

True Natural Health

The Magazine of the Natural Health
Society of Australia



Winter 2022



**CANCER SURVIVOR TRAITS, VEGAN 'BONE' BROTH,
AUTOIMMUNE DISEASE, NATURAL CLEANERS VS BLEACH,
TERPENES, YOUR QUESTIONS ANSWERED AND MORE...**

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Greetings!

I am very excited to be able to share a few words with you as President of the Natural Health Society of Australia.

I joined the Society in 1973 and it has been a very important part of my life ever since even if I was not always involved at a Committee level.

Now that I am over 70 years old and will soon note my 50th year of membership of the Society, I sometimes observe friends and acquaintances in the same age group, many of whom are not as fortunate in their health as I am.

Their lives are governed by doctors' appointments, visits to the hospital and having to remember to take their various medications. When it is suggested that they could build their health by improving their diet or getting more exercise, they don't want to do that. They figure that if they have a problem, it can be cut out or replaced if it is a structural problem. If it is a metabolic problem then the doctor will have a drug or two to fix that.

Meanwhile, Roger and I are heading off on our bikes for a long ride, not a drug in our system.

We have had the benefit of making lifestyle changes in our twenties and thirties and those habits have stood us in good stead. However, it is never too late to tweak our lifestyle. The information available in *True Natural Health* and its predecessors was a starting point for me as it has been for many more of our members. It doesn't matter what your age. The best time to start is when we are young, but starting today can make a big difference.

I encourage you to share the information in our wonderful magazine with any of your friends. They may not seem to be listening, but it is amazing how often they are taking note.

Elizabeth French
President NHSA

Our National Committee

Elizabeth French, President
Margaret Stepniewski, Vice President
Richard Stepniewski, Treasurer
Amalia Pezzutto
Cecil Bodnar
Candace Coughlan



Welcome to Winter 22 Edition of True Natural Health

I have read every edition of *True Natural Health (TNH)* and am very aware of how strange it must be for many of our readers that the irreplaceable Roger French is not writing an editorial in this magazine. Let me assure you that there is still plenty of Roger's knowledge and wisdom in this magazine, so please read on and do not worry!

This issue we are also doing without the great work of our lovely graphic designer, Mel Howard. Mel has helped produce *TNH* for many years and we are very grateful for all the work she has done for us.

The Natural Health Society National Committee is proud of the 60-year history the Society has achieved and is planning for the Society's next 60 years. We hope that the reduction in magazine design costs will make delivering a print edition of *TNH* more sustainable. Many similar organisations have switched to online-only publication, but we know many of our members love receiving our magazine in the mail.

Although this edition may look a little different, we have continued to focus on what the Society cares most about, delivering quality health information to our members without the bias of vested interest so rife in health communication today.

Thank you for your readership and support,

Rebecca Smith
NHSA Manager and *TNH* Editor



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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**THIS MAGAZINE WAS SENT TO YOU IN
BIODEGRADABLE POLYWRAP**

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TERPENES

Do you ever walk through a garden or visit a fruit and vegetable stall and find yourself particularly drawn to the smell of a plant or food?

Perhaps your senses are tapping into the therapeutic potential of plants?

That smell that attracts you to a particular plant is likely to be the smell of terpenes. Terpenes are highly aromatic compounds that determine the smell of many plants and herbs (although many terpenes also impart pigment and taste to plants). These compounds form part of a plant's defence mechanism against pests and infection. These biologically active compounds can provide us with health benefits through smelling specific essential oils, ingesting terpene-rich plants or spending time in areas with high terpene content.

Before we dive in, let's not forget the big picture.

From a wholistic perspective, any food or plant has a therapeutic benefit beyond the sum of its individual constituents. It is important to not overly focus on one group of compounds without acknowledging nature's symphony of therapeutic compounds in plants. The information below can be used as a guide to deepen our understanding of the therapeutic benefits of plant foods and medicines. However, it is not the complete picture. Any suggestion that one compound is the sole reason behind a therapeutic action of a plant should be treated with scepticism. Nature is far too clever to rely on just one thing!

Types of Terpenes

Limonene

Limonene is a common terpene most of us can recognise by its citrus scent. Limonene gives the rinds of fruits such as lemons and oranges their citrusy smell.



Therapeutic actions:

- Anti-inflammatory
- Antioxidant
- Anti-viral
- Anti-diabetic
- Anti-cancer
- Immune-modulating



Therapeutic benefits

Research into the potential benefit of limonene has focused on its antioxidant and anti-inflammatory actions within the nervous system. Limonene's ability to act as a neurological antioxidant has led to growing research into its potential role in the prevention or treatment of migraines, multiple sclerosis, epilepsy and dementia. Research into these areas is still in its early days, with much of the research limited to animal research.

Human research has demonstrated some interesting therapeutic benefits, including one study that showed that exposure to the smell of orange (*Citrus sinensis*) has a relaxant effect, reflected in a more elated mood and a higher level of tranquillity in patients awaiting dental treatment.

How to add more limonene to your day

Add fresh orange, lime or lemon zest to salads, soups and drinks.

Citrus peel added to green tea will not only provide you with limonene, but also boost the absorption of the other antioxidants present in your green tea.

Make sure your citrus juices retain their pulp and some pith for maximum limonene delivery.

Add limonene rich herbs like dill, caraway and fennel into your diet.

Munch on celery, particularly its seed.

Pinene

As the name suggests, pinene provides the fresh, bright scent to pine needles. Pinene is also present in many edible plants including rosemary and basil.

Therapeutic actions:

Anti-coagulant
Anti-tumor
Anti-microbial
Anti-oxidant
Anti-inflammatory
Pain-relieving



Therapeutic benefits

Research has demonstrated that the amount of pinene in the air of a healthy forest is enough to be therapeutic. Pinene acts as a bronchodilator, allowing more air into the lungs. It also has an anti-inflammatory effect and may fight against some infectious germs when inhaled.

How to add more pinene to your day

Be generous with ginger, nutmeg, bitter fennel and coriander to flavour your meals.

Make a rosemary and lavender tea with a lid covering the brew to catch the aromatic compounds while the tea percolates.

Seek out natural environments, go bush and deeply inhale the air of eucalypt and pine forests.

Linalool

Linalool is most abundant in the lavender plant and gives the flower its sweet floral scent. Linalool also has a hint of citrus aroma to it. Green tea, tomatoes and sweet orange all contain linalool. Neroli, spike lavender, bergamot mint, thyme, coriander and basil essential oils are all rich sources of linalool with these oils boasting at least 40% linalool content.



Therapeutic actions:

Anti-inflammatory
Anti-microbial
Neuroprotective
Anti-depressant
Anticancer
Anti-anxiety

Therapeutic benefits

Linalool has a calming effect on the central nervous system and is being researched as a potential anti-convulsant and sedative agent. Linalool is partly responsible for the calming effect of smelling lavender or its essential oil.

How to add more linalool in your day

Adding herbs into your diet is a fantastic way to boost your linalool intake, particularly basil, oregano, bay leaf and coriander.

Curcumin

Curcumin has become an increasingly well-known terpene due to the popularity of turmeric as a therapeutic compound. People who take turmeric supplements may have noticed that these supplements often list a standardised amount of 'curcumin' per dose. This is because curcumin is the terpene in turmeric thought to be responsible for its anti-inflammatory and antioxidant action. These same supplement labels often also list black pepper with an equivalent amount of 'piperine', this is because the terpene piperine (found in black pepper) helps facilitate the absorption of curcumin. Research indicates that piperine can increase the absorption of curcumin by 2000%, supporting the tradition of including pepper with turmeric in curries.

Therapeutic actions:

Antioxidant
Anti-inflammatory
Anti-allergy
Anti-depressant



Therapeutic benefits

Curcumin has been shown to both target signalling molecules and act at a cellular level to stop inflammation. This multi-pronged approach makes curcumin an excellent systemic anti-inflammatory. Curcumin has been shown to benefit a wide array of illnesses including cancer, liver disease, metabolic syndrome, arthritis and cardiovascular disease. Research comparing the effectiveness of curcumin supplementation and ibuprofen (Nurofen/Voltaren) demonstrated that curcumin was just as effective at reducing pain and improving mobility in osteoarthritis of the knee as ibuprofen. This same research also noted that people within the curcumin treatment arm of the study experienced fewer side effects. The most concerning side effect, 'melena' or blood being present in stools, was reported by 1.1% of people receiving ibuprofen and 0% of people receiving turmeric.

How to add more curcumin in your day

Turmeric is the main source of curcumin. Curcumin can also be found in some gingers, but at much lower levels. As curcumin is a difficult compound to absorb, turmeric is the main practical source of curcumin.

Fortunately, tumeric is a versatile spice that can be used in all sorts of ways including: tumeric lattes, vegan scrambled 'eggs' (tofu scramble with turmeric for colour) and curries.

Tumeric also makes an excellent addition to homemade ferments and pickles (fermenting also helps with bioavailability).

Beta-caryophyllene

Beta-caryophyllene smells of wood and spiciness and is found in many herbs and vegetables, such as cloves, cinnamon and black pepper. Clove, basil, ylang ylang, rosemary and black caraway are all examples of caryophyllene-rich essential oils.

Similarly to other terpenes, beta-caryophyllene is believed to have an anti-inflammatory effect on the body. Unlike other terpenes, beta-caryophyllene acts directly on the endocannabinoid system (ECS). The ECS is involved in the regulation of mood, appetite, metabolism, motor perception, temperature perception, memory and reproduction.



Therapeutic actions:

- Antioxidant
- Anti-inflammatory
- Anti-fungal
- Anti-bacterial

Therapeutic benefits

In one animal study, beta-caryophyllene reduced pain from inflammation and nerve pain. The researchers noted that this anti-inflammatory and analgesic effect might be useful for treating long-term chronic pain because the body showed no sign of developing a tolerance to these effects.

Terpenes in daily life

Research into the benefits of forest bathing has shown that the presence of terpenes in the natural environment encourages relaxation, reduces anxiety and improves breathing capacity in 'forest bathers'.

As terpenes form part of a plant's biological defence mechanism, plants grown in harsher conditions will generally yield a higher terpene content. This is good news for backyard fruit and vegetable growers, as they are less likely to provide ideal growing conditions for their backyard produce. It is also another reason to not spray your plants with pesticides, let your plants experience the need to defend itself against some pests and encourage the production of these therapeutic compounds.

As terpenes are aromatic, we can use our sense of smell as a guide to help determine the presence of these biologically active compounds in herbs, fruits, vegetables and our environment. This skill can help take our ability to listen to our body and instinctively eat to the next level.

Although it may not tell us the whole story behind the benefit of a plant, it is insight worth having in your natural health toolkit.

By Rebecca Smith
TNH Editor and NHS Manager

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SOCIETY NEWS AND EVENTS

Our New Patron -

Roger French



A Patron is defined as “a person chosen, named, or honoured as a special guardian, protector, or supporter”. This honorific is well placed in the recent addition of Roger French as a Patron of the Natural Health Society of Australia. Roger has dedicated his life to the promotion of natural health and the Society has advanced under his guardianship for many decades. Roger is only the second person to be announced patron of the Society in its 60-year history.

The Society’s only other patron, Madge Cockburn, was key to the establishment of the Society in Australia. In 1956, Madge Cockburn visited natural health centres overseas and returned to Australia convinced that Australia needed a natural health centre. Mrs Cockburn partnered with the renowned businessman and natural health advocate Mr Bailey, and they founded the Natural Health Society of NSW in 1960.

Madge Cockburn identified Roger French as a kindred natural health advocate and mentored Roger in the foundational principles of Natural Health. In 1983 Madge Cockburn invited Roger to become the Natural Health Society’s first executive director.

In the decades since, Roger has demonstrated an unwavering commitment to the Natural Health Society. That commitment continues today, and we all get to benefit from Roger’s wealth of knowledge in his ‘Your Questions Answered’ and topical articles in *True Natural Health*.

Roger truly is a guardian, protector and the ultimate supporter of the Natural Health Society and we are lucky to have him as our Patron.

Thank you, Roger, for all you do for the Natural Health Society.

The Natural Health Society National Committee and Staff.

Vale Rosemary Wood

Rosemary was a devoted member of the Natural Health Society for many years. She attended many of our seminars and assisted in the bookshop. In the last few years she travelled from her home in the inner west of Sydney to the Penrith office to help with proof-reading of the magazine. Her company was very welcomed by the staff who looked forward to her quarterly visits. She is sadly missed.



Forest Therapy Session in Sydney’s Royal Botanic Gardens

The Natural Health Society of Australia is partnering with the International Forest Therapy Alliance to bring you a guided Forest Therapy walk at Sydney Royal Botanic Gardens on Saturday, August 20. The session will be run by an accredited Forest Therapy guide.

Join us for an immersive and therapeutic experience!

Cost: \$49 Booking is essential as space is limited, book your ticket via our website or call our office on 0432 396 701.

And the winner is...

Congratulations to Pauline, from Merewether in NSW, who won our Ladyship Juicer promotion. We hope that you have been enjoying your prize. Thank you to everyone who entered the competition through joining, renewing or purchasing a gift subscription. The Natural Health Society simply could not exist without your ongoing subscriptions.

Calling Brisbane Members!

Are you interested in joining other NHS members for an informal social gathering? Now that COVID restrictions have eased we have some Brisbane-based members that are keen to meet up. If you are interested, please email admin@health.org.au and we will put you in touch.

Vale Jim Lanham

Jim Lanham was a long-time member of the Natural Health Society – in fact prior to that he was a member of the Hopewood Youth Development Association, set up by our founder, L.O. Bailey. Jim and his wife, Libby, were staunch supporters of Natural Health. Over a period Jim wrote philosophical articles for the Natural Health Society magazine, illustrated by his own cartoons. We send our condolences to Libby and Jim’s family and friends.

