

True Natural Health

The Magazine of the Natural Health
Society of Australia



Spring 2022



Sunshine, More Than Just Vitamin D

Muscle up to Beat Hot Flashes

The Hydration and Anxiety Link

Salt, Oil and Sugar-Free Eating

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THIS MAGAZINE WAS SENT TO YOU IN BIODEGRADABLE POLYWRAP

Welcome to Spring 2022!

In this issue, Roger French has written an article in response to recent census data that identifies that around 30 percent of Australians are suffering from (at least one) chronic illness. This statistic is particularly concerning as we know that health is more than merely the absence of disease. If the census data managed to capture the number of genuinely healthy people in our population, I suspect that number would be frightfully low. This issue we also hear from Robyn Chuter on staying strong and healthy, do a deep dive into the health benefits of sensible sun exposure, consider the impact practising forgiveness has on our health and much more.

For Spring, the good people at Australian Garlic have offered a discount code to Natural Health Society members. If you buy any SupaGarlic product online at supagarlic.com.au and use the code **NatHealth15** at checkout you will receive a 15% discount and a free garlic storage bag. Australian Garlic is 100% Australian owned and operated and only sells garlic grown in chemical-free Australian paddocks.

As always, thank you for your readership and support.

Rebecca Smith (NHSA Manager)



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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Sunbathing Is More Important Than Just Vitamin D

Abridged from an article by
Dr Joseph Mercola

Melatonin, the Master Hormone

Melatonin is a master hormone,(1, 2) a potent antioxidant,(3) an anti-oxidant recycler,(4) and a master regulator of inflammation and cell death.(5) These functions are part of what makes melatonin such an important anti-cancer molecule.(6)

There are two forms of melatonin, circulatory and subcellular. 'Circulatory' is produced by the pineal gland and secreted into the bloodstream, and 'subcellular' is produced by your mitochondria and used locally. Both appear to be controlled by either the absence or presence of sunlight. While circulatory melatonin may be the 'hormone of darkness,' subcellular melatonin is the 'hormone of daylight'

Melatonin Combats Oxidative Stress, Day and Night

The vast majority of the melatonin your body produces — 95 percent — is made inside your mitochondria in response to near-infrared radiation from the sun. Only five percent of melatonin is produced in your pineal gland.(1) It is important to note that melatonin supplements do not wind up in your mitochondria where they are needed most to stop the damage from oxidative stress produced during energy production.

Melatonin is best known as a sleep-regulating hormone. At night, the level produced by your pineal gland rises, which helps make you sleepy and ready for bed. As the sun rises, the level automatically recedes, allowing you to wake up.

Melatonin's role as an antioxidant, while not as widely acknowledged, has a huge impact on our health. As melatonin is released at night, it travels through your circulatory system and is taken up by cells. Within our cells are mitochondria. Mitochondria are the powerhouses of our cells, and they produce most of our cellular energy. A by-product of our energy production is a type of free radical known as reactive oxygen species (ROS).

Excessive amounts of ROS will damage our mitochondria, contributing to inflammation, sub-optimal health and chronic health conditions such as diabetes, obesity and thrombosis (blood clots). To combat this, mitochondria have an antioxidant system that uses melatonin as a key antioxidant to mop up the ROS before too much damage occurs.

Melatonin also helps counteract ROS during the day, but through a different pathway. During the day, near-infrared rays from the sun penetrate deep into your body and stimulate the production of melatonin inside your mitochondria. (More on this later.)

US-based Pulmonologist, Dr Roger Seheult, notes that sun exposure may help combat any number of respiratory infections, including COVID-19, and the production of melatonin in your mitochondria appears to be a key part of why that works. Melatonin has also been shown to be an important part of COVID-19 treatment, reducing the incidences of thrombosis and sepsis(7) and lowering mortality. (8,9)

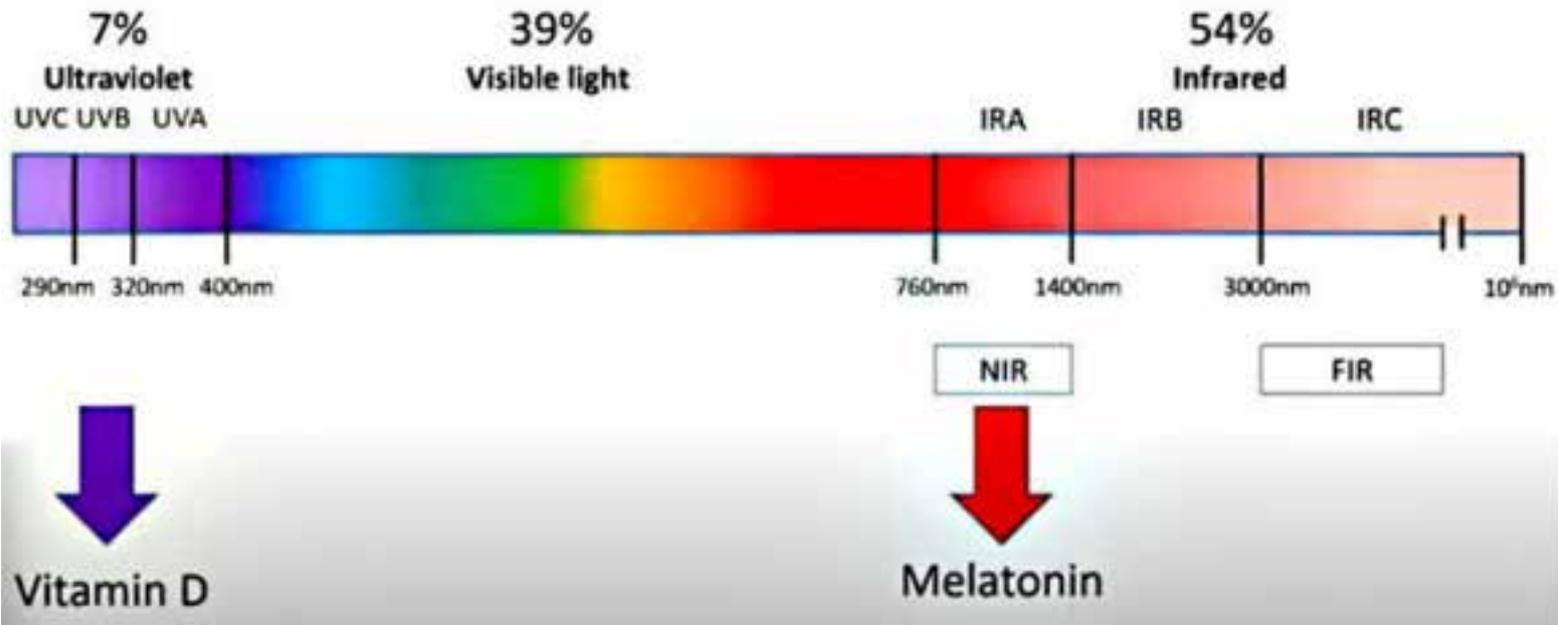
Understanding Solar Energy

Before we explore Dr Seheult's theory, it may be helpful to revisit the composition and functions of the solar light spectrum. Thirty-nine percent of the solar spectrum is what we see as visible light. Ultraviolet accounts for only 7% of the solar spectrum, while most of the solar spectrum, 54%, is infrared.(11)

Ultraviolet light is just beyond the violet end of the visible light spectrum and is made up of UVA, UVB and UVC. Vitamin D is specifically produced in response to UVB radiation, which is only a small part of the ultraviolet spectrum and an even smaller part of the solar spectrum.

At the other end of the solar spectrum is infrared. Infrared is not visible but is felt as heat. Like UV light, the infrared spectrum is grouped into 'A,' 'B' and 'C,' in this case, IRA, IRB and IRC. The infrared spectrum is also divided into near-infrared radiation (NIR) and far-infrared radiation (FIR). The infrared spectrum closest to the visible spectrum, the near-infrared spectrum, is comprised of IRA. While IRB and IRC do not penetrate deeply into the skin, more than 65 percent of IRA reaches the dermis. It is this IRA that stimulates melatonin production in our mitochondria.

Solar spectrum



The near-infrared/IRA has a much longer wavelength than other parts of the solar spectrum, allowing it to penetrate much deeper into your body. Its penetrative power (heat) also means it can penetrate light-weight clothing.

Although the mechanism is not completely understood, it is likely that near-infrared photons stimulate melatonin synthesis in your mitochondria through cyclic adenosine monophosphate, NF-kappa B activation or by stimulating bone marrow stem cells.(12) Now if those chemical pathways lost you, the key point here is that if you don't have sufficient exposure to near-infrared light from the sun, then your mitochondria will have depleted melatonin levels.

Dr Seheult's Theory

In a recent presentation, Dr Seheult reviewed research that showed that COVID-19 rates across the world correlate to the 'solar index' (the amount of sun striking the area). COVID-19 incidence has also been correlated with vitamin D levels, with higher vitamin D blood levels correlated with lower incidence of COVID-19 and higher rates of survival for COVID-19 positive inpatients. However, Dr Seheult argues that these benefits are likely to be due to factors other than vitamin D itself, noting studies that showed no benefit of vitamin D supplementation in patients treated for severe COVID-19.(1) Dr Seheult views vitamin D to be a likely marker or surrogate for sun exposure.

This theory is backed up by research which found that areas of the U.S., the U.K. and Italy with higher UVA levels also had lower COVID-19 mortality rates. (10) As noted above, Vitamin D does not rise in response to UVA (only to UVB), so something in

sunlight other than vitamin D must have a beneficial impact. According to the authors: "This study is observational and therefore any causal interpretation needs to be taken with caution. However, if the relationship identified proves to be causal, it suggests that optimising sun exposure may be a possible public health intervention."

The researchers also suggested that nitric oxide could be playing a role, "Given that the effect appears to be independent of a vitamin D pathway, it suggests possible new COVID-19 therapies and the importance of exploring the role of circulating nitric oxide." This suggestion draws on in-vitro [test tube] research showing that nitric oxide limits SARS-CoV-2 replication.

While it's true that nitric oxide rises in response to sunlight (specifically UVA and near-infrared), Dr Seheult believes that the primary mechanism at work here is melatonin, because it is produced in response to the infrared spectrum, which makes up a much greater portion of the solar spectrum than ultraviolet and works regardless of the angle at which it hits the Earth. Hence the southern part of England can have lower COVID-19 deaths than the northern part, even though the entire country is too far north for vitamin D production.

It is worth remembering that since the beginning of human history, people have lived and worked outdoors during the light of day, absorbing light energy from the sky. An average of 10 hours outdoors each day, 70 hours a week, was common. Today, we spend an average of fewer than 30 minutes a day or a mere three hours per week in daylight.(13)

Sunbathing Is More Important Than Just Vitamin D continued...

The Role of Melatonin in COVID-19

So what does all of this have to do with treating COVID-19? For this, we need to snake our way through some biology. Angiotensin-2 is a pro-oxidant that is converted into angiotensin, an anti-oxidant, by the ACE2 enzyme. ACE2 is the same enzyme the SARS-CoV-2 spike protein attaches to and uses to enter our cells.(1,7)

Angiotensin-2 increases blood pressure while angiotensin lowers it by relaxing your vasculature. Angiotensin-2 also increases the generation of reactive oxygen species (ROS). Angiotensin, on the other hand, will decrease ROS in the cells.

The problem you encounter with COVID-19 is that when the virus attaches to the cell, it knocks out the ACE2 enzyme (because the spike protein is now bound to it). So the conversion from angiotensin-2 to angiotensin cannot occur. As a result, ROS increases unchecked inside the cell. SARS-CoV-2 infection also increases white blood cell production, which also increases ROS production. The end result of this elevated oxidative stress is blood clots, which in turn lead to hypoxaemia [low level of oxygen in the blood].

Melatonin can break this destructive cycle by mopping up the ROS and protecting your mitochondria from destruction.(14) As noted by Dr Seheult, if you're not getting enough sleep at night and not getting enough sun exposure during the day, your mitochondria are basically 'running hot' with inflammation. Melatonin is the 'coolant' that dampens the ROS in your mitochondria.

If your mitochondria are already taxed and you come down with COVID-19, the added stress can tip you over the edge. If your melatonin system is working well because you're getting good sleep and plenty of sun exposure, you're more likely to fight off the infection and not have it turn serious.

This effect was demonstrated in a June 2020 study that found that melatonin inhibited a COVID-19-induced cytokine storm. "...Because of melatonin's potent anti-oxidant and anti-inflammatory activities, it would normally reduce the highly pro-inflammatory cytokine storm and neutralise the generated free radicals, thereby preserving cellular integrity and preventing lung damage."(15)

Seed Oils Increase the Risks Associated with COVID-19 and Excessive Sun Exposure

This may seem like a tangent, but it's an important one. Linoleic acid makes up the bulk — about 60 percent to 80 percent — of the omega-6 fat/oil you consume, making it a key dietary source of polyunsaturated fat. While thought of as an essential fat, when consumed in excessive amounts, linoleic acid acts as a metabolic toxin.

Excess linoleic acid consumption damages your metabolism and impedes your body's ability to generate energy in the mitochondria. This is because polyunsaturated fats, such as linoleic acid, are highly susceptible to oxidation, which means that the fat breaks down into harmful oxidised linoleic acid metabolites.

Over the last 150 years, the linoleic acid in the human diet has increased from two to three grams a day to 30 or 40 grams. It used to make up just one to two percent of the energy in our diet, but now it makes up 15 percent to 20 percent. This massive increase in linoleic acid consumption is a likely contributor to the increased risk for virtually every chronic degenerative disease associated with modern diets.

