

True Natural Health

The Magazine of the Natural Health
Society of Australia



**Summer
2022-23**



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THIS MAGAZINE WAS SENT TO YOU IN BIODEGRADABLE POLYWRAP

Welcome to Our Summer Edition

It was wonderful to get together with some of our community to celebrate 62 years of the Natural Health Society. Maintaining the motivation to adhere to a great diet and lifestyle can be challenging, our broader culture is not set up to encourage healthy living. I find there is nothing more motivating than spending time with other health-focused people and listening to talks by inspiring people like Roger French and Dr Greg Fitzgerald. It was great to meet many people in our community face-to-face for the first time. I look forward to organising more events like this next year.

We also held our Annual General Meeting in November. I would like to congratulate and thank all of our re-elected National Committee members. We are lucky to have this committed group of Natural Health advocates volunteering their time and expertise to the Society.

Hopefully, our Summer edition of *TNH* is packed with information and motivation to help you on your health journey.

Thank you for being part of the Natural Health Society's community,

Rebecca Smith
NHSA Manager

Our National Committee

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

Our Patron

Roger French

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EFT FOR GRATITUDE

by Dr Joseph Mercola



Nurturing an attitude of gratitude is a simple way to bring more joy, well-being and even physical health to your life. From being thankful to appreciating kindnesses and recognising all the good in your life, gratitude is the act of recognising all that has value in your life (and this has nothing to do with monetary worth).

Feelings of gratitude are linked to brain activity in the anterior cingulate cortex and medial prefrontal cortex, brain regions associated with moral cognition, value judgment and theory of mind, according to a study in *Frontiers in Psychology*, which helps explain why gratitude leads to benefits in mental health and interpersonal relationships.¹

Showing gratitude is a healthy habit you can learn, just like eating right and exercising, and there are plenty of ways to cultivate gratitude in your life. Among them is the Emotional Freedom Technique (EFT), a psychological acupressure technique.

What Is Gratitude?

Gratitude can be difficult to define, as it has elements of an emotion, a virtue and a behaviour, all rolled into one. Robert Emmons, a professor of psychology at the University of California, Davis, and an expert on gratitude, defines it as a two-step process.

As explained in *The Science of Gratitude*, a white paper by the Greater Good Science Centre at UC Berkeley, the two steps include;

- 1) 'recognising that one has obtained a positive outcome' and
- 2) 'recognising that there is an external source for this positive outcome.'²

In this regard, the benefits of gratitude may be gleaned from the actions of other people or experienced in an internalised manner, such as when feeling gratitude about good fate or nature. Gratitude can also be a function of your mood, which fluctuates and may be temporary, or can be more of an affective trait, that is, a tendency to have an overall gracious disposition.

Gratitude may also be affected by social and cultur-

al influences, including religion, although it's been found that even young children have some understanding of gratitude, which suggests it may be part of the human experience.³

Why Practising Gratitude Is Important

At the most basic level, gratitude is associated with life satisfaction⁴ and multiple health benefits, in part because gratitude may lead to better psychological health and an increase in healthy activities and a willingness to seek help for health problems.⁵ Gratitude is known to facilitate improvements in healthy eating⁶ and alleviate depression by enhancing self-esteem and well-being.⁷ Further, more grateful people tend to be:⁸

- Happier
- Less materialistic
- Less likely to suffer from burnout.

There are benefits for people with chronic illness as well. In patients with heart failure, gratitude is linked to better mood and sleep and less fatigue. People who express more gratitude have shown lower levels of inflammatory biomarkers.⁹

Even if you're healthy, feeling gracious can help you sleep better and longer, perhaps by improving your thoughts prior to sleep.

"The relationship between gratitude and each of the sleep variables was mediated by more positive pre-sleep cognitions and less negative pre-sleep cognitions," according to a study in the *Journal of Psychosomatic Research*.¹⁰

Gratitude can also boost relationships. In a study of romantic partners, gratitude from interactions was linked to increased connection and satisfaction with the relationship, with researchers suggesting, "Gratitude had uniquely predictive power in relationship promotion, perhaps acting as a booster shot for the relationship."¹¹

In the bigger picture, gratitude may act as a gateway to the development of other virtues, including increased patience,¹² humility and wisdom. Gratitude is intertwined with several other important virtues,



and perhaps by boosting gratitude in individuals, we can foster these other virtues as well, *The Science of Gratitude* noted.¹³

What Is EFT?

Emotional Freedom Techniques, or EFT, is a psychological acupressure technique that's based on the same energy meridians used in acupuncture. However, instead of stimulating the pathways with needles, EFT uses tapping with your fingertips along with voicing positive affirmations. EFT can help you rid your mind of negative thoughts and emotions, facilitating gratitude.

This technique is especially helpful on those days when you feel like nothing is going right or you've received bad news. As Schiffman says, everyone deserves to process negative emotions and feel upset for a short time, but if you let these feelings fester for too long, it can be damaging. This is where EFT can be invaluable in helping to free you from negativity and to find things to be grateful for — even in the midst of an otherwise hard time.

EFT can help to decrease the intensity of traumatic memories after just one session,¹⁴ which may be a necessary step to facilitate gratitude in some people. Once you're able to recognise and tap into feelings of gratefulness during hard times, it will be even easier to feel grateful on ordinary or good days.

EFT is associated with other benefits, including reductions in anxiety and depression,¹⁵ increases in happiness and improvements in pain and cravings.¹⁶ When combined with tapping for gratitude, it's likely that using EFT can contribute to enhanced health on both physical and emotional levels.

How to Perform EFT

While you can recruit the help of a professional EFT practitioner, you can use the following to learn the

mechanics of EFT and to boost gratitude.

There are two basic areas to learn to use EFT: the tapping locations and technique, and the positive affirmations.

Tapping is done with your fingertips, solidly but not so hard that it hurts. Ideally, remove any glasses or watch (which could interfere electromagnetically with the process) before tapping, and tap each point five to seven times. The tapping points are listed below; it's easiest to start at the top and work your way down.

1. Top of the Head (TH) — With fingers back-to-back down the centre of the skull.
2. Eyebrow (EB) — Just above and to one side of the nose, at the beginning of the eyebrow.
3. Side of the Eye (SE) — On the bone bordering the outside corner of the eye.
4. Under the Eye (UE) — On the bone under the eye about 2.5 cm below your pupil.
5. Under the Nose (UN) — On the small area between the bottom of your nose and the top of your upper lip.
6. Chin (Ch) — Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily.
7. Collar Bone (CB) — The junction where the sternum (breastbone), collarbone and the first rib meet. This is a very important point and in acupuncture is referred to as K (kidney) 27. To locate it, place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is referred to as Collar Bone even though it is not on the collarbone (or clavicle) per se.
8. Under the Arm (UA) — On the side of the body, at a point level with the nipple (for men) or in the middle of the bra strap (for women). It is about 10 cm below the armpit.
9. Wrists (WR) — The last point is the inside of both wrists.

While tapping, you'll want to hold the problem or negative emotions in your mind while saying (ideally out loud) your positive affirmations, which can take

SPOTLIGHT ON MAGNESIUM

Abridged from an article by Robert Redfern

on any number of forms.

A basic phrase to use would be, "Even though I have this [you fill in the blank], I deeply and completely love and accept myself." If you are in public and don't want to say your affirmations out loud, it's acceptable to say them very quietly or in your head, but for best results speak them with feeling and emphasis (even if you don't believe them yet).

Sometimes one round of tapping is enough to clear up an issue, while with others repeated rounds are necessary. The great thing about EFT is that it costs nothing and you can use it as often as necessary to support your emotional health. You can also perform EFT on children (or teach them how to do it themselves) during stressful situations or to help resolve emotional traumas or gain positive attributes like gratefulness.

What Else Works to Become More Grateful?

EFT is a simple, fast and no-cost way to facilitate more gratitude in your life, but it's not the only method out there. In fact, for best results use EFT in conjunction with other gratitude facilitators, such as these tips from Emmons for **living a more grateful life**:¹⁷

- **Keep a gratitude journal** and set aside time daily to fill it with moments of gratitude from your day.
- **Remember hard times in your life**, which remind you how much you have to be grateful for now. "This contrast is fertile ground for gratefulness," Emmons says.¹⁸
- Appreciate what it means to be human by tuning into and **appreciating your senses of touch, sight, smell, taste and hearing**.
- **Use visual reminders**, including people, to trigger gratitude. This helps to combat "the two primary obstacles to gratefulness," which Emmons cites as "forgetfulness and a lack of mindful awareness."¹⁹
- **Make an oath of gratitude**. Simply vowing to be grateful can increase the likelihood that you'll stick to the behaviour, so write a note "vowing to count your blessings" and post it somewhere where you'll see it often.

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Magnesium is an essential element and mineral that the body needs for good health. It is the fourth most abundant mineral in the body and is one of the six 'macro-minerals' that are needed by the body in larger amounts to function optimally.

Magnesium is essential for more than 300 biochemical reactions in the body. It can help support a healthy immune system and maintain normal muscle and nerve function. For heart health, it has specific benefits that can keep your heart rhythm steady. This mineral is also required to help control blood glucose levels, blood pressure and myocardial metabolism.

A prospective analysis in the Alpha Omega Cohort concluded older heart patients with a history of myocardial infarction (MI) could reduce further complications of cardiovascular disease (CVD) and all-cause mortality by ensuring they get enough magnesium in their diet (1).

The study involved over 4,365 patients whose magnesium intake was investigated over 12 years. Researchers found an inverse association between mineral levels and CVD mortality. Consuming high levels of magnesium – an intake of 322 mg daily was linked to a lower risk of CVD and all-cause mortality. This was especially true in the case of participants taking diuretics (which leach magnesium out of the body).

Based on these results and previous evidence, the authors suggest that magnesium intake could be more strongly related to mortality risk in CVD patients than in the general population.

These findings emphasise the importance of cardiovascular patients having an adequate magnesium intake alongside traditional cardiovascular treatment.

WHAT THIS MAGNESIUM STUDY SHOWS

Dietary intake was measured for male and female participants with an average age of 69 years, who were selected from the cohort involved in the Alpha Omega Trial, where MI patients had been monitored to assess the effects of low doses of omega-3 fatty acids or a placebo for 40 months.

The results of the questionnaire determined that 235 people used magnesium supplements, with the average overall magnesium intake being around 300 mg/d.

This study shows there is a direct link between magnesium status and death from coronary heart disease. A daily magnesium intake of 100 mg/d was related to a 30-40 per cent lower risk of CVD and all-cause mortality in several subgroups.

SOME OTHER BENEFITS OF MAGNESIUM

SOOTHING SORE MUSCLES AND CRAMPS

Twitches, tremors and muscle cramps can be a sign of magnesium deficiency.

INCREASING ENERGY LEVELS

Magnesium deficiency can cause fatigue.

PROMOTES NERVE HEALTH

Magnesium is essential for muscle and nerve function. It plays an important role in relaying signals between the brain and body.

IMPROVES BONE STRENGTH

Weak bones and an increased risk of bone fractures are common with osteoporosis. One of the factors that can influence osteoporosis is magnesium deficiency. A magnesium deficiency can weaken the bones, and lower blood levels of calcium, the main building block of bones.

STRESS RELIEF

Taking magnesium can help boost your mood and normalise stress hormone levels. Researchers asked 136 adults with mild or moderate depression to spend six weeks taking magnesium supplements and six weeks without. Depression symptoms were found to improve by an average six points on a scale of 0 to 27 after people took magnesium for six weeks. [It is important to note here that people in this study continued all of their existing depression treatment and support protocols. Magnesium was used as an adjunct therapy only.]

HEADACHE RELIEF

Adding magnesium into your routine may help to prevent headaches. It does this by preventing the narrowing of brain blood vessels, caused by the neurotransmitter serotonin. Taking magnesium daily for preventive use is effective in preventing menstrually related migraine. Studies of those with migraines found low levels of brain and spinal fluid magnesium in between migraine attacks.

A GOOD NIGHT'S SLEEP

Magnesium can improve your quality of sleep. Magnesium helps to activate the parasympathetic nervous system. The parasympathetic nervous system is our 'rest and digest' mode and its activation will help you have a deep and restful sleep. Magnesium also plays

a role in regulating the hormone melatonin, that can guide your sleep-wake cycles. It also helps to activate neurotransmitters that are responsible for calming both the body and mind.

PROMOTES GOOD SKIN HEALTH

Adding magnesium into your skincare routine can inhibit your over-production of sebum, that otherwise leads to acne and other skin disorders. Getting a clear and even skin tone is possible with a high level of magnesium absorption. It can also reduce redness or rosacea, due to its calming effect on sensitive skin.

REGULATES METABOLISM

Magnesium has a key role in cellular energy metabolism and can help maintain insulin sensitivity.

MAINTAINS GOOD CELL HEALTH

Magnesium is critical in various energy-requiring metabolic processes. Magnesium drives ATP, the fundamental unit of energy used in human cells. This can fuel cell activities, cell maintenance and the healthy balance of minerals both inside and outside of the cells – while alleviating related pathological conditions.

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How to Get More Magnesium

Magnesium is widely distributed in plant foods. Green leafy vegetables, legumes, nuts, seeds and whole grains are all good sources of magnesium.

Food processing, such as refining grains in ways that remove the nutrient-rich germ and bran, lowers magnesium content substantially so a wholegrain and wholefood diet will be richer in magnesium.

Water can also provide magnesium, but the amount of magnesium in water varies significantly depending on the source (ranging from 1 mg/l to more than 120 mg/l). Next time you drink spring water look for the magnesium content.



COVID-19 – Why Some People Get Sick From The Virus, While Others Don't

By Roger French, Patron, Natural Health Society of Australia



We have previously published the article below – in 2015 – but now in this age of COVID-19 and its continuing illnesses, the information presented has a whole new relevance. And for newcomers to Natural Health, it will have a whole new meaning.

Author, Gary Samer, gives a brilliant account of how disease progresses, but does not spell out the role of microorganisms (germs) in any of the seven stages. To complete the picture, we need to bring in the findings of Professor Rene Dubos, the microbiologist who undertook the largest and most comprehensive study into microorganisms ever conducted (which I have referred to a number of times in past issues of this magazine). Prof. Dubos's core finding is that germs cannot and do not attack genuinely healthy tissue, with the emphasis being on 'genuinely.'

He found that throughout nature, peaceful co-existence with pathogenic microorganisms is the rule, not the exception. In other words, in wild animals and human populations living the way they have done for thousands of years, isolated from the Western lifestyle, it was normal for people to be carriers of disease germs without suffering disease, and it was rare for disease to develop.

Prof. Dubos concluded that for infection to produce disease, the body has to be in a state of physiological stress. A genuinely healthy body is free of such stress, whereas a person living the typical Western lifestyle with its processed foods, toxic man-made chemicals, high levels of emotional stress and lack of exercise would invariably be suffering physiological stress to a greater or lesser degree.

Then there is the garbage can analogy which presents the picture succinctly. If a garbage can is full of garbage, there will be rats and flies around it, and we can poison the rats and spray the flies, but as long as the garbage is there, the pests will keep coming. On the other hand, if we empty out the garbage and wash the can, there won't be one rat or one fly. The parallel case for the human body is that if it is contaminated with toxic waste products and toxic man-made chemicals, germs will be able to grow and multiply in this environment and produce so-called 'infectious' disease. However, if we sufficiently lower the level of this toxemia – by detoxing – the internal environment of the body will not support populations of microorganisms and disease will not develop.