YOUR QUESTIONS

ANSWERED

By Roger French

If you have a question, please send it to r.french@health.org

We regret that it is not possible to answer questions personally, nor can all questions can be answered. As always seek your health professional's advice for health conditions.



DAIRY PRODUCTS FULL STORY:

Q.

We are repeatedly exhorted to consume milk and other dairy products daily as they are essential for our bones, etc. But I am aware that there are experts saying the opposite. Would you please give a summary of why cows' milk is not a good option. – B. N., Wahroonga NSW

A.

Dairy products are nature's perfect food – but only if you're a calf. So declared an article in the *Huffington Post* on 6th December 2017. The United States food pyramid recommends drinking three glasses of milk a day (and the Australian Government's is similar). What could be wrong with that? For one thing, it's not based on strict science – some of the 'experts' who helped create the US pyramid actually worked for the dairy industry.

Aggressive marketing of dairy products has resulted in confusion – people simply don't know who to believe. So let's look at the views of experts who apparently have no financial connections to the dairy industry. [Note that I have omitted references because I have combined information from many sources.]

A most powerful critic of the US food pyramid is Walter Willet, M D, the head of nutrition at Harvard's School of Public Health. He has called the US guidelines "udderly ridiculous." That's not something a Harvard scientist says lightly.

Raw cows' milk is perfect for calves, goats' milk is perfect for goat kids and human milk is perfect for human kids. Consuming the milk of another species introduces problems, especially if it goes beyond infancy. After all, humans are the only creatures on Earth that continue to drink milk after weaning.

Cows' milk contains more than twice as much protein and four times as much calcium as human milk, which makes it an ideal fuel for the rapid growth of calves, but not for slow growing human babies.

The well-known Aussie cricketer, Greg Chappel, went

off dairy early in his career. When he was growing up, Greg had suffered tonsillitis, sinusitis and a constant nasal drip, which he had noticed was a reaction to dairy products. Research conducted by the University of California, LA, on track athletes found that the athletes were twice as aerobically fit when they were off dairy products. Greg gave up dairy products for 30 days and wrote that, "Within the first couple of days, I noticed a huge difference – my nasal drip disappeared and I generally felt fitter and more energetic. Within a week, my lungs and legs didn't hurt from training. I decided then and there that I wouldn't go back on dairy products."



MUCUS FORMING

It has long been observed by natural therapists and many health-conscious individuals that dairy products are the most mucus-forming of all foods. (They don't actually make mucus; the body makes it in response.)

Much of the trouble associated with milk appears to be due to the inability of most adults to digest it properly. As we grow beyond the age of weaning, our stomachs gradually shut down the production of *rennin*, which is the agent that clots the milk protein, *casein*, in order to hold it in the stomach for proper digestion. If incompletely digested protein is assimilated into the bloodstream, the immune system responds with an allergic reaction. This is why cows' milk is considered by some authorities to be the greatest *single* cause of allergy.

Even in the case where there is rennin, the clotted casein forms a coarse, tough curd, which is more difficult to digest. Goats' milk is considered to be better because its curd is much finer and easier to digest.

LACTOSE INTOLERANCE

Infants and children produce *lactase*, the enzyme that breaks down lactose, the sugar in breast milk and cow's milk. As we grow up, many of us lose this capacity, resulting in lactose intolerance, which causes diarrhoea. This occurs in about 15 percent of Caucasians and much higher rates in other peoples.

Fortunately, both protein digestion problems and lactose intolerance are largely overcome by converting liquid milk into cheese or yoghurt. However, there are still other problems with these dairy products.

According to Dr Willett, dairy products may contribute to even more health problems besides allergies and lactose intolerance. They include sinus problems, ear infections, type-1 diabetes, chronic constipation and in children anaemia.

PASTEURISATION

A Brisbane doctor, Weston Allen, some years ago spelled out that numerous subtle ingredients in cow's milk are destroyed by the heat of pasteurisation.

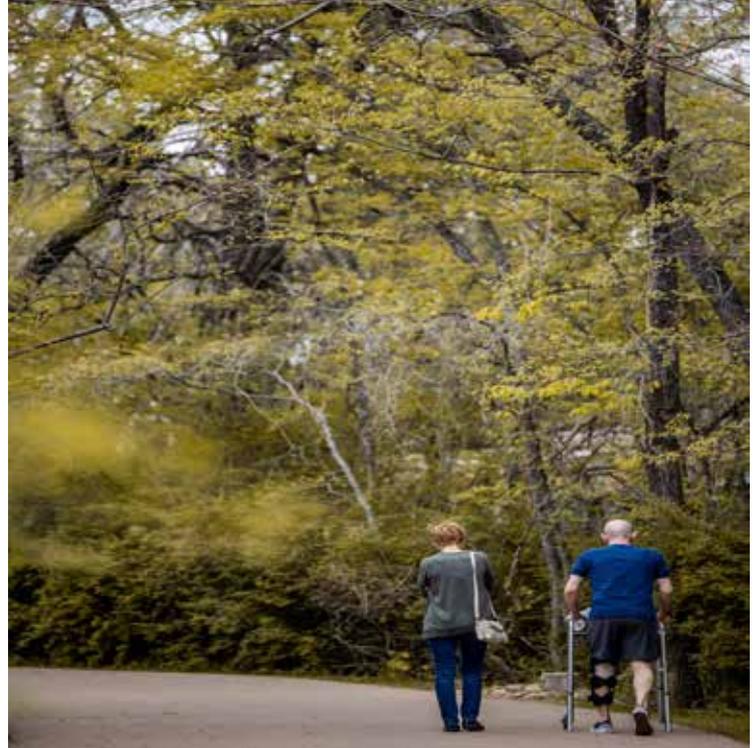
The definitive study of all time on cooked foods was that carried out by the Price Pottenger Foundation many decades ago, in which one group of cats was fed raw milk and raw meat, while another group was fed pasteurised milk and cooked meat. After a few generations, the cats on the cooked food completely died out, whereas those on the raw foods were thriving and their litters were expanding. Photographs of autopsies show that the cats on the raw food had bright red, healthy livers, red blood and clean tissues generally, whereas the cats on cooked food had grey livers with dead areas, their blood was anaemic and the tissues were sickly looking. The study proved beyond doubt that raw is best.

HOMOGENISATION

Homogenisation of milk can harm arteries. The Chief of Cardiology of Park City Hospital in Connecticut USA has stated that, "Milk fat contains an enzyme called *xanthine oxidase*, which is normally digested and excreted from the body. When milk is homogenised, some of the xanthine oxidase passes into the bloodstream intact, where it "creates havoc by attacking specific targets within the artery walls, causing heart disease."

ANTIBIOTICS

These can be common in milk, due to cows' udder infections. Those antibiotics are transmitted to humans, causing reactions in those sensitive or allergic to antibiotics.



BONE FRACTURES

It was reported in the *American Journal of Public Health* in 1997 (vol 87) that the legendary Nurses' Health Study of 78,000 women looked at those who had never used calcium supplements, and found that higher intakes of milk and other calcium-rich foods did not reduce the incidence of bone fractures due to osteoporosis. In fact, hip fractures tended to be more common with the higher calcium intakes.

Contrary to popular belief, explains Dr Willett, dairy products have never been shown to reduce fracture risk. In fact, the Nurses' Study showed that dairy may increase risk of fractures by 50 percent.

Countries with the lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis. The five highest dairy-consuming countries in the world (Finland, Sweden, US, UK and Israel) also have the five highest rates of hip fracture, a sign of osteoporosis.



HEART DISEASE

Milk and other dairy products are the top source of **saturated fat** in the Western diet.

According to the Harvard School of Public Health, when dairy fat was replaced with the same number of calories from fats of vegetable origin, the risk of cardiovascular disease dropped by between 10 percent and 24 percent.

Finland has one of the world's highest dairy intakes – and the world's highest death rate from heart disease.

CANCER

Research funded by the US National Cancer Institute, the US National Institutes of Health and the World Cancer Research Fund found that women who consumed one quarter to one third cup of cows' milk per day had a 30 percent increased chance for developing breast cancer. One cup per day increased the risk by 50 percent, and two to three cups were associated with an 80 percent increased risk.

Studies have also linked dairy to **increased risks** of ovarian and prostate cancers. According to Dr Willett, research shows that higher intakes of both calcium and dairy products may increase a man's risk of prostate cancer by 30 to 50 percent.

Bowel Cancer. Dairy foods also increase the risk of becoming overweight and developing diabetes, which increases the risk of bowel cancer.

TYPE 1 DIABETES

Studies have shown that type 1 juvenile-onset diabetes in children is linked to early dairy product consumption. It is thought that certain proteins in cow's milk may trigger an autoimmune reaction whereby the body's own immune cells attack these foreign dairy proteins, inadvertently destroying the infant's insulin-producing pancreatic cells, thus leading to type 1 diabetes.



COLD SORES:

Q.

For more than 12 months I have had a cold sore on my lower lip on and off. The doctor said it is nothing to worry about and prescribed a cream, which causes it to clear up for a while, but then it comes back. How can I be free of cold sores? – M.C., Bendigo Vic.

A.

Cold sores or fever blisters are associated with the Herpes simplex virus, which is related to, though different from, the virus that causes genital herpes. The sores first appear typically three to 10 days after exposure to the virus and usually last around 10 days or up to three weeks or more. The virus, normally lies dormant in the body until triggered into action by some adverse lifestyle factor. The virus is very contagious and widespread in the community.

One of the world's leading microbiologists, Professor Rene Dubos, attached to the Rockefeller Medical Center in New York, commented that, "The *Herpes simplex* virus is potentially capable of causing fatal encephalitis, yet large numbers of children and young adults become infected without displaying significant symptoms, and continue to carry the virus throughout life. Herpes infection usually causes nothing more than fever blisters (cold sores), a self-limiting disease that occurs only when the person is under some form of physiological stress."

Factors that can trigger the virus to produce a cold sore may be fever, the common cold, other viral infections, exposure to sun and wind, stress, emotional or physical fatigue, depression of the immune system, menstruation, high levels of the amino acid arginine, caffeine, sugar and other refined foods or junk foods.

The primary cause of the virus becoming active is toxæmia of the system. (See Chapter 4 on toxæmia in my book, *How a Man Lived in Three Centuries*.) Toxæmia is in almost all of us to some degree due to the high level of processed and concentrated foods in the modern diet, the high levels of the stress of modern living and our levels of toxic man-made chemicals. The effective way to deal with a cold sore is to lower the toxæmia through a detoxification program. Using medication and doing nothing else is merely treating the symptom while the underlying causes continue to mount up.

Prevention is through both internal and topical methods.

The general health and particularly the immune system can be strengthened through nutrients and herbs. The US text, *Prescription for Nutritional Healing*, lists the most important nutrients as: L-lysine 500 mg twice daily; vitamin-B complex at high levels; vitamin C; zinc lozenges; acidophilus bacteria; garlic.

Recommended herbs are echinacea, goldenseal (*don't* take on a daily basis for more than one week at a time, or during pregnancy), pau d'arco, red clover and/or olive leaf extract.

GutAid⁺
my goodness



Available at
**Health Food Stores,
Pharmacies and
Go Vita Stores**



Always read the label.
Follow the directions for use.
If symptoms persist, talk to
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right for you. Read the
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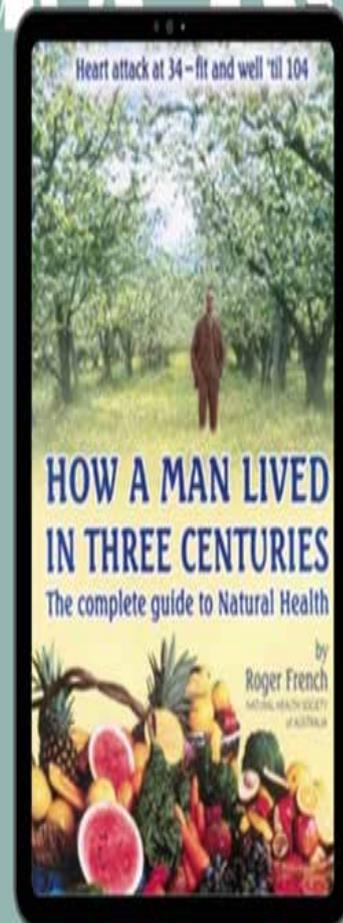
**Roger French's book,
*HOW A MAN LIVED IN THREE
CENTURIES***

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Must Read



THE COMPLETE GUIDE TO NATURAL HEALTH
www.health.org.au

If cold sores occur often, the text advises to check for low thyroid function. To test this, keep a thermometer by your bed at night and immediately on waking place it under your arm and keep it there for 15 minutes, remaining still and quiet, as any movement can raise your temperature. Keep a record of your temperature for at least five days. If consistently below 36.5° C, the thyroid may be under-active and it would be wise to consult a practitioner.

Also recommended are plenty of raw vegetables, which would be a major factor in lowering toxemia.

A person who is prone to allergies may have an impaired immune system and be more susceptible to cold sores.

Many different topical applications have been tried with cold sores, and each usually works for somebody. The following are some simple and natural home remedies.

Ice pack. One of the fastest and simplest methods to heal cold sore pain. Put ice cubes directly on the cold sore for some time to obtain instant relief of the swelling. Do this three times a day.

Liquorice root powder. Prepare a paste of one tablespoon of the powder and half a teaspoon of fresh water. Mix it well and apply to the sore.

Tea tree oil. Soak a cotton ball in some tea tree oil and apply to the sore. Do this twice a day. But don't apply neat tea tree oil directly to the skin if sensitive.

Orange oil. Apply in a cotton ball directly on the blisters. Do this three times a day.

Peppermint oil. Clean the infected area with water. Soak a cotton ball first in water and then in peppermint oil and apply directly to the sore. Do this twice a day.

Witch hazel. Soak one teaspoon in a cotton ball and place on the sore. Do this two or three times a day.