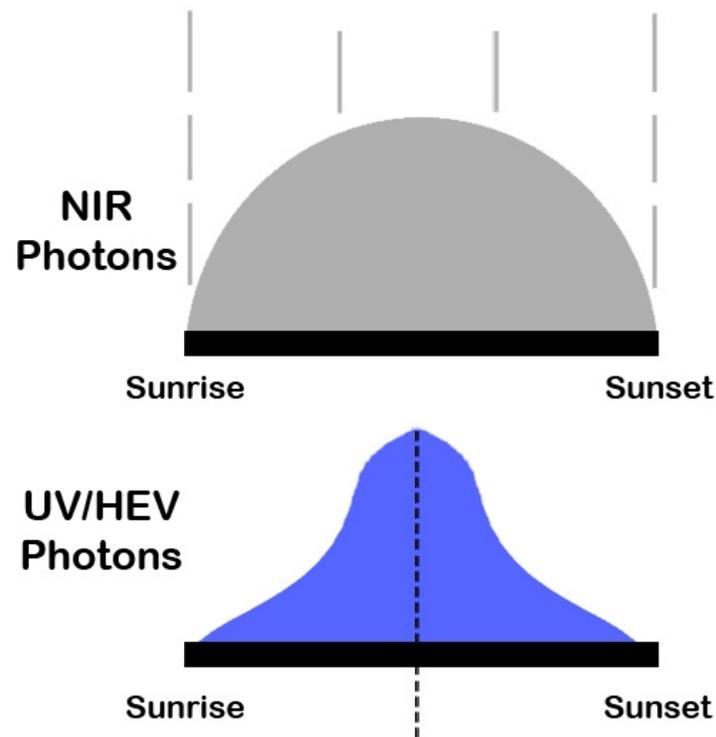
Primary sources of linoleic acid are seed oils and processed foods (which contain seed oils). Conventionally-raised chicken and pork are other common sources, due to the linoleic-acid-rich grains they're fed. **[The Natural Health Society has the opinion that the oil in the whole seeds are not likely to lead to excessive consumption. It is the extracted oils in bottles and processed foods which are commonly consumed excessively. - Editor]**

So in summary, simply eliminating (or greatly reducing) seed oils and conventional chicken and pork from your diet can:

- Reduce your risk of sunburn, thus allowing you to get plenty of worry-free sun exposure to raise your vitamin D level,

- Increase nitric oxide and melatonin production in your mitochondria, and

- Lower your risk of COVID-19 complications by limiting the conversion of linoleic acid into leukotoxin.



Optimise Your Health with Sensible Sun Exposure

Melatonin is an ideal target when trying to combat mitochondria-related diseases, because it has ready access to, and is synthesised in, your mitochondria, right where the oxidative stress occurs.

Remember, taking melatonin supplements will not transfer to increasing mitochondrial melatonin production. It needs to be produced near your mitochondria and not float down from your pineal gland. So, oral supplementation is not a substitute for going outdoors during the day.

If you take melatonin during the day, you're tricking your body into thinking it's night-time, which could cause problems. As far as we know, the best way to increase mitochondrial melatonin is to optimise your near-IR exposure through regular sunlight exposure.

As you can see in the graph on page 4, unlike increasing vitamin D, you have a much broader window where you can get near-IR exposure. Interestingly, spending time in nature is another way to increase your IR levels as most green plants and trees reflect IR. This is likely to be one of the reasons why forest bathing is so healthy.

The good news is that you don't have to be almost naked to benefit, as you do when optimising your vitamin D production. Since near-infrared radiation penetrates light-weight clothing, you can cover yourself to prevent sunburn for a longer period, while still getting the near-infrared that you need. (Also, remember to minimise the linoleic acid in your diet to cut your sunburn risk.)

The other side of the equation is avoiding bright light late at night. To optimise melatonin release in your pineal gland at night, avoid blue light-emitting gadgets at least a couple of hours before bed and keep the lighting in your room dim. Blue-blocking glasses can also be used. Once in bed, make sure your room is pitch black, as even a small amount of light can interfere with melatonin production.

Together, sun exposure during the day and keeping your bedroom dark at night will ensure your mitochondria are being bathed — day and night — in melatonin that reduces harmful ROS.

So, as suggested by Dr Seheult, try to spend more time outdoors, especially if you're sick or experiencing chronic disease.



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Water Really Can Help Us See The Glass Half Full

By Nikolaj Travica, Postdoctoral Research Fellow, Deakin University.

The growing field of nutritional psychiatry focuses on the effects of foods and drinks on our mental health. Despite water constituting 60–80% of the human body, it is often overlooked as a significant nutrient. In fact, the evidence shows water and hydration can play a role in preventing and managing the symptoms of anxiety.

We all enjoy the cooling sensation a cold drink of water provides on a sweltering summer day. Our bodies are masterfully programmed to let us know when it's time to rehydrate. We may be nourishing our brain too. Several years ago, a group of researchers undertook a review that focused on the various ways hydration impacts health. The results were promising. Overall, negative emotions such as anger, hostility, confusion and tension as well as fatigue were found to increase with dehydration. One trial induced mild dehydration and found increased reports of tension or anxiety and fatigue in participants. Researchers have also found people who usually drink lots of water feel less calm, less content, and more tense when their water intake drops. When researchers increased the participants' water intake, people in the study felt more happiness, no matter how much water they normally drank.

Another large study found people who drink five cups or more of water per day were at lower risk of depression and anxiety. In comparison, drinking less than two cups per day doubles the risk. This link was less noticeable for anxiety alone (although feelings of depression and anxiety often influence each other). More recently, researchers found water with electrolytes may prevent anxiety more than plain water, but it was noted that the placebo effect may explain this connection as study participants were aware when they were given the electrolyte drink. The link between dehydration and anxiety is also observed in children, who are a group at risk of dehydration.

Dehydration might also affect how well we sleep. Poor sleep can exacerbate feelings of anxiety. Almost every bodily function relies on water. Because 75% of brain tissue is water, dehydration reduces energy production in the brain and can change brain structure, causing the brain to slow down and not function properly.

At the molecular level, if water levels are too low, our brain cells cannot function properly, with the brain showing signs of working harder to complete tasks. Our cells recognise a state of dehydration as a threat to survival, leading to a state of anxiety. Serotonin is a neurotransmitter (a chemical messenger between brain cells) that stabilises our mood and regulates emotions. During dehydration, we struggle to get the chemicals required to produce serotonin into our brain. Being just half a litre dehydrated may also increase the stress hormone cortisol, which has been associated with a range of mental disorders, including anxiety.

The big picture

Addressing lifestyle factors including your water intake in the context of your overall diet, physical activity levels and sleep are important foundations that can support a person's mental health. And there is evidence to suggest dehydration can affect our mood. But it's important to note there are a wide range of factors that affect an individual's level of anxiety. No single thing is likely to be responsible for completely resolving those feelings. This is particularly true in people experiencing significant anxiety, where simply drinking more water is unlikely to be helpful on its own.



This article was originally published in *The Conversation* in February 2022 and is republished with permission under a Creative Commons license.

SOCIETY NEWS AND EVENTS

Member Letter...

Dear Elizabeth, Roger, Rebecca, and Staff,

I first met Roger in 1965 when I stumbled across a group offering a 50 cent vegetarian meal, upstairs in George Street, Sydney, that suited my solo life at age 18 and met my dinner and social requirements. I joined the NHS and visited Hopewood many times. I'm pleased to read that Roger is now the Patron. What effort and contribution has been made to bring a lifestyle of wellbeing and dedicated knowledge to so many; 57 years for me. Thank you...

The Society has inspired me to share, guide and plant seeds of wellbeing with others along the road to good health! The connection enabled me to carry on with studies and occupations that supported Natural Health. What a treat and blessing. What a wealth and variety of magazine content, current issues, beautifully presented in a great format. May the energy and means continue be available so that many are aware of details and topics that can be accessed. On our various life journeys, it is healthy to have choices for our good health that the magazine provides.

Sincerely, Blessings,
V. Dickson.



62nd Birthday!!

The Natural Health Society turned 60 when it was too tricky to get together due to COVID-restrictions. Two years on, we are well and truly ready to celebrate 60 years of helping people live healthy lives. We will be celebrating with a lunch and guest speakers on Saturday November 12, from 12pm to 3pm at Sydney Mechanics School of Arts 280 Pitt Street Sydney.

Further details and tickets sales are available via our website, www.health.org.au and our office p. 0432 396 701 e. admin@health.org.au

Notice of the 2022 Annual General Meeting Natural Health Society of Australia (NSW) Inc.

Notice is hereby given that our next Annual General Meeting will be held Thursday 10 November at 9.30am AEDT via zoom.

Society members wishing to join the meeting need to use the following Zoom access:

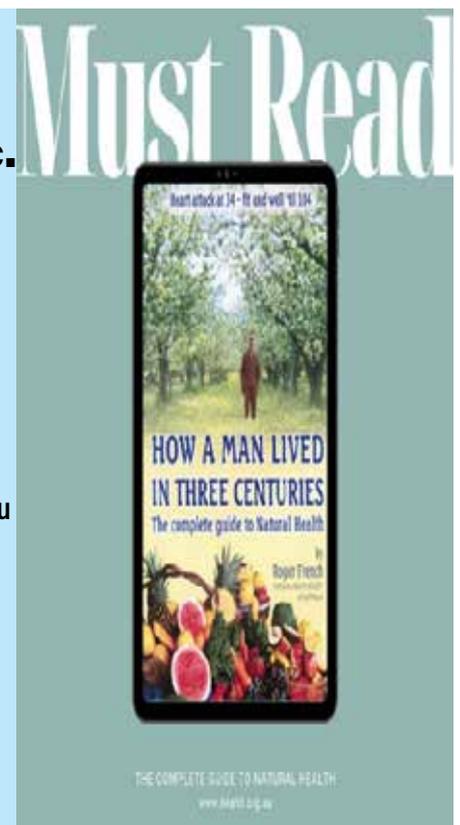
Meeting ID: 839 3357 1204 Passcode: 943021

If you have any questions, please phone 0432 396 701 or email admin@health.org.au

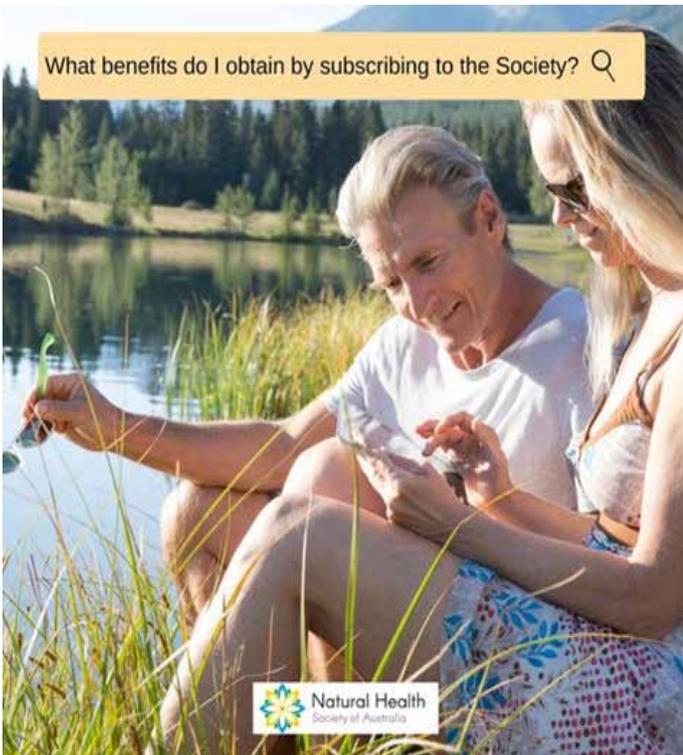
Business:

- Reports of President and Manager
- Receipt and adoption of Treasurer's report
- Election of National Committee members

If you are interested in joining our National Committee, please contact our office for a nomination form.



What benefits do I obtain by subscribing to the Society? 🔍



* Quarterly editions of *True Natural Health*

* Member Discounts

*Invitations to Society events

*Free downloads of past *True Natural Health* editions

We are pleased to announce the establishment of the *Natural Health Society's Health Advisory Panel*. We have collected a group of people with a wealth of knowledge and experience in Natural Health. Watch this space!

Thank you to all members for your time and commitment.

Health Advisory Panel Members

Cecil Bodnar
Robyn Chuter
Giselle Cooke
Candace Coughlan (Chair)
Roger French
Greg Fitzgerald
Ally Sanchez

We want to continue to help people live happier, healthier lives. Our aim is to become cost-neutral so we can promote the Natural Health approach for years to come. If you would like to help us, here are some options.

Donate

Some members generously provide us with donations, any donation great or small is gratefully received. You can donate via our website at www.health.org.au, call our office on 0432 396 701 or send a cheque to the "Natural Health Society of Australia" PO Box 4264 Penrith Plaza NSW 2750.

Help us expand our membership

Do you have a friend you think would enjoy our magazine? Lend them a copy of TNH or perhaps buy them a gift subscription? Let your friends know of upcoming events and share our socials posts to help spread the word.

Bequeath

Another way people support the Society is through bequest. It may be wise to consult a solicitor to ensure that the bequest is valid.

Whatever action you can take, big or small, we are deeply appreciative.

Thank you.

Our heartfelt thanks goes out to the following members who have generously given us donations in recent months; we couldn't survive without you.

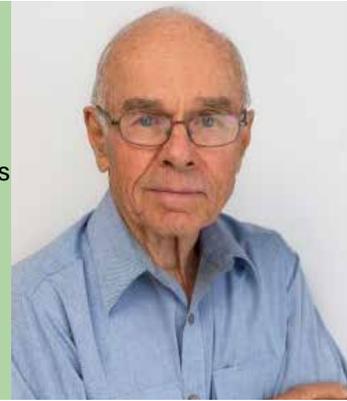
Shirley West, Neville Richardson, Andreas Gwozdz, Aurorra and Eloisa, Judith Shaw, Christina Kirkpatrick, Pam Robinson, Stephen & Vicky Versey, John Smith, John Walker, T. Heap, Larissa Bergmann, Ron Jenkins, Margaret Raumer, Barbara Pearson, Christiane Massa, Susan Besant, Richard & Philomena Watkins, Janet Wilson, Barry Hastie & Cynthia Handley, Karen Millgate, Katie Deverell, Maree Johnstone, Gary Owens and Jeanne Silverson.