Applying all this to SARS-CoV-2 and its associated disease, COVID-19, means that if a person who is genuinely healthy contracts the virus, they can reasonably expect to remain free of illness. In fact, what occurred during the first year of the pandemic was probably just this. During 2020 when COVID had become widespread, almost half the infected people remained asymptomatic, that is, they did not get sick. Medical scientists could not explain this, but when we understand the true cause and progression of disease, it becomes crystal clear. The sickness-free people were apparently in a higher level of health. Even though this virus may have escaped (or been released) from a germ-warfare lab – as some people speculated – many people's bodies were still able to resist any ill effects.

The bottom line is this. If we are genuinely healthy as a result of following a healthy lifestyle, there is good reason to believe that we have nothing to fear from either infectious microorganisms or degenerative illnesses. And this is exactly what Gary Samer is demonstrating in the following article (which we have edited and slightly condensed).

The Seven Stages of Disease From perfect health to deadly cancer. Understanding and breaking the disease cycle to achieve vibrant health.

by Gary Samer

Australians are in deep trouble. We are witnessing, right now, a total disintegration of health in the Australian populace that spans every age, economic, religious and political group.

Approximately one-third of all women and half of all men will get cancer in their lifetime. Heart disease is rampant and out of control, as are diabetes, arthritis, asthma, allergies and obesity. The state of Australians' mental health is as bad, with ever-increasing incidences of depression, schizophrenia, domestic violence and ADHD. In spite of the billions of dollars pumped into our health-care system, there appears to be very little progress in alleviating this tidal wave

of suffering of millions of Australians.

What could be the possible cause? A definition of insanity is: repeating the same pattern of behaviour over and over again, but expecting a different outcome each time! If something is not working, we need to make changes!

I believe that there is one root cause of all this suffering – ignorance or lack of knowledge. So let's look at reclaiming some knowledge that will be vital for our wellbeing.

Our starting point has to be the miracle of creation called the human body. This body has been created perfectly as a self-healing, self-repairing and self-maintaining organism. Its trillions of cells function in perfect harmony, and our body is always striving for the very highest level of health possible – if we will just allow it!

Health is the normal, natural state of the body; disease is abnormal and unnatural. Included in this miracle of creation is a built-in mechanism that warns us when our health is in danger, much like a red warning light in our car. We wouldn't put a piece of duct tape over the red light and drive around hoping for the best, yet this is exactly what millions of Australians do with their bodies.

Let's look at the different ways in which our body tries to get our attention in order to stop our harmful behaviour. Note that the more critical the problem, the more intense the warning. These warnings must not be ignored or masked with drugs; the result could become life-threatening. The seven stages are listed below.

1. Enervation (lack of energy)

Enervation is a condition in which the body is not generating enough energy for the tasks it must perform. This lack of energy impairs all systems of the body. The major symptoms are fatigue, loss of appetite and poor sleep patterns. Enervation is your body's first warning that all is not well.

2. Toxaemia

This occurs when the body cannot eliminate toxic substances faster than they are produced, so they build up. These toxins accumulate in the cells, blood, lymph nodes, tissues and organs. Toxaemia is the root cause of almost all disease. The most noticeable warning from the body is fever.

The most harmful sources of toxins are alcohol, tobacco, refined sugar, animal products, artificial sweeteners, toxic chemicals (insecticides, pesticides, hormones, food additives, etc.), medications (both over-the-counter and prescription – some are scheduled poisons), chemotherapy, some personal body-care products and a host of other things.

3. Irritation

This stage of disease is designed to make you aware of the rising level of toxins in your body. Irritation is the sensory signal from our nervous system telling us that our cells are starting to be damaged by toxic materials. Possible symptoms include itchy skin,

queasiness, unease, emotional/mental irritation, anxiety, headaches, body odours, dark circles under the eyes, etc. If these symptoms are ignored or suppressed, the next stage inevitably results.

4. Inflammation

Inflammation is the body's most intense effort to cleanse and restore itself. In this stage you can no longer ignore the warning signal – pain! This is not arbitrary pain, it has purpose. It's the body's way of saying 'STOP!'. Pain is actually your friend. It's not pleasant or comfortable, but that's the whole idea – it gets your attention. We don't need to like pain, we just need to understand it. Understanding is the only way we can act to stop our destructive behaviour or progress on to the more dangerous stages of disease.

Any condition ending in *-itis* means, 'inflammation of'. This takes a lot of confusion out of disease. We know that tonsillitis means inflammation of the tonsils, appendicitis – inflammation of the appendix, hepatitis – inflammation of the liver, arthritis – inflammation of the joints, colitis – inflammation of the colon. Similarly, dermatitis, sinusitis, conjunctivitis, cystitis, bursitis, nephritis, pancreatitis are all names for inflammation of various parts of the body. They all mean the same thing – inflammation (with pain) from accumulating toxicity.

STAGE 4 IS A PIVOTAL POINT. If you take no action to correct the underlying cause of the pain and inflammation, you will fall deeper into a disease state.

5. Ulceration

This stage means that the body has been under assault for such a long time that staggering numbers of cells and tissues are being destroyed. This stage is often intensely painful because there are exposed nerves. Lesions and ulcers can occur inside or outside the body (for example, stomach ulcers, leg ulcers). The body will use ulcers as an outlet for relieving extraordinary toxic build-ups.

6. Induration

This is the encapsulation of toxic materials that threaten the body's natural equilibrium of good health. The encapsulation appears, for example, as a benign tumour or cyst. This is an intelligent way for the body to quarantine dangerous toxins in one place, so that they will not spread freely throughout the body, causing widespread harm. Induration is the last stage during which the body is still in control of its cells.

If the destructive practices that brought matters to this stage are allowed to continue, cells will start to go 'crazy'. Their genetic encoding will become damaged because of the toxins and they will become wild and disorganised. We call this condition cancer.

CONTINUED ON PAGE 37

Our 62nd Anniversary Celebration



Our recently re-elected Executive Committee members, with our Patron, Roger French and manager Rebecca Smith.

After waiting an extra two years to celebrate 60 years of helping people live happier, healthier lives we had a fabulous health talk and lunch day. Our Patron, Roger French, our President, Elizabeth French and Dr Greg Fitzgerald all spoke and shared their passion and wisdom to a full house.

It was a great day of getting our community together, meeting old and new friends and sharing our passion for Natural Health. Roger provided us with an interesting summary of the Society's history, Elizabeth spoke about the great work our National Committee does and Greg, in his signature blend of practicality and inspiration, provided an excellent summary of how to be healthy.

Keep an eye out in our next edition of *TNH* for a longer summary of Greg and Roger's talks for those who couldn't attend. For those who did attend, thank you for coming. It was a great day to reflect on what has been achieved in the last 60 years and what we will achieve in the next 60 years.



PEOPLE POWER! IT TAKES A VILLAGE, AND IT'S EVEN BETTER IF IT'S A HEALTHY VILLAGE.



Putting on a Society event involves a huge amount of volunteer work, so thank you to everyone who made this possible. Too many people helped to list and some were at the dishwashing sink so much we didn't even manage to get a photo of them. However, everyone's contributions were noticed and appreciated.



Dr Greg Fitzgerald broke down clear steps to a healthy life. Including reminding us that when we are fatigued, we fail, and teaching us how to avoid both. Roger spoke about 60 years of the Society, such a rich history.



Our President, Elizabeth French, Vice President, Margaret Stepniewski, speaking with Greg and Dawn Fitzgerald.



Marylin Bodnar provided us with a delicious dessert. National Committee and Health Advisory Panel member, Cecil Bodnar, also helped make the day a success.



It was lovely to see so many long-term members on the day.



After a day of hauling heavy boxes, moving furniture, our 73-year-old Treasurer, Richard Stepniewski went on to a rock concert. #HowToAgeWell #RockOnRichard

When I offered to help our 82-year-old Patron Roger French carry a

large box of water bottles at the end of the day he told me, "I'm right, this is why I go to the gym".



These are just two of the many examples I saw on the day of how commitment to the Natural Health lifestyle pays lifelong dividends #AgeWellNaturally

YOUR QUESTIONS ANSWERED

By Roger French

Q. INSECT BITES AND STINGS

How do you treat with safe remedies bites or stings by insects such as bees, wasps, ants, ticks and mosquitoes? - A. K., Emu Plains NSW.

A. Most insect bites cause inflammation and itching, but are relatively harmless. A few are potentially serious, such as ticks carrying Lyme disease bacteria. Some treatments are suitable for most kinds of bites and others are specific to that insect.

Bee stings

- Calmly walk away or take a child away from the area to avoid a sting from another bee.
- Remove the sting by scraping out with the thumb nail or a blunt blade. Don't pull out the sting because this will squeeze in more poison.
- Bee stings are acidic, so wash the wound with an alkaline solution of bi-carb soda and water.
- If the sting is on a limb that can be immersed in a bowl or bucket, pour cold water into the bowl, stir in some bi-carb soda and add a few ice cubes. Immerse the foot, hand or arm in this. Relief may be immediate. Alternatively, wash with soap and water and apply an ice pack.
- Or smear the skin with honey and place an ice bag on top or plunge the honey-smear part into ice-cold water.
- If baking soda or cold water are not available, apply a freshly-cut slice of raw onion to the sting, taping it in place.
- If the sting is in the mouth, rinse the mouth with iced water, suck ice cubes and seek medical help immediately.
- If the swelling moves to other parts of the body, such as the face or neck, go to hospital emergency immediately as there might be an allergic reaction. Other signs of this include difficulty breathing, nausea, hives or dizziness.

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



Wasp stings

- Wasps and hornets can sting again, so calmly walk away from the area to avoid further attacks.
- Their stings are alkaline, so neutralise with an acidic solution such as lemon juice or vinegar.
- Applying vitamin E oil may ease the pain.
- Apply a cold pack to reduce swelling.

Ant bites

Like bees, these insects typically bite or sting only when they feel threatened. One of the most aggressive species is fire ants, which can cause moderate to severe pain.

- Wash the area thoroughly with soap and water.
- In the case of itching or pain, apply a paste of water and baking soda or apply lemon juice or vinegar. Or try putting honey on the bitten area.
- If swelling occurs, apply a cold compress.
- A sting can cause an allergic reaction, which can be severe or even life-threatening. Severe reactions include dizziness, difficulty in breathing, swelling of the face, chest pain, vomiting and/or low blood pressure. The person should go immediately to hospital.

Mosquito bites

Most mosquito bites cease itching and heal on their own in less than a few days.

- Merely bathing the area with cold water will often end the itching.
- If itching persists, wash the area thoroughly, then apply a paste of bi-carb soda and water, followed by a cold compress or a cool, moist cloth for a few minutes. Reapply several times daily until symptoms fade away.
- Alternatively, apply a poultice of lemon juice, corn starch or witch hazel. Or dab on a tincture of witch hazel.

Tick bites

Usually, tick bites are harmless, but a few may lead to allergic reactions and cause serious problems, most notably Lyme disease. Note that you can't get sick from a tick that is crawling on your skin and has not yet attached.

- Remove the tick immediately after you find it.

Using fine-toothed tweezers, gently grip the tick as close to the skin as possible. Pull steadily away from the skin without twisting or crushing the tick. Don't jerk it out, as this may tear the mouthpart from the body of the tick, leaving it embedded in the skin and causing more poison to be injected. The long mouthpart is covered with barbs, which can make removal difficult.

- Wash the skin with water and soap afterwards.
- While a tick is attached, do not apply petroleum jelly, nail polish, etc, or a lighted match to it. This may agitate the tick and cause it to inject more poison.
- A tick on you is a sign that there may be others, so check carefully.
- Observe the bite site over the next two weeks for any signs of an expanding red rash or flu-like symptoms. If symptoms persist, consult a practitioner.

General treatment for most kinds of bites

- Wash the bite thoroughly with soap and water. Avoid scratching as this can aggravate any inflammation.
- Apply calendula ointment which eases irritation.
- Apply a poultice made with lobelia and charcoal.
- The orthodox way to relieve itching is to apply calamine lotion or hydrocortisone cream several times a day. In addition, the person takes an anti-itch medicine (antihistamine) by mouth.

Preventing bites in the first place

To prevent mosquito bites, use fly screens on the house and a mosquito net over the bed which is very effective. When outdoors, wear light-coloured clothes which are less attractive to mosquitoes.

Insect pests can be kept away by repellents applied to the skin or by systemic treatment that makes the body unattractive to them (see repellents below).

So that your body won't attract insects, you can:

- Eat foods rich in vitamin B₁ (thiamine) or take a 100 mg tablet three times daily. Don't take this supplement too often as there may be side effects. The surplus of the vitamin gives off an odour which repels insects. Some B₁-rich foods are brewer's yeast, brown rice and wheat germ. If going on a picnic, try taking a 100 mg tablet as you leave home. (This vitamin also keeps fleas off pets, so adding brewers' yeast to the pet's diet may make a difference.)
- Eat garlic.
- Take 60 mg of zinc daily.
- Avoid refined sugar because the sweet smell on the skin will attract mosquitoes. Also avoid alcoholic drinks, because these cause the skin to

flush as blood vessels dilate, which also attracts mosquitoes. When outdoors, avoid perfume, hair spray and other cosmetics which are attractive to insects.

Relatively safe and effective repellents to apply directly to the skin include the following:

- citronella oil or burn citronella candles in the vicinity. Citronella is a favourite of ours – it is very effective.
- tea tree oil
- lavender oil
- eucalyptus oil
- calendula ointment
- goldenseal
- pennyroyal oil (it's strong, so don't use often or during pregnancy). If you have pennyroyal leaves, you can crush them and wipe over the skin.

These oils are very strong, so be careful that they don't contact the eyes. Simply dab on ears, forehead, neck, wrists, ankles and, if wearing shorts, legs.

Q. HOW TO PUT ON WEIGHT:

I am 84 years of age, 167 cm tall and weigh only 46 kg. How is the best way to put on weight? – V. N., Sydney NSW.

A. All the articles about weight tell us how to lose weight, but what about those among us who want put on weight? There is plenty to tell. Here is a brief account of the causes of underweight and how to put weight on.

The main causes of genuine underweight (not imagined underweight) are:

- Malabsorption
- Nervous disposition
- Psychological factors
- Excessive physical activity
- High metabolic rate
- Lack of appetite
- Dehydration
- Use of laxatives
- Consuming stimulants
- Cancer

Inherited predisposition to thinness.



Malabsorption

A prominent cause can be stress during meal times, which can play havoc with digestion and absorption.

If stomach acid and digestive enzymes are in short supply, some food will remain undigested.

Diseases of the gut can significantly impair digestion, including gastritis (inflammation of the stomach

YOUR QUESTIONS ANSWERED

By Roger French continued...

lining), Crohn's disease, coeliac disease and lactose intolerance. Less commonly, tumours can impede absorption and parasites can compete with absorption.