Aloe vera gel. Slice open a fleshy leaf and dab the gel directly onto the sore.

Sea salt or salt water. Apply salt or salt water directly to the sore. The granules of salt need to stick to the sore. Rinse off after 10 minutes.

Vegemite dabbed on the sore is worth trying.

Lemon balm in cream form is also worth trying.

Olive oil. Enhance by the addition of vitamin C and apply.



Bees wax cream. A mixture of bees wax and olive oil. Smear on sore until it has gone.

Honey. Apply some honey, preferably Manuka, to the sore two or three times a day. But don't lick the honey off your lips, it needs to sit there.

Lavender oil. Place drops on a cotton ball and place directly onto the sore.

Apple cider vinegar. One of the oldest home remedies for cold sores. Put a few drops on a cotton ball and apply to the sore. But if the vinegar is applied neat, it will sting.

The effective way to lower toxemia and pull the rug out from under diseases of most kinds is to undergo a 'cleansing' diet. Fresh fruit or fruit juices exclusively for three to five days or water fasting for up to three days can bring a significant reduction in toxemia. Longer times than these would require professional supervision. The minimum information that needs to be known by a lay person carrying out a cleansing diet is detailed in Chapter 15 in *How a Man Lived in Three Centuries*.

Finally, look at your stress levels, whether caused by over-work, anxiety, resentment, loneliness, anger, hatred or depression. The most effective techniques for dealing with stress are meditation, relaxation tapes, stress management courses, yoga and/or physical activity. Adopt the philosophy – worry only about those things that you can do something about and forget all the rest.

CITRUS FRUITS PROS AND CONS:

Q.

I am puzzled by oranges. Nutritionists promote them for their vitamin C, yet if I eat three oranges in the one sitting, they invariably give me a migraine headache. If I limit it to just two oranges, there is no migraine. No other citrus fruit does this. Why does this happen?

– M. K., Paddington NSW

A.

Just one **orange** typically contains 52 mg vitamin C per 100 grams fruit, which is around the Recommended Daily Intake (RDI), and it's also deliciously sweet. Hence this fruit is put on a pedestal.

On the negative side, oranges are unusual among fruits in that they contain substances that can irritate the livers in sensitive people, leading to headaches. These people need to use oranges very moderately, because anything that causes a headache can't be good for you.

Oranges are still a nutritious fruit, with a water content of 86 percent, natural fruit sugar averaging 11 percent, traces of protein and fat, and fibre at 0.5 percent. Minerals are at good levels – potassium 170 mg/100 grams and calcium 39 mg.

Due to plant breeding, the sugar content is on the high side. As far as nutritional cleansing is concerned, oranges are not suitable unless just one or two are consumed at a time, and then not for every meal.

Mandarins are similar to oranges, though with less vitamin C at 30 mg/100 gm. They don't have the same tendency to irritate the liver, and are an excellent fruit.

Much better for cleansing than oranges is grapefruit, known overseas as the 'pomelo'.

Grapefruit averages 89 percent water, sugar 9 percent and fibre 0.2 percent. The main alkalisng mineral, potassium, is very high at around 190 mg/100 gm and the fruit has an outstanding potassium-to-sodium ratio of 190:1. Vitamin C is around 40 mg. Grapefruit doesn't irritate the liver; rather, it is a liver tonic.

Another liver tonic is lemon, being so high in citric acid that it is the sourest of the fruits, and even a small drop in the eye or a cut stings like crazy. Because of the citric acid content, lemon juice needs to be extremely diluted – the juice of half or one lemon to a glass of water. If **lemon** and cold water upsets the stomach, try warm to hot water. Diluted lemon juice makes a great nutritional start to the day, because it is cleansing and

lightly stimulating to digestion. It is also outstanding as the daily introduction to a cleansing diet.

The tangelo is a cross between mandarin (tangerine) and grapefruit (pomelo). This fruit is also very good for us.

Finally, one of the greatest errors in nutrition is the belief of many doctors and others that acid fruits are acid-forming in the body. They are not, they are alkali-forming. Because the acids are intermediate stages of sugar manufacture in the plant, the acid is oxidised for energy in our bodies and broken down to carbon dioxide and water (just as with sugar), and the acid component, carbon dioxide, is breathed out, leaving a residue of the alkaline minerals.

So citrus and other acidic fruits – with the possible exception of large amounts of oranges – are suitable for neutralising the acidic wastes that are the basis of many conditions, including arthritis.



THE 2022 SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

The *2022 Shopper's Guide to Pesticides in Produce* has been released with updated *Dirty Dozen* and *Clean Fifteen* lists. The Guide, produced by the 'Environmental Working Group' (EWG) in the United States, ranks the pesticide contamination of 46 popular fruits and vegetables.

The guide uses data from the United States Department of Agriculture (USDA) and the Food and Drug Administration (FDA). The publication is designed to help consumers make the healthiest choices for their families, given budgetary and other constraints.

"Everyone should eat plenty of fresh fruit and vegetables, no matter how they're grown," said EWG Toxicologist, Alexis Temkin, Ph.D. "But shoppers have the right to know what potentially toxic substances are found on these foods."

"EWG recommends that, whenever possible, consumers purchase organic versions of *Dirty Dozen* produce," said EWG Science Analyst, Sydney Swanson. When organic options are unavailable or unaffordable, EWG advises shoppers to buy produce from its *Clean Fifteen*.

This year, almost 70 percent of *Clean Fifteen* samples had no detectable pesticide residues whatsoever.

Legal does not mean safe

The EWG Guide notes that 70 percent of non-organic produce was found to have detectable pesticides after being washed. Although nearly all the levels were under the legal limits allowed by [U.S] government regulations. The EWG asserts that legal does not always mean safe. Pesticides are toxic by design and have been linked to serious human health issues, including hormone disruption, nervous system toxicity and cancer.

Babies and children are particularly vulnerable to many of the health harms associated with pesticide exposure. Research published by EWG in 2020 found that the Environmental Protection Agency (EPA) has been failing to adequately consider children in setting legal limits for 90 percent of the most common pesticides.

Case in point: chlorpyrifos

One dangerous pesticide is chlorpyrifos, which scientists have linked to brain damage in children and fetuses. Chlorpyrifos was legally used on fruits and vegetables for many decades. Despite its controversial safety record, food lobby groups downplayed risks and

continued to fight for its ongoing use. In 2021, the EPA finally banned all uses of chlorpyrifos on crops grown for food, citing the need to protect children and farmworkers. [Chlorpyrifos was also banned from use in Australia the same year].

Leafy Greens

On all three types of greens listed in the *2022 Dirty Dozen*, the pesticide most frequently detected by the USDA was dimethyl tetrachloroterephthalate (DCPA), which is sold under the brand name 'Dacthal'. The EPA classifies DCPA as a possible human carcinogen, and the European Union banned it in 2009.

In California, all DCPA products are required to be labelled with the information that products with DCPA also contain trace amounts of hexachlorobenzene which is a chemical known to cause cancer and birth defects.



Citrus

Although no citrus fruits landed on the *Dirty Dozen* list this year, there are still concerning levels of toxic pesticides found on these fruits. Imazalil, a fungicide linked to cancer and hormone disruption, was detected on over 95 percent of tangerines tested by the USDA in 2019. (The UDSA does not test every type of produce every year, so some data are a few years old).

In independent tests commissioned by EWG, nearly 90 percent of all the oranges, mandarins, grapefruit and lemons sampled contained either imazalil or thiabendazole, another endocrine-disrupting fungicide. More than half of the samples had both.

The Clean 15 Food List for 2022

Avocado
Sweet Corn
Pineapple
Onion
Papaya
Frozen Sweet Peas
Asparagus
Honeydew Melon
Kiwi
Cabbage
Mushrooms
Rockmelon (Cantaloupe)
Mango
Watermelon
Sweet Potato

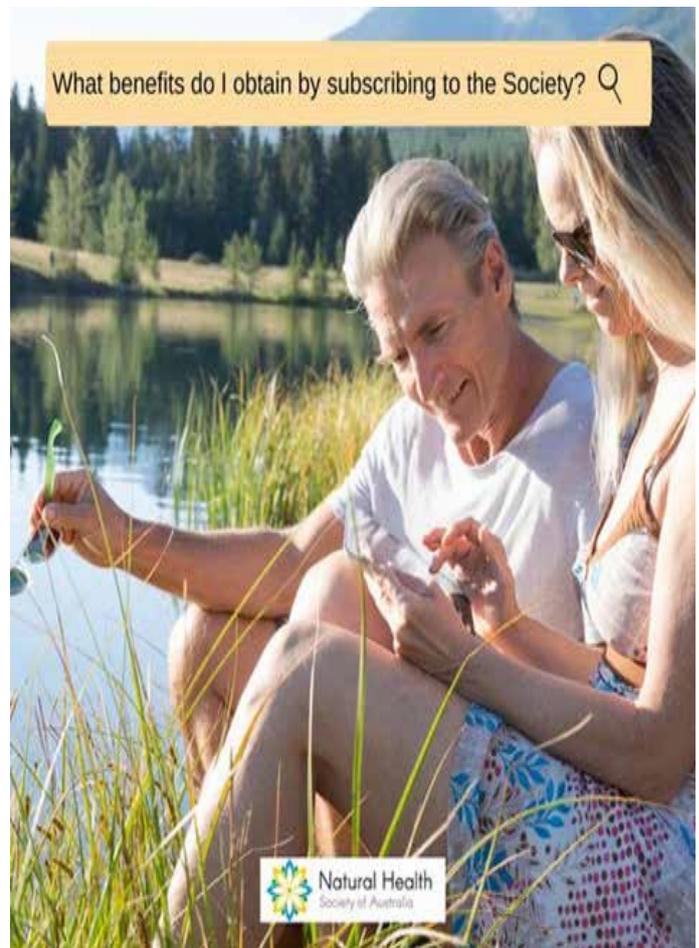
The Dirty Dozen Food List for 2022

Strawberries
Spinach
Kale, collard and mustard greens
Nectarines
Apples
Grapes
Capsicums
Cherries
Peaches
Pears
Celery
Tomatoes

Health Benefits of Reducing Pesticide Consumption

Organic standards prohibit the use of synthetic pesticides, among other things. Eating organic food reduces pesticide exposure and is linked to a variety of health benefits, according to an article published last year in the peer-reviewed journal *Nutrients*. In four separate clinical trials, people who switched from conventional to organic foods saw a rapid and dramatic reduction in their urinary pesticide concentrations, a marker of pesticide exposure.

Additional studies have linked higher consumption of organic foods to lower urinary pesticide levels, improved fertility and birth outcomes, reduced incidence of non-Hodgkin's Lymphoma, and lower BMI and reduced risk of Type 2 diabetes.



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The information for this article was sourced from the Environmental Working Group, a non-profit organisation that empowers people to live healthier lives in a healthier environment.

**To donate or find out more information visit
www.ewg.org**

People who inspire us, Petrea King

One of our members recently listened to a talk by Petrea King. During Petrea's presentation, she suggested strategies to combat anxiety. Carol found the talk to be insightful and reassuring and thought other members may benefit from these practical suggestions. The summary notes below are published with Petrea's permission. Thanks for sharing Carol!

Eat well – SLOW food, seasonal, local, organic and whole, plant-based food. Don't eat in the three hours before sleep.

Sleep well – 7-9 hours every night or meditate (10 minutes = two hours sleep). Your brain's glymphatic system only works when your stomach is empty and in deep sleep.

Daily exercise to increase breathing and heart rate.

The **Default Mode Network** (DMN) in the brain is second nature to us. When it is in operation we worry, fret, panic over the future or the past and it holds the "I'll be happy when ..." stories. The **Task Positive Network** (TPN) operates when we're in the present moment. We have access to our executive functioning brain and our first nature. Either the DMN or the TPN is in operation – they don't operate simultaneously.

Reduce anxiety by **being in the present moment**. Quieten the brain daily through meditation/mindfulness. Avoid gossip and negative people. Be in good company (books, nature, ritual, music, prayer). Avoid mainstream media. Do physical things like yoga, tai chi, exercise, meditation, massage or infra-red saunas.

Be in nature. Take off your shoes. Absorb positive ions from mother earth. Discharge negative ions into mother earth. Connect with nature's life force. Sit in the early morning sunshine.

Remain connected to our higher self or first nature via the TPN.

Focus on what we can control – our brain! Recognise what you can't control. Meditate daily.

When the TPN is engaged we access our insight, intuition, wisdom, humour, spontaneity, creativity and compassion – the qualities of our first nature.

Maintain a connection to our TPN so we're guided moment by moment by those qualities.

A reaction comes from the DMN. A response comes from the TPN. Learn to respond, not re-act. A reaction is automatic. A response requires consideration. A reaction repeats what we've done before. A response is creative and appropriate to the situation. We don't say, "Take react-ability for your life." We say, "Take response-ability for your life."

If we first replenish ourselves – as our priority – then we bring our well-replenished self to the disaster, the confusion, the crisis. Know what replenishes us. Fill up our inner bucket so we only give from the overflow.

We feel alone, angry, sad, anxious, or separate when the DMN is operating. We are each a drop in the vast ocean of consciousness. Draw on the wisdom of the ocean via your TPN.

We are the ones we've been waiting for. We were born for this time!



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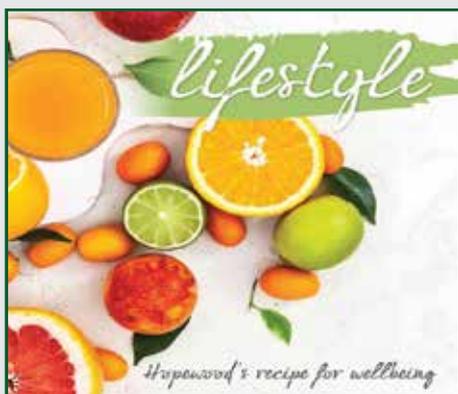
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LIVE A HEALTHY LIFE THE HOPEWOOD WAY!

