporating more colour, variety and creativity into daily life.

More details can be found on my website: <https://deannaminich.com/books>.





Don't Be Normal', Be Healthy!

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

'Normal' health-destroyers include eating a conventional diet, regularly visiting your doctor and taking medications.

Why is it that in many countries, particularly the US and Australia, being on medication is now considered 'normal'? In fact, almost every ailment nowadays is considered to be a normal rite of passage as we age, including:

- Overweight,
- Body pain (and taking anti-inflammatory drugs),
- Insomnia and chronic tiredness,
- Ear infections, sore throats and allergies (mainly in children),
- Headaches (and taking painkillers),
- Acid reflux (and taking acid suppressors),
- High blood pressure, High cholesterol,
- Diabetes and pre-diabetes,
- Mental illness,
- Autism (now affecting every 1 in 50 people),
- Heart disease and strokes, and
- Cancer.

How could it be that our society has accepted such a low standard of health that it is rare to find someone who is not on medication of some sort? Why are so many people at younger and younger ages "falling apart," the term I so frequently hear when a patient consults me? It is no wonder that pharmaceutical companies are the most lucrative in the world!

This is no criticism of individuals; it is, however, a sad reflection on how, as a race of people, we have lost our innate knowledge and wisdom about how to remain healthy, and indeed happy. Instead of being taught how to live according to universal laws and principles, we are

taught that any symptom we get is a "disorder" that needs a medication or medical procedure.

We are also subliminally taught that happiness comes from the outside in the form of possessions, money, fame and appearances. It is common for people to now believe that not only health, but happiness, comes from external sources. But nothing could be further from the truth.

Tragically, the vast majority of people seek answers to their physical and mental health problems in pills. It is 'normal', simply because it has become the norm. Social conditioning has seen to this. Modern medicine accommodates this expectation, and is complicit in its widespread acceptance. Real causes are rarely addressed.

Our health-care system is a misnomer. As American journalist and anchorman, Walter Cronkite, once remarked, "Our health-care system is not healthy, nor caring, nor indeed a system!" It conditions patients and the public at large to think that chronic diseases are a normal part of the ageing process.

The truth is that being unhealthy and medicated is now normal, while being healthy and drug-free is abnormal (defining 'normal' as something widespread or prevalent).

What an irony that my wife Dawn and I would be considered, by some people, to be irresponsible parents because our 26-year-old daughter, Emily, has never been to a doctor. She has been raised according to Natural Hygiene/Health principles and has been 'deprived' of normal things like Coca Cola, cows' milk, processed cereals and sugar, medical check-ups and routine vaccinations.

And yet, if Emily was on medication for some reason, fed the conventional rubbish that most people call food, and we took her to a doctor on a regular basis for check-ups and medication adjustments (in Australia, the average child visits the doctor at least eight times a year), we would be considered good and normal parents. I'm happy to say our family is not normal and proud of it.

Drowning in Drugs

According to the Australian Bureau of Statistics, in 2011 the average man, woman and child in Australia took 143 painkillers a year, equating to over 11,000 per lifetime. In the US people over 55 years old take, on average, at least five different medications. The damage caused by opioids in both of these countries is inestimable, but grave enough to prompt the president of the United States to call the situation "a national emergency".

Addictions to drugs, food, gambling, technology and other things has become out of control. These states are also the norm. Addictionology (the study of addictions) is one of the fastest growing fields in medicine today. *The New York Times* stated the following on December 27, 2017: "America's addiction crisis ranks among the great epidemics of our age. Millions of people have fallen victim to painkiller abuse, alcoholism, the rise of meth and the revival of heroin. Sorrowful tales of death at a young age and of families torn apart have become a defining feature of the early 21st century American experience."

Children now experience more chronic illness than ever before. They are prescribed more drugs, including anti-depressants and behaviour-modifying stimulants, than ever before. From birth with the hepatitis-B shot, the process –

and indoctrination – begins. Autoimmune diseases in children are one of the fastest growing subgroups of diseases. It is now normal for kids to be regularly sick.

Elderly people in society are also prescribed more drugs and anti-psychotics than ever before. It is now normal for doctors to quickly visit nursing homes and aged-care facilities and prescribe a plethora of medications (many of which are unnecessary) to all residents.

Children and elderly people are the two easiest targets for drug companies, and they represent a very lucrative market indeed. The social conditioning that our bodies are virtually useless against the ravages of disease and decrepitude is so well entrenched that humanity is seemingly on a drug dispensary conveyor belt from birth to death.

No wonder Dr Marcia Angell, former editor of the *New England Journal of Medicine (NEJM)*, stated in her book *The Truth About the Drug Companies*: “The FDA is now so dependent on the pharmaceutical industry that it has become Big Pharma’s handmaiden.”

“Health-care is drug-care” has become the new medical mantra. Is it little wonder that the third leading cause of death, after heart disease and cancer, is the medical profession itself – according to some prestigious medical journals like *NEJM* and the *Journal of the American Medical Association (JAMA)*.

My Journey to Not Be Normal

I was raised ‘normally’. Both my parents followed a meat-heavy diet, drank alcohol and lots of tea, and smoked cigarettes. They went to the doctor when sick and thought nothing of regularly popping painkillers for headaches.

My first ‘Eureka’ moment regarding health and the problems of ‘normal’ came at age 15. I habitually had a cup of tea for breakfast before school, but one day rushed off without one. By mid-morning I had a headache, which I immediately attributed to missing my cup of tea. I went home that day and told my mother what had happened and that I was never drinking tea again. If it hurts when I stop it, I reasoned, what is it doing to me when I drink it? Since then, I have never drunk tea, nor ever tasted coffee. I am not normal!

I started reading books in my early twenties by people like nutritionist Lelord Kordel and Dr Paavo Airola, which taught me the dangers of refined and processed foods; but, unbeknown to me, they were wrong on so many other counts. In addition, most of my friends were not interested in health, so I was not normal.

Then, when I studied osteopathy, I was

blessed to have Dr Alec Burton as my lecturer, and I immediately recognised the basic truths and timeless wisdom of Natural Hygiene principles, which he passionately espoused. I soon realised that adherents of this way of life were not normal, but were most certainly healthier and happier.

Wanting to expand my understanding of Natural Hygiene, my wife Dawn and I attended two ANHS (American Natural Hygiene Society) conferences in the US in 1988 and 1989. These were life-changing events for us.

We purchased tapes (there were no CDs then) of Drs D. J. Scott, Alec Burton, Keki Sidhwa, Alan Goldhamer, Ron Cridland, Phillip Martin, Frank Sabatino, Ralph Cinque and Virginia Vetrano, among others, and all the books we could get our hands on from the greats like Herbert Shelton and William Esser.

We became Life Members of the American Natural Hygiene Society (now the National Health Association), and when starting our family 26 years ago, we decided, without any doubt, that we would march to the beat of our own drum in decisions affecting our family’s health and happiness. That meant applying the principles and practices of Natural Hygiene to the best of our ability. It also meant withstanding the pressures to eat and live ‘normally’.

I have said for many years that the greatest risk factor to one’s health and happiness is not any single thing, such as overweight, high cholesterol, high blood pressure, diabetes, inactivity, alcohol or smoking. The most health-destroying risk factor is living a conventional, normal life. In other words, being normal is the greatest risk factor for comorbidities, polypharmacy and premature death. Doing what everyone else does ensures you’ll get what everyone else gets.

So, how do we go about *not* being normal?

The Five Steps to Not Being Normal

1. Adopt a predominantly whole-food, plant-based diet

Don’t fall for the medical and dietetic myths about needing to eat animals for protein, red meat for iron, milk and cheese for bones, snacking to maintain metabolism, a big breakfast and so on. Read great books like *Eat to Live* by Dr Joel Fuhrman, *The China Study* by Professor T. Colin Campbell, and *The Pleasure Trap* by Drs Alan Goldhamer and Doug Lisle. Don’t rely on the media or your average doctor or dietitian solely for your health and nutrition information.

