

True Natural Health



The Magazine of the Natural
Health Society of Australia

Spring 2023



- Constipation, Colitis and Crohn's Disease - Spring Juice Fast
- Wallacia Wellness Recipes - Overcoming Anxiety - Seminar News

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Welcome to our spring 2023 edition. I hope you enjoy what we have put together for you. In this edition, Roger French writes about overcoming colitis and Crohn's disease, Dr Jenny Livanos draws our attention to the perils of blue light, Lyn Craven talks about gallstones, Dr Tuszynska explores the benefits of eating raw food and much more.

On August 11, wellness industry giant Patricia Bragg passed away aged 94. Patricia had worked in the wellness industry since the 1950s, and became CEO of the Braggs company in 1970. In 2019, Patricia sold Braggs and formed the Patricia and Paul Bragg Foundation. This foundation provided support to community organisations in it's mission to make the world a healthier and better place. I'm sure many Society members have benefited from at least one of the Bragg's health books over the years. Patricia is a stellar example of a life well lived, and I thank her for her decades of work in the wellness space. Here is a quote from her that matches the Natural Health Society's philosophy beautifully. "What you sow in one period of your life, you reap in another. ... You will be happier and healthier if you make a conscious effort." Rest in peace Patricia.

This September, we will start our next webinar series. These series are a great way for our community to get together, no matter where they live. I'm looking forward to hearing from Janette Murray-Wakelin who, after being given a cancer diagnosis and told to get her affairs in order, doubled down on her commitment to health and embraced marathon running and the raw vegan diet. During the series, we will also hear from Dr Gavin Levy, whose presentation at our annual seminar was very well received. More details about what you can learn from our fabulous line-up can be found on page 15 of this issue.

Thank you for being part of our Natural Health community,

Rebecca Smith,
 Natural Health Society Manager.

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THIS MAGAZINE WAS SENT TO YOU IN BIODEGRADABLE POLYWRAP

Constipation, Colitis and Crohn's Disease

by Roger French, Patron and formerly Health Director,
Natural Health Society



Part 2 – Overcoming Colitis and Crohn's Disease

[Part 1 – Constipation was published in the Winter 2023 issue of *TNH*]

Colitis and Crohn's disease are both types of inflammatory bowel disease (IBD) in the digestive tract.

Colitis is a widespread complaint affecting people of all ages, although it occurs mostly in adolescents and young adults between approximately 14 and 35 years of age. Women seem to be more prone to it than men.

Inflammation of the small intestine is referred to as *enteritis*, while inflammation of the large bowel, the colon, is *colitis*.

Colitis involves copious secretion of mucus. The milder forms may be referred to as *irritable bowel syndrome*, *irritable colon*, *spastic colon* or *mucous colitis*. The severe form, when ulcers have developed, is called *ulcerative colitis*.

Crohn's disease is chronic inflammation of segments of the small intestine and occasionally the large bowel, characterised by abdominal pain, diarrhoea and frequently fever and weight loss. The inflammation extends through all layers of the intestinal wall and there may eventually be scarring. It commonly leads to deficiency of vitamin B₁₂, resulting in anaemia, and is often associated with arthritis, conjunctivitis of the eye, skin lesions and kidney stones.

There are two main differences between colitis and Crohn's disease. Colitis affects only the large intestine, the colon, whereas Crohn's can affect any part of the digestive tract, from mouth to anus, and usually there are unaffected areas between the inflamed areas. Colitis involves only the inner surface of the colon, the colonic mucosa, while Crohn's affects all layers.

In colitis the bowel wall is highly irritable, which may result in periodic bouts of diarrhoea or alternating constipation and diarrhoea. Bowel motions will be characterised by small or large amounts of mucus. Pain in the abdomen, nausea, bloating and flatulence (wind) may occur.

The characteristic symptoms of ulcerative colitis are diarrhoea and mucus and blood in the motions. There may be alternating bouts of constipation and also fever, stomach upsets, loss of weight and severe pain. The symptoms vary widely with each individual. They may recede then flare up again later for no obvious reason.

The diarrhoea can be urgent, causing great distress, and may virtually take over the person's life. The frequency of visits to the toilet may be anything from about four to 30 in a day. This distress may cause nervous problems. A complication which may result from the loss of blood is anaemia.

If ulcerative colitis is allowed to progress unchecked through not removing the cause, there is a danger that the ulcers may perforate the bowel wall or bowel cancer may eventually develop.

CAUSES OF COLITIS AND CROHN'S DISEASE

These are not merely local disorders of the small intestine and bowel. The underlying cause is many years of modern living undermining the health and resistance of the body, leading to depletion of nerve energy, generalised toxæmia and the inability to function normally or to heal. Localised factors determine where inflammation will show up in the body – in these cases, the intestines.

The two factors that almost always underlie irritability of the colon are chronic constipation and laxative or purgatives.

Constipation

The residues of a high intake of fibreless foods – meat and other animal products – stagnate in the bowel and putrefy to produce toxic waste products which are absorbed into the system, exacerbating generalised toxæmia. The toxic wastes, including ammonia and its compounds, irritate the bowel wall producing inflammation and mucus.

Some of the other causes of constipation contribute directly to colitis – drinking too little water, repressed anger, poor bowel tone, decreased bile production and loss of the appendix.

Dry, hard bowel matter irritates the intestinal wall and worsens the inflammation.

Laxatives and Purgatives

Both laxatives and purgatives act through irritation, which only serves to intensify the harmful effects of the constipation and increase mucus secretion.

Another problem with taking drugs for constipation is that they allow the person to continue with the same diet which caused the trouble in the first place. As the bowel becomes exhausted by toxæmia and chemical stimulation, a susceptibility to bacterial infection is added to the trouble.

When the bowel has been irritated and distended by stored waste matter for prolonged periods, the body may periodically react with an attack of diarrhoea in order to remove it. As the damage progresses with time, the chronic constipation is gradually replaced by chronic diarrhoea, by which stage ulcerative colitis will probably be developing.

'Mucus-Forming' Foods

Although there is a scarcity of research on this subject, many natural therapists have observed that, in the mucus-prone person, dairy products and starchy foods (particularly wheat-based foods) can cause the body to produce copious quantities of mucus. Cheese and yoghurt are easier to digest than milk and tend to be less mucus-forming. With a high consumption of dairy products, it is to be expected that an irritated bowel will secrete large quantities of mucus.

Mark Bricklin wrote in his book, *Natural Healing*, "All forms of dairy products, chocolate and caffeinated beverages were my enemies. If I didn't eat those foods, I didn't have ulcerative colitis."

Emotional States

Emotional states have a strong influence on the intestines, where they affect the peristaltic action,

promoting diarrhoea or constipation. There is often a suppressed emotion, such as tension, insecurity or anxiety, along with a refusal to admit the emotion, even to oneself.

The commonly held view that nerves are a contributing factor to colitis may often be the reverse of the true situation. Anyone devastated by the extreme inconvenience of chronic diarrhoea would naturally lose their composure and appear to be suffering from a nervous disorder, which would in turn aggravate the illness.

Even if a person is inclined to bottle-up his/her feelings, this alone would probably be insufficient to cause so much harm. Nervous problems will certainly reinforce colitis and Crohn's disease once these diseases are established, but many years of modern lifestyle are the primary cause of both conditions.

RESTORING HEALTH

While surgical measures may in extreme cases be the 'lesser of two evils', in the large majority of cases the body has the capacity to heal itself if given the opportunity. In contrast to medical treatment, self-healing has no side-effects other than benefits to health all round.

Self-healing requires considerable changes in lifestyle. However, if the usual fear of change can be overcome and the well-established procedures followed, the rewards can outweigh the effort involved a hundred-fold. What's more, the benefits can be made permanent.

Cleansing Diet

Resting the digestive system is the starting point for any illness involving the intestines. By taking the load off the digestive system, there is an opportunity for healing and for constipation or diarrhoea to correct themselves. Without 'heavy' foods (high in starch, protein and/or fat) temporarily, the main causes of

inflammation and excessive mucus production are removed. Supervised juice diets or water fasting are the most effective procedure to facilitate healing, provided the conditions are appropriate. However, if the illness has been established for some time, the sufferer is usually too debilitated for water fasting, and would require at least a fruit juice diet.

When carried out at home without professional supervision, an exclusive juice diet must be limited to five days and water fasting to three days. For longer periods, professional supervision is essential for safety. Guidance as to where to seek supervision can be provided by the Natural Health Society.

On any cleansing diet, especially where vitality is low, it is essential that the person be kept warm, so extra clothing and bedding are usually required. This need should be watched closely.

For a juice diet, suitable juices if in season include freshly-extracted hot or cold diluted lemon, apple, grape, pawpaw, watermelon, cabbage, beetroot, cucumber, carrot, spinach and silverbeet. Avoid citrus and pineapple juices, other than a daily very dilute lemon juice, as the acid may irritate the bowel.

Vegetable juices may be mixed together, and carrot juice will make the drink more palatable. Some dilution with water is always desirable, except in the case of watermelon juice (already around 93 percent water). Lemon needs to be very dilute (typically half an average-sized lemon in a glass of water).

Further cleansing periods may be necessary at intervals of perhaps two to three months.

For guidance in undergoing cleansing in the home, including how to prepare for and break a fast or juice diet, see the Society's book, *How a Man Lived in Three Centuries*, Chapter 15.

Diet for Continuing Recovery

After the cleansing, the appropriate diet for the continuation of healing will depend on the severity of the illness. Meals may need to be very small and relatively frequent.

Because mucous colitis and Crohn's disease are mucous conditions, the primary requirement is to avoid mucus-forming foods for weeks or months until normal function is restored. To be on the safe side, dairy products would be entirely avoided initially. Also avoid starchy cereal grains, especially wheat, at first, then keep to small amounts. Concentrated sweet foods – dried fruit, honey, etc. – should be kept to very moderate quantities.

Ulcerative colitis, because of the severe diarrhoea, is much more difficult to cope with. After the fast or juice diet, eat only foods which are soothing to the bowel (see below).

If mucous colitis or Crohn's disease are severe, an initial 'soothing' diet will be necessary for these also.

Some foods are *mucilaginous* and tend to leave a protective coating over the wall of the intestines, including over ulcers. Examples are raw apple (grated), potato, slippery elm and seaweed.

Foods causing minimum irritation and likely to be tolerated and soothing include:

- Ripe pawpaw or papaya (excellent); ripe banana (very good);
- Grated apple, grapes without pips; stone fruits and other soft fruits. Additional fruits can be tested.
- Baked, steamed or mashed potato can be good. Don't use milk and avoid the skins at first. Similarly with pumpkin.

Other foods that may be tolerated sooner or later include:

- Steamed vegetables;
- Unsweetened stewed fruit;
- Sprouted seeds and grains;

- Flaxseed, millet;
- *Small* amounts of natural yoghurt and unsalted cottage cheese;
- Salads pureed in a blender – may be tolerated at a later stage. Raw salads and steamed vegetables may irritate initially.

To replace the fluid and minerals lost in diarrhoea, especially potassium and magnesium, vegetable and fruit juices are invaluable, particularly *carrot-and-chlorophyll juice* (some or all of carrot, beetroot, celery, spinach, silverbeet, parsley, cabbage, broccoli and/or any other green leafy vegetables) and grapefruit or apple juices.

The diet needs to be low-protein at first, although protein must be introduced after a couple of days. Almond milk (and yoghurt and cottage cheese) are free of irritating fibre. Almond milk – made by blending blanched nuts in water and straining off the 'milk' – doesn't form mucus. Aim to eventually return to a variety of protein foods – nuts, legumes, seeds and small quantities of free-range eggs and/or maybe unprocessed cheese.

With either condition, the diet should be gradually built up to a balanced natural diet in accordance with **Natural Health Dietary Guidelines**, but modified to avoid mucus-forming and irritating foods.

While any irritability remains, the following need to be avoided:

- Condiments, seasonings and sauces as these can be highly irritating;
- Fried foods particularly;
- Flesh foods – meat, fish, poultry, etc. – avoid or minimise these as they can be putrefactive;
- Refined carbohydrates – refined sugar, white bread, other white-flour products and white rice;
- Dairy products in the early stages, although some may be necessary if the body will not tolerate much else;
- Fizzy drinks, caffeine, alcohol and nicotine;

- Foods containing preservatives and MSG.

Be sure to drink a number of glasses of water each day to assist elimination. In the case of irritable bowel syndrome, Dr Sandra Cabot, in her *The Healthy Liver and Bowel Book*, suggests drinking at least two litres of water daily. If this seems a lot, you could use trial-and-error to assess your needs. It's preferable to drink the water away from meals because fluids dilute the digestive enzymes.

A practical pattern suggested by naturopath, Dr Peter Edwards, in his book *Happiness is a Regular Complete Bowel Motion!*, is two 300 ml glasses of water on rising, two glasses mid-morning, two mid-afternoon and one glass near retiring to bed – around two litres in total.

Because of difficulties in absorbing fat, supplements of the fat-soluble vitamins – A, D, E and K – may need to be taken regularly.

For healing, especially with ulcers, the mucous lining needs more of certain nutrients. In a balanced natural diet, pro-vitamin A (carotenoids) and vitamins B₉ (folate) and C will be supplied by fresh vegetables and fruits, vitamin B₃ by green vegetables, sprouts, avocados and protein foods, and essential fatty acids by avocados, protein foods and flax oil. Vitamin E, to reduce scarring, can be obtained as fresh wheatgerm oil capsules. It may be beneficial to include supplements of the carotenoid complex, B-complex, vitamin C and a multimineral.

Deficiency of vitamin B₁₂ is a special risk with Crohn's disease and colitis. Blood levels should be checked by a practitioner, and it is almost certain that supplements or possibly injections of B₁₂ will be necessary.

To replace the iron lost through bleeding, rich sources of iron are pepitas (green Mexican pumpkin seeds), lentils, lima beans, kidney beans, sesame seeds, sunflower

seeds, almonds, cashews, oats, parsley (surprisingly high) and spinach.

Restore the 'friendly' gut bacteria with supplements of (refrigerated) living *Lactobacillus acidophilus* and *Bifidobacteria*. These could be supported by cultured soya milk, bean curd and sauerkraut. A vital role of the friendly bacteria is to reduce the risk of infection by harmful bacteria in the inflamed bowel wall.

Because of impaired digestion, especially in the case of Crohn's disease, it may be desirable to take digestive enzyme supplements with meals.

It is important to take enough time to eat in a relaxed way and to chew food particularly thoroughly.

Allergies

Be alert to the possibility of allergic reactions to certain foods. Milk is regarded by a number of natural therapists as being one of the most allergenic of all foods and better avoided after childhood – when nature intended us to be weaned.

One way to test for allergy (willpower permitting) is to adopt a mono-diet for several days in which only one food is eaten at a meal. Watch for a reaction to each food, and if there is no reaction, continue using that food.

Alternatively, commence with several foods that are likely to *not* cause a reaction and add plenty of *one* new food every two or three days to allow time for any reaction to show up. If no reaction, the food is OK. Allergy is not necessarily permanent, and the food can be tested again after an interval.

Hydrotherapy

If there is pain in the bowel area, rather than using drugs, an option is to place a hot compress over the lower abdomen for three minutes. Follow with a cold compress for one

minute to stimulate the circulation – provided you are able to keep warm and comfortable during and after the procedure. Repeat this cycle twice more, that is, three cycles altogether.