YOUR QUESTIONS ANSWERED

By Roger French

If you have a question, please send it to r.french@health.org.au. We regret that it is not possible to answer questions personally, nor can all questions be answered. As always seek your health professional's advice for health conditions.



Q. THE 'FEEL-GOOD' BRAIN CHEMICAL, SEROTONIN: I have read that serotonin is an important natural feel-good chemical in the body. Is it a hormone or what kind of chemical is it? How do our bodies obtain serotonin? - A. N., Balmain NSW

A. Serotonin is often referred to as a 'feel-good chemical' or 'happiness chemical'. It is an important regulator of mood, appetite and sleep.

Serotonin is a major neuro-transmitter in the brain. (A neuro-transmitter transmits nerve messages from one fibre to the next along a nerve.) It is involved in the communication between nearly all our millions of brain cells. While some sources say it is a hormone, others say only that it acts as a hormone.

Serotonin has a role in the control of numerous central nervous system functions including mood, aggression, pain, anxiety, sleep, memory, eating behaviour, addictive behaviour, temperature control, hormone regulation and signals to muscles.

Abnormalities in serotonin are related to nerve diseases including schizophrenia, depression, aggressive and self-injurious behaviour, obsessive/compulsive disorder, seasonal affective disorder, substance abuse, anxiety disorders, bulimia (over-eating, then throwing up), hyperactivity, dementia, sleep disorders, restless leg syndrome, multiple sclerosis and even Parkinson's disease.

According to the *American Journal of Clinical Nutrition*, the synthesis of serotonin in the brain depends directly on the amount of the amino

acid, *tryptophan*, being delivered from the bloodstream. It also depends on the amount in the blood of some other amino acids which compete with tryptophan for transport in the bloodstream. In turn, the amount of tryptophan in the blood is dependent on the amount consumed in the diet.

Tryptophan is so critical to serotonin synthesis, that if tryptophan is very deficient in the blood, it can reduce serotonin synthesis to one-tenth of normal or less. So that adequate serotonin can be made in the brain, plenty of tryptophan is necessary in the diet. Especially good sources are the plant proteins found in legumes, nuts, seeds and grains. Some green vegetables also contain useful amounts. A well-known source is cows' milk, but this is far from a natural food for adult humans.

Tryptophan is available in supplementary form and, being a natural constituent of food, it produces few side effects and has been used with variable success for psychiatric and other nerve disorders.

Besides food, another natural way to increase serotonin level is by exercise. When you run, pedal your bicycle or lift weights, your body releases more tryptophan, which boosts serotonin (along with other endorphins). This is why many people get that feeling of euphoria, known as a 'runner's high', after an intense workout.

There is an intermediate substance between tryptophan and serotonin, called *5-HTP*. It has been found to effectively increase the synthesis of serotonin. When taken orally, about 70 per cent ends up in the bloodstream, from where it can be used. Five-HTP has been administered

therapeutically for depression, binge eating, insomnia, chronic headaches, fibromyalgia and other conditions.

Five-HTP – *5-hydroxy-tryptophan* – is an amino acid that the body makes naturally from tryptophan and is, in effect, a precursor to serotonin. Supplementing with 5-HTP rather than tryptophan is believed to be the most efficient way to increase brain serotonin.

Along with other tryptophan supplements, the over-the-counter sale of 5-HTP has been banned by the Australian Therapeutic Goods Administration due to possible side effects. Therefore, purchasing it requires prescription and professional supervision. Five-HTP supplements are made from an African tree.

Five-HTP can have side effects. At lower doses, these can be minor effects such as nausea, bloating, heartburn and headache. At higher doses, or in combination with other medications, side effects can be quite serious.

Serotonin in excessive levels in the brain can also have side effects. Toxicity is most often caused by taking more than one serotonin-enhancing substance at the same time, such as 5-HTP and an antidepressant medication. Symptoms depend on the degree of excess, and may include increased heart rate, tremor, sweating, mental agitation, seizures, shock and even organ failure and death.

In summary, for adequate serotonin, we need to consume plenty of food sources of tryptophan, the natural source of any nutrient always being the best. Otherwise take in moderation supplements of tryptophan or the intermediate compound 5-HTP with professional supervision.

Q. TRISMUS OR 'LOCKJAW':

Do you know of a remedy for trismus, a condition where the jaw can become very stiff after dental treatment. I can't open my mouth much to eat. I have been to see an oral surgeon, but she wasn't able to help me much. What can I do? – B. K., email

A. This uncommon word, 'trismus' is simply the

medical name for lockjaw. It is well known as a symptom of tetanus, but it does have other possible causes.

A mouth that cannot open fully is the hallmark of trismus. If you are unable to fit three fingers vertically between the bottom and top front teeth, it could be a sign of trismus. The muscles of the jaw become abnormally contracted, which prevents the mouth from opening fully.

Dental trismus is a temporary condition, lasting usually not longer than two weeks. It results from some kind of insult to the muscles of mastication, such as opening the jaw for a prolonged period or having a needle pass through a muscle.

The normal amount of mouth opening is typically 35 – 50 millimetres, which is about the width of two or three fingers between the incisor (front) teeth. Restricted opening can be mild to severe:

- Mild trismus is 25 – 35 mm mouth opening
- Moderate trismus is 15 – 25 mm
- Severe trismus is less than 15 mm

When the mouth opening is less, speaking becomes strained, eating may be restricted, chewing is less efficient, swallowing is more difficult and teeth cleaning may become compromised. A person may feel slight panic.

Most cases of trismus are temporary, but some can be permanent. If the cause is swelling or inflammation, it will typically resolve in one to two weeks. But the earlier you start treatment, the better the chance for recovery.

If the cause is a chronic underlying condition, such as temporo-mandibular joint disorder or arthritis of the jaw, symptoms may persist for much longer.

SYMPTOMS

The following are the most common symptoms:

- Restricted jaw opening;
- Fever (if there is infection);
- Severe or dull aching pain, tenderness or swelling in the chewing muscles;
- Clicking or popping sounds during movements of the lower jaw;

- Decreased range of motion in the temporo-mandibular joint (TMJ – the jaw hinge);
- Decreased ability to talk, sing, yawn and brush teeth
- Difficulty in swallowing or choking;
- Deviation of the jaw toward the affected side.

CAUSES

The most common causes of trismus are:

Wisdom tooth extraction. As the extraction sites heal, there can be swelling and inflammation in the muscles of the jaw. This can limit jaw motion for about two weeks.

Trismus after dental injection is relatively common, although it doesn't necessarily mean anything was done wrongly. It usually resolves in about a week.

Temporo-mandibular joint disorder: This is characterised by excruciating pain or tenderness of the jaw. Disorder of this sliding hinge can cause jaw tension, difficulty chewing, headaches, earaches and commonly trismus.

Oral infections or non-oral infections, the latter of which may include tonsillitis, meningitis, parotid abscess or brain abscess.

Trauma. Trismus can be caused by trauma, such as a fall, car accident or other injury. The swelling can cause the muscles of the jaw to tense up in an effort to protect and repair the injury.

Medical drugs including succinylcholine, phenothiazines and tricyclic antidepressants.

Radiotherapy/chemotherapy. Cells of the oral mucous lining have a high growth rate and are susceptible to the toxic effects of chemotherapy, possibly leading to an inflamed mouth and trismus. Radiotherapy may lead to bone death, which can result in pain and trismus.

Tumours in the region of the mouth can lead to trismus.

Tetanus. This is the least common condition to cause trismus. It causes muscles all over the body to tighten painfully.

CAN IT HAPPEN AT THE DENTIST?

Trismus can follow the jaw being held open for a prolonged period.

Dental practitioners routinely administer local anaesthetics, normally with no adverse effects. However, it is possible, though rare, for trismus complications to follow.

TREATMENTS

If your condition has persisted for more than a couple of days or is increasing in severity, it would be wise to contact your dentist or therapist.

Some treatment options include:

- **Heat therapy.** Applying heat can work wonders for muscle tension. Place a hot, moist towel on the jaw for 15 minutes each hour.
- **Avoid clenching your jaw shut or grinding your teeth together.**
- **Use a jaw-stretching device,** which fits between the upper and lower jaw. A therapist can advise how to use one of these.
- **Massage and stretch** the jaw to help loosen the muscles and decrease pain.
- **Acupuncture.** This may be beneficial for muscle relaxation and pain management.
- **Craniosacral therapy.** This gentle, hands-on therapy may help reduce chronic pain.
- **Have a soft-food diet** and avoid hard, crunchy foods until symptoms improve.
- **Take magnesium supplements** before and after oral surgery to decrease the severity of pain and trismus.
- **Limit caffeine intake.** Caffeine may tighten the jaw muscles.
- **Medication.** If necessary, a doctor may prescribe a muscle relaxant, pain reliever or anti-inflammatory medication.
- **Physiotherapy.** When the acute phase is over, it could be helpful to have physiotherapy for opening and closing the jaws.

Exercises for trismus

Before trying these exercises, be sure to massage your jaw muscles in a circular motion for 30 – 40 seconds. The exercises can be repeated several times during the day.

1. Massage the areas of your jaw that are painful by moving your fingers in a circular motion; do this for about 30 seconds.

2. Open your mouth as wide as possible, hold for 10 seconds, and then close. Repeat 5 times.
3. When it feels comfortable to do this, use your thumb and index finger to open your mouth as wide as possible and hold briefly.
4. Open your mouth as wide as possible, move your jaw to the right, and then close. Repeat 5 times and then do the same exercise, moving your jaw to the left.
5. Stretch your neck by moving your head forward and backward and then turning left and right. Press your ear to your shoulder, holding for 20 – 30 seconds before repeating on the other side. Repeat 5 times on each side.

'Trismus: Treatment, Causes, and Symptoms', www.healthline.com/health/trismus, December 28, 2021

'What causes trismus? Symptoms, diagnosis, treatment, and exercises for trismus'

<https://www.belmarrahealth.com/causes-trismus-symptoms-diagnosis-treatment-exercises-trismus/>, October 18, 2017

'What is Trismus', <https://www.aestheticmilereconstruction.com>

'Trismus After Dental Injection', <https://dentaldorks.com>

**Q. PURITY OF DISTILLED WATER:
Could you please explain the purity of distilled water? A lot of well-known writers favour it. - M.A., Bathurst NSW.**

A. Distillation is one of the three well-known methods for purifying water. The others are reverse osmosis and activated carbon.

In the distillation process, the impure water (tap water) is boiled, the steam is collected, cooled and condensed and the result is pure water, very fit for human consumption. This is the same as the natural process that produces rain from salt-rich sea water. Water evaporates from the ocean, is carried up into clouds and then condenses into rain.

Distillation effectively removes heavy metals, organic compounds, dissolved salts and solids and almost all other impurities from water, namely about 99.9 percent of them. However, certain pesticides, volatile solvents and volatile organic compounds (VOCs) with boiling points close to or below that of water will vaporise along with the water. These compounds will not be completely removed unless another process is used.

Therefore, a good distiller needs an activated carbon filter to finish off the purification. The purity will then be comparable with water produced by high-quality reverse osmosis. But,

in contrast, distilled water tastes flat because the oxygen has been boiled off. [Note that reverse osmosis is the method used in the huge government plant at Botany Bay in Sydney.]

You can buy distilled water or buy your own equipment. The negative point is that distilling uses a lot of electricity, because it requires a lot of heat to boil water. Occasionally, the equipment may need descaling.

Distilled water sold in garages for motor vehicle batteries is very pure by NHMRC standards and probably safe to drink. However, it has not been assessed and approved for human consumption, so we can't recommend it.

Purifying water to a high degree removes not only the toxic impurities but the good minerals as well. Calcium, magnesium and some other beneficial minerals are lost, and this could be detrimental to health. There is no doubt that we would be better off to be drinking unpolluted spring water – but few humans live in such pristine environments.

Fluoride compounds are probably the worst of the toxic pollutants in town water. Two other common toxic pollutants are aluminium compounds and chlorine. The latter can be removed by activated carbon, but only distillation or reverse osmosis will remove fluoride and aluminium compounds and other ionic compounds.

We can replace the lost minerals by eating the right foods, namely a balance of natural foods, including more than a kilogram of green and yellow vegetables and fresh fruits daily, along with avoiding refined carbohydrates which have lost most or all of their minerals. For a further infusion of minerals and vitamins, we can include the juice of green and yellow vegetables daily, what we call 'carrot-and-chlorophyll' juice. If still in doubt about adequacy of minerals, we can top up with multi-mineral supplements.

To my mind there is not a shadow of doubt that by purifying our drinking water, the benefits will far, far outweigh the harm.

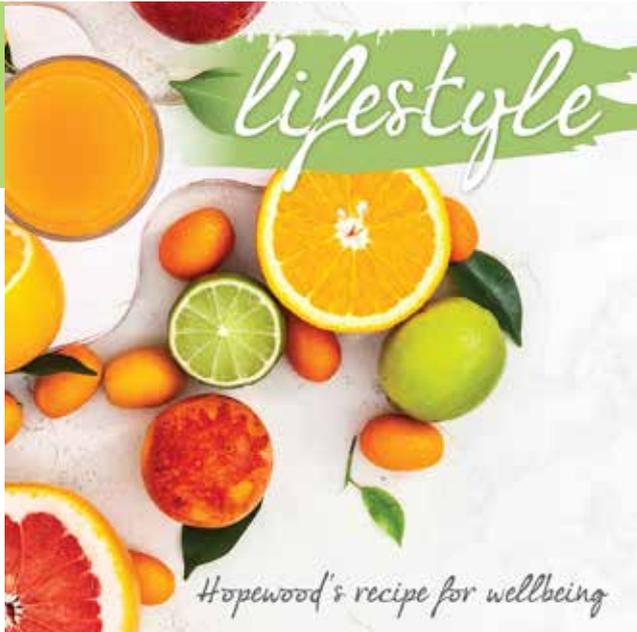
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SPRING CLEAN YOUR HEALTH

Winter is often a time of hibernation and comfort. You may have taken the opportunity to slow down, enjoy heartier meals and indulge yourself to help get through the colder months. And that is absolutely okay!