2. Avoid social drugs like alcohol, caffeine and tobacco

The first step in improving health is to stop the intake of these ‘normal’ stimulants. Dr Burton would often say: “Most people would be 50% healthier if they just stopped poisoning themselves,” and with this he meant the social ‘poisons’.

3. Do not soldier-on!

This means do not routinely push yourself beyond your energy limits. Most people wear their exhaustion like a badge of honour, when, in truth, soldiering-on causes more deaths than soldiering.

4. Attend to your own biological needs

Sleep, rest, stay active, get fresh air and sunshine and ensure that your emotional needs are met, according to your unique individual capacity.

5. Fast if unwell

Read and study the subject of water-only fasting, as it literally could save your life. Health for life is built not bought. It is rarely achieved by those who follow the crowd and march to the beat of the ‘normal’ drum.

In Short ...

Seek out the truth. Think for yourself! Be proud to live differently, and although you might not be normal, you certainly will be healthier and happier.

Dr Greg Fitzgerald

Dr Greg Fitzgerald (Allied Health) is a registered osteopath and chiropractor, as well as a naturopath. He is the founder and principal of the ‘Health for Life Centre’ in Australia and has been in practice since 1983. He consults from his clinic in Gympie Bay, Sydney, but also does telephone and Zoom consultations.

Greg and Dawn are members of the Natural Health Society.

Greg is a prolific speaker, and he and his wife, Dawn, run a successful online email health program, ‘21 Days to Transform Your Health’, which is available by contacting them at: info@healthforlife.com.au. [website www.healthforlife.com.au](http://www.healthforlife.com.au). Phone 02 9540 1962; 04 2424 6847

GOOD NEWS RE ELECTROMAGNETIC RADIATION

By the way, we're now in the 27th year of our work helping people reduce their exposure to EMR! Congratulations to those of you who have been on board with us for all that time!

We thought it might be a good idea to offer readers some good news about this important topic that comes from two recent studies.

Study 1

Electromagnetic fields are known to cause oxidative stress, which can be harmful to the brain. [See *True Natural Health*, Winter 2021, page 30.]

To explore the connection between exposure and brain damage, Iranian researchers exposed rats to a 50 Hz field – the field emitted by electrical equipment – for four hours a day for 60 days, and investigated the effects on the brain's *substantia nigra*.

They did indeed find harmful effects. The researchers found that exposure

caused an increase in malondialdehyde – which indicates oxidative stress – and a decrease in superoxide dismutase, which reduces oxidative stress. They also found changes in cell membranes, cell nuclei and the myelin sheath of the *substantia nigra* cells.

The researchers also found that vitamin E, which is a potent antioxidant, could counteract this damage. They observed that exposed rats which were given vitamin E had far less signs of the observed neural damage.

Study 2

It's not just vitamins that can protect against electromagnetic fields.

In a study from Turkey, researchers exposed groups of pregnant rats to mobile phone radiation of 900 MHz for an hour a day for 21 days. Three groups of the rats were each given one of the antioxidant herbs, *Garcinia kola*, *Momordica charantia* and *thymoquinone*, while a fourth group was exposed but received no supplementation.

Four weeks after the rats gave birth, their pups were examined to determine the effects of the prenatal exposures.

The researchers found that the brains of pups exposed prenatally had less pyramidal neurons, which are thought to be important for cognition.

They also found that supplementing the diet with any of the three herbs reduced the damaging effects of exposure, with greatest benefits being from supplementation with *Momordica charantia*.

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ELECTROMAGNETIC HYPERSENSITIVITY IS REAL

Can people really become hypersensitive to electromagnetic exposures?

Yes, they can, says Professor Dominique Belpomme and team, writing in the *International Journal of Molecular Sciences*. They believe electromagnetic hypersensitivity (EHS) is a real and verifiable condition.

The authors point out that there is adequate clinical evidence to establish that EHS is 'a distinct neuro-pathological disorder' and they want to see it classified in the WHO International Classification of Diseases.

"Biological markers have now been shown to primarily involve low-grade inflammation, oxidative/nitrosative stress and, consequently, blood-brain barrier opening," they say.

Early research into EHS looked for a link between exposure and symptoms to determine whether one caused the other. It wasn't always successful and that led some critics to conclude that EHS isn't real.

Belpomme points out that there are problems with that kind of logic. "EHS first should have been objectively defined as a distinct pathological disorder, rather than attempting to search for EMF-related causality before EHS was objectively defined."

Now that the markers for EHS have been clinically defined, could this condition be caused by electromagnetic exposures?

Belpomme suggests that they could. He hypothesises that "EHS and MCS [Multiple chemical sensitivities] are pathological disorders of the brain, as has been suggested by imaging techniques, and that under the general term 'environmental stressors', environmental EMFs and/or chemicals may be causally involved in their pathogenesis, as suggested by in-vitro experimental and clinical data."

Nevertheless, the identification of clinical markers means that EHS and MCS can be both diagnosed and treated – and that's good news for sufferers.

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Belpomme D, et al. *Int J Mol Sci*. 2021;22(14):7321. 2021 Jul 7. doi:10.3390/ijms22147321

What you can do

Measure your exposure in your home with our Home Test Kit or Home Test Kit PLUS.

Reduce the exposure in your home with our online course, 'Your Electromagnetic-safe Home'.

Detox your body with our Activated Zeolite which can reduce sensitivity to exposure.

See our resources for dealing with electromagnetic hypersensitivity.

You can also ...

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Lyn McLean is Director of EMR Australia P/L a business that doesn't discriminate

ACKNOWLEDGEMENT

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Coronavirus and COVID latest developments

Compiled by Roger French, Health Director Natural Health Society

Are we at the end of the pandemic?

By Dr Joseph Mercola,
28th January 2022

Many health officials and world leaders are finally acknowledging that the COVID shots cannot end the pandemic and that we must learn to live with the virus. Some have even started speaking out against repeated boosters.

A major driver for this U-turn in the pandemic narrative is the emergence of the Omicron variant. While incredibly infectious, it causes only mild cold symptoms in the vast majority of people. It's ripping through populations, leaving natural herd immunity in its wake. As a result, many officials are now claiming the end of the pandemic is in sight.

Using the USA experience, nearly 100 percent of COVID cases in the Boston area are now Omicron. In New England, the current outbreak is predicted to rapidly wane and disappear during February 2022. As of early January 2022, Omicron was responsible for about 73% of all COVID cases in the US.

After two years of hearing repetitive fearmongering, a lot of people have had enough. The general consensus appears to be that people are ready to brave life, even if the threat of COVID remains.

With the baseline of natural immunity that Omicron provides, populations will be far better equipped to handle any new strains that emerge, without a significant increase in mortality.

Parents in UK legally blocked from knowing COVID vaccine adverse reaction rate in children

By What Doctors Don't Tell You, UK,
2nd February 2022

Parents have been denied the right to know the rate of adverse reactions to the COVID-19 vaccination in children.

A High Court judge in the UK has sided with government policy to keep secret the number of children who have suffered adverse reactions – including any who have died – as a result of having the vaccine.

A mother, identified only as EF, had asked

the UK's Office of National Statistics (ONS) to release the data so that parents can make an informed decision about having their child vaccinated. After the ONS refused, EF took legal action to force it to reveal the numbers, and she has been supported in her campaign by TV presenter Beverley Turner, who helped raise £100,000 [\$Aust.188,000] to pay legal costs.