It may require professional guidance to track down the cause. If the cause is not known, there are steps that the individual can take to improve absorption of food as follows:

- Relax before commencing each meal by taking three deep breaths, and as you breathe out, visualise energy going down to the stomach.
- Try having small, more frequent meals.
- A juice-only diet or water fast for one to three days – which will initially cause weight loss – may enable the digestive system to recuperate and function better afterwards.
- Improve the flow of bile (for fat digestion) by regularly consuming diluted lemon juice or grapefruit juice.
- In case there is stomach acid deficiency, compensate by consuming acid fruits with any meal containing significant protein. Stimulate acid production by chewing very thoroughly and consuming herb teas of peppermint, cloves, ginger or aniseed half an hour before a protein meal. Or a spicy tea made from cinnamon, aniseed and/or peppermint.
- Probiotics assist digestion and absorption generally. Consider a supplement of acidophilus and bifidobacterial that has been stored in a refrigerator and supplies at least one billion bacteria per dose by a use-by date.
- If necessary, take supplements of digestive enzymes under professional guidance.
- Avoid stimulants which can lead to diarrhoea and wasteful loss of nutrients – caffeine and alcohol (and, need I say, nicotine).
- If chronic fatigue is present, you may need a good, long holiday.

To deal with gastritis, a short detox in the form of water fasting or an exclusive fruit juice diet can do wonders for easing the inflammation. Simply adopting Natural Health Dietary Guidelines may achieve the same result, but much more slowly.

Coeliac disease.

It is necessary to avoid foods containing wheat and rye which have gluten and also barley and oats which have similar proteins to gluten.

Crohn's disease.

May be stress related, so learning to relax may be

crucial to recovery. As with gastritis, detoxing can be very effective. Otherwise use soft, non-irritating fibrous foods – pawpaw, banana, grated apple, grapes without seeds, peaches, oranges or other citrus, cooked potato, cooked pumpkin, linseed, millet, sprouted seeds and grains, steamed or pureed vegetables and/or stewed fruits. Slippery elm can be taken to protect the intestinal wall.

Nervous disposition

People with a nervous disposition are much more affected by mental and physical stress, which devour nerve energy and reduce the amount available for digestion, assimilation and elimination of wastes, thereby increasing toxæmia and further compromising these functions.

Psychological functions

A negative view of food can reduce appetite.

Excessive physical activity

Some people – usually younger ones – fall for the trap of exercising long and hard every day, even though they are constantly tired. Exercise appears to give us energy because it is stimulating, but if we are already tired, it is squandering vital nerve energy and competing with the needs of digestion and assimilation. If this is repeated day after day, we eventually become absolutely exhausted.

High metabolic rate

A high metabolic rate means we burn calories faster than average. We can be born with a high rate, or it can be the result of excessive physical activity, an over-active thyroid or disorders of the adrenal or pituitary glands. Slowing down and learning to relax may create a slower rate.

Lack of appetite

Most commonly is the result of worry or emotional upset, so, again, there is a need to take relaxing breaths before meals and remain calm during meal times.

Dehydration

Being dehydrated can reduce our weight. Dehydration can result from not drinking enough pure water, from excessive urination due to diuretics or from prolonged diarrhoea or vomiting. Sodium deficiency, which is very rare in the Western world, can reduce the volume of water in the blood to the point of dehydration. It is essential to drink adequate water, probably a little more than thirst indicates.

Use of laxatives

These stimulate the elimination of unnatural quan-

tities of fluid from the bowel, possibly leading to dehydration.

Stimulants

Caffeine, tannin, alcohol, nicotine and some medications, besides interfering with absorption, squander vital nerve energy and possibly contribute to underweight.

Cancer

Rapid weight loss – as distinct from long-term underweight – is a classic symptom of many forms of cancer. This symptom often causes alarm when the cause is something quite different and relatively benign.

Inherited predisposition to thinness

If an extremely thin figure runs in the family, you are probably more fortunate than if it was obesity.

SOME FINAL TIPS

A particularly good food for putting on weight is linseed with its high content of omega-3 oil. Freshly-ground linseed can be added to dishes such as casseroles or consumed in porridge. A useful porridge recipe is three parts millet and one part each of buckwheat and flaxseed, ground, mixed together and cooked with water.

Weightlifting is tried and true for putting on weight, provided the person is not mentally or physically exhausted.

Finally, a marvellous philosophy for heading off worry and anxiety: Worry about those things that you can do something about, and do it, and forget all the rest.

Q. SWEETS and VIOLENCE:

My child sees some of his classmates eating lollies and chocolates nearly every day. Of course, he is pestering me to give him money for sweets every day too. We know that refined sugar is bad for us, but just how bad is eating lollies and chocs every day? – B. O., Newcastle NSW

A. A study 13 years ago, found that children who eat sweets and chocolate every day are more likely to be violent as adults. The study, conducted by Cardiff University researchers and reported in the *British Journal of Psychiatry*, involved 17,500 people and was the first to look into the effects of childhood diet on adult violence.



It found that 10-year-olds who ate sweets daily were significantly more likely to have a violence conviction by age 34. The researchers looked at data on the study participants and found that 69 percent who were violent at the age of 34 had eaten sweets and chocolate nearly every day during childhood, compared to 42 percent who were non-violent.

This link between confectionery consumption and later aggression remained even after controlling for other factors, including parenting behaviour, the area where the child lived, not having educational qualifications after the age of 16 and whether they had access to a car when they were 34.

The researchers put forward several explanations for the link, including the idea that confectionery makes the adult addicted to certain additives and that these may contribute towards adult aggression.

BBC News, 30th Sept. 2009

[Psychiatrist, J. Leonard Smith had already found that high glycaemic-index foods can result in hypoglycaemia in which the brain may switch over to the reptilian brain which is mean, cruel and anti-social.]

Q. FIBROMYALGIA:

I have bothersome, mild fibromyalgia. Can you tell me something about its cause and recovery without drugs? – C. L., Tamworth NSW

A. Fibromyalgia is generalised pain and stiffness in muscles and ligaments adjacent to joints, most commonly occurring in the neck and shoulder area, with one of the commonest sites being between the upper part of the shoulder blade and the backbone. It can be present for several days or weeks at a time, then disappear for months. It has no obvious cause – that is, according to modern medicine.

It used to be called fibrositis and is sometimes referred to as muscular rheumatism.

More precisely, it is described in my medical dictionary as 'inflammatory enlargement of fibrous or connective tissue of muscles'

The underlying cause is thought to have something to do with nerve compression due to localised muscle spasm or abnormalities of the vertebrae.

Some associated problems that may be causes of muscle spasm or nerve pressure include unfit muscles, poor posture, injuries, repetitive use of muscles, allergies, viruses or other infections, hormonal imbalances, drug reactions, stress, fatigue, insomnia, anxiety and various other emotional problems.

YOUR QUESTIONS ANSWERED

By Roger French continued...

While there is a number of possible treatments, the fundamental step is to ease the underlying cause of the inflammation. As with any rheumatic condition, or any other inflammatory condition, inflammation is a healing process. The key to recovery is the deal with the underlying cause of the inflammation.

How to do this involves cleansing diets to lower the toxaemia which is, other than for injury, the usual foundation for inflammation. For detoxing at home in the absence of professional supervision, it has generally been found safe to have up to a week on fruit and salads exclusively, or up to five days on juices exclusively or up to three days of water-only fasting.

This approach is in stark contrast to conventional treatment which uses painkillers and anti-inflammatory drugs, which, in effect, suppress the body's healing process.

For prompt relief, there are ways of easing the muscle spasm and improving circulation to restore normal muscle function.

Osteopathy, involving soft-tissue manipulation (rather than joint cracking), can greatly relieve the spasm – and your suffering.

Hydrotherapy, using hot-and-cold packs – provided the joint is not already hot – can be very effective in easing stiffness and discomfort. Apply a hot pack for three minutes, then a cold pack for one minute, and repeat this cycle twice more. If the joint is hot, apply cold only.

Poor posture requires correction – in particular due to sitting at a desk or operating a computer. Improve posture by sitting with the back straight and shoulders relaxed, and also check that your pillow and mattress are right for you. Yoga relaxes muscles, calms the mind and helps ease tension. Acupuncture may be helpful.

Aerobic exercise is the best way to enhance circulation to flush toxins out of muscles. Cease the exercise if pain increases.

Self-massage can bring immediate relief. If pain is at the base of the neck, lean the head slightly to one side and use your fingers to massage the muscle between the neck and shoulder on the opposite side. Then repeat on the other side.

Neck exercises that may bring rapid relief are:

- (a) Gently lift your shoulders as high as you can. Hold for five seconds, then release. Repeat five times morning and evening.
- (b) Rotate your shoulders forward five times, then backwards five times. Repeat the series two or three times and do this exercise a couple of times a day.
- (c) Stand facing a wall with your feet about 60 to 90 cm from the wall. Place the palms of your hands flat on the wall at a level just above your head. Keeping your arms and legs straight, let your head fall forward between your arms, allowing your chest to move as required. Stay in this position for as long as is comfortable. Do this whenever you feel shoulder pain or stiffness.

Herbs can help you relax. Remember that a herbalist's guidance is always advisable. Herbs taken by mouth to relax muscles include chamomile, lemon balm, valerian and wild yam. Those applied externally include bergamot, marjoram, rose and rosemary.

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Three Health Checks You Can Do At Home

by Rebecca Smith

Many people rely solely on health practitioners to assess the state of their health. However, we are uniquely positioned to be the expert on our own health. Of course, it is appropriate to rely on health professionals for assessment and care when needed, but measuring our own health is also an important, not to mention empowering, health practice. Here are three simple things you can do today that will provide you with some feedback about your health.

1. Create a baseline

It can be helpful to have a consistent exercise that you do to measure your general fitness. Our Patron, Roger French, talks about his annual completion of the 'City to Surf' as being one of his annual health check-ups. Race, recovery and experience of a marathon can provide you with great insight into your cardiovascular, musculoskeletal and even psychological health. On a smaller scale, a daily walking route or pilates routine can provide you with a strong reference point for how aspects of your health and fitness are tracking day-to-day.

2. Balance Test

Balance is indicative of how our muscular, vascular and brain systems are working together. The ability to stand on one leg without holding onto anything for a period of time has been shown to be associated with mortality and morbidity risk. Research tracking people's balance has also demonstrated rapid drops in balance with ageing. In Rosen-Schmidt's 2014 study, the ability to complete the balance test dropped significantly with age, with failure rates more or less doubling at subsequent five-year intervals from the age range of 51 to 55 and onward.

There are a few different balance tests, but a simple one for you to do at home involves standing on one foot with your arms crossed against your chest. Choose a safe space, and have someone with you to provide support if needed. Fix your gaze ahead and try to stand for 60 seconds without moving your arms or touching your leg to the floor. If you find yourself getting unsteady quickly, try again one or two more times. Researchers often give subjects two or three attempts and use their longest time as the result.

The results Research published in the *British Journal of Sports Medicine* noted that for older adults, being able to balance on one foot may predict how long they'll live. People who failed a 10-second balance test of standing on one foot were nearly twice as likely to die in the next 10 years. The balance test was performed on 1,702 participants from ages 51 to 75. At the first checkup, participants were asked to stand on one leg for 10 seconds without holding onto anything to support themselves. After accounting

for factors such as age, sex, BMI, history of heart disease, hypertension, diabetes and high cholesterol, the researchers found that the risk of death within 10 years was 1.84-fold higher in participants who failed the balance test.

Another study assessed people's ability to balance on one leg for one minute and then conducted MRI scans of their brains. Researchers found that the inability to balance on one leg for longer than 20 seconds was associated with cerebral small vessel disease. They noted that:

- 34.5 per cent of those with more than two lacunar infarction (a minor stroke that is sometimes undetected).
- lesions had trouble balancing.
- 16 per cent of those with one lacunar infarction lesion had trouble balancing.
- 30 per cent of those with more than two microbleed lesions had trouble balancing.

The results suggested that people who could not break the 20-second barrier had higher incidences of reduced cognitive function, microbleeding in the brain and small lacunar infarctions. Head researcher, Rosen-Schmidt, emphasised that the balance test is far from definitive, "because some people just have bad balance". However, if you have always had great balance and notice a significant drop in your balance ability, this could warrant following up.

3. The sitting-rising test

From a standing start, sit cross-legged on the floor and then rise again to standing, using the minimum support needed. Score five points if you could sit down without touching your knees, legs, hands, or arms on the floor and another five points if you could get back up unaided. Take off one point for each body part that was leaned on while getting down or up. If you are noticeably wobbly on the way down or up, take off half a point.

The results Longevity researchers tested over 2,000 people using the sitting-rising test, they were then followed up for an average of 6.3 years. Participants who had the highest scores (8 - 10) had the lowest rates of mortality of all groups, with people who only scored 0 - 3 being 6.5 times more likely to die during the course of the study. Like the balance test, this test can be indicative of how our musculoskeletal, vascular and neurological systems are working together.



COVID-19 and The Gut Microbiota

Part One

By Rebecca Smith, Manager and Editor, Natural Health Society

During our most recent webinar series, Naturopath Robyn Chuter spoke to us about the gut microbiota and cultivating a healthy gut. During her presentation, Robyn mentioned some interesting research about the gut microbiota and coronavirus disease 2019 (COVID-19). Here is some information for members who couldn't attend and a longer summary of recent research for those who did.

Key Points

Gut microbiota composition is altered in COVID-19 patients compared to non-COVID-19 patients.

Gut dysbiosis (imbalance in microbiota) has been correlated with an increased risk of poor outcomes in COVID-19.

Gut dysbiosis persists after COVID-19 patients no longer test positive for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and has been associated with an increased risk of post-acute COVID-19 syndrome (also referred to as 'long COVID').

Gut Dysbiosis and COVID-19

Since the early days of COVID-19, correlations between our gut microbiota and our experience of SARS-CoV-2 infection and COVID-19 have been noted. This is unsurprising, given the role of our gut microbiotas in immunity.

When gut dysbiosis is present, markers of inflammation rise in our blood. These markers include cytokines and

C-reactive protein. This increased inflammatory state has implications for a person's experience of illness, including COVID-19.

What Has Been Identified?

Gut microbiota composition is significantly altered in COVID-19 patients compared to non-COVID-19 patients. The link between COVID-19 and gut dysbiosis is understood to be a two-way street. Gut dysbiosis appears to increase the risk of poor outcomes in COVID-19, while COVID-19 appears to increase the risk of gut dysbiosis.

Multiple COVID-19 and microbiota studies show worse outcomes for patients with decreased levels of *Bifidobacterium spp* and decreased bacterial diversity within their gut (Yeoh et al, 2021).

An increased risk of SARS-CoV-2 infection and COVID-19 symptom severity have also been associated with:

- decreased levels of the *Faecalibacterium* genera,
- decreased *Eubacterium rectale*, *Lachnospiraceae spp*, *Roseburia spp*, and
- increased relative abundance of *Bacteroids spp* (Wang et al, 2022) (Hazan et al, 2022).

In other words, several 'good' gut microbes known to help modulate our immune response are underrepresented in COVID-19 patients who experience worse outcomes.

The beneficial species listed above are notably all butyrate producers. Although *Bifidobacterium spp* do not directly produce butyrate, they act to support the flourishing of butyrate-producing species. They do this by breaking down key indigestible carbohydrates into smaller molecules that feed butyrate-producing species. *Bifidobacteria spp* are also involved in

butyrate co-production with some of these species (Sinderen, 2016).

What Is Butyrate?

Butyrate is a short-chain fatty acid produced by certain gut bacteria when exposed to indigestible carbohydrates. Butyrate plays an important role in gut immunity; some of its functions include:

Maintaining a healthy gut lining by being the main energy source for colonocytes, the cells which make up your gut lining.