Sitz-baths (or 'sit' baths) can be extremely beneficial and can be had morning and evening. (See Part 1 'Constipation', *TNH*, Winter 2023, page 6.)

Enemas may be helpful in clearing the bowel of congestion. Have one enema daily for two or three days, but no longer unless obvious benefit is being obtained. If the bowel is stubbornly congested, consider colonic irritation. (Again see Part 1.)

Physical Activity

Exercise and fresh air are of value in any healing procedure. Exercise only when you are fully nourished and feeling energetic. If you are tired, rest. Don't exercise when fasting or on juices exclusively.

Brisk walking, bouncing or running on a rebounder, running, swimming, etc, will activate the whole system, increasing circulation, reducing constipation and promoting continued healing.

A good exercise to stimulate bowel activity is to get down on the floor on knees and elbows and move the body backwards and forwards 10 to 20 times.

Another good exercise, taken from yoga, is to stand upright, breathe out completely, then attempt to draw in air by expanding the ribs, but don't actually allow air in. The abdominal organs will be drawn upwards, stretching the bowel which can be massaged downwards to promote prompt elimination.

Relaxation

Adequate rest, sleep and relaxation are vital to any healing process.

One of the simplest ways to relieve tense muscles is by soaking in a warm bath. Another effective tension reliever is exercise, if appropriate.

Inner peace and calm greatly enhance healing. Yoga, meditation, relaxation tapes and other relaxation techniques complement the physical methods of healing.

Attitude

The entire outlook of the colitis sufferer will be more positive if he/she can be persuaded to ignore as far as possible the activity of the bowel, and focus on improving the health of the whole body. The inevitable preoccupation with the abnormal function of the intestines should be eased and recovery enhanced.

Screening for Cancer

It would be wise to periodically have a colonoscopy to check for the possibility of bowel cancer. Detecting any early signs can be 'a stitch in time that saves nine' – or saves '99'.

Finally ...

People have overcome constipation, colitis and Crohn's disease using these Natural Health methods.

It is desirable to have the supervision of appropriately skilled practitioners, and in severe cases this is essential.

To prevent recurrence of any of these diseases, the sufferer needs to continue to pay attention to at least the 'big four' factors in healthy lifestyle – natural foods, minimising exposure to toxic chemicals, regular exercise and relaxation – but particularly a balance of natural foods containing adequate fibre.

Learning to *not* bottle-up feelings or harbour resentment, hatred, etc, will make a substantial contribution to staying well.

Overcoming Anxiety

By Dr Greg Fitzgerald
(Allied Health)

Anxiety is a normal response to threatening situations and is hard-wired into human behaviour. It is a physiological necessity, assisting our survival chances by increasing many biochemical processes, like the release of adrenaline and other stress hormones and blood sugar levels, providing a rush of energy in emergency situations.

However, in today's modern world, anxiety is now seen in the absence of real threats or danger. There is a tsunami of anxiety throughout our society, including all ages and all walks of life. It is a ubiquitous health issue affecting the peace of mind of millions of everyday Australians.

Anxiety has several iterations like generalised anxiety disorder (GAD), panic disorder, phobias, social anxiety and others. It can present in many ways including excessive worry, ruminating, sleep disturbances, nervousness, constant fatigue, sweating, tingling, restlessness, catastrophising, procrastination, overwhelm and a feeling of impending doom among others.

Our psychology can become our biology and translate into physical manifestations such as reflux, chest tightness, palpitations, headaches, neck tension and digestive issues. These symptoms can then heighten our anxiety as we worry that we could be suffering some terminal illness.

Many people display high-functioning anxiety where they soldier on, conducting their day-to-day lives apparently normally, yet experiencing inner turmoil.

I know a lot about severe anxiety because I've not only studied it, I've experienced it. The mainstay of conventional treatments are cognitive behaviour therapy (CBT) and drugs. In my opinion, drugs should be a last resort and CBT is beneficial, but often many other factors are overlooked which could make a profound difference in recovery.

I recall one Eureka moment many years ago when, during an anxiety crisis, I was sitting with my wife Dawn and she said: "You know your anxiety is protecting you." She was right. My anxiety was warning me that unless I made

some changes to how I was living, I would be in for a very hard landing.

Over the years I have consulted hundreds of people experiencing anxiety. When the person is prepared to incorporate a couple of life-changing tools into their routine and consider all aspects of their lives, including nutrition, activity, work, sleep and their attitudes, the improvements are significant.

For example, many people find that when their gut microbiome becomes unsettled, their minds become unsettled. The gut-brain connection is critically important.

Do not let your mind ruin your life! YOU CAN RECOVER!

**Dr Greg Fitzgerald,
Osteopath and
Principal at the Health
for Life
clinic in
GyMEA Bay**



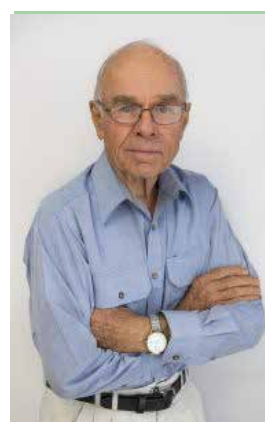
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YOUR QUESTIONS

ANSWERED

BY ROGER FRENCH



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

Q. 'NO SOS' – WHY NO OIL:

I am interested to know why at the Society's 62nd Anniversary lunch last year it was emphasised that the meal was 'NO SOS' (that is, no salt, oil or sugar).

I thought that oil – as in olive, hemp and coconut oils, for example – are healthy oils and good for us.

S.C., Macquarie Hills, NSW

A. The enthusiasm for no oils – that is no extracted oils – is to do with not getting the whole food, with avoiding rancidity, with the high concentration of calories and with a harmful imbalance between omega-6 oils and omega-3 oils.

Vegetable oils, in addition to their use in cooking and baking, are found in processed foods, including salad dressings, margarine, mayonnaise and biscuits.

Note that this entire discussion is about extracted oils – not the oils in the whole food including nuts, sunflower seeds, flax seeds, soya beans, etc. – where they are balanced by thousands of other nutrients and are protected from rancidity by the outer skin of the nut or seed.

Some fatty acids cannot be synthesised in our bodies and must be consumed in our diets. They are known as the essential fatty acids or EFAs. Only two are truly essential for humans, namely, linoleic acid (omega-6) and alpha-linolenic acid (omega-3).

Extracting oil

Pressing is the most widely used method of extracting the oil from a nut or seed. Cold-processed oils cannot exceed 50°C (122°F) during extraction, which means that the natural enzymes and nutrients remain intact. 'Extra virgin' means that the oil is from the first press of the fruit, nuts or seeds.

The other common method is solvent extraction. The fruit, nuts or seeds are first ground to a fine paste; this paste is then washed with a solvent to release the oil. The oil is then heated to 100°C (212°F, the boiling point of water) to drive off the solvent, traces of which may remain. The last stage is to refine, bleach and deodorise the oil, which may involve chemical or physical bleaching agents.

The high temperature may lead to loss of many nutrients and flavour. For example, the vitamin E content of cold-pressed sunflower oil has been found to be reduced to just over one-quarter in hot-pressed oil.

The most common omega-6 oils are soybean, sunflower, safflower, corn, cottonseed, peanut and rice bran oil. The richest oils in omega-3 are chia, flax seed, salmon and some other seafoods [for comparison], walnut and smaller amounts in some nuts.

Hazards of unbalanced omega-6 vs omega-3

Most people are consuming far too much omega-6 oils because they are widely used in margarine, other hardened vegetable oils, liquid vegetable oils in bottles and many other processed foods.

In 2004 one of Sydney's leading ophthalmologists asked the question: can margarine send you blind? He then explained that there is a big negative associated with an excessive intake of omega-6 oils – unless they are balanced by adequate omega-3 oils. One of the negatives is macular degeneration caused by blood clotting in the retina of the eye.

Omega-6 fatty acids cause blood to clot readily, while omega-3 fatty acids inhibit clotting – which is why Eskimos bleed readily – so balance is vitally important. An unbalancing high level of omega-6 also inhibits the conversion of alpha-linolenic acid (omega-3) to EPA and DHA, two important omega-3 fatty acids.

Because omega-3 oils are relatively scarce, most people are consuming omega-6s and omega-3s in a potentially dangerous ratio. Rosemary Stanton, in her book, *Good Fats, Bad Fats*, explains that on a natural diet, we would consume omega-6 to omega-3 fatty acids in a proportion ranging from 3:1 to 6:1. In primitive populations, it is estimated to have been about 1:1. But today mainly due to margarine and vegetable oils, the ratio is often 14:1 or up to 40:1, which is hopelessly out of balance. The higher ratio can cause inflammation and problems with blood pressure, labour associated with birth and pain sensations, as well as reducing the conversion of linolenic acid to EPA and DHA.

Excessive blood clotting can cause serious damage, including strokes and blockage in some of the capillaries in the retina of the

YOUR QUESTIONS ANSWERED



BY ROGER FRENCH

eye, possibly resulting in macular degeneration and blindness. DHA is particularly important for the brain and for protecting the retina from oxidation by free radicals.

Rancidity

The most potent threat to health associated with fats is rancidity. Whereas fresh fats and fresh cholesterol are not so dangerous to our arteries and capillaries, when they are oxidised they can cause atherosclerosis (artery disease) relatively rapidly. This is why nature has put antioxidants in food.

The problem with polyunsaturated fats is that all their molecules contain double bonds which make them susceptible to oxidation by reacting with oxygen in the atmosphere. Oxidised fats cause inflammation and mutation in cells, and health problems ranging from cancer to heart disease, endometriosis, PCOS, macular degeneration and other conditions. PUFAs are bad news.

The refining of extracted oils exacerbates the damage. It removes most of the antioxidant carotenoids and vitamin E, the chlorophyll and some lecithin.

The more unsaturated an oil, the more easily it will oxidise. Conversely, saturated fats are resistant to oxidation, the most stable of all being highly-saturated coconut oil. The most unsaturated of all fats, fish oil and flax oil, oxidise in a matter of hours, or, with heat, in a matter of minutes; they should never be used for frying. The only suitable way to use flax seeds is to buy them whole and grind them in a coffee or seed grinder just prior to consumption.

Polyunsaturated margarine

Margarine is simply oil made semi-solid by partially saturating polyunsaturated oils through the

process of hydrogenation, in which hydrogen is bubbled through the oil with a nickel catalyst.

Unfortunately, hydrogenation can produce the harmful trans fatty acid, elaidic acid, containing trans bonds *between* its carbon atoms. Trans fats are known to contribute to heart disease, obesity, diabetes, cancer, some other degenerative diseases, lower birth weight and declined fertility.

Most margarine labels now declare 'Virtually free of trans fats', but the process used to achieve this, inter-esterification, has its own health concerns.

Some margarines may still contain a small amount of trans fat, so it's important to read the nutrition label. The usual polyunsaturated margarine is 80 – 84% fat with the possible addition of milk powder, salt, vitamins (A, D and in some brands E), emulsifier (usually lecithin), preservatives (202 – potassium sorbate) and colours (beta-carotene, annatto or curcumin). Poly margarine is not a natural food; it is highly processed. Apart from hydrogenation, the oils can be treated with a number of processes that may include degumming, bleaching, fractionation and deodorisation.

From a health point of view, unsalted butter is much preferable to margarine, but if there is high blood pressure, high triglycerides or artery disease, both need to be avoided. Alternative spreads are mashed avocado, tahini, peanut butter, mashed banana (goes with sweet fillings), olive oil and egg-free mayonnaise.

Margarine a superior spread?

Margarines are often labelled 'heart-healthy', but this claim has been reversed by studies that found that polyunsaturated margarine increases the risk of heart disease by around

40 – 50 percent.

A strong advocate of this view is Dr Dwight Lundell, the former chief heart surgeon at Banner Heart Hospital in Arizona, USA. He has stated that atherosclerosis is a disease of inflammation, which is caused mainly by refined carbohydrates and excessive intake of omega-6 oils, of which the greatest source is commonly poly margarine.

Seed oils in a nutshell

Mostly plant oils – when they in the whole food – are good, essential nutrition. They are balanced by -

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, call our office on 0432 396 701 or send a cheque to the "Natural Health Society of Australia" PO Box 8010 Werrington County NSW 2747.

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.

YOUR QUESTIONS ANSWERED



BY ROGER FRENCH

thousands of other nutrients and are protected from rancidity by the outer skin of the nut or seed.

Extracted oils range from mildly to extremely unhealthy. Large intakes have been linked to reproductive problems, low birth rates, hormonal issues, obesity, mental decline, liver problems and the big problems of our day: cancer and heart disease. However, if we do decide to purchase extracted oils to use in salad dressings and so on, we best select cold-pressed and unrefined if possible – for example, ‘extra virgin, cold-pressed’ olive oil. For light stir-frying, the oil most resistant to oxidation is plain pure coconut oil.

Vitamin D

Vitamin D is the first factor to consider in relation to all skin cancers. Technically a hormone, it can cut risk by as much as 60 percent. There are two ways to obtain adequate vitamin D – sunlight and supplements.

During exposure to sunlight, ultraviolet rays trigger the synthesis of vitamin D in the skin in its ideal form – vitamin D₃ or cholecalciferol. Sunshine provides optimal levels naturally because the body has a built-in ‘fail-safe’ mechanism which shuts down production when blood levels are optimal.

If vitamin D cannot be obtained from sun exposure, the alternative is supplementation, provided precautions are taken against overdosing, because excess is toxic. It is important use natural vitamin D₃, which is what our bodies make, and –not use synthetic vitamin D₂ which is toxic at higher doses. It is essential to have regular blood tests to determine if we are overdosing.

Ultraviolet radiation, good and bad In sunlight there are three forms of ultraviolet wavelengths:

UVC is the most dangerous but it doesn’t normally reach the Earth’s surface;

UVB are the rays that produce vitamin D in the skin, but they are also the primary cause of sunburn from sunlight. They don’t penetrate very deeply, so the more melanin in the skin (from being born with dark skin or having a tan), the less UVB penetrates and the longer it takes to get enough vitamin D.

UVA rays have a longer wavelength and are more penetrating. They don’t produce sunburn as much (sunburn warns us), but are more

damaging than UVB.

Only about five percent of UVB rays pass through window glass or reading glasses, so we can’t count on obtaining vitamin D when indoors. And sunscreen can block UVB entirely. On the other hand, UVA rays are much more penetrating and can pass through glass – and also cloud and air pollution.

Because UVA penetrates the skin more deeply than UVB, it is thought to be a much more important factor in skin cancers – as well as photo-ageing and wrinkles.

To protect our pale skins from the strong Australian sun, we are urged to ‘slip, slop and slap’ with the result that we have so reduced our skin production of vitamin D that large numbers of people are deficient in it. However, even in sunny climates and summer, many people spend most of the day indoors, and if they do go outside, they are fully clothed.

In strong sunshine, the bare skin of a white-skinned person needs around 10 – 15 minutes of exposure to direct sunlight every day to produce the vitamin D we need. In milder sunshine, it might be around 15 to 30 minutes per day, with the more of the body exposed, the better – without, of course, using sunscreen.

When light-coloured skin turns the very lightest shade of pink, it’s time to move into the shade or cover up. In any case, always wear a hat. Dark-skinned people, including Australian Aborigines, need longer exposure to obtain adequate vitamin D.