But now Spring is upon us, it's time to brush off those cobwebs and shed those winter kilos. Spring is a time of rejuvenation and revitalisation. An opportunity for us to heal, cleanse and nurture our bodies back to optimal health and let go of anything we've been holding onto. Just as we spring-clean our homes, we can also spring-clean our health. Here are some of our top tips:

Get up earlier and do some morning movement

Fill your plate with fresh fruits and vegetables

Switch to lighter meals like soups and salads

Increase your water intake

Detox your body with a juice or water cleanse

Drink fresh juices and herbal teas

Spend 30 minutes to an hour outside in the sun every day

And you don't have to do it alone! Our Lifestyle book, *Hopewood's Recipes for Wellbeing*, can guide and support you to get back on track with your health. It's filled with expert advice crafted by specialists in nutrition, meditation, yoga, massage and healing.

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Start your morning with a healthy juice to cleanse your liver and boost your energy. It will give your body a good dose of fibre, antioxidants and nutrients. It's also perfect if you're doing a detox. Try our morning boost juice!

Ingredients:

- 12 medium carrots
- 2 oranges, peeled
- 1 apple
- 1 beetroot
- ½ lemon

Method:

Juice ingredients and serve



Eight million of us have a chronic illness



A highly preventable tragedy

By Roger French, Patron, Natural Health Society

According to the 2022 census, one Australian in every three is suffering a long-term health condition. Out of our population of 26.4 million, this means eight million are chronically ill. The most common chronic conditions are mental illnesses, arthritis, asthma and back pain.

What makes this tragic situation even more tragic is that the largest health studies ever conducted show that this is unnecessary and that disease is highly preventable given the right knowledge.

HOW CAN MANY AUSSIES BE SO SICK?

It probably stems mainly from the ignorance of the orthodox medical profession in disease prevention. It seems that Big Pharma has succeeded in keeping clinical nutrition out of the medical courses at universities so that doctors are neither qualified nor legally permitted to give nutritional advice to their patients. It's not their fault, it sheets right back to Big Pharma.

As one drug company CEO was known to have said years ago, "We don't like healthy people – they don't use our drugs". That

says it all – they sure are keeping a lot of people unhealthy.

This was blatantly evident during the coronavirus pandemic. For the entire two years and a bit, there was not a single word uttered by the so-called 'medical experts' about strengthening immunity by improving nutrition and other aspects of lifestyle.

This denying people the necessary knowledge for health means that a lot of people don't have a chance to begin with.

The drug companies do have immense power. Way back in 2001 medical journalist, Paul Sheehan, wrote in the *Sydney Morning Herald* that the world's seven leading drug manufacturers had a combined market value of two trillion dollars. They had enough money, he wrote, to influence every government in the world right up to the US Congress. Today, these figures would be much greater.

The fact that this 'epidemic' of chronic disease is avoidable was indicated by medical ecologists in the 1970s. After studying the health of Australians as a whole, they concluded that virtually all the health problems in Australia at the time were diseases of civilisation, which means diseases of lifestyle. This is still the case today.

For a more reassuring picture, we can turn to the key finding of the subject of epigenetics.

Epigenetics tells us that if we have a healthy diet and lifestyle, the body will switch off any disease-associated genes that we might have inherited and switch on our healthy genes. Conversely, if we have an unhealthy diet and lifestyle, the body will switch off our healthy genes and switch on any disease-associated ones.

A large body of lifestyle research shows that, except in relatively rare cases, we don't need to be sick. This was demonstrated unequivocally by the largest studies of the past century, which were detailed in the Autumn 2022 issue of this magazine under the title '*Germs – The Big Picture. The missing information on germs, health and disease.*' Here is a summary of a sample of these studies.

THE PEOPLE OF HUNZALAND

The population of this isolated valley was investigated by Dr Robert McCarrison early last century. He found that the population was almost entirely free of disease, and conducted further research to confirm that diet and lifestyle were the key factors. In the entire population of around 20,000 people, Dr McCarrison found not a single case of cancer.

The Hunzas lived on fresh vegetables, fresh fruits, dried fruits, whole-grain foods and butter;

protein came from legumes and goats' cheese. Meat was eaten only on ceremonial occasions, so it was a rarity in the diet. They did indulge in a strong grape wine.

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

Dr McCarrison was knighted for his work, and concluded: "I know of nothing so potent in producing ill-health as improperly constituted food. The greatest single factor in the acquisition of health is perfectly constituted food."



NUTRITION AND PHYSICAL DEGENERATION

This research, conducted over nine years in the 1930s by an American dentist, Dr Weston Price, compared the dental health and overall health of 'primitive' peoples with those of Westernised peoples.

Dr Price found that the 14 isolated peoples had strikingly good teeth, jaws and health generally and had admirable physiques with splendidly built bodies.

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

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

Wherever the natural foods of these peoples were displaced by imported processed foods, Dr Price found that dental, physical and mental health went

to pieces. Some people became "sad wreckages in physique"

He presented his results in a book entitled *Nutrition and Physical Degeneration* (Keats Publishing Inc., 1939).

PACIFIC ISLANDERS

In the 1980s Professor Paul Zimmet of Monash University, President of the International Diabetic Association, found a striking contrast between Pacific Islanders who had adopted a Western lifestyle and those living traditionally.

This research found that islanders who had adopted a Western way of living had developed an 'epidemic' of degenerative diseases. "Diabetes, high blood pressure, obesity and heart disease are now reaching epidemic proportions in the Westernised urbanised populations," he wrote. "These diseases had previously been unknown in the area and were still unknown in the islands where the traditional diet and way of life have been retained."

THE WORLD'S GREATEST STUDY OF MICROORGANISMS

Professor René Dubos, one of the 20th century's most prominent microbiologists, in the 1960s conducted a 'marathon' investigation into the relationship between germs and higher animals and humans.



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

Eight million of us have a chronic illness

A highly preventable tragedy cont...



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

The crux of our relationship with germs, stated Professor Dubos, is that, "Given enough time, a state of peaceful co-existence eventually becomes established between any host and any parasite without the need for interference through antimicrobial drugs or immunological processes (immunisation)." [Perhaps the so-called medical experts advising us about the current COVID pandemic could take note here.]

In conclusion, Professor Dubos wrote, "Faulty nutrition constitutes today the largest single cause of disease in the world." His findings were published in a book entitled, *Man Adapting* (Yale University Press, New Haven and London, 1965). Every one of these early studies found the same thing regarding freedom from disease, namely that nutrition is a major factor in governing health.

THE AUSTRALIAN CULTURE OF EATING

When we compare the culture of eating in modern Australia to the way of eating of the isolated peoples, it is no wonder that so many of us are sick. By necessity, the isolated peoples consumed diets for which the human body is designed and their calorie intakes were just above subsistence level. They didn't overeat because they needed to conserve as much food as possible in case a famine was just around the corner.

In contrast, the large majority of we Westerners are consuming diets for which our bodies are not designed and in quantities well above our needs – with disastrous consequences, as the census statistics have shown.

The typical Australian way of eating is along the

following lines:

- There is too much concentrated food, that is, food high in protein, carbohydrate (especially refined) and fat.
- The overall diet is highly acid-forming, which sets the stage for inflammation in numerous possible areas of the body.
- Protein, especially animal protein, is usually in excess, setting the stage for cancer and other illnesses.
- Most carbohydrates are refined – white sugar, white bread and other white flour products and white rice – which means that there are not enough minerals, vitamins and other antioxidants to enable the body to process the major nutrients properly. Also, the refining away of fibre sets the stage for bowel and artery diseases.
- There are excessive quantities of salt, caffeine and other stimulants, which irritate tissues.
- For some people, there is a high intake of dairy products.
- Take-away foods are highly processed, the worst of all being deep-fried foods, which almost certainly contain rancid (oxidised) oil/fat.

In spite of readily available knowledge about how to eat wisely, most people just don't do it. Applying self-discipline to what we eat simply ain't popular.

OTHER ASPECTS OF LIFESTYLE

On top of the disease-causing culture of eating, there are other aspects of lifestyle which are well known causes of compromised functioning and disease. The main factors are:

- Toxic man-made chemicals can contribute to many illnesses all the way up to cancer.
- Lack of exercise can contribute to obesity, diabetes, high blood pressure, heart attack, Alzheimer's disease and many other conditions.
- Insufficient vitamin D due to lack of sunbathing. Insufficient vitamin D is well known to increase the risks of bone deficiency diseases and a wide range of skin and other cancers.

- Stress, meaning emotional stress, is commonly high in modern, high-pressured society.

CONVENTIONAL TREATMENT OF ILLNESS

When eventually the body decides that it needs to rest and detoxify – which it does in the form of an ailment like a cold, the flu or some other inflammatory condition – it is given an antipyretic to suppress the fever, which the body has initiated as a key step in detoxification. There may also be drugs to suppress inflammation and so on. Along with the mindset to ‘soldier on’, the body’s innate attempts to detox and heal are frustrated, often repeatedly. Medical drugs are in most cases toxic chemicals which suppress symptoms while the underlying causes of an illness continue unabated or exacerbated.

FANATICISM NOT NECESSARY

A barrier to healthy lifestyle for many people is the attitude that if they adopt a healthy diet and lifestyle, they will need to forgo any of their favourite foods and treats. Nothing could be further from the truth – except, perhaps, in the case of cancer. In fact, fanaticism can be yet another cause of stress, causing more problems than it solves.

The Natural Health Society has, since its beginning, promoted the ‘anti-fanaticism’ rule: *It’s not what you do five percent of the time that governs your health. It’s what you do 95 percent of the time that governs.*

CONCLUSION

The evidence is unequivocal that through diet and other aspects of lifestyle, we have the ability to determine whether or not we are at the mercy of germs or might become sufferers of degenerative illnesses.

After adopting the way of eating for which our bodies are designed, we can build health and strong immune systems and become immune to all kinds of infectious diseases – for life. Further, we will normally also be safe from chronic conditions.

Through promotion of proper preventive lifestyle, eight million Australians could be spared a lot of their current suffering.

Prevention is far better than cure and infinitely better than cures that don’t work.

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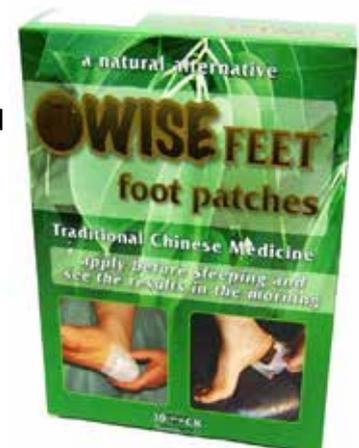


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Muscle up to beat hot flushes

By Robyn Chuter, Naturopath and Counsellor



Hot flushes and night sweats are the bane of most women's lives during the menopausal transition. Up to 80 percent of US [and Australian] women experience these episodes of profuse heat accompanied by sweating and flushing, predominantly around the head, neck, chest and upper back, at some point in their passage through menopause. A sizeable minority is still suffering well into their 70s.

Various theories have been put forth as to why hot flushes and night sweats – collectively known as 'vasomotor symptoms' – occur during the menopausal transition, but, amazingly, the physiology of these bothersome events is still not fully understood by researchers.

Hot flushes and night sweats are not simply a nuisance, an inconvenience or a source of embarrassment. The severity of vasomotor symptoms is strongly correlated with reduced health-related quality of life, impacting significantly on sleep, mood and cognitive function.

Sleep

Sleep quality and quantity are adversely affected by vasomotor symptoms. I've seen many women over the years whose night sweats are so intense that they drench the bed multiple times each night, forcing them to change the bedclothes each time. These interruptions to sleep wreak havoc on women's moods, capacity to cope with stress, energy levels, immune function and food choices.

Mood

Perimenopausal women who experience vasomotor symptoms are more likely to develop depression than those who aren't plagued by hot flushes and night sweats.

Cognitive Function

Cognitive function (for example, the ability to think, remember important information and find the right word to use) is also adversely affected by vasomotor symptoms.

Other Health Issues

And on top of all that, hot flushes and night sweats are also associated with an increased risk of cardiovascular disease and reduced bone density, which in turn increases the risk of bone fractures.

Well, that's the bad news.

The Good News

The good news is that women aren't helpless in the face of this menopause monster. They can, quite literally, muscle out hot flushes and night sweats.

Research

The Study of Women's Health Across the Nation (SWAN) is a multi-site, longitudinal, epidemiologic study that has been tracking the health of over 3,000 American mid-life women from diverse ethnic and socioeconomic backgrounds since 1996. Women enrolled in SWAN attend regular visits in which various aspects of their health are assessed.

SWAN has resulted in the publication of many scientific papers that shed light on women's health and wellbeing during this epochal phase of their lives.

Maintaining Lean Body Mass Through Menopausal Transition

In their latest publication, *Association of Lean Body Mass to Menopausal Symptoms: The Study of Women's Health Across the Nation*, researchers tracked changes in lean body mass (the part of your body that isn't fat tissue) over time and found that women who maintain higher levels of lean body mass during the menopausal transition may be protected against the development of vasomotor symptoms.

Specifically, the researchers used bioelectrical impedance analysis to measure the body composition of 2,533 women enrolled in SWAN, at their sixth visit. These measurements were repeated each time the women attended for subsequent visits, so that changes in their body composition could be tracked over time.