Conditioning our immune cells to modulate our immune response. For example, butyrate is taken up by macrophages, a type of white blood cell, in which it down-regulates our inflammatory response by modulating gene expression.

Some researchers have hypothesised that low bacterial diversity and depletion of *Bifidobacterium spp* either before or after SARS-CoV-2 infection leads to reduced immune functions, thereby allowing the infection to become a symptomatic disease (Hazan et al, 2022).

Long COVID and Our Gut Microbiota

Long COVID is characterised by long-term complications and/or persistent symptoms following initial COVID-19. It is a multisystem inflammatory state. Research published this year suggests that our gut microbiota composition likely plays a role in a person's experience of long COVID (Liu et al, 2022).

One hundred and six patients with a spectrum of COVID-19 severity and 68 non-COVID-19 controls underwent serial microbiome analysis and follow-up for six months. This testing



found that the incidence of long COVID was not associated with the amount of virus found in people, but could be correlated with patients' gut microbiota composition. Patients who developed long COVID had gut microbiotas significantly different from those of healthy controls. Once again, a key difference was that patients who experienced long COVID had reduced bacterial diversity and richness. Patients who had COVID-19 but did not go on to develop long COVID had gut microbiotas that were comparable to the gut microbiotas of the healthy controls at six months.

Long COVID presents in different ways and can include respiratory symptoms, mental health and cognitive problems or a more diverse collection of symptoms including heart palpitations, muscle aches and pains and changes to skin and hair. Researchers found that the type of long COVID symptoms could be correlated with specific gut microbiome patterns (Huzan et al, 2022).

Persistent respiratory symptoms were correlated with opportunistic gut pathogens, including *Streptococcus anginosus*, *Streptococcus vestibularis*, *Streptococcus gordonii* and *Clostridium disporicum*, and lower levels of *Bifidobacterium spp.*

Neuro-psychiatric symptoms and fatigue were also correlated with gut pathogens, including *Clostridium innocuum* and *Actinomyces naeslundii*.

Butyrate-producing species such as *Roseburia inulinivorans* and *Faecalibacterium prausnitzii* were significantly depleted in patients who had persistent hair loss at six months (Liu et al, 2022) (Huzan et al, 2022).

Several immunomodulatory species, such as *Faecalibacterium prausnitzii*, *Eubacterium rectale* and *Bifidobacterium spp.*, were also under-represented in long COVID patients.

The presence of *Bifidobacterium pseudocatenulatum* and *Faecalibacterium prausnitzii* showed the largest inverse correlations with long COVID at six months, highlighting the potentially protective role of these species.

Probiotic Therapy and COVID-19

Before we discuss the research on probiotic therapy and COVID-19 and long COVID, I think it's important to note a key Natural Health concept here: you can't cheat nature. Taking a probiotic pill will not replace the day-to-day work of nurturing a robust and diverse microbiota. One of the studies below explicitly stated that patients' microbiota displayed no significant difference in composition or diversity after supplementing with probiotics for 30 days. The probiotics used in these studies have a mostly transient effect and will never replace a healthy diet and lifestyle.

These studies do, however, highlight the role that microbiota species play in our immune response, including when we are exposed to SARS-CoV-2. A quadruple-blinded, randomised trial in 300 adult symptomatic COVID-19 outpatients tested the effect of probiotic supplementation on outcomes. The probiotic comprised the strains *Lactiplantibacillus plantarum* KABP022, KABP023 and KAPB033,

plus the strain *Pediococcus acidilactici* KABP021, totalling 2×10^9 colony-forming units). This, or a placebo, was given for 30 days.

Probiotic supplementation reduced nasopharyngeal viral load, lung infiltrates and duration of both digestive and non-digestive symptoms, compared to placebo. Complete remission was achieved by 53 per cent in the probiotic group compared to 28 per cent in the placebo group.



Probiotic treatment was also associated with higher levels of SARS-CoV2-binding IgG and IgM on days 15 and 30, indicating a more robust immune response. Symptom clearance was five days shorter in the probiotic group compared to the placebo group. Researchers concluded that these results indicated that the probiotics acted to potentiate the patient's acquired immunity (Ivashkin et al. 2021).

Other clinical trials have not had results as promising as these. A multi-strain probiotic containing *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium longum* and *Bifidobacterium infantis* was given to 99 hospitalised COVID-19 patients with pneumonia and 101 control patients. The probiotic had no significant effects on mortality, duration of the illness, intensive care unit admissions, mechanical ventilation or oxygen support or liver injury. However, the probiotic was effective in treating COVID-19-associated diarrhoea and in preventing hospital-acquired diarrhoea.

The research quoted above is from small-scale studies and will require further exploration.

In the next issue of *TNH*, we will explore what this research means from a Natural Health perspective, and the daily practices you can adopt to nurture a diverse and robust gut microbiota.

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1. **Antioxidants.** The antioxidant content of ten legumes, from most to least: lentils, chickpeas, red beans, black beans, pinto beans, kidney beans, mung beans, black-eyed peas, navy beans and lima beans.
2. Lentils **prevent cholesterol oxidation** (*in test tube research*).
3. Legumes **slow stomach emptying** of a meal, leaving you feeling much fuller for longer.
4. The fibre and resistant starch in beans **feed the good bacteria** in our colon and crowd out our 'pathogenic' and 'putrefactive' bacteria.
5. Compared to an unhealthy breakfast, black beans **improve** after-meal **metabolic responses** "that could not be explained by either the fibre or antioxidant fractions alone."



NEWS FROM WHAT DOCTORS DON'T TELL YOU:

QUINOA REVERSES EARLY TYPE 2 DIABETES

Quinoa can reverse the progression of type 2 diabetes, which itself can be a precursor of heart problems. Swapping the standard diet of complex carbohydrates for quinoa can reduce blood sugar levels—and it's a dietary switch that could be vital for anyone who is pre-diabetic.

Researchers from the University of Catalonia measured the effects of quinoa on a group of nine pre-diabetic people. They all stayed on their standard diet of complex carbohydrates for four weeks before they replaced the carbs with quinoa.

By the end of the four-week quinoa diet, the participants had lost weight and had narrower waists. They also saw a drop in biological markers—lower carbohydrates, increased lipids and amino acids, and lower glycaemic index totals, which measure the amount of glucose in the blood—that indicated their risk of developing type 2 diabetes had also reduced.

5 Reasons To Eat Legumes

By Dr Gregger

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Robyn Chuter, Naturopath

How much sleep do I really need?

Article from Hopewood contributor Robyn Chuter (Naturopath).

How much sleep do I really need? In case you were hoping there's a nice, simple, one-size-fits-all answer to this question, there's not.

The common wisdom that everyone requires eight hours of sleep per night is actually not supported by sleep research. In fact, about 5 per cent of people are 'short sleepers' – that is, they thrive on six hours or less.

On the other hand, around 2 per cent of the population are 'long sleepers' – they need nine or more hours of sleep per night for optimum function.

Both of these sleeping patterns usually emerge in late childhood. Most adults require somewhere between seven and eight hours of sleep per night. But, how do you know whether you're getting too much, too little or the right amount of sleep? Well, a simple experiment will help you pin it down.

You'll need to stick to a consistent wake-up time for this experiment, even on weekends. Say you normally go to

bed at 11 pm, and get up at 6.30 am. Try going to bed 15 minutes earlier and see if you still sleep through to 6.30 am. If you do, you may be habitually short-changing yourself on sleep. Try winding back your bedtime another 15 minutes the following night. If you still sleep through to 6.30 am, wind it back again.

Repeat this exercise until you reach the point where you're waking up spontaneously at 6.30 am. This is your optimal sleeping time. It may vary a little from time to time, depending on factors like stress, illness or pregnancy, but people tend to be pretty consistent in their sleep time requirements throughout most of their adulthood.

The aim is to get to the point where you awaken spontaneously, feeling refreshed. What if you never wake up refreshed, no matter how much sleep you get? You may have some bad habits that interfere with your sleep quality, such as:

Not getting enough exercise during the day.

Using caffeine, nicotine, alcohol and other drugs that mess with the various stages of sleep.

Too much exposure to bright light at night, especially the blue light emitted by screens.

Failing to wind down adequately before bedtime.

Not dealing with stress and anxiety adequately.

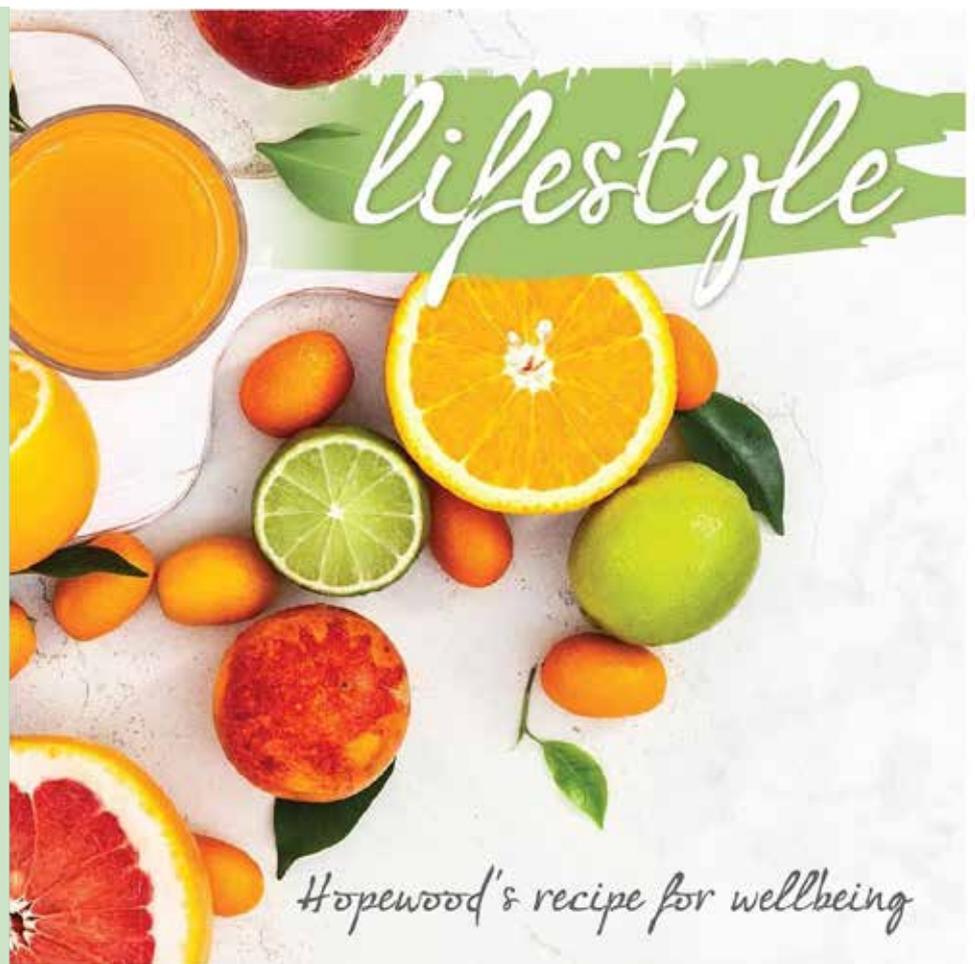
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Female Urinary Tract Infections

by Lyn Craven



Lately, I am seeing more cases of urinary tract infections (UTIs) than I have in over 30 years of practice! Most cases are young ladies in their mid-twenties to mid-thirties.

What are the triggers?

Common UTI triggers include bacteria, yeast overgrowth, medication/s and inflammation.

Bacterial Vaginosis (BV) is a condition that occurs when there is too much of certain bacteria in the vagina. This changes the pH balance in the vagina. The pH disruption increases susceptibility to infection. A 'normal' vaginal pH is moderately acidic, hovering between a pH of 3.8 and 4.5/5.

Compromised vaginal flora is one of the most overlooked UTI causes. There is a close link between loss of normal vaginal flora (particularly *Lactobacillus* species) and an increased risk of contracting a UTI.

Some scientists speculate that *Lactobacillus* species could:

- help maintain low pH in the genital area
- produce hydrogen peroxide (which inhibits the growth of pathogenetic bacteria)
- prevent the growth of *E. coli*
- help down-regulate inflammatory reactions caused by *E. coli*.

What can affect vaginal flora and possibly trigger a UTI?

Lubricants, spermicides, antibiotics, stress, contraceptive pills, intra uterine devices (especially those containing copper) and lack of oestrogen can negatively impact vaginal flora.

More than 80% of all UTIs in the world are caused by opportunistic bacteria, such as *Escherichia coli* bacteria (*E. coli*) that resides in your gut. Therefore, a higher *E. coli* concentration in your microbiome can increase your chances of contracting a UTI.

Constipation

Constipation can lead to high levels of *E. coli* bacteria in the rectum, increasing the risk of spreading to the urinary tract.

Dehydration

Urine flow is necessary for diluting and removing bacteria from the urinary tract. So, drink spring water or filtered water, and if possible avoid tap water.

Bladder obstruction and bad toilet habits

Not fully voiding significantly increases the risk of UTIs. It is important to sit on the seat, or even better use a toilet stool or converter to help create an optimal voiding posture. Tilting forward can often help.

Surgical procedures

The catheterisation performed before surgery can damage the urethral or bladder lining and make it easier for bacteria to hide and proliferate. Any bladder surgery messes up your natural bladder microbiome and could potentially result in a UTI. Trans vaginal mesh can be a risk factor for UTIs. The mesh blends in with your tissues over time and is very hard to separate if you want it removed. I have heard of many lawsuits against this surgery in the UK. Hysterectomies can affect bladder function since internal organs re-position after the uterus is removed in a radical hysterectomy.

Diabetes

Diabetes can affect urinary output and also bladder bacterial flora.

Inflammation

Chronic inflammation can negatively impact bladder function.

Hygiene

Hygiene is important. Wiping from front to back is important to avoid cross-infection. Various sexual practices may encourage bacteria to infect the opening of the urethra or vagina. Sex does not cause UTI, but it is a significant risk factor if your vaginal flora is compromised. Remember to change all tampons regularly to prevent bacterial overgrowth.

Case Studies

A client presented with a UTI. I then discovered she had missed cycles. I prescribed herbal and homoeopathic remedies. On the 2nd visit, she advised me she had thrush. She had experienced it in the past and used conventional treatment. I added homoeopathic tissue salts of *Ferr Phos*, *Kali Phos* and *Kali Mur* along with another herbal formula.

Taking this combination enabled her to resolve the primary UTI within a couple of weeks. By the 4th visit, her cycles had re-established but the thrush was persisting. I suggested she discuss more with her partner and have him take the tissue salts.

Recently, a mild case of shingles manifested. Interestingly,

Incorporating Natural Therapeutics into Brain Cancer Treatment

From Australian Rotary Health

A new Australian Rotary Health funded PhD project has looked at how a plant-based therapeutic may be used against the most lethal form of brain cancer.

Glioblastoma (GBM) is an aggressive type of cancer that can occur in the brain or spinal cord. Only five per cent of people survive five years after a GBM diagnosis.