But Mr Justice Jonathan Swift denied the application, arguing that parents did not have the ability to properly interpret the data. "Correlation does not equal causation, and the ONS information is not necessary to decide that claim."

EF, who has two daughters aged 13 and 16, and so are eligible to have the COVID vaccine, said: "None of them wants to take the vaccine. We have no information. They can't tell us if the jabs cause cancer or blindness and until we know, how can we make a properly informed decision?"

After reviewing the safety data, the UK's Joint Committee on Vaccination and Immunisation had recommended against vaccinating children and young adolescents, but had been over-ruled by the UK's four chief medical officers.

According to the UK's Yellow Card system – a voluntary scheme where doctors log suspected drug and vaccine side effects – there had been 2,546 reports of adverse reactions among the under-18s up to 22nd December 2021. It is estimated that the scheme captures just 10 percent of adverse reactions and side effects.

Sweden won't back jabs for kids five to 11

By Johan Ahlander,
29th January 2022

Sweden has decided against recommending COVID-19 vaccines for kids aged five to 11, the Health Agency says, arguing that the benefits do not outweigh the risks.

"With the knowledge we have today, with a low risk for serious disease for kids, we don't see any clear benefit with vaccinating them," Health Agency official Britta Bjorkholm told a news conference on Thursday.

She added that the decision could be revisited if the research changed or if a new variant changed the pandemic.

Children in high-risk groups can already get the vaccine.

While the fourth wave has resulted in daily infection records being shattered, the healthcare system is not under the same strain as during previous waves.

On Thursday 27th of January 101 patients with COVID-19 required intensive care, well below the more than 400 patients during spring 2021.

Australian Associated Press



Coronavirus and COVID latest developments

COVID-19: stigmatising the unvaccinated is not justified

By Günter Kampf

The Lancet, Correspondence, vol 398, issue 10314, P1871

Published November 20, 2021 DOI: [https://doi.org/10.1016/S0140-6736\(21\)02243-1](https://doi.org/10.1016/S0140-6736(21)02243-1)

In the USA and Germany, high-level officials have used the term 'pandemic of the unvaccinated', suggesting that people who have been vaccinated are not relevant in the epidemiology of COVID-19. The use of this phrase by officials might have encouraged one scientist to claim that "The unvaccinated threaten the vaccinated for COVID-19".⁽¹⁾

But this view is far too simple.

There is increasing evidence that vaccinated individuals continue to have a relevant role in transmission. In Massachusetts, USA, a total of 469 new COVID-19 cases were detected during various events in July 2021, and 346 (74%) of these cases were in people who were fully or partly vaccinated, 274 (79%) of whom were symptomatic.

Cycle threshold values were similarly low between people who were fully vaccinated (median 22.8) and people who were unvaccinated, not fully vaccinated or whose vaccination status was unknown (median 21.5), indicating a high viral load even among people who were fully vaccinated.⁽²⁾

In the USA, a total of 10,262 COVID-19 cases were reported in vaccinated people by April 30, 2021, of whom 2,725 (26.6%) were asymptomatic, 995 (9.7%) were hospitalised, and 160 (1.6%) died.⁽³⁾

In Germany, 55.4% of symptomatic COVID-19 cases in patients aged 60 years or older were in fully vaccinated individuals,⁽⁴⁾ and this proportion is increasing each week. In Münster, Germany, new cases of COVID-19 occurred in at least 85 (22%) of 380 people who were fully vaccinated or who had recovered from COVID-19.⁽⁵⁾

People who are vaccinated have a lower risk of severe disease but are still a relevant part of the pandemic. It is therefore wrong and dangerous to speak of a pandemic of the unvaccinated.

I call on high-level officials and scientists to stop the inappropriate stigmatisation of unvaccinated people, and to put extra effort into bringing society together.

I declare no competing interests.

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CDC Declares It Has No Record of Naturally Immune Transmissions of COVID-19

By Dr Greg Fitzgerald (allied health), 17th November 2021

In response to a very specific FOI request regarding records of naturally immune individuals having spread the COVID virus to others, the US Centers for Disease Control and Prevention came up completely blank. Thus all claims that unvaccinated people with natural immunity can spread the virus ... are based on *nothing!* – Editor, *Technocracy News*

The CDC says that it has no record of people who are naturally immune transmitting the virus that causes COVID-19.

In the US autumn, the CDC received a request from an attorney on behalf of the Informed Consent Action Network for documents "reflecting any documented case of an individual who: (1) had never received a COVID-19 vaccine; (2) was infected with COVID-19 once, recovered, and then later became infected again; and (3) transmitted SARS-CoV-2 to another person when reinfected."

SARS-CoV-2 is the virus which causes the disease COVID-19.

People who have recovered from COVID-19 are known to carry some degree of natural immunity to the virus.

In a response, dated 5th November 2021, the CDC confirmed to *The Epoch Times* that its Emergency Operations Center didn't find any records responsive to the request.



Coronavirus and COVID latest developments

According to Aaron Siri, the attorney who sought the records on behalf of the network, writing in a blog post, "You would assume that if the CDC was going to crush the civil and individual rights of those people with natural immunity by having them expelled from school, fired from their jobs, separated from the military and worse, the CDC would have proof of at least one instance of an unvaccinated, naturally immune individual transmitting the COVID-19 virus to another individual. If you thought this, you would be wrong,"

Officials across the United States have urged people to get vaccinated by claiming that it will protect those around them. "Getting the vaccine is the best way to protect yourself and others around you, especially as the more contagious Delta variant spreads around the country," said Dr Rochelle Walensky, director of the CDC, in a statement during summer.

But soon after, she said during a television appearance that vaccines could "no longer prevent transmission" of the virus.

Zoom on Dr Robert Malone, et al

By Dr Greg Fitzgerald (allied health),
10th January 2022

I have just come off a Voices4Choices five-hour Zoom with Drs Robert Malone, Michael Yeadon, Zach Bush, Bruce Lipton, Sucharit Bhakdi, Paul Alexander, Chris Mortensen, Charles Eisenstein and Pierre Kory.

Also on the Zoom was Eric Clapton, talking about his near-career-ending post-vaccine injuries. Plus Kelly Slater, Pat Cash, Greg and Trevor Chappell, Layne Beechley, Jon Farriss (INXS), Paul Roos and Ziggy Alberts among many other sportsmen, actors and musicians.

It was lovely to hear Dr Robert Malone admit that he had shivers up his spine when he was asked a question by the great Eric Clapton, who, he said, was "One of the greatest guitarists of all time". It was pleasing to hear this from the great doctor, himself the inventor of the m-RNA technology and vocal critic of it.

The bottom lines in the five hours of Zoom by all these experts were:

- The vaccines are neither safe nor effective; rather they are dangerous, and the adverse events and deaths are under-reported;
- We have been lied to repeatedly by the authorities all around the world;
- The measures used by the governments and public health officials

have largely ignored science and commonsense. Their measures have been produced explicitly to induce widespread, intense fear through the media-hypnotised public;

- It is our duty to speak up and take action, even if most of the people have been completely indoctrinated by the establishment – "mass formation psychosis" it has been recently called. The truth must come out, and is coming out now with the high rates of infection and illness among the vaccinated;
- The pandemic has nothing to do with health, and everything to do with social control, the rise of technocracy and a financial reset;
- All the experts stated that this coronavirus was not to be feared at all, and that the latest variant, Omicron, is usually nothing more than a cold.

They also all agreed that Novak Djokovic is being treated abysmally, and represents no health threat. In fact, it is the vaccinated who present a greater threat.