A vegetarian diet is a healthy way to meet your nutritional needs if planned well.

Find out how this diet can improve health and wellbeing.

Vegetarian diets continue to increase in popularity. The reasons people choose a vegetarian diet include reducing the risk of disease, supporting a greener environment or animal welfare concerns.

While it can be overwhelming to ensure you are getting your daily nutrients, three main criteria make vegetarianism a healthy and nutritious way to live.

Vegetarian food is:

Low in fats and oils - except in the case of oil-rich nuts.

Low in animal protein.

Rich in health-promoting and disease-preventing micronutrients (vitamins, minerals, antioxidants and other phytonutrients).

Animal fats and animal protein

These contain no fibre and are almost entirely devoid of the micronutrients essential to good health. Additionally, these ingredients are very calorie-dense and come at a high metabolic cost. For example, fats and oils raise insulin resistance, stimulate inflammation and burden the lymphatics. Animal protein produces acidic irritation of tissues (e.g. in muscles and joints) and

overworks the liver and kidneys in their role of breaking down and excreting the harmful by-products of animal protein.

Micronutrients

Micronutrients are vitamins and minerals that play a vital role in combating disease and promoting overall health. Vitamins are necessary for energy production, immune function, blood clotting and other functions. Minerals also play an imperative job in many processes including bone health and fluid balance. You can add more micronutrients into your vegetarian diet by including some of the options listed below:

Nutritional yeast, cheese or eggs for vitamin B12

Cashews, garbanzo beans or legumes for zinc.

Bananas, spinach, potatoes or apricots for potassium.

Whilst interest in the vegetarian diet grows, so does the vegetarian food market, and with this comes an influx of faux meats and other processed foods. These foods can be high in calories, sugar, fat and sodium. So, if in doubt, keep it simple, fresh and natural.

Hopewood advocates you eat an abundance of raw food, in fact for good health it is important that 55-70% of your daily food intake consists of fresh fruit and vegetables, 20-25% starch, 10-15% protein and 5-10% fat.

People who follow dietary plans similar to Hopewood’s, tend to enjoy a higher quality of life.

Looking back at the previous coronavirus epidemic

By Roger French, Dipl (clinical) Nutr.
Over the last two years, we have published a lot about the coronavirus/COVID epidemic, and we have probably exhausted every possible aspect of it. Before we consider it all wrapped up, it might be interesting to look back at the 2003 SARS epidemic and see what happened in that year and how much harm it caused.

Severe Acute Respiratory Syndrome (SARS) first occurred in southern China in November 2002. It was transported to Hong Kong on 21st February 2003 by an infected and ill person.

Cases spread to Singapore, Vietnam, Taiwan, Canada, the Philippines and Australia. In March 2003 a novel coronavirus (SARS-CoV) was found to be the causative agent. Within 11 weeks from the first SARS case in Hong Kong, it had spread to an additional 27 countries.

The mini-pandemic peaked during the last week of May 2003 and the last new probable case was on 13th July 2003. Worldwide, there was a total of 8,096 probable cases and 774 deaths. Sixty-six per cent of the cases occurred in China, 22 percent in Hong Kong, four percent Taiwan and three percent in both Singapore and Canada. Twenty-one per cent of all cases occurred in healthcare workers.

Medical authorities were fearful that this could be the beginning of a rapidly expanding pandemic, matching the scale of the 1918 Spanish flu pandemic, which infected half the world's population and killed more than 20 million people.

By the time the World Health Organisation issued a global alert on 15th March 2003, panic had set in. Such was the fear in Hong Kong that a medical specialist there believed that the island would have to be quarantined, with all commercial flights cancelled. This was surely an over-reaction, considering that 1,000-odd people were infected out of a population somewhere between five and 10 million – that was one in 5,000 to one in 10,000 people.

In Australia there were only six *suspected* cases, according to the Australian Government Dept of Health in June 2004. This small number was in spite of tens of thousands of air travellers coming into the country during the period 17th March to 31st July 2003.



What is SARS?

It is an 'atypical pneumonia'. Medical scientists at first didn't know what causes it, but believed it was probably a *coronavirus*, which has since been confirmed. Some other forms of coronaviruses are associated with upper respiratory illnesses in humans, including the common cold.

How was SARS diagnosed?

There was no definite diagnosis. Anyone with a temperature above 38 degrees Celsius, respiratory symptoms and being in an infected area or having contact with a SARS sufferer was considered to be infected.

Back in 2003, why did some sufferers die while most didn't?

SARS was fatal in about one case in 30, meaning that 29 out of 30 sufferers recovered. Some medical scientists believed that death occurs only when the body is suffering some form of massive shock from another cause, such as a road accident, having inhaled noxious fumes, or when the body is overwhelmed with septicæmia or meningitis.

In other words, there is already some other illness causing the body's defences to be stressed beyond their limits and the body being in an advanced toxic state. This makes the point that the virus does *not* strike at random as most medical so-called experts believe it does.

Today, if a person dies and has tested positive to a PCA test within the previous 30 days, it is considered that the death is a result of COVID. So this means that if a person has reached the end of their lifespan or has died of, say, a heart attack or cancer, and they happen to have the virus, the virus is then declared to be the cause of death. It could be argued that this definition is scientifically ludicrous and has produced extremely misleading statistics.

continued on page 22...

Modern medicine's overall score card in its fight against most cancers is 'F' for fail!

By Greg Fitzgerald, (Allied Health),
Osteopath, Chiropractor and Naturopath

When the United States' President Nixon declared 'war on cancer' in 1971, he promised to find the cure within 10 years, believing that if man could land on the moon, he surely could beat cancer.

Tragically, more blanks than bullets have been fired!

Fastrack to today, and despite limited success in less common cancers like lymphoma and some childhood cancers like leukemia, cancer still cuts a swathe through the population, and now ranks ahead of heart disease as the number one killer in many countries.

While research has been focussed on stronger and more targeted treatments, little medical research has ever been conducted on those who do survive and thrive against cancer, despite a terminal prognosis.

In Australia, two of the most well-known survivors of terminal cancer are Dr Ian Gawler and Petrea King. As with other 'radical remissions', the medical fraternity has not been particularly interested in the modus operandi of their recoveries. Their personal lifestyles and behaviours have been of little interest to the medical community.

Such medical disinterest prompted Dr Kelly Turner, a PhD graduate of Harvard University, Boston, to write: "I was surprised how little research was being done by the medical community on long-term cancer survivors".

Dr Turner spent one year traveling through 10 countries interviewing many holistic therapists and studying over 1000 cancer survivors who defied the odds and survived a terminal prognosis. In-depth personal interviews were conducted with hundreds of survivors. This culminated in her book: *Radical Remission: Surviving Cancer Against All Odds*.

Her study involved people with cancer who either had shunned conventional treatment altogether (no chemo, radiation or surgery) or who had tried conventional treatment but had decided to stop, either because they were told nothing more could be done, or because the

side-effects were so unbearable. During her research, she identified 76 different healing factors that patients used to help heal themselves. These were outside conventional cancer treatments. Of these, 9 stood out as common denominators amongst all survivors.

Turner states: "Many of these patients had healed without western medical treatment or, following its failure, they used other therapies to extend their survival".

The Nine Factors

1) They all adopted radical dietary change.

Many became vegans or vegetarians. All increased plant-based foods, most eschewed alcohol and all ceased smoking. Almost all made the decision to omit meat, wheat, sweets and dairy. They all dramatically increased their intake of fresh vegetables and fruit.

This is in stark contrast to orthodox dietary recommendations given to cancer patients undergoing treatment, who are encouraged to eat high calorie foods like ice cream, milkshakes and biscuits in order to gain weight.



2) They took more control of their health than ever before and became strong activists in their choices of food, treatments and behaviours.



3) All followed their intuition more closely than ever.

Intuition is the 'tuition within' and is not encouraged medically, as it is deemed not science or evidence based. All those studied said they had re-learned to trust themselves, and then take responsibility for the consequences of that trust and intuition.

4) Almost all took some form of nutritional supplementation.

This ranged from pro- and pre-biotics, vitamins, minerals, herbs, food extracts and various food concentrates like fresh raw juices. Each person had a unique approach which was most often guided by a health-care practitioner conversant with nutrition who was not an oncologist, doctor or hospital dietician. There was no one thing that was taken by all the group. Their supplements varied widely.



5) All gave attention to releasing suppressed emotions.

They adopted the attitude it's 'free to be me' and worked at not suppressing any emotions. Again, the methods used varied widely. Some resorted to hypnotherapy, counselling, psychotherapy, group meetings, workshops, courses and reading relevant books.



6) Without exception they all made a conscious effort to increase positive emotions.

This does not say these people had no negative emotions, on the contrary. However, they were all mindful that their responses to certain events or situations remained their choice, and they consciously sought to increase positive emotions like love, laughter, warmth, forgiveness, joy, appreciation, gratitude and compassion.



7) Every radical remission was achieved in the context of much social support.

From loved ones including immediate and extended family, to friends and colleagues, to support groups and professionals, social support was repeatedly stated to play a leading role in their recoveries. **This was one of the most heavily emphasised points made by all interviewees.**



8) Without fail, they all were engaged in deepening their spiritual connections.

This also varied widely. Commonly it involved meditation and prayer. Often it involved a deeper connection to nature, and a greater and more deep appreciation of the natural world. Whether the person followed a conventional religion, or simply felt a resurgent connection to nature, it did not matter. All felt a connection to something more powerful than themselves. This connection to a greater force or energy was viewed as just as important as any other key factor engaged in.



9) Everyone had a strong reason to live. A purpose.

This transcended just a personal desire to keep going. Again, reasons and purpose were uniquely individual. This backed up what Dr Viktor Frankl stated in his iconic book *Man's Search for Meaning*, in which he noticed as a captive during World War Two that prisoners in Auschwitz concentration camp died quickly if they lost their reason to live. It did not matter what that meaning was, but he did note that the survivors, like him, all had strong reasons to wake up each day. He often quoted Friedrich Nietzsche: **"He who has a why to live can bear almost any how"**.



The Term Itself

Dr Kelly called the recoveries 'radical remission' and not the medically used term 'spontaneous remission' because the latter term implies the healing was instant, like a miracle that just happened without reason. It implies luck or chance, whereas radical remission was not instant, but a process involving conscious change over time. They all said it was hard work and not luck that made the difference.

It involved a central focus to live differently than previously, to actively engage in their own healing physically, emotionally, spiritually and mentally.

It involved taking up new ideas and releasing some old ways. Taking up and giving up. The old adage was appropriate to all of them: if you want to go up, you have to give up!

IN ESSENCE, THE RADICAL REMISSIONS WERE PRECEDED BY RADICAL CHANGE.

After personally interviewing over 200 radical remission cases and studying over 1000, Dr Kelly stated that for every published radical remission case (published in medical journals) there were over 100 unpublished cases, which no-one ever gets to hear about.

Conventional Disinterest

Dr Kelly heard repeatedly from those she interviewed that this was the first time any medical person had shown the slightest interest in what they had personally done to defy the odds and survive terminal cancer. No doctors, oncologists or dietitians enquired about what they did that could have led to such remarkable remissions.

This did not surprise her as it was the main reason that she commenced this study. Her thoughts were that everyone would be better off if clues could be picked up as to why such people recovered, in order to more wisely inform other patients in future.

Having said that, Dr Kelly emphasises that her study does not mean that these nine factors will cure cancer or that people should reject conventional treatment. She makes the point strongly that each case is unique and that there is no cookie-cut approach to manifesting radical remission. There are indeed no guarantees, something all the survivors appreciated.

Such conventional disinterest in radical remissions has been my experience for 36 years, not just in cancer but in diseases like rheumatoid arthritis, lupus, Crohn's, multiple sclerosis, asthma and many others.

One 67-year-old patient who fully recovered from type two diabetes, asthma, hypertension, crippling arthritis and severe migraines went back to her doctor to show him the transformation, thinking he would embrace her recovery and be thrilled, with many questions. She was gutted when he indignantly told her she had been conned and that he could no longer see her as a patient.

What a lost opportunity!

A Wider Relevance

The original study was confined to terminal cancer patients, but over time it became obvious to Dr Kelly that the nine factors could be extrapolated to include recovery from any disease, and in fact, include otherwise healthy people with no diagnosed disease.

She now trains other doctors help people implement the nine factors.

Incidentally, Petrea King (Quest for Life) has been using these same nine factors for decades, with outstanding success.

The nine factors are indeed relevant to all people because they remove the causes of disease and illness and provide the conditions for health, the two most important tenets of Natural Hygiene/ Natural Health.

Individually and collectively, the nine factors improve general health, and therefore improve the chances of improvement or recovery in all illnesses.

And wonderfully, there are no adverse side-effects.

If you know anyone experiencing cancer or any major illness, please share this with them. You never know who it could help.