Dr Jake Mazur researched how natural therapeutics coupled with nanotechnology could advance GBM treatment efficacy. After embedding curcumin into sugar-based nanoparticles, the study found that the nanoparticles inhibited the tumour model viability at a reduced dose compared to when curcumin was not within a nanoparticle. Lower nanoparticle doses also appeared to be more beneficial than higher doses of the same therapy.

“When curcumin was incorporated into a nanoparticle model, it was lower doses that appeared more beneficial than higher doses. This may be the result of the nanoparticle composition, being sugar-based, or it may also be reflective of the general trend seen with natural therapeutics, that specific doses are very important,” Dr Mazur said.

Another finding from Dr Mazur’s PhD research suggested that curcumin can maintain the ‘nano’ size of nanoparticles, which can be seen as an advantage because nanoparticles can sometimes increase in size in a water-filled environment. Additionally, the nanoparticles used in the study seemed to be better applied to 3-D cellular studies, which paint a more accurate picture of the potential effects against a real cancerous tumour.

“An exciting part of my project was that the developed nanoparticles appeared to more readily show effects against the 3-D spheroid model rather than the 2-D model. This is quite unusual, but ultimately more beneficial and promising for treatment,” Dr Mazur said.

Dr Mazur believes that there is also potential for curcumin treatment to assist with the recurrence of glioblastoma. “From these investigations, it was found that cells that survive the initial treatment and manage to progress into a reformed tumour form smaller and slower growing tumours. Although it would be preferred that the tumours do not reform at all, given the high rate of disease recurrence among glioblastoma patients, it doubtless is a beneficial finding,” he said.

the location was the crack of the buttocks and appeared to have a connection with everything else we had been treating in the reproductive/urinary system. Thankfully, we got on top of that due to her compliance.

I have also recently seen cases of chronic interstitial cystitis. These cases often take much longer to resolve. Immune support is paramount when treating interstitial cystitis. Nutrient treatment could include zinc, vitamin C, vitamin D if low and vitamin A.

If the person is hypersensitive with high histamine levels this must be brought down with homeopathic remedies. You would also want to cease consuming foods high in copper, consume filtered or spring water (no tap water) and avoid red wine.

As always each case would require a slightly different approach.

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

**Lyn Craven runs a private practice in Sydney, phone consults are also available.
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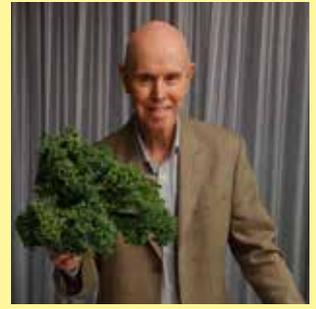
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THE HEALTH PARADOX

By Dr Greg Fitzgerald



Since recorded history, man has attempted to understand the seemingly elusive state called 'happiness', with discourses from Plato, Socrates, Jesus, Buddha, Mohammed and countless others outlining what they thought were the principles and conditions leading to a happy life.

The Growth of Prosperity

Houses today are on average twice the size of those our parents (or grandparents) lived in, in 1957. Two cars (at least), two television sets (at least), home theatre systems, investment property and overseas holidays are now commonly seen in many families in the western world. Higher disposable incomes, more electronic toys and more labour-saving devices are more common now.

Conventional wisdom has been that as these markers rise, our happiness should correspondingly rise. Study after study has shown that this is NOT the case. Our Gross National Happiness has remained the same or fallen over the past 50 years, despite our increasing affluence and comfort.

This is What is Called The Happiness Paradox!

The only time that increasing income and greater happiness rise correspondingly is when incomes rise from a poverty level to a basic level. Once this level is reached then more income, wealth and material possessions do not see noticeable differences in happiness levels.

So what do we do in order to become happier, have greater peace of mind and lasting contentment? Do we eschew economic advancement and renounce our way of living as we now know it? Or do we keep up the belief that the more we earn, acquire and invest the happier we will be?

At my clinic, I have seen countless people over the years suffering from chronic unhappiness. There have been many wealthy people who have been deeply unhappy. I have also witnessed financially poor people very unhappy. Conversely, I have consulted many wealthy people who were happy, deeply contented and well-adjusted and many low-income earners who displayed the same qualities.

Similarly with health. There are those with money who have excellent health and those with little finance who also enjoy high-level health.

The Health Paradox

Most people believe that, as with money and happiness, more of the former will also mean greater health. We are continually hearing that we need more funding for more hospitals, improved medical technology, more and better drugs and wider health services.

America spends more money per capita on medical care (health care), has the most advanced medical technology in the world and more money is spent on research in the States than anywhere else. There are more drugs available to consumers in the States where these drugs are even advertised directly to the consumer. Americans pop more pills per capita than any other people and these pills are the result of the belief that more money means more health.

In other words, there is a widespread belief that the more capital growth and productivity there is and the more of this that is channelled into medical technology, the happier and healthier we will all be.

Just as happiness does not rise with increased income over a basic level, health also does not. In fact, once a certain point is reached in health care expenditure, more emphasis on drugs and technology means LESS health.

The situation in the States bears this out. America has one of the worst infant mortality rates among developed nations. Life expectancy lags behind many other countries and the rates of most major diseases are higher there than in most developed countries where much less is spent per capita on health care.

Here are some thoughts on the Wealth and Health Paradoxes, gleaned from my experience dealing with countless patients, my own personal happiness/health experiences and almost a lifetime of study on these issues.

Happiness

Many people confuse pleasure with happiness. They are different. Pleasure is temporary and sensual. Happiness is permanent and spiritual. Happiness cannot be caused as it is a quality we are all born with. We then proceed in our lives to CAUSE unhappiness.

To regain our inner happiness, we need to remove those things that are blocking us.

Outside-in is NOT what confers happiness. Winning the

lottery or buying a new car, marrying the prettiest person or getting the much sought-after promotion- these things are outside or external. Sure, they can confer pleasure but it is never lasting. 'Enough' becomes a moving target. At some point, we adapt to these externals and set our sights on more or bigger things.

Inside-out is where happiness resides. The seed of happiness is within us all but it does not blossom if we search for it in the external world. Money is neither the cause of happiness nor the root of all evil. Money is neutral. It can't make us happy or unhappy. It's our perception of its worth and value that is important. It's our attachment to it that blocks us. When we let our egos attach too strongly to certain external things, we run into trouble. We find we might be working extra long hours chasing the money or promotion, becoming obsessed with some THING or continually comparing our assets to others- this is when we gradually lose ourselves. Remember self-worth is NOT net-worth!

We allow our happiness to flourish when we first honour our own basic needs. This requires some thought and reflection, which is best done in silence, stillness and solitude.

Here are Seven Ways to Help Manifest Our Inner Happiness:

1) Become as healthy as you can be.

This requires discipline in eating, drinking and our personal daily behaviours. There are a few rare people who can be blissfully happy even when chronically sick or in pain, but most people don't fall into that category. Become gradually aware of the relationship between what you eat and drink and how you feel. Avoid taking drugs daily which alter your mood or energy levels. These include alcohol, tea, coffee, cigarettes, recreational drugs and stimulants.

2) Avoid soldiering on.

Don't habitually push yourself. Question any tendencies you might have towards perfectionism, as this leads to a chronic feeling of unfulfillment.

3) Walk, run, swim, garden, row, dance, ride, climb, lift, bend, skip, jump.

Do whatever you like doing but move regularly.

4) Get adequate sleep and rest.

5) Have quiet time daily.

Meditating, praying, just being still and quiet.

6) Develop goodwill toward others.

Wish the best for them, compliment people sincerely for something you admire and encourage people. Apart from being the right thing to do, it also adds to your own inner peace and happiness: The fragrance of the rose lingers on the hand that gives it.

7) Accept the fact that the only thing you have total control over is your attitude.

Everything else is never 100% under our own control. Understanding and accepting this is like lifting a weight off our shoulders.

Some Phrases to Ponder

Don't spend too much happiness earning your money.

What am I losing with all the gaining?

Don't pay for your wealth with your health.

We spend our time earning our money and then we spend our money earning our time.

Dr Greg Fitzgerald, Osteopath. To enquire about a booking email info@healthforlife.com.au

QUERCETIN

Abridged from an article by Dr Joseph Mercola

Quercetin is an antioxidant flavonol that's found in foods such as red grapes, green tea, elderflower and onions. Quercetin has a wide range of benefits and is useful for a variety of different health conditions. It is perhaps most well-known as a strong antioxidant and antiviral. Elderflower extract, which is rich in quercetin, is a traditional tonic used to boost immunity. In supplement form, quercetin has been used to prevent and treat the common cold and influenza.

Quercetin has an apoptotic effect on aging cells that may help prevent or be helpful in the treatment of cancer. Quercetin has also demonstrated the ability to mitigate some of the effects of sleep deprivation, including mood changes, anxiety, memory performance, hyperactivity and cognitive impairment. Quercetin has shown positive benefits for heart disease, high blood pressure, metabolic syndrome and arthritis.

Quercetin is not water-soluble and is poorly absorbed unless it is paired with bromelain or vitamin C.

The Natural Health Society Health Advisory Panel Member Profiles

In the last edition of *TNH*, we announced the establishment of our Health Advisory Panel. We are so pleased to have this collection of wonderful and knowledgeable humans to help support the work of the Society. In coming editions we will provide you with profiles of our panel members, this edition we have interviewed two wonderful members of our Panel, Giselle Cooke (Next Practice Health) and Robyn Chuter (Empower Total Health).

Giselle Cooke, Holistic Health Consultant, MB, BS, DBM, PhD (cand.) MNHAA (155776)



How do you describe your health philosophy?

I practice Wellness Medicine, so my health philosophy is to address the underlying cause of my patient's illness or disease, to return systems and organs to healthy functioning so that recovery is sustainable. Then the learning for the patient from the healing process often enables them to implement self-treatment in similar future situations. I strictly follow the Hippocratic Oath, first by attempting to do no harm in my practice of medicine, then using plants, water, sunlight, exercise and other natural remedies preferentially before synthetic chemicals are prescribed.

How did you learn about Natural Health?

I was introduced to acupuncture and Traditional Chinese Medicine as a medical student, which I studied at an evening college whilst I was undertaking my medical degree. My curiosity about traditional medicines then lead me to undertake diploma courses in Western Herbal Medicine, Nutritional Medicine, Ayurvedic Medicine, along with training in Reiki and bodywork. So I suppose my introduction to natural health was by gradual symbiosis from the natural therapies I was studying, adopting practices and treatments along the way over a period of about 20 years.

Has your health career had a defining moment?

I think when I met Mr Denis Stewart, widely considered the Father of Australian Herbalism, studying Western herbal medicine with him for a period of four years part-time following my general practice

internship, then working alongside him in his Wahroonga practice, I never looked back. I had morphed into a holistic doctor with a broader view of health and healing and came to know and respect the potential of plant medicines, so much so that I gradually relinquished my script pad for my dispensary!

What is a healthy habit or practice that you think people often overlook?

Cultivating self-awareness is underrated.

What is one of the most common pieces of health advice you give?

To trust the healing process, to provide your body with everything it needs to recover, then allow Nature to take its course, in its own way, in its own time.

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

Let go (expectations, disappointments, grief, needing to control, needing to perfect, needing to be right, needing anything!)

What is your favourite healthy meal?

A mezze plate of all sorts of delicious Israeli vegetarian delights. I felt so healthy travelling in Israel, eating the local fare (shakshuka, warm hoummos on the beach, enormous figs from the markets and Bedouin tea to drink).

Robyn Chuter, Naturopath, Counsellor and EFT Practitioner, BHsc (Hons), Nat Dip, Grad Dip Counselling. ATMS Fellow.



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

Prioritise sleep. The healthiest

diet and exercise program won't save you from the ravages of sleep deprivation.

How did you learn about Natural Health?

I was fortunate enough to be exposed to the natural health/natural hygiene philosophy in my late teens, at naturopathic college. My first nutrition lecturer, Brian Pettiford, taught the subject from a natural health perspective – that is, nutrition as a holistic concept – rather than myopically focusing on single vitamins and minerals. I started reading books by natural hygiene pioneers such as Russell Trall and Herbert Shelton, and they simply made sense to me. When we look at animals, we see that they follow these principles intuitively: they drink when thirsty, eat when hungry, fast when sick or injured, rest and sleep when tired, and run around when they're full of energy. Unfortunately, we humans seem to mostly use our big brains to complicate life!

In my final two years of naturopathic college, I worked for another stalwart in this movement, Greg Fitzgerald, as an osteopathic assistant. This gave me invaluable insights into the processes that people go through as they recover their health, and how to coach them through the hiccups.

Studying counselling and EFT rounded out and reinforced my sense that health is an inside job. The same principles that apply to our physical health – that our bodies already know how to restore health, and most of what we need to do is to get out of the way and allow those health-restoring processes to take place – also apply to our psychological health. Our minds know how to be healthy too; all we need to do is get out of the way, and, to paraphrase Leonard Cohen, cheerfulness will keep breaking through.

Has your health career had a defining moment?

I've had many wonderful encounters with clients, but the one that stands out most is a young woman with ulcerative colitis who was scheduled for surgery to remove most of her bowel. It was awe-inspiring to see her health turn around in a matter of weeks, to the point where she cancelled the surgery and sacked her gastroenterologist (who had told her that her diet had nothing to do with her condition, and refused to believe that she had put herself into remission just by changing what she ate). That's the power of the human body, when the human inhabiting that body truly commits to doing

whatever it takes to heal).

What is a healthy habit or practice that you think people often overlook?

Most people severely underestimate the healing power of spending time in nature. Since moving to a small acreage in a rural area, I've really become aware of how incredibly therapeutic to both body and mind it is to be outdoors. Most of us – me included! - spent far too much time indoors, looking at screens. But our ancestors spent their days outside, under the sun, touching the earth with their bare feet, and closely observing the rhythms of nature. I'm firmly convinced that a lot of the behavioural problems we see in children, and the emotional distress we see in people of all ages, are attributable to Nature Deficit Disorder.

What is one of the most common pieces of health advice you give?

Eat your greens!!!! If you're looking for the ultimate 'superfood', it doesn't come in a jar from the health food store; it comes from the fruit and veg shop (or even better, from your own veggie patch). I recommend to all of my clients that they include copious amounts of dark, leafy green vegetables, either raw or lightly cooked, into at least two meals per day.

What is your favourite healthy meal?

When my kids were younger, I used to make more elaborate meals. These days, my favourite healthy meal is a Buddha bowl – start with a bed of dark, leafy greens (currently my garden is abundant with Asian greens, coriander and tree lettuce), add baked or air-fried sweet potato, potato, beetroot or pumpkin, throw in some four bean mix or air-fried chickpeas, and some steamed broccoli or cauliflower, top with some alfalfa or radish sprouts, and drizzle with tahini-lemon sauce. Simple and delicious!

How would you describe your health philosophy?

I'm still a natural hygienist at heart, but my practice has been modified to include some interventions that I'm sure the old hygienists would frown upon because, in the present environment, we face challenges to our health that our ancestors never encountered and therefore have no natural defences against.

Mitochondria: The Key to Optimal Health

By Dr Jenny Livanos

Mitochondria are organelle structures present in every cell that help create energy for our body, produce heat and regulate many cell processes - they are critical for our physical and general health and longevity. As we age, mitochondria can weaken and die – they are vulnerable to free radical damage and oxidative stress from lifestyle factors such as our diet, stress, fitness levels, pollution, chemical exposure and alcohol.