They then calculated the skeletal muscle index (SMI – skeletal muscle mass (kg)/height (m²)), which expresses the relationship between skeletal muscle mass and height. Taller women will on average have more muscle mass than shorter women, simply because their bodies are larger.

The research found a striking relationship between skeletal muscle index and the likelihood of developing hot flushes and night sweats.

Almost 70 percent of women who had the lowest skeletal muscle index were experiencing some vasomotor symptoms by the tenth visit, compared to less than 10 percent of women with the highest skeletal muscle index. **In other words, women who maintained or built muscle mass as the study progressed, were able to keep hot flushes and night sweats at bay.**

The reason why maintaining muscle mass may protect women against hot flushes and night sweats is not fully understood. One theory is that muscle mass protects against oxidative stress, which in turn is linked to greater severity of vasomotor symptoms.

This oxidative stress theory may also help to explain why women who eat diets that are rich in vegetables and fruits are at a lower risk of experiencing hot

flushes and night sweats.

The Bottom Line

I have been banging the drum for resistance training – the best way to maintain or increase lean body mass – for decades. All adults should be engaging in regular resistance training, and the older we get, the more important it becomes.

Loss of lean body mass is not just associated with vasomotor symptoms in women, but also with cognitive decline, increased risk of bone fractures (particularly hip fractures) and depression in both men and women.

Activities to Maintain and Build Muscle Mass

Body-weight exercises (push-ups, sit-ups, squats, lunges, pull-ups, chin-ups etc.)

Resistance bands.

Weight training with free weights (dumbbells, barbells, kettlebells, sandbags, etc.) and/or resistance machines.

Aquarobics, preferably using foam dumbbells.

Weighted vests.

Walking is a wonderful and almost universally accessible physical activity with enormous benefits for physical and mental health, but on its own is not sufficient for maintaining muscle mass as we age.

Robyn holds a Bachelor of Health Science (Honours) with First Class Honours, a Diploma of Naturopathy, a Graduate Diploma of Counselling and Level 3 EFT Practitioner and Matrix Reimprinting Practitioner accreditations. She is also an Australasian Society of Lifestyle Medicine-Certified Lifestyle Medicine Practitioner, and proud to be a Fellow of the Australasian Society of Lifestyle Medicine.

www.empowertotalhealth.com.au

Robyn now consults exclusively online, and appointment enquiries can be made via her website.



Forgiveness and the toxicity of resentment

Abridged from an Article by Lynne McTaggart, Editor of *What Doctors Don't Tell You*

Rumination is what psychologists call the 'universal bad boy of mental health.'

Dr Everett Worthington, a Professor at Virginia Commonwealth University, explains "Rumination is related to anger disorders, depression, anxiety, post-traumatic stress disorders [and] obsessive-compulsive disorders," ... "When we forgive, it quietens down a lot of that rumination, so there are more benefits in terms of psychological wellbeing and happiness as opposed to holding on to grudges."

Unforgiveness

Ruminating on an old transgression is a symptom of what researchers call 'unforgiveness.' According to Dr Worthington, "Unforgiveness is a stress response that people have, and the body attempts to deal with it in a lot of different ways," ... "Our sympathetic nervous system gets turned on, [we] get that fight-or-flight reaction more often, cortisol gets generated and can become high at a basal level." Having a chronically high level of cortisol impairs immune function right down to the cellular level, as it disrupts the balance of signalling proteins called 'cytokines.'

Forgiveness and the stress response

High cortisol can even shrink the brain, including the hippocampus which is the domain of memory and learning. In 2018, researchers from Harvard Medical School published a study showing that among a large group of healthy middle-aged adults, the participants who had high blood cortisol levels over time had poorer memory and reduced brain size.

Researchers at Michigan's Hope College monitored the blood pressure, heart rate, facial muscle tension and sweat gland activity of a group of subjects when asked to think about someone who had mistreated or offended them. Predictably, their stress

reaction soared. However, when the group practised forgiveness their stress reactions returned to a normal baseline. According to Dr Worthington, this is because forgiveness activates the parasympathetic nervous system, which moderates the hyperarousal caused by the sympathetic nervous system.

High levels of cortisol have also been shown to attack the cardiovascular system. A meta-analysis of 25 studies revealed a strong connection between anger sustained over time and heart attacks. In another study, nuclear imaging showed that 32 cardiac patients assigned to interpersonal forgiveness sessions not only became emotionally healthier, but also demonstrated improved arterial function after 10 weeks.

Forgiving does not have to involve letting go

Some critics argue that forgiveness risks letting the perpetrator off the hook, but it is important to remember the distinction that forgiveness does not mean forgetting, nor does it imply reconciliation. Dr Harriet Lerner, Psychologist and Author of *Why Won't You Apologize: Healing Big Betrayals and Everyday Hurts* (Gallery Books, 2017), has been studying apologies for over 20 years. She says there is huge cultural pressure to forgive, and unfortunately letting go and forgiveness have been conflated in the research.

Forgiveness therapy

Dr Fred Luskin, Director of the Stanford University Forgiveness Project, places forgiveness on a continuum of grief.

According to Dr Luskin, genuine forgiveness can only take place after the painful process of working through all the stages of grief. Forgiveness itself is not a one-off act.

"To become a forgiving person, we have to practise

forgive

forgiving smaller grievances. Then, when a bigger insult comes along, we are ready, willing and able to deal with it. ... We cannot end the cruelty on this planet. What we can do is forgive the unkindness that comes our way and put energy toward meeting our positive goals. Then we can help others do the same."

Wired for forgiveness?

When British researchers, Peter Woodruff and Tom Farrow, attempted to map the neurology of forgiveness, they found that when people either empathised or forgave, similar areas of the limbic system were activated. However, when asked to think about the fairness of transgressions, the subjects found it harder to forgive and the previously activated areas of the limbic system were less active. These results suggest a distinction between reasoned judgments, usually associated with the cortex, and the areas of the brain associated with empathy and social cohesion when someone chooses to forgive.

In *The Forgiveness Project: Stories for a Vengeful Age* (Jessica Kingsley Publishers, 2016), Marina Cantacuzino cites the case of Susan Lawler, whose father killed her mother in 1999, to show that even a small amount of empathy is necessary for forgiveness. Thirteen years after the murder, Lawler visited her father in prison. He had been diminished by multiple heart attacks and she was overcome by compassion. Lawler wrote, "I've come to believe that we all have good and bad in us; we're all figuring life out as best we can. When people make the wrong choices, they are figuring it out too. Forgiveness is not about forgiving the act but forgiving the imperfections inherent in all of us."

The social good

Dr Robert Enright, the Founder of the International Forgiveness Institute, cites inter-generational studies showing that the children of survivors of Nazi concentration camps inherited higher levels of emotional stress than their parents. "You practise moral virtues

in your life all the time: patience, tolerance, justice... why can't we add one more moral virtue that has been totally ignored in secular society? Forgiveness. If we did, there would be a qualitative shift in relationships within families, between partners and, I think, communities. It's way overdue."

A study conducted at Cardiff University on the role of forgiveness in family relationships supports this view. This study demonstrated a link between parents modelling forgiveness and improved expressiveness in the family, reduced conflict and anxiety, more cohesiveness and better marriage.

"There's an intangible sense of legacy that most people don't think about," Dr Enright says. "If our children can inherit our anger, and our grandchildren's grandchildren can inherit that anger, is it possible that they could inherit our greater softness, our compassion and our love?"

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CSIRO IS ON A MISSION TO END PLASTIC WASTE

CSIRO, Australia's national science agency, has pledged to help Australia reduce its plastic waste by 80 percent over this decade.

An initial 50 million dollars will see CSIRO's *Ending Plastic Waste Mission* funded through contributions by CSIRO, industry, government, universities and other organisations and will develop cutting-edge science and innovation to change the way Australia makes, uses, recycles and disposes of plastics.

With global use of plastic expected to double by 2040, CSIRO's Chief Executive, Dr Larry Marshall, said the challenge was far bigger than any one institution and needed a 'Team Australia' approach. "The Ending Plastic Waste Mission will bring together the whole innovation system, from government, industry and academia to turn science into solutions that will benefit the environment and create economic opportunities for Australia," Dr Marshall said.

The plastic waste industry is valued globally at about 87 billion US dollars and developing circular-economy plastic initiatives for recycling is expected to provide 67 billion US dollars in value globally by 2025.

Australians consume one million tonnes of single-use plastic each year and only 12 percent of this currently gets recycled. Three-quarters of the plastic found along Australia's coastline is single-use plastic, and about 85 percent of plastic waste ends up in landfill.

CSIRO AND MURDOCH UNIVERSITY ARE DEVELOPING 100 PERCENT COMPOSTABLE BIOPLASTICS WHICH CAN BREAK DOWN IN COMPOST, LAND OR WATER, WITHOUT LEAVING A TRACE.



"By turning plastic waste into a renewable resource, the Ending Plastic Waste Mission will deliver collaborative scientific and manufacturing capabilities to drive new technologies across the entire plastics supply chain and grow Australia's circular economy," Dr Marshall said.

The Ending Plastic Waste Mission includes a collaboration between CSIRO and Murdoch University to establish a new Bioplastics Innovation Hub. Murdoch University's Professor Daniel Murphy said the Hub would develop a new generation of 100 percent compostable products like bottles, caps and wrappers.

"The demand for compostable bioplastic is predicted to increase rapidly as global concerns around plastic waste and fossil fuel resources increase the importance of bio-based plastic alternatives," Prof Murphy said.

"Some bioplastics are already on the market, but most need UV light to break them down. Our compostable bioplastics will break down in compost, landfill or water, without leaving a trace."

The first key project for the Hub will be working with Ecopha Biotech Pty Ltd to develop a new process for water-bottle production using compostable bioplastics derived from waste products from the food industry. "New bioplastics innovations will provide industry with new commercialisation opportunities and build sustainable and economic opportunities to grow Australia's bio-manufacturing industries," Prof. Murphy said.

Why Size Matters

By Lyn McLean, Proprietor EMRAA



Why is it that some people react differently to wireless radiation compared to others? Why is it that some animal and bird species are more affected than others?

The answer has to do with the size of the person or animal and the size of the wavelength of the signals that they are exposed to.

Professor Om Gandhi is the Chair of the Department of Electrical Engineering at the University of Utah. Professor Gandhi says that humans, animals, birds and insects all absorb wireless (radio-frequency) radiation and that they absorb more radiation at some frequencies than others.

We see the relationship between size and frequency in everyday life. If you've seen a musician play a stringed instrument, you'll know that the length of the string determines the sound (or frequency) it produces. If you look at your rooftop TV antenna, you'll see that it has antennas of various lengths, designed to pick up broadcasts in different frequencies.

People are antennas of different lengths, too. Professor Gandhi says that it's possible to calculate how much radiation people absorb or, put another way, what frequencies will cause them to absorb most radiation.

This can be done using the following formula:
Frequency = $[12/\text{Length of the body in centimetres}]$ gigahertz (GHz)

In simple terms, the maximum absorption will occur at the frequency that is 12 divided by the length of the body (in centimetres). Therefore, an insect with a body length of half a centimetre, like a fly, would absorb most radiation at a frequency of 24 GHz which is an important frequency used for 5G technologies.

An insect with a slightly longer body would absorb most radiation at lower 5G frequencies, while one with a shorter body would absorb most at higher 5G frequencies.

When it comes to humans and animals, Professor Gandhi says, "The maximum absorption occurs when the wavelength is approximately twice the size

of the human or the animal. That means, for a man with an average height of 175 cm, maximum absorption would occur at a frequency of 0.068 GHz, or 68 megahertz (MHz). For a woman with an average height of 150 cm, maximum absorption would be approximately 0.080 GHz or 80 MHz."

For insects and smaller animals such as birds, maximum radiation will be absorbed at the higher frequencies of 20 – 25 GHz.

It's not just body length that is important either. There is also the length of other critical organs – such as the heart or brain. Professor Gandhi researched how the brain absorbs radiation in a study published in 1996. He and his team calculated the amount of mobile-phone radiation absorbed by the head of an adult male, a ten-year-old child and a five-year-old child. The team observed that the ten-year-old absorbed much more radiation than the adult, while the five-year-old absorbed much more again. "Children, women and people with smaller heads with thinner pinnae [ears] will absorb more radio-frequency energy than adult males with larger heads and thicker pinnae," he wrote. This is because the phone is closer to their brains. Professor Gandhi concluded that for each millimetre closer to a radiating mobile phone is the brain, it will absorb 10 to 15 percent more radiation.

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9 ways to improve your eyesight

By Jenny Livanos, Holistic Optometrist and Nutritionist



There are many ways you can optimise your eye health through simple lifestyle and behaviour changes. Our eyes and visual system are connected to our body and brain and benefit from healthy habits and a positive mindset.

My suggestions for maintaining healthy eyes:

1. Smokers, stop smoking

Smoking can cause cataracts, macular disease, dry eyes and can damage your optic nerve. Each day you don't smoke will reduce inflammation and blood vessel damage in your body and the delicate blood vessels in the eye.

2. Eat your greens – and reds and yellows and purples

Eat dark green leafy vegetables like kale and spinach as they are abundant in nutrients known to prevent age-related macular disease. The colourful pigments in these foods help protect the macula by improving pigment density, which helps absorb UV and toxic blue light. Micro-nutrients like vitamins A, C, E and zinc are also beneficial for good eye health and it's best to get these directly from your diet from whole unprocessed foods. Eat a variety of fresh organic deeply-coloured vegetables and fruit like berries, broccoli, Brussel sprouts, carrots, sweet potato, pumpkin, corn, tomatoes, citrus foods, green leafy vegetables and also eggs. Foods rich in omega-3, like flaxseed oil and nuts and seeds, can also support good eye health. Avoid added sugar, seed oils, refined carbohydrates and stay hydrated.

