

# True Natural Health



The Magazine of the Natural  
Health Society of Australia

Autumn 2023



**A Day In The Life Of A 'Natural Healthy'**

**Wild Mushroom Picking**

**Raw Food Recipes**

**Top 5 Habits For A Healthy Life**

**and more...**

# Ladies... IS THE NEED TO WEE ALL THE TIME MAKING YOUR LIFE A MISERY?

## Caruso's Wee Less can help you to control the urge and regain your confidence

### Does this sound familiar?

- You always make sure you know where the nearest bathroom is "just in case"
- You often go to the bathroom again "just to be safe"
- You worry about every laugh, cough or sneeze in case of a bladder 'accident'

### Worrying about the location of the nearest bathroom can be stressful and inconvenient

As with many things in life, everyone is different, but many women feel that they need to go the bathroom more often than they'd like.

Overactive Bladder (OAB) is the term for a medically diagnosed group of urinary symptoms which can include the feeling that you need to go to the bathroom really urgently, as well as difficulty holding on until you get there. OAB is not uncommon and can cause feelings of embarrassment and anxiety in those who suffer from these symptoms.

*Whatever the reason for your need to wee all the time...it can be stressful and inconvenient.*

### Caruso's Wee Less is here to help

Caruso's Wee Less is a therapeutic bladder health supplement developed to:

- Relieve the annoying and inconvenient feeling that you need to go to the bathroom too often
- Support bladder health and healthy bladder function
- Reduce the urinary incontinence associated with a medically diagnosed overactive bladder
- Decrease the urinary urgency associated with a medically diagnosed overactive bladder

### The exclusive blend of herbs in Wee Less helps put you back in control

- *Crateva magna* (also known as *Varuna*) is native to India. It supports urinary health and reduces the urinary urgency associated with medically diagnosed overactive bladder
- *Urtica dioica*, or Nettle leaf, supports urinary tract health and function and a healthy urine output
- *Glycine max* (soybean) and Pumpkin seed support bladder health and function, relieve urinary frequency and reduce the urinary urgency and urinary incontinence associated with medically diagnosed overactive bladder

### Wouldn't it be great to feel more confident?

You really don't want to plan your day around where the nearest bathroom is do you? Or feel self-conscious about disturbing people at the cinema because you need to go to the toilet again?

Then try Caruso's Wee Less today! It's available from leading pharmacies and health stores in a 60 tablets size for RRP \$39.95.

**For more information, please call our Customer Service Representatives on 1300 304 480 or visit [carusosnaturalhealth.com.au](http://carusosnaturalhealth.com.au)**

### 100% Money Back Guarantee\*

At Caruso's we always source quality ingredients to go into our products and we only develop formulas that we truly believe will help support our fellow Australians. That's why we stand behind all of our products with a **100% Money Back Guarantee**. So you have nothing to lose by trying Caruso's Wee Less today.



Australia's  
#1  
BLADDER  
CONTROL  
FORMULA\*



**Always read the label and follow the directions for use.**

\*IQVIA National Pharmacy Scanout Data Bladder Control Sub-Segment, SKU Values Sales 52 weeks to 22.10.22

WEE LESS is a Registered Trademark of Caruso's Natural Health. \*See Caruso's website for terms and conditions on Money Back Guarantee.



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# Autumn

Our daily habits are powerful contributors to our health. Once we embed a health practice into our daily routine, we can support our health on semi-autopilot. We don't need a huge amount of willpower to get up in the morning and exercise or eat a healthy breakfast if that is what we did yesterday and the day before that. In this issue, Roger French shares with us what his daily routine looks like. As Roger says in his article, not everyone's daily routine will look the same, however, if you build your day around some simple health practices the cumulative effect is powerful. This issue we also get to hear from one of our Health Advisory Panel members, Cecil Bodnar. Cecil has decades of experience living the Natural Health way. Society members like Roger and Cecil are now reaping the rewards of decades of daily health practice. Perhaps you will find something in their routines that will work for you?

Also this issue, Ally Sanchez talks about cancer-fighting herbs, Dr Gregor reviews cancer-fighting diets, professional food-forager Diego Bonetto shares some fungi-foraging wisdom in time for the wild mushroom season, I have written about the daily habits you can adopt to nurture a healthy gut microbiota, Lyn Craven shares her experience with various growths, Dr Greg Fitzgerald provides an answer to the great question "What is our greatest health asset?", Janette Murray-Wakelin shares some lovely raw recipes and much more.

Happy reading,  
Rebecca Smith

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

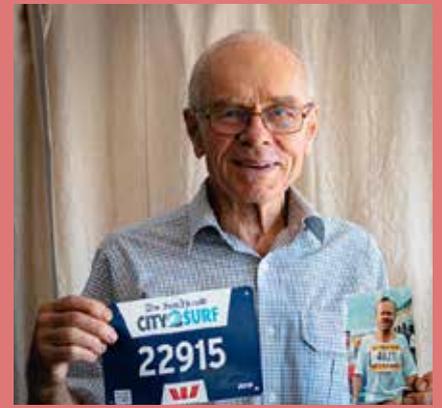
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**THIS MAGAZINE WAS SENT TO YOU IN BIODEGRADABLE POLYWRAP**

*True Natural Health p.1*

# A day in the life of a 'Natural Healthy'

by Roger French, Patron, Natural Health Society of Australia



**There is no such thing as a standard Natural Health daily routine. Rather, all of us practising a Natural Health lifestyle to varying degrees will have developed our own individual daily patterns. So the only pattern that I know for sure is my own. To offer an example, here is my daily routine.**

## The dawn of each new day

One of the signs of genuine good health that you arise feeling refreshed and energetic – at least in theory. Because I usually wake during the night to wee, it often takes me a while to get going. The first thing naturally is a visit to the loo.

## Skinbrushing

Almost without fail, when I peel off my pajamas, I skin-brush. This is done prior to any shower because water softens the bristles of the brush and makes the brushing less effective.

Firstly I brush my back – which feels so nice on those parts that we can't reach to scratch – then I do arms, sides and front of my trunk and finally legs, always brushing towards the heart. The reason for this is to squeeze the drainage fluid, lymph, towards the main lymphatic ducts high in the chest which empty lymph into the bloodstream. In other words, to enhance elimination.

I have been skinbrushing routinely for nearly 40 years. The good feeling in my skin is virtually addictive. Whereas many people need a cup of coffee to get started for the day, I need skinbrushing – with all its benefits. (For details of skinbrushing, see *TNH*, Autumn 2022 issue, page 24. Note that Bodecare is now closed, so not a source of skinbrushes.)

## Showering

This might be one of my most controversial habits, because I shower when I need to shower, not as a routine every morning. My idea on this is greatly influenced by the fact that in the Vietnam war, the Viet Cong could smell the American soldiers in the jungle, but the Americans could not smell the Vietnamese. The American soldiers ate a highly processed diet, including a lot of

rich foods, whereas the Viet Cong lived mainly on rice and vegetables with occasional chicken or pork or if they were near the sea, fish. My diet is much more like that of the Viet Cong than of the American soldiers, so much less likely to cause a BO problem.

Around 50 years ago, an advertising agency promoting deodorant came up with the slogan, 'Even your best friend won't tell you'. This single line got the entire nation paranoid about body odour, and led to the large majority of people applying deodorant or antiperspirant routinely every day. I say that if your best friend (maybe your spouse) won't tell you, then they are not your best friend! I am lucky that my wife, Elizabeth, has a sharp nose, so I always know exactly where I stand in relation to BO.

So I shower every few days – unless after physical work I am hot and sweaty, then I need to shower.

Every shower I have – unless I am off colour – I finish with cold water. Even in the middle of winter, totally cold. This is a bit like the effect of the saunas in Scandinavia where they follow the steam bath with a swim in icy water. After turning off the cold, I feel comfortably warm, not chilly as at the end of a hot-only shower.

## Diluted lemon drink

Squeezing half a lemon into a glass of warm-to-hot water makes a great start to the nutritional day. The lemon is refreshing, alkali-forming and tends to stimulate the system. Elizabeth and I share one lemon for our morning drink.

## I get my body moving

After the lemon, I go for a walk or jog and usually do some gardening. I mostly walk, since running can be hard on the back and leg joints. Except that when the City2Surf 'fun' run is coming up, I need to run at least a couple of times a week.

What gets me started outdoors reliably in the mornings is that I take two dogs of my neighbours down to the Nepean River flats behind our home for their walk and run. I am a dog-lover, so this is wonderful for me as well as for the dogs and for their 'pet parents' who have the

satisfaction of knowing their dogs are enjoying this vital exercise.

Next, I call in my chooks in for their breakfast, having let them out into the yard about half an hour earlier to hoe into the green lawn grass which they love (how I pity hens in cages which are denied this most natural food for hens). I feed my hens soaked grains, soaked soya meal (soya beans are the richest in protein of all the protein foods) and free-feeder cracked corn. (How I look after my chooks was spelled out in the Spring 2020 issue of *TNH*, page 16.)



## Breakfast

After this activity, my system is well and truly awake and I'm ready to eat, although only very lightly. In winter I have a glass of grapefruit and orange juice plus psyllium hulls for their fibre, and in summer I have watermelon, quite a large serve.

Almost always I eat nothing but fruit before noon.

## The day's activities

The activities for the remainder of the morning might be desk work, outdoor yard jobs or going out somewhere. Normally two mornings a week I go to a gym for an hour at a time. I am greatly impressed by a study many years ago which found that elderly people who were bedridden or dependent on walking sticks and did strength training at a gym were chasing their grandchildren around after three to six months.

## Lunch

This is in two courses. The first at around noon is always a fruit salad using in-season fruits. In winter my typical ingredients are papaya, banana and pear plus maybe blueberries. In summer the top favourites are mango, banana and cherries, plus maybe strawberries or other berries. After an hour or more, I have a wholemeal sandwich, using sourdough bread or oatbread bread which is gluten-free or close to it.

Then as a 'confession of a health heretic' – as Dr Robert Mendelsohn once wrote – I have a few chokies, usually dark chocolate, although the current favourite is Reece's peanut butter cups.

## Siesta

If I am lucky timewise, I can squeeze in a siesta between the two courses or after the second.

## Afternoons

These are busy continuing the morning's indoor or outdoor activities or going out somewhere on Saturdays or Sundays.

## Dinner

At least six days a week, dinner is based on a large, raw vegetable salad of around 400 grams or more. It contains most or all of lettuce, rocket, silverbeet, tomato, cucumber, capsicum, celery, carrot, beetroot and broccoli when in season.

The salad is accompanied by a protein dish – four-bean mix, a chickpea dish, lentil dish, nuts, our own eggs or haloumi cheese. About once a fortnight I might have a serve of wild-caught salmon because I like it.

My diet is – as it has been for 55 years – vegetarian (non-strict; I thoroughly dislike rigidity with food). Or put another way – it's approximately 95 percent vegan. In other words, a whole-food, plant-based diet, meaning the diet is based on plant foods, but not necessarily 100 percent.

I follow dinner with NeoLife plant-sourced supplements, including a range of minerals and a range of vitamins. Lately I have been taking Caruso's 'Wee Less', and it does seem to be reducing the night-time waking for the loo.

Eating based on Natural Health Dietary Guidelines is designed to avoid the build-up in acidity which leads to the almost inevitable arthritis, artery disease, etc., which plague the large majority of the Australian population who don't eat anything like this way. Elizabeth and I intend to avoid becoming decrepit.

## Evenings

Tuesday evenings I go to Rotary meetings. Most other evenings I watch the news and documentaries on TV, now using blue-light-blocking glasses as recommended by wholistic optometrist, Jenny Livanos, who writes periodically for this magazine. (EDITOR'S NOTE: These optometrist-designed, blue light blocking glasses are now available via our shop, see page 40 for details.)

I go to bed later than would be ideal for my age, but generally sleep well other than waking for a wee once or twice through the night.

## Some things we are careful about

Elizabeth and I obtain our vital vitamin D from sunshine. We are outdoors a lot, exposed to the sun, and don't use sunscreen except when we might develop sunburn, such as when cycling for many hours.

We minimise our exposure to toxic chemicals; this is so important for avoiding nasty degenerative diseases. We drink rainwater from our own tank, bypassing the first 15 – 20 ml to avoid the bird poo and dust on the roof. We grow some of our own food, especially green veggies, and the rest is from the local fruit shop. We do wash the pesticide off the surface of the latter using Tri Nature's Chamomile Cleanser. We use similar non-toxic products for cleaning the house.



Drycleaning. I don't use this often, but when I do, I ask the cleaner to not protect the garments with plastic, and I hang the garments away from our bedroom for at least 24 hours to avoid us breathing in the toxic drycleaning fumes.

Stress – I follow the philosophy: 'Worry about those things that you can do something about, and do it, and forget all the rest'. If it wasn't for the media, we would only know about disasters in our own locality, instead of constant tragedies from all over the world. Our minds are not designed to cope with shocking tragedies day after day. This way of thinking is not being callous, it's being realistic.

## Environmentally

Elizabeth and I minimise our 'footprint on the planet' – as Greenpeace once expressed it. We minimise: purchasing things wrapped in plastic; car travel; wastes going to landfill. We recycle paper and bottles and throw all food scraps to the chooks (their intestines are marvellous, work-free compost bins!).

Our electricity is almost entirely provided by 26 solar panels on our roof and a big battery. We recharge our e-bike and lawnmower batteries from the house solar battery, so our cycling and lawn mowing are all leg power plus solar power.

House heating. Our house was built in 1983 with a passive solar design, which works marvellously. The only heating is a wood fire in the winter months. Burning wood does release carbon dioxide into the atmosphere, but this is simply returning the CO<sub>2</sub> which was taken up by the trees to make the wood in the first place. This is in stark contrast to burning coal and oil which are being brought up from deep underground where nature had them safely and permanently stored – until 'clever' humans came along and dug them up.

## My philosophy with food and lifestyle in general

My personal philosophy with food was set during my first consultation with a Hopewood naturopath in January 1968 prior to my first stay at Hopewood Health Retreat at Wallacia, west of Sydney. During the consultation, I was thinking, "Hell, I don't want to be bound by a lot

of rules." Then the naturopath declared, "Look, it's not what you do five percent of the time that governs your health, it's what you do 95 percent of the time that counts." And I thought, "Yes, I can do that; what a relief!" This is what I have been doing for the 55 years since; though probably softened to 90 – 95 percent doing it right, which has worked well enough for me.

I have no arthritis, diabetes or cancer and can run the 14 km City2Surf each year in a respectable time, although my concession now at age 82 is that I walk up the hills.

To me, the Natural Health Society's lifestyle that was established by naturopaths 62 years ago is the way to avoid the suffering, pain and premature death associated with typical modern living.

The Natural Health Society, helping people live healthier lives for the past 60 years



**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](http://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.

# NEWS FROM EMR AUSTRALIA

By Lyn McLean, Director EMR Australia  
[www.emraustralia.com.au](http://www.emraustralia.com.au)

## NATURAL VERSUS MAN-MADE RADIATION

Perhaps your year began with a holiday in a peaceful location, a trip to the beach or a hike in a national park. Why are these locations so appealing?

That's because our bodies have evolved to resonate with the energies found in nature – the Schumann frequencies – which are generally around 7.8 Hz. These Schumann signals are found between the earth's surface and the ionosphere and are generated by lightning strikes. They predate human life on Earth.

By contrast, man-made radiation emits a large number of frequencies that do not occur anywhere in nature. Many trigger biological changes that are not consistent with health, including stress.

It's no wonder we feel better when we're surrounded by nature.

### So what can you do?

Spend more time in nature – camping, in a park, in the garden, at the beach – which helps counteract stress.

Spend more time engaging with people face to face than engaging with your devices.

De-radiate your home – get rid of wireless devices that you don't absolutely need. Choose radiation-free products and equipment for your home and family.

Encourage your kids to play, read, talk, bake, bike, walk, climb, plant, learn, etc – rather than play on their devices.

Take up a new hobby. Learn something new. Volunteer.

Occupy yourself with activities that will enhance your health, your joy of life, or the well-being of your community, rather than devoting hour after hour to the internet.

Information on Schumann Resonance: Schumann Resonances, a plausible biophysical mechanism for the human health effects of Solar/Geomagnetic Activity. Neil Cherry Environmental Management and Design Division Lincoln University, Canterbury New Zealand, 2001, <https://www.salzburg.gv.at/ges...>

## 5G SAFETY ASSURANCES FLAWED, SAY AUSTRALIAN SCIENTISTS

Last year, Australian scientists published a paper<sup>1</sup> claiming that 5G radiation was not a risk to human health that was embraced and often quoted by the telecommunications industry. However, that paper is flawed and its conclusions biased, say scientists from Australia and Slovakia<sup>2</sup> in a critique of the paper published in November.

"We find the Karipidis review to be both inadequate and incomplete, sending the wrong messages regarding safety assessment and public health," Weller said. Weller and team identified a range of errors in the Karipidis paper such as: misreporting exposure times, frequencies and intensities, misclassifying studies, incorrectly reporting a study finding, not reporting significant effects, not recording health risks such as cancer, misreporting case/personnel numbers and incorrect statements.

It also left out over 80 relevant studies, including some that had found harmful effects, such as cancer. "Karipidis has conducted an investigation resulting in the exclusion of important findings, while also over-emphasising quality deficiencies and inconsistencies in the data, thereby suggesting confirmation bias," they said.