Dr Michael Yeadon was the bluntest. He stated that the agenda behind these measures, particularly the vaccine, is to completely re-arrange society, including depopulation. He emphasised that the

vaccine passport is absolutely central to this global totalitarian push, which is why so many countries have relentlessly coerced the vaccine onto their populations, even children. They are now planning it for babies as part of the schedule.

wmRNA vaccines and heart muscle damage

'mRNA vaccines dramatically increase inflammation of the blood vessel lining', *Circulation*, 6th December 2021. https://www.ahajournals.org/doi/10.1161/circ.144.suppl_1.10712

This report states in the last sentence:

"We conclude that the mRNA vaccines dramatically increase inflammation of the endothelium (blood vessel lining) and T-cell infiltration of cardiac muscle and may account for the observations of increased thrombosis, cardiomyopathy (heart muscle disease) and other vascular events following vaccination."

Medical error – the third leading cause of death in the US

Medical error is not included on death certificates or in rankings of cause of death. Martin Makary and Michael Daniel assess its contribution to mortality and call for better reporting

The annual list of the most common causes of death in the United States, compiled by the Centers for Disease Control and Prevention (CDC), informs public awareness and national research priorities each year. The list is created using death certificates filled out by physicians, funeral directors, medical examiners and coroners.

However, a major limitation of the death certificate is that it relies on assigning an International Classification of Disease (ICD) code to the cause of death. As a result, causes of death not associated with an ICD code, such as human and system factors, are not captured.

The science of safety has matured to describe how communication

breakdowns, diagnostic errors, poor judgment and inadequate skill can directly result in patient harm and death. We analysed the scientific literature on medical error to identify its contribution to US deaths in relation to causes listed by the CDC.

Death from medical care itself

Medical error has been defined as:

- An unintended act (either of omission or commission) or one that does not achieve its intended outcome;
- The failure of a planned action to be completed as intended (an error of execution);
- The use of a wrong plan to achieve an aim (an error of planning);
- Or a deviation from the process of care that may or may not cause harm to the patient.

BMJ 2016; 353 doi: doi.org/10.1136/bmj.i2139 (Published 03 May 2016) Cite as: BMJ 2016;353:i2139

Australian first Lifestyle Medicine degree heralds new era

Published by Aust. Society for Lifestyle Medicine, 30th September 2021

In an exciting milestone for preventative health, Southern Cross University of Lismore NSW has launched a ground-breaking new Master of Lifestyle Medicine degree. This is the only degree of this kind currently offered in Australia, and it has commenced this year.

The launch of the new degree comes after the Royal Australian and New Zealand College of Psychiatry (RANZCP) issued new guidelines for the treatment of mood disorders, in which lifestyle interventions form the foundation of management. The guidelines describe this approach as 'essentially non-negotiable', and now recommend this method as the first line of treatment along with psychological interventions.

A large percentage of chronic diseases can be attributed to lifestyle or environmental factors, some of which may not be within an individual's control.

However, assisting individuals to support good health through lifestyle and non-pharmacological approaches remains an ongoing challenge for many health practitioners.

According to the University's Associate Professor Matthew Leach, the new Masters Degree will "assist practitioners to more confidently prescribe lifestyle interventions and facilitate behaviour change in order to support the prevention and management of chronic disease and to improve patient outcomes".

Leading experts were instrumental in the course design and curriculum development, including the internationally renowned lifestyle medicine pioneers, Professor Garry Egger and Professor John Stevens.

RSPCA celebrating 150 years

This year RSPCA is commemorating 150 years of caring for and protecting animals across Australia. Thanks to our wonderful supporters, RSPCA has a long history of fighting for animal rights, while ensuring their safety and wellbeing.

To help mark this milestone, RSPCA has collaborated with a number of renowned Australian businesses and institutions to create some RSPCA branded memorabilia.

Australia Post is celebrating the RSPCA's 150th anniversary with the release of five stamps, which feature animals and represent the breadth of RSPCA's principles. The principles are: research (gliding possum), sheltering (cat), protection (dog), certification (pig) and advocacy (horse). The stamps are available in booklets of 10, sheets of 50, coils of 100 and a commemorative sheet of five with the designs side-by-side spelling out RSPCA.



The Royal Australian Mint has released a special coin collection, with \$1 from the sale of each RSPCA coin being donated to the RSPCA. The coin collection features a cat, laying hen, dog, dolphin, horse, lizard, guinea pig and a bandaged wombat. It's a wonderful opportunity for collectors to reflect on the RSPCA's past, what has been accomplished during that time, and what remains to be done to end animal cruelty.

Again, we thank all our supporters – without your ongoing support, RSPCA would not have been able to help so many creatures, great and small, over these last 150 years.

Plastic plates and bowls – NSW says goodbye

I have wonderful news! Thanks to the efforts of our supporters, the NSW State Government just passed the laws we have been fighting for – the banning of single-use plastics in New South Wales.

From 1st June 2022, lightweight plastic shopping bags will finally be banned in NSW, the only state which still allows them. Plastic bags are one of the most lethal plastics for ocean wildlife, entangling seabirds and choking turtles which mistake them for jellyfish.

From 1st November 2022, the following single-use plastics will also be banned:

- Cutlery
- Straws
- Drink stirrers
- Polystyrene food and drink containers
- Cotton buds
- Microbeads
- Disposable plates and bowls

Despite all its challenges, 2021 has become a historic year in the fight

against plastic. We have eliminated dangerous single-use plastics like straws, cutlery and drink stirrers in South Australia, Queensland and the ACT, and this year Western Australia and New South Wales will join them.

Shane Cuow
Plastics Campaign Manager
Australian Marine Conservation Society

16th November 2021





TREATING ANKYLOSING SPONDYLITIS

By Lyn Craven, Naturopath and Bowen Therapist



Ankylosing spondylitis (AS) is a condition mainly affecting the spine – joints of the neck, back and pelvis become inflamed generating pain and stiffness. The sacro-iliac joints which connect the base of the spine (sacrum) to the pelvis are usually affected. AS has also been referred to as *Bechterew's disease*.

Hips and shoulders may also be involved. In very extreme cases, AS can affect other parts of the body including skin, bowel, lungs and eyes.

Symptoms of AS often commence between the ages of 15 and 45, but can also occur in later life.

Presently the cause is unknown and its often classed as an autoimmune disorder. Certain genes such as HLA-B27 may be the trigger in some people. However, this gene is also present in people who do not suffer from AS. Approximately eight percent of the population have this gene. Recent studies discovered that present in AS cases are also the genes IL23R and ARTS1.

Symptoms to watch for

Early signs could be pain and stiffness in lower back and buttocks, commencing slowly over months. Pain is often dull and diffuse, rather than localised. Pain and stiffness are worse in mornings and at night, but improve with movement and warm showers.

In some cases of AS in the early stages there could be mild fever, loss of appetite and general discomfort. The pain is inflammatory in nature and not mechanical.

Persistent pain becoming chronic over time is felt on both sides of the body and can last for several months or years. The stiffness, tenderness and pain spread up the spine to the neck and then ribs, shoulder blades, hips, thighs and heels in some cases. There can be joint swelling, elbow and heel pain. Symptoms will differ with each person.

There can be limited range of motion and limited expansion of the chest.

People with AS can experience bowel inflammation, which can be associated with Crohn's disease or ulcerative colitis.

Also, iritis or uveitis (inflammation of the eyes) is experienced in approximately one third of people with AS. Eyes can become painful, watery and red, with blurred vision and sensitivity to bright light. Recurrent attacks of iritis can affect either eye, and aside from affecting the iris also the ciliary body and choroid of the eye can become inflamed (often called uveitis). This disorder can damage the eye and impair vision if not tended to.

Other areas affected by AS include the heart and kidneys.

AS is slow to show up and also slow to progress as it leads to fusion of your vertebrae in very advanced cases along with loss of height.

AS cannot be cured. However, regular treatments can offer more flexibility and less pain, and could possibly slow down deterioration over time.