3. Exercise regularly

Regular exercise like walking three or more times a week and maintaining a healthy weight are great for general health and eye health. Exercise helps circulation, lowers blood pressure, helps heart health, reduces stress, assists sleep and reduces muscle tension. It has been shown to help cataracts, glaucoma and macular disease.

Exercise and a healthy diet also reduce the risk of developing type 2 diabetes by maintaining stable blood sugar levels, which can lead to less risk of

sight-threatening complications.

4. Manage chronic health conditions

Managing conditions like heart disease, high blood pressure, allergies, neurological conditions multiple sclerosis and inflammatory conditions will have a flow-on effect on your eye health.

5. Exercise your eyes

Eye exercises can help keep your eyes stay healthy, feel more comfortable and focus better. Some exercises to try – make sure you are breathing and relaxed.

Allow yourself the time and find a quiet space:

- **Palming** - Close your eyes, take a few deep breaths and clear your mind of all thoughts. Rub your hands together to generate some warmth then cover your eyes with your palms and block all light. Visualise and emphasise the blackness, breathing into it. This is great for relaxing your eyes, body and mind.
- **Flexing** – Hold some print at arm's length in front of your face and focus on some words. Slowly move the print towards your nose and back again, going back and forth, continuing to focus on the same words. You can do this with each eye separately and then both eyes together.
- **Figure eight** – Imagine a sideways figure eight in front of you in space. Slowly trace the imaginary figure eight with your eyes, moving your head and neck and keep repeating. Try with eyes open, eyes closed and visualising. Make it big, make it small!
- **Roll your eyes** up and down three or four times, then left and right, then in both diagonal directions, finishing with circling in one direction and then the other. Keep your shoulders low and relaxed, remember to breathe!
- **Near and far focus** – Focus on your finger 20cm in front of you and then switch your focus to a distant object across the room, then back to your finger. Keep repeating.
- **Loosen your neck** by moving it slowly from left to right a few times then up and down, to increase blood circulation to your neck and eyes and loosen muscles.

- Blinking – For resting the eyes, changing focus and lubrication, do 20 slow and light blinks, then rest with eyes closed then repeat. Occasional squeeze blinking can also help.

6. Use the 20-20-20 rule

Give your eyes a break! Every 20 minutes look away from your computer screen and focus on something 20 feet away for 20 seconds. If you are working long hours on screens, I do recommend even more frequent breaks and longer rests. Change your visual activities regularly. Balance your close work with being outdoors and looking longer distances – take your lunch break outside under the sun! Relax at the end of a busy day with music, walking, yoga or any activities you enjoy and that make you happy.

7. Avoid excessive use of digital devices

Try and limit excessive use of computers, tablets and mobile phones. Toxic blue light exposure, especially in the evening can affect your general health, mental health, body clock and sleep. Blue light has been linked to eye fatigue, dry eyes, cataracts and macular degeneration. Try and have the blue light filter/night mode on always and reduce the intensity of the

screen. Keep all screens further away from your face and eyes.

8. Get enough shut-eye

Your body and brain need an optimal 7 to 9 hours of good quality uninterrupted sleep for rest and repair. Getting enough sleep is also critical for your eye health. Your eyes will function better the more rested you are. Poor sleep can lead to tired eyes, dry eyes and difficulty in focusing.

9. Have an eye test every year

Having regular eye tests to screen for eye disease is important. Eye conditions are best treated when diagnosed early. Test earlier if you have any change in symptoms or eyesight. Prevention is the best cure!

Jenny Livanos is a holistic Optometrist and Nutritionist who consults in Concord, Sydney and is available for online and phone consultations (www.naturaleyecare.com.au) Email: naturaleyecare@outlook.com



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EATING PLANS TO LIVE BY

Both the *Natural Health Society Dietary Guidelines* and the *SOS-Free Diet* are influenced by the principles of Natural Hygiene. Both approaches aim to provide optimal nutrition to prevent and reverse disease. People who have been successfully following the *Natural Health Society Dietary Guidelines* for years, or people seeking to more actively treat disease through their diet, may prefer to adopt the slightly stricter *SOS-Free Diet*.

Both approaches overlap significantly, and both are undoubtedly health-giving. Both approaches involve sticking to wholefoods and eating mostly vegetables and fruits. The *SOS-Free Diet* is slightly more restrictive as it removes all animal products and added sugar, salt and oil. *The Natural Health Society Dietary Guidelines* acknowledge that while plant-based foods are preferable, small amounts of eggs, cheese and/or yoghurt can be consumed. Below is a brief summary of the main *Natural Health Society Dietary Guidelines* principles to refresh your memory before discussing some of the benefits of the *SOS-Free* way of eating.

The Natural Health Dietary Guidelines

Maintaining the correct acid-alkali balance in the body is the foundation of the Society's Natural Health Dietary Guidelines. The acid-alkaline balance depends to a large extent on our diet. Foods are either acid-forming or alkaline-forming. Broadly speaking, those that leave an alkaline residue are the fresh, green, yellow and red vegetables and the fresh, ripe fruits, while those that increase acidity are almost all the rest – meat, cheese, eggs, nuts, legumes, seeds, grain foods, refined sugar, coffee, tea and so on.

Fresh, bulky vegetables and fruits should comprise approximately three-quarters of total food intake by weight to support the correct acid/alkaline balance. The remaining foods supply the necessary protein, starchy carbohydrate and fat.

Variety

Variety increases exposure to the vast array of health-promoting compounds found in foods. It also



helps avoid an otherwise healthy food becoming problematic due to overexposure.

Raw is Better

Aim for three-quarters (or more) of total food intake to be foods that don't need cooking – vegetable salads, fresh fruits, sprouts, seeds, nuts, etc. Grains and legumes, unless sprouted, must be cooked for digestibility. For those who cannot handle raw foods, vegetables can be lightly steamed and fruits lightly stewed.

Table Salt, Food Additives

Avoid table salt and food additives wherever possible. In contrast to table salt, unrefined sea salt, although still rich in sodium, provides a wide range of valuable minerals.



What to Drink

There is no drink equal to water. Small quantities of mineral water are usually tolerable, while fruit and vegetable juices are really a form of food and are easily over-consumed. Avoid drinking with meals, because fluid dilutes the digestive juices and interferes with digestion. Take fluids at least half an hour before a meal or two to three hours after a meal.

Food Combining

Eating together *in the one meal* foods that are compatible for digestion enhances the digestion

of those foods. However, food combining is of secondary importance compared to eating the right foods.

Avoid the following combinations if practicable:

- *Acidic foods with starchy foods.*
- *Protein foods with starchy foods.*
- *Sugary foods with starchy or protein foods.*
- *Eat melons alone or only with juicy fruit.* Melons are so water-rich that they act like fluids.
- *Drink milk alone – or, better, leave it alone.*

The Salt, Oil and Sugar-Free Diet (SOS-Free)

Salt, oil and sugar are concentrated food by-products, that when consumed lead to a surge of dopamine in the brain. This large dopamine surge creates a cycle of overconsumption and undernutrition. Dr Alan Goldhamer wrote about this cycle in the 2006 book he co-authored, *The Pleasure Trap*. The *SOS-Free Diet* is composed of 70-75% carbohydrates, 10-12% protein, 15-18% fat and trace amounts of naturally occurring sodium.

An *SOS-Free Diet* does not remove plant-based wholefood sources of sugar, sodium or fat from your diet. In fact, being aware of the macronutrient profile of wholefoods can help you construct a sustainable SOS-free diet that satisfies cravings for these flavour profiles.

- Plenty of veggies and legumes are naturally rich in sodium. Celery is an excellent 'salty' snack replacement. Naturally sun-dried tomato or seaweeds can be used as a finishing sprinkle on meals to replace salt as a seasoning.
- Seeds, avocado and coconut are naturally rich in healthy fats. Adding these foods to meals helps avoid fat cravings.
- Fruits and starchy veggies are naturally rich in sugars. The enzyme amylase found in saliva breaks carbohydrates down to simpler sugars. When you chew properly and coat the food you are eating with amylase, the natural sugars in starchy foods are released giving us a more intense sweetness hit.

Going SOS-Free doesn't mean you have to give up eating an occasional vegetable stir-fry. When cooking without oil it is best to use a well-seasoned pan. Heating the pan before adding ingredients reduces stickiness, adding a small amount of water can also help. Don't be tempted to use cookware with chemical 'stick-free' coatings like Teflon. Teflon belongs to a group of chemicals known as 'per- and polyfluorinated substances' (PFAS). PFAS are known environmental toxins and cancer-causing agents.

By consuming a rich, balanced diet of wholefoods the *SOS-Free Diet* should contain all essential nutrients, except for vitamin B12 which should be supplemented in long-term vegan diets.

Transitioning to an SOS-Free diet

Salt, oil and sugar act like sledgehammers in our digestive system, they dull our taste for real foods and negatively impact our satiety drivers by excessively stimulating dopamine production. Weaning off these food by-products requires some relearning. Dr Goldhamer, who has studied this transition extensively at his health centre 'True North', provides the following guides:

Weight

For those that need to lose weight, as soon as you start eating SOS-free, the metabolic drivers associated with being overweight will start to decline.

Salt

Salt addiction generally subsides after one month. After this wash-out period, conventionally salted foods become much less appealing and the salt-driven desire to drive to consume fat will subside.

Oil

It takes around three months to neuro-adapt to a lower fat diet.

Some of the benefits of going SOS-Free

Microbiome

Following an SOS-free diet can drastically improve the composition and function of your gut microbiome. When you eat sugar and oil, you decrease the biodiversity of your microbiome and increase the abundance of harmful Proteobacteria. This in turn increases the production of disease-causing substances such as trimethylamine or trimethylamine N-oxide and decreases the production of health-promoting substances such as the short chain fatty acids: acetate, propionate and butyrate.

Oxidative damage

Oil-free cooking encourages steaming and low-heat methods of cooking, which reduces your intake of the inflammatory compounds created in high-heat/high-fat cooking. These compounds, 'advanced glycation end-products' or AGEs, have been shown to cause oxidative stress and inflammation. High levels of AGEs have been linked to the development of diabetes, heart disease, kidney failure, Alzheimer's disease and premature ageing.



Therapeutic flavourings

With sugar and salt out of the picture, flavour-packed herbs and spices become much more important when cooking SOS-free. Adding more herbs and spices to dishes can dramatically increase the polyphenolic density of your diet. Polyphenols have been linked to a multitude of health benefits, most of which can be traced back to their antioxidant and anti-inflammatory actions. Seaweeds and seeds also make excellent flavourful and nutrient-packed additions to SOS-free meals.

SOS-Free RECIPES

Seed Crackers

Ingredients

2 cups of mixed raw seeds (example combo below)
 ¼ cup of sesame seeds
 ¼ cup of sunflower seeds
 ¼ cup of hemp seeds
 ¼ cup of pepitas
 3 tablespoons of psyllium husks
 ¼ teaspoon of turmeric powder
 ¼ teaspoon of garlic powder
 ¼ teaspoon of dried oregano
 ¼ teaspoon of dried rosemary
 2 cups of water

Method

1. Into a large mixing bowl, pour 2 cups of water.
2. Slowly whisk in the psyllium husk powder.
3. When all lumps are dissolved, add the herbs and spices and then the seeds. Stir well. Let the mix rest for about 10 - 15 minutes to let the psyllium gel. Preheat your oven to 175 C (350 F) while allowing the mixture to rest.
4. Line a 45 x 30 cm (18 x 13 inch) pan. Pour a layer of mixture onto the tray and place in the oven and cook for 25 minutes.
5. After 25 minutes, the mixture cooked as a block in a pan will be ready to be cut into cracker sized pieces and mixture cooked in the muffin trays will be done.
6. Place cracker sized pieces back into the oven for another 15 minutes.
7. Crackers will take between 45 and 60 minutes to crisp up. As ovens behave slightly differently

and seeds burn easily, you will have to watch them the first couple of times you make this recipe.

These crackers will keep in an airtight container for approx. 2 weeks. Serve with vegetable sticks and SOS-Free baba ganoush dip.



Baba ganoush dip

Ingredients

1 eggplant
 2 tablespoons of tahini
 Juice of one lemon
 1 clove of crushed garlic
 ½ teaspoon of ground cumin
 ½ teaspoon of paprika
 A sprinkle of parsley and hemp seeds to serve.

Method

Preheat your oven to 180 C (355 F). Prick the skin of the eggplant and bake in the oven for 45 minutes, or until the flesh is soft. Allow the eggplant to cool. Peel and use a clean towel to squeeze excess liquid out of the flesh once cooled. Mash or blend in a food processor. Drizzle in lemon juice and tahini as you blend and then add garlic, cumin and paprika and blend.



SOS-Free Strawberry Icecream (Serves 4)

Ingredients

¾ cup of plant-based milk
½ teaspoon of vanilla seeds fresh from a vanilla pod
½ teaspoon of ground cinnamon
1 cup of frozen strawberries
½ teaspoon of desiccated coconut and fresh strawberry to serve

Method

To make this sweet treat simply pop all ingredients together and blend. I usually keep a jar of almonds soaking ('activating') in the fridge, so if I don't have any plant-based milk I'll add ¾ of a cup of water

and a handful of soaked almonds to replace the milk. Although the strawberries will provide plenty of sweetness, this recipe uses the SOS-free diet 'trick' of using sweet spices like cinnamon and vanilla to intensify the sweetness



without adding sugar. Cinnamon also has an insulin-like effect (meaning that it lowers post-meal blood sugar levels), is anti-inflammatory, a powerful antioxidant and has analgesic qualities. The coconut and strawberry sprinkle for serving adds extra fibre and healthy fat to this dish to encourage feeling full on smaller serving sizes.