Further, the Karipidis paper did not take into consideration the effects of 5G radiation on plants, insects, amphibians, birds and animals. Weller points out that another problem with the Karipidis paper is its failure to deal with the risks of 5G. It claimed to find no evidence of adverse health effects from the radio waves used in 5G including mmWave. Yet, no evidence of risk is not the same as no risks and that doesn't mean that we shouldn't be taking precautions.

1. Karipidis K, et al. 5G mobile networks and health—a state-of-the-science review of the research into low-level RF fields above 6 GHz. *J Expo Sci Environ Epidemiol*. 2021 Jul;31(4):585-605. doi: 10.1038/s41370-021-00297-6. Epub 2021 Mar 16. PMID: 33727687; PMCID: PMC8263336.

2. Weller, Steve & May, et al. (2022). Comment on '5G mobile networks and health—a state-of-the-science review of the research into low-level RF fields above 6 GHz' by Karipidis et al. *Journal of Exposure Science & Environmental Epidemiology*. 10.1038/s41370-022-00497-8; <https://www.researchgate.net>

# COVID-19 and the Gut Microbiota

## Part Two

### Nuturing a healthy gut microbiota

By Rebecca Smith

In our last edition of *TNH*, we looked at the current research on the gut microbiota and Coronavirus Disease 2019 (COVID-19) outcomes. A common theme of the research was that patients who had a healthier gut microbiota had better COVID-19 outcomes, including a reduced incidence of long-COVID.

But what is a 'healthy' gut microbiota and how do you get one? Just about every COVID-19 and gut microbiota study referred to in Part One of this article noted two key factors of a healthy gut microbiota:

1. Increased microbial diversity and richness and
2. Relative dominance of short-chain fatty acid producing species.

Part Two of this article will highlight the daily practices you can adopt to nurture a diverse and rich gut microbiota with a relative dominance of short-chain fatty acid producing species.

#### Step One: Eat a wide variety of colourful plants

##### Eat plants

All of the species listed as beneficial in Part One have been associated with diets high in plants. Increased levels of *Faecalibacterium*, *Bifidobacterium* and *Eubacterium* species have been identified in people following plant-based diets (Hazan et al, 2022).

Blue-zone research has shown higher concentrations of *Roseburia* species in centenarians eating a Mediterranean primarily plant-based diet (Haro, 2016).

#### Eat the rainbow

Eating a wide variety of (wholefood) colours provides a wide variety of food for our microbiota. This will help produce the 'bacterial richness' so often cited as a key health factor in microbiota research. Polyphenols provide food for short-chain fatty acid producing species and positively modulate our gut microbiota by inhibiting pathogenic bacteria.

#### Try the eat the rainbow challenge

To encourage polyphenol diversity in your diet, check that you are eating a wholefood that is white, yellow, orange, red, purple, blue and brown every day. Dr Deanna Minich spoke about this in our *Eat for Health* webinar series. (A recording of this webinar

is available via our online shop for \$5 for members @ [www.health.org.au/shop](http://www.health.org.au/shop)). Dr Minich also has a free downloadable 'Eat the Rainbow' checklist on her website, [www.deannaminich.com](http://www.deannaminich.com)

#### Eat a wide variety of plant foods

If you want a diverse microbiota, you need to provide your microbiota with diverse food sources. This is similar to the 'eat the rainbow' approach, however, it is not just about polyphenols and colours. Think about all the foods you eat, do they vary? For example, do you switch up the fibres and grains that you eat, or do you tend to stick to the same two or three day in, day out?

If you usually only cook for one or two people, the idea of buying a huge array of plant foods might seem overwhelming. This is where diversity in food preparation and shopping items can help.

Do you always eat your starchy foods (pasta, grains, potatoes, sweet potatoes, corn, pumpkin, etc) freshly prepared or do you sometimes eat them cooked and then cooled to increase their complex starch/prebiotic fibre content? Do you sprout some foods to increase the bioavailability of nutrients and fibre content?

Think about variety when you do your shopping. For example, if you use tinned pulses, include a four-bean mix in your shop or buy a soup mix bag of lentils instead of your usual red or brown lentils. If you always use spelt pasta, perhaps try a multiple-grain pasta. An amaranth, brown rice and quinoa blend might be a good addition to your trolley. Of course, there is nothing wrong with spelt pasta, a tin of red kidney beans or plain red lentils, but using varied ingredients can help you achieve greater diversity without the risk of a giant food bill or increased food waste.

#### Suggestions to ramp up dietary diversity in any meal:

- Make a jar of nutritional sprinkles to add to salads, curries and stir-fries. Sprinkles can include a variety of flaked seaweeds, seeds, nuts, dried berries or herbs.
- Dress your meal with a squeeze of citrus. If you already regularly use lemon, go for lime, grapefruit, tangelo or orange for extra diversity.
- Change up the herbs and spices you use. Herbs

and spices can be a great source of polyphenols. Five herbs and spices that are particularly high in polyphenols are:

- Cloves (15,188 mg per 100 g)
- Peppermint, Dried (11,960 mg per 100 g)
- Star anise (5,460 mg per 100 g)
- Cocoa Powder (3,448 mg per 100 g)
- Mexican Oregano, Dried (2,319 mg per 100 g)
- Add edible flowers to your salads.
- Include some foraged food into your diet. See Andrew Penngelly's article in our Summer 22/23 edition about native greens for further inspiration.

### Do the 30-plus plant-food challenge

Counting the number of different plant foods you eat in a week can be a useful exercise to assess your dietary diversity. Consuming 30 plus different plant foods each week has been associated with a more diverse gut microbiota when compared to people who ate fewer than 10 plant foods (*The American Gut Project*). If you are following a plant-based diet you will most likely find the target of 30 different plant foods too low, if this is the case, I recommend you see if you can hit 100 different plant foods in a week.

### Step Two: Engage with nature

#### Garden, exercise outside, have a pet, seek out recreation in natural environments and value fresh air

When we engage with nature we engage with a microbial-rich environment. Studies have shown that people living in a rural area or a suburb with more diverse yard vegetation have increased gut microbial diversity compared to those who live in highly urbanised environments (Das B, et al. 2018) (Parajuli A, et al. 2020).

When you are stuck inside, open windows and let fresh air, new microbes and sunshine in. Most people know about the 'gut-brain' axis, but there is also a 'gut-lung axis' a two-way communication pathway between your gut and lungs. Although this crosstalk is not well understood, the quality of the air we breathe may affect the quality of our microbiota via the gut-lung axis (Enaud et al. 2020).



Exposure to pets and animals, particularly in childhood, has been shown to have beneficial effects on gut microbiota.

### Step Three: Manage Stress, exercise and socialise

#### Manage Stress

Stress and gut microbiota effects can feel a bit 'chicken and the egg' sometimes. The gut-brain axis is a two-way communication pathway, through which stress can encourage dysbiosis and dysbiosis can impact our ability to cope with stress. Various horrible animal research models where 'germ-free' mice are fed antibiotics or born via caesarean and raised in sterile environments have demonstrated increased 'anxiety-related behaviour' in mice without a healthy microbiome (Foster et al, 2017).

Thankfully human research is becoming more common in this field. This year, the *British Medical Journal* publication, *General Psychiatry*, published research on the microbiome analysis of meditators versus non-meditators. Thirty-seven Buddhist monks from remote temples in Tibet and their non-meditating neighbours underwent a series of microbiome analyses. The monks' microbiomes were significantly different to the control groups. Several species, including the butyrate-producing species *Faecalibacterium*, discussed in Part One, were significantly enriched in the meditation group (Sun, Y. et al. 2023). It's worth noting that these monks meditated for two hours or more a day, a feat most would struggle to replicate. However, it does demonstrate a connection between mindful practice and a healthy microbiome. Perhaps future research might show benefits at less ambitious levels of meditation.

#### Exercise

Physically active individuals of all levels have more diversity and health-promoting gut species in their microbiome than nonactive individuals, along with higher concentrations of short-chain fatty acids and short-chain fatty acids-producing organisms (Miranda-Comas G, 2022). Exercise promotes a healthy gut microbiota in ways not fully understood. One straightforward way it improves microbiome health is that the simple act of movement helps with digestive flow and prevents constipation. This means that harmful microbes and pathogens in food material are not allowed to linger and create dysbiosis.

Exercise also increases lactic acid bacteria. These bacteria help create a healthy mucosal lining essential for healthy immune function. *Eubacterium rectale* listed as a beneficial species in Part One of this article is one of the healthy butyrate-producing species that rely on the presence of these lactic acid bacteria to produce lactate as a food source (Monda et al, 2017).

# COVID-19 and the Gut Microbiota

## Part Two: Nurturing a healthy gut microbiota continued...

### Socialise

Humans are social creatures and social relationships are known to have a vast array of health benefits. Social isolation has been associated with an increased risk of obesity, inflammation, heart disease, anxiety and dementia. The health impacts of socialisation are complex, however, some of these benefits may be mediated via a healthier gut microbiota. Although most existing research on the impact of social interactions on gut microbiota is in animal models, some human research is building a picture of how close relationships can encourage microbial sharing and microbiota diversity. For example, people living with a spouse or partner have been shown to have more similar microbiota composition and higher diversity and richness than unmarried, non-cohabitating individuals (Dill-McFarland et al 2019).

### Maintain a weight that is healthy for you

The abundance of *Bifidobacterium* species frequently noted as being beneficial in COVID-19 outcomes has been shown to decline with increasing body mass index (Claesson, 2012). Our microbiota impacts how we metabolise foods and can even influence the type and volume of food we crave. Adopting the practices above will help you foster a healthy microbiota and weight at the same time as the two are connected (Trevelline et al, 2022).

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# YOUR TWO MOST VALUABLE HEALTH ASSETS

By Dr Greg Fitzgerald

Some time ago I was asked by a patient what I considered was the most valuable health asset. If I had to pick one thing, what would it be? Diet? Exercise? Sleep? Supplements? Attitude? Meditation?

It was a good question, and I love good questions. The quality of our lives is determined in part by the quality of our questions. Good questions open up possibilities and answers which otherwise would lie dormant and means we are taking whatever subject is under discussion more seriously.

After complimenting the patient on his curiosity, I responded that there was no one behaviour (diet, exercise, etc) that tops the list, although they were all extremely important, there are two QUALITIES that share the gold medal, qualities which every human has access to, including him.

It brought back memories of an opposite encounter I had early in my career with a patient who, after telling me his health issue, was surprised, almost affronted, when I asked him what he ate during the day. He said he did not come in to be questioned about his habits, but had come in to be fixed. On hearing his demand: "Fix me, don't include me," I nearly fell off my chair. I then realised the futility of trying to help someone recover their health who resists partaking in their own recovery.

## PRICELESS ASSET NUMBER ONE: YOUR BODY IS SELF-HEALING!

Natural Hygiene, an extension of Natural Health, is the true science and art of life and health, and it has been taught for 200 years that the human body is endowed with three innate attributes.

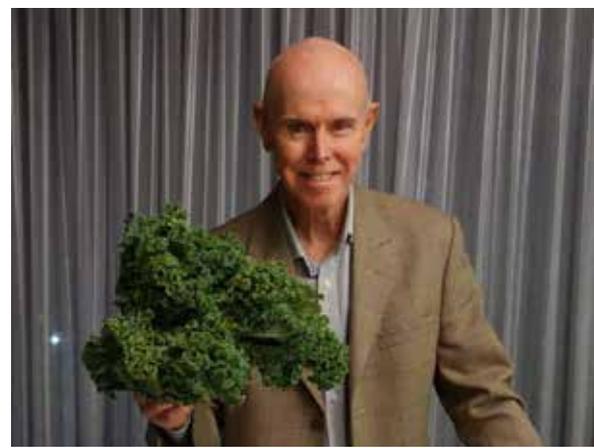
These truths are axiomatic or self-evident:

**The human body is self-developing.** The union of egg and sperm cells to a fully-grown baby in nine months represents the true miracle of life. All that is needed are the conditions of life: air, water, nutrients, movement, protection from violence, etc.

**The human body is self-defending.** We have a very complex immune system. We are not defenceless against microorganisms like bacteria, viruses, parasites and the like, in fact, we are comprised of them and depend on them.

**The human body is self-healing.** We all have the ability to heal, unlike inanimate objects. We bruise, we heal. We lacerate, we heal. We inflame, we heal. We get sick, we get better. A broken pair of glasses cannot heal, broken bones can. What a work of art is man! as the great bard said.

Our bodies, from cells to the whole body, are programmed to survive. This survival mechanism manifests itself by, and depends upon, the employment of life-saving symptoms



and signs. Symptoms are allies in disguise, as Dr Herbert Shelton called them. They occur automatically whether we injure our bodies by 'friendly fire' (our own suicidal habits) or by accident. For example, when we breathe in smoke and dust, we cough and sneeze to expel the irritants as a defence against further damage. When we eat and/or drink substances anathema to our health, we exhibit certain symptomatic defences like nausea, vomiting, diarrhoea, lethargy, anorexia (loss of appetite), orifice discharges, etc, all of which are bodily protests against what has been done to it.

This does not mean that the human body is always successful at healing itself under all circumstances. Death will ensue if we cannot escape inhaling the smoke and dust. We will die coughing and spluttering, with the human body trying to defend itself to the last before being overwhelmed. Such an outcome does not diminish the fact that our bodies are self-healing.

Acute illness, with its uncomfortable symptoms, is really a life-extension opportunity, or in other words, a means of saving life.

Today's conventional approach, where symptoms are regarded as enemies, is to suppress the symptoms and stop the vomiting, diarrhoea, fever, coughing, sneezing, discharges etc, with drugs and remedies, but this is, in the vast majority of cases, detrimental to our health and wellbeing. Such an approach builds pathology and complications, because it ignores

the basic truth that they are reparatory and defensive measures, all requiring precious vitality. **When we suppress our symptoms, we suppress our vitality!** And our vitality (vital force or energy) is central to our self-healing.

In one study, it was shown that lowering the fever, a beneficial symptom that is part of our self-healing, in influenza patients increased death by at least five percent. Today's conventional approach accepts the body is in control when healthy, but that it has lost control when sick. Nothing could be further from the truth. Our bodies, being intelligently directed, are in control in health AND sickness, doing their best under the conditions and circumstances provided. Control, however, can be lost with repeated drugging and interference, examples of which are for another article.

### **Trust Your Body's Intelligent Direction**

This intelligent direction can be seen with things like hunger, anorexia (lack of hunger), thirst, fatigue, sleepiness, and inflammation. These are self-regulatory processes that we need to listen to. Many people ignore them. We are taught to ignore them from a young age. This was no more evident than 25 years ago when the public was exhorted to 'soldier-on' when tired or in pain, by popping drugs.

They also adhere to foolish advice to drink eight glasses or more of water a day, to eat every two-three hours irrespective of hunger, to resist having a nap if tired and so on. The routine medical treatment of fevers is to stop them with anti-pyretic drugs, as if the body does not know what it's doing. And the problem is getting worse, not better, especially with the rise of algorithmic medicine and artificial intelligence playing an increasing role in health care. In tandem to the rise of assembly-line, algorithmic medicine there is a fall in faith and trust within ourselves.

### **Acute Illness: Trust Your Body's Intelligent Rejection**

Further, in an attempt to regain and maintain health, our bodies will at times manifest intelligent rejection. Processes like nausea, vomiting, diarrhoea, runny nose, skin eruptions, orifice discharges and so on are all working as designed. Our defences (symptoms) are not our defects, although the drug companies would have us believe otherwise.

When I mention this to patients and seminar attendees, I am often met with incredulous looks as if such common sense was alien. We are, as a society, increasingly losing touch with natural human processes, and paying a very hefty price for it. It is little wonder that the modern world is experiencing a tsunami of both acute and chronic health conditions.

A caveat must be added that in very occasional circumstances medical intervention is life-saving, such as anaphylaxis and paroxysmal asthma attacks. The truth is that these situations would rarely reach that crisis point if the principles outlined above were followed earlier.

It must also be understood that when we become more aware of our bodily sensations and directions, we must also act (or not act) on them, as the case may be.

As examples, we should eat when hungry (mouth/throat sensation), not by the clock necessarily. We drink when thirsty or dry in the mouth, not because some health guru says to drink. We exercise when we have energy, not when we are tired and fatigued. We abstain from eating if sick, feverish or anorexic.

Keep in mind that when we 'feel off', we have altered capacities and requirements. This is not the time to live 'normally'. Such adaptive responses (listening and responding to our inner signals) on our own behalf are investments into our

health and longevity, and go a long way to ageing without the need for drugs and regular medical intervention.

### **Self-Healing in Chronic Disease**

Without going into detail due to space constraints, many chronic diseases labelled as progressive by modern medicine are in fact reversible. Atherosclerosis, many neurological conditions and auto-immune diseases like RA, MS, Crohn's, ulcerative colitis, amongst others are amenable to natural interventions like dietary pattern shifts, fasting and other lifestyle changes, and I have witnessed such recoveries many times in my patients. This potential reversibility is the prerogative of the human body's self-healing qualities.

Understanding that, never regard a prognosis as personal. They are statistical, and you are much more than a statistic.

The miraculous concept of self-healing should be taught to all children in all schools and in all medical and allied health colleges. The tragedy is that it is not taught at all, or at best, is paid lip-service to, and lip-service is poor service.