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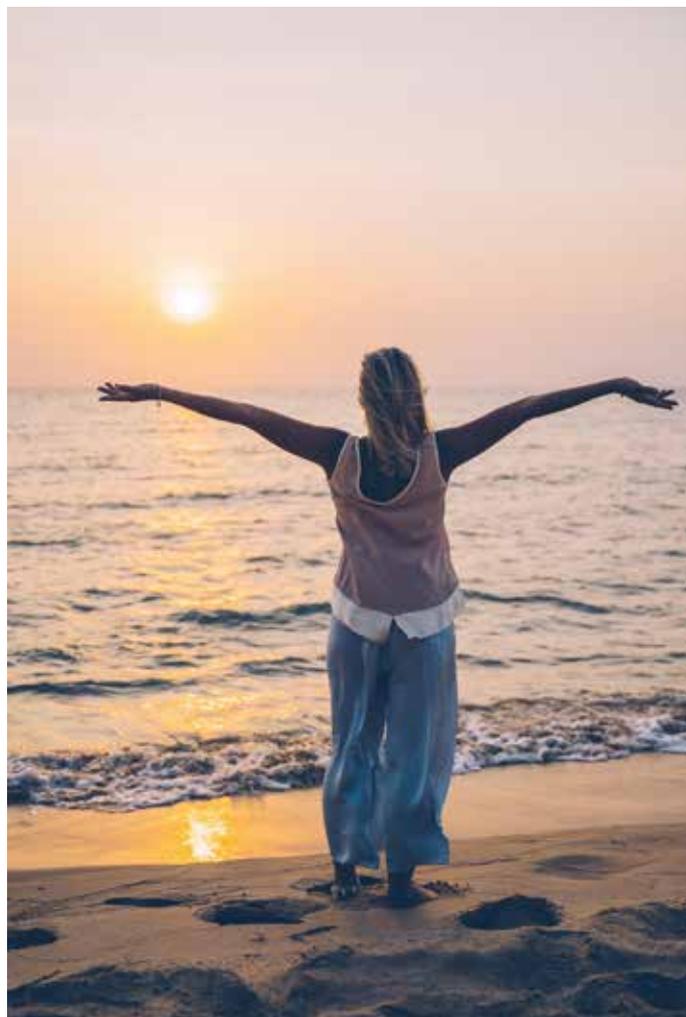
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Dr. Greg Fitzgerald's Health For Life Centre

Our guiding philosophy is that each person has within them the capacity for improvement in all areas of their lives, including their personal health and well-being.

It is a fact today that despite living longer, we are dying younger. In other words, people are losing their ability to function properly at an increasingly young age. Premature chronic illness and chronic pain, including back and neck pain, is the main reason for this.

The Importance of Health:

"In matters of finance, ignorance can be costly. In matters of relationships, ignorance can be lonely. In matters of health however, ignorance can be fatal."

Dr Greg Fitzgerald, Osteopath and Naturopath

To book an appointment with Dr Greg Fitzgerald visit www.healthforlife.com.au

FAVOURITE RECIPES FOR SWAPS AND SUBSTITUTES

We all know that sticking to a healthy plant-based diet is easier when we have some healthy recipe substitutes up our sleeve. One of our members suggested that we share some favourite 'swap' or 'substitute' recipes for the winter months.

Thanks for the suggestion, Amalia!

Collagen and Bone Broth

The use of bone broth as a winter (or all-year round) tonic has become incredibly popular. People following a vegetarian or vegan diet might be wondering if they are missing out on the healing benefits of this collagen-rich broth. The good news is that there's no reason to be concerned.

While collagen plays a vital role in our health, it is not an essential nutrient. In other words, we can produce collagen ourselves, and from a nutritional perspective all we need to do is make sure the building blocks of collagen are present in our diet.

To produce collagen, your body needs:

Proline: found in egg whites, dairy, cabbage, mushrooms and asparagus.

Glycine: found in soybeans, wheat germ, pumpkin seeds, bananas and oranges.

Vitamin C: found in a wide variety of fruits and vegetables.

Zinc: found in shiitake mushrooms, chickpeas, lentils, beans and various nuts and seeds.

Copper: found in cocoa powder, shiitake mushrooms, cashews, sesame seeds and lentils.

Reading the list above, you may have noticed that drinking a traditional miso soup with tofu, shiitake mushrooms, seaweed and spring onions can provide your body with the building blocks of a winter collagen boost.

The vegan 'bone' broth recipe below provides vitamin C, zinc, copper and protein to help fuel our own collagen production.

Vegan 'bone' broth

Ingredients

8 cups filtered water
2 handfuls dried shiitake mushrooms
8 whole green onions
1 piece of ginger (2.5 cm long), sliced in half lengthwise
1 whole garlic bulb, cut in half
4 whole carrots, peeled and cut in quarters
1 daikon radish, peeled and cut in quarters
2 tablespoons nutritional yeast
3 tablespoons tamari or coconut aminos
1 sheet dried kombu
¼ teaspoon agar agar powder
1 teaspoon homemade vegemite*
1 tablespoon fresh lemon juice
1 tablespoon sesame oil
Himalayan salt, to taste

Directions

Wash and then prepare vegetables as described in ingredients list. In a large pot, add all ingredients except the lemon juice, sesame oil and salt. Bring the stock to boil, then lower the heat and let simmer for about 45 minutes.

Strain your broth of all whole ingredients (I usually give these leftover vegetables to my chooks to eat as a warm winter treat).

Add the fresh lemon juice and sesame oil. Stir the broth well, then taste. Season with salt if needed. This broth can be poured into jars and frozen for an easy light meal.



Homemade Vegemite*

As the weather cools many of us crave a diet slightly higher in grains and carbohydrates than we would eat during the warmer months. This homemade vegemite on some sourdough bread or vegetable sticks makes a great winter snack. The black tahini provides calcium, the nutritional flakes provide B vitamins and apple cider vinegar acts as a great digestive tonic. Don't forget that the tamari or coconut aminos are also providing plenty of salt, so make sure your jar doesn't empty too quickly!

Ingredients

200 g black tahini
80 mL tamari or coconut aminos
15 g nutritional yeast flakes
25 mL apple cider vinegar (Choose unpasteurised ACV with the mother included for probiotic action).

Method

The method for this recipe is as easy as you can get, you just need to blend all the ingredients. The texture will be thick (although not as thick as store-bought Vegemite) so either use a food processor or enjoy a little arm workout. Once blended, place mixture in clean jar and store in the fridge.



Stuffed Roasted Butternut Pumpkin

Many of us grew up eating a Sunday roast, especially during the winter months. This stuffed roast pumpkin can take pride of place in a Sunday roast spread – no meat required!

Ingredients

For the butternut pumpkin

1 butternut pumpkin
1 tablespoon extra-virgin olive oil

For the stuffing

1 tablespoon extra-virgin olive oil
2 carrots peeled and chopped
2 stalks of celery chopped
1 brown onion chopped
2 cloves garlic minced
1 cup wild rice
2 cups vegetable stock
½ cup walnuts chopped
½ cup dried cranberries
1 teaspoon fresh sage chopped
½ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon thyme



Method

Preheat your oven to 180 C – 360 F. Cut the pumpkin in half lengthwise. Scoop out and discard the seeds, then put both halves on a baking tray, cut side up. Drizzle the olive oil on top of each half and rub around to coat. Bake for 60 to 75 minutes until the pumpkin is cooked and fork tender.

Let it cool enough so that you can handle it. Scoop out the flesh in the centre of both pumpkin halves, leaving about a 2.5 cm border all around.

For the stuffing

In a large pan, heat the olive oil over medium heat. Sauté the carrots, celery, onion and garlic until softened. Add the wild rice and stock to the pan, give it a stir, then cover and bring to a simmer. Cook for approximately 20 minutes, until the rice has cooked and fully absorbed the stock.

Add in the walnuts, dried cranberries, sage, thyme, salt and pepper. When ready, add in the scooped out and chopped pumpkin flesh. Stir well to combine.

To stuff the pumpkin

Pack in as much of the stuffing into both sides of the pumpkin as you can. Pick up one pumpkin half and flip it on top of the other. Use kitchen string to tie up the pumpkin in 3 or 4 places holding it together. When you are ready to bake, lightly brush the top with more olive oil. Bake for 20 to 35 minutes until hot all the way through. Season the top with cracked pepper and a sprinkle of chopped sage or other seasonal herbs. Slice carefully and serve hot, you may like to serve this with vegan gravy.

LOOKING BACK AT THE PREVIOUS CORONAVIRUS EPIDEMIC CONTINUED...

Are we all at risk and helpless?

A major flaw in the orthodox medical approach to infectious diseases is failure to consider that the condition of the body may have something to do with the process of infection turning into disease.

That other factors besides mere infection are involved is staring medical authorities in the face. Many infected people never get sick, some do get sick and soon recover, while a very small proportion progress to a severe stage and die.

Medical authorities don't even consider that when people consume a lot of processed and junk foods, drink a lot of alcohol, are stressed, smoke and may be heavily contaminated with toxic chemicals, their bodies might be in a toxic state, which could be the governing factor in disease.

Once infection turns into disease, modern medicine makes the serious error of attempting to treat the disease with a drug – a chemical, usually toxic – instead of doing what the body is showing clearly that it requires, that is, complete rest and fasting until it has cleared away some of the toxemia and restored vitality.

Critical research re fever.

Centuries ago, research found that when the body has produced a fever (heat increases the speed of immune function and the breakdown of toxic wastes), food is as 'indigestible as lead'. This showed that fasting, along with consuming adequate pure water, is imperative. If the feverish person consumes food, proteins can putrefy and carbohydrates ferment, adding to the toxemia and 'feeding' the microorganisms.

I am not suggesting that people should avoid taking the standard precautions against infection to reduce transmission. What I am saying is that if people have healthy lifestyles and know how to manage illnesses correctly according to the body's requirements, they may have no reason to live in fear of microorganisms.

Further, if doctors would advise people that they need to eat wholesome foods and look after their health generally so that infections would not progress to disease, people may feel much more motivated to do so.

News from What Doctors Don't Tell You

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You may resent doing the dishes, but simple household chores could be helping you live longer.

People who are active around the house for four hours every day are 62 percent less likely to suffer a fatal heart attack, and they also have a 43 percent reduced risk of heart disease, compared to someone who is less active.

Most things you do around the home count, from simple housework, gardening, cooking and even taking a shower or getting dressed in the morning. The important thing is that the activities when you're on your feet add up to four hours of activity every day, say researchers from the University of California at San Diego.

They measured the daily activity levels of 5,416 healthy women aged between 63 and 97 and discovered those who were active every day doing household chores were less likely to suffer from cardiovascular disease, coronary heart disease or stroke.

The health benefits seem to kick in after four hours of simple activity, and that those who were on their feet for just half that time didn't reduce their heart risk.

Research has usually focused on more obvious exercise, such as jogging or cycling, but household chores are also good for the heart.



Baby Formula Manufacturers Face Class Action Suit

A class action suit is being prepared against manufacturers of two baby formulas that are given to preterm babies. The formulas are being blamed for cases of necrotising enterocolitis (NEC), an intestinal disease that can cause inflammation and sometimes can be fatal.

Top Class Actions, a group of journalists who report on class action suits in the US, claims the manufacturers, Abbott and Mead Johnson, suspected their products could cause the disease, but did little to inform the public. One study, published by *The Lancet* in 1990, discovered that pre-term babies fed one of the formulas were between six and 10 times more likely to develop NEC than babies who were only breastfed. In 2015, a study found that babies with a very low birth weight halved their risk of NEC if they were breastfed.



People who are optimistic and have a positive outlook when they are adolescents are less likely to suffer from heart disease when they're older.

It's a new risk factor for cardiovascular disease, and schoolchildren and teenagers should be taught coping techniques and resilience to lessen their chances of developing the problem later, say researchers from the University of Missouri-Columbia.

They made the discovery after they had profiled the mental outlook of 20,000 adolescents when they were 15 years old and checked on their health every few years after that.

Understanding that our outlook when we are adolescents is a risk factor for heart disease gives doctors a new insight that could help them identify those most at risk and so teach them techniques to see the world in a more positive light.



The powerfoods that are most likely to reduce your chances of developing Alzheimer's have been revealed.

Researchers at the University of Barcelona carried out a 12-year study of 842 people aged over 65 who were living in the Bordeaux and Dijon regions of France.

They closely assessed their diets and cognitive health and came up with the following conclusions.

Mushrooms, apples, blueberries, oranges, pomegranates, cocoa, coffee, green tea and red wine were all shown to offer strong protection against cognitive decline.

Researchers recommended that a diet rich in vegetable and plant-based foods should be consumed as a source of plentiful polyphenol compounds that protect cognitive health.

The researchers also identified a link between artificial sweeteners and rapid cognitive decline.

References:

Journal of the American Heart Association, 2022; doi: 10.1161/JAHA.121.023433

Molecular Nutrition & Food Research, 2021; 65: 2100606
Benchmarking, 2021; doi: 10.1108/BIJ-06-2021-0369



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* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016



How Natural Therapies Can Help Crohn's Disease

What is Crohn's disease?

Crohn's belongs to a group of conditions often referred to as inflammatory bowel disease. There are multiple types of Crohn's disease, each determined by the area of the gastrointestinal tract that is inflamed.

The most common form of Crohn's disease is called ileocolitis. Ileocolitis affects the end of the small intestine (known as the ileum) and the colon (large intestine).

Jejunoleitis affects the upper half of the small intestine called the jejunum.

Gastroduodenal Crohn's Disease is a rare subtype of Crohn's disease that affects the stomach and upper part of the small intestine.

Crohn's Colitis (granulomatous) affects the colon also known as the large intestine.

Please note: It is so important that you get the correct diagnosis to guide treatment. For example, Crohn's disease and ulcerative colitis present with very similar symptoms, but require different treatments. Always discuss all treatment options with your medical specialist.

Natural Therapies to assist with Crohn's Disease

First and foremost, everyone is unique and even people with the same set of symptoms may require slightly different remedies.

Tissue healing

Crohn's diseases requires healing substances for the GIT mucosa. Slippery elm is a great GIT tissue healer that can be used as a powder, tablet or capsule. With capsules, I suggest people remove the capsule's contents and mix with water. Any gut issues can impair your ability to break down the capsules, vegan or otherwise. Liquid formulations are ideal, especially when combined with anti-inflammatory remedies.

Immune support

Immune support is essential and can be provided through immune supporting herbs, vitamins and colostrum.

Helpful anti-inflammatory remedies

Vitamin C

Quercetin

Omega 3 Fatty Acids: Vegan sources of omega 3 fatty acids include chia, flax and hemp seeds. However, you should not consume whole nuts or seeds if you have Crohn's. Grind all nuts and seeds down well and limit serving size.