For people with very fair skins that do not tan, the only safe course may be to stay out of direct sunlight entirely, and depend on supplements of vitamin D.

When UVB rays strike the skin,

True Natural Health p.9

Q. BASAL CELL CARCINOMA:

I am wondering if you have any advice on what to do for BCC’s? I look forward to learning more about living naturally and as healthily as possible thanks to the NHS – G. W., email.

A. Australia is the skin cancer capital of the world, with a higher rate of skin cancer per head than any other country, but why?

Critical to preventing skin cancer is avoid sunburn. Sunburned skin is inflamed skin, technically a diseased condition. If it occurs often enough, there is a real danger of skin cancer. Repeated sunburn has been clearly linked to increased risk of skin cancer. To obtain vitamin D from sunshine, we should commence exposure very gradually.



YOUR QUESTIONS ANSWERED

By Roger French continued...



cholesterol converts to fat-soluble vitamin D₃ which can take up to 48 hours to be absorbed. But soap can wash away much of the vitamin D₃ sitting on the skin, so we need to delay applying soap to the skin for up to two days after sun exposure (why use soap anyway, unless dirty).

Vitamin D is relatively rare in foods, so that sun exposure is the only ideal way.

The bottom line is that the best way to get the right amount of vitamin D is through safe outdoor sun exposure, but being careful to avoid sunburn. And if you have a shower after sunbathing, don't use soap for two days.

About Skin Cancer

Sunspots (solar keratoses) are not cancer, but may precede it. True skin cancer falls into three kinds:

Basal Cell Carcinoma (BCC) – which you are asking about – is the least dangerous form. It rarely spreads to other parts of the body and is seldom fatal.

Squamous Cell Carcinoma (SCC) is less common but tends to be more dangerous than BCC. It must be treated immediately, as it can to spread to other parts of the body.

Malignant Melanoma (MM) is the least common but most dangerous kind, because it will spread to other parts of the body unless treated early. It initially looks like a mole, unusual freckle or birthmark, and warning signs are changes in colour, texture, size or shape. It may bleed or become sore.

Skin cancer would be expected to be worse under the baking sun of the Equator than far to the south, yet mortality rates from melanoma are higher in Tasmania – and also Brisbane – than in North Queensland.

In addition, there is a higher incidence of melanoma among people who work indoors compared to those who work outdoors all year.

Further, the incidence of melanoma is increasing on parts of the body least exposed to sunlight. Part of the reason may be that people indoors are exposed to UVA radiation passing through windows, but not to the balancing UVB which is blocked by glass.

It's not only sunburn

Besides sunburn, there are other possible causes of skin cancer as explained by Professor Ronald Laura and John Ashton of Newcastle University in their book, *Hidden Hazards* (Bantam Books, 1991).

From a literature review, they concluded that a major role is played by photosensitising agents, which make the skin sensitive to light. These include:

- Many commonly used drugs including some antibiotics, birth control pills, NSAIDs, antidepressants and oral anti-diabetic agents;
- Deficiency of vitamin B₆ (pyridoxine) due to the refining of grains;
- Synthetic riboflavin (vitamin B₂) which is used extensively to fortify cereals; however, natural riboflavin does not sensitise the skin;
- The alcohol in alcoholic drinks;
- Some fungicides and insecticides.

In view of the fact that alcoholic drinks are widely consumed, sometimes in large quantities, we need to minimise intake.

A high cholesterol content in the skin has been found to provide greater resistance to the effects UV radiation and so reduce the predisposition to tumour formation.

Dietary fat is another factor in skin cancer. In Australia people are over-consuming omega-6 oils, and when sunlight hits these fats, they

can oxidise and become carcinogenic. Omega-6 fatty acids predominate in sunflower, safflower, soya and corn oils, and are consumed in large quantities in polyunsaturated margarines and many other processed foods. Note that it is the extracted oils, not the whole foods which cause significant problems.

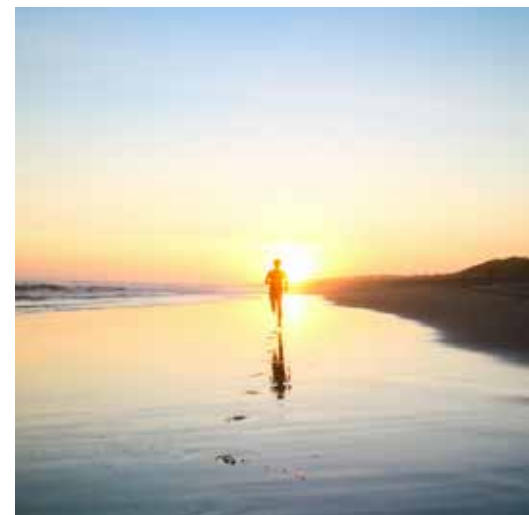
Antioxidants have an enormous role here. The more we take in, the more we are protected against oxidation and the lower the risk of skin cancer. The best sources of antioxidants are fresh vegetables and fruits in abundance.

Safe sunscreens

Sunscreens can commit sins in three ways:

1. Most prevent vitamin D production by blocking out UVB.
2. Many sunscreens allow UVA through and so don't prevent sun damage. All they stop is the burning. Fortunately, more brands are now including UVA protection. Worse still, a person believing they are protected by sunscreen is likely to stay out in the sun longer.
3. Most sunscreens contain toxic chemicals which are absorbed through the skin. Some are powerful free radical generators with the potential to damage health in many ways, including increasing the risk of cancer.

There are safe sunscreens on the



YOUR QUESTIONS ANSWERED

By Roger French continued...



market. Two brands that I have spotted, which both use zinc and are free of toxic chemicals, are *Wotnot* and *Edible Beauty*. They use oils and vitamin E and are Australian made.

If a person has no choice and must be out in the sun long enough to burn, then sunscreen use is appropriate, but it must be a product that protects against both UVA and UVB, that is, based on titanium dioxide or zinc oxide.

Final tips – wear clothing of natural fibres; and when outdoors always wear a wide brimmed hat.

Source of this information

Abridged from Chapter 13 of my book, *How a Man Lived in Three Centuries* (available from the Natural Health Society)

Q. ACID-ALKALI THEORY OF HEALTH:

What do you think about the acid/alkali theory and personal health? – T. E., email.

A. The acid-alkali theory of health is the foundation of the Natural Health approach to health and disease. In our magazine it comes up in almost every article dealing with an illness. It is mostly the case that if the bodily fluids are at their correct pH (the measure of acid/alkali level), there can be no degenerative disease. However, this may not be universally true, simply because there are always exceptions to every rule.

Almost the entire Australian population is in an acidic state as a result of an imbalance between acid-forming and alkali-forming foods in our modern culture of eating, exacerbated by the effects of stress and toxic man-made chemicals. This is known as acidic toxemia and is largely the consequence of a relatively high intake of foods rich in protein, fat

and starch – which are acid-forming – and a relatively low intake of alkali-forming vegetables and fruits (including acid fruits which are also alkali-forming).

Many natural health writers have similar beliefs. One well-known author, Ross Horne, wrote in his book, *Cancer-Proof Your Body*, that if there is no toxemia, there can be no cancer. (Again, there could possibly be exceptions.)

For a brief explanation of acid-alkali balance in the body, I suggest you go to my book, *How a Man Lived In Three Centuries*, Chapter 4 'Understanding Toxaemia – Hidden Havoc'.

It is possible for the lay person to gain an idea of the acidity level of his/her bodily tissue fluids. In the Natural Health Society's shop, we stock *Easy pH* test kits. By testing saliva and urine, we can obtain a measure of acidity level and also how well our kidneys are working, respectively.

Should you test urine or saliva or both? Saliva is a good indicator of tissue pH, while urine is a good measure of kidney excretion capability, so it is useful to test both.

Remembering that neutral is pH 7.0, saliva would ideally be in the range of pH 7.0 to 7.5. Most people are between pH 5.5 and 6.5, indicating significant acidity in bodily fluids. For urine, between pH 6.7 and 7.2 is the ideal. Most people are running acidic, between pH 4.5 and 6.0.

What matters is that your pH is generally in the right range. The figure may vary as your body changes and adapts day-to-day. If you are commencing a detox program, your urine may be quite acidic initially as your body eliminates acidic wastes.

The acidity level of the bloodstream

has to be constantly at the right level, close to pH 7.365. This is achieved by buffering by the tissue fluids. A doctor can do a blood pH test for you, but it is expensive and is recommended only if a person is very ill. It is generally adequate to use a pH Test Kit saliva test to gauge your acid-alkali balance.

The kits are very easy to use, low cost and available via the Natural Health Society. See page 40 for more details.)

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THE PERILS OF BLUE LIGHT

Dr Jenny Livanos

Holistic Optometrist and Nutritionist

www.naturaleyecare.com.au



In the past, we organised our daily routines according to the sun. Sunlight was our main source of light and energy, with our ancestors working outside from sunrise to sunset. Dimly-lit nights were spent with candles and around the fireplace, followed by going to sleep in darkness. Nowadays, many of us live in big cities, work inside big buildings and use artificial light and digital devices all day and night. Our social clock is out of sync with our solar clock and body clock. With our modern lifestyles, we have become more removed from the natural world. This has happened in the last 140 years-plus, beginning with the development of the light bulb in 1879 and more recently with the widespread usage of artificial light sources and artificially-lit screens.

There are many ways sunlight impacts our physical and mental health, with the most important being vitamin D synthesis and the regulation of our body clock. Every cell, tissue, organ and organ system in every organism has an internal biological clock synchronised with the day/night cycle of the sun. This hard-wired 24-hour clock is called the circadian rhythm - we are all governed by it. It is the major regulator for our health: it helps our sleep/wake cycle, mitochondrial function, gene expression, immune and inflammatory responses, hormone production, cardiovascular function and brain wave activity, just to name a few!

Until more recently, we only knew about two types of photoreceptors, the cells in the retina that respond

to light. We thought retinal cone and rod photoreceptors were entirely responsible for light sensitivity. A third photoreceptor cell in the eye, called intrinsically photosensitive *retinal ganglion cells* (ipRGCs), was discovered only recently during the 1990s. These are not involved in seeing but play a crucial role in regulating our circadian rhythm.

The ipRGCs transmit information about light received to your master biological clock, the *suprachiasmatic nucleus* in the brain (SCN). The SCN processes this information and relays it to the pineal gland in the brain. Research has shown how this gland impacts many physiological processes, producing the sleep hormone and potent antioxidant melatonin, whose primary role is to regulate the body's circadian rhythm.

Depending on the time of day we are exposed to it, blue light can have both positive and negative effects. When we are exposed to blue light in sunlight during the morning, it helps boost concentration, learning, memory, reaction times and boosts our mood. In the evening, the levels of blue light drop as the sun sets. Melatonin is then produced, helping us fall asleep. Melatonin levels typically stay elevated for about 12 hours and as the sun rises, your pineal gland reduces its production and the levels in your blood decrease.

Artificial light from lighting and digital devices does not resemble sunlight. It never changes during the day and it differs in its combination of frequencies, with up to 35 percent

of it being blue light, much more than in sunlight.

We spend most of our waking hours on digital devices, including computers, smartphones, tablets, e-readers and watching television. We use our smartphones every day, sometimes every hour. Work, browsing the internet, apps, banking, entertainment and social media all add up to unnaturally high levels of blue light exposure. Sometimes we are on multiple devices at the same time: watching television with a phone next to us and having an iPad within reach.

Out of all the wavelengths, blue light has the most impact on our body clock and thus our health - it is most disruptive at night. Bright blue-rich light at night tricks our brain into believing it's still daytime, so falling asleep can be more difficult and sleep quality can be disrupted.

Incandescent bulbs most closely simulate daylight, but are being phased out and replaced with more durable and energy efficient options. Newer artificial light sources, including fluorescent and LED lights, emit a lot more blue light.

Prolonged and close-range exposure to blue light, especially in the evening and before bedtime, can have adverse effects on the body clock. If it is advanced (ahead of time) or delayed (running behind) compared to expected timing based on cues like sunlight, our homeostasis is disrupted. This can cause sleep issues, impaired

functioning and other negative health impacts.

Humans have not biologically adapted to this change in lighting. I believe the epidemic of chronic illnesses is due not only to our modern diet and stressors, but also to the lack of appropriate sunlight exposure during the day, excessive blue and artificial light exposure in the evening and not sleeping in darkness at night.

Light and its absence, that is, darkness, are the most important factors that can affect our sleep and our body's processes. In the evening,

we need to avoid blue light so melatonin is not suppressed.

Green light, next to blue on the light spectrum, also exerts an impact, although a much weaker one.

Conditions related to body clock dysfunction include:

- * Metabolic diseases like diabetes and obesity;
- * Cardiovascular problems like high blood pressure and heart disease;
- * Hormonal issues;
- * Immune system issues;
- * Mental health problems like depression and SAD (Seasonal Affective Disorder);

- * Bone issues like osteoporosis;
- * Degenerative brain conditions like Alzheimer's disease;
- * Skin damage;
- * Eye issues and disease;
- * Cancer.

Research has found another issue with blue light – at high levels of illumination, this high-energy wavelength can be directly toxic to cellular structures. Artificial light can affect our eyesight, causing blur, eye fatigue, dry eyes and headaches. As blue light can penetrate further back in the eye, it may also contribute to eye diseases like cataracts and retinal damage like macular degeneration through oxidation.



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- Certificate in Natural Eye Care
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We have learnt to shield our skin from the sun's UV radiation, as we have been told it harms the skin and hastens the ageing process. However, scientists concur that excessive blue and green light can also harm our skin. Exposing our skin to blue light can directly damage skin cells through oxidation and inflammation, accelerate the ageing of the skin, increase wrinkles, affect our fat cells and diabetes.

We all need protection from artificial blue light exposure, but some of us are more vulnerable to its negative effects:

- * Children and teenagers;
- * Night workers and shift workers - at higher risk for obesity, heart disease, diabetes, breast, prostate, and colon cancer;
- * Frequent travellers and airline staff - moving through different time zones;
- * The elderly - poorer circadian signalling of light;
- * Location - living in higher latitudes means less sun exposure;
- * Those with health issues; poorer lifestyle choices; taking certain medications.

To mitigate the adverse effects of blue light exposure on sleep and overall wellbeing, we have many strategies.

My suggestions include:

- * Get direct sunlight exposure through the eyes and onto the skin early in the morning and throughout the day—take your lunch break outside!
- * Minimise time spent on digital devices and have visual breaks (every 15 minutes) and physical breaks (every hour at least!) away from ALL screens; sit near open windows to balance the light you are exposed to.
- * Use the blue light filter/night mode/eye shield feature on all devices all day to reduce blue light exposure and minimise the brightness of your screens. Even Apple understands the importance of minimising blue light and offers these options on its devices.
- * Wear blue light-blocking glasses or get this filter on your prescription glasses for indoor use only. Yellow, amber or red lenses in glasses or fit-overs removes more blue light and are suitable for night use.
- * Switch off all digital devices at night at least two hours before bedtime.
- * Dim lights at night and keep lights lower off the ground
- * Replace lighting with blue-light-free light bulbs (yellow, amber or red). Use lights closer to the floor, for example, lamps rather than ceiling lights.
- * Take away digital devices from children's bedrooms.
- * When you feel sleepy, go to bed. Listen to your body! Try to get to bed before nine or ten at night to maximise melatonin production
- * Sleep in complete darkness with blackout curtains and a sleep mask if you can't control the light environment.
- * Consume a diet high in colourful vegetables, fruit and green leafy vegetables. Phytopigments like carotenoids in



our diet, for example, lutein and zeaxanthin, can reduce oxidative damage from blue light.