Impaired mitochondrial activity causes fatigue (a tell-tale sign), excess fat, a decrease in muscle mass, a decline in our cognitive abilities and much more. As a result, damaged mitochondria are implicated in most chronic age-related diseases such as cardiovascular disease, neurological disorders, dementia, diabetes and chronic fatigue syndrome. Unfortunately, medications for these conditions can also adversely affect their function.

There are many ways to optimise mitochondrial quality and quantity by improving lifestyle, environment, nutrition and adding supplementation where needed. Here are the main ways to improve your mitochondria:

Sunlight exposure

Getting sunlight through the eyes and onto the skin is very important for your circadian cycle and mitochondrial health. Spend sunrise and sunset outdoors (take off your glasses) to set your body clock; spend at least 2 hours outdoors under sunlight (especially midday sun for UV exposure and vitamin D production) and avoid artificial light and blue light from digital devices, particularly at night. Spending time outdoors in nature, the practice of grounding and the use of red/near-infrared light therapy have also been shown to boost mitochondrial function.

Sleep

Your brain requires a lot of energy to function, and it accumulates a lot of metabolic waste as a result. During sleep, your cells, especially brain cells, clear waste and toxins which adversely affect mitochondria. Sufficient quality sleep assists the brain to keep your mitochondria

healthy. Try to get to bed before 10 pm, sleep in darkness, aim for around 8 hours and aim for a set sleep/wake cycle.

Diet

Many nutrients in our food can specifically protect and repair mitochondria by contributing to the production of necessary substrates, enzymes and cofactors. A balanced diet of seasonal, local organic wholefoods, quality fats and protein is best. A variety of fresh darkly coloured vegetables, green leafy vegetables, colourful berries, red grapes, beans and lentils and dark chocolate are of benefit. Avoid processed foods and refined carbohydrates like white bread, white flour, white sugar and white rice products as these can increase free radical production and cause oxidative stress in your mitochondria. Hydrate by drinking around 2L a day of filtered or spring water.

Fats act as fuel for your mitochondria. We need healthy fats to create energy – nuts and seeds, avocados, olive oil, coconut oil and flaxseed oil are all beneficial. Intermittent fasting, timed eating and a low carbohydrate/high fat and protein diet can also benefit your mitochondria.

Supplementation

Specific supplements can quickly help mitochondrial function and their healthy production, protecting them from damage, inflammation and oxidative stress. The most beneficial supplements include:

- * CoQ10
- * Alpha-lipoic acid
- * Resveratrol
- * Acetyl-L-carnitine
- * NMN (nicotinamide mononucleotide)
- * B-vitamins

Exercise

Daily exercise is a great way to improve mitochondrial numbers and function. We need a lot of energy to power muscles and the cells in our muscles respond by producing more mitochondria. Add some weight and resistance training for added benefit. High-intensity interval training will also help build more muscle – try

short sessions of intense physical activity for up to a minute and follow with a period of reduced activity for the same length or longer. Repeat this cycle. This could be walking, jogging, swimming or cycling. Try it outside!

Detoxification

It's important to feed your mitochondria with healthy food and an optimal lifestyle but we also need to remove what may be adversely affecting them. They are sensitive to toxins and waste products so detoxifying our body is critical for their functioning. Support your gut health with a healthy diet and gentle cleansing, minimise alcohol, improve your environment to reduce exposure to pollution and chemicals and improve air quality inside your house with fresh air ventilation and filter where needed.

Heat and Cold Exposure

Extreme cold or extreme heat can have a great effect on our mitochondria. Give them a boost with frequent cold exposure - try submerging your face in cold/icy water, ice baths or swimming in cold water. At the end of your daily shower, turn on the cold water for the last 30 seconds! After this activity, our bodies generate heat and use our brown-fat stores. Short-term exposure to heat is a mild stress signal for our cells and can help stimulate healthy

biological responses. Regular use of a sauna has been shown to boost mitochondrial functioning and numbers.

Relaxation

Stress hormones and other cellular signals produced by psychological stress can adversely affect our mitochondria. Subsequent changes in cellular and biological function especially in our nervous, endocrine and immune systems can occur. Try meditation, breathing, exercise, yoga, tai chi and massage to reduce stress.

Our mitochondria power human life by generating energy and assisting in many cell processes. By supporting mitochondrial structure, function and their numbers, we can optimise the functioning of every cell and system in our body for a healthy and long life.

Dr Jenny Livanos is a holistic Optometrist and Nutritionist interested in natural eye care and optimal health. She is available at naturaleyecare@outlook.com and naturaleyecare.com.au for consultations and products.



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Celebration Food: Natural Health Society Style



Getting together during the holiday season can mean a departure from a normally healthy diet for some people. If you're putting together a celebration menu perhaps our 62nd anniversary celebration lunch menu might provide some inspiration for you.

The Natural Health Society Lunch – Celebrating 62 years

Our menu was mostly: raw, S.O.S-free (Salt, Oil, Sugar), Gluten Free and Vegan Friendly.

Rainbow salad

Chickpea, grilled capsicum, cashew, goats-milk fetta and semi dried tomato salad

Shredded broccoli, apple, cauliflower, zucchini, carrot and activated walnuts in a turmeric, mustard seed and apple cider dressing

Raw fruit and vegetable platters

Tomato and basil salad

Cruciferous bowl w citrus tahini dressing and hemp seeds

Spelt pasta, kale, edamame and pea salad w oil free spinach, rocket, basil and macadamia drizzle

Gluten free vegan bites– felafel, brown rice and vegetable, curried pumpkin

Sides

Organic mountain bread, humous, beetroot humous, baba ganoush hummous and sauerkraut



By keeping raw vegetables centre-stage at your celebration table, you know you will have a healthy meal.



By dressing our pasta salad in blended spinach, basil, rocket, lemon juice and raw macadamias this dish was absolutely brimming with vegetable content despite being a 'pasta' salad. The concentrated pasta component of the meal was further diluted by raw shredded curly kale, edamame and peas.

Our simple rainbow salad had a wide array of salad leaves, herbs, edible flowers and used blood orange as a whole-food salad dressing. The colour and fragrance of this raw dish was amazing, so we knew we were getting a great spectrum of health-giving polyphenols. The edible flowers included nasturtium, dandelion, rose geranium, rocket, snow pea and garlic flowers.



When preparing raw plant-based food for a crowd, a food processor comes in handy. This shredded turmeric salad is easy to make, simply use a food processor or mandoline to shred/ julienne your chosen vegetables. I generally include some apple and carrot as I know the sweetness they provide will have my kids eating mounds of salad. This salad is also a great way to use broccoli stems. Once you have shredded your desired amount of vegetables, lightly drizzle with unpasteurized apple cider vinegar and sprinkle a small amount of turmeric powder on top. Activated nuts can be added for extra protein.



It's hard to get better than raw broccoli as a healthy food. Our cruciferous bowl had raw broccoli and cauliflower dressed in tahini and lemon juice and served with hemp seeds and lime wedges. The lemon juice in the tahini dressing gently 'cooked' the vegetables without exposing any nutrients to heat.



Native greens for health and enjoyment

Dr Andrew Pengelly, PhD

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Most of the research and commerce around bushfoods seems to be concentrated on fruit, whether fleshy (eg Davidson's plum), nutty (Macadamia, bunya) or seedy (wattleseed). Far less attention has been paid to vegetables or greens, although these are arguably the most readily available wild foods in Australia, and in most cases the easiest to harvest and prepare.

No one questions the health benefits that we derive from eating green vegetables; they are an essential item on healthy food pyramids. While we can obtain good nutrition by growing and eating our own vegetables, wild herbs provide an alternative, whether they be from exotic plants (ie weeds) or natives, some of which may also be weedy.

One of the earliest books on the topic of bushfoods, by the botanists A.B. and J.W. Cribb (1974), includes a chapter on "leaves and shoots", in which they state "Those which are eaten cooked are prepared in the same way as spinach, and in many cases taste just as good, or just as bad, as that vegetable"! They go on to advise using only the young leaves and shoots, while for salad greens they recommend using the familiar salad dressings, which is probably good advice.

There aren't too many safety concerns about eating wild greens, provided they are correctly identified and harvested from unpolluted environments. As with most vegetable greens, some of the natives contain oxalates, which in excess can be toxic to individuals with susceptibility to gout or kidney stones. The oxalates are water soluble, and so are removed by boiling or blanching in hot water. Note that some of the greens listed in Table 2 below are used as flavour ingredients rather than as vegetables, and as with exotic spices they should be used sparingly.

Much of the information about wild greens in this country refers to introduced weeds, which include

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Dr. Pengelly is a fellow and full life member of the National Herbalists Association of Australia, a professional member of the American Herbalists Guild and associate member of the Essential Oils Producers Assn. of Australia. He is a licensed plant collector and volunteer with the Hunter Region Botanical Gardens Herbarium, and secretary of the Hunter Valley branch of the Australian Plant Society.

the likes of fat hen (*Chenopodium album*) and dandelion (*Taraxacum officinale*). While acknowledging the benefits of eating these readily available weeds, this article is focused on indigenous species. One particular group is of interest to me, the native cresses and related plants from the mustard family (*Brassicaceae*). The naturalised and native species in this family can be hard to distinguish, and while they are all more or less edible, I have provided some clues as to the identity of the native species within this group (see Table 1).

Mustards and Cresses (Family Brassicaceae)

According to Tim Low (1991), at least half of the species in the *Brassica* family are edible. A good many of these are mustards, cresses and their relatives. While there are no native *Brassica* species that I know of, two of the best mustard seed producing species worldwide, the black (*B. nigra*) and brown (*B. x juncea*) mustards, are widely naturalised in Australia, and their leaves make for excellent greens. *Brassicaceae* and their relatives are rich in vitamins and minerals, and their characteristic peppery taste is due to the presences of phytochemicals known as glucosinolates, sulfur-containing compounds synthesised from amino acids. The peppery taste is somewhat diminished by cooking, making some of the wild species more palatable.

Closely related to the mustards are the cresses, distributed across several genera, including *Lepidium*, *Cardamine*, *Rorippa* and *Barbarea*. Most areas

of Australia will have at least one or more species from these genera. Native *Lepidiums* or pepper-creesses are found mainly in the inland -including the arid zone - where they are abundant following rain events.

Cardamines, which generally prefer cool and moist climates, can be found in the south-east of the mainland and Tasmania. *C. hirsuta*, or bittercress, is a widely naturalized species, while the most common native species is *C. paucijuga*.

It may seem confusing having so many species (both native and introduced) that are similar in appearance, hence it is always best practice to reference at least one good local field guide for correct identification.

Brassicaceae in general are readily recognized by the cross-shaped flower parts and distinctive fruit. The following fruit description comes from PlantNET: "Fruit elongated (siliqua) or short (silicula), usually dehiscent and opening from the base by 2 valves, or the fruit transversely jointed and breaking into 1-seeded units. Some fruits have an extension called a beak that may or may not be seed-bearing". Tasting a small segment of leaf will confirm the status as a cress or mustard. Fortunately, there are no poisonous species in this family to be concerned about.



Apium prostratum, or Sea Celery is widespread throughout southern Australia, usually by the coast. Very small white or pink flowers occur in spring and summer.



Native chickweed, *Stellaria angustifolia*, is a ground cover herb typically found in moist to wet soil in swaps, flood plains and margins of watercourses.

Lepidium hyssopifolium



Cardamine sp.



Rorippa laciniata



Table 1. Botanical features of native Brassicaceae

Genera	Botanical features
<i>Brassica</i>	Fruit contains both valve and beak. Valves are rounded, with only one prominent vein. Some or all leaves are toothed or deeply lobed.
<i>Rorippa</i>	Fruit contains valve only. Seeds are in two rows. Flowers are always white.
<i>Cardamine</i>	Fruit contains valve only. Valves are flat, flowers may be white, pink or purple.
<i>Barbarea</i>	Fruit contains valve only. Valves have three veins. Seeds are in one row.
<i>Lepidium</i>	Fruit has a narrow septum (membrane), with one seed per loculus.

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Images from PlanetNET

Table 2 : A selection of native greens and their uses



Common name	Botanical name	Use
Warrigal greens New Zealand spinach Bower spinach	<i>Tetragonia tetragonoides</i> <i>T. implexicoma</i>	Leaves and stems are edible. Due to high oxalate levels, they should be blanched in hot water before eating. Remove fruit if present, they are hard.
Rainforest spinach	<i>Elatostema reticulatum</i>	Stems and leaves are cooked, they make a good spinach substitute.
Native nettle	<i>Urtica incisa</i>	Young leaves and stems are excellent greens, they should be lightly cooked to remove sting. Highly nutritious.
Purslane	<i>Portulaca oleracea</i>	Leaves and stems are highly nutritious, eaten cooked or raw. May be used as a thickener like okra.
Parakeelya	<i>Calandrinia balonensis</i>	Fleshy leaves used similarly to purslane.
Pennyworts	<i>Hydrocotyle spp.</i>	Leaves and stems may be cooked as greens. Bitter carrot taste.
Sea celery	<i>Apium prostratum</i>	Tastes like a cross between parsley and celery, not very salty. Harvest along river or creek banks, easy to cultivate.
Bullrush Cattail	<i>Typha orientalis</i> <i>T. australis</i>	Young flowering stems eaten fresh or cooked. The hard centre spike should be removed first.
Scurvy weed	<i>Commelina cyanea</i> <i>C. lanceolata</i>	Young shoots cooked for greens.
Native chickweed	<i>Stellaria angustifolia</i> <i>S. pungens</i>	Edible fresh or cooked, though rather stringy. Not bitter.
GyMEA lily	<i>Doryanthes excelsa</i>	Flowering stems roasted.
Native plantain	<i>Plantago debilis</i>	Young leaves are edible, cooked or raw.
Waterlilies	<i>Nymphaea violacea</i> <i>N. gigantea</i>	Peeled leaf or flower stalks may be eaten raw or roasted.
Cotton-tree	<i>Hibiscus tiliacus</i> <i>Hibiscus spp.</i>	Leaves and flowers are edible, cooked or raw (flowers only). Flowers of all Hibiscus species are edible, however leaves of some species are too tough and/or prickly for eating.

Warrigal greens are a hardy native that is easy to grow as a backyard vegetable.



GyMEA lily, *Doryanthes excelsa* is found along the coast and surrounding bushland of the Sydney Basin, from Newcastle to Wollongong. The green stem of the GyMEA lily is typically more than one metre but once it flowers the flower spike takes the plant to up to six metres.

Salty plants from sea and land

Common name	Botanical name	Use
Samphire	<i>Sarcornia quinqueflora</i>	Grows on tidal flats. Cooked or eaten raw, succulent and salty. Good for pickles.
Sea purslane	<i>Sesuvium portulacastrum</i>	Edible raw or cooked.

Sea purslane can be treated as a salty vegetable or herb. In Australia, you'll find it growing wild in sandy clay, coastal limestone and sandstone, tidal flats and salt marshes around the northern coastal regions of WA, NT, QLD and NSW.