Tumeric: Preparation of tumeric is essential for its absorption. Traditionally tumeric is combined with ginger and pepper and cooked in fat (either ghee or coconut oil). Side effects can occur in the bowel and mucosal lining after years of consuming it incorrectly prepared. It is very important to first break down the properties with fat for a good five minutes or more before adding other food/water.

Nutritional support

Malnutrition could be present due to malabsorption and loose bowels.

A multivitamin supplement (ideally with an antioxidant complex such as green tea extract) may be required.

A good magnesium/calcium formula is recommended, choose powdered formulations for more efficient absorption.

By Lyn Craven

Lyn Craven is a Naturopath, Bowen Practitioner and Reiki Therapist.

She can be contacted for an appointment on 0403 231 804 or via lynraven@bigpond.com

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ELECTRIC VEHICLES THE FUTURE IS NOW.

By Rebecca Smith, NHTSA Manager.

With petrol prices sitting above \$2.00 per litre for months earlier this year, more people are considering the value of switching to an electric vehicle (EV). For those of you that are considering, I can confidently say I wish I had made the switch sooner.

What stopped me from buying earlier?

I try to be an environmentally conscious consumer, and for many years I have been incrementally reducing my carbon footprint. Pouring petrol into my car after reading about the climate crisis or a fossil fueled humanitarian crises troubled me. However, seeing marketing that announced I could buy an electric vehicle from “as LITTLE as \$50,000!!” made me think buying an EV was out of my price range. Given that the average new car spend in Australia is \$40,729 (CanStar2021) and that electric vehicles cost significantly less to run and maintain, perhaps that’s not too bad a proposition. But for me, I needed a cheaper option to enter the EV market. Thankfully a review of the second-hand EV market showed that \$15, 000 to \$20, 000 would buy a car that met my needs.

Common questions I get about my electric car.

Are there charging stations near your house?

The closest EV fast-charging station to my house is 40 km away, although new charging stations are being opened all the time. Assuming you have access to a regular power point near where you park, you don’t need a charging station near your house. The ideal spot for an EV charging station is somewhere 75% of your battery range away. (For me that’s 90 kms away, but if I owned a Tesla Model 3 that would be more like 300 kms away.)



How do you charge your car, how long does it take?

I almost exclusively charge my car when it’s parked in my garage at home, using a regular power point. This is a ‘slow’ way to charge, and it takes my car 10 hours to go from completely empty to fully charged. This suits me fine as I don’t often completely run my battery down. Most of the time I only consume a small percentage of my battery charge and then I plug my car in when the sun is shining and my rooftop solar is creating more electricity than my house is using. When out and about I use a 50 kW charger, this charger takes my car from completely flat to 100% in 30 minutes.

My favourite things about EV driving

It’s quiet.

No more noisily vibrating down the highway straining to hear the kids requests from the backseat for me!

It’s cheap to run.

Combustion engines are clunky things, and in my experience the first couple of years of second-hand car ownership involves some trips to the mechanic. I have not spent a cent on car maintenance in two years. I went from spending at least \$60 a fortnight on petrol (back when petrol cost around \$1.30 per litre) to mostly charging my car at home using excess production from my rooftop solar system. I do occasionally charge at EV charging stations, but they are highly economic, and I’ve spent around \$50 on charging in two years.

It feels nice.

We all know that doing things that align with your values feels good. I didn’t fully appreciate the subtle niggles of displeasure I experienced every time I drove my petrol car, but I absolutely notice the joy of driving my trusty solar-powered little EV.

Community health benefits of EV driving

Reduced air pollution

In 2021 the World Health Organisation (WHO) released its *Air Quality Guidelines*. In this report, the WHO announced that air pollution was a greater danger to health than previously thought. **Seven million deaths per year are caused by air pollution, and our understanding of the health impacts of air pollution is still growing.**

The Organisation for Economic Co-operation and Development (OECD) estimates that approximately half of all air pollution in OECD countries is due to motor vehicles. **Unlike with industrial or agricultural processes, motor vehicle pollution is pumped straight onto our streets where we live, exercise and breathe.**

A 2019 report, *Cleaner and Safer Roads for NSW*, showed that vehicle emissions cause around 21,000 serious health impacts and 650 deaths annually in NSW alone.

This means that **air pollution from motor vehicles kills more people in NSW than motor vehicle accidents.**

Reduced noise pollution

Noise pollution from combustion engine motor vehicles can impact nervous system health, impair concentration and impair sleep.



Contributing to climate solutions

Road transport accounts for 10% of global carbon emissions. My car mostly gets powered by my home rooftop solar system. When needed, I use an electric vehicle charging network that is powered by 100% renewable energy.

Future opportunities, a car that saves or even makes you money!

In future, I will purchase a home charging system that will allow me to use my car's battery as back up energy storage for my house. This 'vehicle to grid' or 'bi-directional charging' technology was approved for use in Australia earlier this year.

What does 'vehicle to grid' or 'bi-directional charging' mean?

Instead of only using a home charging station to charge my car's battery, 'bi-directional charging' or 'vehicle to grid' technology would allow me to draw on the energy from my car's battery to supply electricity, either to my house or the grid depending on my needs at the time.

This will mean that I don't just have a car sitting in my garage, I have a potential home back-up energy storage system on wheels. The advantage of using the car battery is that it's much larger than a typical home storage battery. A Tesla Powerwall 2 is 13kWh of storage, where even the smallest EV batteries are more than twice that.

This gives car owners the opportunity to charge their car during the day from solar, then discharge the battery in the evening for cooking and watching TV. In our family that means once the bi-directional chargers are widely available for home use, we can charge fully during the day, pick the kids up from school, power the house all through the night, then take the kids to school in the morning, to plug in and fully charge again when the sun is shining.

Do you have insight into a wholistic health or an environmentally friendly practice that you'd like to share with our community? I firmly believe we have so much to learn from each other. This edition I thought I'd get the ball rolling by printing a summary of my experience of being an electric vehicle only family. If you would like us to publish an article about your experience, please email rebecca@health.org.au and attach your article.

Worst foods for tooth decay

Nearly a half century ago at a Senate hearing on nutrition, a Dr. Nizel from Tufts suggested that sugary breakfast cereals “should be banned in the best interest for all concerned, particularly children”. He was a professor of dental medicine.

A dozen different foods and beverages were ranked for their “cariogenic potential”—their cavity-causing potential—by implanting electrodes in the mouths of study subjects to measure the amount of acid produced in the plaque between their teeth after eating a variety of different things. The 2 breakfast cereals they tested topped the charts. The study showed that if you drink some sugar water, the pH on your teeth plunges within minutes into the acidic danger zone, and stays there for an hour, eating away at your teeth. Caramel is even worse as it sticks to your teeth, so stays longer, down deeper in the acid zone. The breakfast cereals tested dropped the teeth into the acid zone for two hours.

We’ve known about the cavity-causing “potential of presweetened breakfast cereals” for decades. A dozen such cereals were put to the test to measure the level of tooth-dissolving acid produced by the strain of bacteria that causes cavities. As one might expect, “the [cavity-generating] potential was found to be related directly to the sugar content of each cereal. A study of 28 different cereals concluded that “Unquestionably, the sugar concentrations in these 28 cereals are sufficiently high to qualify them as dentally dangerous.”

Observational studies have so far failed to link breakfast cereal consumption with cavity prevalence or incidence. This is presumed to be because eating it with milk helps clear food particles from the mouth. This makes the habit of eating dry sugared cereals, particularly between meals, of real concern. After the ingestion of dry sugary cereals, you’re left with nearly 50 times the sugar residue in your mouth, compared to swishing the equivalent sugar down in liquid form.

Do Natural Thymol Cleaning Products Disinfect as Well as Bleach?

Among hazardous household cleaning products, bleach, which can be toxic, is the most commonly associated with injury.

Regular occupational use of cleaning products can have adverse effects, such as impaired lung function, even for those without asthma and when used below so-called acceptable exposure levels.

Bleach use is associated with nearly five times the odds of ongoing lower respiratory symptoms and non-allergic adult-onset asthma, and more than 75 percent of population studies on cleaning product-induced asthma have found increased risk of nasal inflammation or asthma.

When researchers conducted a head-to-head challenge of Clorox bleach, a natural disinfectant based on thymol (from thyme essential oil), and a DIY cleaner (equal parts club soda and white vinegar with a few drops of tea tree oil), the thymol disinfectant worked as well as bleach, completely eliminating Coli and Staph germs, but the DIY tea tree cleaner allowed a few percent of the Staph bugs to live.

The researchers only added about one drop of tea tree oil per cup in making the DIY solution, so more may have made it a more effective cleaner, but it is clear that the natural thymol-based solution is “an effective alternative” to bleach.

Abridged from an article and presentation by Dr Michael Greger
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AUTOIMMUNE THYROID DISEASE

by Mary-Anne Bennet

Autoimmune thyroid disease is the most common organ-specific autoimmune disease, with a world-wide prevalence of around 5%. Autoimmune diseases include a collection of approximately 140 diseases, that are characterised by failure of the immune system, where instead of protecting the body from foreign invaders, it attacks its own cells. Approximately 78% of autoimmune disease sufferers are women and many spend years undiagnosed.

Autoimmune thyroid disease is influenced by many factors including:

- genetics
- dietary habits
- nutrient deficiencies
- environmental toxins
- infections
- drugs and smoking
- stress
- hormone imbalances
- gastrointestinal microbiome.

Hashimoto's thyroiditis and Grave's disease are two common autoimmune thyroid diseases that are characterised by autoimmune antibody infiltration of the thyroid gland, that can cause thyroid dysfunction and destruction of the thyroid tissue. This damage then further stimulates and immune response, perpetuating the autoimmune process.

Research supports a relationship between vitamin D deficiency and a greater tendency for development of antibodies linked to Hashimoto's thyroiditis, Grave's disease and/or postpartum thyroiditis.

The term, vitamin D, encompasses a group of steroid compounds, namely ergocalciferol (also known as vitamin D2) and cholecalciferol (also known as vitamin D3). Vitamin D's main functions are the regulation of calcium metabolism and the promotion of bone homeostasis. Vitamin D deficiency has also been linked to musculoskeletal diseases, cancers, cardiovascular diseases, metabolic diseases and infectious diseases.

Can you have more than one autoimmune disease?

The answer is yes. Once you have one, you are at an increased risk of being diagnosed with another.

It is well established that up to 34% of coeliac sufferers

will be diagnosed with another autoimmune disease. Coeliac disease leads to malabsorption which increases risk of nutrient deficiency, further increasing risk of autoimmune disease.

What can you do to reduce your risk?

While there is no cure for autoimmune disease, with proper guidance it may be possible to improve symptom management or even go into remission.

Here are the things that I know help:

Healthy eating. Good nutrition is essential for good health.

TIP: If you already have an autoimmune disease or any other chronic health condition, consider an anti-inflammatory diet.

Prioritise sleep. Sleep is when the body rests, recharges and detoxifies. Just one bad night's sleep can impact your immune system and your risk of autoimmune disease flare-up.

TIP: Turn off your screens an hour before bed and go to bed before 10 pm.

Keep moving. Activity is great for stimulating blood flow and oxygenating your cells. Healthy circulation transports nutrients to your cells and removes toxins from the body.

TIP: Walking is the best exercise, try to do at least 20 minutes per day.

Personal care. Take time to look after yourself, rest and recover. Being busy is bad for your health.

TIP: Schedule in time to relax, have a bath, read a book or just do nothing.

Reducing stress. Low-grade stress, from doing too much and trying to fit everything in, activates the fight or flight (sympathetic nervous system) response. Your sympathetic nervous system is pro-inflammatory and when your body remains in this mode for too long it increases your risk of autoimmune activation.

TIP: Don't sweat the small things, pick three things a day that you can achieve and focus on them.

Genetic testing can reveal many of the underlying genetic variations that can impact your health. Identification could reveal your risk of many issues including autoimmune diseases.

Mary-Anne Bennet, Certified Nutritionist.

If you would like to find out more about how nutrition can help autoimmune conditions, you can book a free 30-minute health reset session with Mary-Anne Bennet via

www.adelaidenutritionandwellbeing.com.au

DOGS AND CATS PAGES

Compiled by Roger French

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

Finding Comfort When Your Pet Dies

My guest is Carol Bryant, and our conversation here is about how we can honour the memory of a pet who has passed on.

Dogs Teach Us to Stay Present and Live in the Moment

“When you go into a relationship with a dog, chances are you’re going to outlive him/her,” said Carol. “Like many pet parents, I suffer from anticipatory grief, but what my dogs have taught me is the importance of staying present and living in the moment.”

Carol had recently lost Dexter, her beloved Cocker Spaniel, from hemangiosarcoma, a terrible form of cancer that she didn’t even know he had.

“We thought he was going to the vet for a pulled muscle in his back,” Carol explained. “But hemangiosarcoma is that evil train that no one sees coming.”

“Back to the topic of anticipatory grief: Change the channel when those thoughts come into your head and enjoy your dog while you’ve got him, because while it’s true that someday he won’t be here, that shouldn’t be your focus. Your dog wants you to be happy, to be living in the moment.”

Memorialising a Lost Pet Can Be Therapeutic

Carol’s focus since Dexter’s death has been finding ways to memorialise him:

“As a writer and a blogger, I find it very cathartic to help others going through the same thing,” she said. “I’ve been reaching out to people who are also in grief and telling them some of the things I’ve been doing. And until another dog comes into my life, I’ve been helping other dogs find new homes.”

Since Dexter died, Carol had an ornament made with his hair in it and she keeps it where she can see it year-round. “Tangible things like that give me comfort,” said Carol. “I also wrote an obituary for him.”



Giving and Getting Support

When they are faced with someone who has just lost a pet (or a human, for that matter), many people don’t know how to respond or what to say to their friend or family member who is in profound pain. Often, they tiptoe around the elephant in the room and don’t mention the loss.