## **PRICELESS ASSET NUMBER TWO: YOUR OWN EXPERIENCES!**

The best teacher is personal experience. The second best teacher is observing others' experiences. The tragedy is many people learn from neither when it comes to health. My most valuable asset without a doubt has been my own experiences with my health. In order to learn from experience, we need to develop awareness. We need to notice things. We need to listen, really listen, to what our bodies are telling us. We need to explore when are sick and why we are sick.

**CONTINUED ON PAGE 35...**

# YOUR QUESTIONS ANSWERED



BY ROGER FRENCH

## Q. GAS, INDUCTION & ELECTRIC COOKTOPS & OVENS:

**Have you carried out research on gas/ induction/ electric cooktops ovens and heating? I read recently that induction is as bad as microwaves. – C. W., Chatswood NSW**

**A.** Here is a look at the safety of the three main kinds of cooking, whether cooktop or oven.

**GAS STOVES** Cooking with gas is estimated to be responsible for 12 percent of the burden of childhood asthma in Australia. The risk of asthma is comparable to a child living with household cigarette smoke.

In the US, Consumer Reports stated that gas stoves emit elevated levels of nitrous oxide, which is a highly-reactive gas that can irritate airways, aggravating asthma and increasing the risk of respiratory infections.

Natural gas consists mainly of methane plus smaller amounts of ethane, propane and carbon dioxide and traces of nitrogen compounds.

A significant concern with gas stoves is the possibility of a gas leak or a pilot light going out without the householders knowing. An electric stove doesn't have that problem.

The health risks can be reduced, but not eliminated, by better ventilation, including extraction fans over stoves and opening windows.

The US Consumer Product Safety Commission has recommended a ban on new gas stoves, according to Bloomberg ([www.womansworld.com/posts/health/electric-stove](http://www.womansworld.com/posts/health/electric-stove)). However, President Biden is opposed to such a ban.

Replacing a gas stove with an electric one may be worth the initial expense.

In relation to global warming, an ABC Science program reported on 28<sup>th</sup> January 2022 that the amount of methane gas leaking from stoves burning natural gas is the greenhouse-gas equivalent of hundreds of thousands of cars. (<https://www.abc.net.au/news/science/2022-01-27/gas-cooker-methane-leak-climate-change-asthma/100777076>).

The co-author of this research, Professor Robert Jackson from Stanford University, USA, declared

that, "Our biggest surprise was that most of the methane leaked to the air while the stoves were off." While the rate of methane leakage was higher while the stoves were in use, the large amount of time spent not in use gave a greater volume of methane leakage.

Methane is a greenhouse gas, 80 times more powerful than carbon dioxide, although it doesn't persist in the atmosphere as long as does CO<sub>2</sub>.

Energy and climate change policy expert, Associate Professor Donna Green from UNSW, said that the fact we're still burning fossil fuels in our homes "is nuts. We'll be in shock in a decade's time that we actually did this."

**INDUCTION COOKING** A wire coil in the element produces a high-frequency (radio frequency (RF)) electromagnetic field, which stops and starts 50 times per second as does the mains alternating current. This field penetrates the metal of the cooking vessel and, as it 'makes and breaks', it sets up a circulating electric current – an 'eddy current' – in the cooking vessel where it generates heat that cooks the food.

Nothing outside the saucepan or frying pan is heated by the field. The cooktop remains cold, which reduces the risk of burns. As soon as the vessel is removed from the element or the element is turned off, heat generation stops. Further, the cooktop is designed so that if there is not a saucepan or frying pan on the cooktop, it won't turn on.

A restriction with induction cooking is that all the pots and pans must be made of a magnetic material, that is, cast iron or mild steel or stainless steel. Pots and pans made of aluminium, copper or Pyrex, etc, won't work. Iron and steel make good cookware anyway. You can do a quick test when buying a pot by holding a magnet to its bottom. If the magnet sticks, the pan will work.

Whether the RF radiation affects the food adversely is not certain. However, there seems to be no evidence that there is any radiation damage to the food. Because microwave RF radiation peters out after very short distances, there is no major safety concern. With an induction cooker, it fades away to almost nothing at about 30 centimetres (cm).

To get a high radiation dose, you would need to spend a lot of time with your head within about 30 cm of an element when it is cooking. This is

easily avoided, even when stirring a saucepan.

An e-magazine, *Powerwatch*, in its 11<sup>th</sup> June 2012 issue, reports that while most of the cooktops tested complied with the public exposure limits at the distance of 300 mm, the majority exceeded these limits at closer distances.

In other words, as long as your body is at least 30 cm from the cooktop, the radiation should be low enough to be generally safe for most adults.

Young children and the foetus of a pregnant woman are much more vulnerable. *Powerwatch* takes the very conservative view that pregnant women, women trying to become pregnant and young children should stay out of the kitchen while induction cookers are in use.

In contrast to relatively safe induction cooking, microwave ovens have the problem that the door seals may leak allowing the microwave radiation to reach people nearby. Also, research has found that there is a subtle adverse effect on the food being cooked.

**REGULAR ELECTRIC STOVE** Almost all the equipment in the kitchen generate an electromagnetic field (EMF).

An electric stove can emit high amounts of EM radiation while it is cooking. It is advisable to keep a distance of at least a metre (3 feet) from the source of the EMF if possible. So don't stand close to the electric stove when not actually using it. Similarly, with a microwave oven, don't wait in front of it when you are waiting for your drink or meal to heat up.

A digital LCD or LED clock on the stove, whether electric or gas, has a transformer behind it. The transformer produces high magnetic fields that may exceed 10 mG, which is high-ish for exposure over significant time.

To minimise exposure from electric stoves:

1. Always keep at least a metre from the sources of EMF.
2. Avoid situating work stations or beds on the other side of the wall adjacent to the stove. EMR goes through a brick or concrete wall like light goes through glass.
3. Choose a make of stove that has the power supply for the electronic control or clock at either the back or side of the stove, not at the front.

**ETHICAL POWER SOURCE** The Australian Climate Council advises that renewables in the form of solar and wind, backed by storage batteries and

pumped hydro, now offer the cheapest sources of electricity for Australians. For households, making the shift from gas to efficient electric appliances can save money over time and be good for our health, [www.climatecouncil.org.au/resources/gas-habit-how-gas-harming-health](http://www.climatecouncil.org.au/resources/gas-habit-how-gas-harming-health)

**Q. EATING EXCLUDING GRAIN FOODS: I already have an all-plant diet, and am now considering cutting out all grain foods in my diet, simply consuming fruits, vegetables, nuts and seeds. Will I get enough energy and protein and would I be missing any essential nutrients? – D. L., Glenelg, Vic.**

**A.** This is a very interesting question. In his book, *Improving on Pritikin*, Ross Horne has a chapter entitled, 'Grains Are for the Birds', in which he makes the case that grains are suitable for birds, but not humans.

We humans cannot handle *raw* grains at all because enzyme inhibitors block our digestive enzymes, so we must sprout or cook them. Sprouted grains are fine, but not cooked grains. To the latter, we usually add fluid or fat (such as milk on cereal or butter on bread) to make the grain foods palatable. We can then swallow them without thorough chewing – as we would have to do with dry grains – and very little of the salivary enzyme, ptyalin, is mixed with the starch so it doesn't start digesting in the stomach as it should. The job is left almost entirely to the pancreas which is then overworked and enlarges.

Asian people who consume large amounts of rice have enlarged pancreases. In contrast, the bird, the hen, has a crop containing gravel or shellgrit to germinate the grain, break down its enzyme inhibitors and grind to flour.

I don't want to damn grain foods completely. While grains are theoretically not suitable for humans, the human body is so versatile that we can handle moderate quantities – which is why Natural Health Dietary Guidelines include something of the order of 120 grams (about four slices of bread or equivalent) per day.

In your case, on a diet of fruits, vegetables, nuts and seeds, you could do quite well, provided you have plenty of variety in these categories. The only nutrient which would need to be supplemented – as with all plant-based diets – is vitamin B<sub>12</sub>.

Let us look at the various classes of nutrients: *Protein* should be adequately supplied from around 80 – 100 grams daily of a variety of nuts and seeds, 'seeds' referring to sunflower, sesame, pepitas, flaxseeds, chia seeds and quinoa.

*Carbohydrate* should be adequately supplied from an abundance of fresh fruits, plus the significant starch content of the nuts, seeds and starchy vegetables including potatoes.

*Fat* should be well supplied from the nuts and seeds, as they are high-fat foods containing mono- to poly-unsaturated fats.

*Fibre* is present in every one of these foods.

*Minerals* are abundant in green, yellow and red vegetables, fresh fruits and nuts and seeds.

*Vitamins* could be adequate except for vitamin B<sub>12</sub>. Fruit and vegetables provide carotenoids (from which we make vitamin A), vitamin C and modest amounts of some B-vitamins. Nuts and seeds are generally rich in B-vitamins and vitamin E.

Regarding vitamin B<sub>12</sub>, your current all-plant diet contains virtually none, so cutting out grains should make no difference. Your friendly gut bacteria might make some, but you will almost certainly need supplements. Blood tests will tell you how your B<sub>12</sub> is going.

For a detailed account of B<sub>12</sub> needs on a plant-based way of eating, see the Winter 2021 issue of *TNH*, page 10.

Most importantly, when making any major dietary change, watch closely how your body responds over the following months and years. It can be very helpful to have medical tests for levels of nutrients, etc, such as vitamin B<sub>12</sub>, iron, haemoglobin, protein and so on. If there is any sign that you are going downhill, be prepared to back off or take supplements under professional guidance.

**Q. NUTS AND SEEDS – SUPER NUTRITION?: I am an 85-year-old woman and prefer raw foods, including almonds, flaxseeds and sunflower seeds for protein. How much protein food should I have daily, and how nutritious are these foods? – M. O., Pendle Hill, NSW**

**A.** The seeds you mention are all protein-rich foods and highly nutritious.

The quantity of protein *food* (as served on your plate) required daily is approximately 85 grams (3 oz.) and, as we get older, possibly a little less.

Nuts and seeds are all seeds, nuts being the seeds of large trees, while what we refer to as 'seeds' are from small plants that are not legumes like soya beans. **Nuts** are veritable storehouses of nutrients, enough to produce new trees – high-grade protein, emulsified oil, carbohydrate (mainly starch), minerals, vitamins and fibre. Possessing

minimal water, they are concentrated foods. Being hermetically sealed in airtight shells, nuts will stay fresh for many months, provided the shells are not broken.

A variety of nuts and seeds should supply all the essential amino acids and therefore be an adequate source of protein. Nuts are the richest of all foods in fat, which is largely mono-unsaturated (like olive oil) and very beneficial. But if there is a triglyceride problem, nut consumption needs to be reduced temporarily.

Nuts are far richer in minerals than meat, almonds containing around 15 times as much calcium as beef. Because nuts have excellent ratios of calcium to phosphorous, in *Natural Health* we are satisfied that they do not contribute to osteoporosis the way meats do. Nuts also have good levels of magnesium, potassium and B-vitamins, while being very low in sodium.

Here is a little bit about each of the common nuts. Note that percentages are approximate.

- Almonds – protein 20%, fat 54% and possibly the most nutritious of the nuts.
- Cashews – probably the most delicious. Protein 17%, fat 46%.
- Brazil nuts – from the Amazon, with protein 14%, fat 67% and marvellous levels of selenium and zinc.
- Hazelnuts – protein 13%, fat 62%. Plenty of calcium and a good calcium-to-phosphorous ratio.
- Walnuts – protein 15%, oil 64%, high in omega-3 fatty acids.
- Pecan nuts – protein 9%, fat 71%.
- Macadamia nuts – protein 8% and fat 72%, making them the richest of all whole foods in fat (oil).
- Pistachio nuts – protein 19%, fat 54%.
- Pine nuts – the pignolia variety has extremely high protein at 31% and oil at 47%.

**Seeds.** Refers to sunflower seeds, sesame seeds, pepitas (Mexican pumpkin seeds), flaxseeds, chia seeds and quinoa.

All are good protein sources, contain moderate amounts of unsaturated fat and generous amounts of other nutrients. Their calcium-to-phosphorous ratios are much better than for meat, but not as good as for nuts.

- Sunflower seeds are high in protein at 24% and contain 47% highly polyunsaturated oil. Rich in iron and vitamin E.
- Sesame seeds are so small that they must be ground up, otherwise they will pass right through our intestines undigested. It is probably better to consume the 'hulled' seeds which have the hulls removed. Protein is 18%, fat 53% and minerals and vitamins are at moderate levels, with

If you have a question, please send it to [rfrench@health.org.au](mailto:rfrench@health.org.au)

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

vitamin B<sub>3</sub> being particularly high. Sesame oil is outstanding for its high boiling point, making it relatively stable to heat. Tahini is simply sesame butter.

- Pepitas are from pumpkins that grow prolifically in Mexico. Protein is very high at 29% and oil is at 47% with the iron content being the richest of any whole food, plant or animal. However, pepitas have a very poor calcium-to-phosphorous ratio, poorer than for red meats.

Variety is the spice of good nutrition. Each of these foods has a lot of good points and the occasional negative. By having plenty of variety, the negative aspects balance out and, overall, nuts and seeds provide excellent nutrition.

## **Q. NARCOLEPSY, OR FALLING ASLEEP AT RANDOM:**

**Can you tell me how to overcome narcolepsy, in which a person is dropping off to sleep frequently during the day? A friend has suffered it for 50 years and he will even drop off for a few minutes while chairing a meeting – C.L., Edgecliff NSW.**

**A.** A person can suddenly fall asleep at any time, even in mid conversation, with no warning whatsoever. It may happen ten times a day or more, with each bout of sleep lasting only a matter of minutes, or occasionally up to an hour. The person may feel refreshed, then drop off to sleep again later.

Narcoleptic sleep is characterised by the fact that the person goes straight into 'rapid-eye-movement' (REM) sleep, in contrast to normal sleep where there is a long period of quiet sleep before the REM cycle. In REM sleep the brain is very active and this is when most dreaming occurs.

Another classic symptom of narcolepsy is a type of paralysis that normally lasts less than a minute and involves a sudden and temporary loss of muscle tone usually in the legs and/or arms. The 'paralysis' usually follows an emotion such as anger, fear or excitement.

Another possible symptom is sleep-related hallucinations. Just before dropping off or just after waking, the person may hear sounds that aren't there or see illusions which can be very vivid. Narcolepsy is not normally a dangerous problem unless it occurs in a situation such as while driving a motor vehicle. It is usually very embarrassing and can be extremely

inconvenient. The causes are unknown, although there has been speculation that it may follow brain infection, head trauma or, in rare cases, brain tumours. It is almost never the result of insomnia.

Can narcolepsy be remedied? Possibly – the literature lists a number of things that can be done for it.

- First and foremost, take magnesium and calcium, as these are the calming minerals. Take twice as much magnesium as calcium each day. Have some of the magnesium during the day and at bedtime.
- Take choline at 300 mg daily or lecithin granules 1 tablespoon three times daily before meals.
- Take CoEnzyme Q10 as directed on the label.
- Take multivitamin and multimineral complexes.
- Have flaxseed oil for omega-3 fatty acids.
- Take: vitamin C at 2,000 to 6,000 mg daily in divided doses (build up to this gradually to avoid diarrhoea); vitamin D at 400 IU daily; vitamin B complex; and vitamin E at 400 to 600 IU daily.

Some of the above are very large doses, and I would strongly recommend that they be taken with professional guidance and not for many months at a time.

The herb, ginkgo biloba, is recommended, but it must not be taken with any blood thinning medication.

Dietary recommendations are to eat a low-fat diet, with plenty of green vegetables, sea vegetables and moderate amounts of fresh fruit. Ensure that all grains are eaten whole for their B vitamins. Eat protein foods in the middle of the day, because they increase alertness. Eat carbohydrates for the evening meal as they tend to have a calming effect. Be sure not to overeat them or you won't sleep properly.

- Avoid alcohol and refined sugar.
- Exercise daily to improve circulation.
- Make sure your home and workplace are well lit, preferably by natural light.
- If you have missed sleep during the night, it should be OK to take a nap after lunch.

There have been cases where narcolepsy was associated with allergy. When the allergenic foods were removed from the diet, the narcolepsy disappeared.

# NHSA Webinar Series



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**Dean Rees-Evans: Thursday, March 9 at 7.30pm AEDT**  
**“The Three Principles Approach”**

Dean Rees-Evans MSc has been conducting training and public speaking on the Three Principles approach to resilience and well-being since 2004. In 2011 Dean completed a research project, which exposed the infinite potential of the Three Principles within a school environment. Using the Friedman Well-being Scale as a measure, the study revealed a statistically significant increase in overall psychological well-being and happiness.



**Clare Mann: Thursday, March 16 at 7.30pm AEDT**  
**“The Emperor’s Not Wearing Any Clothes! What Else is Hidden in Plain Sight?”**

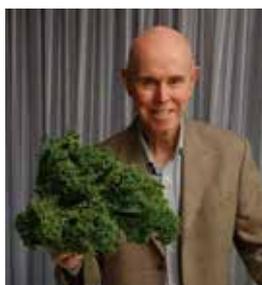
Clare is a psychologist, existential psychotherapist and author of numerous books and training programs. She has worked in over 20 countries and is skilled in identifying the myths that keep us trapped in attitudes, thoughts and behaviours that limit our potential to be our best.