Sufferers with chronic and severe inflammation of the spine often develop a complete bony fusion of the spine. Once fused, the pain in the spine disappears, but there is often complete loss of spinal mobility. When a spine fuses, it can lead to brittle bones and be vulnerable to breakage/fracture if involved in any trauma/impact accidents. If a sudden onset of pain arises in the spine, it could indicate bone breakage. The lower neck (cervical spine) appears to be the most common area for such fractures.

This is a brief outline of symptoms, since the disorder can be quite complex.

A rare complication of AS involves scarring of the heart's electrical system, triggering slower heart rate. A part of the aorta closest to the heart could become inflamed, contributing to leakage of the aortic valve. The person may have shortness of breath and dizziness and possibly heart failure eventually.

How can natural therapies help?

Both acupuncture and Bowen Therapy may reduce inflammation throughout the body. Often the two modalities can work well together. People who do not like needles may opt for Bowen therapy, which is also very good at releasing muscular stiffness and fascia.

Deep massage can often make things worse. I am quoting this from feedback from sufferers of AS, so lighter, more gentle work is required.

Homeopathics to counteract inflammation can also be used, along with formulae for pain.

Diet is important to reduce the acidic environment in the body, and ideally a starch-free diet (including avoiding rice and noodles), or at the very least cut right back on starchy foods, mainly grain foods.

Some gentle stretches can be done while lying on a bed that cushions the spine.

I am not an acupuncturist, but I know that Bowen therapy can help relieve some pain and discomfort, since there is no cure for AS. This therapy helps people manage discomfort, improve mobility and also rebalance the entire body. It can also help with the mental and emotional issues that can arise due to constant pain.

Lyn Craven is a practitioner of Naturopathy, Bowen therapy and Reiki/Energy therapy 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**

ARE YOU GETTING ENOUGH SLEEP?

By Heidi Hogarth



Why do we need sleep?

When we sleep:

- Our bodies heal and repair themselves
- Our brains create new neuronal networks to integrate all the experiences and knowledge we encountered that day
- The stress hormone cortisol retreats and allows our poor nervous system to recover from our busy lives
- Our immune systems get into action
- Our detoxification pathways are more active
- Our muscles grow and repair.

Sleep is not a luxury!

Being busy, tired and insomnia isn't a life goal, it's not a competition and there are no medals for being the person who survives on the least amount of sleep.

Sleep deprivation is a serious problem, leading to unsurprising issues like:

- Poor focus and concentration
- Irritability
- Anxiety
- depression
- Brain fog
- Poor decision-making
- Hormone imbalances.

Chronic sleep debt has been correlated with increased risk of serious conditions, including:

- Weight gain
- Immune dysfunction
- Addictions
- Insulin resistance
- Cardiovascular disease
- Depression
- Inflammatory health conditions.

Are we ready for a change now?

Nine tips for better sleep

Routine

Go to bed and get up at the same time each day. There's nothing our bodies and brains love more than routine. Our sleep-wake cycle is directed by hormones including melatonin and cortisol. They work best when they know when and what they are supposed to be doing.

Stress management

This is a big category that comes with its own set of strategies. Suffice to say, if you are stressed you are probably operating with excess cortisol in your system, which is not at all conducive to sleep. So, do everything you can to get your stress under control.

Exercise

Exercise during the day, but not within two to three hours of bedtime. Exercise helps to resolve stress and release calming endorphins. However, the immediate effects of exercise may be too excitatory and stimulating for sleep, so it is best done a few hours before bedtime.

Minimise caffeine

Limit caffeine drinks to a maximum of one or two per day, and only before midday. For some people even this is too much. Caffeine has a half-life of eight hours, meaning after eight hours of consuming it, HALF of it is still circulating in your system. I don't know about you, but half a cup of coffee before bed would certainly disrupt my sleep.

It's also worth noting that if you depend on coffee to get you going in the morning, the tiredness you feel on waking could possibly be due to the caffeine withdrawal your body experiences every morning. Plus, as your tolerance increases, the caffeine no longer gives you a lift, rather it just lifts you back to a baseline normal. So, giving up the coffee may lead you to feeling more refreshed on waking.

Turn off screens

At least two hours before bed, preferably at sunset. The lights from screens disturb out natural sleep-wake cycles. If you can't do that, as a minimum use the night mode setting on your phone or wear blue-light filter glasses. Also, it's best to avoid scary or exciting programs close to bedtime as these may over-stimulate your brain.

Avoid alcohol

Although you may fall asleep faster after a few drinks, you won't sleep as deeply or restoratively, you'll probably wake more often during the night, and you are unlikely to feel refreshed on waking.

Drink a relaxing herbal tea one hour before bedtime – think chamomile, lavender, lemon-balm, verbena, valerian, passion-flower. Just sit, enjoy it, breathe in the fragrance and perhaps have a quiet conversation with it (or with a person if you like, but having a conversation with your tea is normal in my eyes! LOL).

Herbal sleep aids

Aids containing remedies such as those above may be indicated, as they will give you a more concentrated dose than you'd get from a tea. Contact me or your preferred natural health practitioner for a consultation and prescription. Use guided meditations or breathing apps to help yourself relax before bed.

What to do if you wake during the night?

Here are some strategies that should help:

Deep, long breathing, counting each breath backwards from 100. If you lose count go back to 100.

Yoga Nidra: Mentally focus on each body part, one after the other, and consciously relax it, imagine the muscles there melting and relaxing. Remember to include your face and forehead in the list! Use a guided recording if you need to.

Meditation

Listen to a 'back to sleep' meditation. I like Andrew Johnson on Insight Timer.

Visualisation

With your eyes closed, imagine closing your eyes again, again and again, visualising waves of darkness making you drift heavily and deeply into relaxation. Using this technique in combination with breathing works best for me.

How about you? What are your back-to-sleep strategies? What works for you?

Sweet Dreams!



Heidi Hogarth is a Naturopath, Nutritionist, Metabolic Balance Coach, mum to two humans and a menagerie of fur-fin-scale babies, enthusiastic bushwalker, keen koala-spotter, yoga try-hard and bookworm.

Heidi holds a Bachelor of Health Science, Bachelor of Arts, an Advanced Diploma of Naturopathy, a Diploma of Nutrition, and Metabolic Balance Practitioner Certification. She is a member of the International Association of Premenstrual Disorders and accredited fellow of the Australian Traditional Medicine Society.

**Connect with her at:
www.fundamentalwellbeing.life**

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Help support Australia's longest running not-for-profit Natural Health Organisation.



"Over the past two years, our political leaders have missed a huge opportunity to educate and inspire the public to live healthier lives. At the Natural Health Society of Australia, it is our mission to help people live happier and healthier lives. We have a wealth of knowledge and experience to share, but we need your help to spread this information into the community."

- NHS President, Elizabeth French (pictured).



If you believe that everyone deserves the right to be educated about the importance of good nutrition, physical activity, positive attitude, time spent in nature, minimising exposure to toxic environmental pollutants and the body's innate capacity to detoxify and heal, please consider donating to the Natural Health Society.



Natural Health
Society of Australia

Donations can be made via our website at www.health.org.au or you can call our office on 0432 396 701.

Dogs and Cats Pages



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

Improve Your Pet's Health and Happiness in 2022

3rd January 2022

Now could be a good time to think about steps you can take to improve the health and happiness of your cat or dog (or both).

Know that every small step you take to improve your animal companion's life is a step in the right direction and will pay dividends in the future.

6 Ways to Make Your Pet Healthier and Happier in 2022

1. Feed fresh – The goal is to mimic the ancestral diet of dogs and cats as closely as possible without breaking the bank.

If you can't afford to feed an all-fresh, living, raw or gently-cooked diet, offer fresh food snacks instead. Research shows that offering some healthy foods is better than offering none at all.