Although the lighting industry has established standards for protecting consumers from extremely bright light and UV radiation, there are no current standards addressing the blue light hazard. The majority of us don't realise how significantly the lack of adequate sunlight exposure at the right time and our artificially-lit environments at work, home and school during the day and night have an impact on our body clock and consequently, our physical and mental health.

The prolific use of digital devices is so ingrained in our modern lives that it is contributing to a cascade of ill health. Every day you have a chance to rectify and improve this - it's crucial to get only the right light at the right time for optimal wellbeing!

See pages 40 and 41 for the Society's range of blue light blocking products, including Dr Livanos's optometrist-designed blue-light blocking fit-overs and glasses.





Hear from
Susan Gianevsky
Chief Health
Ambassador of Martin
and Pleasance



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NHSA Webinar Series



Join us in learning from our fabulous line up of speakers this September 14 to October 12



Kristan Kershaw: Thursday, September 14 at 7.30pm AEST
“The Root Cause Protocol”

Kristan is a biologist, holistic health practitioner and educator. She works with people to support balance via understanding the connection between stress, minerals and our body. Kristan will talk to us about the problems that can be associated with a one-size-fits-all approach to mineral nutrition. She will also talk to us about the role our biology plays in balancing our minerals to either create health or illness.



Janette Murray-Wakelin: Thursday, September 21 at 7.30pm AEST
“How Raw Can Cure”

Janette Murray-Wakelin was diagnosed with highly aggressive breast cancer in 2001 and given six months to get her affairs in order. This challenge prompted her to make choices that changed her life forever. Six months later she was given a clean bill of health. Janette is the author of the highly acclaimed book *Raw Can Cure Cancer* (now in its 5th edition) and her second book, *Running Out of Time*, based on her amazing run around Australia.



Rafaele Joudry: Thursday, September 28 at 7.30pm AEST
“How to Wake Up Your Ear and Brain Vitality with Sound Therapy”

Rafaele Joudry has dedicated her life to helping people overcome auditory problems and enhance their lives through better ear and brain health. She pioneered the first portable sound therapy program in Australia in 1989, enabling individuals to improve ear function and brain integration, relieve tinnitus, and enhance hearing, learning and brain performance.

Rafaele has a background in social work and community education and holds a Masters of Psychology specialising in sound therapy. She has toured Australia, Europe and the USA to educate about the impact of sound on our health.



Dr Gavin Levy: Thursday, October 5 at 7.30pm AEDT
“Achieving Your Optimal Health”

Dr Gavin Levy is the NSW Ambassador for Doctors For Nutrition, his specialty is orthopedics. Prior to undertaking medicine, he worked as a physiotherapist and played tennis at an international level. Gavin has a strong interest in plant-based nutrition and the role of wholefood plant-based nutrition in both the prevention and reversal of disease. Having encountered a huge array of preventable diseases in his work, Gavin is passionate about educating others on the importance of plant-based nutrition and other lifestyle factors in achieving optimal health outcomes.



Candace Coughlan: Thursday, October 12 at 7.00pm AEDT
“Food for Vitality”

Candace is a certified integrative nutrition health coach, digestive health specialist, culinary nutrition expert and instructor and wellness advocate. Candace coaches individuals on their health goals, leads online group programs, gives wellness workshops to individuals, corporations and organisations, teaches online and in-person culinary nutrition cooking classes as well as runs wellness days and retreats both locally and Internationally.

Tickets are \$55 for the series (\$45 for members).

You can book online at www.health.org.au or call 0432 396 701 during business hours to purchase your ticket.

All registrants will receive a recording of each presentation so you can watch and learn at a time that suits you.



Thank you to everyone who came to our seminar day. It was a fabulous day of learning and community. Our day started brilliantly with Dr Gavin Levy talking about wholefood, plant-based nutrition, we had a fantastic panel discussion that covered a huge number of topics, shared a salad lunch and finished the day with Dr Greg Fitzgerald teaching us the things we needed to build into our lives to keep our brains young. Thank you to all of our presenters, who shared their knowledge and wisdom on the day.



Ally Sanchez and Giselle Cooke pictured on the left, discussed the role of natural therapeutics in healing. Ally spoke about the ameliorating role herbal and nutritional supplementation can play in the short-term but emphasised that it is our diet and lifestyles

that allow true healing to occur. Giselle spoke about the importance of balance. As an example, she reminded us that short-term probiotic supplementation can be beneficial, especially after exposure to antibiotics. However, long-term probiotic supplementation can reduce the diversity of our microbiota.



Dr Gavin Levy explained what he would like to see as a part of standard hospital care to facilitate healing in patients. He spoke about the gap between a health-supporting wholefood plant-based diet and the food provided within hospital settings. Dr Levy also discussed the vital importance of sleep when it comes to health, emphasising the importance of avoiding night-time blue light, regular sleep routines, the role of a good high-fibre diet and adequate activity levels to promote healthy sleep.



Roger French's take on the future of Natural Health included the idea that the "rich will get richer and poor will get poorer." Healthy options have become more mainstream and available compared to sixty years ago when the Society started. Naturopaths are in high demand as more people are appreciating the importance of looking after their health through diet and lifestyle. However, the deep pockets and influence of big pharma mean that people who aren't focused on their health will suffer from the assumption that pharmaceutical medicines can solve all problems.

Dr Greg Fitzgerald spoke to us about the vital importance of implementing our health knowledge into our daily lives. All the knowledge in the world will not make you healthy unless you find ways to build this wisdom into your daily life. Cecil Bodnar spoke about how he has learnt to listen to his body. Cecil discussed the transformative role that rest and fasting have played in his health journey.

Natural Health Society News



Get in touch:
admin@health.org.au
0432 396 701
www.health.org.au

If you'd like to hear more from us, you can follow us on instagram or facebook. We'll keep you up to date with our events and share health inspiration.



Please note, we have a new postal address:
PO Box 8010
Werrington County
NSW 2747

Notice of the 2023 Annual General Meeting Natural Health Society of Australia (NSW) Inc.

Notice is hereby given that our next Annual General Meeting will be held Thursday the 9th of November at 9.30 am AEDT via zoom.

Society members wishing to join the meeting please visit www.health.org.au to register for your free ticket.

Business:

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

Pictured below:
Wallacia Wellness meal.



Pictured right:
Wallacia Wellness side green salad

Our next Wallacia Wellness event is happening in September

Date: 17.09.23
Time: 12pm - 3pm
Location: Wallacia, NSW
Cost:
\$38 non-member
\$35 member



Bookings are essential. Get your ticket via www.health.org.au or call our office on 0432 396 701



Pictured above: Wallacia Wellness dessert, raw passionfruit slice

Tracey will be taking a long and well-earned holiday between September and November. We hope she has a lovely restorative time away.



Our office will be operating on reduced hours while she is away. If our phone is not attended when you call, please leave a message and we will get back to you as soon as we are able.

Thank you for your patience.



Thank you

Thank you to everyone who recently donated to the Society. We are so grateful, we simply couldn't do what we do without you.

We are planning a weekend away at Thredbo, during March, 2024. Our vision is to have time to explore the outdoor activities as well as some excellent speakers on Natural Health.

To help us plan, could members interested in coming along please let the office know that you would be interested in coming and we will make sure you find out about developments.



Wallacia Wellness Recipes

By our Vice-President, Margaret Stepniewski

Wallacia Wellness events are a great opportunity to get together with health-minded people, exchange ideas and share some healthy yummy food. Our next Wallacia wellness event will be held on September 17. Tickets are available via www.health.org.au



Carrot and Ginger Soup

Ingredients

2 tbsp olive oil
1 brown onion,
finely chopped
5 cm piece ginger,
peeled, finely
chopped
2 garlic cloves,
finely chopped
6 (1 kg) carrots,
peeled, chopped
4 cups vegetable
stock

Method

Heat oil in a saucepan over medium heat. Add onion, ginger and garlic. Reduce heat to medium-low. Cook, stirring occasionally, for eight to 10 minutes or until onion is soft. Add carrots, stock and two cups water to saucepan. Simmer, partially covered, for 35 to 40 minutes or until carrots are very tender. Remove from heat and set aside.

Using a food processor or blender, process soup, in batches, until smooth. Return soup to saucepan and stir over low heat until warmed through.



Mushroom Loaf with Homemade Ketchup

Ingredients

Loaf

250 g mushrooms
1 large yellow (or red) onion
4 cloves garlic
1 tbsp olive oil
1 tsp salt
3 tbsp soy sauce or tamari
2 tbsp tomato paste
1 cup rolled oats
½ cup raw cashews
½ cup sunflower seeds
2 tbsp corn flour
1 tsp dried thyme
½ tsp freshly ground black pepper
½ tsp ground sage
2 cans kidney beans
2 cups cooked brown rice

Tomato sauce

120 g tomato paste
½ cup water
1 tbsp white vinegar
1 tbsp pure maple syrup
½ tsp ground garlic powder
½ tsp ground onion powder
scant ¼ tsp ground allspice
½ tsp fine salt

Method

For the loaf

Heat the oven oven to 170°C. Line a 9x13-inch loaf pan with aluminum foil, leaving about 4 inches of overhang along the long sides.

Coarsely chop mushrooms or pulse in a food processor fitted with the blade attachment. Transfer to a large bowl. Peel and coarsely chop onion and 4 garlic cloves and chop finely or pulse and add to the mushrooms.

Heat 1 tablespoon of olive oil, add the mushroom-onion mixture and cook, stirring occasionally for 5 minutes. Add 3 tablespoons soy sauce or tamari and 2 tablespoons tomato paste and stir to combine. Remove from the heat and let cool slightly.

Place rolled oats, cashews, sunflower seeds, 2 tbsp cornflour, 1 tsp dried thyme, ½ tsp salt, ½ tsp black pepper and ½ tsp ground sage to the food processor. Process until finely ground and add to the mixture to the reserved bowl.

Drain and rinse 2 cans of kidney beans. Place in the food processor and pulse until the beans break down but retain some texture. Transfer to the bowl, add 2 cups cooked brown rice, and stir until combined. Add the mushroom-onion mixture and stir to combine.

Transfer to the loaf pan and press the mixture evenly and firmly into the pan then fold the excess foil over the top to completely cover.

Bake for 60 to 75 minutes.

Meanwhile, make the tomato sauce.

Remove the loaf from the oven. Increase the oven temperature to 180°C. Uncover the loaf and bake until slightly crisp on top. (Around 10 minutes).

Remove the loaf from the oven and let cool for about 10 minutes to firm up. Grasping the excess foil, lift the meatloaf out of the pan onto a serving platter. Cut crosswise with a serrated knife.

For the sauce

To a medium bowl, add all the ingredients and mix thoroughly.

Cook over medium heat for exactly 4 minutes after it starts to bubble and stir constantly to cook out the raw spices and develop the classic ketchup flavour. Pour the ketchup into a glass container and chill a few hours or overnight to let the flavours develop fully.

Apple Crumble

Ingredients

6 green apples peeled and cut into slices.
Juice of half a lemon (2 tbsp)
1 tsp vanilla essence
Coconut or soft brown sugar
A few raspberries

Crumble

50 g gluten-free plain flour
40 g almond meal
35 g shredded coconut
1 tsp ground cinnamon
60 g coconut or brown sugar
60 g unsalted butter (I used coconut butter)

Notes

For the apples, I cooked them slightly with a ¼ cup of water. I made double quantity crumble which was too much. The coconut butter did not work as well as dairy butter. It's nice to add some chopped walnuts.



Tumeric Hummus

1 x 400 gm can chickpeas (drained and rinsed) (or 250 gm cooked chickpeas) Reserve a couple for decoration.
1 tsp ground turmeric
2 tbsp tahini paste
2 garlic cloves
35 ml lemon juice
30 – 40 ml water
pinch of salt
Ground black pepper
olive oil to serve (optional)

Method

Chop the garlic in a food processor and then add the chickpeas, a pinch of salt, turmeric, tahini paste and lemon juice in a food processor and process until combined. Add water and process again. Adjust seasoning and water to suit.

Optional

Use the back of a spoon to make swirls in hummus, drizzle over olive oil and sprinkle over some reserved chickpeas. Serve at room temperature.

Notes

For beetroot hummus, delete the turmeric and add ¼ teaspoon cumin, blend ½ raw beetroot with the garlic and then follow the same recipe.



Spring Cleanse

By Rebecca Smith, NHS Manager

A traditional spring cleanse

In many traditions, spring is associated with fasting. For people living off the land, early spring meant food restriction as winter stores declined and spring vegetables were not ready for harvest.

Modern life has no natural built-in period of calorie restriction. Instead, we are surrounded by calorie-rich and nutrient-poor foods that we expend very little energy to attain. A spring juice fast provides us with a calorie-poor but nutrient-rich diet for a short period, setting the scene for healing.

Spring is also an excellent time to reset a healthy baseline. Warmer weather and sunshine provide a seasonal lift of energy that can be directed towards our health.

Is a juice fast really a fast?

Although water fasting is considered the ideal fasting and healing mode, juice fasting can work as an introductory step into the world of fasting or simply be a more approachable spring cleanse.

A three day juice fast will help you break the dopamine cycle of craving salt, fat and processed sugar. Breaking this cycle can make it easier to stick to a healthy diet once your juice fast is complete.

A juice fast provides your body with the opportunity to direct energy toward healing. Digestion takes up a huge amount of energy and briefly relieving your system of this task provides more energy for healing.

Before you start

Like all fasts, juice fasting comes with certain caveats. Not everyone is metabolically well enough, or at an appropriate stage of their life to undertake a juice fast. Breastfeeding and pregnant mums, children, adolescents and athletes training for events are examples of healthy individuals who are not good candidates for juice fasting.

In certain circumstances, fasting is only appropriate with professional guidance. People on pharmaceutical medications, those with metabolic issues or other diseases should speak to a trusted health professional before undertaking any fasting protocol.

Even people who don't fit the above criteria, but are low in vitality would benefit from discussing their fasting plan with a health professional. People may not realise how low they are in vitality until they attempt some form of fasting and start to feel like something is wrong. In this scenario, stop your fast and seek advice from a practitioner.

Juice is not a wholefood

Be mindful that juice is not a wholefood. By juicing, we are removing fibre from fruits and vegetables. This fibre would usually stop us from eating too much. Eating a plateful of raw celery and carrot takes significant time and chewing effort. That same plateful of celery and carrot could be consumed quickly and easily once juiced.

Fibre is a key part of a healthy day-to-day diet; it slows the absorption of sugars, feeds our gut microbiome,



regulates bowel motions, facilitates the removal of fats, helps us feel full and is anti-inflammatory. However, fibre can also make it harder to absorb some nutrients, particularly iron, zinc, calcium, magnesium, lutein and lycopene. By removing the fibre from vegetables and fruits our bodies have access to more readily absorbed nutrients.

Go slow

Even though juice can be consumed rapidly, it shouldn't be. When on a juice fast it pays to sip and savour your juice, let it linger in your mouth and interact with the digestive enzymes in your saliva. Juices are a powerful concentrated source of phytonutrients, antioxidants, enzymes, vitamins and minerals. Be mindful as you drink. Drinking sweet juice too quickly can spike your blood sugar and cause digestive discomfort and bloating.