Spring-Immunity Chickpea Salad (Serves 1 - 2)

For many, spring is the season of hayfever and allergies. These symptoms are our body's way of telling us to rebalance our immune system. Immune modulation can be achieved through our diet. This salad is an example of a therapeutic meal rich in immune-supportive nutrients.

Healthy fats and Vitamins A and E

Avocado and tahini provide healthy fats that will facilitate the absorption of the fat-soluble nutrients in this meal. Provitamin A and E are fat-soluble immune powerhouses found in the dark green leafy vegetable base of this salad. Vitamin A supports immunity by maintaining the integrity of our mucous membrane linings and stimulating the production and activity of white blood cells. Vitamin E, via its anti-oxidant action, helps regulate the immune system to dampen



over-active immune responses.

Flavonoids

Onions are a major source of dietary flavonoids, specifically quercetin, isorhamnetin, myricetin and kaempferol. Quercetin, also known as 'nature's anti-histamine' is the major flavonol in onions. Smaller onions have higher flavonoid concentrations.

Capsaicin

Chillis contain capsaicin, a natural decongestant.

Fibre

Chickpeas are a rich source of fibre, particularly oligosaccharides. Raffinose is a type of oligosaccharide found in chickpeas that is fermented in the colon by Bifidobacterium. As the bacteria break down raffinose, the short-chain fatty acid butyrate is produced. Butyrate acts to support a healthy immune response in many ways. Butyrate stimulates the production of the mucosal lining of the gut. Maintaining the integrity of this barrier is essential for the avoidance of 'leaky gut', a common causative factor in allergy and hayfever. Butyrate also has anti-inflammatory actions and modulates our immune system by regulating the production of regulatory T-cells in the colon.

Ingredients

½ cup of cooked chickpeas
½ cup of cubed avocado
4 cups of fresh seasonal greens (Rocket and baby spinach are a nice combination)
½ cup of sliced tomato
¼ cup of thinly sliced raw onions

Dressing Ingredients

1 tablespoon of freshly squeezed lime
1 tablespoon of unpasteurised apple cider vinegar
2 tablespoons of tahini
2 tablespoons of chopped mint
A sprinkling of dried chilli

Parkinson's Disease

By Lyn Craven, Naturopath, Bowen and Reiki Therapist

Parkinson's disease (PD) is a degenerative and progressive disorder affecting nerve cells in deep parts of the brain called basal ganglia and substantia nigra. Nerve cells in the substantia nigra produce the neurotransmitter, dopamine, which is responsible for relaying messages that help control body movement. The dopamine-producing nerve cells of the substantia nigra start to die off in some people. When approximately 80% of dopamine is lost, PD symptoms such as tremors, slowness of movement, stiffness and balance issues occur.

Symptoms

Symptoms and deterioration vary from person to person. Symptoms include impaired dexterity, blinking, expressionless face, drooling, resting tremor and/or shaking, shuffling gait or dragging the foot, difficulty swallowing, constipation, cognitive impairment, sleep problems, cramped small handwriting, lowered voice volume, tremors when speaking and slurring. People who have PD may begin to lower their centre of gravity, resulting in a stooping posture. This is a very debilitating disorder that can also cause a sense of freezing or being stuck in place. Apathy can set in resulting in depression and a feeling of loss of independence.

Daily tasks such as toilet and dressing can take up to three times as long to complete. Some people manage to enjoy some daily activities and a normal biological life expectancy. Doctors will prescribe medications to help the person, but I would also encourage many supportive natural therapies.

Antioxidants are encouraged to try to slow the rate of degeneration. Astaxanthin and resveratrol are often good antioxidant options for these clients. I would consider recommending spirulina for vegan clients.

Gentle massage has proven helpful to release some stiffness and promote circulation and lymphatic flow. It is important to always work gently on PD cases.

Bowen Therapy. I have had feedback from some PD cases that Bowen therapy helped them with balance and clarity of mind. The techniques can be applied on specific points to the head and face.

Acupressure and Meridian Work.

Yoga and Tai Chi have proven helpful to promote muscle strength and tone while encouraging core strength and balance.

Meditation is useful for commonly experienced symptoms such as depression, anxiety and sleep disturbances.



Hydrotherapy. The water's buoyancy can support weak muscles and allow limbs to be moved in a less painful manner. Hydrotherapy also reduces the fear of falling while exercising which can be a huge barrier to exercise for people with PD. The resistance of the water helps strengthen muscles and limbs. Hydrotherapy can be relaxing and provide pain relief.

Each person responds differently depending on the severity of the PD. Sometimes all the above are required. It is very important to work gently on all PD cases, allowing the body to draw on its innate intelligence to improve, for presently no cure for many genetic disorders. Ensuring physical flexibility, balance and mental/emotional stability is very important.

Lyn Craven is a Naturopath, Bowen Practitioner and Reiki Therapist.
Appointment bookings are available via 0403 231 804 or lyncraven@bigpond.com
www.lyncraven.com

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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

How Dogs Have Evolved to Have Human-Like Faces

Dogs are masters at connecting with people, and unique changes in the muscles in their faces that have occurred over tens of thousands of years may explain why. Dogs' faces are made up of 66% to 95% fast-twitch fibres, while wolves' faces contain just 25%. The dog range of fast-twitch fibres mirrors the range found in human facial muscles, indicating that the domestication process in dogs also involved selection for rapid facial movement. This could account for the ways dogs are able to make human-like facial expressions that solidify their ties with their owners, the key to the human-dog bond.



For example, dogs use the muscles to move their eyebrows more often and with greater intensity than do wolves. These 'puppy dog eyes' are like those exhibited by humans when they're sad. In contrast, wolves have retained their more wild faces.

Never Lift Your Dog These Ways

Picking up a small or even medium-sized dog seems like a no-brainer, but you'd be surprised how many people get it mostly wrong. Lifting a large or heavy dog should be done by two people. When lifting a dog with a back problem, it's important to always keep the back completely level.

Three don'ts when picking up your dog

1. Don't involve your dog's legs – they aren't intended as suspension devices.
2. Don't 'scruff' your dog – Mother dogs carry their pups by the scruff of the neck, but this happens only for a very few weeks.
3. Don't hold her collar or tail when picking her up. Pulling on a dog's collar can cut off her air supply and cause her to choke. Damage caused by pulling your dog's tail can affect the nerves and muscles that move the tail as well as those that control elimination.

If your dog is less than about 11 kilos, slide your dominant arm under his chest between his front legs, and tuck his back end between your arm and body as you lift him. If your dog is in the 11- to 18-kilo range, put your dominant arm behind his back legs, your other arm around his chest, and hold him against your chest as you lift.

How to Lift a Large Dog

The best way to lift a large dog is with two people. One of you should lift from under your dog's chest, while the other lifts the abdomen and back end.

Lifting a Pregnant or Injured Dog

If your dog is expecting, avoid the belly area. Put your hands under her chest and back end instead. If your dog has an injured or sore back, use the 'dog taco wrap'. While your dog is lying on her bed, simply fold the edges up and pick her up in the bed. Or use a beach towel.

Ways Cats Communicate with Their Humans

Cats are actually very communicative, but most humans don't understand their body language or vocalisations. Cats have a wide range of vocalisations they use primarily with humans.

Here are the most common feline forms of communication.

Posture

Back: Arched with fur standing on end – she's very fearful and defensively aggressive. Arched with flat fur – she's asking to be petted, stroked. Lying on their back purring – relaxed and looking for a tummy rub – or maybe not. Lying on their back growling and visibly upset – prepare to be scratched or bitten.

Tail: Erect, with fur laying flat – she's alert, curious, happy. Horizontal – either relaxed or unsure. Vertical and quivering – he's feeling happy, excited, and may be about to urine mark. Vertical, tense, with fur standing on end – angry or frightened. Held very low or tucked between legs – she's feeling insecure, anxious, fearful. Jerking back and forth – he's not happy and potentially aggressive.

Eyes

Constricted pupils – she's either content, or on the offensive and could become aggressive. Slightly dilated pupils – he's feeling nervous and/or submissive. Fully dilated pupils – either defensively aggressive or aroused and feeling playful.

Ears

Angled forward – she's feeling alert, interested, happy and/or relaxed. Erect and turned so the opening points to the side – irritable, stressed, potentially aggressive. Flattened, tipped backward or sideways – fearful, frightened, irritable, stressed. Pivoting – he's alert, attentive and listening to every sound.

Cat Talk

Meowing seems to be something they primarily do around humans. The classic mee-yoww – is usually just to whoever is around, "Hey there!" Purring – a sign of contentment in most cats. Murmur, soft rhythmic 'thump' made on exhalation – a request or greeting. "Pet me?"



Low-pitched growl, severe, "I mean business" – kitty is feeling fearful, stressed, defensive or aggressive. "Back off!"

Shriek, high-pitched, loud, harsh scream – kitty is either in pain or about to cause some. "Ouch!" "Don't touch me!" "Get away from me!"

Teeth chattering; jaw vibrating – feline hunting sound; frustration from being unable to hunt visible prey. "Let me at it let me at it!"

Howl, loud, drawn-out calls – in older cats: aggression; distress. "Where are you?" "Where am I?"

Moan. Long, low, throaty cry – prelude to vomiting, bringing up a hairball. "Get here quick I'm about to make a mess!"

The Four Tell-Tale Signs of Toxic Pet Toys

Many of the most popular toys at pet stores contain dyes, heavy metals and chemical residues that are toxic or unhealthy. Choose a sized toy that's comfortable for your pet to hold in his/her mouth but not small enough that they could accidentally swallow it. If a dog toy it has a chemical smell or bright colours, avoid it, along with those that contain fire retardants or stain guards. Once you've found a variety of safe, high-quality toys, such as puzzle toys, chew toys and stuffies, rotate them out every few days to keep your dog interested. Some of the best toys are made by individuals or very small companies and found at local markets or in small, independent pet stores.

Trimming Your Dog's Nails

Nail trimming is stressful for most dogs, so the first thing you should do is get your furry friend accustomed to having her paws touched and handled long before you try to trim her nails. Having her foot held seems unnatural to her, which is why dogs instinctively yank their feet back when someone touches them. In addition, if you're feeling jittery about the nail trim, she'll pick up your stress. To desensitise your dog to having his paws touched, use small treats to distract him. And make a practice of gently touching his feet during petting sessions. If he is fearful during nail trims, do one nail a day – or as many as he is comfortable with. You can use a nail clipper or a rotary tool, depending on what your dog can tolerate and your own preference. Some dogs don't like the noise of a rotary tool, while others are unphased. Your dog's nails must be trimmed very carefully to avoid cutting into the quick, which is the blood vessel inside the nail that bleeds if cut, and can cause a lot of pain. So make sure you never do that! You can always go back and take a bit more off a nail if you leave it too long, but you can't undo

the damage if you cut it back too far. If you create a painful experience for your dog, she'll forever associate the clipper and nail trims with being hurt. I clip a tiny bit off the white nail tip, and if that's OK, I take off a tiny bit more. If your dog has so much fear that the process results in her withdrawing from you or fearing you, stop! At-home nail trims aren't worth permanently breaking your dog's trust. Find a fear-free groomer or veterinarian who will do the job for you. Styptic powder is a must and should be at your fingertips before you start the nail trim in case you cut into the quick.

Reasons Why Cats Throw Up

Despite the prevalence of chronic vomiting in cats today, it's a sign that something is wrong and should be investigated. We know this because healthy wild cats don't have the same tendency.

Generally speaking, most cats vomit for one of the following reasons:

Hairballs and Constipation. Hairballs aren't really balls, but cylindrical wads of hair, debris and undigested bits of food stuck together with mucus. Cats with long coats and cats who are obsessive groomers often have the biggest issue with hairballs. Cats fed kibble don't get enough moisture in their diet, so their organs tend not to function as efficiently as they should. And unlike dogs, kitties don't make up the difference at their water bowl, so they often end up chronically mildly dehydrated. A gastrointestinal (GI) tract that is moisture-depleted is less able to transport a hairball than the digestive tract of a well-hydrated cat eating a species-specific diet. Adding to the problem is the fact that kibble is also deficient in omega-3 fatty acids, which results in excessive shedding. In the normal case, cat's bodies are designed to pass swallowed hair. Cats in the wild pass hair in their faeces on a regular basis. To help prevent your cat from swallowing excessive hair, you'll need to brush her regularly. If she's grooming every cat in a multi-cat household, you'll also need to brush the other kitties. If your cat is eating exclusively dry food and you can't switch to a different diet, I recommend rehydrating the kibble with bone broth. A pinch of fibre and coconut oil together also helps.

Poor-Quality Diet and Food Intolerances. Cats fed ultra-processed diets may vomit due to poor quality and inappropriate ingredients. The rendered ingredients used in pet food are usually leftovers from the human food industry and can include non-nutritious feathers, snouts, beaks, eyes, hooves and nails. Some ingredients can be highly nutritious, but others may be condemned tissues, like abscesses and tumours. Low-quality ingredients with poor bio-

availability are difficult for cats to digest, causing GI upset. Whereas dogs typically have lower GI issues and are more apt to develop diarrhoea, kitties tend to have upper GI issues and vomiting. If cats are fed an inappropriate diet of ultra-processed pet food, they can develop a chronically disrupted microbiome, dysbiosis, food intolerances and allergies. This is a very common reason for intermittent vomiting over a period of months or years. If your cat is at a healthy weight with a normal energy level, but just throws up occasionally, food sensitivity could be the culprit. Food sensitivities develop when the same foods are fed over and over again. It's not just a matter of feeding good quality protein, but also nutritional diversity. I prefer a raw diet for cats, but even gently cooked fresh food is a huge improvement over ultra-processed junk food. If you feed treats, be sure they're high-quality. Look carefully at the label and avoid anything containing propylene glycol, dyes or colours, ethoxyquin, emulsifiers, surfactants and other questionable ingredients. All those additives, preservatives and other chemicals can cause GI inflammation and vomiting. It's also important to note that, contrary to what many people think, cats don't need milk. Drinking the milk of a different species past weaning can cause or exacerbate GI inflammation and cause vomiting.