Perhaps you can afford to feed your pet two to four fresh food meals in a week or even every second meal.

2. Get your pet moving – Believe it or not, some indoor-only cats not only learn to go for walks with a harness and leash, but they also really enjoy it. In addition to exercise, it's important for indoor cats to put all four paws on the ground outdoors as often as possible. Consider a daily walk with your cat.

Physical exercise helps keep your canine companion's heart, lungs, joints and digestive and circulatory systems in good working order. It's really no joke that 'a tired dog is a good dog'. Under-exercised, bored dogs are prime

candidates for developing undesirable habits and behaviours, as well as anxiety.

3. Crate train your pet – Most people assume crate training is just for dogs, but it's a really good idea to crate train your cat as well, so he doesn't freak out when he needs to be crated for a ride in the car or stay at a pet-friendly holiday park. Providing your pet with his very own cozy space has advantages for both of you.

4. Provide a lifetime of training and social interaction – Kittens can benefit tremendously from kitten kindergarten classes, and many adult cats are trainable as well.

When it comes to canine companions, training and socialisation are the secrets to a sensational dog. The ideal age to socialise puppies is between five and 16 weeks. It's also important that puppies are trained in basic obedience, a good way being local puppy classes. Ongoing training and social interactions are important throughout your pet's life.

5. Schedule regular wellness vet visits – I like to see all my patients at least twice a year, but this is especially true for geriatric dogs and cats.

Regular wellness visits allow your veterinarian to compare current test results with past results and check for changes that may need further investigation. Ask your vet to perform a blood test to check your pet's internal organ health to make sure you are identifying possible issues early on.

6. Refuse unnecessary vaccinations – I'm not talking about no vaxxing; I'm talking about wise vaxxing, which means recognising the difference between unnecessary repetitive vaccinations and protective vaccinations.

There's significant risk involved in over-vaccinating dogs and cats because some veterinary vaccines are substantially more toxic than others. If your vet doesn't respect your point of view, find a veterinarian who does.

How Carbs Can Severely Damage Your Cat's Health

22nd November 2021

The ultra-processed pet food industry is obsessed with convincing pet parents that cats are not carnivores and can therefore thrive on diets crammed full of carbohydrates.

The scientific fact is that cats are true carnivores. This, coupled with a nutritional awakening among cat parents, poses a problem for an industry that has made its fortune selling biologically inappropriate carb-based cat food, that is, grain-based food.

It's simply a fact that cats' bodies are not designed to digest carbohydrates efficiently, and most carbs in a cat's diet convert to sugar and fat – leading to obesity and related diseases.

Similarly, dog parents have become increasingly interested in ensuring they're feeding their pets species-specific diets, and the pet food industry has responded by trying to convince them that dogs are omnivores or even vegans, and should be eating diets high in grains and starches.

Felines present an even greater problem for Big Pet Food, because as obligate carnivores, they have even less ability than dogs to digest carbs – and have no nutritional requirement for them.

For cats, unprocessed animal tissue is an essential and species-perfect source of protein, vitamins, minerals and moisture; no adequate substitute exists. The activity of a cat's liver enzymes is designed to handle protein and fat as energy sources, not starches.

Since domestic cats evolved to eat very low amounts of grains and other starches, simple commonsense tells us that a diet high in carbohydrates has the potential to create ill health. Many cats end up with obesity, chronic pancreatitis, inflammatory bowel disease (IBD) and diabetes. The feline obesity and diabetes epidemics can be reversed by eliminating starch from the diet.



Not surprisingly, you won't find carbohydrate content listed on your bag of cat food because manufacturers choose to keep it a secret.

Do this simple test: add up the amount of protein, fat, moisture and ash (minerals – estimate 6% if it's not listed) and subtract from 100. The resulting number is the percentage of carbs (sugar and starch) in your kitty's food.

Cats use protein for the usual purposes, but also as a source of energy. A cat's body must continue to use protein for energy even when there's not enough in the diet, which is why protein malnutrition happens quickly in sick or injured cats and those with anorexia.

In addition, cats also have a special requirement for vitamin A, which is available naturally only in animal tissue. Vitamin D is also essential in the diets of cats because they lack the ability to synthesise it through their skin. The liver and fatty tissue of free-range animals are rich in vitamin D.

Domestic cats evolved from desert-dwelling ancestors, which is why they must get most of their water from their food. On a dry food diet, cats may not get enough water, resulting in chronic dehydration, which will ultimately lead to disease, especially of the lower urinary tract and kidneys.

Sources and References

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PetfoodIndustry.com, December 15, 2017

Can Your Dog 'Read' Your Intentions?

29th November 2021

A new study indicates that dogs can tell the difference between intentional and accidental human behaviour, and react accordingly.

The dogs in the study were much more likely to go after a treat when the experimenter accidentally dropped it or physically couldn't convey it to them (unintentional actions) than when the experi-

menter teased them with it, but wouldn't give it to them (intentional action).

Previous studies have shown that dogs will refuse food from someone who has been unhelpful to their owner. They also learn when a person is untrustworthy and will stop following their commands.

Ever since humans and canines teamed up, dogs have demonstrated a knack for understanding us. The fact that we can teach them to sit, lay down and roll over is just one example.

In an experiment to observe how dogs react when humans intentionally or unintentionally withhold treats, researchers at Germany's Max Planck Institute for the Science of Human History concluded:

"The dogs in our study clearly behaved differently, depending on whether the actions of a human experimenter were intentional or unintentional. This suggests that dogs may indeed be able to identify humans' intention-in-action."

What To Do If Your Dog Starts Choking

22nd November 2021

The most common sign of a choking dog is coughing, so be aware that if your dog has been playing with a ball, chew toy or rawhide and begins to cough, she could be choking. Other signs of choking include excessive drooling, pawing at her mouth, rubbing her face on the ground, gagging and retching. A high-pitched squeak or whistling noise may also indicate choking, along with difficulty breathing or even collapse.

If your pet is choking, check your dog's mouth for a foreign object; if you can see it and access it without getting injured, remove it.

Large objects may be dislodged by placing your thumbs under the jaw, near the base of the throat, and pushing forward.

If that doesn't work, use the Heimlich manoeuvre to dislodge the object. But if you don't make progress quickly, transport

your pet to an emergency veterinary clinic right away.

The Heimlich manoeuvre:

1. Position your dog with their diaphragm accessible, preferably standing up;
2. Wrap both arms around the dog's abdomen;
3. Apply pressure beneath the rib cage using your palms;
4. Make firm thrusting motions in an inward and upward direction;
5. Repeat five times until obstruction is removed;
6. Check the dog's mouth for the object and remove it.

If the dog is unconscious, you'll do the manoeuvre with her lying on her side. If your pet is a small dog (or cat), pick her up facing away from you, and gently tilt her body downward. Push forward and up on her belly using quick thrusts. You can also hold her back against your chest as you thrust upward.

If Your Pet Has Loose Stools ...

6th December 2021

Like some veterinarians, but unlike most others, for pets with diarrhoea who need a bland diet for a few days, I recommend 100 percent pumpkin and ground turkey.

Cooked or canned 100 percent pumpkin provides much more soluble fibre than rice. Soluble fibre soothes irritated bowels and delays gastric emptying, which alleviates diarrhoea.

Diarrhoea causes the loss of important electrolytes, including potassium, and pumpkin is an excellent source of potassium.

I recommend ground turkey because beef is higher in fat, which can aggravate existing gut problems and pancreatitis.

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.

Gentle exercise helps memory

28th October 2021

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.

Exercise, such as walking, yoga and tai chi, may not make you sweat, but it is 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 get older.