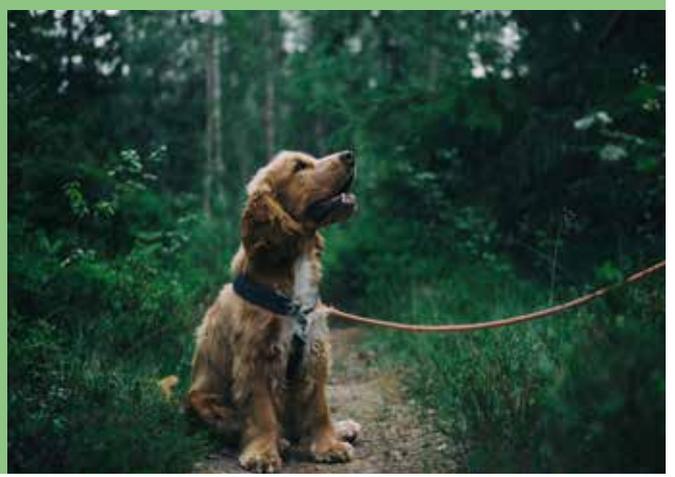


DOGS AND CATS

Compiled by Roger French

The following items are abridged from newsletters written by wholistic veterinarian, Dr Karen Shaw Becker.

drkarenbecker@mercola.com



Your Dog Can Decipher Between Good and Ill Intent

Is your dog tuned into your thoughts as well as your actions? Can dogs tell when their human is just being clumsy or is intentionally messing with them?

A new study reinforces earlier research suggesting that dogs can distinguish between intentional and unintentional human behaviour. In the study, 48 pet dogs showed by their behaviour and body language that they instinctively understood the intentions of a 'clumsy' human versus a human who was deliberately teasing them. An earlier study, published in 2021, also showed that dogs can tell the difference between intentional and accidental human behaviour, and react accordingly.

The dogs in the earlier study were much more likely to go after a treat when the experimenter accidentally dropped it or physically couldn't get it to them (unintentional actions) than when the experimenter teased them with it, but wouldn't give it to them (intentional action).

Seven Natural Remedies to Help Your Pet Heal

1. Coconut oil.

I'm a huge believer in the benefits of coconut oil for pets. Its medium-chain triglycerides benefit cognitive function, and its lauric acid is a powerful antimicrobial agent, making it an especially good choice for yeast infections or allergies. Coconut oil can be used topically for skin conditions and it also helps soothe and heal cuts, abrasions, stings and bites. It may also help with furballs in cats.

Feed one quarter teaspoon of organic, cold-pressed coconut oil for every five kilos of body weight twice daily for both dogs and kitties. This can be added at mealtime to your pet's fresh, raw diet.

2. Manuka honey.

This is an incredibly effective remedy. It can eradicate hundreds of strains of bacteria, including cer-

tain antibiotic-resistant varieties – due to its Unique Manuka Factor (UMF). A UMF of 10 or higher is recommended for medicinal use.

Regular honey has antiseptic qualities due to its hydrogen peroxide content, but Manuka honey is far superior at killing off bacteria. Manuka can manage pets' ear and skin infections and large superficial wounds that can't be closed surgically – as well as secondary infections in burn victims.

Given orally, Manuka honey is effective for *H. pylori*, and for small intestinal bacterial overgrowth (SIBO) and excessive *E. coli* blooms in animals with dysbiosis [unbalanced gut bacteria].

3. Aloe vera.

The inner gel reduces the discomfort of skin irritations, cuts and wounds. A small amount of the juice can be added to the pet's food to help with constipation. Inner-leaf aloe juice, which doesn't contain the skin, helps heal gastric ulcers, colitis and leaky gut.

Acral lick dermatitis – or 'lick granuloma' – is caused by constant licking. Apply a raw aloe poultice after cleaning the area. Fillet a fresh aloe leaf and place it, gooey side down, on the wound. Refresh leaf every four hours.

4. Lavender oil.

This helps calm nervous or anxious animals. Put a few drops of pure lavender oil on a cotton ball and tape to the outside of the cage. It's tremendously effective.

If your dog has noise phobia, place a few drops on his collar or bedding before a stressor occurs, or diffuse the oil around your house for an overall calming effect.

For a natural flea repellent, add a few drops of lavender essential oil to equal parts apple cider vinegar and water and spritz it onto your pet before she goes outside. For healing feline dermatitis, after cleaning the area with dilute povidone iodine, apply a few drops of lavender oil diluted with coconut oil.

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WHAT REALLY CAUSES CANCER?

By Leigh Erin Connealy, MD. Integrative Physician and Author of *The Cancer Revolution*.

Many people assume that if a close family member has had cancer, they are doomed to follow in their footsteps. This simply isn't the case for every individual. According to the National Cancer Institute, "Inherited genetic mutations play a major role in about 5 to 10 per cent of all cancers."¹ That means nine out of 10 cancer cases aren't genetic.

Gene expression can be modified by several lifestyle factors we can control. Changing your diet and exercise habits, reducing stress levels, bolstering health through nutritional supplements, getting enough sleep and detoxifying from environmental pollutants can go a long way toward preventing cancer in the first place.

Let's take a closer look at the three main causes of cancer—and what you can do to avoid them.

The main causes If we knew the exact cause of cancer, we would likely be much closer to finding a cure. However, an abundance of scientific research is pointing us in the right direction.

By now, almost everyone is aware that smoking increases the risk of lung cancer. However, most people do not realize that more than 30 different cancer risk factors have been identified. These risk factors can be grouped into three major categories: toxins, infections (bugs) and biological factors.

According to the medical research company American Medical Research, LLC, toxins are responsible for 70–75 per cent of all cancers. Viruses and other infections cause 20–25 per cent, and electromagnetic pollution (radiation) and genetics are thought to cause less than 5 per cent of all cancers.²

Though the cause may be different, these factors all similarly disrupt the body, creating oxidative stress and increasing inflammation. This process damages the genetic material inside cells (RNA and DNA) and wreaks havoc on the cells' mitochondria.

Once these energy-producing cellular furnaces are compromised, cells can no longer operate efficiently to produce energy. The result is a process called glycolysis, which uses sugar as an energy source. This inefficient method of energy production leads to organs and body systems not functioning properly, further DNA damage and, ultimately, more fuel for cancer cells.

Toxins One of the biggest triggers for cellular mutations and DNA damage is environmental toxins. There are the "usual suspects" such as tobacco and smoking, damaging UVA/UVB sunlight that causes sunburns and damages the epidermal layers of the skin, and mercury toxicity from sources like contaminated fish and amalgam dental fillings.

But other lesser-known environmental toxins are also problematic.

Electromagnetic fields created by cell phones, Wi-Fi, microwave towers, etc., can cause cellular mutations.

Geopathic stress, energies produced by underground streams, cavitations and other geological features, is also a factor that studies suggest may be harmful to the body.

Food additives such as artificial sweeteners, food colouring, dyes and others that preserve flavour and enhance the taste and appearance of foods can increase cancer risk.

Foci infections, especially dental infections, are also problematic. These small, localized pockets of infection are often missed in routine lab tests, yet they can produce toxins and create inflammation that can lead to cancer down the road.

Industrial toxins such as ammonia, chlorine and fluoride are abundant in the air, food and water supply and can create a toxic buildup in the body.

Ionising radiation from X-rays and CT scans also increases cancer risk. Irradiated food goes through a process intended to eliminate the organisms that cause foodborne illnesses and increase shelf life. However, this radiation also damages the body. Avoid these foods by shopping at farmer's markets and growing your own fruits and vegetables.

Nuclear radiation from power plant accidents has proven disastrous effects.

Pesticides sprayed on fruits and vegetables are increasingly worrisome.

Polluted tap water can be full of pharmaceutical drugs, parasites, microbes, chlorine, fluoride and other chemicals tied to cancer.

Xenoestrogens from plastics disrupt natural hormone cycles and mimic estrogen in the body.

“Sick building syndrome,” or the contamination of buildings by moulds and other biotoxins, also continues to be flagged by research as a potential cause of cancer.

Infections Did you know that certain infections have been directly linked to certain cancer types? In addition to being associated with cervical cancer, the human papillomavirus (HPV) has been linked to head and neck cancers. Epstein-Barr can cause leukemia, colitis is linked to colon cancer, hepatitis C is associated with liver cancer and herpes simplex 2 increases cancer risk overall.

In addition to viruses and bacteria, other “bugs” such as parasites and fungi like moulds, mildew and Candida all increase inflammation throughout the body and increase cancer risk. Work with an integrative physician to identify and rid your body of any underlying acute or chronic infections before they cause long-term problems.

Biological factors Lifestyle factors and many things within our control can influence whether a person develops cancer.

Poor diet and nutritional deficiencies can easily be corrected by eating whole foods, cutting out processed, unhealthy and nutrient-depleted items, and filling in the gaps with high-quality nutritional supplements.

Chronic stress plays a monumental role in cancer, and in fact, stress can even affect a tumour’s ability to grow and spread.

Low thyroid function caused by food allergies, heavy metal toxicity, autoimmune disorders and more is another risk factor.

Intestinal toxicity, or damage to the gastrointestinal (GI) tract, is also a culprit. Harmful foods, antibiotics, pesticides and other contaminants eradicate beneficial flora and damage the mucosa of the intestines and stomach.

Hormone therapies such as birth control pills, synthetic hormone replacement and hormone blockers can all disrupt the body’s natural hormones and cause imbalances that can potentially lead to cancer. Furthermore, rBST, found in dairy products and conventionally processed meat, can also create hormone imbalances.

Compromised detoxification, which can result from bad circulation or scars, makes it difficult for the body to clear toxins, allowing for the buildup of problematic substances.

An unbalanced cellular terrain can arise from toxins, acidic waste and nutritional deficiencies. Pathogens can grow when the body’s “internal terrain” is unbalanced.

Cellular oxygen deficiency occurs when there is elevated acidity in the body. Cellular oxygen deficiency is exacerbated by lack of exercise, pollution and/or lack of carbon dioxide in the cells.

How tumours form The reality is that any cell in the body has the potential to become a cancer cell if it is compromised. When normal cells are damaged, they mutate and set out on a solo survival mission rather than working in tandem with other healthy cells for the good of the whole.

Cancer cells grow rapidly, and this proliferation of “immortal” cells does not cooperate with the body’s natural cellular control mechanisms. The single cancerous cell multiplies into a mass of cancerous cells, and once this mass reaches a specific size, it seeks out a “nest” in a particular organ or set of tissues. That’s when an actual tumour forms.

As the tumour grows, it saps more and more nutrients from the blood. Tumours are smart; they eventually create their own set of blood vessels via angiogenesis to help fuel their growth. Left undiscovered, cancer cells can break away from the original nest and find other places in the body to reside (metastasis).

In a healthy person, rogue cancer cells would be detected and destroyed before they had a chance to multiply and create a tumour. However, if your immune system is compromised by the potential risk factors mentioned above, inflammation may already be causing your body to work overtime, allowing those cancer cells to replicate more easily.

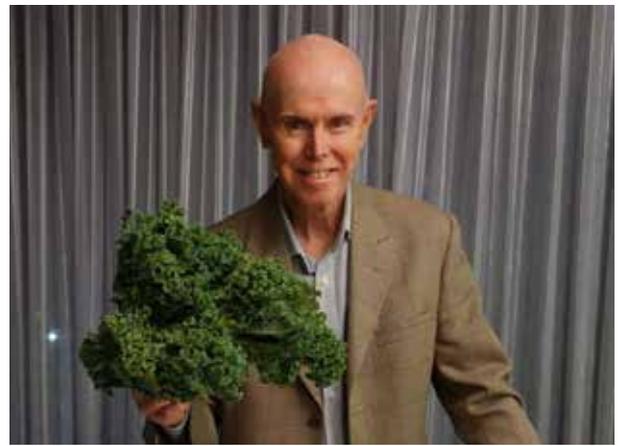
Furthermore, those tricky cancer cells disguise themselves in a fibrin coating, allowing them to hide from the immune system, stick together and form a colony. That colony attaches to smooth muscle and uses angiogenesis to create new blood vessels and feed itself.

Tumours work hard and in multiple ways to fool the body and ensure their survival. Signals known as growth factors are sent from the tumour, which aids in its development and growth. Halting and preventing these and other disruptive transmissions are key to stopping tumour progression.

Fortunately, tumour formation is a slow process. On average, it takes 10 to 12 years for a single cancerous cell to become a full-blown tumour. This is excellent news because it means you have time to reduce or eliminate the things causing cancer in the early stages.

The Anti-Approach

By Dr Greg Fitzgerald
Osteopath



Ever wonder why the medical system rarely teaches their medical students natural approaches to disease, both acute and chronic? Nutrition is skimmed over in medical school, which is why nutrition is so poorly understood by most doctors. Veterinarians study nutrition for 4 semesters, doctors about 4 hours. What about fasting? Again, the medical courses around the world neglect this topic. Supplements? Same thing. Meditation? Ditto.

That leaves the approach of modern medicine to health care revolving around drugs, radiation and surgery. There is no denying that drugs and surgery have their place, particularly the latter in accidents and emergencies. However, the greatest Nurse in the world is Mother Nature. Yet she rarely gets a mention in medical treatment. Every effort by the human body to defend itself is countered by medication. Every natural process is opposed. It's called the ANTI-approach.

Consider this:

You vomit...ANTI emetic drugs to stop you vomiting (as if it's a good idea to keep it in?)
Nausea...ANTI-nausea; Fever...ANTI-pyretics
Diarrhoea...ANTI-diarrhoeal drugs
Inflammation...ANTI-inflammatory drugs
Supposed infection?...ANTI-biotics
Viral infection?...ANTI-virals
Cholesterol...ANTI-cholesterol statins
Blood Pressure...ANTI-hypertensives
Fungal...ANTI-fungals
Perspiring...ANTI-perspirants
Anxiety...ANTI -anxiety drugs
Depression...ANTI-depressants.

I could name more.

Remember, your body is intelligently designed and intelligently directed. It is not faulty by design. IT WORKS AS DESIGNED! The ANTI-approach assumes the body is faulty by design. Vomiting, diarrhoea, inflammation, pain, hypertension, anxiety, fever etc are all PROTESTS by the body to get our attention and make some changes and adjustments to our behaviour. These symptoms are the body's way of disagreeing with what has been done to it.

The ANTI-approach is driven by the marriage of medicine to Big Pharma. It causes SIDE-EFFECTS which are called iatro-genic. Many are fatal. It is the main reason why co-morbidities develop. It is widely accepted even in medicine now that the profligate use of anti-biotics has led to a global emergency in anti-biotic resistance and the emergence of Super bugs. Bacteria have outsmarted us. Ditto with viruses. We are now seeing vaccine-resistant viruses thanks to you know what. They are outsmarting us. Did you know that stopping fevers in patients with influenza increases mortality (death) by at least 5%? The ANTI approach gives no credit to Mother Nature or her miraculous self-healing powers. This is the rational, healthy and wise approach. It respects the body. It promotes dynamic health and longevity. When we repeatedly try and trick nature, man comes off second best. Mother Nature has a good sense of humour and has the last laugh.

As Dr Bernie Siegel said in his wonderful book Prescriptions for Living: "your body will NEVER lie unless it's drugged"



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COVID-19 - Why Some People Get Sick From The Virus, While Others Don't

By Roger French

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CATS AND DOGS

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7. Cancer

This is the end point in the long evolution of disease, and if the causes that brought it about are continued, it is usually fatal. However, in the best of circumstances, with a healthy regimen, cancer may sometimes be arrested and reversed, but it would take a concentrated, focused effort.