Eating Too Fast. Another very common reason cats throw up is eating too fast. Your cat's oesophagus is horizontal and flat. Everything he swallows must travel horizontally before it moves into the stomach. If he's in the habit of gobbling his meals, food can back up in the oesophagus and result in regurgitation of part or all of the meal within moments of swallowing. In a group of cats, there may be at least one speed eater which scarfs his own meal in seconds and then races around to everyone else's bowl. He's such a little glutton that he often ends up returning all that food to the floor. It's best to feed cats in separate areas so they can't see or hear the others eat. If you have just one cat, but she's a speed eater, you may need to split her meals into smaller portions and feed her more often. You can also use a mini-muffin tin to slow her down. Just put a bit of food in each individual muffin cup, so that moving from cup to cup will slow her down. My favourite way to feed cats is with food dispensing 'mice' that are hidden around the house.

Other Causes. Enzyme deficiencies, dysbiosis, ingestion of toxins and an underlying medical condition, can also play a role. Helping a chronically vomiting cat requires identifying the cause(s), addressing any underlying medical issues and making appropriate dietary/lifestyle changes.

News from the Fluoride Action Network

The following is an abridged version of a letter from the Director of the Fluoride Action Network, Paul Connet, to the Director of the National Toxicology Program.

In a recent letter to the Director of the National Toxicology Program (NTP), the President and the Executive Director of the American Dental Association (ADA), said that the ADA: "is concerned about the National Toxicology Program's forthcoming state-of-the-science report examining whether there is a causal relationship between fluoride exposure and potential neurodevelopmental and cognitive effects."

And they should be! The science shows that exposure to fluoride during fetal development and through bottle feeding can lead to lower IQ and increase ADHD symptoms in children.

The Fluoridation Action Network wholeheartedly agrees with the ADA when it asks for "the NTP to base its coming report of fluoride on scientific evidence." However, we don't agree on what constitutes science. For over 70 years, the ADA has denied any evidence of fluoride causing harm to any tissue except the teeth, where they acknowledge that fluoride causes enamel damage or 'fluorosis'. Now with the scientific demise of its safety claims in sight, the ADA's letter to the NTP is a last-ditch effort to shift the focus from fluoride's dangers to the infant brain.

The ADA's letter to the NTP states:

"The Centers for Disease Control and Prevention has hailed community water fluoridation as one of ten great public health achievements of the 20th century and noted it is an inexpensive way to reduce tooth decay by at least 25% in the population. It would be a shame to distract from over 75 years of public health success over a simple matter of communicating the science, which is often more nuanced than a sound bite can convey." Specifically, the ADA does not want the NTP to draw the obvious conclusions from the science that they are reviewing, namely that a) fluoride is neurotoxic for children and b) it is neurotoxic for both fetuses and infants at the levels used in fluoridation programs.

The lack of scientific integrity in the ADA's promotion of water fluoridation is nothing new. Their standard approach for decades has been to find a reason to dismiss any study that reports an inkling of harm from the practice of water fluoridation.

In response to the 2017 Bashash mother-offspring study, the ADA released the following: "...the findings are not applicable to the United States because it is unknown how the subjects of the study ingested the fluoride – whether through salt, water, or both – no conclusions can be drawn regarding the effects of community water fluoridation in the United States." (ADA News Release 9/19/17) The relationship between mothers' exposure and lowered IQ in their offspring in this study was based on the mothers' urinary fluoride levels, which are independent of its source (whether it be in salt, food, water, or dentifrice). Thus, this study can be used to compare IQ loss related to fluoride exposure in any country or community in which urinary fluoride levels are measured. Indeed, within a year of the Bashash study being published, a Canadian study funded by the National Institute of Environmental Health Sciences (NIEHS) found that the average urinary fluoride levels in pregnant women in fluoridated communities in Canada were almost identical to the levels in the Bashash study (0.91 ppm versus 0.87 ppm). A year later another NIEHS-funded mother-offspring study essentially replicated the Bashash findings in Canadian cities (Green et al., 2019).

Meanwhile, the scientific evidence that the NTP has collected regarding water fluoridation is damning and the ADA knows it. In its draft review, of the over 150 human studies on fluoride and cognition it reviewed, the NTP identified 29 high-quality (which they define as "low risk of bias") human IQ studies, of which 27 found a lowering of IQ associated with fluoride exposure and only two that did not. Of these 27 studies, 18 were performed at fluoride water levels at, or less than, 1.5 ppm and of these 13 were conducted at 0.7 ppm or equivalent exposures. Currently, the USA fluoridates water between 0.7 and 1.2 ppm.

[EDITORS NOTE: Australian states and territories apply values between 0.5 and 1 ppm].



We are swimming in an ocean of electromagnetic radiation

By Arthur Firstenberg

Wireless technology is any means of sending information or energy through space without wires. It includes:

- satellites, radar, radio, television, cell towers, cell phones, cordless phones, microwave ovens
- smart meters, WiFi, Bluetooth, fitness trackers, smart watches, baby monitors
- wireless keyboards, mice, printers, headphones and speakers, wireless security systems, wireless car keys, wireless garage door openers, wireless battery chargers, remote controls, wireless microphones
- RFID chips in credit cards and driver's licenses, radio collars and chips in wildlife, cattle and pets, chips in home appliances
- wireless hearing aids, assistive listening devices, medical alert pendants, chips in medical implants, wireless pacemakers
- autonomous vehicles, drones, and robots
- numerous other radio-enabled devices that are proliferating in today's world

Every one of these devices, without exception, emits radiation.

What types of radiation are used in wireless technology?

All frequencies of radio waves, microwaves, infrared radiation, visible light, lasers, sound waves and even nuclear radiation. Most home devices use microwaves.

Isn't microwave radiation natural? Don't microwaves come from the sun and stars?

Almost all the radiation we receive from the universe is the light and heat from the sun, not microwave radiation. The microwave radiation a person receives from an average cell tower is millions of times stronger than all the microwave radiation from the sun and stars. The microwave radiation a person's brain receives from their cell phone is billions of times stronger than the microwave radiation from the sun and stars. And at any particular frequency, it is trillions of times stronger than the microwave

radiation he or she receives from the sun and stars at that frequency. And the faint microwaves from the sun and stars are not pulsed and modulated. It is the pulsations and modulation that cause much of the harm.

Aren't light and microwaves both electromagnetic? Therefore isn't microwave radiation safe?

No. That is like saying arsenic is safe because oxygen and arsenic are both elements, or that cyanide is safe because water and cyanide are both chemicals. But oxygen and water are necessary for life, while arsenic and cyanide are deadly poisons. It is the same with electromagnetic radiation. Visible light is necessary for life. Microwave radiation is a poison.



Aren't toxic chemicals more harmful than electromagnetic radiation?

Electromagnetism is more complex and more fundamental than chemistry. Electromagnetism shapes the sun and stars. Electromagnetism animates life. Electromagnetism is behind chemistry. There is no 'chemical force' in the universe. Outside of atomic nuclei, there is only gravity and electromagnetism. Electromagnetism guides everything we see, including ourselves.

Can't we find safe frequencies? Won't that solve the problem?

That is looking at both wireless technology and life too simplistically.

Most wireless technology has only one goal: to transmit information to computers, information of great complexity and variety. It is not simple, constant radiation of one amplitude and one frequency: such radiation would carry no information. Instead, it is multiple large frequency bands, each divided into hundreds, thousands, and millions of individual frequencies of all different bandwidths, overlapping and interacting, pulsed at an enormous variety of intervals, in an enormous variety of shapes, patterns and durations, all over the world. Even a single signal from a single device has a variety of amplitudes, frequencies and pulsations, and is modulated in complex ways in order to carry all the information needed to be read by a cell phone or computer.

The artificial cloud of energy and information is interfering with, overpowering and destroying the natural, living circuitry of energy and information.

Cell phones are much smaller than cell towers. Doesn't that mean they are safer?

Cell phones and cell towers emit the same radiation. The main difference is that a cell tower emits as many signals simultaneously as there are cell phones communicating with it at that time, whereas a cell phone only emits one voice channel and one data channel. A cell tower, therefore, emits stronger radiation than a cell phone, but by the time it reaches your body, its radiation is much weaker than the radiation from a cell phone that you hold in your hand, near your body. And a cell phone emits signals, like WiFi and GPS, that a cell tower does not.

The radiation from a cell phone travels just as far as the radiation from a cell tower. The radiation from a cell phone will reach all people, animals, birds, insects and plants in line of sight with it, no matter how far away.

Isn't a flip phone safer than a smartphone?

Both are digital and both emit pulsed, modulated microwave radiation. And despite what many people think, flip phones can emit as much radiation, or more, as smartphones. But safety is not determined by power level. The bandwidth is more important

than power level. Smartphones use more bandwidth than flip phones.

If the radiation levels from cell phones and cell towers were reduced, wouldn't that make them safe?

No. It is the informational content, not power level, that causes the harm. A cell phone exposes the brain to microwave radiation at roughly 10 milliwatts per square centimetre. At power levels one trillion times lower than that, microwave radiation has been shown to affect ovulation, the immune system, plant growth, human brain waves and the structure of DNA.

I keep my phone off except in emergencies. Doesn't that protect me and others?

A cell phone leaks radiation from all of its resonant circuitry, even if it is turned off, as long as the battery is in it. So does a modem or router that has WiFi, as long as it is plugged in.

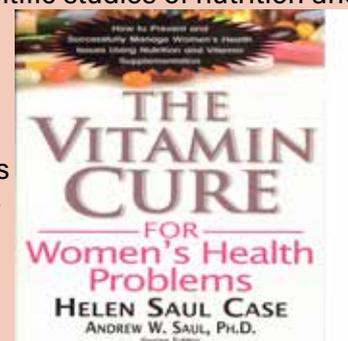
Arthur Firstenberg is the author of *The Invisible Rainbow: A History of Electricity and Life*.

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By Helen Saul Case

Helen 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.



NEWS FROM OUR KINDRED ORGANISATION, VEG SA

By Anne Saunders, Secretary VegSA

Unless you have been in complete hibernation for the last few years, you will have noticed a considerable increase in the quantity of plant-based products available. This is, no doubt, due to demand. Even several meat companies have jumped on the bandwagon and are expanding into "plant-based" production. Alongside this, more vegetarian and vegan options have appeared on the menus in cafes and restaurants. Even many hotels in South Australia offer at least one vegan option.

VegSA aims to list all of the vegetarian and vegan cafes and restaurants in SA on its website. From our earliest list in 1989 to today this number has grown from eleven to 40, with currently 21 of these being totally vegan. While the style of cuisine varies, most places have a range of dishes to suit most tastes. SA has eight vegan eateries in the CBD including Veggo Sizzle, Veggie Vie and Two Bit Villains. There are also Sky restaurant in Port Adelaide and Great Nature (which also sells vegan groceries) at Christies Beach. To the west, there are a number of venues especially near the beach at Semaphore and several in the eastern suburbs, including our only totally vegan burger, kebab and pizza bar, V Spot Diner.

While our informal survey would suggest that most members of VegSA go plant-based mainly out of compassion for animals, it seems that the evidence that a plant-based diet can keep you healthier longer is influencing more people. If living in or visiting SA and would like a plant-based meal, see the VegSA website for venue details.

Find out more @
www.vegsa.org.au
Or contact VegSA via
p. 0466 972 112
e. info@vegsa.org.au



The Natural Health Society of Australia's Principles of Natural Health

- *Health is the normal condition of the human body and under natural conditions it should continue from birth to death.
- *Health is that condition of the body when all of its functions perform harmoniously and is maintained by living in accordance with nature.
- *The health of an organism is governed by eating habits, proper exercise, sunshine, fresh air, pure water, rest, a positive mental attitude and the avoidance of all habits which devitalize the system and disturb the balance of the bodily functions.
- *Disease is basically the reaction of the body to a departure from some of the conditions necessary for good health.
- *Health can usually be regained and maintained by living in harmony with nature and allowing the natural healing powers of the body to restore health.
- *Drugs, medicines and other similar treatments interfere with the body's restorative power and so, while suppressing symptoms, retard the restoration of health. However, in cases of trauma and genetic conditions, medical procedures can be vital.
- *The same factors which are necessary to maintain health are also the basis for the control of disease conditions if they arise.
- *Erroneous eating habits, stress, human-made toxic chemicals and lack of exercise are the principal causative factors in most of the health problems of civilised life.
- *The natural and beneficial way to alleviate acute disease is through fasting - that is, complete abstinence from both solid and liquid food - consuming only filtered water. Alternatively diluted fruit and/ or vegetable juices may be consumed.
- *Chronic disease is the intensification of acute disease. It becomes manifest when the self-healing powers of the body are overtaxed.

PLEASE NOTE: It's not what you do 5% of the time, it's what you do 95% of the time that counts.



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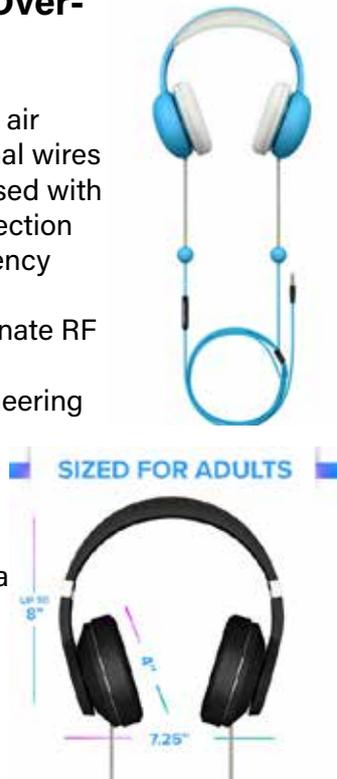
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