In this talk, she will invite us examine where we, ourselves have blindspots and need to continually ask the question, “What else don’t we know?”



**Susan Gianevsky: Thursday, March 23 at 7.30pm AEDT**  
**“Living Green is a Gift We Give Ourselves”**

Susan holds qualifications in both education and homeopathy and is a passionate advocate of women’s health. She is a professional health educator who specialises in Mineral Therapy with over 30 years in the health industry and is the Company Health Ambassador for Martin & Pleasance.



**Greg Fitzgerald: Thursday, March 30 at 7.30pm AEDT**  
**“Your Best Health Assets”**

Greg has a mission to educate the public and his patients. He has written many articles for various health publications, including the Australian Natural Health Society and the American National Health Association and has produced CD’s and DVD’s on subjects such as osteoporosis, immunity, fasting and digestive disorders. Greg’s presentations are always full of great practical advice and insights.



**Giselle Cooke: Thursday, April 6 at 7.30pm AEST**  
**“Reversing Chronic Allergies by Correcting the Gut Microbiome and Creating a Homoedynamic Immunity”**

Giselle Cooke is a medically-trained wellness practitioner with over forty years’ clinical experience, helping her clients to design their optimum health, to become the best version of themselves, naturally. Giselle has practised wholistic and integrative medicine since graduating in Medicine from the University of NSW in 1979. After training in Functional Medicine, Traditional Chinese Medicine, western herbalism, nutrition and Ayurveda, she founded the multidisciplinary clinic, Pymble Grove Health Centre in 1989 on Sydney’s Upper North Shore.

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# Harvesting wild edible mushrooms in pine forests in Australia

By Diego Bonetto



The light streams through the pine trees, smoke-like with the early morning mist and our warm breath. All around us, the smell of damp dirt and pine cones. This is a truly magical place. It is quiet and welcoming, the soft needles muffling our steps as we discover the wonders and peculiarities of this powerful ecosystem.

State Forests in Australia are often planted with hectares of plantation pines. When the summer is gone and the days become shorter, wetter and colder, the forests are the site of one of the most exhilarating adventures and communions with nature: wild pine mushroom foraging. What we term 'pine mushrooms' – the edible seasonal treat that people harvest from pine plantations on the east coast of Australia – come with a tale that has migrant origins; more specifically, Polish, Italian, Russian and Eastern European roots.

The story goes that at some point earlier last century, the spores of edible mushrooms made it to the pine forests of Australia. Some say the forests were deliberately inoculated, others say the fungi came attached to the roots of early tree imports. It's even been said that forestry corporations (the managers of pine plantations in Australia) introduced the mycelia of a number of beneficial mushrooms to enable the trees to thrive and grow faster. Whatever the story, the migrant community of Australia knew straight away what these

introduced mushrooms were and what to do with them. Eat them! Fast forward to now. This cultural practice, closely guarded for generations, suddenly explodes into seasonal edible adventures, an alternative economy for regional people and a culinary treat on the tables of some of the fanciest restaurants in the country.

It is not unusual for second and third generation Italian or Polish/Australian people to spend their youth in state forests with their extended families, celebrating the deep-seeded heritage that is mushroom foraging. Learning language and recipes, connecting with family and place, celebrating culture and ties to cultural knowledge. Fostering a sense of belonging and legitimacy in a foreign country, speaking a foreign language, among a forest of exotic trees. Anyone who has lived far from home will know the comfort of finding a familiar landscape or experience that evokes a reference to one's homeland and acts as a cultural grounding point.

## Picking the known

There are an estimated 7,000 to 8,000 mushroom-producing fungi species in Australia, the vast majority of which have yet to be described. So, when out in the forest, we are just going to pick the known ones, the ones we are confident we can eat, those that have been catalogued and tested and eaten by generations of foragers.

That is why, when I run wild edible mushroom workshops, I only ever teach three species: saffron milk caps, slippery Jacks and slippery Jills. Yes, there are other known edible mushrooms out there – like the wood blewits, grey knights and the elusive porcini – but many of these are rare, and require a depth of knowledge beyond the scope of novice wildcrafters. If you are new to mushrooming, you stick to the basics.

**If you've never foraged for mushrooms before**, it is important to find an experienced harvester to show you around. There is nothing like first-hand experience when learning the differences between mushroom species. A knowledgeable guide will make you aware of the dos and don'ts, equipping you with a valuable life skill. Harvesting your own food. Imagine that. Fresh mushrooms every year from your local forest! Once you empower yourself with the knowledge of the key features of these edibles, you won't make mistakes – and that's where you want to be.

**Below: Saffron milk**



# Natural Health Society News

**Right: Slippery Jack**



## What is a mushroom?

Fungi are not plants, nor are they animals – they are a separate kingdom.

A mushroom is the reproductive strategy for an organism (mycelium) that lives underground. All fungi have mycelium, but not all mycelia produce mushrooms. Some mushrooms have gills, some have pores, some are like jellies and others are like puffballs, but all of them produce spores to reproduce.

Spores are essentially a micro version of the fungi, and when a spore lands in favourable conditions it joins with other spores and start the process of creating mycelium. Most fungi have established evolutionary partnerships with other kingdoms – sometimes with animals, but mostly with plants and algae. They need this relationship in order to thrive. Some relationships are mutually beneficial, but at other times they are exploitative.

## Forest legalities and ethics

Pine mushrooms are not free food, they are a gift. Please treat them as such. Respect the forest as the precious ecosystem that it is, whether it is a plantation or not. Take your rubbish out with you, and when walking and driving through the forest, stick to tracks and roads. When you look after these amazing ecosystems, you will be richly rewarded. A happy pine forest is a generous one. Only ever pick what you will use that day or preserve that night.

Foraging for mushrooms is possible and legal anywhere on private land. As for public land, the rules change from state to state.

In New South Wales, foraging for pine mushrooms in State Forests is allowed and a recognised activity. In Victoria, pine plantations are managed privately, and foraging is tolerated as long as you have secured access permission (an online form). In South Australia, Tasmania and Western Australia the foraging situation is more complex, and I exhort you to seek out information from your local organisation.

**The above article is an excerpt from food forager, Diego Bonetto's book *Eat Weeds*.**

**Visit [www.diegonetto.com](http://www.diegonetto.com) to order his book or book a wild foraging tour.**

**All photos in this article are courtesy of Hellene Algie.**

## The Natural Health Society will be at the Wallacia Wellness and Resilience Festival, April 29

We will have a stall at the Wallacia Wellness and Resilience Festival, it looks like it will be a great day out so come along and make sure you stop by our table to say hi. We will be selling Roger's book and telling people about Natural Health and the Society.

If you would like to volunteer on the day please email [admin@health.org.au](mailto:admin@health.org.au)

Where: **Wallacia Public School**

When: **Saturday April 29, 10am- 4pm**

## Wellness Gatherings

Our Wellness gatherings are back!

Our first wellness gathering for 2023 was held at Wallacia on the 19th of February and was great fun. Our next event is scheduled for May 21, tickets are available via our website and office 0432 396 701.



Wellness gatherings are a great way to spend some time with our Natural Health community. They are a great way to be supported and inspired.

Keep an eye out for future events on our socials, website and in our e-newsletter.

*Thank you to everyone who responded to our 2023 event survey. You have told us what you want, and we're looking forward to delivering it to you this year. Keep an eye out for details of more events in your inbox and on our website.*

*Yours in Natural Health,  
Team NHSA*



# RAW Recipes

By **Janette Murray-Wakelin** of  
**RawVeganPath.com**

## Raw Energy Drinks

**Juice:** Carrot, beetroot, apple and ginger and drink immediately before or after a long run or exercise.

**Smoothie:** Orange, banana, pear, berries, spinach, and water; excellent after run, walk or any exercise.

**Daterade:** Dates, water. Place 1 date in bottle of water to shake and sip during long run.

Raw Energy is unlimited when following a raw vegan conscious lifestyle!

### Monthly Raw Detox Smoothie:

Blend fresh organic grapes, fresh dandelion leaves and 1 lemon.

Sip throughout the day to detox and rejuvenate from unavoidable exposure to toxic environment.



## Raw Banana Lemon Slice

### Ingredients:

#### Crust

1 cup of soaked, drained and rinsed fresh walnuts  
1 cup of raisins

#### Filling

8 or more bananas  
1-2 lemons, juiced

#### Topping

Poppy or sesame seeds, passionfruit and/or raspberries

### Method:

Slice bananas into a bowl, add lemon juice and stir to wet bananas. Set aside. Chop nuts in food processor, add raisins and mix until forms a ball (may need to add a little water). Press crust into shallow tray.

Gently stir bananas with spoon, lemon juice should have gelled

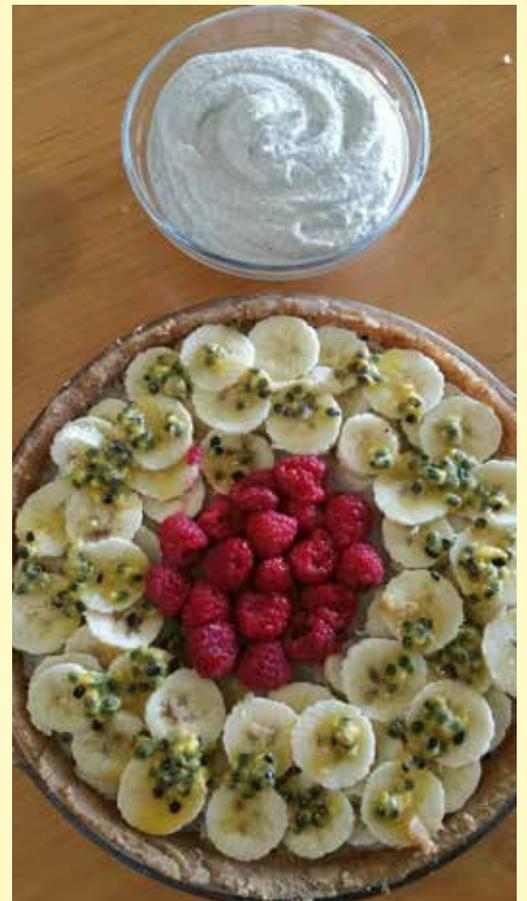
banana slices. Pour onto crust and smooth with back of a spoon. Add topping just before serving, cut into slices to serve.

### For extra decadence, serve with Whipped Cashew Creme:

1½ cups of cashews, soaked for 30 minutes, drained and rinsed  
½ cup of lemon juice  
1 soaked date  
¼ cup of date water (that dates have soaked in)

Blend all ingredients until smooth and creamy. Serve a teaspoonful on top of each slice.

Excellent for breakfast, dessert or anytime!



## Raw Energy Balls

### Ingredients:

1 cup of pitted dates, soaked overnight (save date water)  
1 cup of soaked, drained and rinsed almonds  
1Tbsp of any nut butter  
3 Tbsp of coconut oil  
3 Tbsp of carob powder  
2 tsp of cinnamon  
1-2 cups of finely shredded coconut in a separate bowl



### Method:

Grind almonds in food processor until like crumbs. Add rest of ingredients (except shredded coconut) until well combined, adding small amounts of date water if needed.

Using wet hands, roll mixture into balls, drop into shredded coconut and shake bowl to cover then place on a plate. Chill in fridge for an hour to set.

## Raw Rainbow Salad

### Ingredients:

Use as many colourful salad ingredients as you like: Red capsicum, tomato, sun-dried tomato, corn, olives, green and red onions, broccoli, cauliflower, zucchini, cucumber, avocado, etc.

### Method:

Chop, grate or spiralise, toss together with chopped or whole fresh herb leaves: Parsley, basil, oregano, dill etc.

If desired, add soaked and chopped nuts: almonds, cashews, macadamias or pinenuts. If desired, add soaked sultanas, currants or cranberries.

Arrange on a nest of fresh greens, garnish with grated carrot and beetroot. Serve with a squeeze of lemon or lime.

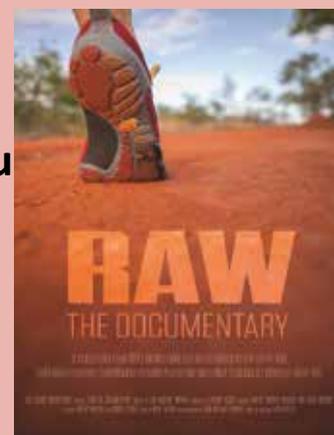
Chew slowly to enjoy all the flavours of a rainbow!

**All photos by  
Janette Murray-  
Wakelin**



## RAW the Documentary will redefine what you think is possible.

*RAW the Documentary* is the incredible story of a couple in their 60s who broke and set World Records by running 366 consecutive marathons around Australia. Together they overcame intense heat, a cyclone, bush fires and injuries to achieve this amazing feat.



Throughout 2013, to inspire and motivate conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future, raw vegan ultra-endurance runners Janette Murray-Wakelin and Alan Murray ran around Australia, 15,782 km, running 366 marathons (43 km) each in 366 days, no days off.

On January 1, 2014, they acquired world acclaim by setting a new World Record as the only couple over the age of 60 fuelled entirely on raw fruit and vegetables, to run 366 consecutive marathons around Australia. Prior to embarking on this journey, Janette was diagnosed with cancer and was told she had six months to live. As a result, the conscious lifestyle choices she and Alan made set them both on a journey to optimal health. 13 years later, Janette and Alan achieved what few people believed to be possible.

A short version of the cinematically produced film was screened at the Cannes Film Festival France 2015, and the feature film screened with the Australian Transitions Film Festival 2017 and the American Documentary Film Festival 2018, all to rave reviews.

Alan and Janette are originally from New Zealand, where in the year 2,000 they ran the length of the country; 2,000 km, 50 marathons in 50 consecutive days, to raise funds for NZ athletes with disabilities. Janette (now 73) and Alan (now 77) continue their active lifestyle by walking over 6,000 km on the Pilgrim Way (Camino), ascending the highest Buddhist mountain (3,500 m) in China, completing over 100 hikes in Australia, all unaided, with backpacks and fuelled on raw fruits and vegetables. Janette and Alan prove beyond any doubt that by living a conscious lifestyle anything is achievable, regardless of age. <https://rawveganpath.com>

The couple now offer personalised retreats, at 'Dragonswood', their home in the Sunshine Coast Hinterland.

<https://rawveganpath.com/conscious-lifestyle-programs/>

# Cysts, Polyps, Fibroids and Tumours

by Lyn Craven, Naturopath, Bowen Practitioner and Reiki Therapist



Many different types of growths can occur throughout the body and many can benefit from natural therapies.

## Cysts

Cysts are smaller sac-like growths filled with fluid or semi-solid material. Cysts may be painful. This pain can range from a dull ache to a sharp stabbing sensation depending on their size and location. A topical cyst can appear like a bump on the skin with roots down below the skin surface.

Most cysts are benign but some may turn malignant, and if diagnosed as possibly precancerous tissue, must be removed and sent to the lab for analysis. If a cyst contains pus this is a sign of infection and if not treated it could result in an abscess. Poultices from linseed and other drawing substances can be applied. If you feel pain when touching a cyst, it is wise to see a doctor. Topical cysts are not to be confused with warts which often have a rough raised surface. Warts are stubborn and can take a while to resolve. Old Wives' tricks include walking in the ocean daily or applying the inside of a banana skin! I find colloidal silver useful along with some thuja applications, but if painful you may wish to use pharmaceutical wart treatments to get rid of them quicker.

In women, cysts can result in polycystic ovary syndrome (PCOS) which may lead to infertility, miscarriage and endometrial cancer.

Cysts can manifest in the fallopian tubes. Ultrasound and CT scans may be used to detect growths such as fibroids, polyps or cysts. I was told by a Professor of Gynaecology that neither scan will show the cysts present in the tubes. They only see them when they are performing surgery. I know from personal experience as my tubes were full of cysts and no scan showed this.

## Case example:

Elderly man with several cysts on his kidneys. He had other bladder and digestive disorders I was treating him for so I gave him both herbs and homoeopathy orally. It took some time to resolve. He told me his urine was a dirty brownish colour over approximately two weeks, a sign that the cysts were breaking up and shedding toxic contents slowly. I insisted he drink a glass of water at least four to five times a day and add some lemon in at least two of these glasses. He told me he could not consume this all the time. The urine colour changed to a

more normal appearance and four months later his scans did not show any cysts.

## Polyps

Polyps can occur in the reproductive system inside and in the uterine lining. Polyps are commonly found in the large intestine and rectum and more often in the left colon, sigmoid colon or rectum. Some polyps can become cancerous over time, but not all turn malignant. This is dependent on the type of polyp.

Polyps can cause rectal bleeding (which could also indicate cancer or other conditions such as haemorrhoids or small tissue tears). If the blood is bright red, it is often hemorrhoids or tissue tears due to straining. If the blood is darker, then that is referred to as occult (hidden) and requires medical review.

Any recent change in stool colour or blood showing as red streaks in the stool or darker to black stools, change in bowel habits requires investigation.

## Case example:

One lady saw me many years ago after being advised she had a polyp on her ovary. The medical advice was laser to dispose of the polyp or maybe an incision. She was too afraid to pursue either and wanted to try natural remedies. I gave her homoeopathic and herbal remedies both oral and topical. She went back for the ultrasound in approximately six weeks and they could not find any trace of the polyp.