The purpose of this article is to show you how to prevent this final stage from ever occurring. Even at this final stage of disease, your very, very best friend - your body - is still doing everything it can to deal with this condition.

THE BODY, A SELF-HEALING MIRACLE

Our body is a self-healing, self-repairing miracle, which, even in our advanced technological age, is nowhere near being fully understood by modern medicine. All the parts of the body are inter-connected.

Throughout the first six stages of disease, the body uses discomfort to send us warnings. If the warnings are understood and corrective measures are taken, the warnings stop, the discomfort goes away and the disease progression is stopped. If the warnings are not understood (or are masked with drugs) and the individual persists with the same habits, disease is inevitable because the toxic overload has not been dealt with.

Disease at any stage doesn't just happen spontaneously. Choose to listen to your body, choose health, choose life!

Gary Samer has been trained in a wide range of natural therapies. He has been a natural health educator, writer and consultant for over 34 years and has lectured in 17 countries.

DISCLAIMER. This article is for educational purposes only. It does not claim to be a diagnosis, nor a prevention or treatment of disease. Always consult your health care professional if you experience any of the above symptoms.

5. Oregano oil.

This essential oil has potent anti-bacterial and anti-parasitic properties. It can also calm itchy skin, soothe irritated gums and help balance a dog's gut flora.

Always dilute oregano oil before using in or on pets. For ear mites, apply diluted oregano oil (1 drop with 10 drops carrier oil, such as calendula or coconut oil) after removing the gunk and debris from the ears. For a dog's yeast infection, add anti-fungal foods to the diet, including small amounts of fresh oregano.

6. Ginger.

For soothing tummy troubles, either give orally or apply a few drops to your palm, mixed in a carrier oil (such as coconut or olive), and massage onto your pet's belly. Alternatively, add freshly grated ginger to a treat to be consumed - no more than 1/16 teaspoon for kitties, 1/8 teaspoon for small dogs, 1/4 teaspoon for medium-sized dogs, 1/2 teaspoon for large dogs, and 3/4 to 1 teaspoon for giant breeds.

Give the ginger one to three times a day. If to help with motion sickness, give it at least an hour prior to travel.

7. Chamomile.

This is a wonderful calming agent, also having analgesic and anti-spasmodic properties. Use chamomile to help calm a pet before a vet visit.

For a soothing chamomile after-bath rinse, add five chamomile tea bags to one litre of very hot water and steep until the water is cool. Ideally soak the tea bags for about three hours to allow the maximum amount of polyphenols to be released into the water.

Remove the tea bags and pour the rinse over your freshly bathed pet from the neck down. Massage into the skin and don't rinse.

Do Vegans and Vegetarians Have Lower Bone Density?

By Michael Gregger M.D



Osteoporosis is a disease characterised by reduced bone formation, excessive bone loss, or a combination of both, leading to bone fragility and an increased risk of fractures. Bone mineral density is the most consistent predictor of osteoporotic fracture.

What can we eat to boost our bone density?

The Incidence of Osteoporosis in Vegetarians and Omnivores, published nearly 50 years ago, showed bone density was significantly greater in vegetarians than in omnivores. In fact, the average bone density of vegetarians in their 70s was greater than the average bone density of the meat-eaters in their 50s. Turns out, though, that the researchers were just using regular x-rays, and they confused the readings, such that darker bones on x-rays got a higher score. But, that actually means less bone so, their conclusion should have been vegetarians had worse bone mineral density.

Fast forward about 40 years, by which time nine studies had been done on thousands of individuals. And all in all, the results suggest that vegetarian diets—particularly vegan diets—are associated with lower bone mineral density. But, the magnitude of the association is clinically insignificant, meaning the difference was so small as to not really matter out in the real world, reinforcing the fact that vegetarian diets have no clinically detrimental effect on bone health.

And it is important to note that the findings of lower bone mineral density didn't fully control for key confounding factors, such as for differences in body weight. We know that people who are obese have stronger bones. Why? Because they're weight-lifting 50 pounds all day every day. Maybe 100 pounds. If you walked around with a 100-pound backpack every day, your bones would grow stronger, too. That's how you build strong bones: weight-bearing exercise. So, people who weigh more have denser bones.

Vegetarians, especially vegans, have such low rates of obesity that no wonder, on average, they would have lower bone density, on average. They didn't take weight into account, but if the difference they found isn't even clinically significant, who cares?

As of 2009, the answer to the question, "Is vegetarianism a serious risk factor for osteoporotic fracture?" The answer was no. Vegetarianism is not a serious risk factor.

By 2018, the latest meta-analysis on veganism, vegetarianism, and bone mineral density, we were up to 20 studies, involving tens of thousands of participants, and lower bone mineral density was found in studies of vegetarians and vegans compared to meat-eaters. The researchers conclude that vegetarian and vegan diets need to be appropriately planned to preserve their bones. But, did they account for the obesity thing? No, they did not. They just used what are called 'crude risk ratios,' meaning no adjustments for confounding factors like weight. So, they didn't control for things like age, smoking, obesity, exercise, and so their results are really uninterpretable. But no one had gone through the trouble of going back through all those studies and making the proper adjustments, until now.

The title gives it away: *Differences in Bone Mineral Density between Vegetarians and Non-vegetarians Become Marginal when Accounting for Differences in Body Size Factors*. Yes, bone mineral density values were significantly lower among vegetarians than among non-vegetarians, just like is the case with nearly every study on bone mineral density and excess body weight. But forget clinical significance; these differences even lost statistical significance upon adjustment for body size factors, suggesting that lower bone mass among vegetarians is in larger parts explained by their lower BMI and waist circumference. Thus, it's not so much the composition of the diets of vegetarians and vegans as much as it is the fact that they become so much slimmer.

Now, a small but statistically significant difference remained for total lower spine density—a difference of 0.03. This was dismissed as having little clinical relevance, but is that true? If you look at the reproducibility of bone mineral density measurements in daily medical practice, you can see, if you do repeat tests back-to-back, there's some scatter in the measurements. And so, a significant difference really has to be more than the inherent variation, and indeed, expressed as the

smallest detected difference, you really need a BMD disparity of at least 0.05 at the spine before it can be considered a significant change. And so indeed, there does appear to be little clinical relevance. However, even if vegetarians and vegans basically have the same bone density at the same weight, everyone who is skinny is at risk. Low BMI is a risk factor for fractures; so, all persons in a low body weight category consuming any kind of diet should be monitored for osteoporosis.

The Best Diet for Treating Atrial Fibrillation

By Michael Greger M.D. FACLM

Dietary recommendations for patients with heart rhythm disorders are essentially the opposite of a low-carb diet. Whole food, plant-based diets emphasising whole grains, legumes, vegetables, fruits and nuts, and excluding most (or all) animal products maximise heart-protective foods and exclude potentially harmful animal foods.

Evidence suggests that avoiding certain foods, including dark fish and alcohol, may reduce atrial fibrillation risk. *The Framingham Heart Study* found that participants who consumed more than four servings of dark fish, like salmon or sardines, per week were at a six-fold higher risk of developing Afib. Where plant-based diets really shine, is in Afib risk factor management. Plant-based diets may reduce the likelihood of many traditional risk factors associated with Afib, including hypertension, hyperthyroidism, obesity, and diabetes.

Hypertension High blood pressure accounts for about one-fifth of all cases of Afib, which is where a plant-based diet can come in: improving vasodilation, the ability for your arteries to expand naturally, in addition to the anti-inflammatory and antioxidant effects, increased potassium intake, and decreased blood viscosity or sludginess.

Hyperthyroidism Excluding all animal foods from one's diet is associated with half the prevalence of hyperthyroidism compared with those who eat meat.

Obesity Having excess body fat may be responsible for about another fifth of all Afib cases, but the good news is significant weight loss is associated with a six-fold greater freedom from atrial fibrillation. You can see that for those with Afib who started out overweight, but lost 10 per cent or more of their body weight, five years later, only 10 per cent ended up with Afib, whereas for those who lost less than 3 per cent or gained weight, 60 per cent ended up with Afib—six times more.

In light of these findings, dietary modifications are of paramount importance. But you don't know if it could actually cure atrial fibrillation until you put it to the test.

Unfortunately, all we have are case reports, but this one is quite compelling. An 82-year-old man presents with polypharmacy, meaning on multiple different medications, due to coronary artery disease, a heart attack history, ischemic cardiomyopathy, high cholesterol, high blood pressure, and persistent atrial fibrillation, who presented with memory loss, cognitive impairment, fatigue, and weakness. While on all his medications, he started a whole food, plant-based diet with moderate physical activity. His LDL bad cholesterol dropped 37 per cent down to 72 and his blood pressure normalised. These improvements continued after his doctor discontinued his cholesterol and blood pressure meds. He also reported reversal of impaired cognition and symptoms associated with atrial fibrillation and ischemic cardiomyopathy, including light-headedness, fatigue, and weakness. The atrial fibrillation completely resolved.

Here's how the patient described it. "In December 2017, I suffered a near-fatal heart attack and was rushed to the hospital. I immediately had a stent put in. I was prescribed several drugs. My brain fog got worse, and I felt tired. I decided enough was enough. I had lost four years of my life to medication-induced brain fog...And now? I have the strength to lift weights and walk and run on the treadmill for an hour every day. I feel more alive than I have for years. I wake up each morning with a clear head and happy heart, grateful to not have to take a handful of drugs. My blood tests have shown remarkable improvement, which keeps me motivated to stay on track. Because of my improvement, my cardiologist suggested I could let go of his last remaining drug. Eating this food gave me an opportunity to reclaim my health."

A Daily Cup of Blueberries Found to Improve Cognition

When adding just one daily cup of blueberries to the diets of older adults, researchers found improvements in their long-term memory and some other aspects of cognition. The cognitive improvements in the older adults were also correlated with blueberry consumption via advanced brain scan technology.

In children, researchers found that cognitive performance improved "across all measures," and the more berries, the better. Importantly, the improvements were found within hours of just one meal with blueberries, not after 12 weeks of eating berries every day.

NEWS FROM OUR KINDRED ORGANISATION, VEG SA

By Anne Saunders, Secretary VegSA

www.vegsa.org.au
Contact VegSA via 0466 972 112
or info@vegsa.org.au

Animals In Laboratories Workshop Organised by South Aussies For Animals (SAFA) with speakers from Humane Research Australia, RSPCASA, SAFA and Beagle Freedom Australia.

On 11 September 2022 members of VegSA and other related organisations attended a workshop to look at the current legislation and practices affecting animals being held in laboratories around Australia. In any one year, on average, this would include over 10 million animals in Australia alone¹, very few of whom will ever be rehomed.

Especially since World War II, following the Nuremberg trials, it has been generally accepted practice to try medicines and other products intended for human consumption on non-human animals before trialling them on humans in line with the Nuremberg Code: "The experiment should be so designed and based on the results of animal experimentation and a knowledge of the natural history of the disease or other problem under study that the anticipated results will justify the performance of the experiment." (Clause 3 *Nuremberg Code*).²

This activity comes at a great cost, not only in loss of life but environmentally and financially. Meanwhile, over 90% of experiments that are deemed successful using other animals fail when trialled on humans. Not only that, but some products passed for human consumption have caused injury and even death.³

In Australia, these activities are monitored by State or Territory Animal Welfare Acts, the National Medical Health and Research Council (NHMRC)'s *Code of Practice for the Care and Use of Animals for Scientific Purposes* and the Animal Ethics Committees associated with each research institution. "Sadly, however, these mechanisms fail to prevent cruelty and suffering from occurring. They fail because the medical and scientific researchers, and the facilities they work in, are for the most part self-regulated. There is no independent assessment, little transparency,

and next to no accountability within the industry."⁴

The system is due for a thorough overhaul. The NHMRC and several states' welfare acts are coming up for review. SAFA will be holding workshops starting on November 27th helping participants in writing submissions for upcoming issues. Animal rights groups in other states will, no doubt, be making similar efforts.

Meanwhile what else can we do?

- See the websites humaneresearch.org.au and cruelty-freeinternational.org
- Join or donate to Humane Research Australia
- See Humane Research Australia's list of health charities that are not involved in experiments using animals: humanecharities.org.au
- Buy goods listed on the Choose Cruelty Free list. See: peta.org.au/living/cruelty-free-cosmetics-make-up-australia/
- Stay healthy and avoid medical treatment. As far as possible use natural and traditional methods of treatment that have not needed to be tested on animals.
- If in South Australia contact South Aussies For Animals to see about upcoming workshops: suzanne.pope@gmail.com
- Contact RSPCA in your state or territory to see what they are doing in this regard.
- See Beagle Free Australia which rehomes Beagles (and some other breeds) from laboratories. See: beaglefreedomaustralia.org

NOTE: *The Nuremberg Code* (later followed by *The Helsinki Declaration*) is a document intended to guide members of the medical and scientific communities.

"The Code has not been officially accepted as law by any nation or as official ethics guidelines by any association!"²

References available on request

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

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.



Natural Health Society Shop

Shop @ www.health.org.au or call our office on 0432 396 701

Any proceeds from sales go towards our aim of being cost neutral in the promotion of Natural Health.

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The No Blue Amber Sleep Light \$79.95 plus postage

Provides the optimal type of light for evening use.

100% blue light free, portable and can be used as bedside lamp, desk lamp or table lamp.

Features 3 brightness settings
Touch sensor control
Rechargeable battery – up to 18 hours runtime
Flicker-free
Low EMF
Adjustable design with 360 degree flexibility



How Does the No Blue Amber Sleep Lamp Work?

The No Blue Amber Sleep Lamp is 100% blue light free, providing the optimal light environment for our brain and body before bedtime. The sleep lamp has 3 brightness settings with a touch-control to set the brightness as you need.

The No Blue Amber Sleep Lamp is low EMF and flicker-free.

EMR-Free Airtube Over-The-Ear Headsets ADULTS: \$290 KIDS: \$200 (plus postage).

EMF radiation-free hollow air tubes rather than traditional wires

Braided nylon cord is infused with copper for additional protection from extremely low-frequency radiation

Aluminium speakers eliminate RF frequencies.

Developed by audio engineering specialists

Advanced, professional-grade speakers deliver higher fidelity sound

Adjustable headpiece for a custom fit

Built-in hands-free microphone with audio controls

Fitted with a standard 3.5mm jack.

(Please note, not all phones have 3.5mm connectors, please check that your device will be suitable.)

12 month manufacturers warranty.



The No Blue Amber Book Light from Block-BlueLight \$39.95 plus postage

Provides the optimal type of light for night-time use. 100% blue light free, this light is rechargeable and can be clipped onto to any book or device with an edge.

Adjustable design with 360 degree flexibility

Exposure to too much light in the blue spectrum before bed can affect our body's ability to produce the hormone melatonin which we need to help us sleep.

Eliminating blue light as much as possible in the evening and just prior to bedtime protects our sleep.

Features 3 brightness settings

Touch sensor control

Rechargeable battery with up to 30 hours runtime

Flicker-free

Low EMF

The No Blue Amber Book Light is low in EMF and flicker-free.



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Fitted with a standard 3.5mm jack. (Please note, not all phones have 3.5mm connectors, please check that your device will be suitable.)



DefenderShield Pouch (\$65.00 plus postage)

This handy pouch has shielding material in the back of the pouch only, not the front. This allows the pouch to protect your body when carrying a mobile phone, but to still get a signal and connect a call.

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