However, it’s much easier if those who are grieving simply declare that they’re grieving, and the people who are close to them can acknowledge their pain, check in with them regularly and let the grieving person know they’re thinking about them.

“For those who go online, there are hashtags you can follow to find communities of people who are suffering along with you,” added Carol. “A lot of people suffer in silence, but I found some of the greatest friends and the most supportive people, just because we shared this common bond of loss.”

The hospital where Dexter died offered online support groups with a counsellor, and now I have friends from that too.”

Another thing Carol did was ask her friends, family and neighbours to email or snail mail a special memory or anecdote about Dexter to her. “Put them all in a jar,” she suggests, “and when you’re feeling down, pull one out and you have this memory that someone else experienced about your pet.”

“Pet people are awesome when they come together. You might not think something so small as, “I’m so sorry for your loss of your cat,” could be so impactful, but it can be.”

Carol Also Saw a Therapist

"I poured my heart out and said, "Please help me. I don't know what I can do now, because I work from home and my dog was always with me." "There's no fast-forward button on grief, Carol," replied the therapist. "You're going to have to walk through the fire. I can't make you better." And she's right – there's no timeline on grief.

I think it's important for all of us to remember that it's a blessing to have the honour of caring for an animal, and we should be thankful for the opportunity. It's truly a gift.

"All of us who've loved and lost a pet know that while his or her body is no longer here, no one can take that love away," said Carol. "Love never ends."

One Meal a Day Helps Dogs Avoid Disease, Live Longer

7th February 2022

University of Arizona researchers have observed that offering dogs just one meal a day may reduce their risk of nine types of age-related diseases, including cognitive decline, disorders of the gastrointestinal (GI) tract, liver, kidneys, urinary disorders, cancer and dental issues.

The researchers analysed data on over 24,000 dogs collected via the Dog Ageing Project, looking for links between feeding frequency and health outcomes.

"For nearly a century," wrote the study authors, "caloric restriction has been known to extend lifespan and delay age-associated pathology in laboratory animals," .

Canines may benefit from fewer feedings due to evolutionary reasons. After all, wolves in the wild often go days without food, and it's thought that this evolutionary feeding schedule may still be present in the genomes of domestic dogs.

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Benefits of Intermittent Fasting for Dogs

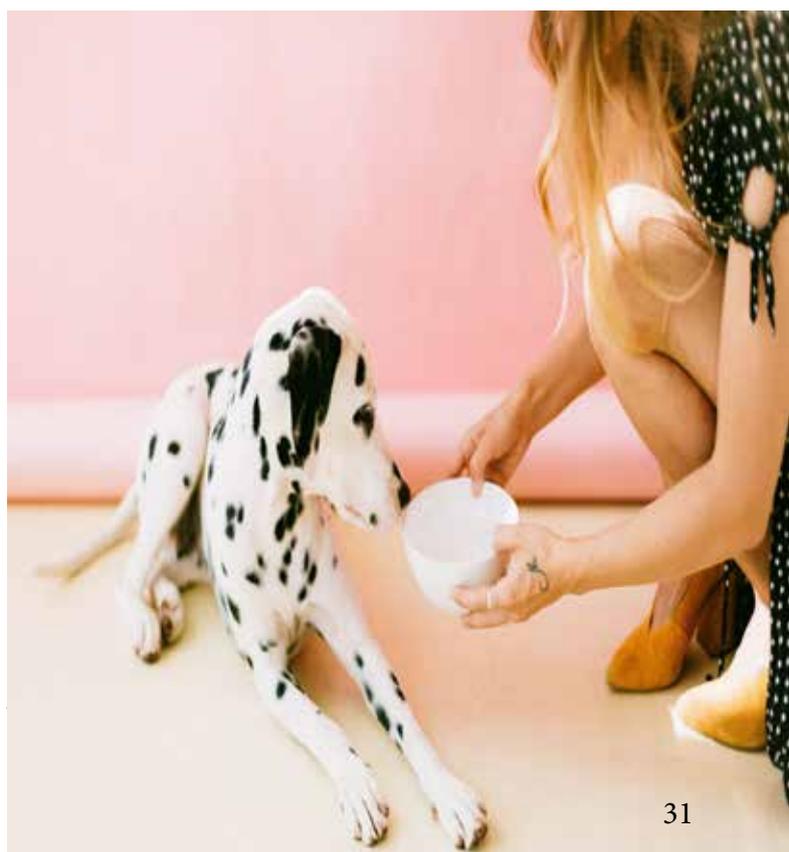
With a few notable exceptions (growing puppies, lactating females, senior and geriatric dogs, dogs with health conditions for which fasting is contraindicated, and small toy breeds prone to hypoglycaemia), I believe creating an 'eating window' (and fasting the dogs the rest of the day) is an underutilised strategy for improving health, wellness and longevity in canine companions.

Robert Mueller, an advocate of fasting, lists several other benefits, including:

"Elevates macrophage activity, which will engulf and destroy bacteria, viruses and other foreign material. Allows the digestive system to relax and let the body focus on other important bodily functions. Allows the body to regenerate briefly. It is amazing to watch a complete reversal of digestive symptoms, such as upset stomach and diarrhoea, as well as allergy relief."

Giving the body a break from constantly digesting and processing food not only restricts calories – which is linked to long-term health benefits – it also improves mitochondrial function and allows organs a chance to repair and restore function. It also sparks a process called autophagy, which allows the body to recycle and clean up cellular debris and waste that builds up over time.

Dr Satchin Panda from the Salk Institute for The Forever Dog told me that dogs were never meant to have a steady stream of calories coming in from morning to night.





My Magical Ginger Cat

Every feline family member is special in his or her own way, but if you have any experience with orange cats (aka ginger cats), there's a good chance you will think there's something just a little extra-special about them. When it comes to personality and behaviour, ginger cats seem to stand out from the crowd, and science may be providing an explanation.

One example is a 2015 online survey of cat owners in which respondents were more likely to describe orange cats as friendly.

The gene responsible for feline coat colours is linked to gender, which in the case of orange cats results in many more males than females. It's generally thought that male cats tend to be slightly more social than females. However, this is a hotly debated topic.

Orange Cats May Be Distinctive

Orange cats show greater differences between the genders, in that orange males weigh more than cats of other colours, whereas orange females weigh less than cats of other colours.

Specifically, since they are larger in size (and likely to be more aggressive, given previously documented links between a male cat's body size and aggression towards other cats), orange male cats may enjoy greater social status and thus reproductive success in rural locations where females typically mate only with one male.

Therefore, in an urban environment, the competitive nature of orange male cats may heighten their risk of death (for example, through fights with other cats or other animals), thus driving down the proportion of orange cats. This idea is supported by past findings that larger male cats are more dominant and aggressive, resulting in both greater reproductive success and greater mortality risk.

My Own Orange Cat

The first time I heard about 'magical' orange cats was in 1999 from my animal chiropractor. I had recently put Gemini – my magnificent Rottweiler that taught me my most valuable life lessons – to sleep. I was having a hard time managing my sorrow while being a full-time, very busy vet.

This was when my animal chiropractor suggested I adopt an orange cat. Shortly after this, I received a call from the local humane society to tell me that there was a stray orange cat that had been there long enough, but his time was up and they wanted me to meet him.

Reluctantly, I decided to just go and say 'hello'. When I opened his kennel door, he immediately came over to greet me, purring loudly. I 'explained' to him that his time was up, and that I was willing to foster him until I could find him a suitable home, but that I had a house full of cageless, free-flying parrots.

They ran the house and he would not be permitted to look lustfully, even once, at any of them, or I would immediately rehome him.

I brought him home and let him into the sunroom where my parrots all hung out on large tree branches. I introduced him to each bird, and again explained the rules: even one brief sideways glance and he would be rehomed immediately. He never entered that room again and followed the house rules to a tee.

It was as though he knew exactly what I needed, and he knew exactly what he could provide to me – a unique and very special friendship to help my heart heal from the profound loss I had experienced. The animal chiro was absolutely right: what I needed was a magical orange cat. And Jerry was magical!

When I think back to all the magical orange cats I've met in my practice over the last 20-plus years, not a single one was ever aggressive or feisty. They are, indeed, very special.

Are Ginger Cats Friendlier to Humans?

Perhaps orange male cats, due to their dominant status and bold personalities, feel more comfortable with approaching humans, who often frighten timid cats. Future studies can investigate whether this might be the case."

Kindred Organisations

Vegetarian and Vegan Society (VegSA) Inc.

www.vegsa.org.au

Vegetarian/Vegan Society of QLD Inc.

www.vegsoc.org.au

Australian Vegetarian Society (NSW) Inc.

www.veg-soc.org.au

Veg SA News

By Anne Saunders,

Secretary VegSA

Doctors For Nutrition: Promoting Plant-Based Diet To The Medical Profession.

Following its AGM on May 1st, VegSA members and visitors had the privilege

of hearing Dr Helen Roex from Doctors For Nutrition (DFN) speak about the work this organisation is doing to promote knowledge of nutrition amongst medical practitioners.

DFN advocate a whole-food plant-based diet, based on the evidence from mega studies that show how this can be hugely important in improving and maintaining good health, including treatment and prevention of chronic diseases. Whilst our readers have access to much of this kind of information, unfortunately most medical practitioners have very little training in this area. They lack confidence in advising patients for whom an improved diet would be valuable and at times even contradict the evidence that these studies provide.

DFN is working hard to see that knowledge of healthy (whole-food plant-based) diet is introduced into medical training and is also helping to introduce current practitioners to this information including by:

*Attending and organising seminars and conferences, including online, for medical practitioners, students and members of the public.

*Contributing to Plant Based magazines here and in NZ.

*Making a range of information available via its website, including the (currently) free education pack that can be ordered to be posted out to you for you to hand over to your health professional.

www.doctorsfornutrition.org



NHSA Member Specials

EASYpH Test Kit

How to test if your body is acidic.

Simple to use pH test that can be used to assess your acid-alkali state.

Can be used to test saliva or urine pH.

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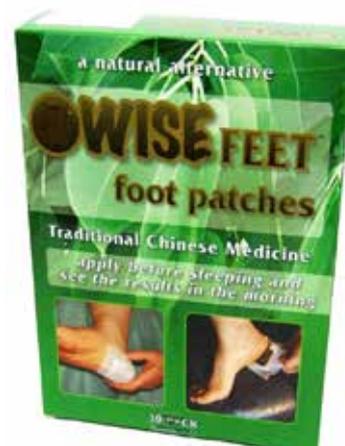


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Health News

by Rebecca Smith

Does Vitamin C increase your vitality?

Traditional naturopathic medicine emphasises the importance of a person's vitality as a measure of true health. Health is not merely the absence of disease, but a subjective feeling of energy and aliveness.

Unfortunately the subjective nature of vitality has led to its under-acknowledgement as a key health indicator by mainstream medicine.

Those of us in the Natural Health space know that vitality is arguably the only measure of health. Does the person have the energy to achieve what they want to? A sparkle in their eye? A spring in their step? Although many clinicians may note a person's vitality as a part of their global assessment, it is mainly traditional medicine practitioners who highlight the importance of vitality in health.

This is why Sim's research caught my eye. These researchers noted that traditionally "vitality decline" was seen to be one of the earliest signs of scurvy. They then used this observation to test the theory that Vitamin C could increase a person's vitality.

How did they do this?

In a double-blind, placebo-controlled trial, researchers supplemented people with 500 mg of Vitamin C twice a day for four weeks and then conducted tests to assess fatigue, attention, work engagement, motivation and self-control.

The results...

Vitamin C supplementation was shown to significantly increase attention and work absorption. Improvement on fatigue levels and comprehensive work engagement were also demonstrated (although this effect wasn't quite as strong). In other words, the people who were taking 1000 mg of Vitamin C per day were less tired and demonstrated a better ability to become actively engaged and absorbed in tasks. This sounds like an effective demonstration of improved vitality to me.

Gains in life expectancy can be made at any age through eating a healthy diet: although the sooner you start the better.

Using data from the Global Burden of Disease study, researchers analysed the potential gains in life expectancy that could be made by improving your diet. The study compared an optimised diet to a standard Western diet.

What is an 'optimised' diet?

The key dietary changes to make a diet "optimised" included increasing fruit and vegetable serves to 10 per day, and removing all processed meat, red meat and sugar-flavoured drinks (In other words, they adopted some of the fundamental aspects of the diet the Society has promoted for over 60 years).

What can be gained?

This study showed that prolonged changes from a typical Western diet to an optimised diet significantly increased a person's life expectancy. This, of course, is hardly headline news for those of us in the natural health space, however, this research is interesting as it demonstrates exactly how much a person could gain by dietary changes and the answer is... "A lot!".

A 20-year-old male who changed from the standard Western diet to 10 serves of fruits and vegetables daily, no processed meat, no red meat and no sugary drinks would increase his life expectancy by 13 years. A 20-year-old female adopting the same changes could expect to gain 10.7 years of life expectancy.

What about later in life?

The modelling also demonstrated that it is never too late to adopt a healthy diet. An 80-year-old who adopted the same dietary changes was shown to have 3.4 years to gain in life expectancy.

Sources:

PLOS Medicine Estimating impact of food choices on life expectancy: A modelling study

Lars T. Fadnes ,Jan-Magnus Økland, Øystein A. Haaland ,Kjell Arne Johansson
Published: February 8, 2022

Sim M, Hong S, Jung S, Kim JS, Goo YT, Chun WY, Shin DM. Vitamin C supplementation promotes mental vitality in healthy young adults: results from a cross-sectional analysis and a randomized, double-blind, placebo-controlled trial. *Eur J Nutr.* 2022 Feb;61(1):447-459. doi: 10.1007/s00394-021-02656-3. Epub 2021 Sep 2. PMID: 34476568; PMCID: PMC8783887.)