## Fibroids

Fibroids are usually benign (non-cancerous) however, they can grow very large and become malignant. Fibroids commonly grow inside and outside the womb or neck of the cervix. Some fibroids do not cause much discomfort and often the medical approach is to leave them and observe them during menopause and post-menopause. Many can shrink due to hormone changes, however, some can become more hardened and larger.

The weight of the fibroids can cause the uterus to drop down or tilt and treatments to help maintain the position are recommended with either Acupuncture or Bowen therapy. You can perform daily exercises to lift and manage the position of your uterus to some degree. Fibroids grow in the muscle wall of the uterus, under the

surface of the uterine lining, just under the outside lining of the uterus or a long stalk on the outside of the uterus or neck of the cervix. These can contribute to pain and discomfort when having sex.

Some growths contribute to pressure on the intestines and can affect bowel movements or contribute to intermittent colicky pain. Some fibroids can twist causing extreme pain requiring surgery due to blocking off blood vessels. If the fibroids put pressure on the bladder this could result in urinary tract infections due to poor elimination of the bladder. Fibroids can also block the birth canal and could warrant a cesarian. Large fibroids may contribute to earlier births and heavier bleeding after birth.

**Example of a treatment:** Over a couple of years a few fibroids began shrinking in size but unfortunately one did not and it appeared to become harder in texture while pressing on the bladder. There were nine fibroids present. The end result was a radical hysterectomy to avoid bladder prolapse. During surgery, they discovered the tubes were full of tiny cysts. As mentioned above, no scan would detect these cysts.

**Natural Treatment:**

Regular treatments with acupuncture and/or Bowen therapy. Herbal remedies and homoeopathy may be used depending on the symptoms presented. Acupresure for lifting uterus/bladder.

The woman may need to re-consider contraceptive methods, ie: synthetic hormones from intrauterine devices or contraceptive pills may have triggered the fibroids.

Placing a block under your feet when on the toilet, takes the pressure off the pelvic floor and helps a complete emptying of the bladder and bowels without straining.

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Healthy nutrient-dense diet to try to counteract symptoms. Zinc is important since it works closely with the endocrine system and deficiencies can affect hormonal levels.

Aiming to maintain a balance of hormones even as levels reduce during menopause is important. No one herbal or homoeopathic formula would work for every woman, each case warrants individual treatment. As with all things, there are exceptions in some cases whereby the growths may not respond that well to remedies and may require laser or other surgery to remove.

**Lyn Craven is a Naturopath, Bowen Practitioner and Reiki Therapist. She runs a private practice in Sydney, phone consults are also available.**

**To enquire about an appointment:  
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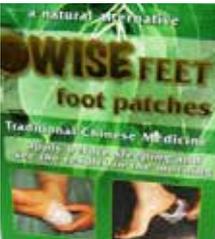
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# Common Herbs with Cancer-Fighting Gifts

by Ally Sanchez

Herbs used daily via food, teas, or tinctures can help block cancer formation at many different levels. The great thing about herbs is that there is no need to grab the latest, most expensive edition, as the herbs you already have in your garden or local greengrocer are just as powerful, if not more so. Plant medicines date back thousands of years, and both empirical knowledge and modern science support their use in cancer healing and prevention.

Scientists continue to scramble to find the key to the healing qualities within herbs, hoping for the next pharmaceutical breakthrough. While some pathways are better understood, there is much about these healing plants that remain hidden within the green leaves whispers.

As millions of dollars are raised worldwide for a cure each year, cancer remains one of the leading causes of death worldwide. Those in the natural health world understand that it isn't a one-size-fits-all disease process and continue to nurture the body on all levels.

If you are currently dealing with cancer, want to prevent reoccurrence or want to live a cancer-free lifestyle, adding herbs as daily tonics can support your goals. You may be surprised that some of your favourite culinary herbs are also cancer fighters, containing many phytochemicals, vitamins, minerals and antioxidants.

With records dating back thousands of years, you will be in good company choosing these plant allies daily.

## Garlic

The next time someone comments about your breath after enjoying your favourite fresh garlic dressing, share the love and give them some of your cancer-fighting food.

There are thousands of studies on the healing properties of garlic; some include cancer prevention. In one five-year study of 41,387 Iowa women, the food found to have the highest association with a decrease in colon cancer was garlic.

A Chinese study of 5,000 men and women linked a 52 percent reduction in stomach cancers to garlic intake.

Homemade fresh garlic extract (that's your garlic and vinegar salad dressing) enhances cancer cell death in several cancers, including melanoma, colon and lung.

## Ginger

Whether a hot ginger tea, a cool ginger beer, or candied ginger. Many of us have enjoyed this pungent herb purely for the taste but ginger has a long history of medicinal use dating back 2,500 years. A tonic known for calming digestion, relieving nausea and clearing the lungs, it also contains cancer-fighting compounds. Evidence from in-vitro, animal and epidemiological studies suggests that ginger suppresses the growth of many cancers, including skin, ovarian, breast, prostate, pancreatic, gastric, liver and brain.

Ginger can counteract nausea often experienced by those undergoing chemotherapy.

## Rosemary

Who can disagree with the delicious taste of rosemary on baked vegetables? On ANZAC day, we use a sprig of rosemary in the buttonhole as it is a herb related to cognitive function and signifies remembrance. Rosemary and its healing gifts have a rich history of empirical knowledge. Today, scientists are starting to unpack the mechanisms behind its cancer-fighting actions, attributed partly to the potent antioxidants and the cancer-fighting phytochemical *carnosol*. Rosemary is linked to the suppression of several cancers, including oesophageal, gastric, pancreatic, lung and brain cancers.

For those undergoing modern cancer treatments, rosemary has been shown to reduce chemoresistance and enhance the effect of chemotherapy.

## Herb Robert

While not culinary, herb robert deserves mention as it can grow prolifically in your garden without needing a green thumb. Isabel Shipard, a famous Australian herbalist, was a herb robert enthusiast, recommending daily tea or eating four to five leaves daily to promote healing from cancer. Herb robert helps to oxygenate the body due to containing germanium, an antioxidant that makes oxygen more available to our cells. More oxygen means a more remarkable ability to heal.

Cancer can be scary and complicated, and there is little doubt that nutrition, lifestyle and health are intimately linked. With increased stress levels and pollutants in both the air and food chain, many of which impact the hormones and biochemical pathways of the body, living a health-affirming lifestyle has never been more essential.

## Dandelion root

Well-known as a coffee alternative, dandelion root has a history within traditional medicines models to treat several types of cancer. Like many herbs with solid traditional use, modern science has yet to understand the mode of action, but herbalists have used dandelion for breast, liver and lung cancers.

## Basil

Pesto is delicious on about anything, but it isn't too delicious for cancer cells. Antioxidants and other bioactive compounds in basil leaves show important potential anti-cancer activity regarding cell death, slowing down tumour growth, and especially cell cycle arrest in both *in-vivo* and *in-vitro* studies.



To combat the onslaught of modern life and reduce your overall risk of cancer, follow the pillars of health as outlined by the Natural Health Society. There is no magic bullet for this disease process, but taking on a holistic approach, including cancer-fighting herbs, will improve your sense of wellbeing, recovery, treatment process and prevention.

Please include at least one of these herbs in your daily regime to get the most out of its cancer-protective gifts.

Which herb will you choose today?

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# The Natural Health Society Health Advisory Panel Member Profiles

## **CECIL BODNAR**

National Committee and Health Advisory Panel Member, long-term Natural Health Society member.

### **How would you describe your health philosophy?**

I practise the principles of Natural Health, Nature Care-Nature Cure - no powders, pills, potions, lotions, mystical or mysterious notions.

Consuming fresh air, pure water, a properly balanced diet of plant-based (mostly fresh and raw) wholefoods (organic when possible); exposing much of the body to sunlight as often as possible; regular physical activity; adequate rest; optimistic attitude; and, adhering to the principles of self-healing (when injured, sick or over-exerted, work with the body, not against it).

I believe there are no incurable conditions, only incurable people - people who will not change their lifestyle practices.

### **How did you learn about Natural Health?**

I initially learnt about the connection between nutrition, foods and disease from nutritional information on the back of a calendar during the summer of 1967-1968. Then more articles in a newspaper inspired me to buy the book: *Eat Right and Live Longer*, by Lelord Kordell. The book that really set the foundation for Natural Health was: *The Miracle Of Fasting*, by Paul Bragg.

A few years later a friend took me to Hopewood Health Centre and introduced me to Sister Joyce Lubke, a Trained Nurse, Midwife and Naturopath, who introduced me to the Natural Health Society.

I obtained a really good grounding in Natural Health and Healing, by attending regular monthly meetings at Natural Health Society branches in Sydney, Canberra, Springwood and Wallacia (which eventually became the Blue Mountains-Nepean Branch); and attending NHS



Annual Conventions (at Vision Valley, Stanwell Tops and Gross Vale) and seminars.

I went on to gain further knowledge and an understanding, of health and healing from:

- a). Joyce Lubke (when she became a close friend and shared her practical experiences with clients);
- b). Fred Hall, former Naturopath and Chiropractor at Hopewood Health Centre for decades, who lived with us for the last 10 years of his life and shared his experiences from Hopwood.
- c). Kenneth S. Jaffrey, the legendary Naturopath and Master Iridologist, whose books, audio tapes, public talks and seminars provided succinct information. My wife and I visited Ken on Magnetic Island and listened to his life story in terms of his personal health and healing, and some of the cases he dealt with.
- d). Raising three sons in accordance with the principles of Natural Health and healing.
- e). Observing what happens in the laboratory of life.

### **Has your health career had a defining moment?**

A defining moment in my health and healing experience came during my early 20s when I started experiencing pain in my legs. My doctor took a blood sample for testing - then informed me of the results as being gout. He promptly gave me a prescription for medication, which he said I would have to take for the rest of my life, as there was no cure. At that stage, I was already off all refined white flour products, refined white sugar, salt, and most processed foods and drinks containing these. I was eating a high protein diet of wholesome meats, seafoods, eggs, dairy products, legumes, nuts, seeds and grains, vegetables and fruits, and was playing rugby league again, and quite fit.

I decided that I would just have to be my own doctor and didn't get the medication. Instead, I followed Paul Bragg's programme of a lacto-ovo vegetarian diet with regular fasting. The gout disappeared soon after, and I have had no recurrence during the 51 years since.

The most defining moment came in 1975, when I was 27. I had lifted a piece of machinery onto a bench at work one morning before lunch. After lunch, I began to feel a constant pain across my abdomen. The Maintenance Supervisor told me to stop work and go to my doctor. My doctor examined me and asked if I had constipation or diarrhoea. I said "No." however, he went ahead and prescribed Mucane, to line the stomach, a tablet for

constipation and a painkiller. I took all the medications, but the pain got worse and kept me awake all night. The next morning, I went back to the doctor and reported my condition, for which he prescribed another medication for diarrhoea, telling me to continue with the previous ones prescribed, replacing the painkiller with a stronger one. The stronger painkiller only had effect for four hours, and I was in agony until I took more, to no avail.

Two days later I went to the local health food store and enquired about a naturopath I could consult. However, there wasn't one in my area. I was informed that there was a local chiropractor who came to buy herbal remedies and was recommended to him. So I consulted with this chiropractor, who was amused by my experience with a doctor and his many prescriptions. He informed me that my symptoms were a result of injuring my spine and proceeded to examine and adjust the subluxations in the vertebrae of my back.

The pain left immediately.

I decided that with any further health issues, I would first consult either a chiropractor, osteopath, naturopath or any other natural therapists.

### **What is a health habit or practice that you think people often overlook?**

A habitual health practice that people often overlook is having a properly balanced, fresh, raw, plant-based salad every day.

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

One of the most common pieces of health advice I give is that building good health, vitality and immunity doesn't come from medication or vaccination, but from education and application of the principles of Natural Health and healing.

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

The best piece of health advice I have received is: When the body says NO - STOP EVERYTHING/ABSTAIN/FAST, and WORK WITH THE BODY, NOT AGAINST IT, by suppressing symptoms. Symptoms are our saviours. They are telling us we have been doing wrong. Suppressing symptoms is slow suicide.

### **What is your favourite healthy meal?**

My favourite healthy meal is a fresh, raw, plant-based vegetable salad, that is properly balanced to include at least one vegetable from each category of a plant. Imagine you are eating a whole plant (roots, trunk (stems), leaves and fruit; and flowers when available.



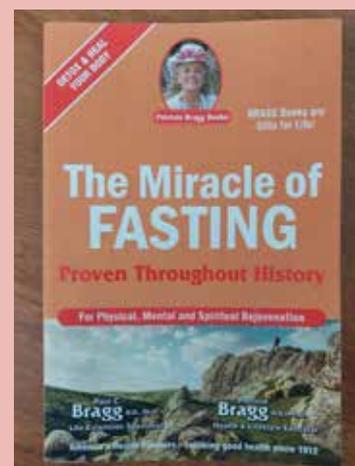
That is:

- a). Root vegetables like beetroot, carrot, radish, etc.
- b). Stem vegetables like celery, asparagus, fennel, etc.
- c). Green leafy vegetables like lettuce, cabbage, parsley, etc.
- d). Fruit vegetables like cucumber, tomato, capsicum, etc.
- e). Flower vegetables like cauliflower, broccoli, nasturtium flowers, etc.

Followed by: Concentrated and/or cooked plant-based foods made from legumes, nuts, seeds and grains. Corn on the cob; bread with ripe avocado, squashed thick and sprinkled with chopped purple onion, shallots or garlic chives and covered with green leafy vegetables.

### **The Miracle of Fasting, by Paul and Patricia Bragg**

In this newly revised best-seller, health pioneers and researchers Paul Bragg and Patricia Bragg teach why this ancient practice is key to health and energy, and critical to longevity and ageless vitality. They share a detailed, step-by-step approach, accessible and informative for both beginners and experienced fasters. Our bodies must process not only our food and water, but the air we breathe, and whatever chemicals they may contain. Since detoxification and digestion take more energy than even strenuous athletic pursuits, fasting allows the mind and body to rest, renew and regenerate, to come into harmony and balance, and release the effects of stimulating foods like caffeine and sugars. The goal of fasting, say the authors, is to allow for the mind and body to self-heal. This concise, tightly edited *The Miracle of Fasting* is filled with personal stories of Paul Bragg's travels around the world, including a fasting journey in India with Mahatma Gandhi.



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# Top Five Habits for a Healthier Life

By Dr Joseph Mercola



## 1. Stop eating vegetable oils

Linoleic acid is the primary fat found in polyunsaturated fatty acids (PUFAs), including vegetable/seed oils. It accounts for about 90 percent of dietary omega-6 intake.<sup>1</sup> Examples of seed oils high in omega-6 include soybean, cottonseed, sunflower, rapeseed (canola), corn and safflower.<sup>2</sup>

Omega-6 is considered to be pro-inflammatory because of the linoleic acid, which will radically increase oxidative free radicals and cause mitochondrial dysfunction.<sup>3</sup> While omega-6 fats must be balanced with omega-3 fats to not be harmful, most Americans consume far more omega-6 than omega-3.

Most of the omega-6 people eat, including seed oils, have been damaged and oxidised through processing. The oxidised omega-6 develops lipid hydroperoxides,<sup>4</sup> which rapidly degenerate into oxidised linoleic acid metabolites (OXLAMs). OXLAMs can cause a host of problems in your body, they are:

- Cytotoxic
- Genotoxic
- Carcinogenic
- Mutagenic
- Thrombogenic.<sup>5,6</sup>

Metabolic dysfunction can also occur, while OXLAMs are also toxic to the liver and are associated with inflammation, fibrosis and fatty liver disease in humans.<sup>7</sup> As researchers further noted in the journal *Nutrients*, "In addition, a few studies suggested that omega-6 PUFA are related to chronic inflammatory diseases such as obesity, non-alcoholic fatty liver disease and cardiovascular disease."<sup>8</sup>

Linoleic acid is found in virtually every processed food, including restaurant foods, sauces and salad dressings, so to eliminate it you'll need to eliminate most processed foods and restaurant foods from your diet — unless you can confirm that the chef only cooks with butter.

However, because animals are fed grains that are high in linoleic acid,<sup>9</sup> it's also hidden in many ostensibly 'healthy' foods like chicken and pork, which makes these meats a major source as well [along with their other negative aspects]. Olive oil is another 'healthy' food that can be a hidden source of linoleic acid, as it's often cut with cheaper seed oils.

## 2. Adequate sun exposure

You're probably aware of the many health benefits of optimised vitamin D levels. But an important caveat is that vitamin D should ideally be obtained from healthy sun exposure, not an oral supplement. Not only will adequate sun exposure naturally raise your vitamin D levels to healthy levels, but it will provide a wide variety of other benefits, many of which are only beginning to be understood.

Many people are not aware that only five percent of your body's melatonin — a potent anticancer agent — is produced in your pineal gland. The other 95 percent is produced inside your mitochondria — provided you get proper sun exposure.

During the day, if you get enough sun exposure, near-infrared rays from the sun penetrate deep into your body and activate cytochrome c oxidase, which in turn stimulates the production of melatonin inside your mitochondria. Your mitochondria produce ATP, the energy currency of your body. A by-product of this ATP production is the creation of reactive oxidative species

(ROS), which are responsible for oxidative stress and free radicals.