Choose carefully

As you can consume far more of a fruit or vegetable in juice form, it's worthwhile being mindful of your juicing ingredients. Going organic when juicing is ideal, as just as the nutrient load gets concentrated, the potential for your pesticide exposure is also concentrated.

If organic is not available to you, try to avoid having large amounts of high-pesticide fruits and vegetables. High-pesticide fruits and vegetables include: strawberries, spinach, kale, collard, mustard greens, peaches, pears, nectarines, apples, grapes, capsicum, cherries, blueberries and

green beans.

Like your daily diet, it pays to go for variety. Varied fruits and vegetables will provide you with varied healing nutrients and help you avoid overloading on one nutrient.

One example of this is the furocoumarins found in fruits and vegetables such as citrus, carrots, fennel and celery that can increase your sensitivity to UV light. When consumed in large volumes furocoumarins can increase your risk of sunburn and phytophotodermatitis ('phyto' plants, 'photo' UV light and 'dermatitis' skin rash.) If you happened to choose to stick to lime, carrot, fennel and celery juice all day for three days you might find yourself with a surprise sunburn.

That's not to say consuming those foods in juice form is problematic. Furocoumarins have potent antioxidant, anti-inflammatory and anti-cancer potential. It is recommended to go for variety and balance when doing a self-guided juice fast, whereas a practitioner trained in juice therapy may choose a more targeted approach.

How much juice?

The amount of juice required during a juice fast will vary from person to person. Someone who is very experienced with fasting is likely to feel the need to drink less juice than someone trying out their first fasting experience.

Overconsuming juices on a fast can lead to uncomfortable symptoms like digestive upsets, bloating and sugar imbalances. Listen to your body; most guides suggest one to three litres of juice per day spread over three to five 'meals'. Whenever possible, make your juice immediately before consumption to keep nutrients and enzymes optimal.

Caffeine-free herbal teas like peppermint or chamomile and water can be sipped between 'meals'. Remember that it is possible and

potentially dangerous to overhydrate your body. Overhydrating stresses your kidneys and can throw out your electrolyte balance. Be guided by thirst; do not flood your body with fluid in an attempt to avoid hunger.


Equipment

The best juicers are low-powered because the motors of high-powered juicers create heat which damages the nutrients and enzymes in your juice. A juicer may be centrifugal, masticating or twin gear. Centrifugal juicers spin at fast speeds creating heat which destroys nutrients, they also don't extract as much juice as the other juicers. Masticating or twin gear juicers spin at slow speeds, extracting larger amounts of 'cold pressed' juices that retain more nutrients and enzymes.

Preparation

The level of preparation for a juice fast required will depend on your current diet. Someone who already practises intermittent fasting and wholefood plant-based eating would require less preparation than a person who regularly consumes animal products and caffeine, and rarely goes for longer than 10 hours without eating. The first person described might feel comfortable with one to three preparation days of small meals of raw or lightly steamed fruit and vegetables, while the other could be better placed to spend a month getting their system ready. A month of eating a vegan diet, weaning off caffeine and having an early dinner/ late breakfast to allow a 12 to 14-hour overnight fast will improve your metabolic health and make for a better fasting experience.

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A note on exercise

While on a juice diet, it is best to avoid vigorous exercise. A key point of a juice fast is to allow the body to direct energy towards healing. Gentle movement, like walking in fresh air, stretching and breathing exercises will get your lymphatic system moving and facilitate liver detoxification. Find activities during your day that work with your body during a juice fast.

Retreat

Everyday life can make conducting a cleanse or fast difficult. Decades of experience at Hopewood taught the Society the power of visiting a retreat that has a healthy lifestyle focus. Misty Mountain Lifestyle Retreat, who have been great supporters of the Natural Health Society, offer programs that include a two-day juice fast in a beautiful and healing environment. For more information you can visit www.mmh.com.au or call (02) 6567 2221.



Alkalisng Green

- ½ lime
- 2 cucumbers
- 3 celery sticks
- 1 apple
- A handful of spinach

Modern diets are acidic and inflammatory. To encourage self-healing we need to restore our metabolism to an alkaline and anti-inflammatory state. The base of this juice is celery, a powerful alkaliser. Celery provides your body with alkalisng minerals including potassium, magnesium and sodium.



Heart Tonic

- 2 beetroots
- 4 cucumbers
- A handful of blueberries

This juice is rich in dietary nitrates, a potent vasodilator (blood vessel relaxer) and regulator of blood pressure. Nitrates make your blood vessels supple and flexible allowing them to withstand pressure changes.

Beta-carotene Boost

- 8 carrots
- 4 oranges
- Ginger to taste, start with a small cube.

Beta-carotene is a plant pigment (carotenoid) that gives red, orange and yellow vegetables their vibrant colour. It is a powerful antioxidant with particular benefit for our skin, eyes and immune function.

Diets high in carotenoids may reduce the incidence of age-related macular degeneration, protecting our eyesight as we age.

Diets rich in carotenoids have also been associated with a lower incidence of cancer in epidemiological studies. Carotenoids act as powerful antioxidants helping support immune and cell function.



Liver Blend

- ½ lemon
- 4 apples
- 3 handfuls of spinach
- Ginger to taste, start with a small cube.

This juice combines the traditional liver tonic of lemon with chlorophyll-rich spinach to provide a juice that supports liver function in multiple ways. It also uses the herbalist's trick of adding a small amount of ginger to a herbal blend to 'potentiate' or intensify the potency of the blend.

Ginger (*Zingiber officinale*) also contains gingerol, a phenolic phytochemical associated with anti-inflammatory, antioxidant, anti-nausea and anti-cancer actions.



Lycopene Elixer

Lycopene is an antioxidant in the carotenoid family. Higher dietary lycopene intake has been associated with lower risk of prostate cancer. Dietary lycopene intake has also been associated with lower stroke risk, improved outcomes for people with metabolic disorders and protection against UV damage.

Although most people associate lycopene with tomatoes, watermelons are also a rich source of lycopene. A cup and a half of watermelon provides about nine to 13 milligrams of lycopene.

Green Energy Blend

- 1 head of lettuce
- 4 cucumbers
- 2 apples

Get out your green fruit and vegetables and get yourself a chlorophyll boost. Chlorophyll is great for energy, fights oxidative stress, has anti-inflammatory properties and protects your liver.

As chlorophyll is sensitive to heat, cold-pressed juicing is a great way to consume this tonic. When looking for chlorophyll-rich foods you can be guided by colour and go for your dark green leafy veggies, or use the lists below for some inspiration.

Examples of foods with high chlorophyll content:

Celery (2.5 – 4.5 mg/g), broccoli (1.4mg/g), Brussels sprouts (3mg/g), coriander (1.9mg/g), dill (1.63mg/g), kale (1.45mg/g), nettles (1.2mg/g), spinach (0.85 mg/g), wheatgrass (5.3 mg/g).

Examples of foods with medium chlorophyll content:

Rocket (0.29mg/g), Chinese cabbage (0.14mg/g), endive (0.18mg/g), green beans (0.3mg/g), green cabbage (0.075mg/g), green peas (0.2mg/g), green capsicum (0.5 - 0.8mg/g), lettuce (0.18mg/g).



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Grey Domestic

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Juice Chef – Juice Recipe Book

RRP \$29.95 Member: \$21.95 plus postage

Juice Chef is more than just a juice recipe book. It contains vital information about the benefits of cold pressed juicing. It will also help you learn how to use juicing as a tool for good health and healing.

- Section 1: Cold-Press Juicing
- Section 2: The 3-Day Juice Cleansing Program
- Section 3: Cold-Pressed Juice Recipes
- Section 4: Going Further

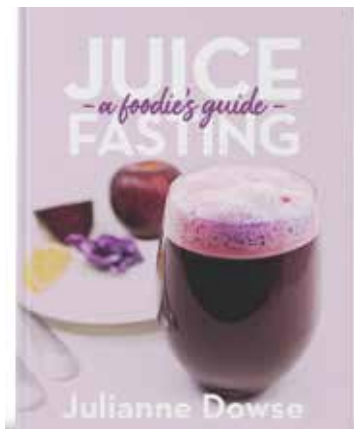


Juice Fasting – A Foodies Guide

RRP \$15.95

Member Price \$12.95 plus postage

This easy, step-by-step guide gives you all of the tools and tips you need to succeed at fasting on nothing but juice – whether you decide to do it for one day or complete the whole seven-day program. Also includes: 21 delicious recipes in full colour, a shopping list and a seven-day planner.



Gallstones

By Lyn Craven

www.lyncraven.com

Many people experience stones in their gallbladder, from tiny sand-like gravel to golf-ball-sized stones. Larger stones are often surgically removed. Severe cases may require complete removal of the gallbladder. Many people struggle to digest fats and some proteins after gallbladder removal.

Some people do not develop serious symptoms/pain, and small stones or sediments in the gallbladder are quite common. Referred pain can occur in the upper scapula area (upper back near shoulder). If a stone gets stuck in the bile ducts then extreme pain results.

Types of gallstones include cholesterol gallstones and pigment gallstones. As you would guess, cholesterol gallstones are comprised of cholesterol. Pigment gallstones are made up of excess bilirubin formed during the breakdown of red blood cells. These stones are often brown or black.

Cholelithiasis and Cholecystitis

Complications from gallstones is called cholelithiasis. Gallstones can become trapped in the opening (ducts) inside the gallbladder and causes intense pain around the tummy and referred pain under the scapula. Pain can last one to five hours and is called *biliary colic* when felt in the tummy region.

The gallbladder can become inflamed, referred to as cholecystitis which may present with jaundice, persistent pain and *possibly* fever.

Symptoms:

Pain in the upper right abdomen
Pain in the right shoulder or between shoulder blades
Nausea
Vomiting
Loose stools
Grey coloured stools



Gallbladder Function

The gallbladder is a small pouch-like organ located underneath the liver. Bile, produced by the liver, enters the gallbladder via a series of channels called bile ducts. The gallbladder acts like a storage house for the concentration of bile. Bile is expelled from the gallbladder during digestion to aid in the breakdown of fats.



Gallstone occurrence

Physicians think gallstones are often the result of chemical imbalance in the bile, ie. too much cholesterol in the bile. On average more overweight/obese people present with gallstones, they are more common in women than men and your risk increases as you get over 40 years of age.

Tumours can prevent bile from draining out of your gallbladder, increasing bile concentration and leading to cholecystitis.

Natural Therapies can help

Depending on size and symptoms, I would offer several herbal remedies formulated for a synergistic action. Homeopathic remedies can also be included in some cases. Not everyone can tolerate the olive oil, lemon and Epsom salt treatment, so alternatives must be sought. Other similar cleanses with olive oil include apple juice and herbs over a two to five day period, but those with metabolic health conditions like diabetics are advised not to pursue this.

I would also work with "anti-pustular" (anti-growth) formulas. These formulae can still be taken if the gall bladder is surgically removed for growth-prone people. Working on acupuncture points along the gallbladder and liver channel can help and, of course, dietary assessment and changes if required. Pulse laser therapy applied on acupuncture points combined with Bowen Therapy and acupuncture is good to free up energy and help the body rebalance.

If your case is chronic then it would take longer and may still warrant the medical approach.



Lyn Craven is a practitioner of Naturopathy and Bowen therapy and an Energy/Reiki therapist, meditation teacher, corporate health facilitator and presenter. She is also a health researcher and writer and has produced a meditation CD. She runs a private practice in Sydney. m. 0403 231 804 e. lyncraven@bigpond.com

True Natural Health p.24



The OVER-DIAGNOSIS EPIDEMIC

By Professor David Le Couteur

The pattern of over-diagnosis is the same for many diseases: we screen healthy people and those with minimal symptoms; we use sophisticated technologies that detect early or minor abnormalities that may not progress; and we treat people with these abnormalities on the assumption that this will prevent significant illness and death. The downside of all this medical intervention is that we're exposing healthy people to the potential harms of diagnosis, investigation and treatment without any certainty about long-term benefits. Indeed, there's a growing unease that this trend is being driven by the financial benefits of creating a larger market for drugs rather than genuine health gains.

I work in geriatric medicine and over the last few years, I have seen how the changing definitions of dementia and Alzheimer's disease has insidiously been leading to over-diagnoses.

Screening the healthy

Let's start with the schema of over-diagnosis: are we screening healthy people and those with minimal symptoms? Yes. In the past, we diagnosed older people complaining of minor memory impairment with "benign senescent forgetfulness", and told them that it didn't require any further action. It was, after all, benign. But this terminology progressed to "mild cognitive impairment (MCI)" and now (more ominously), to pre-dementia and pre-clinical Alzheimer's disease. We are also being encouraged to screen older people for any memory impairment because this has now been defined as a pre-disease or early disease.

The screening tools are usually simple questionnaires, such as the mini-mental state examination (MMSE). There's variability in how well the assessments are performed, and forgetting the date or stumbling on a repetition task can lead to a diagnosis of mild cognitive impairment. But how many of these people actually progress to dementia?

Most studies show that only one in ten cases of mild cognitive impairment progress to dementia each year, and many improve. One study that followed outcomes for ten years concluded – "The majority of subjects with MCI do not progress to dementia at the long term."

Yet all of these people will potentially be faced with the stigma of a dementia diagnosis and its consequenc-

es – paternalism, incapacity and loss of autonomy. And then there's the fear of impending dementia, which can generate stress and despair.

Better technology

Are we using sophisticated technologies to detect early or minor abnormalities? Yes. In attempt to improve the diagnosis of early dementia, we now have a range of investigations to detect the earliest cases before symptoms have developed. These include brain scans and measurement of biomarkers in the fluid that surrounds the brain.

The gold standard for such diagnoses is post-mortem brain pathology. Alzheimer's disease is characterised by deposits of a protein called amyloid in plaques between brain cells and another protein called tau in tangles within the cells. But the relationship between amyloid plaques and the clinical features of dementia lessens as people age.

Many older people with the characteristic pathology of Alzheimer's disease didn't have any features of dementia at post mortem or memory problems when they were alive. On the other hand, the majority older people with dementia have multiple changes in their brains including those related to ageing and vascular disease. So the characteristic pathology of Alzheimer's disease is not very useful in diagnosing dementia in the largest group of people with dementia, the elderly.

Early treatment

Are we treating these early abnormalities on the assumption that this will prevent the development of dementia? Yes, in some cases.

Medicines available for the symptomatic treatment of Alzheimer's disease include cholinesterase inhibitors and memantine. Although these drugs have not been proven to have any effect on influencing the progress of dementia, review articles in some medical journals promote the possibility of their "disease-modifying activity" and the need for early treatment with these medicines.

And it's important to add that a trial of one of these medicines attempting to show a reduction in the conversion from mild cognitive impairment to dementia found that it actually increased the death rate.

The medicines are only funded by the Pharmaceutical



Benefits Scheme (PBS) for moderately severe Alzheimer's disease but undoubtedly some people will be using them (and probably a variety of alternative therapies as well) in the hope that they will delay dementia.

And there are other industries aiming to profit from the diagnosis of mild cognitive impairment (or early and pre-clinical dementia) by selling various brain fitness technologies ranging from video games

to mobile phone apps.