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



Routine antidepressant for dementia can be lethal

2nd November 2021

A particular antidepressant is routinely handed out to dementia sufferers – but not only is the drug useless, it also increases the risk of an early death.

The drug, *mirtazapine*, is supposed to reduce agitation, but researchers at the University of Plymouth have discovered it is no better than a sugar pill, or placebo. Worse, it also increases the chances of the patient dying prematurely.

The drug was thought to be a safer option than antipsychotics, which can be lethal.

The researchers tested mirtazapine versus a placebo on a group of 204 Alzheimer's patients, but after 12 weeks of treatment, the drug hadn't controlled agitation any better than the placebo, and there were more deaths in the drug group.

Lead researcher, Sube Banerjee, urges clinicians to stop prescribing this antidepressant.

(Source: *Lancet*, 2021; 398: 1487)

How drugs interfere with good diet

28th November, 2021

Several studies were published this month that underline one of medicine's oldest dictums – that food should be our medicine. As a drug delivery system, medicine has never embraced this one, relegating it to a meaningless instruction to eat 'a balanced diet' (which seems to mean having a burger on one plate and fries on another).

But eating well – and that means including all three food groups of proteins, fats and healthy carbs – trumps drugs, which pretty much every study has concluded in the past 20 years or more. But this week's paper from the University of Sydney takes things a step further.

The Sydney researchers have discovered that the drugs we take for chronic health problems, such as diabetes and heart disease, are blocking the metabolic processes that are triggered by a healthy diet. Drugs such as the antidiabetic, *metformin*, and the heart drug, *rapamycin*, block proteins in our diet from reaching the mitochondria, the 'power packs' in our cells.

The drugs also interfere with cell generation, a vital renewing process. The bottom line? We'd all be better off eating healthily instead of taking pharmaceuticals, said Stephen Simpson, one of the researchers.

<https://www.wddty.com/topic/how-drugs-undo-foods-good-work/>

Fast foods trigger memory loss in just four weeks

2nd November 2021

Just in case you didn't get the message that processed foods are bad for you, new research has discovered they also cause memory loss.

Eating fast food for even a month starts to trigger inflammation in the area of the brain that controls memory.

Fast foods such as potato chips, frozen pasta and pizzas and deli meats that include preservatives can lead to memory loss, say researchers at Ohio State University. If you must eat fast foods, at least take omega-3 fatty acids as these supplements seem to offset some of the worst effects of the diet.

The impact of the food seems to increase as we get older, the researchers said, as the effects haven't been seen in the young.

It's especially worrying that the diet initiated neuro-inflammation so quickly, the researchers said.

Brain degeneration can also be a precursor to diseases such as Alzheimer's and dementia. As we get older, it becomes important that we top up with [plant-sourced] omega-3 fatty acids from supplements.

(Source: Brain, Behaviour and Immunity, 2021; 98: 198)

Why you shouldn't slow down as you get older

7th December 2021

Slowing down and taking things easier as we get older could be a big mistake. Instead, we should stay active for as long as we can. Inactivity, especially during retirement, could be one of the big drivers of the current epidemic of chronic diseases, new research suggests.

Staying active as we get older directs processes in the body which help support us as we age, including the release of

antioxidants and anti-inflammatories; it also improves blood flow, say researchers from Harvard University. As a result, we reduce our risk of chronic illnesses, such as type 2 diabetes, cardiovascular disease and some cancers.

It doesn't only make good sense – it could be in our evolutionary make-up. The scientists discovered from 40,000-year-old fossils that hunter-gatherers were active for around 135 minutes every day – roughly six to 10 times more active than the average American [or Australian] today – and lived to around the age of 70.

Although we evolved to be physically active throughout our lives, the amount of exercise we need to carry out isn't daunting. Even moderate activity – for up to 20 minutes a day – lowers our risk of chronic disease and an early death.

(Source: *Proceedings of the National Academy of Sciences*, 2021; 118: e2107621118)

Legumes kick-start bacteria that could reverse MS

5th August 2021

Eating more plant-based foods, including chickpeas, lentils and peas, lowers your risk of multiple sclerosis (MS).

The legume family is rich in *isoflavones*,

phytoestrogen compounds that help stimulate gut bacteria that seem to protect against the disease.

MS sufferers are low in the bacteria that break down the isoflavones, and an unhealthy gut microbiome is increasingly being suspected as being a trigger for the disease.

The bacteria can certainly protect against MS, say researchers from the University of Iowa. And it's possible that a therapy that includes dietary isoflavones with the metabolising gut bacteria could treat the condition.

Earlier human trials by the university have established that MS sufferers lack the bacteria that work on isoflavones, while healthy people have large amounts of the bacteria. So it's thought that eating more legumes, including lentils, chickpeas, peas and beans, could stimulate the bacteria back to life.

MS is an autoimmune disease of the brain and spinal cord where the protective coating surrounding nerve fibres is attacked. Muscle weakness, imbalance and sight and thinking problems are the common result.

(Source: *Science Advances*, 2021; 7: eabd4595)



Celery – the Balancer



For the hot and bothered types



Herbalist and Nutritionist
Ally Sanchez

Celery has been used as a traditional medicine for centuries and has so many benefits for modern day illnesses. Celery is a detoxifier. It is a clearer of fluid congestion and ideal for aching joints and fluid retention. Celery is an alkaliser in an acidic world, providing anti-inflammatory properties.

Balance your body, with this mineral-rich source of potassium, magnesium, sodium, silica. Potassium protects bones from the salt-rich processed foods unfortunately common in many people's diets. Calcium is pulled from our skeletal system to buffer the salt; with a potassium-rich herb they are protected from this.

When stress and weight gain are intertwined, swollen joints result. Celery reduces swelling as a diuretic bringing relief to rheumatism, arthritis and gout.

Diabetics do well with celery in a herbal blend for its fluid balancing nature on the liver, kidneys, and adrenals.

Magnesium calms the nerve and muscles tissues. Silica builds healthy nails, hair and teeth, strong bones and a resilient nerve wreath. Silica keeps our skin and body nice and supple.

Those in need of celery will crave warm water, to drink, to bathe and to swim in.

Celery can be taken as medicine in the form of juice or tinctured extracts and is, of course, an excellent snack. Celery's seed condenses its magic and can also be used as an extract or thrown into soup, stews and sauces.

Ally Sanchez's 'Home Healer' course is currently enrolling, find out more @ www.allysanchez.com.au



Enlightened Consciousness in African Children



Courtesy Danica McGrath and 3 others

An anthropologist proposed a game to the kids in an African tribe. He put a basket full of fruit near a tree and told them that whoever got there first won the sweet fruits. When he gave them the signal to run they all took each other's hands and ran together, then sat in a circle enjoying their treats.

When he asked them why they chose to run as a group when they could have had more fruit individually, one child spoke up and said: "UBUNTU, how can one of us be happy if all the other ones are sad?"

"Ubuntu" in the Xhosa culture means; "I am because we are".



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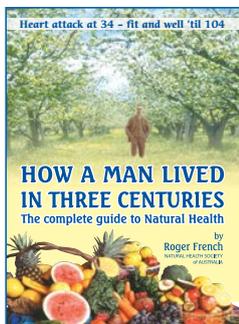
Book Reviews

HOW A MAN LIVED IN THREE CENTURIES

SALE PRICE 1 COPY \$18, TWO COPIES \$26

By Roger French

The reprint of the fully revised and updated Second Edition. This complete guide to Natural Health includes a comprehensive discussion of the philosophy and practice of Natural Health, menu and exercise plans and so much more!



KITCHEN DIVIDED

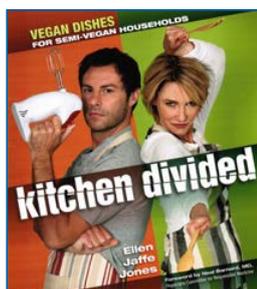
Vegan dishes for semi-vegan households

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.