Excessive amounts of ROS will damage the mitochondria, contributing to suboptimal health, inflammation and chronic health conditions such as diabetes, obesity and thrombosis (blood clots). But melatonin essentially mops up ROS that damage your mitochondria. So by getting plenty of sun exposure during the day, your mitochondria will be bathed in melatonin, thereby reducing oxidative stress.<sup>10,11</sup>

It is worth noting that UV radiation damage is affected by the level of PUFAs in your diet. The PUFAs control how rapidly your skin burns and how rapidly you develop skin cancer.

### 3. Embrace time-restricted eating (TRE)

If you're still eating three meals a day — morning, noon and night — you're missing out on one of the most powerful, free health interventions available. TRE involves limiting your eating window to six to eight hours per day instead of the more than 12-hour window most people use.

When you eat throughout the day and never skip a meal, your body adapts to burning sugar as its primary fuel, resulting in the downregulation of enzymes that utilise and burn stored fat.<sup>12,13</sup> As a result, you become progressively more insulin resistant and start gaining weight. When you're metabolically unfit, your body primarily relies on glucose, or sugar, as fuel, instead of using fat as a primary fuel.

Even though the fat is there in abundance, your body doesn't have the metabolic capacity to access it. For most people, surplus fuel stored in your body is stored in the form of fat. However, no one has more than about two days' worth of sugar stored in their tissues. This is why when you first start fasting, and you're unable to access your fat stores, you'll quickly exhaust your sugar stores and can experience low blood sugar.

It's not that you don't have the fuel to generate, because your body can release stored sugar, but that process takes a while to ramp up and, as a result, most people get relatively hypoglycaemic when they first start using TRE. You may experience dizziness and fatigue as a result, which are signs that you're not metabolically flexible. If you were, your body would have more than enough capacity to produce all the fuel you need to keep your brain happy and healthy.<sup>14</sup>



TRE promotes insulin sensitivity and improves blood sugar management by increasing insulin-mediated glucose uptake rates,<sup>15</sup> which is important for resolving Type 2 diabetes. Another study revealed that eating all meals between 8am and 2pm — instead of between 8am and 8pm — resulted in greater metabolic flexibility, reduced hunger and an increased sense of fullness, resulting in weight loss.<sup>16</sup>

Ideally, you'll want to stop eating for three to five hours before bedtime, then start your eating window in mid-to-late morning after you wake up. Most people reading this can benefit from embracing TRE; however, it isn't recommended for people who are underweight, pregnant or breastfeeding. You also need to use caution if you're taking certain medications, such as those for blood pressure or blood sugar.<sup>17</sup>

### 4. Exercise often

Exercise is probably the single most important 'drug' we know of, and it's a powerful intervention to prevent Alzheimer's, among other chronic diseases. One of the most comprehensive studies to date of the molecular changes that occur in your body due to exercise provided an unprecedented glimpse into the details of the body's physiological response.

It demonstrated that an orchestrated choreography of biological processes occurs, including those related to energy metabolism, oxidative stress, inflammation, tissue repair and growth factor response.<sup>19</sup>

In all, 17,662 molecules were measured, 9,815 of which changed in response to exercise, with some going up and others going down. Certain molecules also spiked immediately after exercise and then quickly dropped, while others remained heightened for an hour.

Even weekend warriors who pack 150 minutes of exercise into two days enjoy lower all-cause and cause-specific mortality rates,<sup>21</sup> although I encourage you to make exercise a priority on most days of the week instead. Along with the well-known benefits to your heart, exercise is protective for your brain.



## Top Five Habits for a Healthier Life

By Dr Joseph Mercola  
CONTINUED...

If you know you're at increased risk of dementia, for instance, if a close family member has been diagnosed, it's even more important to adhere to a regular exercise program. In seniors who are at high risk of dementia, cognitive decline can be reduced with a comprehensive program addressing diet, exercise, brain training and managing metabolic and vascular risk factors.<sup>22</sup>

Exercise initially stimulates the production of a protein called FNDC5, which in turn triggers the production of BDNF or brain-derived neurotrophic factor. In your brain, BDNF not only preserves existing brain cells,<sup>23</sup> but also activates brain stem cells to convert into new neurons and effectively makes your brain grow.

Research confirming this includes a study in which seniors aged 60 to 80 who walked 30 to 45 minutes, three days per week, for one year increased the volume of their hippocampus by two percent.<sup>24</sup> Higher fitness levels were also associated with a larger prefrontal cortex.

## 5. Protect yourself from EMFs

Electromagnetic fields (EMFs) are the cigarettes of the 21st century — and most people are being exposed 24 hours a day. Most of the radiation emits from mobile phones, phone towers, computers, smart meters and Wi-Fi, to name just a few of the culprits. Exposure causes serious mitochondrial dysfunction due to free radical damage.

EMFs may also play a role in heart issues and infertility.<sup>27</sup> Research conducted by the National Toxicology Program (NTP)<sup>28</sup> also found “clear evidence” that exposure to mobile phone radiation led to heart tumours in the male rats, along with “some evidence” that it caused brain and adrenal gland tumours in the rats.<sup>29</sup>

While it's nearly impossible to avoid EMF exposure completely, there are practical ways to limit it. Given the number of EMFs that bombard you all day long, getting educated about the negative effects of EMFs is imperative to your wellbeing. Particularly if you are dealing with a serious illness, it is well worth your time to reduce your EMF exposure as much as possible.

One strategy is to connect your desktop computer to the internet via a wired connection and put your desktop —

and cell phone — in airplane mode. Also avoid wireless keyboards, trackballs, mice, game systems, printers and house phones. Opt for the wired versions. If you must use Wi-Fi, shut it off when not in use, especially at night when you're sleeping. Shutting off the electricity in your bedroom at night will also help reduce your exposure.

I encourage you to embrace all of these protective strategies that support optimal health. These are just a start, as there are many others, such as the use of a near-infrared sauna, that will also protect your health and lower all-cause mortality.

But remember, you don't have to implement them all overnight. With each small step you take, the better your health will become.

**References available on request.**



Thank you to the following people for their recent donations. We are so grateful, we simply couldn't do what we do without you.

Marian Winser, Ursula Rentz, Vivien Leisemann, Nils Lantzke, Annette Henson, Cynthia Handley & Barry Hastie, Shamis Issa, Denis Curtain, Stuart Carter, Joseph Monage, Sandra & David Norman, Harry & Anna Janakis, Dzintars Dinga, Valerie Luscombe, Alan Deverell and Aurorra.

# The Best Diet for Cancer Patients

By Michael Greger, M.D., FACLM

Our lifetime risk of developing an invasive cancer, not some superficial skin cancer like ductal carcinoma of the breast, but serious cancer, is about 40 percent. Two in five of us are going to receive a cancer diagnosis in our lifetimes. What can we do to reduce our risk? Only about five percent of cancers are caused by problem genes we inherited from our parents. The other 95 percent are caused by mutations in our DNA we acquire in our lifetimes.

Well-meaning professionals sometimes counsel cancer patients to eat whatever they want. Given the time constraints that doctors face, it may be understandable that the treating oncologist—the treating cancer doctor—may be reluctant to engage in a conversation about nutrition. But given the critical role that diet may play, perhaps it should be a critical part of their job to be able to answer patients' questions about nutrition before and after cancer treatment and not default to the unhelpful 'it doesn't really matter, eat what you want' which may not be in the best interest of the patient.

The official recommendation of the American Institute for Cancer Research, a leading authority on diet and cancer, is that those with cancer should follow the same diet that helps prevent cancer from taking root in the first place. That means more wholegrains, vegetables, fruits and beans while limiting fast food, processed food, meat, soda and alcohol. Similar recommendations have been put forth by other cancer authorities: more fruit, vegetables, wholegrains and beans, and less salt, sugar, meat and alcohol.

Cancer survivors adhering to these guidelines do seem to live significantly longer—or at least older female cancer survivors, the only group in which it's been looked at so far.

They add that there are certain foods that may be beneficial in cancer care including beans, berries, cruciferous vegetables, flaxseed, garlic, green tea, tomatoes and others, but emphasise it's not about a single magic bullet food or component, but the combination of foods in a predominantly plant-based diet.

Here's how some popular diets used by cancer patients stack up. The so-called alkaline diet gets high marks for being vegetable-focused and encouraging people to



cut down on animal foods. The keto diet does the worst, though they get points for keeping people away from refined grains, alcohol and soft drinks. Macrobiotic diets win the day, being closest to a wholefood, plant-based diet, centred around wholegrains, vegetables and beans, though may not be advising enough fruit. Paleo diets are a mixed bag, with insufficient wholegrains, beans and too much meat. The vegan diet starts out strong but doesn't necessarily preclude all manner of vegan junk food. Have any of these diets been put to the test?

The keto diet has been an abject failure. The alkaline diet was tried on eleven lung cancer patients. They lived an average of 28-and-a-half months, which is about 40 percent longer than most patients have historically lived, but there was no direct control group. The only diet proven in a randomised controlled trial to reverse the progression of cancer was Dr Dean Ornish's wholefood plant-based lifestyle program.

Most randomised controlled trials to date on diet and cancer are like this: feasibility studies just to see if we can even get cancer patients to eat healthier, period. Otherwise, what's the point of even running the study? In one study, researchers did find they could get patients with head and neck cancer to ramp up green leafy and cruciferous vegetable intake to nine cups a week. So, it's at least something you could test. But we don't yet have outcome data. But why wait? What's the downside of trying to eat healthier? It may even save your life another way.

Cardiovascular disease competes with breast cancer as the leading cause of death for older women diagnosed with breast cancer. Researchers followed more than 60,000 women diagnosed with breast cancer over the age of 65 for an average of nine years, by which time half had died. And the number one cause of death was actually cardiovascular disease, edging out the breast cancer. And so, choosing a healthy diet centred around whole plant foods—the only diet ever proven to reverse heart disease in the majority of patients—may save your life, whether you have cancer or not.

# NEWS FROM WHAT DOCTORS DON'T TELL YOU

**UK-based *What Doctors Don't Tell You* is a monthly magazine and an enewsletter which publishes healthcare news. Principals are author, Lynne McTaggart and Brian Hubbard.**

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## **Almonds improve your gut health**

Munching on a few almonds every day can improve your gut health. The nuts encourage the production of butyrate, a short-chain fatty acid that helps gut microbes to flourish and strengthens the gut wall, reducing the risk of a leaky gut. Butyrate also helps the gut absorb nutrients more efficiently.

But a diet of fast and processed foods can reduce the levels of butyrate, as researchers from King's College London discovered when they analysed the gut health of 87 volunteers, who were regularly eating unhealthy snacks such as chocolate or crisps.

To discover whether almonds could counteract a bad diet, the researchers split the volunteers into three groups: one swapped their unhealthy snacks for 56 g of whole almonds every day, the second ate the same amount of ground almonds, and the third ate muffins.

After four weeks, the butyrate level in both the groups who were eating almonds was far higher than in the muffin group.

Source: *American Journal of Clinical Nutrition*, 2022; doi: 10.1093/ajcn/nqac265

## **Antihypertensives and kidney damage**

High blood pressure (hypertension) drugs such as ACE inhibitors can cause kidney damage if they're taken for a long time.

Doctors have for years been reporting kidney problems in patients taking the drugs—and the adverse reaction is common in patients who have chronic, and dangerous, hypertension, say researchers from the University of Virginia Health System, who have studied the drugs' mechanism.

They have discovered the drugs trigger the creation of smooth muscle cells which, in turn, cause blood vessels in the kidneys to thicken and harden, which stops blood from flowing freely through the organ.

The problem is more common in people who have taken the drugs over a long period, the researchers found.

Source: *JCI Insight*, 2021; 6; doi: 10.1172/jci.insight.154337

## **Have your breakfast at 11am to lose weight**

Having our breakfast at 11am may be the new best time for our first meal of the day.

It's all to do with our changing lifestyles. More of us are eating dinner at 9pm or later, and so if we are going to maintain 14 hours of fasting—considered the optimum time between meals to improve our metabolism and help us lose weight—we need to have a later breakfast.

Tim Spector, professor of genetic epidemiology at King's College London, thinks that maintaining 14 hours of fasting, which includes the time we sleep, is more important for our health than other strategies, such as the 5:2 'fast diet', which advocates restricting calories for two days a week.

Most fasting diets are hard to follow with a modern lifestyle of later eating, and just following the rule of an 11am breakfast may be the simplest to adopt, he says.

People who do observe the 14 hours of overnight fasting can lose between two and five kilos in several months, he says.

Source: *Daily Telegraph*, June 10, 2022

## **A multivitamin a day reduces dementia risk**

Taking a multivitamin every day could reduce your risk of developing Alzheimer's or dementia. It slows cognitive decline by up to 60 percent, which represents nearly two years of healthy brain functioning.

These improvements were achieved by taking a supplement every day for three years, say researchers from the Wake Forest University School of Medicine.

They tested the effects of a multivitamin on a group of more than 2,200 people, who were 65 and older. The participants were given either a multivitamin or a placebo, while another group was given a cocoa extract supplement or a placebo.

Although the cocoa didn't show any enhanced cognitive function after three years, those taking the multivitamin showed "statistically significant" improvements. People with heart problems—who are at the highest risk of cognitive decline—recorded even greater improvements than the 60 percent average.

Source: *Alzheimer's & Dementia*, 2022; doi: 10.1002

## Dementia is about a bad lifestyle, not age

Forget age, dementia is everything to do with bad lifestyle choices.

Someone with a healthy lifestyle—a good diet, doing regular exercise and not smoking—has the brain health of someone 20 years younger who has fallen into bad habits.

There are eight factors that can determine the chances of cognitive decline, say researchers from the Baycrest Centre for Geriatric Care—low education, hearing loss, traumatic brain injury, alcohol or substance abuse, hypertension (high blood pressure), smoking, diabetes (the result of a poor diet of sugary, processed foods and drinks), and depression.

Suffering from even one of these factors ages the brain by three years, the researchers estimate.

They analysed data collated from more than 22,000 participants, aged from 18 to 89, who completed Baycrest's brain assessment test. The responses were measured against any of the eight factors the participants may have had.

Even the youngest participants had some cognitive problems if they were also suffering from one of the factors, and these were far more important than just someone's age. As each factor ages the brain by three years, someone not suffering from any of the risk factors had a far healthier brain than a younger person who displayed three or more of them.

“Our research shows that you have the power to decrease your risk of cognitive decline and dementia. Start addressing any risk factors you have now, whether you're 18 or 80, and you'll support your brain health.” said researcher Annalise LaPlume.

Source: *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, 2022; 14.

## Aerobic exercise dramatically reduces your chances of dying from cancer

High-intensity aerobic exercise reduces your risk of developing metastatic cancer—the type that spreads through the body—by as much as 72 percent.

Energetic exercise feeds off the body's sugar supplies, which cancer also needs to grow and spread, say researchers from Tel Aviv University.

Exercise increases the number of glucose receptors on the lungs, liver and lymph glands—the organs that are typically targeted by spreading cancer cells—which means they are using up more of the body's sugar stores.

Prof Carmit Levy, one of the researchers, explained: “If cancer develops, the fierce competition over glucose reduces the availability of energy that is critical for metastasis (cancer spread).”



But if you have cancer, only high-intensity exercise will stop it from spreading. Moderate exercise that helps burn fat may be good to help prevent cancer—and earlier studies have suggested it reduces the risk by around 35 percent—but it won't stop it from spreading once you have it.

Levy and his team analysed data that had tracked around 3,000 people for 20 years and discovered that the incidence of metastatic cancer was 72 percent lower in people who regularly did aerobic exercise at high intensity compared to others who did not exercise at all. They then compared the results against animal studies, which confirmed their findings.

To starve cancer cells of sugar, your normal pulse rate needs to increase by as much as 85 percent. It only has to reach that level for a brief period, however, and can be achieved by sprinting for one minute, and then walking, before sprinting again.

But you shouldn't wait until you have cancer. Introducing some high-intensity exercise into your daily regime will also help prevent cancer, the researchers say. It's a much more effective preventative than any medication or medical intervention.

Source: *Cancer Research*, 2022; 82: 4164-78

## Family dog reduces stress in children better than meditation

Having a family dog helps lower stress levels in your children—and it's more effective than other approaches that have been tried in the classroom, such as meditation and yoga.

Researchers from the University of Lincoln in the UK tested several stress-reducing methods on a group of 105 schoolchildren. They either joined a dog-handling class or practised meditation, while the rest were put in a control group, which didn't try any stress-reducing activity.

The dog group interacted with a trained dog and handler for 20 minutes for a few sessions while the relaxation group meditated for the same amount of time. After the sessions, the children's levels of cortisol—the stress hormone—in their saliva was measured; levels in the dog group were 'significantly' lower in all the children, whether they were at a mainstream or special needs

# NEWS FROM WHAT DOCTORS DON'T TELL YOU

## Continued...

school, compared to children who meditated or in the control group. Cortisol levels continued to rise in both the latter groups during the school term.

Source: *PLOS ONE*, 2022; 17: e0269333



### Family meals de-stress everyone

Eating together as a family reduces everyone's stress levels. The American Heart Association is encouraging more families to sit down and share a meal together. Not only does it reduce stress levels, eating together also boosts self-esteem and improves social connections, something that's especially important for children, says Erin Michos from John Hopkins University.

Americans agree. A survey that polled the responses of a thousand participants discovered that 84 percent said they wished they could share more mealtimes together, and most of the parents reported lower stress levels in their family when they regularly connected over a meal.