Dementia is a tragic illness that places enormous burden and demands on patients, families and society. There's no question of the value of increasing recognition of the care needs of people living with dementia, and for more research funding. These are essential because effective treatment and prevention of dementia will have a dramatic impact on the human race. But the growing emphasis on early diagnosis of dementia, mild cognitive impairment and preclinical dementia in everyday practice (with the subsequent risk of over-diagnosis and its consequences) seems to be giving the disease, not the patient, greater priority and importance.

David Le Couteur is Professor of Geriatric Medicine at the University of Sydney and Senior Staff Specialist Physician in Geriatric Medicine at the Concord RG Hospital in Sydney. In 2016 he was awarded an AO (Officer of the Order of Australia) for distinguished service to medicine as a clinical pharmacologist and geriatrician, particularly through a range of advisory

roles and academic research activities. In October 2017 he was elected a fellow of the Australian Academy of Health and Medical Sciences.

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Put a spring in your step this spring

by Hopewood Lifestyle



As we transition out of winter, many of us will be feeling a little lethargic and heavier. We often slow down and indulge ourselves with heartier meals in the colder weather. Spring is the perfect time to rejuvenate and revitalise our health. It's an ideal opportunity to heal, cleanse and nurture our bodies.

A detox or cleanse can be a fantastic way to boost health and wellbeing. Since 1960, Hopewood has advocated juice and water fasting for short periods as an excellent way to achieve this. Put simply, fasting helps cleanse the body while enabling our digestion to take some much-needed 'time out'. The human body has an incredible capacity to heal itself and a natural detox gives your internal organs a genuine opportunity to rest, reset and heal itself. The process assists your body to flush out toxins and cleanses the liver.

One of the liver's principal functions is to detoxify the body. It's our internal cleanser. The liver is the largest internal organ in the body, weighing around 1.5kg in an average adult. It's responsible for up to 500 bodily functions and processes almost everything we ingest, breathe or absorb through our skin.

If we indulge in alcohol, consume processed and junk foods, take drugs or smoke, the liver becomes congested. It can become blocked, fatty or bloated resulting in high cholesterol, poor synthesis of nutrients and the inability to clean up the blood. Chemicals and toxins then accumulate which in turn affects our health and mental state.

A congested liver can produce several symptoms from headaches, fatigue, mood swings and depression to poor concentration, feeling overly sensitive and overwhelmed. Other common reactions to a congested liver can include acne, rosacea (itchy, blotchy skin), trouble digesting fatty foods, a tendency to overheat and perspire excessively or unexplained weight gain and an inability to lose weight, even with calorie restriction.

How does fasting help?

Juice and water fasting cleanses the liver, which in turn cleans the blood. This helps to boost and strengthen the immune system. Fasting is the best way to kick start our body's natural healing ability while it can also slow down, or possibly reverse, the progress of ageing by lowering free radical damage.

A juice or water cleanse can help you feel motivated to improve other facets of your lifestyle, like your exercise regime. Over more than 55 years of supervising juice and water therapy at our health retreat, we noted significant improvements in many health conditions including:

- liver, kidney and immune function
- skin conditions and chest congestion
- cholesterol and blood pressure
- fatigue and poor digestion
- joint and muscular aches
- energy and mental clarity.

To put a spring back in your step this spring, we recommend you take a few days off to completely rest and do a juice or water cleanse. It's very important to have someone care for you during a fast and, when it is done, physical activity should only be resumed gradually.

The good news is that a thorough detox will deliver rewards and you can expect to feel healthier, happier and more energetic after.

Gradually introduce fruits and salad vegetables, followed by cooked vegetables and then more substantial foods. To keep your liver healthy, drink plenty of water and ensure your food is as natural, whole, pure and as fresh as possible. Consume up to 60 percent of your food raw. Include foods that support the liver such as beetroot, carrots, dark green leafy vegetables, garlic and ginger.

For more information about cleansing visit hopewoodlifestyle.com.au and for lots of great juice recipes buy your copy of "*Lifestyle – Hopewood's recipe for wellbeing*" today.

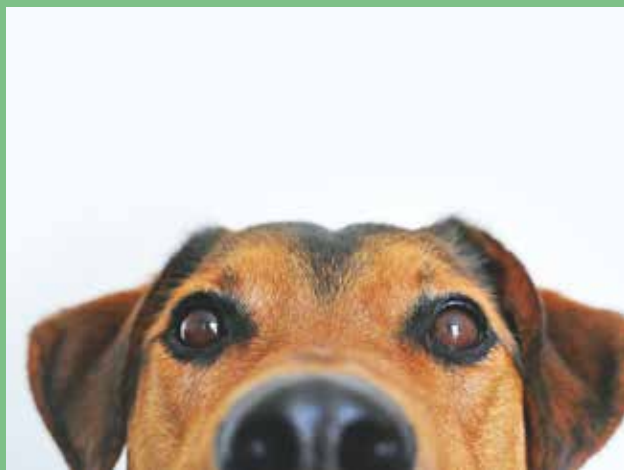


DOGS AND CATS

Compiled by Roger French

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

drkarenbecker@mercola.com



The Magical Journey of a Kitten's Life

17th July 2023

If you find yourself lucky enough to care for the tiniest of kittens, you're in for an unforgettable experience. What's it like to pick up a one-week-old kitten? Have they even opened their eyes yet? Discover when a kitten's true personality emerges and when they're ready to come home with you.

In just eight weeks, kittens go through major developmental changes that take them from newborns, with eyes closed and ears folded, to fully weaned kittens.

At one week, kittens' eyes are closed and claws are non-retractable. They're about double their birth weight and will be very sleepy.

By three weeks, kittens begin to explore and walk around their environment. Some may show interest in toys.

Five-week-old kittens have vision fully developed and a sense of adventure emerging. They grow more independent each day and their individual personalities may begin to show.

By weeks seven and eight, kittens continue to transition into miniature versions of their adult selves and will run, jump and climb as much as possible.

Apple: An Antioxidant Superstar

3rd July 2023

Found in most fruit 'n veg stores all year round, this beloved fruit is known for its crunchy texture, making it

a wonderful treat to share with pets. It offers numerous phytochemicals that help ward off illnesses and even contains a compound that may freshen your pet's breath.

Apples can be given to your pets as a crunchy snack or treat, or they can be added to your pet's diet.

Apples offer a variety of phytochemicals, including catechins, quercetin and chlorogenic acid. Studies have found that the strong antioxidant activities of apples may help minimise the risk of cancer and reduce the oxidation of lipids [fats].

The quercetin in apples has natural antihistamine properties, meaning it can help minimise allergy symptoms like itching, inflammation and irritation in your pets. It's even called 'nature's Benadryl'.

Conventionally grown apples are typically treated with pesticides to protect them from insects and fungi, so make sure you buy only organic apples for yourself and your pet.

Dog Owners Need Not Fear Fresh Avocados

26th June 2023

The ultra-processed pet food industry finally seems to be embracing the reality that avocados are not toxic for dogs, which is good news. The bad news is that like all nutritious foods in processed foods, the health benefits of avocados are compromised by high heat processing and extrusion.

Unfortunately, some veterinarians continue to perpetuate the myth of avocado toxicity. This misguided advice is based on a single flawed 1994 study. Fortunately, a 2012 study proves the opposite – avocados are a safe and nutritious food for dogs. Avocados are a superfood, loaded with the kinds of nutrition dogs need more of, not less.

Feed your dog only the part of the avocado you would eat, that is, the flesh, and only in small portions as toppers and treats. Your canine family member will reap the same tremendous health benefits from this nutritional powerhouse as you do.

Sweet Cherries a Healthy Pet Treat

10th July 2023

These delectably sweet fruits are packed with assorted antioxidants and nutrients, making them great as occasional treats for your dog.

Sweet cherries contain polyphenols to help support pet health in various ways, including helping manage inflammation, promoting gut health and reducing the risk of cancer. [That dark red to black colour represents the powerful antioxidants, anthocyanins.]

Sweet cherries contain lutein and zeaxanthin, carotenoids that accumulate in the retina of the eye and may help promote eye health.

When feeding sweet cherries to your dog, moderation is required because of their sugar content.

Be sure to first remove cherry pits, as they can be a potential choking hazard.

Walnuts: Don't Be Afraid to Give These as a Treat

26th June 2023



Walnuts are one of the healthiest nuts you can give to your dog, considering their impressive nutrient profile. Walnuts can be a safe addition to your pet's lineup of healthy treats or part of a nutritionally adequate homemade diet.

Make sure to break them into small pieces before feeding, so they will not become a choking hazard. A walnut half can be chopped into quarters and fed to a 23 kg dog throughout the day. You can also crush walnuts into bits and sprinkle a small amount over their meals.

Walnuts offer beneficial phytochemicals. The most abundant flavonoid is epicatechin, which has prominent antioxidant, anti-inflammatory and anti-tumour properties.

Walnuts are about 40% to 70% oil, including the highly beneficial omega-3, alpha-linolenic acid. They are also rich in vitamin E.

Walnuts contain melatonin, the sleep hormone, which can induce restful sleep by regulating dog's [and human's] circadian rhythms. Melatonin also regulates the immune system and scavenges free radicals due to its antioxidant effects. It may also help with alopecia.

As for cats, low-dose melatonin may be beneficial for older cats who tend to prowl the house at night and vocalise, as it acts as a sedative and has a calming effect.

Make sure the nuts do not have any mould, as the mould contains a toxin that can be dangerous to dogs.

Warm temperatures can make walnuts go rancid easily, so it's best to keep them in the fridge so they will last longer.

How Much Fibre Does Your Dog Really Need?

17th July 2023

If you look at the amount of fibre that wild canines receive from what they eat, it's a far cry from what's in some ultra-processed pet foods. While your dog doesn't need beet pulp, grain hulls or sawdust added to her food, she does need fibre. Here's how to tell if your dog is getting enough of the right kinds.

The canine ancestral diet provides minimal but crucial amounts of fibre as compared to the tremendous amount of inexpensive 'filler' fibre added to most ultra-processed dog food.

Too much filler (indigestible material) in your dog's diet will be detrimental to his/her health, however, he/she needs an appropriate amount of specific prebiotic fibres, in the form of low-glycaemic, fibrous vegetables, to maintain microbiome and bowel health.

Good sources of added food-based fibre for dogs include green leafy veggies, prebiotic-rich veggies, as well as supplements like psyllium husk powder, coconut fibre or acacia fibre if needed.

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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.

www.wddty.com Subscriptions are available.
Enewsletter enquiries news@common.wddtyvip.com

Intermittent fasting lowers diabetes risk

By Lynne McTaggart & Bryan Hubbard, Editors, What Doctors Don't Tell You, 13th April 2023

If you're concerned about developing type 2 diabetes, begin restricting the hours when you eat.

By eating during a four-hour window every day, your body will begin tolerating blood sugar, glucose. In addition, insulin, the hormone that pushes sugar out of the bloodstream and into cells, will work more effectively.

Researchers from the University of Adelaide have discovered that intermittent fasting – in which the time during which you eat is limited – is a more effective method for warding off diabetes than a diet where you're watching calories.

They tested the two approaches on a group of 200 people who were monitored for 18 months while they tried the two diets. Although both groups lost similar amounts of weight, only those who were eating in a time window of between 8am and 12 noon showed greater insulin sensitivity and tolerance to glucose. These are the biological markers that indicate that the risk of developing diabetes has fallen.

It's estimated that up to 60 percent of diabetes

cases could be delayed or prevented by changing diet and lifestyle.

Reference
Nature Medicine, 2023; doi: 10.1038/s41591-023-02287-7

Yoga could stop cancer spreading

By Lynne McTaggart & Bryan Hubbard, Editors, What Doctors Don't Tell You, 13th June 2023

Gentle yoga could slow the spread of tumours in cancer patients and increase the chances of survival.

Hatha yoga reduces inflammation, which is linked to tumour growth and spread.

Just two 70-minute sessions began to reduce inflammatory markers in a group of 600 cancer patients, researchers from the University of Rochester discovered.

High levels of inflammation “may lead to a high chronic toxicity burden and increased risk of progression, recurrence and second cancers,” explained one of the researchers.



Reference
Proceedings of the *American Society of Clinical Oncology*, June 6, 2023

Foods high in sugar and fats rewire the brain

By Bryan Hubbard, Co-Editors, What Doctors Don't Tell You, 4th April 2023

Why do you keep reaching for sweets and processed foods when you know they're bad for you?

Foods and drinks that are high in sugars and fats change your brain and it 'learns' to expect them, researchers at the Max Planck Institute for Metabolism Research in Cologne have discovered.

The brain begins to rewire itself to stimulate the dopamine response, the chemical that's linked to feelings of motivation and reward.

“The brain starts to rewire itself by eating chips and sugary foods, and subconsciously learns to prefer rewarding food. Through these changes, we will unconsciously always prefer the foods that contain a lot of fat and sugar,” said Marc Tittgemeyer, one of the researchers.

His research team tested the theory on two groups. One group was given a pudding that was high in sugars and fats every day for eight weeks, and the other was given a pudding with less fat.

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The brains of those given the pudding high in fats and sugars had changed by the end of the trial, and the difference between the two groups was significant.

The problem is that those given the sweet pudding may well continue to want to eat sugary foods afterwards. “New connections are made in the brain,” said the researcher, “and they don’t dissolve so quickly. After all, the whole point of learning is that once you learn something, you don’t forget it so quickly.”

The good news is that we can train our brains to want less sugary and fatty foods – just by cutting down on them. If we modify our diet, the brain will adapt and expect less of them.

Reference

Cell Metabolism, 2023; doi: 10.1016/j.cmet.2023.02.015

A bill to restrict junk food marketing to children

by **Brianna Boecker**
WOMEN’S AGENDA, May 2023

Independent MP for Mackellar, Dr Sophie Scamps, has tabled a Private Members Bill in Federal Parliament to ban junk food marketing in an attempt to tackle the growing issue of childhood obesity.

“Right now, a quarter of our children are already on the path to chronic disease because they are over the healthy weight range,” said Dr Scamps.

“We know our children are exposed to over 800 junk food ads on TV alone every year, and that there is a direct link between those ads and childhood obesity. The current restrictions are not strong enough, and self-regulation is just not working.”

Dr Scamps’ bill – Healthy Kids Advertising Bill 2023 – would remove the ads from TV and radio between the hours of 6am and 9:30pm. Research from 2018, suggests that restricting junk food advertising on TV between the hours of 6.00am and 9:30pm would result in \$778 million in healthcare savings.

The bill would also see an outright ban on junk food marketing on social media and other online environments. Under the regulations, substantial fines would be imposed on broadcasters, internet service providers and food companies that fail to adhere to the guidelines.

Approximately 40 countries including the UK, Ireland, Chile, Norway, Mexico, Thailand and South Korea already have regulated or are planning to regulate junk food advertising. Dr Scamps wants Australia to join this list.

A former GP, Dr Scamps said that a large number of parents in her Mackellar electorate had raised concerns about the predatory nature of the targeted junk food ads. She also said prevalence of childhood obesity and chronic disease is increasing, with obesity overall estimated to cost the health system \$11.8 billion every year.

“If we continue to stand by while children are deluged by junk food advertising on social media and TV, then we are failing

them,” she said.

“At a time when our health system is under strain, investing in preventative health measures to combat the rising cost of chronic disease is plain common sense.

“I’ve been heartened by conversations I’ve had with members of the Albanese Government as well as public comments made by the Communications Minister, and believe there is genuine political will to address this issue. Protecting our children from obesity and a potential future of chronic disease is something all sides of politics can get behind.”