Gut-retina axis plays a crucial role in retinal health



Research published this year in *Frontiers of Microbiology* showed that healthy gut microbiota species produced anti-inflammatory compounds that regulated eye inflammation. This work builds on previous research demonstrating a link between gut microbiome abnormalities and inflammatory eye disorders, including uveitis, age-related macular degeneration, diabetic retinopathy, glaucoma and infectious keratitis.

How does this work?

This research showed that healthy gut microbiota species including *Bacteroids eggerthii* and *Lactobacillus paracasei* produced metabolites that directed white blood cell migration from the intestines to the eye. Given the vast array of microbiota species, this functionality is likely to be demonstrated by other species known for their anti-inflammatory metabolites.

Why is this interesting?

Retinal tissue is slower to repair than other tissues in the body, therefore the impacts of chronic low-grade inflammation show up more obviously in our retinas than in other parts of our body. In some ways, our retinas can be viewed as 'canaries in the coal mine' as they demonstrate the impact of chronic low-grade inflammation on our body quicker than in other areas.

Many people assume deteriorating vision and retinal or macular diseases are simply a sign of 'ageing'. Those of us in the Natural Health space view such issues to be more of a reflection of the chronic low-grade inflammation fuelled by inflammatory Western lifestyles and diet.

Although this research focuses on the connection between gut health and eye health, it is simply one more demonstration of the impact gut microbiota has in far reaching parts of our body. This research simply explains just one of the mechanisms behind what the Natural Health Society has understood for a long time, that a healthy digestive system can create systemic health.

Source:
Scuderì G, Troiani E, Minnella AM. Gut Microbiome in Retina Health: The Crucial Role of the Gut-Retina Axis. *Front Microbiol.* 2022;12:726792. Published 2022 Jan 14. doi:10.3389/fmicb.2021.726792



also being able to dampen down an excessive immune response such as in an auto-immune disease). They can help to support gut barrier function (reducing so called 'leaky gut') and may help to reduce allergic and inflammatory responses while at the same time improving resistance to pathogens.

Probiotics and Pets support immunity!

Numerous studies have shown that having pets in the first few years of life protects against allergies. These allergies can lead to hayfever, dustmite sensitisation, allergic rhinitis and asthma by modulating the immune system. So, being exposed to microbes on a daily basis actually supports a healthy immune response. Our daily exposure to microbes from the environment and other people which has been reduced due to social distancing could potentially be replicated with the use of daily probiotics.

Many studies have shown that children have less colds and influenza symptoms like fever (53%), coughing (41%), ear infection (56%) and days off (32% less) school/daycare with probiotic supplementation. Other studies show a reduction in antibiotic use in the short and long term (19%) for respiratory tract infections and fewer days with symptoms. Infection rates for common infectious diseases was also 19% lower with the use of a probiotic strain.

Remember though that these results are strain dependent.... so if you want to get a specific effect you need a specific strain that is proven to confer that benefit. Some strains work to improve immunity, some work to reduce inflammation, some work to support a healthy mood or skin or even cardiovascular health.

There are hundreds of studies which have been conducted that show undoubtably the huge benefits that probiotics can have for our health.

So what do you need to know?

Take a probiotic if you are concerned about immune support this winter. They may help reduce sick days and use of antibiotics. Remember to take an evidence-based strain that clearly shows strain names/numbers on the bottle.

As always...
Stay Well!
Fin Mackenzie
Naturopath
www.greendoorhealth.com.au

REFERENCES AVAILABLE ON REQUEST.

Immunity and Probiotics

First of all ... what exactly is a probiotic?

A probiotic is defined as a live organism: bacteria or yeast which promotes health.

According to the International Scientific Association for Probiotics and Prebiotics: "Live microorganisms that, when administered in adequate amounts, confer a health benefit to the host".

You would know them by common names like *Lactobacillus* and *Bifidobacterium*. You may already buy them from the chemist fridge in capsule or powder form and eat or drink them in things such as yoghurt, kefir, kombucha and sauerkraut. All these things work as 'carriers' for the beneficial flora.

Food sources are considered a source of live and active cultures, but are not strictly considered PROBIOTICS. This is because they may contain undefined amounts of bacteria, species and colony counts compared to a specific strain in a supplement.

Both may be considered as 'therapeutic' but because the supplement is more measurable with well characterised clinical effects in precise doses that is what I will be talking about today. I do believe that fermented foods and drinks play a vital role in keeping our gut healthy though. A healthy gut forms a protective barrier against antigens from foods and microorganisms and also plays an important role in immunity.

Probiotics have been shown to have an antimicrobial effect in the gut, while also promoting immune modulation (increases a low immune response while

Winter Warming Herbs: Ginger

By Ally Sanchez.

When I think of herbs, I imagine these little personalities that they have. I think of ginger as a warm-hearted friend. One who wants you to feel better real soon so you can come out and play.

Botanical Name

Zingiber officinale

Taste

Pungent (sip on some ginger tea and feel it work through your system).

Energetics

Ginger is warming and drying, once it is dried it can be classed as hot.

A warming stimulating herb ideal when tissues are cold, stagnant and mucus is forming. 🌿 🌿 🌿

Ginger will bring relief to:

Travel sickness and nausea.

When a cough or cold is coming on, pop ginger in a juice, or sip some lemon, ginger and thyme tea.

Muscle pain – feel its warming energy dispersing and loosening up those tired muscles.

Post exercise – to prevent the above.

Menstrual cramping – ginger tea or tincture taken throughout the day will bring relief to your cramps.

Ginger can be used in your juices, as a tea or as an extract.

Even crystallised ginger brings warmth and comfort. 🌿

Ginger is in my cough drop blend which has been helping to settle many an annoying cough over the years.

If you think you may need some ginger in your plant medicine blend, get in contact.



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(All prices include postage within Australia.)

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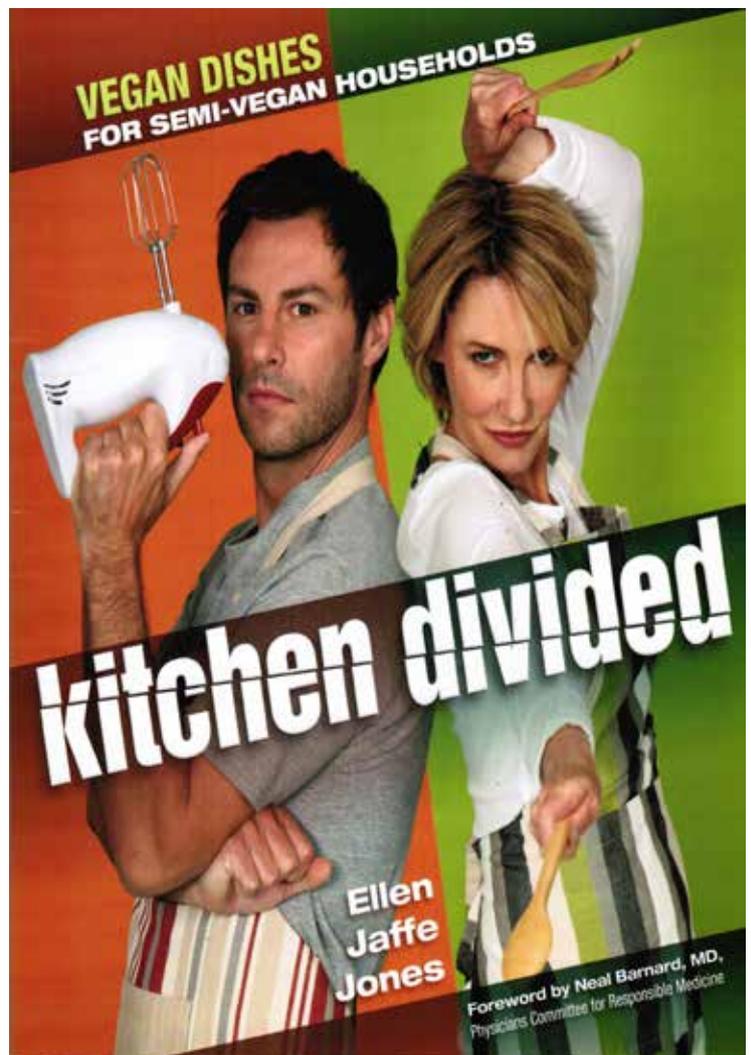
Vegan dishes for semi-vegan households

MEMBER 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.



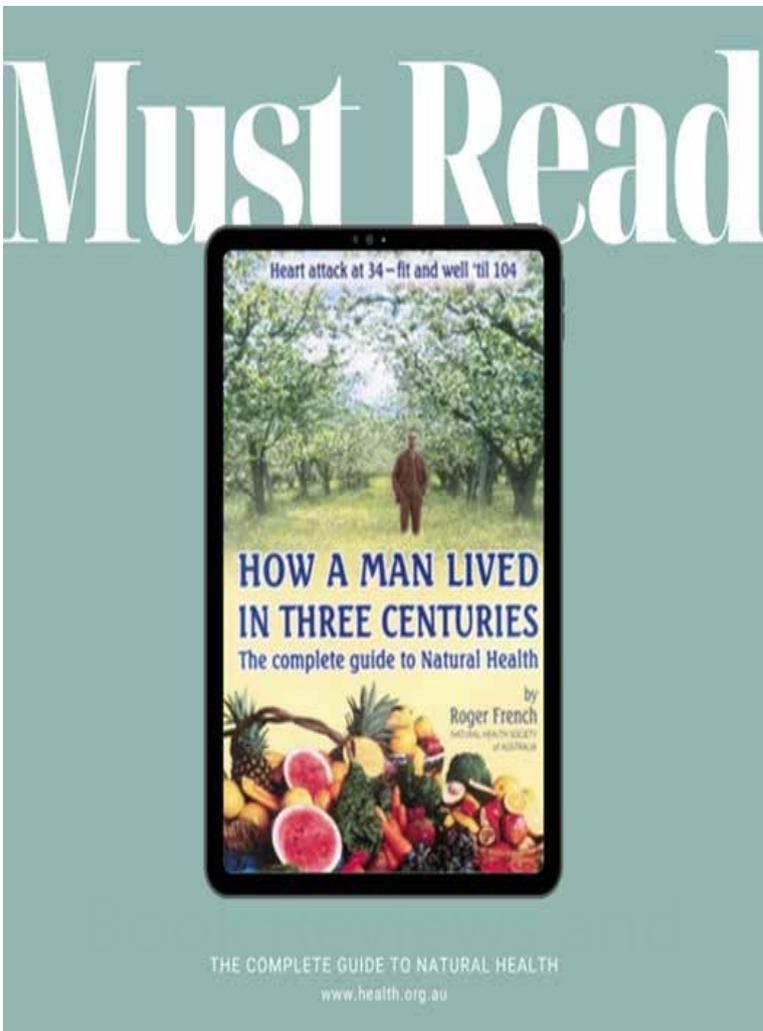
Book Reviews

HOW HOW A MAN LIVED IN THREE CENTURIES

MEMBER PRICE 1 COPY \$18, 2 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!

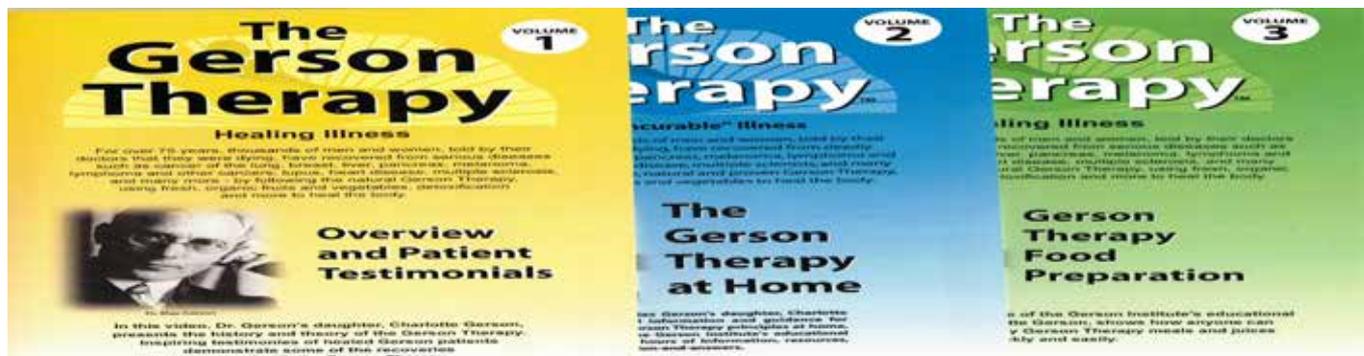


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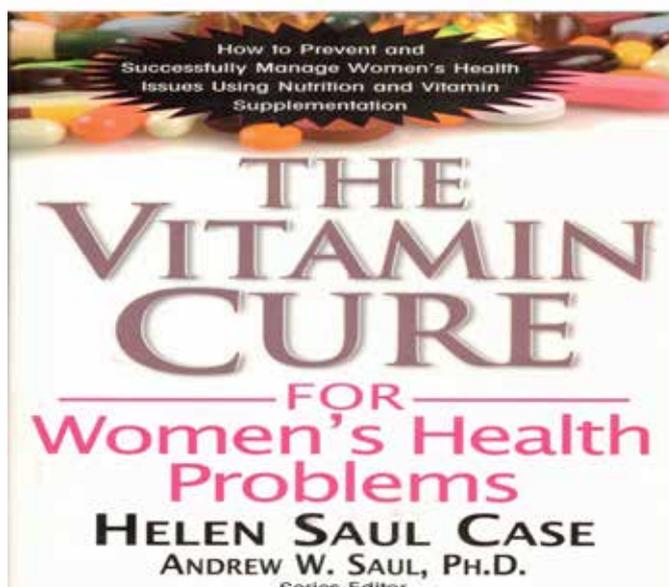


VITAMIN CURE FOR WOMEN'S HEALTH PROBLEMS MEMBER PRICE \$16

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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