Source: *American Heart Association*, October 10, 2022

### Supplements to reduce heart risk

Three supplements are scientifically proven to reduce heart disease, researchers have concluded. Omega-3 fatty acid reduces the risk of fatal heart disease. Folic acid lowers stroke risk. Coenzyme Q10 protects against all-cause death.

There's strong scientific evidence for the effectiveness of all three supplements, say researchers from Brown University, who reviewed 884 studies that had involved more than 883,000 people.

They also think that taking all three supplements together has a positive synergistic effect that can't be achieved by taking just one of them in isolation.

Source: *Journal of the American College of Cardiology*, 2022; 80: 2269; doi: 10.1016/j.jacc.2022.09.048

### Don't drink coffee if you have hypertension

Avoid coffee if your blood pressure is sky high; drinking two or more cups a day doubles your chances of dying from heart disease.

The risk seems to be in drinking two or more cups of coffee a day. Earlier research found that drinking one cup a day lowers the risk of dying following a heart attack and

could reduce the risk of heart disease in healthy people. Coffee could also lower the risk of depression and reduce the risk of chronic health problems such as type 2 diabetes.

But if you've got high blood pressure and you can't live without coffee, just have one cup a day before switching to tea. Although both contain caffeine, green and black tea have just half the caffeine of coffee. Tea also contains polyphenols, micronutrients with antioxidant and anti-inflammatory qualities that can protect the cardiovascular system.

The researchers analysed data from 6,570 men and around 12,000 women aged between 40 and 79.

According to the American Heart Association, hypertension is a blood pressure level of 130/80 mm Hg (millimetres of mercury) or greater.

Source: *Journal of the American Heart Association*, 2022; doi: 10.1161/JAHA.122.026477

### The myth of 'good' cholesterol

Still think we have 'good' and 'bad' cholesterol? It's a theory that has fuelled the statin drug industry for years—but it's simplistic.

Having high levels of the 'good' HDL (high-density lipoprotein) cholesterol doesn't reduce your risk of heart disease, say researchers from Oregon Health & Science University.

While the emphasis on heart health has been on reducing levels of the 'bad' LDL (low-density lipoprotein) cholesterol, and raising HDL levels, it could be more to do with the quality of HDL rather than its quantity.

The researchers also discovered that the cholesterol theory doesn't even apply to all people. Low levels of HDL aren't a predictor of heart disease in non-white communities, while higher HDL levels didn't reduce the risk of cardiovascular disease in any group.

The researchers analysed data from 23,901 participants in the Reasons for Geographic and Racial Differences in Stroke Study.

Source: *Journal of the American College of Cardiology*, 2022; 80: 2104; doi: 10.1016/j.jacc.2022.09.027

### Why red meat is bad for the heart

Too much red meat may be bad for our hearts—but it's got nothing to do with fats and cholesterol.

The meat starts a sequence in the gut that has a bigger impact on cardiovascular disease than any other factor,

say researchers at the Friedman School of Nutrition Science at Tufts University.

Meats such as beef, pork and venison produce metabolites—chemical by-products of digestion—that can cause heart disease. The biggest culprit is TMAO (trimethylamine N-oxide), which is produced by gut bacteria that digests red meat which, in turn, contains the chemical L-carnitine.

High levels of TMAO raise the risk of cardiovascular disease, chronic kidney disease and type 2 diabetes.

The main focus over the years has been on saturated fats and cholesterol levels, says Meng Wang, one of the researchers, but TMAO could be a far bigger cause of heart disease, still the world's leading cause of death.

The researchers assessed levels of metabolites in around 4,000 participants in the Cardiovascular Health Study, who were healthy and free of heart disease at the start of the trial.

The researchers discovered that heart disease risk increased by 22 percent for every serving of red and processed meat in a day, and 10 percent of this increased risk was directly down to the levels of TMAO in the blood. People with high blood sugar levels and inflammation could be especially susceptible to TMAO damage, the researchers think.

Source: *Arteriosclerosis, Thrombosis and Vascular Biology*, 2022; doi: 10.1161/ATVBAHA.121.316533

## Blue light might be making us age

The blue light from devices interferes with our entire cellular system, and could cause the early death of our cells, say researchers from Oregon State University.

Cells that control our skin, fat levels and senses are affected by the blue light, which also reduces levels of the metabolite succinate, which produces the fuel for the healthy functioning and growth of each cell.

Blue light also lowers the body's levels of glutamate, a molecule that helps neurons communicate.

The researchers exposed fruit flies (*Drosophila*) to high levels of blue light and compared their cellular functions to another group of flies that had been kept in the dark.

They say that the flies were exposed to very high levels of blue light, and so the amount of damage they witnessed may not be replicated in people.

But whether or not you're a fruit fly, the message is the same: reduce your exposure to blue light.

Source: *Frontiers in Aging*, 2022; doi: 10.3389/fragi.2022.983373

## Type 2 Diabetes and intermittent fasting

Type 2 diabetes can be reversed with intermittent fasting—even if you've had the condition for more than 10 years.

Scientists had believed that diabetes was reversible only in its early stages, but new research has shown it can be achieved up to 11 years after developing the condition. Intermittent fasting can either be a period of 14 hours(ish) when nothing is eaten, or eating just one meal a day a couple of times a week. Either way, the approach has a dramatic effect on diabetes, say researchers from the Hunan Agricultural University in Changsha, China. They put 36 people with type 2 diabetes on an intermittent fasting program for three months.

Twenty of the participants had complete remission, and almost all reduced the amount of medication they were taking. Overall, the group spent 77 percent less on medication after fasting.

"Type 2 diabetes is not necessarily a lifelong condition," said Dongbo Liu, one of the researchers. Intermittent fasting can have a dramatic effect on the 537 million people around the world with type 2 diabetes, he said.

Source: *Endocrine Reviews*, 2022; 43: 405

## Vitamin D, the 'sunshine vitamin'

People with low levels of vitamin D are 25 percent more likely to die prematurely from heart disease, cancer or respiratory complications, say researchers from the University of South Australia. Up to 50 percent of populations in the northern hemispheres are severely deficient in the vitamin, the result of a combination of weaker sunshine and so-called safe sun health policies.

The researchers analysed data from more than 307,000 participants in the UK Biobank project, and there were 18,700 deaths in the 14 years of the study. The researchers discovered that deaths were more common in people with vitamin D deficiency, and the risk of premature death was 25 percent greater than in those with optimum levels, characterised as 50 nanomoles per litre of blood (nmol/L).

After taking into account other factors, the researchers said there was a direct causal link between vitamin deficiency and premature death. The nutrient's protective effect was 'L-shaped', the researchers said. In other words, there was no further benefit beyond having optimal levels. The best source of vitamin D is sunshine—sunbathing for short periods so that the skin doesn't burn.

Source: *Annals of Internal Medicine*, 2022.



# Improving Your Health This Autumn

**Have you a long history of unhealthy eating? Have you consumed the wrong types of foods, alcohol and/or smoked? Is it time to put your life and health back on track?**

## What happens when we follow an unhealthy lifestyle?

Unhealthy lifestyles and poor nutrition are linked to many disease states. Heart disease, diabetes and cancer are the leading causes of death, and these are often associated with poor diet and being overweight. High-fat foods clog the arteries, leading to heart disease, and foods high in sugar can lead to type 2 diabetes.

A healthy lifestyle and diet is one that provides adequate levels of vitamins, minerals, protein, carbohydrates and healthy fats from a variety of foods, as well as regular exercise, adequate quality rest and life balance.

## How to turn your life around?

Important rule: START SLOWLY, people that jump in and expect overnight miracles set themselves up for failure. Choose one or two suggestions at a time, wait until the new habit is well entrenched and then move on to the next.

1. Stop snacking after dinner; leave it at least 20 minutes after your meal before deciding if you are still hungry, this is how long it takes for the brain to receive the message that you are full. If you are still hungry after this time, make healthy choices.

2. CHEW your food, chew each mouthful of food at least

30 times. It may seem monotonous, but it slows down your eating time and makes you feel fuller.

3. Cut down the unhealthy carbs, eliminate or drastically reduce refined flour, sugar and other similar foods. Increase your intake of whole grains and fibre.

4. Include plenty of fruits and vegetables in your diet. You will have heard of the two fruits and five vegetables a day rule, now is the time to introduce this. We are not suggesting frozen, tinned, or dried food here; we recommend fresh foods.

5. Reduce your intake of unhealthy fats such as margarine, deep-fried foods and those high in saturated fats such as red meat, poultry with the skin on, cream, cheese, ice cream, etc.

6. Ensure adequate intake of monounsaturated oils (the good oils) such as extra virgin olive oil, avocados, nuts and flaxseed oil. Avocados, nuts and the omega-3-rich flaxseed oil can lower cholesterol levels, lower the risk of heart disease and stroke, and can reduce pain and stiffness in joints.

7. Add spices and herbs such as garlic, onions, turmeric, ginger and cayenne to your meals, these are anti-inflammatory and will boost the immune system.

8. Reduce your salt intake. Diets high in sodium can raise your blood pressure and increase your risk of heart attack and stroke. The more salt you eat the thirstier you become, and often people turn to soft drinks which are full of sodium - choose water instead. Carry a water bottle around with you so you can keep hydrated.

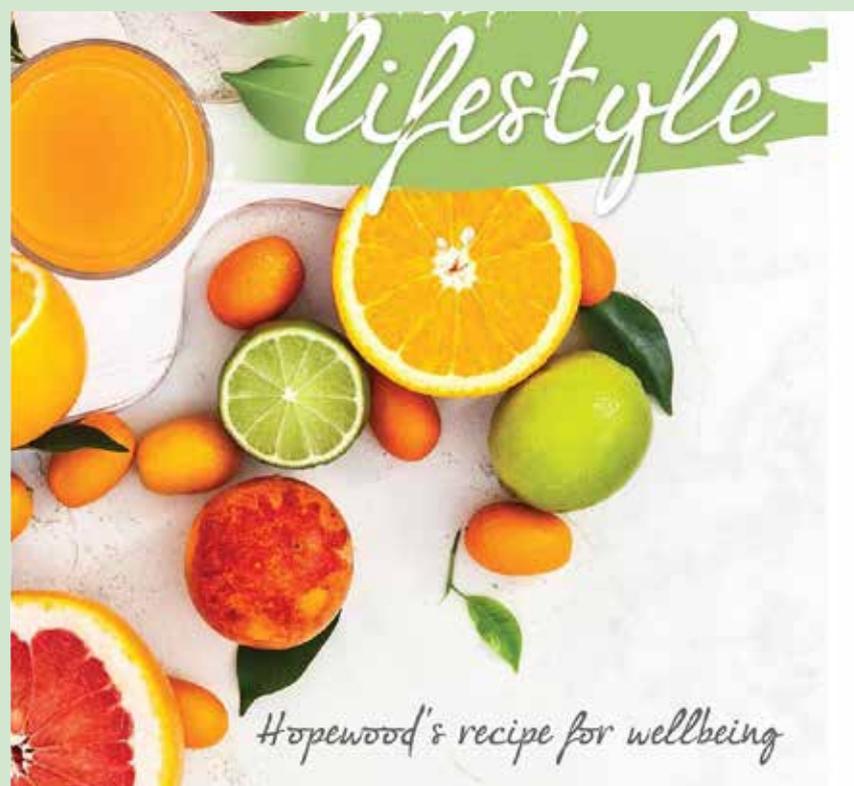
9. Aim to reduce your stress triggers as this can make us crave energy-dense carb-rich comfort foods.

10. Start regular exercising, begin with small amounts each day and build up. Choose an exercise you enjoy so that it is easier to maintain.

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body naturally.*



# YOUR TWO MOST VALUABLE HEALTH ASSETS

## By Dr Greg Fitzgerald

### CONTINUED FROM PAGE 10...

We need to notice causes and effects, and be willing to change. Personally, once I learned that my body was self-healing many decades ago thanks to my exposure to the principles of Natural Hygiene, I then, over time, became a keen observer and student of my own experiences.

Every human is unique, which is why drugs, foods and other stimuli elicit different responses in different people. As Dr Alec Burton, the world-renowned Natural Hygienist, often said to us in college when told drugs were tested: "Yes, but are they tested on YOU?" Our own uniqueness, our individuality and our own specific make-up make it imperative that we pay attention to our behaviours and the consequences of those behaviours.

#### Some Personal Examples

As a teenager, my typical (unhealthy) breakfast was tea and toast, before school. Then, in 1965 when 15, I went to school without a cup of tea. By recess time I had a headache. It was the first headache of only two I have had in my life. I have never had tea or coffee since. My experience led to an awareness of the causal link between caffeine and toxicity withdrawal headache. My experience became an asset, but it took awareness and a willingness to change.

Other instances of cause and effect occurred over the years. My experiences with things like gluten, dairy, an animal-protein heavy diet, soldiering-on when tired, excess fruit and salicylates, overwork and intense physical training and their relationship to my health, all became valuable guideposts as I progressed through life. If I ever got a cold my response was never to blame the germ, but to look at what preceding behaviours I had engaged in which could have contributed to my enervated and toxic state.

I am still a work in progress, but without this scrutiny of my own experiences, and a willingness to change, I would have suffered more than was necessary, and life is not meant to be a suffer-fest.

The assets of self-healing and personal experiences are denied by no one. They are universally available but they must be consciously applied throughout our lives, otherwise, they lie as dormant, wasted assets. They are given to every one of us, every day, but we need to mine these precious assets so that we can construct our lives in as healthy and happy a way as possible.

After 40 years of clinical practice, it is sad to say that a large percentage of people do not value these two assets, instead going with the crowd and believing that

their symptoms are antagonistic to their health and their experiences are only there to be interpreted by health experts.

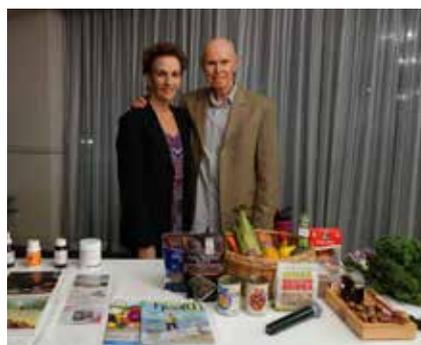
This is one of the costly failings of modern medicine, in terms of money, effort and more importantly, lives. Despite its advances in trauma and emergency care, and in certain specialised areas, modern medicine has now become one of the leading causes of morbidity and mortality in the world. The penchant of doctors to routinely oppose and suppress symptoms (just look at how many medical words are prefixed by the word 'anti'), to view the body as defenceless against microbes and to medicate more than educate, have led to a tsunami of premature ageing, prolonged sickness and premature death.

What I find most sad is when a patient comes in with a dire prognosis after doing all they were told by their doctors regarding drugs and surgeries, taking everything and changing nothing, only to be told by their doctor "There's nothing more we can do for you!" If that patient could rewind the clock and in an earlier appointment ask the doctor first, not "What can you do for me?" but "What can I do for myself?", then much tragedy could have been averted. If the doctor could offer no self-healing advice, seek a health practitioner who can.

#### The Take-Away Message

Your two most valuable health assets are your innate self-healing powers and your personal experiences throughout life. They are only assets if you tap into them. If you ignore one or both, you markedly limit your health potential. After these two qualities are understood, it is then that your diet, exercise, sleep, rest and other biological needs can be properly appropriated to your benefit, not detriment.

Trust that the power that built you is the same power that can heal you. Never underestimate the healing power within you. Reaching your health potential is not a 'Hail Mary' event. It is, like our happiness, constructed by us with what God has given us.



**Dr Greg Fitzgerald**  
**(Allied Health)**  
**Osteopath and**  
**Principal at the**  
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**clinic in Gymea**  
**Bay.**

To enquire about a booking visit  
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# 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



## Five tips for a happy dog road trip

There's a lot to think about before hitting the road with a canine family member. Possibly the most important is your pet's temperament and ability to relax in unfamiliar settings.

When we go on a road trip, we can either find a reliable pet sitter, place the dog/s in a boarding kennel, or, the best choice if possible, take our furry companion along with us.

**1. Help your dog learn to enjoy the ride.** Some dogs love car rides, others have anxiety about car travel. For dogs who need convincing, you can make car rides fun in small steps. First, put the dog in the car and stay in the driveway. Then, move up and down the driveway, then go around the block once. Next, take brief trips to close locations that your dog loves.

Be aware that, just like people, dogs can get motion sickness. Some dogs do better travelling on an empty stomach, while others do better with a small amount of food in their tummy.

**2. Put safety first.** Just as a human needs a seatbelt, so too should a dog be restrained. Either use a restrained large-enough crate in the back of the car, or a safety harness.

**3. Plan extra time for pit stops.** As when travelling with a small child, you'll need to plan for stops every few hours to allow your dog to relieve himself, stretch his legs and do a bit of sniffing for mental stimulation. Be sure to have a doggy poo bag on hand, along with a supply of fresh water.

**4. Pack for your pooch** – food, treats, poo bags and food and water bowls, along with a few of her favourite toys, blankets and, if practical, her own bed from home.

Also make sure she's wearing a collar with a current ID tag at all times. A recent photo on your phone is a good idea in case you become separated from her.

**5. Expect the unexpected.** It's highly unlikely a road trip with your dog will be entirely free of hiccups, so there may be extra stress on both of you. Be prepared to be flexible in your plans.