The Bill will be seconded by Independent MP and former paediatrician, Dr Monique Ryan, and also has the support of the Australian Medical Association (AMA), Dietitians Australia, the Cancer Council, the Food for Health Alliance, the Public Health Association of Australia, The Royal Australasian College of Physicians (RACP), The Royal Australian College of General Practitioners (RACGP), and the Heart Foundation.

“Regulating junk food adverts on our TV screens and in our social media feeds,” said Dr Scamps, “will have a direct impact on the dietary decisions of Australians – including our kids – and can help both reduce childhood obesity and the incidence of chronic diseases.”



News from Dr Greger



NutritionFacts.org

Michael Greger, MD, FACLM, is a founding member and Fellow of the American College of Lifestyle Medicine. He is a physician, author and internationally recognised speaker.

The Best Diet for Diabetes

**By Michael Greger, MD.
16th June 2023**

My favourite scoring system for rating diet quality is the dietary phytochemical index, which is the percentage of calories consumed from whole plant foods. The average American diet scores 12 percent, which is a one on a scale of one to 10.

When it comes to diabetes risk, the higher the score, the better the metabolic markers for the disease.

As you eat more plant-based, there seems to be a stepwise drop in both insulin resistance and the dysfunction of the beta cells which produce insulin.

Eating patterns centred around plants foods are especially potent in preventing and reversing type 2 diabetes, and have also been associated with much lower rates of obesity, hypertension [high blood pressure], hyperlipidaemia [high blood fats], cardiovascular mortality and cancer.

A three-month, randomised clinical trial found that plant-based participants not only lost more weight on an ad-libitum diet compared with those on a diabetic control diet, but they also experienced only good side effects.

In a trial of an education program in San Bernadino, the poorest city of its size in California, individuals were

simply told about the benefits of plant-based eating for diabetes, yet they still gained significant improvement in their blood sugar control, even more than those in the control group using a drug.

Kidney failure is one of the most serious complications of diabetes, and diets which are more plant-based have been found to be effective at stopping kidney decline in its tracks. Cardiovascular disease is the leading cause of death in the United States [as in Australia] and the major cause of premature mortality [deaths] in the diabetic population.

A wholefood, plant-based diet isn't only highly beneficial for preventing and reversing type 2 diabetes, it simultaneously helps cardiovascular disease and its risk factors as well as cancer.

Never before has the case been so strong for plant-based eating to reduce the burden of diabetes and improve overall health.

Dairy consumption and prostate cancer

**By Michael Greger, MD.
24th May 2023**

Intake of dairy products, including low-fat milk, is associated with increased risk of prostate cancer.

Prostate cancer rates around the world show up to a 70-fold variation in incidence, with higher rates in North America, Northern Europe,

New Zealand and Australia, where a lot of milk is consumed, and lower rates in parts of Asia and Africa. Most non-Caucasians are lactose-intolerant.

Intake of dairy products, including low-fat milk, is associated with increased risk of prostate cancer. The more calcium that is consumed from dairy sources, the higher the cancer risk, whereas non-dairy sources of calcium have been found to be protective.

Animal protein in dairy is thought to be the culprit, as it boosts the levels of insulin-like growth factor-1 (IGF-1), a cancer-promoting growth hormone. There is a clear link between higher IGF-1 levels and intake of dairy products.

With plant-based diets and without chemo or radiation, prostate cancer patients had significant reductions in their PSA levels, which is indicative of tumour shrinkage. As well, their bloodstream became almost eight times better at suppressing cancer cell growth. Conversely, high dairy consumption after a prostate cancer diagnosis may contribute to a 76 percent higher risk of death overall and a 141 percent increased risk of dying specifically from the cancer.

Almost all advanced prostate cancers thrive by upregulating a growth enzyme called TOR. Nearly 100 percent of advanced prostate cancers thrive by upregulating TOR. Dairy protein boosts TOR signalling even higher, because calves have to grow 40 times faster than human babies, so cows' milk has to be packed with

growth promoters.

High dairy consumption is associated with increased prostate cancer risk, but decreased colon cancer risk. This is likely to be due to the protective effects of calcium, which may bind up pro-inflammatory bile acids in the gut. (High-fat dairy products, such as cheese, may increase bile acids, which explains why cheese appears to cancel out the benefit of calcium.)

Calcium supplements have been shown to significantly reduce recurring colon polyps that may otherwise turn into cancer, but the supplements have been associated with adverse cardiovascular events.

We should get calcium from low-oxalate, dark-green leafy vegetables and legumes (beans, split peas, chickpeas and lentils), or, if necessary, calcium-fortified foods, such as soy or almond milk.

How to Treat Body Odour with Diet

**By Michael Greger, MD.
13th June 2023**

Deodorise from the inside out with food.

Body odour signals a variety of information on matters, including eating habits, hygiene and health. I've talked about the concern around aluminium-containing antiperspirants. What can we do to make ourselves smell better?

Clinical studies dating back to the 1950s show that chlorophyll can be used to improve body odours. But to be an effective deodorant, chlorophyll has to be taken internally at doses that far exceed those found in so-called 'deodorising' chewing gums and lozenges. Rather, it requires doses equivalent to the amount of chlorophyll found in about a third of a bunch of raw spinach. So, before slathering aluminium onto your skin, I recommend first trying

to deodorise from the inside out by eating a big salad every day, which may improve your body odour in two ways – hitting the chlorophyll threshold and improving your health.

There is a scent to disease. A team of researchers injected people with endotoxin, which is a highly inflammatory compound of certain bacterial cell walls. It caused a big spike in internal inflammation, and within just a few hours, the individuals had a more unpleasant body odour compared to when they were exposed to a placebo. Moreover, the more inflamed they became, the worse they smelled.

Where are endotoxins found? In meat. And they're not destroyed by cooking. We know meat causes inflammation. So, does that mean it makes people smelly? You don't know, until you put it to the test.

For two weeks, male 'odour donors' were placed on a diet that included meat. During the final 24 hours, they had pads taped into their armpits to collect their body odour. Then, the researchers found women judges to sniff the pads from each of the men and assess their pleasantness and intensity.

A month later, the study was repeated with the same men, but now following a diet that excluded meat. The odour of donors when on the non-meat diet was judged as significantly more attractive, more pleasant and less intense than for those on the meat diet.

The researchers concluded that men eating a more plant-based diet smell significantly more pleasurable.

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Best Foods for Gingivitis and Halitosis

**By Michael Greger, MD, FACLM,
12th May 2023**

Saturated fats produce an inflammatory response and are associated with progression of periodontal disease (gum disease). Inflammation is a key underlying causal factor in periodontal disease, and periodontal health may be promoted by moderating intake of meat and dairy products and increasing plant foods.

Plant-based diets not only offer lower levels of cholesterol, animal protein and saturated fat, they also have higher levels of complex carbohydrates, dietary fibre, vitamins, minerals, antioxidants and phytochemicals.

News from Dr Greger continued...

A randomised controlled trial found that infants (now in their twenties) who were randomised to diets low in saturated fat and cholesterol had, as kids and teens, better production of saliva, which is essential for the maintenance of oral health and thought due to greater intake of fibre-rich foods like grains, vegetables, fruit and berries requiring more chewing, which in turn is known to increase salivary flow rate.

Halitosis, or bad breath, may be caused by gaseous sulphur compounds produced by bacteria concentrated on the back of the tongue.

Researchers found that bad breath levels dropped significantly after participants eating a low-fibre meal changed to a high-fibre meal (which required more chewing) and stayed down even eight hours later.

Ingestion of dietary nitrate, which is rich in green vegetables and beetroot, may be a clinically useful adjunct in the control of chronic gingivitis.

A survey of dental hygienists found that 95 percent felt they have a role to play in helping patients improve nutrition, but most feel unqualified to provide dietary guidance and thus shy away from doing so.

Spicy Foods Good for Us

By Michael Greger, MD. 15th June 2023

People who regularly eat spicy foods tend to live longer.

Most people could name four of the basic tastes: sweet, sour, salty and bitter, but what about spicy? This seeming neglect is somewhat surprising, given that hot chillies are one of the world's most widely-used spices. In fact, as

many as one in four people on the planet currently eat chillies on a daily basis,

Why do some like food hot, enjoying what is, at first glance, an irritating and potentially painful mouth sensation? According to one popular suggestion, it is the endorphin hit, the release of your natural morphine-like painkiller chemicals from the brain.

For cultures living in warmer climates, it makes people sweat, and thereby ultimately helps cool them down. Then again, maybe it's just that people like the taste.

Preference for spicy foods does seem to run in families. Based on twin studies, genetic factors may account for up to half of the variation, similar to the inheritability of sweet and sour preferences.

It may also be hormonal. Researchers in France noted that particularly males liked spicy food, and wondered if it was a testosterone thing. So, they did a study and found that men who had higher testosterone levels added more hot sauce.



So what does the consumption of hot spicy foods have to do with lifespan? A massive study of a half million men and women in China found that those regularly eating spicy foods had an associated 14 percent reduction in total mortality, meaning reduced risk of premature death. That could translate into about an extra year onto your lifespan.

Even in the United States with their terrible diets and drinks, the result with spicy foods was the same: a 13 percent reduction in premature death. And the protective association remained even after controlling for Mexican-American ethnicity.

The same thing was found in Italy, this time with a 23 percent reduction in all-cause mortality. That's like two extra years of life.

The authors conclude that minor dietary changes, such as just adding chillies to one's usual diet, could be a valuable measure for improving health.

In a number of studies, black pepper or chili pepper consumption was associated with about the same lifespan extension as turmeric, even at as little as a pinch a day.

And, people who consumed both did even better, which is consistent with the ability of a compound in black pepper to boost the bioavailability of the turmeric compound, curcumin.

References available on request.



The Raw Facts – Part 1

by Sandra Tuszynska (PhD)

There are estimated to be around 7.7 million species of animals on Earth yet humans are the only species that cooks its food. It is thought that we started cooking food about 10,000 years ago, which is relatively recent considering that we have lived on raw foods over an estimated 6 million years of hominin evolution. We began to apply heat to our food because we were forced to move away from the tropics, our natural home, as our populations grew and dispersed and due to climate changes. The tropics provided us with natural foods (mainly tropical fruit and leaves) which were eaten raw. Once forced into cooler climates we had to substitute our natural diet of fruits with tubers, other complex carbohydrates and meat, all of which require cooking.

Even then, foods that did not need to be cooked were eaten raw until 1878 when Louis Pasteur published his highly influential book, *The Germ Theory of Disease*, which proposed that microorganisms are the main cause of disease. As a result, doctors recommended that people cook their food for safety, and so people began cooking everything (even apples). Fear of microbes became a phobia for many people and is still commonplace.

Cooking allows otherwise unappetising meats and grains to taste good and become palatable so we continue to set fire to products which we then call food. We have not actually adapted to eating cooked foods as it takes between 50,000 and 500,000 years for an evolutionary change to occur in mammals. While it is still possible to sustain ourselves on cooked food, we risk dire health consequences. Certainly, fire helped us survive the Ice Age, but what are the consequences of the continued use of fire on our food and, inevitably, our health?

THE EFFECTS OF COOKING ON OUR FOOD AND OUR HEALTH

Different methods of cooking produce various toxins which the body must then eliminate. Consumption of cooked foods causes enlargement of the pancreas and damage to most other organs including the liver, heart, kidneys and the thyroid and adrenal glands. Cancer, heart disease and diabetes are all associated with cooked food consumption and, while the body of scientific evidence to support this is already overwhelming, new evidence is still being found.

Cooked foods cause degenerative changes in most aspects of blood chemistry, a phenomenon called 'digestive leukocytosis'. Our immune system reacts to cooked

food in the same way as it does to a pathogenic attack [a pathogen is a disease-associated microorganism]. The body attacks the food particles by sending an army of white blood cells to deal with the onslaught in the digestive tract, leaving the rest of the body vulnerable and less protected by the immune system.

EFFECT OF COOKING ON NUTRIENTS

Because heated foods are nutritionally compromised, we are likely to overeat them. Our stomachs may feel full but our cells are still starving for the nutrients which cooking has damaged and destroyed. Foods can only withstand as much heat as a human can. When you apply fire to your hand, you quickly move it away because it kills your skin cells. The same damage happens to food.

Cooked Proteins

Proteins are denatured by heat and their molecular structure can be irreversibly modified. An example of an irreversible protein denaturation occurs when cooking an egg. The clear protein gel surrounding the yolk whitens, thickens and coagulates into a glue-like consistency when heated. In the body, coagulated protein molecules putrefy and bacteria feed upon this dead organic matter. This forms faecal ammonia, phenols, indoles, amines, N-nitroso compounds and sulphides which have been shown to exert toxic effects on the bowel, leading to colorectal cancer. The natural population of beneficial intestinal flora becomes outnumbered by putrefactive bacteria, resulting in colonic dysfunction and absorption of toxins from the bowel. This phenomenon is called 'dysbacteria', 'dysbiosis', or 'intestinal toxemia' ('toxicosis').

Gas and unpleasantly smelling faeces are due to anaerobic putrefaction by bacteria as they break down undigested proteins. Rotting proteins have been shown to be responsible for various colon diseases such as colitis, polyps and especially cancer. Additionally, nitrosamines are formed from the nitrogen oxides present in gas flames. These compounds have mutagenic (gene damaging) and carcinogenic potency and end up in meat and fish that have been heated in gas ovens or on barbecues that expose the food to direct flames. Heterocyclic amines are formed by heating amino acids or proteins, and polycyclic aromatic hydrocarbons are formed by charring meat. Both are carcinogenic.

Cooked Carbohydrates

Starchy carbohydrates must be heated in order for them to be broken down during digestion. However, heating caramelises complex carbohydrates, fusing them into a sticky substance. It is no coincidence that dextrin and starch are vegetable-based adhesives used as glue for packaging and wallpaper. Only 70 percent of the energy potential of cooked starchy foods can be used by the body as fuel. Caramelised carbohydrates dramatically

elevate blood sugar levels. This is especially true for refined carbohydrates that have had their fibre component removed. Further heating, which produces the 'burnt bits', such as browned crust on toast, is very carcinogenic.

Cooked complex carbohydrates are fermented when eaten in combination with fatty and sugary foods. Gas, alcohol and acetic acid (vinegar) are produced by the fermentation process and these are toxic poisons. Acrylamide, a known neurotoxin (toxic to nerves) and carcinogen, is also produced by cooking carbohydrate-rich foods.

Cooked Fats

Fats are very delicate and vulnerable compounds that become rancid on exposure to oxygen, light and especially heat. In fact, plant fats are so sensitive that once a seed or nut is cracked and the oil within is exposed to the elements, it should be consumed immediately, or it becomes rancid. Rancid fats are very toxic to our cells and are carcinogenic. The longer they remain shelved or uneaten, the more toxic they become. High temperatures such as are used for deep frying, roasting and barbecuing induce fats to produce carcinogens such as acrolein, epoxides, hydroperoxides, hydrocarbons, nitrosamines and benzopyrene (one of the most carcinogenic substances on Earth).

Unsaturated fatty acids contain double bonds that can exist in either of two forms – the 'cis' conformation (a parallel double bond) has the two parts of the carbon chain bent towards each other like a boomerang, and the 'trans' conformation (a cross-over double bond) has the two parts of the chain almost linear. Unsaturated vegetable oils in their natural state have their double bonds in the form of cis bonds, but when oil is hydrogenated, some of these are converted to trans bonds. During hydrogenation, oil is heated and subjected to hydrogen with a catalyst while under pressure. This

process is commonly used to make margarine, to extend the shelf life of edible oil-based products and to improve food texture. Trans fatty acids are considered to be one of the most dangerous dietary health hazards of our time.