THE GERSON THERAPY – DVD SET

How to carry out Gerson Therapy for life-threatening illnesses

SALE PRICE \$60

By the Gerson Institute

Presented by Charlotte Gerson, the topics in the three DVDs 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

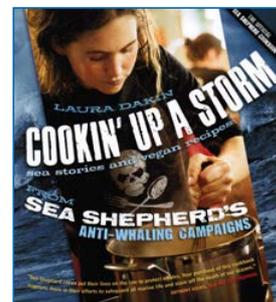
By Laura Dakin, galley of the Steve Irwin

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 faced 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.



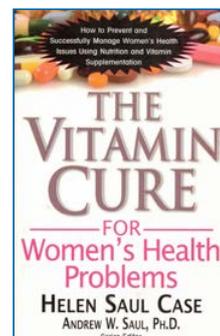
VITAMIN CURE FOR WOMEN'S HEALTH PROBLEMS

SALE PRICE \$16

By Helen Saul Case

Women's health issues are often handled by physicians who have little time, and often no inclination, to get to the root cause of their patients' illnesses. Almost always women are sent on their way with a prescription for what at first seems to be a simple pharmaceutical answer to their problems. Unfortunately medical solutions often don't work and have side effects that may seem as bad as or worse than the original illness. At best, they leave the person relying on drugs instead of addressing the root cause of the problem. Good nutritional guidance, natural alternative options and vitamins that can cure are the appropriate options.

Helen Saul Case speaks from personal experience in dealing with her own health concerns. She backs up her knowledge of orthomolecular nutrition and its use for women's health issues with extensive research into the scientific studies of nutrition and supplementation, and she shares this information in an engaging, easy-to-read style. This book is a comforting resource for natural, drug-free alternatives to consider for healthy supplementation.



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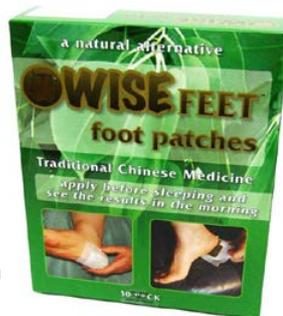
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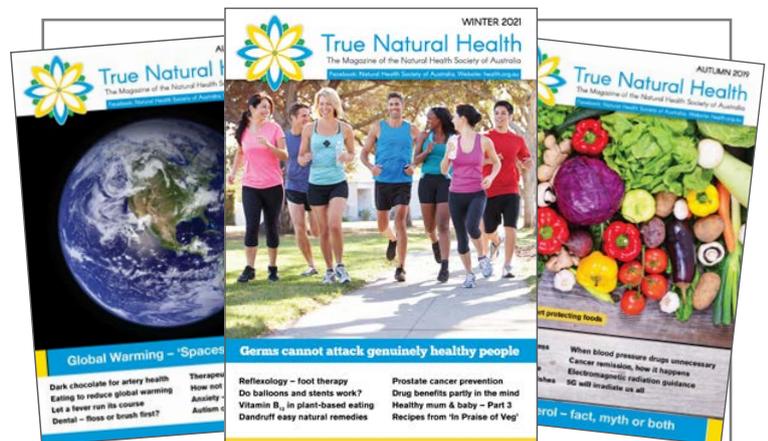
EASYpH Test Kit – To Test if body is acidic

- The Natural Health experience is that if our tissue fluids have the correct acid-alkali balance, many diseases are prevented or eased.
- The foundation of sound nutrition is balancing alkali-forming vegetables and fruits with the other foods which are mostly acid-forming.
- The only practicable way to assess our acid-alkali state is pH testing of urine and saliva.
- Saliva indicates tissue pH (ideally between 7.0 and 7.5). Urine indicates kidney capability (ideally 6.7 to 7.2).
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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 Ayurvedic Lifestyle Consultant. She also runs health retreats and cooking classes and is specialising in all aspects of healthy ageing.

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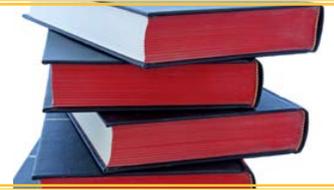
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These not-for-profit societies are closely affiliated with the Natural Health Society



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PO Box 56, Surry Hills NSW 2010

Phone 02 9698 4339

Email veg@veg-soc.org.au

Web www.veg-soc.org.au

VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

PO Box 146, Rochedale Qld 4123

Email info@vegsoc.org.au

Web www.vegsoc.org.au

VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

PO Box 311, Kent Town, SA, 5071

Ph 0466 972 112

vegsa.org.au. info@vegsa.org.au

Veg SA News

We celebrate our 70th birthday

By Anne Sanders, Secretary VegSA

On January 16 VegSA was finally able to hold its 70th birthday celebration, having had its planned birthday picnic rained off in November. Following lunch at Veggo Sizzle,⁽¹⁾ we had a whole-food, plant-based birthday cake: no salt, no refined sugar, no oil or fat, but was tasty!⁽²⁾

It was, of course, a chance to reflect on progress over the last 70 years. We have seen:

- Considerable increases in the numbers of meat and milk substitutes;
- Considerable increase in the numbers of vegetarian and vegan eateries here and around the world;
- Health authorities acknowledging the considerable importance of fruit and vegetables in the human diet (even though they still include animal products among their recommendations);
- Environmental groups beginning to recognise the deleterious effects of animal husbandry on the environment.

We cannot know to what extent the efforts of group like ours have contributed to this progress. Although the progress is very pleasing, we have to acknowledge that there is still much to be done.

As groups and individuals, we still need to:

- Look critically at ingredients, including numbers, in meat and dairy alternatives.⁽³⁾ Buy products with a minimum number of ingredients and, where possible, prepare our own.
- Continue to support our vegetarian and vegan cafes and restaurants.⁽⁴⁾ Work to

ensure that there are more plant-based options at non-veg eateries.

- Ask governments, universities, medical schools, etc, to ensure that medical professionals have a thorough knowledge of nutrition included in their training. Support Doctors for Nutrition⁽⁵⁾ advocating in this area.
- Work towards abolishing animal use and abuse.⁽⁶⁾
- Work to abolish testing on animals for human benefit.⁽⁷⁾
- Keep in contact with conservation groups and remind them that the way to substantially prevent land clearance and stop over-fishing is to not use animals (including fish) for food, fertiliser or any other purpose.



References

(1) Veggo Sizzle Adelaide : 4/465 Pulteney St, Adelaide SA 5000; 08 8918 1513; veggosizzle.com.au

(2) Recipe in VegSA's *Food for Thought* newsletter, March 2022.

(3) Bill Statham's *The Chemical Maze* to check ingredients by name or number and any possible health issues. Book, available (used) from on-line stores or the Mobile app. from the App Store or Google Play.

(4) Go to <http://vegsa.org.au/adelaide-eateries/> (for SA) or www.happycow.net (for national and international).

(5) <http://doctorsfornutrition.org> for material for your medical practitioner re healthy diet and, based on extensive research, information on the advantages of a whole-food, plant-based diet.

(6) Support RSPCA in your state or territory; Animals Australia [tps://animal-saustralia.org](https://animal-saustralia.org); Animal Liberation in SA, Qld, NSW and Vic

(7) Humane Research Australia: www.humaneresearch.org.au.

MAWA Trust <http://www.mawa-trust.org.au>; facilitates the development and utilisation of non-animal based experimental methods.

Physicians Committee For Responsible Medicine USA: pcrm.org. Has stopped use of animals in testing and training in several institutions, and scientifically demonstrated benefits of plant-based diets, especially against diabetes and for reducing COVID-19 symptoms.

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