If your dog is often anxious or fearful, he'll need lots of extra TLC along the way. Spraying your car or hotel room with Rescue Remedy may help take the edge off your dog's stress.

## What petting a dog does to our brain

Petting and even viewing a dog or cat has been found to lead to higher levels of activity in the prefrontal cortex of our brain, an area that helps regulate and process social and emotional interactions.

Researchers found that the effects were greater when interacting with an actual dog, rather than a stuffed animal, suggesting that spending time with a dog may have significant benefits for your mental health.

The lowest level of brain activity occurred when just looking at a dog. It increased with passive contact, such as reclining with a dog against the legs. Brain activity levels were the highest when actively petting the dog.

## What to do and not do if your cat is in pain

Even minor pain can significantly lower your cat's quality of life and lead to changes in personality, behaviour and appetite. If your cat isn't acting like himself, pain could be the reason.

A UK study revealed numerous signs of possible pain. They include: Lameness, hunched-up posture, difficulty jumping, abnormal gait, licking a particular body region, reluctance to move, lower head posture, reaction to touching, eyelid contraction, withdrawn or hiding, change in feeding behaviour, appetite decrease, absence of grooming, playing less, growling, groaning, straining to urinate, eyes closed, less rubbing towards people, tail flicking.

Do not give human medications to your cat; just one acetaminophen (Tylenol) tablet can kill some cats, as it causes damage to the liver and red blood cells. NSAIDs (non-steroidal anti-inflammatory drugs), which include aspirin, can also be dangerous for cats, so veterinarians must be very careful with the type of NSAID and the dose.

I prefer non-drug therapies when possible, but if the pain is severe, painkilling drugs – properly prescribed – are warranted.

For osteoarthritis pain, the number one cause of pain in cats, a blended protocol is often effective. These include hot and cold therapy; acupuncture; chiropractic; homeopathic remedies and CBD oil which may work wonders with chronic pain; turmeric and omega-3 fats may be

tolerated, as well as Boswellia added to their food. All of these may help to reduce inflammation.

If your cat is overweight, losing weight will reduce inflammation and take stress off the body's joints. The guidance of an integrative veterinarian, if available, can be valuable.

## Obesity, the number one health threat

One in two pets are obese, but many owners don't realise it. Being the greatest health threat, it kills millions prematurely and creates immense pain and suffering.

The 2021 overweight/obese pet survey found that about 50 percent of dogs and cats in the US are overweight – and it would be similar in Australia.

Too-heavy pets has become a trend of late. Unfortunately, 'fat blindness' among pet parents is pervasive, with only a minority of dog and cat owners admitting that their pets are overweight. Further, most veterinarians don't talk about weight unless specifically asked about it.

Interestingly, most pet owners (72%) consider pet obesity to be a disease, as do 87% of veterinarians.

How can you tell if your dog or cat is overweight? If you're not sure about your dog or cat, look down at him. Does he have a tapered-in waist? If he's shaped more like an oval, he's probably too heavy. You should also be able to feel (but not see) his ribs as well as the bones near the base of his tail (the exceptions to this are greyhounds and whippets). If he's obese, you'll see obvious amounts of excess fat on his abdomen, hips and neck.

Parents of porky pets should throw out the carb-heavy processed diets, feed the right number of cal-



ories for weight loss and maintain a daily exercise routine.

## Inactivity greatly raises the risk of doggy dementia

A newly published study reveals that Canine Cognitive Decline (CCD) – aka doggy dementia – may be a much more significant problem for inactive dogs than for very active dogs. The risk of developing CCD is almost six-and-a-half times greater in inactive dogs.

Dogs are designed for movement no matter their age. An active dog is a happy dog (and a tired dog is a better-behaved dog!).

Movement is just as important for older dogs as it is for younger dogs. Regular exercise keeps your pet's joints flexible and her muscles strong. It burns calories and provides mental stimulation and slows the ageing process. Dogs who remain active at every age tend to live longer and have higher quality lives than inactive pets.

**1. Walking** is great exercise for both you and your older canine. While seniors might not be able to do much power walking, several short walks each day and two or three 30- to 60-minute walks weekly will go a long way to keep your dog's body and mind healthy and fit.

But avoid longer walks when it's very cold or hot outside.

If your dog is comfortable around other dogs, consider walking with neighbours or friends. Everyone on two legs and four gets to socialise and exercise simultaneously.

**2. Swimming.** Since natural bodies of water can hold unpleasant surprises for dogs, the ideal is a hydrotherapy centre if there is one near you. The water will be warm, which is soothing to ageing and sore joints and muscles, and the lack of gravity relieves stress on any degenerating joints.

**3. Exercises to maintain strength, flexibility and balance.** In older dogs, ageing can lead to decreased muscle strength and increased muscle stiffness. One way to help avoid this is to ensure your dog engages in exercises specifically designed to maintain strength, flexibility and balance.

**4. Stretching** helps your dog's body relax while promoting flexibility. You can enhance her stretching routine with some gentle hands-on movements of her front and rear legs, shoulders, spine, elbows, knees, wrists, ankles, chest and shoulders.

**5. Massage** for pets, especially older dogs, involves slow, gentle strokes and stretches. You may also like the idea of massaging your pet yourself, and this can have additional calming and bonding benefits.

## The science behind feeding raw

A new book by Dr Conor Brady, *Feeding Dogs: The Science Behind the Dry Versus Raw Debate*, is a well-referenced, thorough examination of the raw dog food debate.

Of particular benefit is his proof that ultra-processed pet food is tied directly to the epidemic of diseases in today's canine companions.

Raw food contains all its original nutrients, but when high heat is applied for a prolonged period during the extrusion, ultra-processing, the molecular structure of proteins, especially animal proteins, changes. It also destroys the nutritional content of other ingredients in the food.

Researchers have observed that amino acid digestibility, especially for aspartic acid and cysteine, which are heat sensitive, revealed a disproportionate reduction when tested in the extruded food compared to when tested alone.

## References available on request

# Can You Boost Your Brain Power With Food?

By Michael Greger, M.D.

**When you read articles in Alzheimer's disease journals about eating more berries to reduce cognitive decline in the elderly, the authors are talking about observational studies, like the Harvard Nurses' Health Study. This study showed that berry intake appears to delay cognitive ageing by up to two and a half years and the intake of nuts appears to delay brain aging by two years.**

Studies have found that, after trying to control for other lifestyle factors, berry eaters and nut eaters tend to have better brain function as they age, but you don't know if it's cause-and-effect... until you put it to the test. Thankfully, we now have a growing number of human studies that have done just that. Randomised controlled trials have found that people who eat berries or nuts show improvements in cognitive performance, raising the idea that dietary supplementation with nuts, berry fruit, or both is capable of altering cognitive performance in humans, perhaps forestalling or reversing the effects of neurodegeneration in ageing—just with food.

For example, in a study on the effects of walnut consumption on cognitive performance, college students were split into groups, either eating walnuts for two months, followed by two months of placebo, or vice versa, and then they were switched. How do you make a placebo nut? The researchers gave the students banana bread with or without nuts—the same ingredients, just with or without walnuts. Those on the nuts showed a significant improvement in the ability to accurately draw conclusions from a set of facts.

Another berry study randomised people to a smoothie made with blueberries, black currants, elderberries, lingonberries, strawberries and... a tomato. Not only did their bad cholesterol drop about ten points, but they also performed better on short-term memory tests. So, good for the heart and good for the brain. They were not just better on pencil-and-paper tests, but also in real-world applications. Give people Concord grape juice versus a fake grape placebo and you can get improved performance on everyday tasks, such as quicker response times in driving tests. Why not just give people Concord grapes instead of juice? It's harder to create a placebo, and, of course, the study was paid for by Welch's.

## What about vegetables?

Consumers of cruciferous vegetables (cabbage, cauliflower, broccoli and Brussels sprouts) have been shown to perform better in several cognitive tests than non-users. In terms of cognitive decline with aging, women consuming the most leafy greens did better, effectively slowing brain aging by a year or two. This was the case not just with cruciferous vegetables, but also with other dark leafy greens, such as spinach, so it might be the nitrates.

As we age, our cerebral blood flow—the amount of blood flowing through our brain—drops, which may be due to an age-related decrease in the production of nitric oxide (NO). NO is the 'open sesame' molecule that dilates our blood vessels and is boosted by the consumption of nitrate-rich vegetables. This reduction in blood flow to the brain has been indicated as a major risk factor for the impairment of cognitive function and the development of neurodegenerative diseases, such as dementia. We know nitrate-rich vegetables, such as leafy greens and beets, can improve physiological performance, but what about cognitive performance?

Some early studies were disappointing. Give people over a cup of cooked spinach, and no immediate boost in the ability to carry out simple tasks. But, that may be because the tests weren't hard enough. Give people a similar battery of simple tasks after consuming cocoa and no significant effect. But put people through a more demanding set of tasks, and you can see acute improvements in cognitive performance after cocoa consumption. The tasks they're talking about are like counting backwards in threes for minutes at a time.

But can it improve the structure of your brain? Things like cognitive training and aerobic exercise can affect the structure of the human brain. There's something called neuroplasticity, where your brain can adapt, changing its configuration as you learn. We used to think only younger brains could do this, but now we know it can occur in the aging brain as well.

Knowing there was an established link between brain plasticity and exercise in the ageing brain and that ingesting beet juice leads to increased blood flow to the brain researchers hypothesised that beetroot consumption and exercise may have an even greater effect on neuro-



## NEWS FROM THE FLUORIDE ACTION NETWORK

by Mike Dolan, PhD.

plasticity in the aging brain. Research subjects were given either a 70 mL shot of beet juice or a placebo and given a six week aerobic exercise intervention of a moderately-intense walking program.

The pre-intervention and post-intervention brain scans, measuring connectivity between various parts of your brain that control movement showed little change after the six-week exercise program. However, the same amount of exercise before and after drinking some beet juice, showed a big difference. The exercise plus beetroot juice group developed brain networks that more closely resembled those of younger adults, showing the potential enhanced neuroplasticity conferred by combining exercise and nitrate-rich vegetables.

### References available on request

#### EDITORS NOTE:

Dr Greger's article above highlights some of the benefits of consuming nitrate-rich foods. Some of you may have read about the harmful effects of dietary nitrates and nitrites. Like most aspects of health, it pays to look at the big picture.

Dietary Nitrates: Green leafy vegetables and root vegetables tend to be high in nitrates. Other sources of dietary nitrates include grains, drinking water, dairy products and meats. Nitrites are used as preservatives in the curing process of meats.

Once consumed, dietary nitrates can be converted to nitrites by bacteria in the oral microbiota or enzymes. Therefore, the effect of consuming dietary nitrates and nitrites are often bundled together in research. This has led to some people associating dietary nitrates with cancer development. This has not been helped by early research using red and processed meat, known carcinogens, as their sources of nitrates/nitrites. These studies don't tell us anything about the impact of a diet high in vegetable sources of nitrates/nitrites.

When considering the potential impact of a diet high in nitrates and nitrites the broader nutritional profile of the food source is key. For example, red meat, a source of dietary nitrates, is also high in heme iron. Heme iron oxidises nitric oxide stimulated by nitrate consumption back into nitrites or reactive nitrogen species. These nitrogen species can cause cellular and DNA damage, key precursors for cancer development. Popular methods of cooking red meats, such as high-temperature frying, barbecuing and grilling also contribute to nitric oxide degradation. In comparison, vegetable sources of nitrates come with a high level of antioxidants and plant polyphenols. These antioxidants protect against the oxidation of nitric oxide to nitrites or reactive nitrogen species, so you end up with more of the health benefits of nitric oxide and less of the harmful reactive nitrogen species.

### 1940s Documents Show Sugar Industry Captured Dentistry, Pushed Fluoride

An examination of the records of the American Dental Association has revealed the key role of business interests in converting dentistry from a guild that opposed fluoride and a diet rich in refined carbohydrates to one that favoured both, according to a new paper by the University of Washington Dental School professor P.P. Hujoel in the *Nutrients* journal.

Hujoel ties the promotion of water fluoridation and fluoride pills to an alignment of dentistry with the cereal industry, with the result that leading global organisations currently recommend fluoride supplementation because they recommend high carbohydrate diets which can cause dental caries. Low-carbohydrate diets prevent dental caries making such fluoride recommendations largely unnecessary.

Hujoel reports that key personnel and management changes in the dental guild, influenced by the cereal industry, including the replacement of the editor of the *Journal of the American Dental Association*, coincided with the complete reversal of dentistry's opposition to fluoride.

A pivotal reversal which helped to open the gates to the fluoride-supplemented high-carbohydrate dietary guidelines occurred in 1947. In 1944, 1945 and 1946, the ADA's official policy, as published yearly in the *Journal of the American Dental Association*, was to discourage topical fluorides because in part "the full extent of their possible harmful effects" were not known. In 1947, the Council on Dental Therapeutics reversed their position on fluorides in the absence of apparent new data on safety. The new position became that topical fluoride applied by dentists had "relative safety", was effective and could be recommended for a highly susceptible population. It was a watershed moment for fluoride as a universal therapeutic.

Hujoel highlights the role of the president of the Kellogg Foundation, who became the first chairman of the new Council on Dental Health in 1942. This Kellogg president supervised 2.2 billion dollars (inflation-adjusted) worth of donations from Kellogg (reported as 290 million dollars in 1970) during his subsequent 27-year tenure as President of the Kellogg Foundation.

Source: <https://doi.org/10.3390/nu14204263>

# NEWS FROM OUR KINDRED ORGANISATION, VEG SA

By Anne Saunders, Secretary VegSA

Contact: p. 0466 972 112 e. [info@vegsa.org.au](mailto:info@vegsa.org.au)

Find out more: [www.vegsa.org.au](http://www.vegsa.org.au)

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## VEGSA ACTIVITIES

After a welcome break over the festive season, VegSA members have been able to meet together for meals etc. On Sunday, February 5th we were even able to have our 'annual' picnic, having missed out over the last few years due variously, to heat, rain or COVID. As well as having social events for our members, VegSA continues to spread the word on healthy, humane living and join in with other groups especially with their animal rights activism.

## WORLD WETLANDS DAY – DUCK SHOOTING PROTEST

Sadly, as we come into autumn, we also come closer to the annual duck shooting season. Open seasons to shoot native ducks have been banned in Western Australia since 1990, in NSW since 1995 and in Queensland since 2005. However, they have happened regularly in Victoria, South Australia and, less regularly, in Tasmania. The South Australian Government has again announced an open season for 2023: March 18th to June 25th to shoot ducks and April 29th to July 30th to shoot quails, with a total bag per person per day of eight ducks and/or twenty quails.

Before its election in March 2022, the South Australian Government promised an inquiry into duck and quail shooting. However, at the time of writing, (February 2023) this has not happened. Current legislation allows the open season to go ahead providing the conditions, including the surveyed numbers of birds, do not suggest otherwise.

On February 2nd, World Wetlands Day, Animal Liberation SA, supported by VegSA and other groups, staged a demonstration in the foyer of the Office of the SA Department of Environment and Water against the proposed open seasons. It seems that the majority of South Australians are against the shooting of our native water birds, but there is a minority group that is determined to keep it going.

Meanwhile, in Victoria, there is a concerted effort to prevent this year's proposed open season from going ahead with action in Parliament from the Greens and Animal Justice Parties, backed by Animals Australia and other organisations. By the time of publication, we should know whether they have succeeded and perhaps whether South Australia will follow suit.



## Australian designed and manufactured blue light filtering glasses.

Over the last 100 years, due to the invention of the light bulb, and more recently, televisions, computers, iPads and smart phones, we are exposed to much more artificial light, blue light and bright light at night than ever before. Prolonged exposure to these, especially in the evening delays our body clock and bed-time. The quality, duration and timing of light are the most important factor that can affect your sleep. Exposure to blue light before bedtime, from digital devices and lighting, causes melatonin (our sleep hormone) production to be delayed.

You can use these fitovers or glasses during the day to help with visual comfort and eye fatigue when you are on any digital device (can be worn over glasses or on their own). Using these at night to block blue light in the evening will help with better sleep, better mood, general health and eye health. They should also be worn for 2-3 hours before your ideal bed-time. You will notice the benefits within a few days of wear! Use every day consistently and go to bed when you first start to feel sleepy for the best sleep and health.

### ADULT

Non prescription, clear hardcoat multicoat blue-light filter



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Features 3 brightness settings  
Touch sensor control  
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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.

## The No Blue Amber Book Light from BlockBlueLight \$39.95

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

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

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

12 month manufacturers warranty.



## Airtube Headsets \$55.00

A safer alternative to a standard, wired headset. These AirTube headsets significantly reduce exposure to electromagnetic radiation from phones, laptops, PCs and all smart devices while allowing you to listen and talk hands-free.

90 day manufacturers warranty.

Supplied with three sizes of earbuds to ensure a comfortable and convenient fit.

Built-in hands-free microphone and 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.)



## DefenderShield Pouch \$65.00

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.

Features at a glance:

Multi-layered shielding in the back blocks up to 99% of wireless EMF radiation (300Hz-10 GHz)

Open-top design with VELCRO strap keeps phone secure

High-quality and durable neoprene fabric

Pen loop and additional front pocket to hold small items

VELCRO loop on the back to attach to a belt or bag

Magnetic flap closure keeps your phone hidden and secure, with a detachable cross-body strap for hands-free use



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