Hydrogenated fats cannot be utilised by the body and are highly oxidative, leading to cardiovascular disease. Trans fats are incorporated into cell walls and interfere with cellular respiration. They reduce the amount of oxygen delivered to our cells, tending to create an environment for cancer growth.

Effects of Cooking on Water, Minerals and Vitamins

Vitamins and minerals need to be consumed in an organic, naturally chelated molecular form (such as is found in raw fruits and vegetables) in order to be absorbed, assimilated and utilised by our cells and tissues during normal metabolic processing. Cooking profoundly affects the absorption and utilisation of certain minerals because it cleaves their complexes, rendering them less available. Heat also interferes with the molecular arrangement of vitamins and minerals – they are returned to an inorganic, ash-like form like that found in soil. This makes them bio-unavailable with a tendency to be toxic to our cells.

The Effects of Cooking on Enzymes

Enzymes are protein compounds that are present in large numbers in all living tissues. When food is cooked, the enzymes are denatured and become inactive. Digestion is a process by which enzymes break down food constituents into smaller units. When we eat cooked foods, our body has to produce its own enzymes in order to digest them. Even then, they are unable to work properly on the coagulated proteins and carbohydrates. This leads to a vast amount of energy being wasted on



digesting the food rather than fueling our body with it. This is precisely why we feel tired after eating a large cooked meal. In contrast, raw foods possess their own enzymes which are released when the food is chewed, saving our body from having to produce and waste its own enzyme supply. As a result we feel revitalised after a raw meal.

Just as there is only a finite number of heart beats available to us, so too is the body's capacity to make enzymes finite. Dr James Sumner, Nobel Laureate in Chemistry and Emeritus professor at Cornell University, said:

“Living creatures are born with a fixed enzyme potential. This potential diminishes with time, subject to the conditions and pace of life. Animals eating dead, enzyme-less food, use up a tremendous amount of their enzyme potential in lavish secretions of the pancreas and other digestive organs. The result is reduced vitality, reduced longevity and reduced resistance to all types of stress.”

Our 'enzymatic potential' is a bit like an enzyme bank account that we are all born with. While our individual genetics decide how much is in the account when we are born, what we eat and how we live determines how long it takes to deplete that account. Most of us go through life spending lavishly just to digest our cooked-food meals. When the bank balance reads zero and we are repossessed, we die.

Another and more prominent way
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we digest foods and receive nutrients is via our gut microbiome. Since this article was originally published in 2008, the gut microbiome has received tremendous amount of attention in the scientific literature, please consider this article to be incomplete in terms of its scope, as it is missing this crucial area of nutritional research.

THE BENEFITS OF EATING RAW

The first effect of eating raw foods is to cleanse the accumulated toxins harboured by your body. As a result, you may experience symptoms of detoxification, which will vary depending on how seriously the toxins have affected your body and how concentrated they are. Once you stop loading your body with any more toxins from the foods you eat, the accumulated toxins will gradually be expelled from cells and tissues into the bloodstream to be removed.

Most detoxification symptoms are mild. These can range from tiredness to runny nose, headaches, digestive challenges, skin conditions, drops in blood pressure and weight loss. More serious detoxification effects can include diarrhoea and vomiting, as well as the recurrence of past disease symptoms to complete a healing process that has been interrupted by medical drugs or any other

treatment. These effects should be looked upon favourably as they indicate that the body is healing.

Since most processed foods contain stimulants such as salt, sugar, spices, preservatives, sweeteners and caffeine, the body of the consumer of these foods is essentially constantly on some sort of 'high'. Once the transition is made to a raw food diet the body goes from a state of excitation or stimulation to sedation. This means that many people experience tiredness as they are 'coming down'.

After the toxins are removed from the body, vital energy is freed up for healing and cleansing. Cleaner blood and healthier red blood cells become more efficient at transporting oxygen around the body, leading to increased tissue and organ healing as well as more efficient removal of the wastes from cellular respiration.

Eating raw foods allows maximum nutrition because your body is able to process the readily available nutrients, absorb them and deliver them to all of your cells. Digestion becomes more efficient, with transit time decreasing to a maximum of 24 hours. Because the colon recycles toxins, it is essential to digest and eliminate as fast as possible. Cooked or processed foods transit on average for 72 hours or more, literally rotting in the bowel and producing both toxins and flatulence. When you eat raw foods, these digestive problems cease, as do bad breath and constipation.

When your body cleanses itself and begins eliminating properly, all aspects of your life will improve – physical, mental and emotional. However, you need also to get enough sleep, sunshine and exercise. Additional benefits include weight loss, less mucus discharge, better sleep, clearer skin, increased energy and heightened mental clarity.

When you eliminate salt, sugar and other condiments, you will lose excess water (which has been stored

in your body to dilute toxins) and fat fairly quickly, but you will not lose lean muscle tissue. If you want to gain muscle mass, eating mostly sweet fruit will supply the best possible fuel source.

In the next article, I will discuss in detail the work of Dr Douglas Graham and the 80/10/10 diet plan, different caloronutrients, their form, their sources, the percentage of each that we require and the effects that each has on our health.

THE WRITER

Sandra Tuszynska graduated with first-class honours in soil microbiology, Bachelor of Science in Agriculture at the University of Sydney. She completed her PhD research at the University of New South Wales on the effects and detoxification of heavy metals in cells of mycorrhizal (root symbiotic) fungi, followed by postdoctoral studies at Rutgers University in New Jersey, researching nutrient transport in mycorrhizal fungi. Her latest passion is in soil restoration/regeneration through the Soil Restoration Course (www.soilrestorationcourse.com) to help food producers transition from chemical agricultural practices to biological methods. As a public speaker, Sandra loves to present biological facts in simple language. Her goal is to inspire others to feel deep appreciation for the microbial world beneath our feet and to work with these tiny creatures to restore ecosystems, produce nourishing foods and put carbon back into soil where it belongs. You can contact Sandra at givingsoils@gmail.com

The author has embraced a solely fruit-based diet supplemented with organic leafy greens for approximately three years and admits that she felt better than ever during that time. She continues to enjoy a plant-based diet, consuming mainly fruits and vegetables, but also enjoys other foods. She is a great proponent of the food combining laws as recommended by the Natural Hygiene school of thought.

Dogs and cats continued from p. 29...

Should You Allow Your Dog to Eat Grass?

17th July 2023

Does your dog start chomping grass the moment he/she gets outdoors? Should you try to stop him/her? A recent article offers an entirely new explanation, disputing the long-held belief that dogs only eat grass to throw up. In my experience, there are four additional reasons dogs eat grass.

Studies of grass-eating dogs have concluded that the behaviour is more likely to be connected simply to hunger, enjoyment or boredom than as a remedy for a gastro-intestinal disturbance.

Most dogs eat grass occasionally and some do it more often. There can be a few possible reasons for this behaviour.

They may be trying to relieve digestive upset or may be seeking certain nutrients their diet isn't providing [especially fibre if their diet is short of it].

If your dog regularly ingests large quantities of grass, make an appointment with your veterinarian, and, in the meantime, consider upgrading the diet to help provide him/her with all the nourishment their body needs.

Four Ways You May Be Spoiling Your Dog's Walk

19th June 2023

Pet parents are often guilty of making these mistakes, which includes robbing their dog of the pleasure involved with one of

life's most important activities.

Dog walks are one of the most important activities we engage in with canine family members. Dogs need and love to take walks and derive huge benefits in the form of physical and mental stimulation from them.

Common dog walking mistakes by humans include not allowing your pet opportunities to sniff, ignoring her, multi-tasking during walks and choosing the wrong type of leash, harness or collar. Another mistake is not taking different types of walks to keep things interesting for both of you.

You put your pet on ignore. Unfortunately, there are pet parents who do everything but pay attention to their dogs during walks, because the activity has become so routine that they do it without thinking.

There is the potential on walks for unexpected things to happen, like an unfriendly dog appearing out of nowhere or a car swerving dangerously close to the footpath.

You multi-task. This almost always involves a mobile phone. If you have your phone to your ear as you walk, you have only one hand available for your dog. Everything else fades into the background, including in this case your dog.

You don't encourage your dog's love of sniffing. Your dog's most acute sense is his/her sense of smell. They explore and experience the



world through their nose. Smell is a dog's 'first sense', much as sight is ours. Dogs depend on their noses, and sniffing also stimulates their minds. Robbing your dog of this natural function can lead to sensory deprivation and increased stress.

You choose the wrong type of collar, harness or leash – it is important to choose the right type.

Certain dogs should wear a harness and should never be held by a leash or even handled by the collar. These include dogs who pull or lunge while on a leash, those prone to tracheal collapse or a seizure disorder and dogs with chiropractic issues involving the neck and/or back. I prefer that flat-faced breeds wear harnesses as well.

Choke collars should be replaced with safer alternatives. I recommend either a head collar or no-pull harness.



VegSA “Our talk to the Herb Society of SA”

by Paul Martin (VegSA Minute Secretary and Treasurer)

www.vegsa.org.au

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

In early August, The Herb Society of S.A. invited VegSA to give a talk at their monthly meeting. The session started with a nice hot cup of lemon verbena tea in a friendly relaxed atmosphere.

Our Secretary, Anne Sanders, started by giving a brief history of our society which began in Sydney in 1950, as a branch of the Vegetarian Society of Australia. Natural health professionals were involved from the beginning so there has always been a health as well as an ethics component. An outline of the varieties of vegetarianism was given, including the new “ento-vegetarianism”, which allows eating insects! Veganism however “seeks to exclude - as far as is possible and practicable all forms of exploitation of, and cruelty to, animals”¹ so adopts further restrictions than just excluding meat products. There are a great many items that have animal ingredients, or use processes that involve animal-derived products, such as in wine so we need to read labels carefully.

The adverse environmental effects of eating meat (and even dairy) were outlined, such as the amount of land used for pasture animals, or the required feedstock for confined animals, plus the high use of water, etc. Animal production can also involve the very detrimental use of antibiotics. The risk of zoonotic diseases can increase with the intensive use of animals for food. Reference was made to the health benefits of a vegetarian or vegan diet, which is generally acknowledged. It can lead to a longer lifespan. Doctors for Nutrition seeks to educate GPs about the positive effects of vegetarian and vegan (plant-based) diets.

Research by Roy Morgan and others indicates that the number of people eating vegetarian or vegan diets in Australia is growing, from about 1.7 million to about 2.5 million over the last ten years. Anne and other members of VegSA who were present responded to questions from the audience, which included the issue of how to get adequate iron and protein on these diets; do vegans wear wool; what kinds of snacks are available for vegans; and how open is the medical profession nowadays to these diets?

VegSA literature (information pamphlet, recipe book and newsletters) was available to take away. Also, it was good to see a number of back issues of *True Natural Health* magazine go home with Herb Society members.

All in all, it was a successful session with lively discussion among very like-minded participants.

Reference

1. The Vegan Society (UK) <https://www.vegansociety.com>

Natural Health Directory



Dr Gavin Levy (Medical) provides lifestyle medicine consultations via telehealth or at his clinic in Gymea Bay, contact gav_levy@hotmail.com for consultation enquiries.

Dr Levy also works at The Healing Clinic, established to provide medicinal cannabis when appropriate. For consult enquiries email support@healing.clinic or call 1300 238 402.

Dr Greg Fitzgerald (Allied Health)



www.healthforlife.com.au
info@healthforlife.com.au

Osteopath and Principal at the Health for Life clinic in Gymea Bay.

During Dr Fitzgerald’s 40 years of clinical practice, he has helped many Society members live healthier lives. Anyone who has had the pleasure of watching one of the many presentations Greg has done for the Society would know that his knowledge and passion for health is second to none.



Giselle Cooke. MBBS, DBM.

www.nextpracticehealth.com

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Giselle Cooke is not a GP, she is a medically trained holistic health consultant who draws on decades of health experience to provide comprehensive health recovery and optimal wellness programs for her patients. Her areas of expertise include the intestinal microbiome, genetic profiling and integrative therapeutics.



Ally Sanchez is a Herbalist and Nutritionist with close to 20 years of clinical experience.

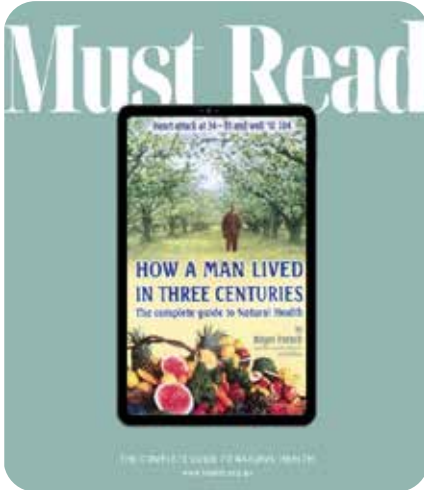
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Ally is a cancer survivor and has a deep knowledge of herbal therapeutics, juicing and fasting therapy. Ally provides training in natural health on many topics. Her *Home Healer* course empowers people with the skills to support their health naturally at home.

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How A Man Lived In Three Centuries

RRP \$27
Non Member \$21
Member price \$15

This book, written by the Society's very own Patron, Roger French, is designed to give you a complete overview of Natural Health Principles and how to implement them.

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 factors 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 sleep, mood, general health and eye health. They should also be worn for two to three hours before your ideal bedtime. 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.

This comprehensive guide includes chapters on:

- Natural Health Dietary Guidelines
- The longest-living peoples of the world
- Stress management
- Breathwork
- Eating plans
- Detoxification and self-healing
- Arthritis
- Heart disease
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- Case studies

Also available as an e book via Amazon.

Detoxification Foot Patches

MEMBER PRICE
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These high-quality pads are impregnated with Traditional Chinese Herbs. Best placed on the soles of your feet, in close contact with numerous acupressure/reflexology points.

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Non-members \$63

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

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Member price \$95

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KIDS

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Member price \$55

Available in a variety of colours, contact our office for details.



ADULT

Fit-overs
Yellow lens with multicoat and extra blue-light filter.

Member price \$69



True Natural Health p.40

Natural Health Society Shop

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The No-Blue Amber Sleep Light \$79.95

Provides the optimal type of light for evening use.

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

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



How Does the No Blue Amber Sleep Lamp Work?

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

The No-Blue Amber Book Light \$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 any book or device with an edge.

Adjustable design with 360 degree flexibility
Exposure to too much light in the blue spectrum before bed can affect our body's ability to produce the hormone melatonin which we need to help us sleep.

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

Features 3 brightness settings
Touch sensor control
Rechargeable battery with up to 30 hours runtime
Flicker-free
Low EMF

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



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EMR-Free Airtube Over-The-Ear Headsets

ADULTS: \$290 KIDS: \$200

EMF radiation-free hollow air tubes rather than traditional wires.
Braided nylon cord is infused with copper for additional protection from extremely low-frequency radiation.

Aluminium speakers eliminate RF frequencies. Developed by audio-engineering specialists. Advanced, professional-grade speakers deliver higher fidelity sound.

Adjustable headpiece for a custom fit. Built-in hands-free microphone with audio controls.

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



DefenderShield Pouch \$90.00

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.

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